THE BIBLE'S HEALING CODE REVEALED

Brian Chambers

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Introduction

from Brian Chambers

Dear Reader,

Welcome and congratulations! You're about to learn the healing secrets of the most powerful book ever written, The Holy Bible.

In this report, you'll learn the exact details of 8 of the Bible's hidden cures, including the Bible's revolutionary approach to curing cancer, the Matthew 4 Protocol. You'll get full details on the cures themselves, including where to get them, how to use them, and what to expect.

By the time you're finished reading, I hope you'll know in your heart that God wants you to live a long, healthy life, free of pain and disease.

You'll also learn the fascinating stories behind the Biblical connections, the way these healing codes are embedded in scripture, the modern research that verifies the healing messages, as well as additional tips and advice from America's top naturopathic medical doctor, Dr. Mark Stengler. His expert medical insight will help you get the most out of these ancient cures.

My prayer is that this information will be a true blessing to you and your loved ones. May it help you overcome whatever health threats you face, and enjoy lifelong radiant health... just the way God intended.

God Bless,

Brian Chambers
Publisher, *Health Revelations*

CHAPTER 1

The Bible's Cure for All Cancers: The Matthew 4 Protocol

Brian Chambers

Matthew chapter 4 contains one of my favorite stories from the life of Jesus—that of his temptation in the wilderness.

You may remember it. But just in case it's been a while since Sunday School, I'll refresh your memory...

Just after Jesus was baptized (in Matthew 3), he is led by the Spirit into the wilderness, where he fasted for 40 days and 40 nights. At the end of the 40 days, he was, of course very hungry. That's when Satan appeared to tempt him...

'If you're really the Son of God,' Satan said, 'turn these stones into bread, so you can eat.'

That's when Jesus uttered the famous line "Man does not live by bread alone..."

If you read the rest of the story, you know that Jesus was referring to spiritual nourishment taking precedence over physical sustenance.

But in the context of the healing code, there is another layer of meaning in this story...

Here's what I mean. There are two details from the story that align perfectly with cutting-edge cancer research. Combine the two, and the result is a revolutionary way to cure cancer—with no side effects , and without spending a dime...

The Matthew 4 Protocol: Part 1

What did Jesus do for 40 days and 40 nights in the wilderness?

He *fasted.*

Now, scientists have known since the 1930s that fasting is one of the few things proven to make you live longer.

But now, almost a century later, we're beginning to understand why. According to new findings from some of the world's leading cancer researchers...

Fasting KILLS cancer cells!

It's based on a principal scientists call "differential stress response."

See, normal cells respond to the mild stress of a period of fasting by going into a sort of survival mode—slowing down and conserving resources.

But cancer cells just keep going full steam—at least... they try.

When cancer cells continue to divide and grow like crazy—but don't get the resources they need to fuel their growth—something remarkable happens.

After a while, tumor growth slows dramatically. And soon after that, cancer cells begin dying.

The research began in 1988, when a test was done on mice injected with terminal cancer. Half the mice were fasted every other day, and the other half ate normally.

Researchers were shocked when 4 times as many fasted rats survived!

Now, most of the human studies have used fasting as an *adjuvant*; which means it was used as a complimentary treatment along with chemo. And the results of those trials are simply mind-blowing.

First of all, researchers noted that fasting greatly reduces the horrific side effects of chemotherapy. Because of differential stress response, fasting actually makes chemo more toxic to cancer cells and less harmful to healthy cells!

But here's the key—it also speeds up the destruction of tumors dramatically.

And in the most recent trial, which was completed just recently, lead researcher Dr. Valter Longo went so far as to say that fasting *alone* could soon be a *replacement* for chemotherapy.

We're talking about one of the top cancer researchers in the world.

So if you're battling cancer right now, you should absolutely consider adding fasting to your treatment regimen.

Of course, going 40 days and nights without food is not practical or safe for most people.

But there are many different types of fasts.

A water-only fast (80 ounces of water daily for one to three days) is the most aggressive type and should be used only by those in good health.

Juice fasts (80 to 100 ounces of juice daily for two to five days) also are common and are especially useful for boosting energy. These fasts often include the fresh juice of carrots, lemons, apples, beets and celery. Wheatgrass juice, which helps detoxify the liver and kidneys, and other greens also can be added.

For a modified type of fast, you can eat homemade broths and soups (three to four bowls a day containing carrots, celery, chicken broth, potatoes and spices)...or drink 30 to 40 ounces daily of detoxification meal-replacement drinks (containing rice or pea-protein, added vitamins and minerals and detoxifying herbs, such as milk thistle and green tea extract), plus 32 ounces of water. Meal-replacement drinks are commonly available through natural health-care practitioners and at health-food stores.

But one of the best ways to get the cancer-killing benefits without getting too extreme is a procedure known as intermittent fasting.

If you've been following the health headlines, you've probably heard about intermittent fasting. It's a great way to lose weight. But what you probably won't hear in the news is that it could also help you beat cancer.

Intermittent fasting is easy to do. One of the most popular procedures is called alternate-day fasting, where you limit your food intake to under 500 calories one day, then eat normally the next day.

Another option is to fast for 16-18 hours every day. This is also easy to do—just skip breakfast, eat lunch around noon, dinner around 6 or 7, and don't eat anything after dinner.

Try it out and see what works best for you. And if you're going through chemo, keep in mind that the research proves that fasting reduces the side effects while increasing the effectiveness!

Indeed, fasting can provide a powerful boost to conventional treatments, and a remarkably effective (and side-effect-free) treatment on its own.

But there's more to the protocol.

The Matthew 4 Protocol: Part 2

Part 2 of the Matthew 4 Protocol comes from Jesus' "comeback" to Satan's temptation: "Man does not live by bread alone..."

How could this simple statement contain a hidden healing message? Well, consider this:

When you eat bread, you're giving cancer exactly what it needs to grow, spread and metastasize.

And it's more than just bread, it's anything that your body converts to glucose—which means nearly all carbohydrates.

Let me explain. Cancer cells feed on glucose. It's not just their preferred fuel, it's the only fuel they're capable of using. That's the key difference between cancer cells and normal, healthy cells.

