



Yesterday, June 23rd, 2004, the Lord gave me a tune to two verses which say: *“With men, this is impossible but with God, all things are possible”* (Matt. 19:26). The other one is: *“Have faith in God”* (Mark 11:22).

Anyway, the song goes this way:

With men, this is impossible,
But with God, all things are possible.
With men, this is impossible,
But with God, all things are possible.
Have faith in God, put your trust in Him.
Have faith in God, put your trust in Him.
Have faith in God, put your trust in Him.
For with men, this is impossible
But with God, all things are possible.

Yes, all things are possible with God. If we put our trust in Him, and keep our faith, then we can move any “mountain” per se because we are serving a wonderful, awesome God.

What are these “mountains”? They could be “sickness” or “disease” or “afflictions” in the body. They could be problems in relationship with spouses, with children, parents, friends, or co-workers. They could be problems within; confusion of mind as attacked by demons. Any of these so-called “mountains” can be eradicated or alleviated when we put our trust in God and obey Him.

Jesus is the only answer in moving any “mountain.” If we don’t

This newsletter is written monthly as the Lord leads. It consists of inspiring thoughts as anointed by God, or from research, or FWD message. Recipes, tips on health & food are added features. To subscribe (FREE) or unsubscribe, please call:

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allow any doubt in our spirit, we can get through that mountain.

We should pray for our faith to increase each day. As we trust Him, such faith will grow to keep us going in our daily task. As we gain faith, peace will usher in and love will take place. Keep reading the Word, never allow a day to pass by without communing with God with His awesome Word, the Bible.

Recipe of the Month:

Strawberry Shortcake (From Peggy Ravenscraft’s recipe)

2 cups whole wheat pastry flour
1 T. baking powder (Rumford)
3/4 tsp. sea salt 2 T. raw honey
6 T. butter 4-5 T. milk
1 egg, well-beaten melted butter
2 quarts strawberries

Preheat oven to 425 degrees. Mix flour, baking powder, & salt. Cut in butter until consistency of coarse cornmeal. Add milk, honey & egg and stir until soft dough is formed. Turn out **onto** lightly floured dough and knead 20 times. Using a large ice-cream scoop, scoop the dough into a lightly oiled baking pan. Makes eight shortcakes.

Bake for 10-12 minutes.

Information on Maintaining Good Health:

“Women’s Health Letter”

by Nan Kathryn Fuchs, Ph. D.

*“The biggest secret to good health is to **chew food well.**”*

Reasons why we need to chew food well:

The saliva in your mouth contains an enzyme called amylase that helps digest carbohydrates.

Chewing breaks everything into smaller particles that can be digested by the stomach. And when you chew food, your taste buds signal your stomach and pancreas to produce digestive juices, pancreatic enzymes, and bile.

If you don’t chew food well, very little of this happens. And the result is that you get clumps of partially-digested food going through your system. What happens to these clumps of partially digested food? As they scrape along the sides of your intestines, they cause microscopic perforations to form. This is known as “leaky gut syndrome.” Then food particles pass through the holes in your intestine and enter the bloodstream. Your immune system doesn’t know what to make of these particles and identifies them as foreign invaders that need to be destroyed. So it goes on the offensive, and ends up attacking these particles and whatever body tissues happen to be in the way.

This causes inflammation, and can ultimately result in food allergies, chronic fatigue, and auto-immune conditions such as rheumatoid arthritis and lupus.

To prevent this, eat your food without reading or watching T.V. Just relax and start enjoying your meals. Put your fork down between mouthfuls, and savor every bite. Make sure you chew at least 20 times before swallowing.’

More information on Food:

The yogurt she recommends is unheated and without sugar. Heat treatment kills off the friendly bacteria the yogurt contains. Most manufacturers often heat-treat the yogurt for shelf-life purposes.

Another thing to eat that have good bacteria is **sauerkraut**. It is rich in **L. plantarum**, a friendly bacteria that helps destroy **salmonella**, **candida**, and **e.coli**. **Sauerkraut** is also rich in vitamins, fiber, and plant enzymes. It is recommended to eat **sauerkraut** at least once a week.