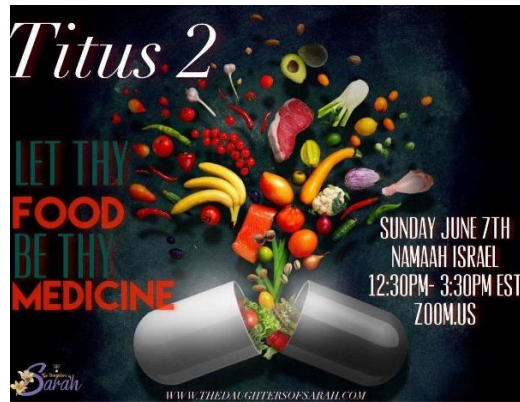


Topic: Let Thy Food Be Thy Medicine

Hostess: Naamah Israel

Event: Titus 2

Date: 06/07/2020



Naamah Israel

Today's topic is, "*let thy food be thy medicine.*" We will discuss how eating affects our life and our health. Also, just making healthier choices in our life so that we will not get sick later or if we are already sick, we will be able to wean ourselves off of different medicines so that we will not need so much of it in the future and learn how to eat the herbs from the earth.

Leviticus 11:1-2 (KJV)

Vs 1 And the LORD spake unto Moses and to Aaron, saying unto them,

Vs 2 Speak unto the children of Israel, saying, These *are* the beasts which ye shall eat among all the beasts that *are* on the earth.

- TMH told Moses to tell the Israelites what food we could eat so that it was clear what we could and could not have.

Leviticus 11:3 (KJV) Whatsoever parteth the hoof, and is clovenfooted, *and* cheweth the cud, among the beasts, that shall ye eat.



- TMH says that any animal that is cloven footed and cheweth the cud (grass) are lawful to for us to eat. (ex: cows, sheep, goat, etc.)

Leviticus 11:4 (KJV) Nevertheless these shall ye not eat of them that chew the cud, or of them that divide the hoof: as the camel, because he cheweth the cud, but divideth not the hoof; he *is* unclean unto you.

- If the animal has one or the other, we cannot consume, the animal must have both. (Divide the Hoof and Chew the Cud)

Leviticus 11:7 (KJV) And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he *is* unclean to you.

- TMH told us not to eat swine (pork) because it is unclean to us.

Ex: Pork ribs, pork chops and pigtails were fed to us during slavery, but it is still unclean to our system. The Most High does not have to give us a reason why not to eat it. If He made the animal and said its unclean when just should not eat it.

Leviticus 11:9 (KJV) These shall ye eat of all that *are* in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat.



Leviticus 11:10-11 (KJV)

Vs 10 And all that have not fins and scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which *is* in the waters, they *shall be* an abomination unto you:

Vs 11 They shall be even an abomination unto you; ye shall not eat of their flesh, but ye shall have their carcasses in abomination.

Things *without* fins and scales:

Lobster

Crabs

Catfish

Shrimp

Octopus

- We are not allowed to consume anything from the sea if it does not have fins and scales because TMH says it is an abomination to your body

Meat we can eat:

Oxtail

Goat meat

Chicken

Steak (Cow)

Sirach 31:19 (Apocrypha) A very little is sufficient for a man well nurtured, and he fetcheth not his wind short upon his bed.

- Although we can eat these things, we should be mindful not to consume a plate that looks like 3-tier cake.
- We must eat in moderation to avoid illness.
- A man that is studied in the scriptures will be mindful not to eat a lot of food.
- If we consume too much, we will get sick.
- America supersizes everything and it is making us extremely unhealthy.
- Learn how to replace items on your plate with more vegetables.

Sirach 30:25 (Apocrypha) A cheerful and good heart will have a care of his meat and diet.