Healthy cells can adapt to the absence of glucose by burning fat for energy.

But because of a genetic defect, cancer cells cannot. They can ONLY feed on glucose.

(Interestingly, this is another reason fasting works so well—in addition to initiating the differential stress response, it also starves cancer cells of glucose.)

So how do we exploit this little-known fact? Simple: stop feeding cancer. This is done by combining regular fasts with a diet that severely restricts carbohydrates, and replaces them with moderate amounts of protein, and healthy fats. This is called the ketogenic diet (also known as metabolic therapy").

The ketogenic diet includes meat, seafood, eggs, and non-starchy vegetables. And that's all. That means you'll be eliminating ALL bread, grains, rice, corn, pasta, etc. AND all sweets and fruits.

After some time on the ketogenic diet, your metabolism

will become "fat adapted" which means it will burn fat for energy by default. (Intermittent fasting is known to speed up the transition to fat burning mode.)

It may seem extreme to eliminate so many foods from your diet, especially when the majority of your calories are coming from carbs. But just keep in mind—anytime you eat those carbohydrate-rich foods, you're supplying cancer with exactly what it needs to grow.

But eliminate those foods, and you will literally starve cancer out of your body. It's that simple!

There's an impressive body of research to support this fact, and it's growing all the time.

Just last year, a group of German researchers published an exhaustive review of over 160 studies on diet and cancer.

A single study can be twisted to say just about anything, but when 160 studies lead to the same conclusions? That's when you should pay attention.

And the German researchers concluded that restricting carbs **prevents cancer** and **dramatically slows cancer growth.**

But that's not all. The most recent studies have shown that substances called ketones, which are byproducts of burning fat instead of carbs (hence "ketogenic" diet), have powerful anti-tumor properties.

So a ketogenic diet plan not only stops feeding cancer cells, it can actually turn your blood into an anti-cancer compound!

The speed with which this diet can starve cancer out of your body is truly miraculous.

Just ask Fred Hatfield, who was recently profiled on the Christian Broadcasting Network news show.

Fred used the ketogenic diet to rid himself of an aggressive cancer that had metastasized to his skeletal system.

That's a form of cancer that mainstream treatments are virtually powerless against.

But Fred achieved complete remission through the ketogenic diet.

And so can you.

So here's a step-by-step overview of the Matthew 4 Protocol:

Step 1: Begin eliminating non-vegetable carbohydrates from your diet. Start with the worst offenders: refined carbohydrates like bread, pasta, sweets, soft drinks and juices. Then move onto less obvious sources like rice, corn and other grains, fruits, and starchy vegetables like potatoes.

Step 2: Replace the missing calories with non-starchy vegetables (green leafy ones are best), high-quality proteins (preferably organic, grass-fed beef, pasture-raised chicken and eggs, and wild caught salmon), and healthy fats (coconut oil, olive oil, avocados).

There are plenty of books that go into great detail on the ketogenic diet if you're interested in learning more. One of my favorites is *The Cantin Ketogenic Diet*, available on Amazon.

The thing to remember is that your body will be using fat as fuel, so it's important to include a source of healthy fat with every meal: half an avocado, salad dressing made with olive oil, coconut oil used for sautéing meats and veggies, etc.

Step 3: Introduce an intermittent fasting program to speed up the process. This will help your body move into a fat-adapted state. At the same time, research shows that it will dramatically slow tumor growth and eventually begin to kill cancer cells on its own. I suggest starting with the 18 hour fast model, since this seems to be the easiest method for most folks.

Three simple steps, no drugs or supplements, zero side effects, and it doesn't cost a penny. See why Big Pharma doesn't want this information to get out?

My prayer is that the Matthew 4 Protocol gives you real hope in your time of need.

Additional cancer-fighting tips

—from Dr. Mark Stengler

Consume a diet that emphasizes a variety of fresh, natural and minimally processed foods (more on this in chapter 7). Include a selection of vegetables, some fruits (such as berries and kiwifruit), fish, chicken (free-range or organic), legumes, and nuts. Eat healthfully—and you will lay the foundation for everything else that you can do to lower your long-term risk for cancer.

My favorite anticancer foods...

- **Broccoli**. Cruciferous vegetables are my top anti-cancer food, and broccoli heads the list. It is rich in *sulforaphane*, an antioxidant that helps the liver break down and destroy cancer-causing toxins. Sulforaphane also increases the activity of liver enzymes that help to get cancerous substances out of the body. (Sulforaphane is available as a supplement, although I recommend people get this phytonutrient through food.) Even better, broccoli sprouts contain 50 times more sulforaphane than that found in regular broccoli. A product called BroccoSprouts is available at select supermarkets (877-747-1277, *www.broccosprouts. com*). Broccoli sprouts also have been shown to fight *H. pylori*, a type of bacteria believed to cause stomach cancer.

  Advice: Eat one-half cup of raw or lightly steamed broc-

coli daily. (Boiling reduces its nutritional value.) Add some broccoli sprouts to your salads or sandwiches.

- **Tomatoes**. This fruit is rich in lycopene, the antioxidant that gives tomatoes their red color. Studies have found that tomatoes reduce the risk for prostate cancer—and also might reduce the risk for lung and stomach cancers.

  Advice: Consume cooked tomatoes or tomato sauce. Lycopene is best absorbed from cooked tomatoes because cooking breaks down the fiber in the tomatoes. A little fat (e.g., olive oil) also enhances absorption. Include one serving of tomato sauce (one-half cup) in your diet several times a week. Watermelon and guava also contain a lot of lycopene.

- **Cold-water fish**. Salmon, sardines and trout are rich in healthy omega-3 fats—specifically *eicosapentaenoic acid* (EPA) and *docosahexaenoic acid* (DHA). EPA and DHA have potent anti-inflammatory benefits. Low intake of these fats appears to be a factor in breast, colon, pancreatic and stomach cancers.

  Advice: Eat cold-water fish at least once or twice a week, or take a fish oil supplement daily that contains 1 gram (g) of EPA and DHA. Or use krill oil, a type of fish oil from shrimplike crustaceans.

