

UPDATED and EXPANDED EDITION

“Those who have ears
- let them Hear!”

Matthew 13:3-9

A Biblically Based
Spiritual and Nutritional Path
to Healing and Wholeness

Dr. Jesse J. Michaels
Th.D., N.D., C.N.C., MMin.



Messianic & Christian Publisher

What others say...

"This is to express appreciation for your new book, *Those Who Have Ears-Let them Hear*. As I was reading your book, I found that I was inwardly cheering that important truths were coming out, which are not normally included in secular medical advice. Your plain English writing style made the book a fast read. Of particular interest were the explanations about inherited disease and its relationship to flagrant disregard to God's Biblical standards. These issues have as much to say as healthy eating. Spiritual problems, suggest spiritual remedies. One important subject was the topic of self love/self hate. So many people could benefit from reading that chapter. Loving your neighbor is of course, a well discussed principle, but not usually applied to good health. Your Scriptural quotations throughout the text, back up your assertions in each area of discussion. In all, the book seems to express the Lord's perspective of yearning for better lives."

PAUL LIBERMAN - PRESIDENT
Messianic Jewish Alliance of America (MJAA)

~

"This book is for anyone who desires to be healed spiritually, emotionally, and physically and be in right relationship with YHWH (God). Dr. Michaels has left no stone unturned in seeking out the Scriptural truth of all areas of healing, which includes the very important aspect of proper nutrition the way YHWH (God) has designed it for us. There are many areas that affect our health and Dr. Michaels has covered each one with the authority and proficiency of the Scriptures, as well as through Divine Revelation. It is clear to me, in writing this book he is trying to help his fellow man attain the degree of health YHWH (God) desires for His people. Chapter after chapter is packed full of Divine Scriptural truths for health and healing that will help us draw ever closer to our Creator. Dr. Michaels does not leave us wondering how to implement these truths; he conveys to us practical application of them as well, so we can incorporate them into our lives. This book is a must read for everyone who cares about

their health and their relationship with YHWH (God). It contains a treasure trove of spiritual as well as practical information for 'those who have ears to hear.'"

DR. PATRICIA DUKE PhD., M.Div.
His Heart Ministries International/His Heart Church Ministries

~

"Dr. Jesse J. Michaels is on a mission from YHWH (God) to change the health and spiritual dimensions of the Believer. The foundational truths and principles in this book are par excellence! The way this book is systematically presented, is not only logically laid out, but is also based on sound Biblical doctrine rooted in the *Torah*. Dr. Michaels fully understands the fact that YHWH works from the inside to the outside; first He restores your spirit, then renews your soul and finally heals your body. Satan works from the outside inward; first he enslaves the flesh, then corrupts the soul, and eventually extinguishes the spirit man. What makes this book a MUST READ is the fact that it is based on the core principles of Isaiah 28:10: "He tells us everything over and over--one line at a time, one line at a time, a little here, and a little there!" Dr. Michaels wrote this 'need to read' book concerning the spiritual and nutritional path to healing and wholeness based on these sound principles. This book is Scripturally based and encompasses YHWH's Divine teachings; a must to be in ever Believer's house!"

PROFESSOR - DR. WA LIEBENBERG
Hebraic Teaching Group (HTG)

~

Dr. Michaels' book; *Those Who Have Ears-Let Them Hear* is insightful and effective with first-hand experience in accomplishing a fully restored body and spiritual life. His book brings a full spectrum perspective on Healing Body, Soul and Spirit. Without integrating all three aspects of the human condition you can not achieve true and lasting wholeness and healing for your life.

DANETTE GOLDEN - KHNC RADIO
Talk Show Host/Director

Those who have ears—let them Hear!

A Biblically Based Spiritual and Nutritional Path to Healing and Wholeness
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In honor to ADONAI, pronouns referring to Him are capitalized, satan's names are not. But not all Bible versions do this and legally must be printed as they are.

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The author is not responsible for a person's disease, or for their healing. There is no guarantee that an individual will be healed or that disease will be prevented or eradicated.

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~Dedication~

To *ADONAI*

My Heavenly Father, my Savior and my Healer!!

To You be ALL the Honor and Glory!!!

~

To my beautiful and precious wife Susanne, whose love, prayers, ongoing support, strength and encouragement for me I have deeply appreciated and immensely benefited from more than I am able to express.

“He who finds a wife finds a great good;
he has won the favor of *ADONAI*.”

- Proverbs 18:22

~

To my children,
Thank you for all your love, prayers, and support.

“He told them many things in parables: A farmer went out to sow his seed. As he sowed, some seed fell alongside the path; and birds came and ate it up.

Other seed fell on rocky patches where there was not much soil. It sprouted quickly because the soil was shallow; but when the sun had risen, the young plants were scorched; and since their roots were not deep, they dried up.

Other seed fell among thorns, which grew up and choked the plants.