- We feed junk food to our family all the time and think that they are not going to get sick
- As Israelite women, what we put in our bodies is part of loving ourselves, our husbands, and our children

As a people we struggle with:

Diabetes

High Blood Pressure

Heart Disease – requiring Open Heart Surgery

Amputation of body parts

Hip/Knee Replacements

- We must change the way we eat!
- The Most High says, “A very little is sufficient”
- We need to apply portion control



Sirach 30:20-21 (Apocrypha)

vs 20 He seeth with his eyes and groaneth, as an eunuch that embraceth a virgin and sigheth.

vs 21 Give not over thy mind to heaviness, and afflict not thyself in thine own counsel.

- Some people emotionally eat: (ex: When mad, angry, or bored that makes them go to the refrigerator every 15 mins)

Try to find more productive things to do with your emotions:

Watch a class

Read the scriptures

Drink some tea

Do not eat out of emotions!

You must find ways to keep yourself happy

How to avoid emotional eating?

Nehemiah 8:10 (KJV) Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for *this day is holy* unto our Lord: neither be ye sorry; for the joy of the LORD is your strength.

- The joy of keeping the commandments, reading your scriptures, studying together, and watching classes pertaining to your trial is your strength.
- Your refrigerator is not your strength because it is making you feel better or providing temporary comfort in that moment. In the end it will make you sick.

Sirach 30:23 (Apocrypha) Love thine own soul, and comfort thy heart, remove sorrow far from thee: for sorrow hath killed many, and there is no profit therein.

How do we comfort our soul?

Get in the scriptures.

We must find things we love to do to keep us out of the refrigerator especially now during this quarantine (ex: draw, paint, sew, exercise)

Sirach 37:28 (Apocrypha) For all things are not profitable for all men, neither hath every soul pleasure in everything.

- Just because they sell Starbucks, donuts, Big Macs does not mean we have to buy it. As it is not profitable for our bodies...It is making us sick.
- Esau puts these stores in our neighborhoods, not theirs.
- Ask yourself: Is what I'm about to consume a help or harm my body?
- Should we eat large portions of these things? NO. We should eat them in moderation.

Sirach 37:29 (Apocrypha) Be not unsatiable in any dainty thing, nor too greedy upon meats:

Define: *Insatiable: impossible to satisfy.*

Ex: Cakes, cookies, candy, ice cream

- Just because you have the freedom to have it does not mean it is going to be healthy for you. Especially in the "dainty" things because they have a lot of sugar.
- This is what we can expect to happen if we continue to eat unhealthily...



Sirach 37:29 (Apocrypha) For excess of meats bringeth sickness, and surfeiting will turn into choler.

- TMH says too much meat will bring sickness.
- Some choose to cut meat completely out of their diet (This is a personal choice), eat a little meat or only fish.
- Whatever your preference is, eat a little. Cut down on the meat and add vegetables. (Ex: broccoli, spinach, and quinoa)

Define: *Surfeit*- cause (someone) to desire no more of something as a result of having consumed or done it to excess.

Define: *Choler* (in medieval science and medicine) one of the four bodily humors, identified with bile and believed to be associated with a peevish or irascible temperament.

- You will be upset and sick therefore we need to do something different

Sirach 38:4 (Apocrypha) The Lord hath created medicines out of the earth; and he that is wise will not abhor them.

- There are things that grow in the earth that can help us to heal our bodies naturally and make us healthy over time.
- We must apply as a commandment what we are learning
- Big Mac's and Cheese do not come from the earth...

*Fruits and Vegetables that come from the earth that help cleanse your **heart**:*

Article: <https://www.healthline.com/nutrition/heart-healthy-foods>

- Find ways to include these foods in your diet.
- We must start to take small steps to change our diets
- These are foods that we should be eating on a regular basis

*Fruits and Vegetables that come from the earth that help cleanse your **liver**:*

Fruits: Citrus fruits: Grapefruits, oranges, limes, and lemon

Veggies: Broccoli, cauliflower, turmeric, garlic, walnut, beets, carrots

- The Most High gave us medicines from the earth so that we do not have to go to Esau to get medicines that comes with many different side effects.
- If we eat properly then we will be able to prevent the sickness for ourselves and our children.