- **Garlic**. Slice or dice a garlic clove, and a relatively inert compound called *allicin* undergoes an amazing cascade of chemical changes. Nearly all allicin-generated compounds function as antioxidants that prevent the types of cell mutations that give rise to cancer. Evidence suggests that garlic might help protect against cancers of the colon, prostate, esophagus, larynx, ovaries and kidneys.

  Advice: Consume garlic regularly. Because chopping and cooking garlic seem to increase its biological activ-

ity, sauté or bake it rather than eating it whole or raw. There is no recommended serving size for garlic, but the more you consume, the better.

- **Spinach**. Spinach and other "greens," such as chard and collard greens, are rich in antioxidants that protect cells from the type of damage that can create cancerous mutations. One study published in *Journal of Agricultural and Food Chemistry* gave spinach the top "bioactivity index" ranking of vegetables for its ability to protect against cancer.

  Advice: Eat spinach and other greens daily. You can make spinach salads or 50/50 lettuce and spinach salads, or gently sauté spinach. A single serving is equivalent to one cup of raw or one-half cup of cooked spinach or greens.

MY TOP ANTI-CANCER SUPPLEMENTS

Research on the role of individual supplements in reducing cancer risk has been especially confusing. *Taking all evidence into account, I'm convinced that these five supplements have clear benefits...*

- **Vitamin D**. If you were to take just one immune-enhancing supplement to lower your long-term risk for cancer, vitamin D would be the one to choose. More than 60 studies have found that high levels of vitamin D offer broad protection against many types of cancer. A recent German study reported that people with low vitamin D levels were one-third more likely to die of any type of cancer.

  Advice: Take at least 1,000 international units (IU) of vitamin D-3 daily. Vitamin D-3, with its slightly different molecular structure than D-2, is a more bioactive form of the vitamin, which means that the body can use it

more readily. Take 2,000 IU if you don't get much sun or have a dark complexion. (Dark skin absorbs less of the rays necessary for conversion to vitamin D.)

Best: Have your blood tested to determine how much vitamin D you need.

- **Vitamin K.** Two recent studies have shown an unexpected benefit of vitamin K—that it reduces the odds of developing breast and liver cancers.

  Possible mechanism: Vitamin K activates *osteocalcin*, a protein involved in making strong bones. Recent research found that osteocalcin also may function as an anticancer nutrient.

  Advice: Take 300 micrograms (mcg) of either vitamin K-1 or vitamin K-2, the forms most often studied.

  Caution: Vitamin K may increase blood clotting. Do not take vitamin K if you also are taking blood-thinning medication unless you are being monitored by a doctor.

- **Selenium.** This essential dietary mineral forms part of *glutathione peroxidase*, an antioxidant enzyme that helps the liver break down cancer-causing toxins. A study published in *The Journal of the American Medical Association* found that 200 mcg daily of selenium led to significant reductions in the risk for prostate, colon and lung cancers within just a few years.

  Advice: Take 200 mcg daily. Don't take a higher dose (which could be toxic) without the supervision of a nutrition-oriented doctor.

- **Coenzyme Q10** (CoQ10). I believe that modest amounts of this vitamin-like nutrient may reduce an individual's general risk for cancer. Studies have shown that large amounts of CoQ10 can inhibit the spread of breast can-

cer and boost immunity... and may have benefits in other types of cancer as well. A recent study of women with breast cancer who were on the drug *tamoxifen* found that a combination of 100 mg of CoQ10 daily and vitamins B-2 (10 mg) and B-3 (50 mg) boosted the activity of enzymes that can repair genes.

Advice: Take 100 mg daily. If you already have been treated for cancer, you should take 300 mg daily.

- **Lycopene**. This antioxidant helps prevent cell damage. Several small studies have shown that lycopene supplements can reduce the size of prostate tumors and their tendency to spread. They also can lower levels of *prostate-specific antigen* (PSA), a common marker of prostate cancer risk.

  Advice: For prostate cancer prevention and for men with elevated PSA levels, I recommend taking 5 mg to 10 mg of lycopene daily, even if you eat lycopene-rich foods. If you have been diagnosed with prostate cancer, discuss taking 30 mg daily with your physician. Use tomato-based (not synthetic) lycopene, which contains other beneficial antioxidants.

Note: Some multivitamins may contain these nutrients but not in the amounts recommended for cancer prevention. Check the label of your multivitamin, and add to it, based on the recommendations above.

The Sacred Heart Cure

Brian Chambers

Heart disease still reigns as our number one killer. And that's truly tragic, because with everything we know today about cardiovascular health, most deaths from heart disease are entirely preventable.

Especially when you take advantage of the Bible's "Sacred Heart Cure."

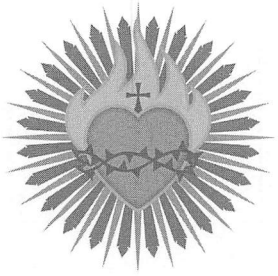
Full details on the cure are below, but let me tell you the fascinating story of how this Bible cure came to be...

Although no one knows for sure, Biblical scholars seem to believe that the plant used to make the Crown of Thorns was **Hawthorn**, a spiny bush that grows all over the Middle East and Europe.

Interestingly, Bible scholars believe hawthorn also served as the material for the staff of Joseph of Arimathea (the staff that legend says was thrust into the ground in England, where it miraculously took root and grew into a huge tree...)

But what does this have to do with curing heart disease?

To understand the connection, we must look at a divine vision that came to a 16th century French nun while she was praying.



The nun was Mary Margaret Alacoque, and the vision was the devotional symbol you may recognize as the sacred heart.

It's an image of a heart, aflame, encircled by the crown of thorns. It's common even today in Catholic churches.

But is this image the key to understanding the power of hawthorn? Because no other botanical extract I know of does so much to nourish and protect your most vital organ.

Although researchers are still trying to puzzle out *how* hawthorn works, one thing is beyond doubt: IT WORKS! It dilates artery walls, which decreases systolic and diastolic blood pressure by about ten points each. That makes it easier for the heart to pump blood throughout your body.

