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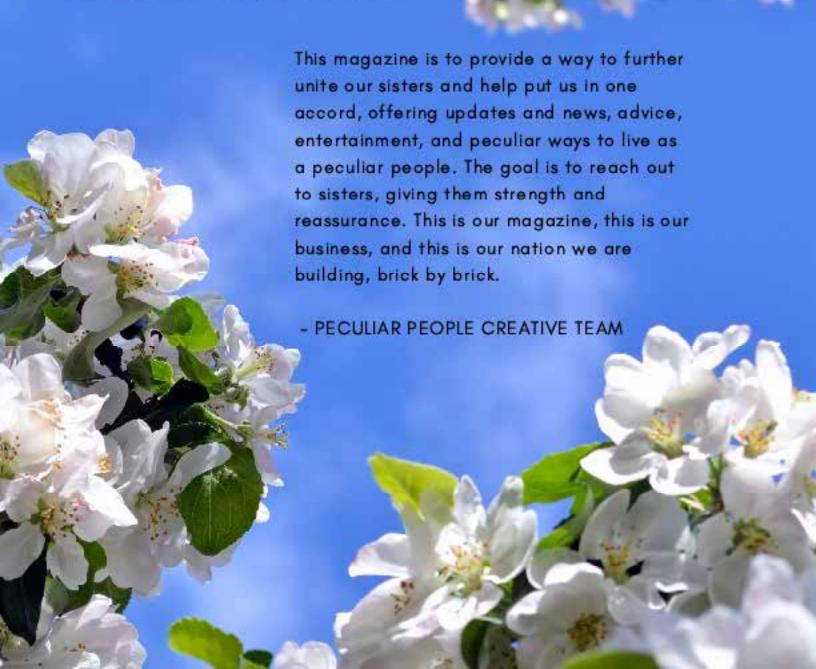
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# THE PROVERBS 31 WOMAN: WHO IS SHE?

BY: ANONYMOUS SISTER

For a long time, we have always heard of the proverbs 31 woman, but who is she? How can we become this woman we do not know? The Bible states she rises early while it is dark, cooks for her family and not only that but her maidservants as well. Provers 31:15 "She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens." Who is doing that! I am tired and need my rest, I have to work and take care of the children. This is sometimes response as woman, whether we say it out loud or think it and it shows in our actions. There is nothing wrong with being tired and getting your rest but remember these things this woman was doing were for her family, household, and the people she loves and cares for. So, let us take a deeper look into who this proverb 31 woman is and how we can become more like her.

In Proverbs 31:10 a question is asked: "Who can find a virtuous woman?" Well, what is a virtuous woman and what does she look like? The definition for virtuous: having or showing high moral standards, chaste. Our high moral standards should be the laws! The virtuous woman would look something like this: a woman who is faithful, law abiding, honest and obedient wife, loving and nurturing mother, a woman who cares for her health and families, classy, knows how to manage her finances, home, and time etc. This sound like a lot of work. Who can juggle all of that at once? Does this mean I am never to get mad, angry, or out of the "spirit"? Should I fake it until I make it? Can I really become all of this? These are some statements and question you might ask yourself. I am here to tell you; you can hold all these attributes. You may get upset at times, but a virtuous

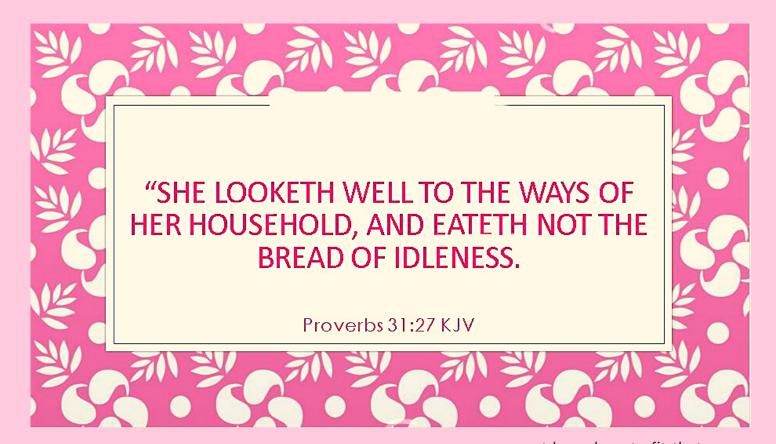


woman will know how to control her emotions, so you will never need to fake it until you make it. The attributes of this woman lye in each and everyone of us. It is in our make up as a woman, we just need to get back to our femininity.