*Fruits and Vegetables that come from the earth that help cleanse your **kidneys**:*

Fruits: Lemons, Limes (add to water), sweet potatoes, apple

Veggies: Spinach, Kale, Chard, broccoli, Dark berries

Foods: Fatty fish (salmon and tuna)

- If you do not pay now (by eating healthier), you will pay later by needing to go to the doctor's office frequently and/or hospital and then you will spend a lot of money.
- We must make healthy choices now to avoid getting sick later!

AviYah Baht Y'israel

Topic: Leaky Gut Syndrome

Genesis 1:29 (KJV) And God said, Behold, I have given you every herb bearing seed, which *is* upon the face of all the earth, and every tree, in the which *is* the fruit of a tree yielding seed; to you it shall be for meat.

Leaky gut is the cause for common ailments such as:

Irritable Bowel Syndrome

Constipation

Headaches

Allergy

What is Leaky Guts Syndrome?

It is when your intestinal lining, (the barrier between your intestines) and your bloodstream gets damaged.

- Your gut is like a fishnet with little holes that allow food to go through but block toxins.

Leaky guts syndrome occurs when you have a big hole in the lining of your intestines. It lets toxins (ex: gluten, bad bacteria, sugar) seep into your bloodstream that causes inflammation.

Clean blood = Good health

Toxic Blood = Bad health

Bloodstream:

When these toxins enter your bloodstream they are identified, and a signal is sent telling them they should not be there causing an inflammatory immune response. (ex: pain in different areas of our bodies.)

- If *leaky gut* worsens over time without repair it will cause *autoimmune disease*.

Autoimmune Disease (ex: Lupus, Hashimoto's Thyroiditis, Rheumatoid Arthritis): When your immune system begins to attack the tissue and cells in your body.

Leaky Gut also causes:

Food allergies

Food sensitivity (ex: nut and gluten allergies)

Acid reflux

Bloating

Migraine Headaches

Hyperthyroidism

Skin Issues (eczema, acne, rashes)

ADHD (**A**ttention **D**eficit **H**yperactivity **D**isorder)

- When you are pregnant you must eat very health to ensure that your child avoids ailments such as: **eczema, ADHD**

- Too many proteins leaking into your bloodstream it causes a brain dysfunction (brain fog and inflammation) and hinders brain development causing **autism**.
- Holes in your gut lining that causes proteins like gluten and casein to leak into your blood stream and recirculate in your system causes inflammation in the brain hinders brain development.

How do we fix leaky gut syndrome?

- Start back eating the natural foods that God has created to heal us
- Let's get out of the Babylonian eating styles we have learned and adapted to over time
- Stop eating in excess
- Take time to detox/cleanse your body from years of eating refined grains, refined sugars, and cheap meat (we are consuming animals that are not raised and fed like we did biblically)
- Stay away from foods with an extended shelf life (ex: chips, canned food, processed and fast food)

***Remember, God food grows, and you pick it and Babylon's food costs \$1.00!!!

Cleansing diet needed to heal our gut...

- Healing is not a quick process
- When you heal naturally it takes time and patience
- Trust the process...do not rush the process

Foods to remove...

Gluten

Dairy (Causes mucus which causes disease)

Artificial Sweeteners

Refined Grains

Simple Carbohydrates (Potato chips, white potatoes)

Vegetable Oil, Canola Oil, etc...

Solutions to Heal and Seal your gut lining...

- Collagen is 90% of what your gut lining is made of
- Sea Moss – Consume daily (make it a gel or add it to soup)
- Consume foods that are easy to digest (vegetables, fruits, blueberries, pears, apples, etc...)
- If you have acid reflux modify your intake to what you can eat

Dampness in the body...