That's one of the reasons it's so effective against heart failure. And although it's rarely used in US hospitals (which is a tragedy), it's the go-to treatment for heart failure in Europe!

It beats the prescription alternative hands-down.

And since high blood pressure is one of the biggest risk factors for heart disease and stroke, it's easy to see why this extract is one of my favorite heart cures.

But it's more than just a natural alternative to blood pressure medicines. Hawthorn extract has also demonstrated a powerful antioxidant effect. That means it can reduce inflammation in your blood vessels.

That's incredibly important, because inflammation is the underlying cause of virtually all cardiovascular disease. So hawthorn can act as a cardio-targeted antioxidant and anti-inflammatory.

I recommend taking 250 to 500 mg of a high quality hawthorne extract, three times daily. Important note: hawthorn can have a mild blood thinning effect, so talk to your doctor if you're taking aspirin or a prescription blood thinner like warfarin (Coumadin).

Add these three supplements for even better heart health

—from Dr. Mark Stengler

Here are a few other natural supplements that work better than drugs to beat heart disease:

Fish Oil: A high-quality fish oil is one of the best supplements you can take for overall cardiovascular health and disease prevention. Along with the population studies showing that consumption of fish oil slashes the rate of cardiovascular disease are literally hundreds of studies that support these observations. Fish oils reduce cholesterol and triglyceride levels and also act as a natural blood thinner, augmenting hawthorn's blood pressure-lowering effect.

For a therapeutic effect, I recommend as much as 6,000 to 10,000 mg a day.

Magnesium: Magnesium is crucial for proper heart function. It helps to maintain the electrical signals that keep the heart ticking reliably. A good dosage is 250 mg to 400 mg twice daily.

CoQ10: This *coenzyme* is used by your cells (especially heart cells) in the process of creating energy. And for unknown reasons, many people with hypertension have low levels. Especially those taking statin drugs—these drugs have been shown to deplete your body of CoQ10. I recommend 100—200 mg daily.

The Arthritis Cure from the First Christmas

Brian Chambers

When the three wise men came to Jesus, they brought gold, frankincense and myrrh. And they bowed down to worship as they presented their gifts.

Now, we know that the wise men were old. Very old. Yet they made an inordinately long journey, and at the end of it, they knelt on the ground to worship the newborn Lord.

If you ask me, that would take some very flexible, comfortable joints!

So what was their secret?

It's frankincense.

The *Boswellia Serrata* (or Indian Frankincense) tree produces the gummy resin that's used to make fragrant frankincense. But that same resin contains one of the most powerful natural arthritis cures available.

And unlike some "Johnny-come-lately" botanicals, this one has a long track record of safety and effectiveness. And when I say a long track record, I mean several *thousand* years...

Because Boswellia is a prominent anti-inflammatory in the millennia-old Indian medical system, Ayurveda.

The first recorded mention of Boswellia in Indian texts dates back over three thousand years. Indian healers used for any inflammatory condition—bursitis, diverticulitis, colitis, psoriasis, and more.

But it really excels at treating arthritis. As a potent anti-inflammatory, it treats both rheumatoid arthritis and osteoarthritis. A review of 11 German studies found that Boswellia brought substantial benefits to 260 people who had not responded to conventional medical treatment. Most were able to curb their in—take of anti-inflammatory medication.

But recent research has taken Boswellia extract to a whole new level of effectiveness.

See, Boswellia extract is packed with unique natural compounds called boswellic acids. Scientists have known for some time that these are the chemicals that exhibit anti-inflammatory action.

But recently, it was discovered that one of the boswellic acids in particular (acetyl-11-keto-boswellic acid, or AKBA) is the powerhouse behind the inflammation-cooling, pain-relieving effects.

Why does this matter?

Well this development allowed researchers to produce a Boswellia extract with more of the AKBA than regular Boswellia extract. This has resulted in some truly remarkable results.

AKBA turns down inflammatory enzymes like 5-LOX and COX-2. In fact, it's as effective at reducing inflammation as NSAIDs like Celebrex, without the dangerous side effects.

In human studies, these high-AKBA Boswellia extracts

have produced dramatic reductions in pain, stiffness, and swelling, as well as marked increases in comfort and mobility.

One trial involving people with osteoarthritis of the knee resulted in every single patient feeling better—which is almost unheard of!

When you purchase Boswellia extract, make sure you get a variety that is **standardized** to contain at least 10% AKBA. A 20% AKBA standardization is even better, and is available from several suppliers.

According to the research, you should start to feel pain relief within the first week of taking Boswellia. And after roughly four weeks, you should be experiencing *dramatically* less pain and stiffness.

I recommend 300 mg of a 10% AKBA extract daily.

More natural ways to ease arthritis pain

—from Dr. Mark Stengler

Here are a few more of my favorite natural options to ease arthritis pain:

MSM (Methylsulfonylmethane). This compound, which occurs naturally in living organisms, acts as a potent anti-inflammatory. It reduces muscle spasm and slows down the overactive nerve impulses that may cause this condition.

Because most back pain is the result of muscle spasm and inflammation, MSM often brings lasting relief and can prevent future episodes. In addition, it has been shown to ease the pain associated with fibromyalgia and osteoarthritis.

Dosage recommendations: For preventive purposes (for arthritis, chronic back pain, fibromyalgia, etc.), 1,000 to 2,000 mg daily, indefinitely. For relief of acute pain, the effec-

tive dose depends on individual factors, such as weight and age. Start at 3,000 mg per day and increase in increments of 1,000 mg every two to three days, until you experience relief or reach 6,000 mg daily.

Helpful Hint: Take MSM with food to minimize digestive upset.

Bromelain: This protein-dissolving enzyme is found in pineapple stems. It effectively reduces the swelling and bruising that cause pain for days after injury. And studies show it also helps reduce arthritis inflammation. In fact, a recent clinical trial on osteoarthritis patients showed that bromelain improves overall comfort, reduces stiffness, *and* improves mobility.

I generally recommend 500 mg, three times daily between meals.