All our lives we have heard about this proverb's 31 woman, whether it was at church, in a book, or just a conversation amongst friends. We have either openly or behind closed door try to compare ourselves to the woman described in this chapter. Compared to our day to day lives this woman seems unreal. She knows how to sew and makes clothes for her and her family (v19, 20, 22), she is a bargain shopper and does not mind traveling far for a better deal (v14), she is a business woman who knows how to invest her money and in her family (v16, 24), she knows how to carry herself and speak (v25, 26), her light is always showing (v18), she is charitable (v20), she is an trusting, obedient wife, who is honored by her family (v12, 23, 28), and she fears the Lord (v30). How was this woman able to get up early everyday cook for her family and servants, go out purchasing things for the house, do gardening, sell some of her item she made, help the poor and needy, and it states she has children so let not forget about home schooling, then cater to all her husband's needs? The modern-day women have a lot to juggle too (children, job, house, husband etc.), however it always seems that something or someone gets neglected in her routine. The bible says, "Proverbs 31:27 She looketh well to the ways of her household, and eateth not the bread of idleness." This means she looked around her house and saw what was needed (food, clothes, cleaning, fixing etc.) and







her day was busy, and nothing got neglected.! Guess what ladies, she was organized!!! This is how we can manage all these things in a day. You must organize your day and life. I recommend you go out and purchase a white board, download an organizer app, or buy an organizer and write down all the things you need to do on that day, week, and month.

This is the beginning of gaining control over your time and how to spend it wisely. Start budgeting your finances and you too can consider a field and buy it (v16). Girl that's land or a house! Even the Lord tells us to build house & have gardens (Jeremiah 29:5). We must start having a business savvy mind. Our home & family is our business, and we need to see how we can profit it and advance it to become better.

As proverb's 31 women we need our sole focus to be on our households (husband, children, home duties). If you work outside the home, then of

course you must learn how to fit that schedule without into your interfering with your family life. Even in Titus 2 it speaks about loving your husband, children and being keepers at home. These are attributes we need to have. We all can become this woman; the scripture tells us this: "Proverbs 31:29 Many daughters have done virtuously". So, let us readjust our focus and begin to balance our time and energy on changing our habits to fit the proverbs 31 woman, learning to love our husbands and children as Titus 2 says, so we too can be honored and praised by them as in proverbs 31:28.

Here are a few things to think about or ask yourself. Do you say you love the Lord? Then you must learn to love your husband and children (1 John 4:20). Do you strive to keep the laws and want to please God? Then you must learn to obey this scripture (Ephesians 5:22–24). Change is good and it begins with you (Romans 12:2).











# PASS THE FLOWERS OF HER AGE:

# THE PERIMENOPAUSE AND MENOPAUSE **EXPERIENCE**

BY: SIS RONI (HOO KOLAIAH DC)



I distinctly remember the days when a regular car ride with my mother would turn into an uncomfortable moment in time. In the midst of a conversation, (and my momma loves herself a good conversation), all of the sudden she would get quiet and all the windows would go down. It's nothing wrong with getting some fresh cool air, but in the dead of winter to a teenager with anemia, it was torture. What I could not understand then, I fully understand now. With my own experience of the "private summer", I can tell you straight up...I wasn't ready! (in Kevin Hart's voice).....Seriously, not at all!