- Our bodies consist of hot and colds temperatures
- There must be a balance in our body temperatures
- Remember...mold can thrive in damp environments
- We must get bad bacteria and candida out of the body (yeast infections, bacterial vaginosis is caused by an imbalance in your body's flora and PH levels)

Foods to consume to balance flora and ph and heal your gut...

- Increase alkaline foods and decrease acidic foods
- Consume bitter foods (ex: arugula, artichokes, dandelion greens, leafy greens, mixed chard, mixed kale, parsley, cilantro, rosemary, celery)
- Consume bitter herbs (ex: cinnamon, oregano, neem, cerasee)
- Slippery Elm Bark- Helps to coat your stomach lining
- Neem - powerful healing herb

Remember...we should all be eating with purpose...to heal

Ask yourself: *Is this food going to heal me, or is it just satisfying my craving?*

- Bad bacteria and candida are responsible for your sugar cravings
- We must cutback and detox from sugar because it causes a lot of problems in the body
- Wean yourself off refined sugars and replace with natural sugars (ex: date sugar, coconut sugar/nectar, raw honey, grade A maple)
- Oil of Oregano should be in your medicine cabinet as it helps with a lot of things
- *Add healings foods and eat with the agenda to heal the body*

Sirach 30:15 (Apocrypha) Health and good estate of body are above all gold, and a strong body above infinite wealth.

- We must all make a permanent lifestyle change.
- We must be strong in our bodies as well as our minds.

Supplements:

Probiotics - Good Bacteria 50-100 Billion IU

Fermented foods (ex: sauerkraut, kimchi, cabbage, pepper, beets, turnips)

Papaya is a healing food that assists with digestion.

Plant based Collagen/protein supplement (if sea moss unavailable) – for joint pain

Herbal tea blends

Video: What Is Leaky Gut? Naturopath explains...

https://www.youtube.com/watch?v=L5MNiWHxf_I&app=desktop

****To simplify all this information, just remove the garbage from your body and replace it with healthy and healing foods that will help you heal yourself, your gut, and your diseases.*

3 John vs 2 (KJV) Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

Remember...We must combine spiritual/mental wellness and health with physical health because they are connected and there must be a balance. We must be disciplined, committed, and consistent with wanting to get healthy. You cannot eat however you want; we must eat according to the guidelines that we were given.

Cleanse...Eat...Repeat!!!

Q. *How do you deal with the taste of bitter herbs in tea form?*

A. You must get used to the taste of bitter herbs in its natural form, there is no way to get around the taste.

A. It takes 20 mins for the bitters to go down, so give it some time and do not drink anything behind it. Allow the bitters to do their job

The Most High divided our taste buds into sections. (sweet, salty, sour, and bitter)

Remember: The scriptures tell us that our bodies are not our own, it is the temple of the Most High.

Contact email: Naturallivity777@gmail.com and Telegram

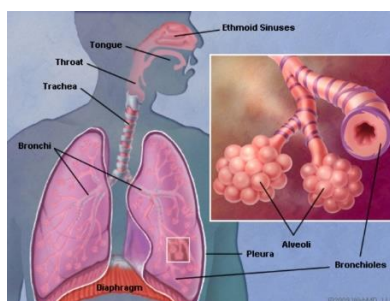
Sister Deborah-New York

Topic: Management and Treatment of Asthma

Lungs: Are a pair of spongy, air-filled organs located on either side of the chest (thorax).

Trachea/Windpipe: Conducts inhaled air into the **lungs** through its tubular branches, called bronchi.

Bronchi: Then divide into smaller and smaller branches (bronchioles), finally becoming microscopic



- In general, we pay so much attention to our outward appearance and issues that we neglect to take care of the inside of our bodies. We are clueless to how the insides of our bodies look.
- We must be in tuned to what is going on the inside

Video: YouTube: What's Inside the Lungs? Lung Dissection. We the Curious

https://www.youtube.com/watch?v=9xhxALk9gm8&has_verified=1

Video: YouTube: An Asthma Attack

<https://www.youtube.com/watch?v=fNxVOc-Pxzs>

This is what happens during an asthma attack!

