

HEALING SCRIPTURES – HOW TO 'RECEIVE' AND 'RETAIN' YOUR HEALING – UPDATED 2017/7/2

By taking your daily gosPILLS - the Word of God. [FERVENTLY proclaim these FAITH-FILLED WORDS OF CREATIVE LIFE.](#)

© May, 1993. Smiley Papenfus Revival Ministries, Inc. – www.LaymansTraining.com – **Question! Are you SAVED (born again)? - See page 7.**

Prov 4:20-22 [WORD] "My son, **ATTEND to My words** [keen FOCUS]; **incline your ear unto My sayings** [listen with your HEART]. **Do not them depart from your sight [SEE yourself healed]; keep them in the midst of your heart** [daily WATER the seeds to maturity]. **For they are LIFE to those who FIND them, and (healing MEDICINE for) health to all their body."**

Prov 17:22 "A JOYFUL (cheerful, merry, forgiven, peaceful & positively focused) **heart is GOOD MEDICINE**, but a broken (downcast, heavy, burdened, unforgiven, dejected, discouraged, doubtful, hopeless, visionless) spirit **dries up the bones.**" [Laugh a little or a lot!]

Psa 107:20a "He sent His Word and healed them..." [The Word planted, growing & producing in my heart].

Jer 1:12b "...I am watching over My word to perform it..." [God seeking those who'll believe & act on His Word].

Psa 103:2-5 Bless the LORD, O my soul, and forget none of His BENEFITS; Who **pardons ALL your iniquities**, who **heals ALL your diseases**; Who **redeems your life from the pit**, who **crowns you with lovingkindness and compassion**; Who **satisfies your years with good things**, {so that} **your YOUTH is renewed like the eagle.** I am years younger than my age in appearance, **youthfulness, strength, energy, motivation and excellent health** in Jesus name! I have [speak life & youth to your body in the present tense]...

Prov 18:21a "Death and life are in the power of the tongue..." - I'm careful to only speak words of creative LIFE!

Prov 12:18b "...the tongue of the WISE brings healing" - because he speaks in agreement with the **Word of God** [Mat 18:18-19].

†**1 Pet 2:24b [BLOOD]** "...by whose wounds [stripes, scourging] **you WERE healed** [past tense - Jesus work is finished - He bore our ALL our sin and sickness - 1 Pet 2:24]." By the grace [unmerited favor] of God Jesus has FULLY purchased and paid for my healing with 39 lashes, shedding His blood - therefore I boldly declare, "By the **blood of His unbreakable covenant I am ALREADY healed, whole and healthy from my head to my toes** - by the resurrection life of the Holy Spirit within [Rom 8:11] every [name specific body parts] function in the divine perfection to which God created you to function in Jesus name!"

†**Matt 8:17b** "He Himself **took** [to remove] **our infirmities, and carried away** [He bore] **our diseases.**" He bore them, therefore I am FREE, whole, well, strong and healthy in Jesus Name! By faith in His grace I am the healed resisting sickness, not the sick trying to get healing - BODY [part - name it], **come into line with the Word of God**, function in perfect health in Jesus name!

†**Exo 15:26c [COVENANT]** "...I am [for sure] the LORD [JEHOVAH] **who heals** [RAPHA - to cure, heal, a physician of men] **you."**

2 Cor 3:17 **Now the Lord is the Spirit, and where the Spirit of the Lord is [in me], {there} is liberty (freedom).** The healing virtue of the indwelling Holy Spirit **quickens my body to function in perfect health, life, strength and energy for longevity in Jesus name!**

Acts 10:38 [POWER] "...God ANOINTED Jesus...with the **Holy Spirit and with power**, who went about doing good, and **healing ALL who were oppressed by the devil...**" [Salvation and healing are ALWAYS the will of God - 1 Peter 2:24].

Acts 1:8 ...**YOU will receive power when the Holy Spirit has come upon YOU...** [Acts 2:1-4]. The resurrection power and anointing of the Holy Spirit flows in, through and from me to heal all manner of sickness! **BE HEALED in Jesus name!** [Visualize it!!!]

Matt 10:1, 8 [AUTHORITY - JESUS NAME] Jesus summoned His twelve disciples (and seventy others - Luke 10:1,9) and **gave them authority OVER unclean spirits, to CAST THEM OUT, and to heal EVERY kind of disease and EVERY kind of sickness.**

8 "HEAL {THE} SICK [in Jesus name], raise {the} dead, cleanse {the} lepers, cast out demons. **Freely you received, freely give.**

Luke 10:17b "...Lord, even the demons [and their sickness] are **subject to US [YOU must take authority] in Your NAME.**" **I take authority** over every sickness and disease of the devil, and **curse it down to its very roots to wither, die and disappear!** I give satan and his sickness no place in my body in Jesus name! Infirmity, sickness [name it], "CEASE, OUT, in JESUS NAME!!!!!!"

John 14:12a "Truly, truly, I say to you, he who believes in Me [every believer], **the works that I do, he will do also...**" [Visualize it!!!]

Mark 16:17-18 ALL who believe in the authority of the **name of Jesus** "...will cast out demons...THEY will lay hands on the sick [do it now, speaking faith filled words of healing/life over your body], **and they WILL recover** [to be well and healthy]."

James 4:7b ALL believers must "**RESIST** the devil (and his sickness) and (they) **he WILL flee from YOU**" [not from Jesus].

2 Cor 4:13 [FAITH] But **having the same spirit of faith**, according to what is written, "I BELIEVED, THEREFORE I SPOKE," **we also believe, therefore we also speak...** **Words of faith are God's currency to receive what grace has fully provided.** [Rom 10:8-10]

Mark 11:23d Jesus said, "...whosoever shall **SAY unto this mountain** [need, problem, sickness]...and shall not doubt in his heart, but shall **believe that those 'things [words] which he SAITH'** shall come to pass; **he shall have whatsoever he SAITH.**"

[Here] Jesus taught that we're not speak to God **about** our mountain but rather **from the resurrection life of the Holy Spirit within to speak directly to our mountain, taking authority over it, commanding healing, life and good health in Jesus name!**

Matt 11:12 Jesus said, "...**the violent** [who've had enough and know their God given authority] **take it** [what's theirs] **by force**".

Body [part - name it, take authority], CONFORM to the Word of God, function in PERFECT HEALTH in Jesus name!

Psa 118:17 "I shall not die, but **LIVE**, and declare the works of the LORD." I LIVE in divine health in Jesus name!