The time in which a woman's reproductive organs begin to descend into perpetual vacation mode can be uniquely different and similar all in the same breath. Common symptoms like hot flashes, night sweats, irregularities in the menstrual cycle, insomnia, weight gain, brain fog and even anxiety/mood swings have been indicators for a sister to gauge that the passing of her flowers have come upon her in her ripened age. Women in their 30's, 40's and 50's can experience these symptoms and suffer through the overall effects it has on their physical, emotional and mental health.



There are variations on a per case basis of how a woman's body will be affected during this inevitable time in her life. So what better way to investigate this thesis than to gather some beautifully willing sisters to give their account of how they have endured "the change". A group of gracious volunteers agreed to candidly share their experiences with you in hopes to help our sisters feel better about what to expect and how to cope with the next milestone of maturity.

The interview participants are: Sis Aundrea (IUIC DC), Sis Michelle (IUIC DC) and Sis Phoebe (IUIC DC)

What was the age you began to experience perimenopausal and menopausal symptoms?

Aundrea: 26 Phoebe: 28 Michelle: 51

Were there any special circumstances that caused you to go through perimenopause or menopause sooner than expected?

Aundrea: I had very irregular cycles. In two years I probably had a cycle 3 times. The whole year of 2017 was just rough. I had fibroids, tumors and my uterus was tilted. I was in danger of it flipping over! I have gone up to nine months with bleeding with maybe a 4 day break in the midst of it.

Everything was deteriorating, so I had to have the surgery to remove it to even feel better.

**Phoebe**: My former husband and I didn't want children right away, so I decided to take the birth control pill Yasmin. Soon after I developed Endometriosis. My periods became horrible, I had very heavy bleeding and tried every option to get it regulated, but to no avail it continued. I had never had fibroids until I started birth control. Because of the serious complications and hemorrhaging, I was medically advised to get a hysterectomy, and I went through with the surgery.

Did you experience any unique symptoms, physical or emotional changes? For example depression, weight gain, anxiety, heightened or decrease desire for sex etc.

Phoebe: I get cold flashes. It's the opposite spectrum of hot flashes. It's a bone chilling cold from the inside out. I still have occasional night sweats and I get chills in the middle of the night. I have been 2 ½ years on a journey to better health, a journey I started with Sis Yo'ela. Part of her treatment is for you to share your blood work with her to look at your levels to help balance your hormones. She told me that cold flashes are a real thing. She reassured me that even though I had the hysterectomy, I was still like any woman who was going to go through this stage of life and naturally experience symptoms of menopause at my age.

On a good note, my skin evened out from being oily. During menopause, my sex drive increased. Applying abstinence in the world was so hard. I am so grateful for coming into this truth, because these commandments keep me focused. I was so ashamed of it, too ashamed to even mention it. During the holistic healing journey, I have had to address increased desire. I have learned what triggers that desire, like the use of yoni eggs which I quickly learned I could not use during this phase of my life. Ultimately, I was counseled to know that marriage is the only way to cure the natural desire to be with a man and focusing on preparing myself to be a wife is where I have turned my attention.

**Michelle**: As I got closer to menopause, my cycle changed. I would be heavy one month and light the other. It became unpredictable. The frequency, flows, length changed a lot. I developed skin tags, which my doctor said is attributed to gaining weight. I shot up to 175lbs from around 145lbs. It was hard to drop the weight during menopause. Turning 50 alone was a big milestone for me. Anxiety kicked up because I was afraid of being old, growing old. Menopause for me was an indication that I am an old lady. That caused me to be on an emotional rollercoaster. This is all on top of being depressed. My sex drive decreased, and hasn't been a focal point for close to 9 years.

**Aundrea**: Weight gain was the worst. I was tiny. Going from a size 4 to an 8 was a big deal for me. Weight training actually helped get my weight under control. My hair thinned a little, but I can deal with that. But the weight gain is something else.