Shortness of Breath

Weakness/Lethargic/Tired

Sleepiness

Wheezing

Chest Tightness/Gasping for Air

Coughing (Tell-Tell sign to a pending asthma attack)

A person with Asthma is more susceptible to getting the common cold, flu, and Covid-19

How does the food you eat affect asthma and allergies?

- For some people, they may notice certain foods exacerbate their asthma.
- Sulfites: a type of preservative used in foods, can trigger asthma if you eat high amounts.
- Sulfites are what Esau uses to preserve foods and make dried fruit look “pretty”
- It is important to know your triggers.

Food that may include sulfites:

Dried fruits and vegetables

Packaged potatoes

Wine and beer

Bottled lime and lemon juice

Hot dogs or preserved meats (ex: smoked meat/corn beef)

Pickled foods

Dairy (milk, cheese, yogurt, butter) causes a buildup of mucus

- Look for dairy free and sulfite free products
- Covid-19 will attach itself directly to the mucus in your lungs
- Imagine your lungs being filled with mucus making it difficult for you to breath

- The pollen that is currently floating around during this time will exacerbate yours and/or your child's asthma symptoms.
- Running, playing, and exercising may be difficult while trying to manage your asthma.
- Keep your weight in check because excess weight will cause your heart and lungs to work even harder.
- Flu/Cold will also exacerbate your asthma and cause prolonged healing.
- See a Doctor for allergy testing so that you know exactly what you are allergic to and can avoid these things.

Tips: Uses for Organic Cayenne Pepper:

- Allergic Reactions
- Wounds

(Please research, use at your own discretion, and consult with a physician if needed)

Video: YouTube: Food Allergies and Food-Induced Anaphylaxis

https://www.youtube.com/watch?v=1_ztDpp5U6k

Herbs That Help Strengthen Your Lungs:

Fenugreek: Reduces Inflammation Inside the Body, Chronic coughs, breaks down mucus in your lungs



Recommend: Take Clear lungs with this to help clear lungs

Chamomile: Relaxes the smooth muscles of the lungs but should be taken with caution if allergic to marigold or daisies. (Tea and Oil)



Lavender: Helps reduce inflammation caused by allergies and asthma. (Tea and Oil)



*Recommend: **DO NOT** get rid of your prescription inhaler!!!*

- Mix Lavender and Chamomile into a tea, steep for 30 minutes and make it strong. (Tea bags or loose tea leaves are okay)
- CAUTION!!!...If you are allergic to marigold and daisies be cautious as they are in the same family as Chamomile.
- Chamomile relaxes the smooth muscles of your lungs
- 5 drops of Lavender/Chamomile essential oils with a carrier oil (coconut, olive etc.) and massage lower/upper on front and back of chest.

Vitamin D: Helps to build and strengthen your lungs

- Take a daily supplement because we as Israelites do not get enough sunshine and we are deficient.

Dill - Great to have on hand for Asthma

Oregano – Clear and strengthen your lungs. Antiviral/Antibacterial

Peppermint - Clear and strengthen your lungs. Antiviral/Antibacterial

- We must protect our bodies from viruses and bacteria.
- White Blood Cells in your body = Your body's military. With a weak military, your body will allow viruses/bacteria to attack your body.

Defense:

- Consume fruits, vegetables, herbs, get adequate rest, pray, fast, exercise.
- *Junk food* and lack of rest will cause your body to be weak and not be able to fight off viruses and bacteria.
- *Alcohol* causes your immune system to weaken.

Tips:

Humidifier Therapy: Is a great way to relax. Cold or warm mist humidifier, place essential oils in the water, use clean water.

- If you do not have a humidifier...Heat up a pot of water on the stove and allow the steam to fill up the room and the moisture will enter the lungs and help you to cough and break/bring up the mucus.

Clean...Clean...Clean...

- Keep your homes free from dust buildup.