Heb 6:12c "...through faith and patience **WE INHERIT the promises**" of a long, healthy, blessed and successful life.

Heb 4:14c "...let us **hold fast our confession**" of 'Divine Health', guidance, blessing, favor, success and prosperity.

James 1:22 [ACTION] But **prove yourselves doers of the word, and not merely hearers...** [Put faith into action].

Joel 3:10c "...let the weak **SAY, 'I am strong'**" (healed, an overcomer, blessed, successful, prosperous). [Take healthy actions].

Acts 17:28a, 29a "in Him I **LIVE**, and **MOVE**, and **have my being**... Therefore, since I am the offspring of God..." I am filled with the life of God, I MOVE in the strength, energy, ability, victory & confidence of my ABBA Father. [Gal 4:4-7 ...an heir through God].

Father, I thank You for the **wisdom & discipline to eat & drink healthily, exercise moderately and sleep sufficiently.**

[It is vital to strengthen your faith for healing, because by your developed faith you will reign as kings in life through Jesus Christ - 1 John 5:4; Rom 5:17 Amp. This first page or two are my daily health insurance/maintenance plan.]

Read & re-read 'The Woman with the Issue of Blood' and the NOTES below - FOUR FAITH PRINCIPLES to receive from God...

Mark 5:25 A woman who had had a hemorrhage for twelve years,

26 and had endured (suffered - NKJ) much at the hands of many physicians, and had spent all that she had and was not helped at all, but rather had grown worse--

27 (i) after hearing about Jesus, she (ii) came up in the crowd behind {Him} and touched His cloak [connected with Jesus].

28 For she said, (iii) "If I just touch His garments [a throw over outer robe, cloak or mantle, i.e. the anointing - 2Kings 2:8-15], I WILL get well [as you keep touching His Written Word with greater revelation, you'll connect with Jesus the Living Word whose healing virtue & anointing will be released from your spirit, through your soul into your body, imparting **divine life and healing**]."

29 Immediately the flow of her blood was dried up; and she felt in her body that she was healed of her affliction.

30 Immediately Jesus, perceiving in Himself that the power {proceeding} from Him had gone forth, turned around in the crowd and said, "Who touched My garments?" [Showing the flow of power was dependant on her, not Jesus].

31 And His disciples said to Him, "You see the crowd pressing in on You, and You say, "Who touched Me?"" [Only the touch of faith released the healing virtue of Jesus - the hundreds of curious touches were all powerless].

32 And He looked [not turned] around to see the woman who had done this. [Jesus was looking around because He didn't know].

33 But the woman fearing and trembling, aware of what had happened to her, came and fell down before Him and (iv) **told Him the whole truth.** [She was fearful, because cruel religion would quickly judge, condemn and stone her to death].

34 And He said to her, "Daughter, **YOUR FAITH has made you well; go in peace and (stay) be healed of your affliction.**" [Jesus affirming what had already happened to her - so the religious zealots would know that she was healed and clean].

1. SHE HEARD THE WORD - faith comes by hearing the Word of the finished work of Christ [Greek: Christos, anointed, i.e. the Messiah, an epithet {description} of Jesus {and His finished work and complete redemption of mankind}] - Rom 10:17

– My **wonderful Jesus** [praise Him] has ALREADY PAID IN FULL for my salvation, healing & victory; by GRACE I have His righteous (and have been made WORTHY) to always receive everything that **grace has fully provided** - 2 Cor 5:21; Eph 1:3,17-23.

– It's **ALWAYS** God's will for the sick to receive their purchased healing - Acts 10:38; Heb 13:8; Matt 10:1.

– Faith the size of a **mustard seed** is sufficient to move mountains and to receive what grace has fully provided - Mat 17:20.

– Every believer has been given the measure of God's mountain moving faith - we need to start using it - Rom 12:3c KJV.

– Faith is a constant law that works the same for every believer as certainly and universally as the law of gravity. It is activated by believing & speaking the higher truths of God's Word above what our five senses are trying to dictate to us - Rom 3:27c; 10:8-10; 4:17-21. God wants you to operate in the spirit realm - to see with the eye of faith; the devil's strategy is to keep you focused on the natural realm, on what you see, hear, smell, taste & touch - on feelings and human opinions.

– So, **daily saturate yourself** in these truths till healing **DOMINATES** your thoughts, mouth, heart, VISION and actions.

– **Separate yourself** from every contrary voice of unbelief - Lord, I believe; help my unbelief - Mark 9:24. Faith in your heart can be negated by influential opposing voices of unbelief; from the doctor, TV, negative people and what you see, feel, etc.

– So be on guard against all negative words; instantly and emphatically condemn every voice of unbelief - "No weapon formed against you will prosper; and every (VOICE) tongue that rises against you... **YOU (MUST instantly) will condemn**" - Isaiah 54:17.

2. SHE ACTED ON THE WORD - faith without corresponding actions is dead - James 2:17-26.

– Corresponding actions do not produce faith - only hearing the Good News of the finished work of Jesus does - Rom 10:17.

– However, faith without corresponding actions inhibits the flow of the power of God.

– **A heart consumed with the Word** will take corresponding actions, demonstrating faith, activating the power of God.

– Step out in faith - this can mean taking radical action in difficult circumstances [as the woman with the issue of blood did].

– Your **body** gives you expression of authority on earth - exercise that authority by taking the actions of a well person.

3. SHE SAID IT - 'keep on keeping on' saying the Word, from your Christ-like resurrected spirit, commanding your specific healing - "...whosoever shall SAY unto this mountain [sickness]... he shall have whatsoever he SAITH" - Mark 11:23.

– **She saw it** - words paint pictures - in her heart she clearly saw herself touching Jesus garments and receiving her healing.

– **She received it** - faith believes, speaks, sees and receives what **grace has already provided**; like salvation, healing, peace and prosperity (3 John 2); saying, "**Thank You Jesus**, I believe, I receive, **I AM saved**", (**healed, blessed, successful, prosperous**, etc.).

– Continue saturating yourself in the Word of faith, "for out of the overflow of the heart the mouth speaks" - Mat 12:34.

4. SHE TOLD IT - Jesus made her testify of her healing, laying claim to it, owning it. The principle is, 'tell it to keep it'.

– **Boldly testify** of your healing at every opportunity, giving glory to God [never of your ailments; focusing on the devil].

– **Keep on praising God** for your complete healing - Luke 17:12-19 [Only 1 of the 10 healed lepers returned to give thanks].

