

WORN OUT WOMAN: OVERCOME PHYSICAL FATIGUE

A worn out body does not start out physically worn out. It begins mentally then progresses into the physical. As a man thinks in his heart, so he becomes. If you think to yourself over and over how tired you are, eventually your mouth will start agreeing with your mind. You will begin to say how tired you are, or achy or sick. Eventually you will end up eating the fruit of your lips either for energy and vital life or else depleted, tired and sick for destruction, depending upon what kind of words are in your heart and that come out of your mouth.

PSALM 23:1

A Psalm of David. The LORD is my shepherd; I shall not want.

I shall not lack anything. I shall not lack energy. I shall not lack optimal health. I shall not lack the ability to discipline my flesh, I shall not lack any good thing. I shall not lack proper food, water or protection.

A SHEPHERD IS RESPONSIBLE TO FEED, NURTURE, PROTECT AND TO GUIDE THE FLOCK. IF A SHEEP GETS INJURED OR SICK. THE SHEPHERD TENDS TO IT UNTIL IT IS WELL AGAIN. THE SHEPHERD PROVIDES IT WITH WHAT IT NEEDS BUT IF THE LAMB REFUSES TO GET WELL, THE SHEPHERD'S HAND IS PROVERBIALY TIED.

AS A GOOD SHEPHERD, YAHWEH MAKES ME LIE DOWN IN GREEN PASTURES: NOT A DRIED UP DAMAGED FIELD WITHOUT PROPER NUTRITION. NOT A FIELD PLANTED WITH FALSE FOODS, PLASTIC PLANTS, OR A FIELD FULL OF PLANTS THAT WERE STRIPPED OF VITAL NUTRIENTS, NOT A FAMINE RAVAGED FIELD. IT IS A GREEN FIELD WITH TENDER SPROUTS AND A WATER SOURCE. NOT ONLY IS IT A GREEN FIELD, IT IS ALSO YOUNG AND TENDER, FULL OF TENDER SPROUTS OF GRASS AND HERBS. THERE IS MUCH NOURISHMENT IN A SPRING FIELD. THE FAST GROWING GRASS CONTAINS THE MOST NUTRIENT DENSE FOOD, MAKES THE BEST MILK, & MAKES THE BEST BUTTER. BARLEY SPROUTS, WHEAT GRASS, ALFALPHA SPROUTS AND OTHER SPRING GREENS ARE CONSIDERED SUPER FOODS, HIGH IN CHLOROPHYLL, ENZYMES, HIGH IN MINERALS, VITAMINS AND PHYTOCHEMICALS NECESSARY FOR VITAL LIFE

To increase energy, avoid white sugar & white flour products and limit caffeine intake. Drink plenty of water. You may not be tired. You may be dehydrated! Keep your bowels clean and moving freely, by adding fiber rich foods to your diet. Give yourself occasional cleansing enemas.

Eat a well balanced diet including at least 50% raw foods and raw fresh, live juices.

Use bee pollen as a supplement to increase energy. (can cause an allergic reaction in some people. Start slowly with small amount. If rash, wheezing, discomfort or other symptoms occur, discontinue use)

Use spirulina to increase energy (it is a type of super food, green algae) Only use a brand that is from Hawaii and that is organic.

Lecithin granules promote energy. Can add to cereal, smoothies, soups, stews, etc...

Astragalus (Chinese herb) increases energy. (do not use in presence of a fever)
Turmeric (spice) increases energy.

China Gold by Aerobic Life Industries enhances adrenal function and helps overcome fatigue. (do not use ginseng if you have hypoglycemia, HBP, heart disorders, asthma or insomnia).

If you need help falling asleep, skullcap or chamomile tea helps, drink one hour before bedtime. Skullcap, kava kava and valerian root all improve sleep.

ENERGY AND OPTIMUM HEALTH. BITTER GREENS WERE EATEN BY THE ISRAELITES EVERY YEAR DURING PASSOVER. These herbs helped the bile flow freely and strengthened the digestive system.