Caution: Bromelain has a slight blood-thinning effect. Check with your doctor before taking it if you're on blood-thinning medication, such as warfarin (Coumadin).

Exercise: Although it's not a supplement, exercise is so important to easing arthritis symptoms that I'd be remiss to leave it out. Scores of studies prove that simply getting out and moving around—in addition to releasing endorphins which automatically make you feel better—can improve many symptoms of osteoarthritis.

It can also help you lose weight, which eases the burden on your joints, and makes it that much easier to move around even more!

So take advantage of the increased mobility afforded by Boswellia extract, get out there and do something fun! Just go easy at first—you don't want to overdo it, especially if you haven't exercised in a while. But even a 5-minute walk is better than nothing.

CHAPTER 4

The Bible's Answer for Alzheimer's

Brian Chambers

The Bible's powerful answer to our current epidemic of Alzheimer's and dementia comes from the book of Exodus. Specifically, Exodus Chapter 37 verse 17, the description of the lampstand in the tabernacle.

The lampstand was a representation of the light of God's wisdom, and it had a special place in the building that housed the ark of the covenant.

And therein lies the healing secret: this symbol of God's wisdom is modeled after a plant that can preserve and resurrect memory and help your loved ones defeat Alzheimer's.

See, the description in Exodus makes it clear that the lampstand (the model for the Hebrew menorah) is to be shaped like a plant. It doesn't specify *which* plant.

But the completed design bears an undeniable resemblance to another plant: *Salvia,* better known as **sage**.

Yes, that's the same sage that's used to flavor soups and salad dressings!

But for hundreds of years, herbalists and traditional healers have known that it's more than just a savory food ingredient—it's also a powerful memory enhancer.

As early as 1652, herbalist Nicholas Culpepper wrote this about sage: "It also heals the memory, warming and quickening the senses."

And now modern science is beginning to understand why.

Sage works by affecting enzymes in the brain. And there is a growing body of evidence to suggest that sage is as effective as many leading Alzheimer's drugs, with no serious side effects. (In one trial, the placebo resulted in more side effects than sage!)

A 2001 study proved that the essential oil of Spanish Sage (*Salvia lavandulaefoli*) inhibits the enzyme acetylcholinesterase. This was big news, since that's an enzyme involved in the progression of Alzheimer's, and inhibiting it is the goal of most Alzheimer's drugs.

Then in 2003, a randomized, double-blind, placebo controlled trial published in the *Journal of Clinical Pharmacy and Therapeutics* showed that Alzheimer's patients given sage extract had significantly better cognitive function than those given a placebo. The researchers also felt that the patients given sage had improvements in mood and reduced anxiety as well, although this wasn't part of the official test results.

Yet another clinical trial published in the journal *Neuropsychopharmacology*, showed that doses of 300 to 600 mg of dried sage leaf greatly enhanced mental performance and mood in 30 healthy volunteers.

And there's an ongoing trial happening right now at Oregon Health and Science University testing the effects of sage on Alzheimer's patients.

Are you starting to wonder why you haven't heard about sage's remarkable ability to improve cognitive performance and boost memory?

If you have a loved one battling Alzheimer's I would definitely get sage extract into their regimen as soon as possible.

With the wide variety of sage extracts and tinctures available, it's difficult to recommend one specific dosage. But the studies show that sage is extremely well tolerated (after all, people have been eating it for centuries). So I'd go with a sage leaf extract, and start with the dosage recommended by the manufacturer.

Add this to sage for even better cognitive performance

—from Dr. Mark Stengler

Here's another one of my favorite natural supplements for improving memory and cognitive performance:

Chinese Club Moss. Also known as huperzia, Chinese Club Moss has been getting a lot of attention recently for it's memory-boosting powers. The research has focused on its active ingredient, huperzine-a, or HupA.

HupA improves memory and slows age-related cognitive decline—even in early—stage Alzheimer's disease patients. (Neither HupA nor drugs help much in later stages of Alzheimer's.)

Chinese medicine practitioners have utilized club moss for centuries as a diuretic and an anti-inflammatory. Two decades ago, a Chinese scientist discovered that an *alkaloid* (an organic compound) in HupA could improve brain function. This sparked many studies, some ongoing, including a clinical trial at the National Institutes of Health.

Like sage, HupA's cognitive benefits are due mainly to its effects on acetylcholine, a neurotransmitter critical for normal thinking, memory and attention. These mental processes falter when *acetylcholine* production drops or an enzyme known as *acetylcholinesterase* (which normally breaks down unused acetylcholine) gets overactive, degrading the much needed acetylcholine.

HupA appears to inhibit activity of acetylcholin—esterase, thereby sparing acetylcholine. This also is how pharmaceuticals for Alzheimer's work—but several human clinical trials suggest that HupA may be even more effective than the drugs *donepezil* (Aricept) and *tacrine* (Cognex). Animal studies demonstrate that HupA further supports cognitive function by protecting brain cells from damage caused by free radicals (harmful negatively charged molecules), toxins and/or lack of oxygen (for instance, from poor circulation or stroke)... and by reducing formation of *beta-amyloid*, a protein that forms lesions in the brain tissue of Alzheimer's patients.

I started prescribing HupA eight years ago for patients with memory problems—and many have been delighted with their improvement. HupA seems to work better than *ginkgo biloba*, an herb that increases blood flow to the brain. For ability to improve brain function, on a scale of one to 10, I rate ginkgo at six and HupA at nine.

CHAPTER 5

The Bible's Secret Pain Relief Plan

—Brian Chambers

Painkillers are some of today's most commonly prescribed drugs. And their use has skyrocketed during the last decade.

As effective as they are at relieving pain, they're not without side effects: constipation, dizziness/lightheadedness, drowsiness, nausea and vomiting are some of the *less* serious.

More worrisome side effects include irregular heartbeat, slow or difficult breathing, seizures, and death from overdose. Not to mention the potential for abuse and addiction.

Even so, it's no surprise these drugs are so popular. Chronic pain is a devastating, life-altering problem. It can affect every area of your life, from your sleep patterns to your relationships with your loved ones. It can easily lead you down a dark path towards depression and hopelessness.