– Fervently **bless EVERY meal** to do you good and no harm; keeping you in divine life, health, strength & energy for longevity and prosperity in Jesus name! [That's 1,095 faith-filled fervent blessings over your life every year - see page 4].

– Should satan's **lying symptoms** [Thy Word is truth] ever return, instantly curse them, commanding them by name to leave.

What **ROOTS** are established in your heart?

Are they weeds or wheat? Listen to what comes out of your mouth for the answer to this question...

Mat 12:34b "...for out of the overflow of the heart the mouth speaks".

Prov 12:14a A man will be satisfied with good by the **fruit of his words**...

Prov 13:2a-3 From the **fruit of a man's mouth** [faith filled words] he enjoys good...

3 The one who **guards his mouth** [always agreeing with the Word] preserves his life; the one who **opens wide his lips** [carelessly speaking negative words] comes to ruin [destruction].

Lack of knowledge on Jesus finished work has Christians trying to talk God into healing them. They also think if I can get the whole church to pray, maybe enough pleading voices can twist God's arm into healing them. No, your healing is already purchased and fully paid for in the spirit realm. **Faith is the bridge** that walks on over to receive it in the physical realm.

Eph 1:3 Blessed {be} the God and Father of our Lord Jesus Christ, who HAS [ALREADY] BLESSED US with EVERY spiritual blessing in the heavenly {places} in Christ...

Even creation began in the spirit realm and was made manifest in the natural realm by the spoken Word of FAITH...

Heb 11:3 By faith we understand that the **worlds were prepared (created)** by the [spoken] word of God, so that what is seen was not made out of things which are visible.

The **Scriptures** [on page 1] **paint a clear picture** of the spiritual blessings (that grace has already provided) and that God so desires us to receive by faith. **Faith is the currency** that receives what grace has already provided...

Psalms 35:27b ...ALWAYS SAY, "The LORD be exalted, who **delights in the well-being** [Heb: Shalom - HEALTH, prosperity and peace] of his servant."

3 John 1:2 Beloved, I pray that in all respects you may (i) prosper and (ii) BE IN GOOD HEALTH, just as your (iii) soul [mind, will & emotions - renewed Bible thinking] prosper[s].

Jesus said **Mark 4** is the **key parable** that a Christian must understand, for in it is the revelation of how His Kingdom works. In **Mark 4** the Word [seed] we plant in our hearts [soil] **needs to become deep rooted** [established] and then the harvest will automatically follow. Too many Christians are (i) so shallow in the Word that its quickly and easily stolen or (ii) easily offended by persecution; intimidated from boldly proclaiming and standing the truth through thick & thin or (iii) overwhelmed by the worries and time consuming cares of the world - all of which are **satan's devices** to prevent the seed planted in your heart from becoming deep rooted and fruitful. A new shoot is easily plucked out the ground, but a mature deep rooted tree is unshakable, even in the fiercest storm. Satan knows that once a Christian becomes deep rooted in the Word, by daily disciplined confession and meditation, his victory and harvest is unstoppable.

1 John 5:4b This is the victory that has overcome the world, even our [deep rooted] **faith** [in Christ's finished work].

Four of the most powerful verses in the Bible, following the parable of the sower...

Mark 4:26-29 And He was saying, "**The kingdom of God is like** [this is how it works] a man who casts seed upon the soil; 27 and he goes to bed at night and gets up by day, and the seed sprouts and grows-- how, he himself does not know [the secret is to plant & daily water healing seeds for a health harvest - while you're busy, they're growing].

28 "The soil [heart] produces [planted] crops by itself [automatically]; first the blade, then the head, then the mature grain in the head.

29 "But when the crop permits [maturity has been reached], he immediately puts in the sickle, because **harvest time has come** [it always does to diligent tillers, sowers and keepers of the Word]."

I am a **diligent, life-time Bible farmer**. My life TODAY is a product of the seeds sown YESTERDAY.

I DAILY water these planted faith filled Words to grow to maturity, to produce their sure and bountiful harvest.

Once HEALING becomes a **revelation in your heart**, it'll soon become a reality in your body.

Rom 10:13 for "WHOEVER will call on the Name of the Lord WILL BE **SAVED**." [See Mark 3:4; 5:23,28,34; 6:56; 10:52].

Saved in the Greek (also translated *healed, well, whole, cured*) includes salvation, HEALING, deliverance, safety & preservation – Jesus paid for it all with His precious blood – it's all included in God's certain **New Covenant** with man.

Greek Lexicon: 4982 - sozo - SAVED - to save, to keep safe and sound, to rescue from danger or destruction...

a) to save one (from injury or peril)

1) to save a **suffering one (from perishing)**, that is, **one suffering from disease, to make well, heal, restore to health**

2) to preserve one who is in danger of destruction, to save or rescue

b) to save in the technical, Biblical sense; negatively:

1) to deliver from the **penalties** of the Messianic judgment

2) to save from the evils which **obstruct** the reception of the Messianic deliverance.

A Prayer of Faith and Blessing over Every Meal, to keep you in Divine Life, Health, Strength and Energy

FERVENTLY pray this blessing over your body and every meal in Jesus name. If you eat 3 times a day, that's 1,095 faith-filled prayers every year, hearing and SEEING yourself healthy, imparting the blessing of God to your life and body.

Pray... [like it all depends on God and live healthy like it all depends on you - see www.gerson.org to reverse all disease].

*Father we **thank** You for Your bountiful blessings.*

*We **bless** (today's) this healthy food to our bodies to do us good and no harm.*

*It is **perfectly received** and assimilated by our healthy bodies and normal working digestive tracts.*

*It is **blessed** to keep us in divine life, health, strength and energy for **LONGEVITY** and **PROSPERITY** in Jesus name - amen!*

Healthy eating disciplines and habits to form... [Wisely obey health laws to reap energy for longevity and prosperity].

– **Drink 8 glasses of healthy alkaline filtered water** a day between meals (add 1 drop of **ConcenTrace** per quart of water for better taste, containing magnesium {energy} and all 72 trace minerals) - quit ½ hour before eating & resume 2-3 hours after eating. Always carry a quart size water bottle with you. When you sit down to eat you should already be fully hydrated. Drinking with meals dilutes your digestive juices and disrupts the digestion process. Buy a BPA free hard **plastic bottle by Nalgene** or a stainless steel drinking container. BPA is a harmful petroleum by-product in plastic that you do not want in your body. Thin crinkly plastic bottles leach this into your water. [Both items are available from Amazon.com].