Plants:

- Hanging Plants in your home helps to clean the air through photosynthesis, as they convert the carbon dioxide we exhale into fresh oxygen, and they can also remove toxins from the air we breathe.
- Note: One famous NASA experiment, published in 1989, found that indoor plants can scrub the air of cancer-causing volatile organic compounds like formaldehyde and benzene.
- Plants are a good detoxifier to clean the air in your home.

- Research the plants that are best for your home (ex: sunlight require for specific plants)

Video: YouTube: How your plants can help your allergies

<https://www.youtube.com/watch?v=v-GXfiddym0>

Chest Therapy to clear mucus from the lungs.

Video: Chest Congestion - How to alleviate it at home

<https://www.youtube.com/watch?v=jWfaTBBZCQc>

- The Chest Therapy technique works every time
- You must drink water to help break up and eliminate mucus
- The Most important part of healing is PRAYER, ask the Most High to heal you and have mercy on you.
- You must apply the dietary laws when it comes to food consumption.
- You must give your body a fighting chance during this Pandemic.
- Make popsicles out of real fruit juice and let your children help.
- Take your vitamins and supplements
- Exercise to help build up your lungs and strengthen your lungs

6 Foods That Cause Inflammation...

Bad Oils

Sugar and High Fructose Corn Syrup

Artificial Trans fats (If ingredients have Hydrogenated...)

Refined Carbohydrates (White bread, donuts, cookies...)

Excess Alcohol

Process meats (beef bacon, turkey bacon, hot dogs, vegan meats...)

Foods to avoid:



I pray this was informative and that the Most High will heal us and give us the fortitude to stay disciplined and that we will live a long and health life and get the kingdom.

~~~Shalom, Most High in Christ Blessed~~~

#### Question/Answers:

**Q.** Does *Water Keifer* contain enough probiotics for us or should we supplement with an actual probiotic pill as well?

**A.** *Water Keifer* does not give you the daily amount needed as we do not eat fermented foods daily. So, yes you should supplement to get in your good bacteria. The healthier you eat the less you will need to supplement. The worse or less you eat you will need to supplement more.

**Q.** What kinds of plants are good for inside of your home?

**A.** Snake, Ivy and Fern, Eucalyptus

\*\*\*Easy to grow herbs: dill, parsley, cabbage

**Q.** Is Sis AviYah's bitter herb compound enough for the recommended daily intake or does it need to be supplemented?

**A.** Anytime you buy bitter herbs it is enough for your daily dose because it is concentrated. So the recommended dose is enough.

**Q.** When trying to manage *leaky gut*, is there a time in which we should be cleansing/detoxing.

**A.** Yes. There is a certain time that you take it and then you stop for a period.

(ex: 2 weeks on...then 2 weeks off. Bi-annually)

- You should have a combination of prayer, herbs, rest.
- You must eat with the intention to heal and not satisfy the lusts of your flesh with your cravings.

**Q.** Is it okay for women that are breastfeeding to take bitter herb tea?

**A.** Certain herbs you should not take while breastfeeding. A little bit of oregano is okay. You can take certain herbs, but you must know what you can and cannot take while breastfeeding and during pregnancy. **(Research and always consult your physician)**

**Q.** What are the Benji (Tribe of Benjamin) drinks that you were discussing earlier?

**A.** Cerasee

**Q.** Is there a recommended daily Dosage of Sea Moss? Is it possible to overdose on it? Is there anyone in Israel that sells it so that we can support their business?

**A.** No you cannot overdose on Sea Moss. It is good to be consumed by you and your children.

Sellers of Sea Moss: Sis AviYah, Sis Yoella, Sis Shoshana

Contact Information:

Sis AviYah – Contact on telegram until website complete

Conclusion

*Thank you so much Sisters for being a part of this Titus 2. I pray that everything was informative and helpful and that we will be on our road to success in healing and being better with our health.*

*~~~Shalom, Most High in Christ Blessed~~~*