And pain pills *are* effective at relieving moderate to severe pain. (Not to mention the fact that they're huge money-makers for pharmaceutical companies). But in my opinion,

the potentially dangerous side effects, coupled with the highly addictive nature of these drugs is more than enough reason to search for an alternative.

Here are a couple good questions to ask: **Why** am I in chronic pain? What's the underlying cause? And are there natural ways to address it without resorting to narcotics?

Luckily, the Bible once again has the answer.

There are a surprising number of Bible verses relating to pain and suffering. In our journey to find the Bible's answer for chronic pain, they're a great starting point. My hope is that these inspiring verses will help you to begin to see the light at the end of the tunnel, and know that God will help you overcome pain if you trust in Him.

Psalm 34:18
The LORD is near to the brokenhearted and saves the crushed in spirit.

Romans 8:18
For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.

Job 6:10
This would be my comfort; I would even exult in pain unsparing, for I have not denied the words of the Holy One.

Peter 5:9-10
Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.

Psalm 18:2
The LORD is my rock and my fortress and my deliverer, my

God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold.

Peter 5:10 *But the God of all grace, ... after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.*

But these verses are only the beginning of the Bible's cure for chronic pain. Woven into scripture, there is a plan that I believe will help you overcome pain without dangerous addictive drugs.

It comes in the form of a combination of herbal extracts and mental/spiritual techniques.

First, let's start with the mental and spiritual techniques:

Meditation: Meditation is mentioned many times in the Bible, and Jesus himself meditated on more than one occasion. Indeed, the Bible compels all believers to meditate—(Psalm 1:2)

This may be because meditation can take many different forms. There are sitting meditations, moving meditations, guided meditations, and many more.

But the best form of meditation for management and relief of chronic pain may be a practice known as **mindfulness meditation.**

Mindfulness consists of breathing deeply, and focusing completely on your breathing, for a period of 10-20 minutes at a time.

It sounds simple, and it is. But a growing body of research shows that mindfulness meditation can be a powerful way to deal with pain. Over time, it can change the way the brain processes pain signals, and alleviate all kinds of chronic pain.

In a study published in *the Journal of Behavioral Medicine*, ninety chronic pain sufferers were taught mindfulness medi-

tation techniques. Over the several month study, they saw significant reductions in their physical pain, as well as the psychological symptoms of chronic pain (anxiety and depression). They also became more active and were able to reduce the amount of pain medication by a significant margin.

The control group, which took pain medication but did not meditate, saw no improvement in these areas.

That's a very convincing result, and it speaks to the power of meditation and the mind-body connection.

And that's one of many studies that seem to show the power of meditation to relieve pain, improve mood, and enhance physical function.

Plus it doesn't cost anything, and the only side effect is a sunnier outlook!

And when combined with the Bible's botanical answer for pain, you may never need another painkiller again...

Olive: The Bible's Pain-erasing botanical. The olive plant is mentioned many, many times throughout the Bible. It's safe to say that it's a sacred tree, and the Bible ascribes it with special significance.

Ezekiel and Revelations speak of the olive plant as having "leaves for medicine" and "for the healing of the nations."

And it can be especially helpful in dealing with pain.

For starters, olive oil, applied topically, can be effective at relieving certain kinds of pain. See the next chapter for more on this.

But perhaps the best way to take advantage of the pain-reducing power of olive is with **olive leaf extract.**

Olive leaf extract has been getting a lot of attention recently for its potential to help with joint pain. But studies show it can relieve other kinds of pain as well.

One study proved its effectiveness in dealing with diabetic retinopathy.

Another study using mice showed that it has a clear analgesic effect, and can be used to enhance the activity of other painkillers (the study used morphine). This means olive leaf extract could help you reduce your dependence on pain pills.

How to boost the power of the Bible's pain relief plan

—from Dr. Mark Stengler

My favorite way to use olive leaf extract is in combination with a few other pain-relieving botanicals:

- **Kaprex** is effective for mild pain caused by injury or osteoarthritis. It is a blend of hops, rosemary extract and *oleanic acid*, which is derived from olive leaf extract. Rather than blocking the body's pain-causing enzymes, these natural substances inhibit pain-causing chemicals known as *prostaglandins*.

  In a study sponsored by the Institute for Functional Medicine, the research arm of the supplement manufacturer Metagenics, taking Kaprex for six weeks reduced minor pain by as much as 72%. I recommend taking one 440 mg tablet three times daily. Kaprex is manufactured by Metagenics (800-692-9400, *www.metagenics.com*), the institute's product branch. The product is sold only in doctors' offices. To find a practitioner in your area who sells Kaprex, call the toll-free number. Kaprex has no known side effects and does not interact with other medications.

Here's another natural, God-made pain reliever that can help you escape chronic pain:

- **White willow bark extract** is helpful for headaches, arthritis, muscle aches and fever. In Europe, doctors prescribe this herbal remedy for back pain, and recent research supports this use. One study conducted in Haifa, Israel, involved 191 patients with chronic low-back pain who took one of two doses of willow bark extract or a placebo daily for four weeks. Researchers found that 39% of patients taking the higher dose of willow bark extract had complete pain relief, compared with only 6% of those taking a placebo. The participants who benefited the most took willow bark extract that contained 240 mg of the compound *salicin*, the active constituent in this herbal remedy. (Aspirin is made from *acetylsalicylic acid*, which has many of the chemical properties of salicin.) However, aspirin can cause gastrointestinal ulceration and other side effects, including kidney damage. Willow bark extract is believed to work by inhibiting naturally occurring enzymes that cause inflammation and pain.

  I recommend taking willow bark extract that contains 240 mg of salicin daily. In rare cases, willow bark extract can cause mild stomach upset. Do not take willow bark if you have a history of ulcers, gastritis or kidney disease. It also should not be taken by anyone who is allergic to aspirin. As with aspirin, willow bark extract should never be given to children under age 12 who have a fever—in rare instances, it can cause a fatal disease called *Reye's syndrome*. Willow bark extract has blood-thinning properties, so avoid it if you take a blood thinner, such as *warfarin* (Coumadin). For low-back pain, you may need to take willow bark extract for a week or more before you get results.