– Relax and **eat slowly** - don't gobble your food down like a dog - you don't have their potent digestive juices. Human teeth are designed to chew properly - 30 to 60 chews for every mouthful. This allows your saliva (an essential digestive enzyme) to properly mix with and moisten the food till it's pasty and ready to swallow - never wash it down with a drink. Eating slowly also gives your brain time catch up with your stomach, telling you when you're full, to **AVOID OVEREATING.**

– Quit eating after 7pm so you can go to **sleep** around 10pm on a fairly empty stomach for a restful nights sleep. Your heart should be resting too - not feverishly pumping blood to your digestive tract all night to digest late night TV snacking, which is a very bad habit and the reason many are always tired and overweight. The 3 most essential and restful hours of sleep are from 10pm to 1am. Break your daily 12 hour fast around 7am with a healthy **BREAKfast** (green smoothie - see below).

– Always choose **healthy food** over the need to tantalize your taste buds. Choose healthy living food (fresh vegetables, salad and fruit) over dead food that comes in boxes or packets (especially bread - get a bread machine - make fresh bread). Dead food is heavily laced with colorings, additives and preservatives to give it a long shelf life over what nature intended for it to go moldy and be discarded. Why purposely poison your body? Eat **fruit** as a meal or snack on an empty stomach by itself for an optimum boost of energy. Top sport players are often seen snacking on potassium rich bananas.

– **Detoxify** your body and environment - get the chemicals and poisons out of your home - go green. I live in the woods and open my windows as much as possible - our bodies thrive on clean fresh air vs recycled air. Leaving home I roll down my car windows for a quick blast of fresh air and then shut out all traffic fumes. 8 Glasses of pure Alkaline Water a day goes a long way to help alkalize, flush and detoxify your body. When your body/blood is alkaline sicknesses such as cancer cannot survive - when your body/blood is acidic illnesses thrive. Any colored bottled drink, soda's and junk dead packaged & fast food will create a toxic build-up in your body. This in time will overload and deteriorate your liver till it only functions at about 33% of its capacity - then suddenly any one of a multitude of ills can manifest (including cancer).

– Seriously avoid [or lessen] all obvious & hidden **sugar** [& sweeteners] - they're poison to the body. Sugar destroys much of the goodness of every meal you've just eaten - really not smart - read 'Sugar Blues'. Sweeten with 100% pure honey.

– Choose tasty Jasmine brown **rice** over white rice and pink Himalayan **salt** (or sea salt as a 2nd choice) over white table salt.

– Don't **microwave** - it's literally the death of living food - they're not kidding when they say it nukes your food. Do your own research - Google 'harmful effects of microwave'. Never heat food in a plastic container or with a plastic wrap over a plate of food - it leaches harmful petroleum by-products into your food. A steamer is the best way to heat your food - it's healthy and moistens the food as opposed to drying it out - your body and health are so worth the extra time and effort.

– Have a healthy living food green **smoothie** energy breakfast vs a chemical soup energy drink that gives you the jitters for the next 5 hours. A quality blender (Blendtec with a WildSide+ large jar) makes a super smooth smoothie. Drink it fresh with your vitamins and supplements. It's simply delicious and so nutritious - your body will thank you for life! Get living food into your body everyday. The WORLD'S HEALTHIEST SMOOTHIE recipe has moved to page 11.

– 30-60 Minutes moderate **exercise** 3-6 days a week. I brisk walk the dogs for ½ an hour and get on my GymTrim [like a Total Gym] home exercise machine for another ½ an hour while listening to faith-building, inspirational, motivational online teaching. Walking is the universal low impact exercise that the body was designed for and thrives on. Weight resistance exercise is essential to maintain muscle tone for a healthy metabolic rate.

JESUS THE WRITTEN WORD, JESUS THE LIVING WORD - YOU TOO BECOMING THE LIVING WORD

Why was Jesus so successful at healing the sick?

He was God - the Living Word.

John 1:1,14 (NAU) *In the beginning was the Word [Jesus], and the Word [Jesus] was with God [the Father], and the Word [Jesus] was God [Jesus and the Father are one - perfectly united in plan, purpose and power].*

14 And the Word [Jesus] became flesh, and dwelt among us, and we saw His glory, glory as of the only begotten from the Father, full of grace and truth.

There was not one trace of doubt or unbelief in Jesus, the Living Word.

He's the creator and maintainer of the universe.

Heb 1:3 (NAU) *And He [Jesus] is the radiance of His [God's] glory and the exact representation of His nature [if you want to know what God is like, look at Jesus], and upholds [maintains and propels] all things [the universe] by the **word of His power**. When He had made purification of sins, He sat down at the right hand of the Majesty on high...*

Notice it says the 'word of His power' and not the better English of the 'power of His word'. The second means God has power in His word, but He would also have other means of power, like waving His arm. The first means all of God's power is in His spoken word, and apart from His spoken word He doesn't have any other power.

Jesus gave the authority and power of His spoken Word to us...

Matt 28:18-20 (NAU) *And Jesus came up and spoke to them, saying, "All authority has been given to Me in heaven and on earth.*

19 "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit,

20 teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age."

In telling us to **GO** He delegated the power and authority of His spoken Word to us.

Mark 16:15-18 (NAU) *And He said to them, "Go into all the world and preach the gospel to all creation.*

16 "He who has believed and has been baptized shall be saved; but he who has disbelieved shall be condemned.

17 "These signs will accompany those who have believed: in My name they WILL cast out demons, they WILL speak with new tongues;

18 they WILL pick up serpents, and if they drink any deadly {poison} it will not hurt them; they WILL lay hands on the sick, and they WILL recover."

We have been commissioned by Jesus to go in the authority of His Name to speak the Word and **continue His works**.

John 14:12 (NAU) *"Truly, truly, I say to you, he who believes in Me, the works that I do, he will do also; and greater {works} than these he will do; because I go to the Father [& will send the Holy Spirit to anoint you to continue My work].*

The difference between us and Jesus is He was the 100% pure unadulterated Word of God.

We are born again in our hearts but our minds need to be renewed with the Word of God.

Rom 12:2 (NAU) *And do not be conformed to this world, but **be transformed by the renewing of your mind**, so that you may PROVE what the will of God is, that which is good and acceptable and perfect.*

We need to daily spend quality and quantity time renewing our minds with the Word of God till all doubt and contrary voices of unbelief have been silenced.