# What was the most grievous symptom(s) that you experienced during this period?

**Michelle**: The infamous hot flashes! The first time I experienced it was at work. I was pouring with sweat and it lasted a couple of hours. It felt like my core temperature was burning from the inside out. Cold showers and fans gave me some relief to cool down my skin. The hot flashes started around the age of 51. so it lasted a couple of years into menopause.

**Phoebe**: I had surgically induced menopause symptoms. Before I figured out how to balance out hormones, I had 10 years of hot flashes on and off. I would have hot flashes with irritation. So almost like the opposite end of contractions. When you are going through the contraction, you just want to breathe and you don't want anyone to talk to you. The flashes were intense like that.

**Aundrea**: A lot of pressure and bloating. It felt like my uterus was going to fall out of my body! I just experienced this last week, which is a phantom pain from the hysterectomy. Who was affected the most by the symptoms you experienced?

**Phoebe:** Because I had a rough experience and ended up hospitalized, afterwards for 18 days I came back home to my parents house. I was told my body would go though almost a shock, and that I would instantly be in menopause. I was very anti-medication, and they gave me the patch and estrogen pills. But I didn't want to take it, so I tried to fight that thing out. I remember the day we were in the kitchen...I was really ill and soaked with sweat and my dad told me "Baby, I don't know what just came over you (because I got out the spirit with my dad) but you are not that way. I know you don't want to take medicine, but this is not the Sugar I know". At that moment I took the medication and eventually transitioned over to Bio-Identical Hormone Therapy.

**Aundrea**: My family was in another state, so I lived alone. I did have a family friend named Pam, who was helped during the stages of pain from the fibroids....but I was mostly alone.

**Michelle**: It affected my teenage daughter because my menopause exasperated my depression. When I had those bouts, even with medication, it would be not getting out of bed, talking to my daughter, or spending time with her doing mother daughter things. It was hard on her.

**Phoebe**: One thing I would recommend for anyone that may be experiencing anything similar, is to get a second option. Looking back, I now wish I had not had a hysterectomy. I went through the curses...the independent mindset, promiscuity and sexual abuse. Part of me felt like it was punishment. This was the guilt that came with it, because of the sins of my past, I wouldn't experience the joy of raising children in the truth. With the nation being focused on family and children, even though I have two children, that's a piece of me that's like "Ok, don't dwell on that because LORD willing in the Kingdom, you'll have more." Even the baby announcements, proving announcements were a trial. I had to accept it and push it out of my mind. Meditate on scriptures and endure to believe having children in the kingdom. I desire to be married and a great wife. The righteous man I am able to marry will understand we can't have children on this side, and it's ok.

**Aundrea**: I had to make peace with that a long time ago because of the extreme complications of what I had to go through. I was just so afraid of it getting cancer that I wanted to just be healed of it.

# 6 SIGNS & SYMPTOMS

# OF MENOPAUSE

# YOU'RE REALLY HOT (LITERALLY)

Flashes can come out of nowhere and pair up with sweating and chills.

### YOU'VE GOT NIGHT (MARE) SWEATS

The flashes that strike in the night can completely soak your bed.

### YOU'RE DRY DOWN THERE

Low estrogen can make vaginal tissue feel dry and irritated.

### YOU'RE PEEING ALL THE TIME

You gotta go constantly, and you have to do it like right now.

### YOU'RE MOODY x10

Menopause emotions are like period mood swings on steroids.

## YOU'RE...WAIT, WHAT?

Brain fog is the norm for two-thirds of women in menopause.

( healthcentral







# The Aged Woman and Menopause

HOW TO

BALANCE

HORMONE

THROUGH

NUTRITION

& HERBS



MENOPAUSE

BY AVIYAH BAHT ISRAEL

# Greetings young and aged daughters of Sarah.

I know as a young woman we all dread getting older but now is the time for awakening and we no longer have to dread aging but look forward to aging gracefully. There are many downfalls that we run into as we age when we do not take care of our bodies properly through nutrition and exercise. Now a woman has many phases during her lifetime and as an aged woman; menopause is one of those next phases. Menopause does not have to be dreadful and terrible to the mind. Yes ladies you can actually go through menopause without the symptoms. But you may ask yourself what are some of those symptoms? Well typically hot flashes, mood swings and one of the least talked about affects is dryness;