CHAPTER 6

The Bible's Sacred Healing Oil

Brian Chambers

Like olive leaf extract, the oil of the olive fruit is one of the Bible's true healing treasures.

It's mentioned in the Bible over 160 times, which gives you an idea of the significance of the sacred oil in the ancient Mediterranean world.

It was used for light in lamps, for cooking, for ceremonial purposes (anointments), as well as medicinal purposes.

In fact, the use of olive oil for healing dates back to the very genesis of modern medicine.

In 400 BC, Hippocrates, the father of modern medicine, used olive oil in over 60 formulas to treat his patients.

And modern research is showing us why this oil is so important. It has powerful healing effects, both *in* the body, and used topically *on* the body.

As a food, it's one of the healthiest fats available.

Replacing unhealthy fats with high-quality olive oil is associated with:

- Lower risk of heart disease and stroke
- A stronger immune system
- Lower risk of colon and breast cancer
- Lower diabetes risk
- Alzheimer's prevention
- Slowing down the aging process

And topically, olive oil is well known for its skin moisturizing effects. It's much better for your skin than most lotions, and it's also great for moisturizing dry hair. It also may help speed wound healing and relieve mild pain.

But there's a problem: to get these benefits, you must use a high-quality olive oil. And most of what's available in supermarkets is anything but.

To understand the difference, let's look at how olive oil was produced in Biblical times.

In his book, *Healing Oils of the Bible,* author David Stewart, PhD gives a good description of this process:

"When olive oil was extracted in Biblical times, the whole fruit was crushed in a stone wheel (as in Gethsemane), or mashed by treading underfoot (as in Micah 6:5). The broken olives were placed in special baskets where the oil was allowed to drain into vats or basins by the force of gravity. This could take a few hours, or a day or two. In the Bible, the resulting product was called 'first oil,' 'beaten oil' or 'fine oil' (Numbers 28:5)"

'First oil' is what we refer to today as extra virgin oil. And keep in mind, we can assume that all the olives grown in Biblical times were grown organically, without synthetic fertilizers or pesticides.

This slow, labor-intensive process resulted in a nutrient-

rich, unrefined product that was full of beneficial polyphenols.

That's a far cry from what you'll see in supermarkets. Most mass produced olive oil (even extra virgin) is heated, refined, and sometimes even diluted with other, cheaper oils. Not to mention that by the time it reaches supermarket shelves, there's a good chance it has begun to go rancid.

So how do you make sure the olive oil you buy is high quality? I recommend looking for three key words/phrases on the label: "extra virgin," "organic," and "cold pressed." "Unrefined" is another good indication that you're getting an unadulterated olive oil.

Check the labels for these words, and you'll eliminate much of the 'fake' olive oil that lines grocery store shelves. You may also notice that natural, cold-pressed olive oil has a bold, peppery flavor. That's an indication of high amounts of a beneficial polyphenols called oleocanthal, which researchers believe is responsible for olive oil's neuro-protective effects.

In addition to the cardiovascular and of olive oil's mono-unsaturated fats, the neuro-protective and cancer-preventative benefits of its polyphenols, and the skin health benefits of using it topically, there's another neat way to use olive oil: earwax removal.

To do this, place two drops of warm (not hot) olive oil in the affected ear...leave in for one hour (lie on your side, ear up)...then rinse in the shower or bathtub. Repeat as necessary.

CHAPTER 7

The Bible's Diet Plan

Brian Chambers

Lately, the "caveman diet" has been gaining in popularity. It's based on the idea that we are healthier when we eat a diet closer to what "cavemen" ate, which means meat, seafood, eggs, nuts, fruits and vegetables—and nothing else.

While this type of diet is much healthier than what most Americans eat every day, I take issue with its basis in an evolutionary view of nutrition. In addition, it eliminates cultured dairy products like yogurt and kefir, and legumes, which I believe are some of the healthiest foods you can eat.

So instead of going "paleo," why not follow a Bible-based diet plan?

By observing a very simple rule and taking the advice of a few diet-specific Bible verses, we can achieve vibrant health and disease prevention.

The first rule of a Bible based diet is simple: eat real food. This means whole, unprocessed, natural foods, preferably organic. When judging a food, ask yourself this question: who was more involved in the creation of this product—God, or man?

If it's closer to the way God made it, eat up. If man had more of an impact on the product than God, leave it alone.

This simple dietary rule will automatically eliminate many of the unhealthiest foods in your diet.

But a couple of diet-specific Bible verses take it even further.

First, Jesus' famous words: "man does not live by bread alone..." In addition to an indication that spiritual "food" is more important than physical sustenance, this line could also be viewed as an admonition to cut down on bread.

The health effects of eliminating grains have been well documented, and they include improved cardiovascular health, lower blood sugar and improved insulin sensitivity, reduced inflammation, and of course weight loss.

Many of the problems resulting from grain consumption stem from gluten sensitivity. Gluten is a protein found in wheat and other grains, and most, if not all of us have trouble digesting it. For some it's a mild digestive disturbance, while for others it manifests as severe auto immune conditions like Celiac disease and Crohn's disease. This is why I advocate a gluten-free diet to all my patients.

The best way to start going gluten-free is by eliminating bread, pasta, and other wheat-based foods. This will also help stabilize your blood sugar, since bread (especially white bread) causes a massive spike in glucose levels.

Another diet-instructive Bible verse is Proverbs 25:16, which states:

"If you find honey, eat just enough—too much of it, and you will vomit."

Although honey (especially raw, unfiltered honey) *is* one of the healthier sweeteners available, I believe the message of this verse is to avoid excessive sweets in general.

The simple fact is: sugar may taste good, but it is very bad for you. And most of us consume entirely too much. Not only is excess sugar stored as fat, it also causes insulin resistance (which can lead to diabetes), inflammation, and a host of other troublesome issues.

And it has virtually no nutritional value. So although the occasional sweet may not do too much harm, sugar in all its forms should be avoided whenever possible.