Luke 6:45 (NAU) *"The good man out of the good treasure of his heart brings forth what is good; and the evil {man} out of the evil {treasure} brings forth what is evil; **for his mouth speaks from that which fills his heart.***

Matt 12:34b (NKJ) *...For **out of the abundance of the heart the mouth speaks.***

Your mouth is the revealer of your heart - not when all's going well, but when you're facing a test or trial - does the Word or unbelief come out?

Only by daily spending quality time in the Word can you fill your heart and transform your mind to always put God's Word first in your life and experience victorious Christian living.

The more revelation we get of the Word in our hearts, the more we too will walk in divine health and see God use us to heal the sick.

Psa 107:20 (NAU) *He **sent His word** and healed them, and delivered {them} from their destructions.*

Smith Wigglesworth - Consume [devour, horde, store-up, treasure in your heart] the Word till the Word consumes [transforms, changes, metamorphosizes] you [into the image of the walking, talking, Living Word].

UNDERSTANDING THE SPIRITUAL POWER BEHIND PHYSICAL SICKNESS

John Alexander Dowie (1847-1907) - **Sickness** is the *foul offspring* of its father satan and its mother sin [also due to an ignorant DIET and ill DISCIPLINE - you are what you eat, drink and do; including exercise and sleeping habits]. As important as healthy eating and good habits are, many sicknesses are spiritual in nature and **only the power of the Word can prevail** over the works of the enemy.

Acts 10:38 (NAU) "*{You know of} Jesus of Nazareth, how God anointed Him with the Holy Spirit and with power, and {how} He went about doing good and healing ALL who were oppressed by the devil, for God was with Him.*

Jesus healed ALL who were oppressed by the devil. So we can conclude that sickness is satanic oppression. Before sin and the fall there was no sickness - sin opened the door to sickness. So **Dowie** was correct in his above statement.

Luke 13:11-13,16 (NAU) *And there was a woman who for eighteen years had had a sickness caused by a spirit; and she was bent double, and could not straighten up at all.*

12 *When Jesus saw her, He called her over and said to her, "Woman, you are freed from your sickness."*

13 *And He laid His hands on her; and immediately she was made erect again and {began} glorifying God.*

16 *"And this woman, a daughter of Abraham [we too are children of Abraham through faith in Jesus] as she is, **whom satan has bound for eighteen long years**, should she not have been released from this bond on the Sabbath day?"*

Jesus attributed this sickness to a spirit from satan. Jesus healed her, freeing her from this satanic oppression.

Mark 9:25-27 (NAU) *When **Jesus** saw that a crowd was rapidly gathering, He rebuked the unclean spirit, saying to it, "**You deaf and mute spirit, I command you, come out of him and do not enter him again.**"*

26 *After crying out and throwing him into terrible convulsions, it came out; and {the boy} became so much like a corpse that most {of them} said, "He is dead!"*

27 *But Jesus took him by the hand and raised him; and he got up.*

Jesus attributed this case of deafness and dumbness to an oppressing, unclean and controlling spirit that He cast out.

Matt 9:32-33 (NAU) *As they were going out, **a mute, demon-possessed man** was brought to Him.*

33a *After the demon was cast out, **the mute man spoke...**"*

This afflicted man needed deliverance from a mute demon, which resulted in his healing.

Matt 12:22 (NAU) *Then a demon-possessed man {**who was**} **blind and mute** was brought to Jesus, and He healed him, so that the mute man spoke and saw.*

Here Jesus ministered healing to the blind, mute man by deliverance from this oppressing demonic spirit.

Luke 11:14 (NAU) *And He was casting out a demon, and **it was mute**; when the demon had gone out, the mute man spoke; and the crowds were amazed.*

No demon = no infirmity - that's why Jesus gave us authority to cast out demons and heal the sick [Matt 10:1].

So how do you know if a person needs healing or deliverance for healing - by the gift of discerning of spirits?

1 Cor 12:9-10 (NAU) *...to another **gifts of healing** by the one Spirit,*

10 *and to another the **effecting of miracles**...and to another the **distinguishing (discerning) of spirits**...*

Jesus appeared to the late **Kenneth E. Hagin** and told him the gift of 'discerning of spirits' would begin operating in his life from that day. When he laid hands on people a fire jump between his hands if the person needed deliverance.

Once he prayed for a man three times who had lived with a horrific oppression in his head. The prayers didn't seem to effect any immediate change. Suddenly Bro. Hagin's spiritual eyes were opened and he saw an imp-like demon sitting on his shoulder with an arm lock around his head. He commanded the spirit to go and saw it drop to the ground - instantly the man shouted, "It's gone, I'm free!" He commanded the demon to leave the building and saw it rush out.

Cases of long lasting sickness or terminal illness are almost certainly demonically driven - like the woman who was bent double for 18 years, or the above blind, deaf and mute cases.

When there is an uncontrollable compulsion associated with pornography, drugs, drinking/drunkenness, binge eating, etc., the person has almost certainly yielded their will to the demon driving them to destruction.

The **answer** is to get born again, filled the Holy Spirit, saturated in the Word of God and separated from worldliness.

Psa 119:11 (NAU) *Your word I have treasured [valued, stored, protected] in my heart, that I MAY NOT SIN against You.*

Your developed spirit man will start taking control over your flesh & carnal thoughts. Train yourself to instantly do the opposite of what the devil is trying to entice you to do, and soon you'll be living in the victorious freedom of Jesus.

THE FULL REVELATION OF THESE HEALING TRUTHS CAN ONLY BE PERCEIVED BY THOSE WHO ARE ‘BORN AGAIN’.

John 14:6 Jesus said..., "I am the way, and the truth, and the life; NO ONE comes to the Father **but through Me.**"

John 10:9-11 [Jesus said], "I am the door; if anyone enters through Me, he will be saved, and will go in and out and find pasture.

10 The thief comes only to steal and kill and destroy; I came that they may have LIFE, and have {it} ABUNDANTLY.

11 I am the good shepherd; the good shepherd LAYS DOWN HIS LIFE for the sheep."

John 19:30b Jesus...said, "It is finished!" And He bowed His head and gave up His spirit.

"It is finished", meaning My work is complete, I've accomplished what I came for – to live a perfect sinless life and pay the price in FULL for the sin of the whole world, for whosoever will come and receive My unconditional love, grace and mercy.

Jesus also said you MUST be born again or you will never see [enter] the kingdom of God – **John 3:1-7**

You know the date and time of your natural first birth.