vaginal dryness that is; yes I said dryness where your fountain is dried up and is no longer a spring Of river flowing. This is called atrophic vaginitis or vaginal atrophy. This is quite common in women that hit this phase of life; but please don't for a minute think that it is supposed to happen or its permanent. The cause of vaginal dryness is due to low estrogen levels that naturally occur as we get older. What we have to do is maintain hormonal balance through estrogen hormonal therapy. This can be done through numerous ways and all natural. We sometimes go through many diseases in the body and think that there is nothing we can do about it, but that is quite





healing for everything. Sirach/Ecclesiasticus 38:4 "The Lord hath created medicines out of the earth; and he that is wise will not abhor them." We must re-learn what our creator has given us to maintain proper body function, so all is not lost ladies your husband does not have to suffer the consequences of your lack of knowledge anymore because you have found a solution and that is through nutrition. We all know the famous quote "let thy food be thy medicine and thy medicine be thy food" this is true indeed. If we transform our mindsets to know that food is medicine then we will start to intuitively and consciously consume foods not for pleasure only but for purpose of healing and optimum health. Let me dive into what vaginal dryness actually is.





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# A. Chef Aviyah

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Chef Aviyah



# VAGINAL ATROPHY:

Vaginal atrophy is a condition that causes thinning, drying, and inflammation of vaginal tissue. This condition is caused by decreased levels of estrogen (a female sex hormone). Vaginal atrophy can increase your risk for vaginal and urinary tract infections. Vaginal atrophy can worsen over time if not treated. What causes or increases your risk of vaginal atrophy?

- Menopause
- · Medicines that lower your estrogen levels,
  - such as those used to treat breast cancer, endometriosis, or fibroids
- · Radiation to your pelvic area
- Surgery to remove the ovaries
- Breastfeeding

# What are the signs and symptoms of vaginal atrophy?

Vaginal dryness, itching, and burning
Vaginal discharge
Pain or discomfort during sex
Light bleeding after sex
Burning during urination
Frequent, sudden, strong urges to urinate
Urinary incontinence (loss of control of your bladder)

# SUGGESTIONS ON WHAT TO USE:

Estrogenmay help decrease dryness, limay also lower your risk of vaginal infections if you are going through menopause. It can also help to relieve urinary symptoms. You can get this naturally in foods that are high in estrogen.Natural Solutions foods: Cashews, chickpeas, dried fruit, berries, okra, Aloe Vera plant, nopale plant and lots of water. Eat more cruciferous vegetables because it aids in the transformation. Increase bitter food intake because it supports the liver; liver filters blood & excess hormones.



Avoid foods that are highly processed with pesticides, insecticides, GMO . preservatives or additives in packed food. Avoid alcohol consumption because it damages the liver when consumed on a regular basis. Consume healthy fats: coconut, avocado, raw nuts, seeds & olives. Beets are one of the best vegetables to purify blood. Anti-inflammatory diet is easier for the body to maintain homeostasis and good health.