So here are the rules for the Bible-based diet plan:

1. Eat whole, natural foods as close to the way God made them as possible.
2. Reduce or eliminate bread and grains from your diet.
3. Eliminate sweets and sugars, except on rare occasions.

Follow these three simple rules, and within a few weeks you'll notice a dramatic change. You can expect to have more energy, and nearly effortless weight loss. And keep in mind, portion control is not very important when you're eating whole, natural foods. So no more counting calories!

In addition, this diet is inherently anti-inflammatory in nature, which means it can prevent or reverse the myriad of diseases caused by chronic inflammation.

CHAPTER 8

The Ancient Spice that Lowers Cholesterol and Fights Diabetes

Brian Chambers

In the Old Testament, great care is given to describing the items used in rituals and ceremonies. Several chapters in Exodus are devoted to describing the details of the Ark of the Covenant, the Tabernacle in the Wilderness, the altar, the table, the lampstand and more. Another vivid description is that of the sacred oil use to consecrate all this 'sacred furniture':

The Lord spoke to Moses: "Take the finest spices: of liquid myrrh five hundred shekels, and of ***sweet-smelling cinnamon*** half as much, that is, two hundred and fifty, and two hundred and fifty of aromatic cane, and five hundred of cassia measured by the sanctuary shekel and a hint of olive oil; and you shall make of these a sacred anointing oil blended as by the perfumer; it shall be a holy anointing oil." (Exodus 30:23-25 NRSV)

And a few verses down, God makes it clear that this formula is holy:

"This shall be my holy anointing oil throughout your generations... it is holy, and it shall be holy to you" (Exodus 30:31-32)

What's interesting about these verses is that cinnamon is not native to Egypt or the Middle East. Scholars don't know how the cinnamon God required for this holy formula was acquired.

But it's clear that cinnamon is important. The aromatic spice is described as "the scent of life."

And when it comes to improving your health, cinnamon boasts some impressive qualities.

First of all, studies show it lowers LDL cholesterol (the bad kind).

A study published in the journal *Diabetes Care* showed that 1, 3, or 6 grams of cinnamon daily significantly lowered LDL cholesterol in patients with type 2 diabetes.

But that's not all—it also significantly lowered blood glucose levels.

Cinnamon acts as an "insulin mimetic," which means it mimics the physiological action of insulin in your body. This allows it to boost glucose metabolism, which lowers the level of glucose in your blood.

And some exciting recent research has taken the blood sugar-lowering power of cinnamon to a new level.

Researchers at the USDA's Human Nutrition Research Center have spent years examining cinnamon's effect on blood sugar. Their goal was to determine how and why cinnamon lowers blood sugar, and to identify the active ingredients.

And they succeeded. They isolated a group of antioxidant compounds from cinnamon called Type-A Polymers, and confirmed that these are the compounds that improve glucose metabolism.

In fact, in one in vitro study, Type-A Polymers boosted glucose metabolism by nearly 2,000%!

This has the potential to be a game-changer in the way you handle your blood sugar. Especially when combined with the Bible-based diet plan as described in chapter 7, cinnamon could realistically stabilize your blood sugar, and even reduce or eliminate your need for insulin. (If you use insulin, it's very important to work with your doctor on this. You should never reduce or eliminate insulin without medical supervision).

The USDA's research has led to a powerful new form of cinnamon extract that's standardized to contain a high percentage of the active Type-A Polymers.

The branded name for the extract is Cinnulin-PF, and it's available on it's own, as well as in a number of multi-ingredient blood sugar formulas.

More natural ways to beat diabetes

—from Dr. Mark Stengler

Another powerful natural compound that can lower blood sugar is ***berberine***. It's one of my personal favorites, and I recommend it to anyone trying to manage their blood sugar.

Over the past 20 years, there has been much research on berberine and its effectiveness in treating diabetes. In 2008, Chinese researchers published a study in *Metabolism* in which adults with newly diagnosed type II diabetes were given 500 mg of either berberine or the drug metformin three times a day for three months. Researchers found that berberine did as good a job as metformin at regulating glucose metabolism, as indicated by *hemoglobin A1C* (a measure of blood glucose over several weeks)...Fasting blood

glucose...blood sugar after eating...and level of insulin after eating. Berberine even reduced the amount of insulin needed to turn glucose into energy by 45%! In addition those taking berberine had noticeably lower triglyceride and total cholesterol levels than those taking metformin.

In another 2008 study published in the *Journal of Clinical Endocrinology and Metabolism*, researchers found that type II diabetes patients who were given berberine had significant reductions in fasting and post-meal blood glucose, hemoglobin A1C, triglycerides, total cholesterol and LDL (bad) cholesterol –and also lost an average of 5 pounds, to boot, during the three-month study.

These were remarkable findings. Here was a botanical that was holding up to scientific scrutiny—and performing as well as, or better than, some drugs patients had been taking for diabetes for years.

How berberine works in the body: Berberine helps to lower blood glucose in several ways. One of its primary mechanisms involve stimulating the activity of the genes responsible for manufacturing and activating insulin receptors, which are critical for controlling blood glucose.

Berberine also has an effect on blood sugar regulation through activation of incretins, gastrointestinal hormones that affect the amount of insulin released by the body after eating.

I recommend berberine to my patients with newly diagnosed type 2 diabetes to reduce their blood sugar and prevent them from needing pharmaceutical drugs. When a diet, exercise and supplement program (including supplements such as chromium) is already helping a diabetes patient, I don't recommend that he/she switch to berberine.

Some patients are able to take berberine—and make dietary changes—and stop taking diabetes drugs altogether.

People with severe diabetes can use berberine in conjunction with medication—and this combination treatment allows for fewer side effects and better blood sugar control. I don't recommend berberine for pre-diabetes unless diet and exercise are not effective. Berberine is sold in health-food stores and online in tablet and capsule form. The dosage I typically recommend for all diabetes patients is 500 mg twice daily.

For patients with diabetes who once used berberine, I recommend talking to your doctor about taking this supplement. It's also important for every patient with diabetes to participate in a comprehensive diet and exercise program.

Note that berberine helps patients with type II diabetes, not type I diabetes (in which the body does not produce enough insulin).