Do you know the date and time of your spiritual second birth? For me it happened in 12/6/1972 when I was 18 years old.

It is God's **free gift** to WHOSOEVER will believe and receive what Jesus purchased for us on Calvary with His eternal precious blood.

Rom 6:23 For the wages of sin is death, but the **free gift** of God is eternal life in Christ Jesus our Lord.

Rom 10:13 ...for "WHOEVER WILL CALL ON THE NAME OF THE LORD WILL BE SAVED."

What is the **great exchange**?

Our sin for His righteousness.

2 Cor 5:21 He [God] made Him [Jesus] who **knew no sin {to be} sin on our behalf**, so that we [who knew no lasting peace from perfect righteousness] might become the [perfect] righteousness of God in Him [Jesus].

Not earned righteousness, but **gifted** righteousness.

Today, **anyone can be saved**, at any time and place of their choosing – like RIGHT NOW while reading this.

How?

Rom 10:9-10 ...that if you **confess** with your mouth Jesus {as} Lord, and **believe** in your heart that God raised Him from the dead, **YOU WILL BE SAVED**;

10 for with the heart a person believes, RESULTING IN RIGHTEOUSNESS, and with the mouth he confesses, RESULTING IN SALVATION.

Believe His Word and **pray this PRAYER**, sincerely from your heart...

"Heavenly Father I come to You in the precious name of Jesus. I thank You for sending Jesus to die for me, taking all my sin on Himself at Calvary, paying the price in full for my eternal salvation. I thank You for the **great exchange** – Jesus took my sin and gave me His righteousness. So, today I **confess with my mouth** Jesus is my Lord and Savior. I crown Jesus as the King of my life. I **believe in my heart** that Jesus died for me, paid in full for all my sin and **rose from the dead** on the third day. Thank You for hearing my prayer, coming into my heart and saving me. On the **authority of the Word of God** I boldly declare I am now saved [born again]. By the **blood of Jesus** I boldly declare I'm completely forgiven and my name is written down in heaven, in 'The Lambs Book of Life'. In the **name of Jesus** I boldly declare, that in my inner spirit man, I am now the perfect righteousness of God – not by my goodness, but by His unconditional love, grace and mercy. Thank you Lord Jesus for saving me! I am saved! I am a child of God! Heaven is now my eternal home. Amen!"

John 1:12 But as many as received Him, to them He GAVE THE RIGHT to become children of God, {even} to those who believe in His name...

I John 5:11b-12 ...God has given us eternal life, and this life is in His Son.

12 He who HAS the Son has the life; he who DOES NOT HAVE the Son of God does not have the life.

Rom 5:1 Therefore, HAVING BEEN justified [just as if you had never sinned; made perfectly righteous] by faith, we have PEACE with God through our Lord Jesus Christ...

What's next? → 4 W's. Now that you're a perfect *new creation (new creature)* in Christ (**2 Cor 5:17**), that is in your *inner spirit man* (**2 Cor 4:16**), God desires for you as a new born babe to GROW to spiritual maturity (1Peter 2:2), also to renew your mind with the Word of God (**Rom 12:2**).

1. **Wait** on God – spend time in prayer everyday – talking to God like you would to your best friend.
2. **Word** – spend time reading your Bible everyday – especially the New Testament – feasting on heart food (**Mat 4:4**).
3. **Worship** – attend a good Bible believing, preaching, worshiping church that doesn't compromise the Word of God.
4. **Witness** – stand for Jesus - never be ashamed to immediately tell family & friends [in a loving way] who Jesus is and what He means to you, asking them if they too would like to **receive** God's wonderful free gift of Eternal Life. Some will, some won't – thank God for every soul you're able to rescue from eternal hell – **Luke 16:19-31; Mat 25:41,46**.

Through the Bible in a Year – guaranteed to produce spiritually strong, healthy, growing, prolific Christians – go to...

www.LaymansTraining.com/through_bible.html

PLANT AND TEND A PROLIFIC BIBLE FARM OF DIVINE HEALING AND EXCELLENT HEALTH

[This is point 6 in my 33 page ‘Anointing to Prosper’ manual - apply this truth to healing]

Many have misunderstood and opposed the power of faith confessions - some suggesting that its mindless repetitions. Well it could be, if you’re not focused, if your heart is not in it; but if it’s coupled with meditation and revelation, it unleashes the most powerful force in the universe. **King David** lived this truth...

Psalm 1:2 (NAU) *But his DELIGHT is in the law of the LORD, and in His law he meditates day and night.*

When meditating (musing, muttering, saying) the Word, understand that you’re planting, watering and tending your Bible farm. You need to SEE AND VISUALIZE your Bible crops growing and your bountiful harvest coming in.

1 Cor 3:6 (TLB) *My [Apostle Paul] work was to plant the seed in your hearts, and Apollos' [a skillful Bible teacher - bringing revelation] work was to water it, but it was God, not we, who made the garden grow in your hearts.*

This is further illustrated in the parable of the sower in *Mark 4* followed by *verses 26-29* [re-read on Page 2]. Jesus said this is the **#1 most important parable** [Mark 4:13] and this is how His kingdom works - there is no plan B.

How is the kingdom of heaven doing? It’s divinely blessed and working flawlessly.

Well God wants His will to be done on earth exactly as it is in Heaven - *Matt 6:10*. This applies to your life and circumstances. For this to happen we first have to aspire to become a diligent and successful Bible farmer.

Farmers get up early and are consistent hard workers - they can’t take a day off from milking the cows. They prepare the soil, plant the seed, water the crops and harvest their hard work for a great reward. Farmers pay attention to their crops everyday (I know - my late uncles were dairy and maize farmers).

A successful Bible farmer is no different. He takes the Word very seriously - giving it **FIRST** place in his life.

You get to decide what to plant in your Bible farm - you have a whole Bible of incorruptible Word seeds to choose from. This manual is designed to be a means for you to successfully plant a **prosperity Bible farm** [it is for me].

Gen 8:22 (NAU) *"While the earth remains, Seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease."* [This is for Bible farmers too].

Gal 6:7 (NAU) *Do not be deceived... whatever a man sows, this he WILL also reap* [good or bad seeds].

Being a **successful Bible farmer** is a lifetime commitment with a perpetual increasing reward. That’s how powerful the Word is - it will not fail to produce after its kind.