Isaiah 66:14 And when ye see <ra'ah> this, your heart <leb> shall rejoice <suws>, and your bones <`etsem> shall flourish <parach> **like an herb <deshe'>**: and the hand <yad> of the LORD <Y@hovah> shall be known <yada`> toward his servants <`ebed>, and his indignation <za`am> toward his enemies

This verse describes how herbs/grass flourish, they bud, they are fruitful. This is the same word as the one in Psalm 23:2 that describes the pasture God makes me lie down in.

A rejoicing heart and flourishing healthy bones are linked together in the Bible several times.

Great health with enough energy and vitality to live life well as it comes begins with not good genetics, or a good diet but with a rejoicing heart, with a sound heart. WE CAN HAVE A RESTING SPOT IN THE BEST FIELD WITH THE BEST FOODS, WITH THE BEST WATER, HAVE THE BEST CLOTHES AND THE BEST HOUSE, HAVE THE BEST SHEPHERD, BUT WITH A UNSOUND HEART, NONE OF IT AMOUNTS TO MUCH. OUR ENERGY WILL BE GONE, WE WILL BE DEPRESSED, DISCOURAGED, NEGATIVE AND END UP SICK.

PROVERBS 14: 30 ¶ A sound heart is the life of the flesh: but envy the rottenness of the bones.

Our mind, will and emotions affect our vital life energy and health. Unforgiveness can manifest itself in spleen, lymph, intestinal issues or any other disorder. Bitterness can affect your digestion. Anger can affect the stomach and kidneys. Being unwilling to let things go, or being a control freak is not called being '*anal*' for nothing. Everything has an effect on the body. The images we see, the words we hear and speak all affect our physical and mental health.

Watch what words you say; they have powerful influence on your energy and health. Do you say, "*He/she/that/or it is a pain in the butt?*" or *a pain in the neck?* Do you suffer from pain in your butt, lower back and hips? Do you suffer with a stiff neck and aching shoulders? Do you say how tired you are of dealing with the same situations over and over? Are you feeling exhausted too?

Our energy levels are affected by our thinking, our words, our food choices, food intolerances, food allergies, candida yeast overgrowths, parasites, digestive problems, intestinal problems, imbalance with alkalinity and acidity, food additives, chemicals in the air, in our water, in the food, chemicals in personal hygiene products, chemicals in our cleaning products, regular consumption of devitalized foods, sugar crashes, malabsorption issues, drugs, alcohol, caffeine crashes, fasting, detoxification, sleep quality and quantity, hydration, vitamin and mineral deficiencies, constipation, our bodies ability to cope with stress, illness and more.

BUT YAHWEH RESTORES MY SOUL. HE DOES THE RESTORATION. HE IS MY SHEPHERD. I SHALL NOT LACK. HE MAKES ME LIE DOWN IN GREEN TENDER PASTURES WHERE THERE IS A CHOICE TO FREELY EAT OF THE LIFE GIVING FOODS OR TO EAT THE DRIED UP DEAD UNDERGROWTH. God never intended for us to eat the dead undergrowth, the dead thatch of the field. God says choose life.

Hippocrates, the father of medicine said, "*Let foods be thy medicine and thy medicine be thy food.*"

Psalm 23:2

He maketh me to lie down <rabats> in green <deshe' from 1876; a sprout; by analogy, grass:--(tender) grass, green, (tender)herb.

> pastures <na'ah>: he leadeth <nahal> me beside the still <m@nuwchah> waters <mayim>.

3 He restoreth <shuwb> my soul <nephesh>: he leadeth <nachah> me in the paths <ma`gal> of righteousness <tsedeq> for his name's <shem> sake.

3 John 2: Beloved I wish above all things that thou be in sound health and prosper even as your soul succeeds or prospers.

THE RESTORATION DOES NOT COME UNTIL I LIE DOWN & REST IN THE GREEN PASTURE THAT HE MADE ME LIE DOWN IN, AND DRINK FROM THE PEACEFUL STILL WATERS.

You can eat the best most nourishing foods on earth but if your heart is troubled and afraid, if it is restless, if it is bitter, if it is depressed, if it is discouraged, resentful or bitter, your body will not utilize that vital life energy potential that was in the food like it was meant to. Emotional insults and untended emotional wounds upset our pH balance more than eating the wrong types of foods do.

SEE THE MESSAGE OF WATER VIDEO POSTED ON YOU TUBE.