# Herbs that promote estrogen are:

Vitex: known to aid in progesterone production and reduce hot flashes

Red Clover flower: helps increase estrogen and helps hot flashes

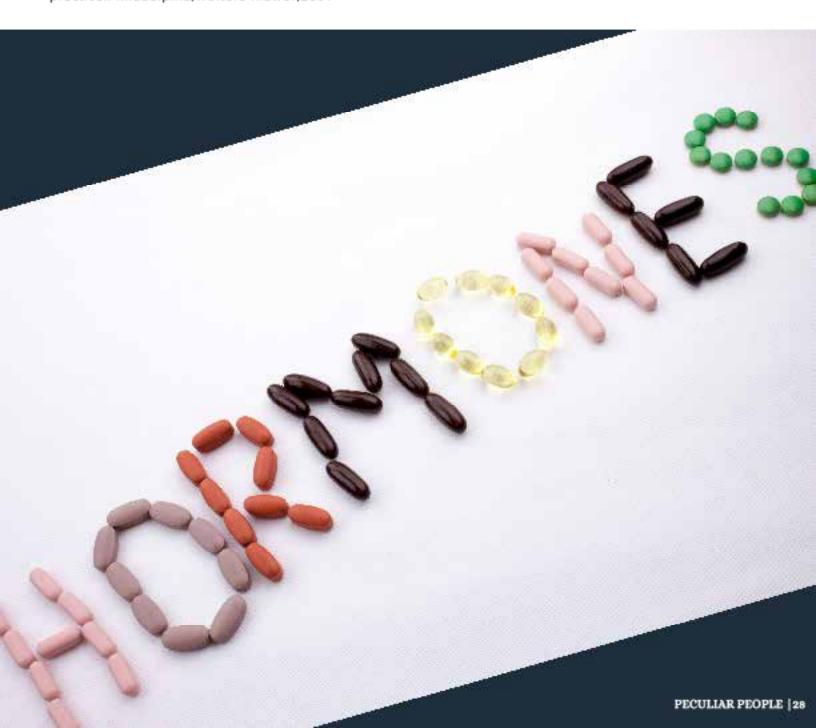
Dong Quai: a traditional Moabite root that is used for menopause symptoms.

Black cohosh: A traditional Gadite herb that helps stimulates estrogen receptors.



Hormonal imbalances are not only occurring in aged women but younger woman as well and its becoming more commom amons our people. The culprit is poor nutrition, poor lifestyle and unhealed trauma that relates to stress. The good news is Sirach/Ecclesiaticus 38:9 "My son, /(daughter), in thy sickness be not negligent: but pray unto the Lord, and he WILL make you whole." This is key sisters combined with the application of sirach 38:4; using the medicines that The Heavenly Father put for us to use. Basic healthy nutrition choices and lifestyle changes will help with making you feel better in not only body, but mind and soul.

References: livewellzone.com, Katz, David. Nutrition in clinical practice. Philadelphia, Wolters Kluwer, 2001



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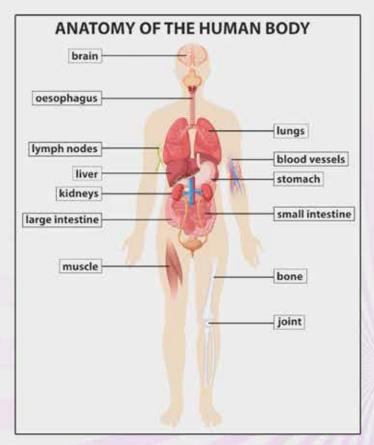
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## Use the diagram to search for the words

U L Y M P H N O D E S B W L V J Y X
O Z G K H Q Y J E G V M F H S O G S
B R A I N I P F E R H B G V K I U T
R K I D N E Y S Q Q N H Q U R N O O
Y L B L O O D V E S S E L S P T N M
T K I S M A L L I N T E S T I N E A
U E L W V A I U B L I V E R D T J C
O B U B N O E S O P H A G U S J G H
P C N L A R G E I N T E S T I N E R
M E G D Y R A S W Q M M D F Q C F B
C A S J J T H O B N P J B Q N S O U
D B O N E G W B M U S C L E K V K B

Using the diagram below, mark each blood vessel in it's proper order (1st, 2nd, 3rd, or 4th) when the fat is burned through diet and exercise



# **Answer the Preventative Trivia questions below:**

- The purpose of a preventive care visit is to make sure I'm healthy.
   True or False
- If I feel fine, I don't need to see a doctor every year.

True or False

- 3. I can take care of my preventive visit when I see my doctor for another medical reason. True or False
- There will be charges for my preventive care visit.

