## Cleaver of Truth Newsletter for the Month of November 2010

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**Dear Family and Friends,**

**We hope that all is well with you.**

**Our subject this month: The Fast That God Has Chosen**

**Rodney and I went away for three weeks. We left on September 26 and returned home on October 14. We are glad to be home. (Be it ever so humble there is no place like home)!**

**Let me tell you about why we went away and where:**

**Rodney went to the hospital in August for a regular pacemaker check. He was feeling well and everything checked out good. However a day or two after that visit he started getting sick. He had vomiting, diarrhea and a fever.**

**He went back to the hospital and they gave him a series of antibiotics. He took them for ten days and at first he appeared to be feeling better and we thought everything was ok.**

**Then the diarrhea came back with a vengeance! We returned to the hospital and they kept him for four days, did various tests and told us he had clostridium difficile or “C-Diff” for short. They gave him another antibiotic which they said was the only thing that would help to get rid of the bad bacteria.**

**C-Diff is a bacteria you get in your intestines. It destroys all the good flora or bacteria in the intestines and colon. It can be very serious because it can cause your intestine lining to slough off and get holes in it and you could even die. You can get C-Diff from hospitals and nursing homes. It is caused by taking too many antibiotics which kill off the good bacteria which we have in our intestines.**

**After 24 days of taking antibiotics Rodney was not getting any better. He was eliminating chunks of his intestinal lining and losing weight.**

**We again returned to the hospital. They looked at the specimen we had saved but didn’t seem concerned about it. They told him they could give him more antibiotics. At this point Rodney told them he wasn’t going to take any more antibiotics because they were burning him up.**

**He asked the doctor if there was anything else he could do besides taking antibiotics The doctor told him there was, but they didn’t recommend it. Because he wouldn’t take any more antibiotics he was sent home to take care of himself.**

**Rodney has a friend in North Georgia who has a life-style retreat called “Times of Refreshing”. They sometimes treat people whom doctors have been unable to help with modern medicine. With proper natural remedies and a good diet they have been able to reverse the problems (without the use of harmful drugs) and return them to good health again.**

**They follow the health laws that God has outlined in the Bible and use the herbs and foods that God has so graciously provided for our healing.**

**Rodney called them and they were getting ready for a 19-day program that coming Monday. We left here on Sunday and he started on the program the next day. (After we got there Rodney was exhausted and was in bed for about a week).**

**After the 19-day treatment he is now drug-free and the C-Diff is gone! We praise God for Rodney’s recovery. He had been on medical drugs for his heart and high blood pressure for a number of years. His blood pressure is just as good now as it was while he was taking all the drugs. His energy level is coming back and he is gaining weight. (We really believe if he had continued with the medical treatment given at the hospital the story would be different)!**

**The natural treatments that are being used at Times of Refreshing have been known to reverse diseases such as; diabetes, high blood pressure, cancer, and heart disease as well as many other ailments. If any of you have medical problems that are not responding to the doctors treatments maybe you would like to give this man a call:**

***Shelem Flemons, Director***

***Times of Refreshing***

***1240 Reeves Rd.***

***Blairsville, GA 30512***

***Ph: (706) 835-27***

**While we were at the retreat we were taught a better way of eating and preparing food, which we will be sharing with you in some of our future newsletters**

**Bless the Lord, oh my soul, and forget not all his benefits; Who forgiveth all thine iniquities; who healeth all thy diseases. Psalms 103:2,3`0020**

**From Katie’s Cookbooks**

**Italian Dressing**

**2 Tbs water**

**½ cup light olive or flax seed oil**

**¼ cup honey or agave nectar**

**1 tsp garlic granules or powder**

**2 tsp onion granules or powder**

**1 tsp herbamare (health food store)**

**½ tsp basil**

**1 tsp parsley**

**½ tsp dill weed**

**¼ cup lemon juice**

**To make a creamy dressing, blend in blender until smooth. Or you can simply combine all ingredients and put in jar. Shake well and serve. Times of Refreshing Cook Book by Diane M. Flemons**

**Chili Powder**

**7 bay leaves**

**1 ½ Tbsp basil**

**½ cup paprika**

**1 Tbsp cumin**

**2 Tbsp onion powder**

**1 ½ tsp garlic powder**

**¼ cup parsley flakes**

**4 tsp oregano**

**Blend all ingredients in blender until powdered. May use grinder, Store in air-tight container. Times of Refreshing Cook Book by Diane M. Flemons**

**That’s all for now. See you next month.**

**Remember God loves you, and so do we!**

**Katie and Rodney**