



On March 18, 2004, the Lord gave me this song at about 5:50pm. I called it:

There's Healing

There's healing in my body,
There's healing in my soul.
There's healing in my spirit,
For God has made me whole.
He healed my mind,
He changed my will.
He changed my attitude to be like Him,
He sent His word and I'm made whole.
He sent His word and I am healed.
No more anger raging in me,
No more resentment on anybody,
Forgiveness is free when I came to Him,
Now I forgive, and I'm set free."

Have you ever thought that many times our sickness is caused by our carnality? When we get born again, we brought with us our "old man" so to speak. The unregenerated spirit needs to surrender everything to God so we can be a new man in Him. *Therefore if any man is in Christ, he is a new creature; the old things passed away; behold, new things have come.* (2 Cor. 5:17)

Most of God's words are in the form of a command, which means we need to obey them. It is commanded we have to change ourselves. God will help us if we do our part.

Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry. (Col. 3:5)

But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth.

Do not lie to one another, since you laid aside the old self with its evil practices, and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him. (vv 8-10) And so, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other, whoever has

This newsletter is written monthly as the Lord leads. It consists of inspiring thoughts as anointed by God, or from a research or FWD message. Recipes, tips on health & food are added features. To subscribe or unsubscribe, please call (614) 833-1223 or email; Dulce@JohnRothacker.org

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a complaint against anyone; just as the Lord forgave you, so also should you. (vv. 12-13).

Recipe of the Month:

Honey Whole Wheat Bread (This is done by hand! No mixer or bread machine needed)

6 - 7 c. whole white wheat flour
1/3 c. raw honey
1/3 c. extra virgin olive oil
1/3 c. raw apple cider vinegar
1 T. sea salt
2 T. liquid lecithin
1 T. wheat gluten
4 1/2 t. yeast
2 1/4 c. very warm water (130 degrees)

Pre-heat oven at 170 degrees.

Mix honey, oil, salt, apple cider vinegar, liquid lecithin. Add the water. Then add 4 cups of flour making sure the whole bowl is covered with it before adding the yeast. Blend and stir using a dough whisk. Add more flour 1 cup at a time, until the last three cups are used up. Whisk the dough for at least 10 min. Using a large ice cream scoop, put at least 6 scoops in a medium loaf pan that has been greased with olive oil. With a little olive oil in both hands, lift out the dough from the pan and reshape it into a nice looking dough.

Put it back in the pan and smooth it out with the use of a plastic spatula. Place the loaf pans in the oven and allow it to rise for 25 minutes. Raise the temperature to 350 and bake them for another 30 minutes or until loaves are golden brown and sound hollow when tapped. (If using a thermometer, it should read 192 degrees at least.) Cool on wire rack. Remove from pans. Enjoy with good butter or jam! (makes 2 loaves or 20 rolls)



Dough Whisk

Information on Foods:

Source: Impossible Miracles Ministry, Oct. 2003

Facts About Beets: Beets and beet juice are a blood-building herb that detoxifies blood and renews it with minerals and natural sugars. Beet juice, provides a nourishing and cleansing effect. When the nutrients are captured from the raw beet in the juicing process, they remain in natural form.

Pure red beet juice powder contains many vital nutrients including: Phosphorus, sodium, magnesium, calcium, iron, and potassium, as well as vitamins A & C, niacin, folic acid and biotin. Red beets are also powerful in stimulating digestion.

Facts about Broccoli: Broccoli is included in the cruciferous vegetable family. It is an excellent source of Vitamin C, but what makes broccoli stand out is its phytochemicals which are the main reason for the cancer preventing abilities of cruciferous vegetables. They work by preventing normal cells from being converted to cancerous cells. Broccoli is very alkalizing and rich in fiber.

Broccoli contains sulforaphane, which may have antimutagenic properties. Sulforaphane belongs to a class of phytochemicals known as isothiocyanates, which are known to strongly stimulate the body's natural detoxifying enzymes. These enzymes, in turn, neutralize potential cancer-causing substances before they have a chance to damage the DNA of healthy cells.

Scientists at Tokyo's Graduate School of Agriculture have shown that isothiocyanates can block the growth of melanoma skin cancer cells, according to findings published in 1999 in the journal Nutrition and Cancer.