Isa 55:9-11 *"For {as} the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts.*

10 "For as the rain and the snow come down from heaven [never going up], and do not return there without watering the earth and making it bear and sprout, and furnishing seed to the sower and bread to the eater;

11 So will My word be which goes forth from My mouth; it will not return to me empty, without accomplishing what I desire, and without succeeding {in the matter} for which I sent it.

God gave His Word [promises, covenant] for us to discover, plant, water and reap a harvest from - by daily meditation - saying with our mouths, believing in our hearts, SEEING with the eye of faith and putting into practice.

EXAMPLE: My Wife was introduced to delicious spicy **Peppadew’s** by a friend in Cape Town, South Africa. No store in America sold them - but she wanted them - so what did she do? She got her parents to mail her the seeds. I planted those tiny seeds and today we have a huge flourishing harvest to spice up certain meals. Our friends have taken some of the fruit for seeds and today they too are enjoying the continuous harvest of those seeds.

So what do you need or want? God’s answer is for you to become a diligent daily Bible farmer.

Many think they **haven’t got time** to plant and daily tend their Bible farm. Well they’ll continue to struggle through life with LIMITED human power, when they could have had **UNLIMITED God power** open doors to supernaturally bless them to succeed. God’s Word really does work!!! **Be smart** and make the time to unleash the power of planted seeds by tending your Bible farm. **Utilize the keys of the Kingdom** or stay shut outside in the cold, living a life of struggle, missing out on the supernatural blessings of Almighty God.

Mark 4:26 (NAU) *And He [Jesus] was saying, "The kingdom of God is like a man who casts seed upon the soil..."* [This is how My Kingdom works - plant and tend your Bible farm to produce a supernatural harvest of blessing, favor, success and prosperity].

EXAMPLE: Daily planting and watering a Bible prosperity farm in the fall of 2014 **doubled my income** in the last

quarter over the previous 9 months. The increased heavenly blessing on our business was self-evident. My increased confidence, expectancy, strength and courage to overcome adversity soared. God’s Word became a bulwark of protection to my heart.

Psalm 119:165 (NAU) *Those who **love your law** have great peace, and nothing causes them to stumble.*

Some say, “All this meditation - it’s just too much, it takes too long.” **King David** disagrees...

Psalm 119:97 (NAU) *O how **I LOVE your law!** **It is my meditation all the day.***

He found God’s secret to success - diligent meditation in the Word. The word meditation suggests giving God quality time for the Word to be established and take deep root in your heart - this is no speed race to see how quickly you can rattle off some scriptures. Write down a verse a day on a card, memorize it, visualize it, and meditate on it all day - tomorrow you’ll have two scriptures to meditate on, etc. People have no problem worrying all day, staying focused on the negative. Bible mediation is reversing this to work for you.

If you press through for 3 cycles of **21 days**, you’ll discover you’ve established deep roots, having reprogrammed your mind [Rom 12:2 ...the renewing of your mind...] to be ONE [in unity] with the ‘mind of Christ’ [1Cor 2:11-16] and developed a love affair with God through His Word. What may seem to start as a chore will become the highlight of your day. Time will fly by - you won’t believe you’ve been meditating in the Word for 30 to 60 minutes.

Invest in yourself everyday and **don’t allow distractions** [Facebook, email, work, TV] till you’re done. Meditate on the Word like it’s the **FIRST TIME** you’re saying each verse - do it with enthusiasm, conviction, intimation, animation and imagination - as if you’re at a new church everyday, preaching this revelation to *first time hearers*.

Set a .pdf document [Google → healing prosperity scriptures Smiley] to **auto boot-up** as you turn your computer on (www.smileygo.us/index_files/healing_prosperity_scriptures.htm). Put GOD AND HIS WORD FIRST!!

USE YOUR IMAGINATION - GET YOUR HOPES UP (SKY HIGH - TAKE THE LIMITS OFF).

[This is point 9 in my 33 page ‘Anointing to Prosper’ manual - apply this truth to healing]

We think in pictures - words paint pictures - as you add more descriptive words, so the picture becomes clearer.

In *Genesis 22:15-18* God gave childless **Abraham** the image of the multitude of stars and grains of sand on the beach to imagine the number of his descendants, to activate his faith. This enabled Abraham to envision the multitude of his descendants by day and night.

In *Genesis 30:31-43* **Jacob** put striped rods in the water before Laban’s plain color herd, which produced spotted and speckled offspring to steadily increase Jacob’s great wealth. There is no power in striped rods, but there is unlimited power in the imagination of Jacob’s heart as he daily repeated this exercise.

You probably don’t know how many **doors and windows are in your home**, but if you close your eyes and engage your imagination, going from room to room, you can easily count them.

To **get from A to B** | Google the addresses - it plots the route - the moment I see it, I can drive it.

You’ve got to **see yourself** healed, blessed and prosperous first, to activate your faith, to get you there.

One blind lady was prayed for and asked if she could see. She was about to open her eyes and the minister instructed her to keep her eyes closed asking her again if she could see. She then understood she was being asked if in her imagination she could see herself seeing. After praying in tongues and quoting scripture she said, “Yes, I see myself seeing!” Then she opened her natural eyes - she was supernaturally healed.

Faith gave substance to the things hope first saw in her imagination.

Heb 11:1 (NKJ) **Now faith is the substance of things HOPEd for, the evidence of things not seen.**

Step up your **daily mediation** in the descriptive promises of the Bible to paint clear pictures on the canvas of you imagination - seeing yourself living in the victory of each promise. Don’t just confess the Word - VISUALIZE IT!

The **Hebrew word yetser** is used 10 times in the Old Testament and translated imagination 5 times - **Strong’s Concordance** says the word translated imagination also means ‘conception’.

Plant the Word seed of your need into the spiritual womb of **activated God inspired imagination**.

The New Testament counterpart to imagination is hope.

Rom 8:24-25 (NAU) ...hope that is seen is not hope; for who hopes for what he {already} sees?

25 But if we hope for [imagine] what we do not see, with perseverance we wait eagerly for it.

We have to hope for or imagine the things we can’t see to conceive them, only then can faith give birth to them.

Faith can only bring into being what hope already sees or imagines.

Faith, Hope & Love - these three need to work together. Hope & Love are the foundation of the triangle that support and activate **FAITH** (God/Jesus is **Love** and He is *the chief corner stone* or foundation - *Eph 2:20*)...

– *Gal 5:6* - Faith works through LOVE, because the revelation of God’s unconditional love enables us to believe all things - *1Cor 13:7b*.