True or False

My annual physical is my chance to take care of all the health conditions I have. True or False Unscramble the words below







# An Unexpected Righteous Romance That Blossomed

BY: MARIAH (HO OFF ELIHU), INTERVIEW WITH HANNAH ANNA

### Where are you from?

I grew up on a farm in
Alabama where I learned
farming. However, I was born
in Chicago and my
grandmother raised me up
until the 10th grade. I later
lived with my mother. I am
from the tribe of Gad.

How long were you in the truth for?

I came into the truth in July 2015. I congreated with the Chicago camp for one year. I retired at age 61 from my cleaning service business I had for 28 years. I later moved from Chicago to Panama City Florida to live with my daughter Hadassah and my son in law Officer David. I started congregating in Tallahassee with them.

I moved in with them to help with my grand-children.

### Were you ever married before?

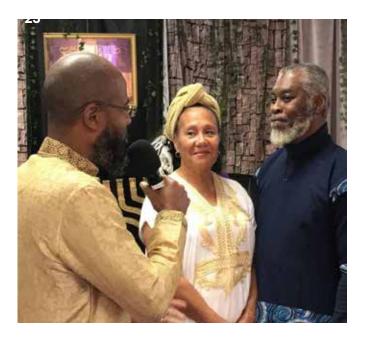
Yes I was married for 25 years and later became a widow for 8 years before I came into the truth.

# How was the communing process for you as an aged woman?

The communing process for me was beautiful. It was unexpected. I was not looking to commune with anyone at my age. My son- in -law spoke to me concerning communing but I still was not thinking about it. However, when I went on the Quest III sister Deborah from the Rochester camp told me that she knows a brother in her camp that I would be a perfect match for. Sister Deborah got the approval to introduce myself and Officer Isaac to one another. While communing we discovered we had a lot in









common such as both being retired and so much more. We would have honest conversations all the time. Officer Isaac would make monthly visits to the Tallahassee school to visit me. We also went on double dates that were always supervised. We spent time together at tabernacles where we went hiking together.

During communing you often see the other person's representative. I wanted the Officer to be honest with me. I wrote down questions in a journal that I planned to ask him and examined his response. I often asked him the same question in different ways to see if his answer would change. Since we are up in age I was more understanding of his shortcomings and willing to work with him. Everything I asked I made sure it was questions I was willing to answer as well. Some of the questions I asked was about life insurance policies, savings, finances, expectations on both ends, and more.

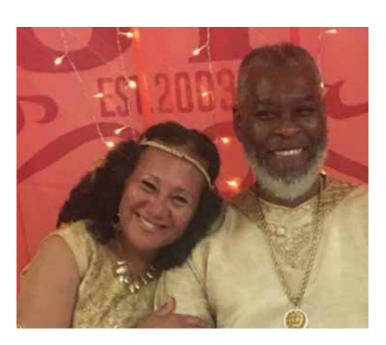
"DURING COMMUNING YOU OFTEN SEE THE OTHER PERSON'S REPRESENTATIVE. I WANTED THE OFFICER TO **BE HONEST WITH ME. I** WROTE DOWN QUESTIONS IN A JOURNAL THAT I PLANNED TO ASK HIM AND EXAMINED HIS **RESPONSE."** 

How long did you both commune for?

I wanted to be an example to the younger communing women so we decided to commune for a year. During tabernacles we engaged in lots of conversation and we discussed marriage in great detail. We decided that we did want to be married. I wanted to visit the Rochester school so I flew down there to visit the congregation and to plan the marriage.

I know you mentioned that you do many works in the body so were you able to plan your wedding?

I was so busy that my daughter and other sisters took over the wedding planning. I helped make the final decisions on the colors and decorations. The wedding was beautiful and Officer Obadiyah from Rochester camp married us off at the Tallahassee camp.





### How is married life?

I love it out here. My lord and I bought a home together with lots of room. I workout everyday with my lord; we go on hikes together. I keep myself busy with gardening, sewing garments and canning. I like to visit my grandchildren. I have 18 and my lord has just one. Our marriage is growing and so has our friendship. We are still getting to know one another.