– **HOPE** [imagination] must first conceive for faith to give birth. God’s love enables us to hope all things - *1Cor 13:7c*.

Where does hope come from? Just like faith, hope comes from the Word of God, but hope needs to precede faith.

Rom 15:4b (NAU) ...so that through perseverance and the encouragement of the Scriptures we might have hope.

It’s only what you can see as yours on the inside through hope that faith can make manifest on the outside.

Take the limits off God - meditate on the Word to conceive the miracle in the hope of your imagination.

What images and thoughts play through your mind most of the day? It needs to be the promises and praises of God.

Keep the junk out so your imagination can go into overdrive, undistracted by contrary images and voices.

Prov 4:23 (NKJ) Keep [guard, protect, watch over] your heart with all diligence, for out of it spring the issues of life.

Prov 4:23 (TEV) Be careful how you think; your life is shaped by your thoughts [imaginings - today science confirms this - everyone **really** needs to listen to brain specialist Dr. Caroline Leaf on YouTube].

THE WORLD’S HEALTHIEST SMOOTHIE - BIBLICAL HERBAL HEALING.

Rev 22:1-2 (NAU) Then he showed me a **river of the WATER of LIFE, clear as crystal...** [Our body is 70% water and needs 5-8 glasses of pure alkaline water everyday {between meals - quit drinking ½-¾ hour before eating & resume drinking 2-3 hours after eating} - this highly oxygenated water is LIFE to the blood and every cell in our body - helping to keep our blood/body alkaline {i.e. free from sickness} - READ **Consumer Guide** on www.AlkalineWaterCure.com].

2 ...On either side of the river was the tree of LIFE, bearing...fruit...and the LEAVES of the tree were for the HEALING of the nations.

Ezek 47:12 (NAU) "By the river...bank...grow all {kinds of} trees...their fruit will be for food and **their LEAVES for HEALING.**"

God has given us plant life for our healing and to maintain excellent health. Most chronic disease patients are overfed, but under-nourished (nutritionally starved) - because the brain senses little nutritional value in processed fast foods, we overeat. Our body won't heal with toxic drugs, but will miraculously respond to an overdose of pure organic nutrition, combined with aggressive detoxification (of which 5-8 glasses of pure alkaline water plays a huge role).

HEALING SMOOTHIE - your best high energy breakfast - listed in 5 specific layers to blend perfectly - don't be perturbed by the ingredients you don't have; make it with what you do have - your greens are very important...

3 Items ~ 12 Natural Almonds (protein); 1-2 Tbsp's of Flax seeds (omega 3 - [50517](#)); 2-3 Apricot kernels (anti-cancer B17).

7 Items ~ 2-3 Alfalfa tablets ([63628](#)); 1 BioPerine tablet (an extract of 'Black Pepper Fruit' (multiplies the absorption of turmeric & other herbs by up to 2,000% - [78713](#)); 1 Vitamin B tablet ([62613](#)); 1 Chewable Vitamin C tablet ([62467](#)); 1 Selenium (anti-cancer) tablet ([53941](#)); ½ A tsp of Glycine (a healthy Amino-acid {protein} sweetener - [50336](#)); ¼ Tsp of blended/ground Cinnamon sticks (has a very strong flavor, as does Broccoli sprouts, Ginger, Turmeric, Celery & bitter Apricot kernels. Turmeric is an anti-cancer herb, a potent anti-oxidant to heal the body.)

7 Items ~ A handful of fresh or frozen Strawberries (and/or Mixed Berries); ½ A fresh or frozen Banana; A 2" Turmeric root; A 1" Cube of fresh Ginger root; A large handful of Baby Carrots; ¼-½ A stick of Celery.

7 Items ~ A Handful of chopped Collards (or 2 large folded leaves); 2 Tbsp's of harvested pulp or liquid Aloe Vera; ½ A peeled Lemon; A bunch of grown Broccoli Sprouts (4-5 days - from Amazon); 12 Fresh Mint Leaves; ½ A leaf of Callisia Fragrans (also called 'Family Doctor' or 'Heals 100 Ailments'); 1/3 Of a washed & double wiped Cucumber.

4 Items ~ A Handful of chopped Kale (or 2 large folded leaves); A slice of any Melon (watermelon, honeydew, yellow, galia, cantaloupe); 1 Drop of ConcenTrace magnesium (the #1 mineral for energy) with all 72 trace minerals; A full glass of pure Neutral Water. Without melon or cucumber you'll need to add a bit more pure Neutral Water.

Tip: A quality blender (like **Blendtec** {program 4} with a WildSide+ large jar) makes a super smooth smoothie.

Tip: I get most of my vitamins and supplements at a discount price from www.LuckyVitamin.com - **ITEM #'s ABOVE**.

Tip: We buy large packets of **Collards** and **Kale** that lasts us a week. We put a 'BluApple' (from Abby's Health & Nutrition store in Tampa) into each packet to keep it fresh longer; alternatively we freeze it in zip-lock bags.

Tip: Grow your own health garden - Google 'Tower Garden' and 'Vertical Hydrogarden' - watch some video's.

Tip: Google how to grow **Broccoli Sprouts** - a fun project for the kids to take on - get them interested in health.

Tip: We bought 6 **Aloe Vera** plants at Home Depot and planted them in our garden. Look on www.YouTube.com how to harvest Aloe Vera and plant more plants from the pups of an existing plant.

Tip: We planted a **Mint** bush in the bottom corner of our garden - it needs plenty of room because it grows like crazy.

Tip: Buy a **Callisia fragrans** hanging plant for your house or garden. It's also called 'Family Doctor' or 'Heals 100 Ailments'.

Tip: Cut a **Melon** in half, then in quarter, and cut each quarter in half or third slices to store in a sealed container. Cover the other half melon with aluminum foil and keep refrigerated.

Tip: You can get **ConcenTrace** from your local health food store or www.Amazon.com ('BluApple' also available here).

Tip: Research **Alkaline Water** at www.AlkalineWaterCure.com - my #1 lifestyle change that began the re-set my health.

Tip: Google the health benefits of Aloe Vera, Ginger, Turmeric, Cinnamon, etc. - they all do wonders for the human body.

Tip: Adding **Black Pepper Fruit** extract increases the body's absorption of Turmeric and other healthy herbs by 2,000%.

Tip: **Chewing** releases a digestive enzyme. Since you're not chewing a smoothie swallow a digestive enzyme ([67172](#)).