But others fell into rich soil and produced grain, a hundred or sixty or thirty times as much as had been sown,

Those who have Ears, let them Hear!”

~ Matthew 13:3-9



This book, with my prayers, goes out to all who are in need of healing and wholeness in spirit, mind, and body!

Dr. Jesse J. Michaels Th.D., N.D., C.N.C., MMin.

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Preface

The focus of this book is to bring truth, knowledge and understanding to others, through Scriptural principles and nutritional means, for disease prevention, and restoration of health through healing of the spirit, mind and body.

This book is Scripturally based and encompasses God's Divine teachings, which includes following a *Biblical Diet* of organic, living, and sustainably produced therapeutic foods, as well as the use of *High-Quality Whole Food Nutritional Supplements* and the use of *Green/Eco-Friendly Products* in one's living environment.

The information written in this book comes from insights God revealed to me during my own personal experience with disease and during my journey back to health, which encompassed several years of Scriptural and Theological Studies in Judaism and Christianity, along with nutritional studies. I earned various degrees and certifications, including Doctor of Theology (Th.D.), Doctor of Naturopathy (N.D.), Certification as a Nutritional Counselor (C.N.C.) as well as, Ordination as a Messianic Minister (MMin.) and Reverend.



Please note that the *Complete Jewish Bible* (CJB), by Dr. David Stern, is the main version of the Word of God that is used throughout this book; exceptions are in Chapter Nine for teaching purposes

The *Complete Jewish Bible* is a "Messianic" Bible. Meaning, it has been translated from a Hebraic/Jewish perspective, which is the original language of the Old Covenant as well as the foundation of the New Covenant. This is not only important in helping the Believer to better understand their faith, but is "vital" to one's spiritual and physical well-being. Referring to another version of the Scriptures will deprive you of many important and intended meanings within the teachings of this book.

The *Complete Jewish Bible* contains various Hebrew/Jewish terms; a glossary of definitions is provided. The *Complete Jewish Bible*, Old Covenant (*Tanakh*) Scripture quotations are, for the most part, a paraphrase, using the Masoretic text. It is written in modern English from the 1917 Jewish Publication Society. The New Covenant (*B'rit Hadashah*) Scripture quotations are also written in modern English, and are based primarily on the 3rd edition of the 1975 United Bible Societies' *The Greek New Testament*.



The Importance of the Hebrew Language and Mind-Set

Hebrew is the language in which the Almighty God spoke forth the *Torah* to Moshe (Moses). It is the original language of the Old Covenant (*Tanakh*) as well as the foundation of the New Covenant (*B'rit Hadashah*); penned by Hebrew authors from a Hebrew culture and in a Hebrew mind-set, not Greek (Hellenistic); this includes Sha'ul/Paul.

Hebrew was the language that was read in the synagogues every Sabbath, and Yeshua (Jesus), who is Jewish, spoke and read in Hebrew.

"From the earliest times, Moshe [Moses] has had in every city those who proclaim him, with his words being read in the synagogues every *Shabbat*." - Acts 15:21

"At about three, Yeshua [Jesus] uttered a loud cry, "Eli! Eli! L'mah sh'vaktani? (My God! My God! Why have you deserted me?)" - Matthew 27:46

"Now when he went to Natzeret [Nazareth] where he had been brought up, on *Shabbat* he went to the synagogue as usual.

He stood up to read, and he was given the scroll of the prophet *Yeshua'yahu* [Isaiah].” - Luke 4:16-17

“We all fell to the ground: and then I heard a voice saying to me, In *Hebrew*, ‘Sha’ul! Sha’ul! Why do you keep persecuting me? ... I said, ‘Who are you, sir?’ and the Lord answered, ‘I am *Yeshua* [Jesus], and you are persecuting me!” - Acts 26:14-15

Many do not realize that there is a profound difference between the “Hebrew” and the “Greek” languages. For example, the word *Torah* is a Hebrew word, which when translated from the Greek *nomos* means “law.” However, in Hebrew, *Torah* does **not** mean law, it means *teaching, instruction, or direction* of God. In the Greek context, the “law” is more about legalism—the ways to achieve favor or disfavor.

In its most limited sense *Torah* refers to the first five books of the Bible, the Five Books of Moshe (Moses): Genesis (B’resheet), Exodus (Sh’mot), Leviticus (Vayikra), Numbers (B’midbar) and Deuteronomy (D’varim). But *Torah* can also refer to the entire Old Covenant (Tanakh in Hebrew).

Though the *Torah* does contain some laws, God did not mean for it to be viewed strictly as a document of laws, but more so as a document of teachings, instructions and directions for our lives, which God has given, in love, to all his children to encourage, strengthen, and heal us.

God’s *Torah* literally “points the way” in which we are to live our life and it keeps us from ways that would otherwise destroy our spirit, mind, and body. There is much to be learned from the “entire” Divine Word of God in relation to our spiritual and physical well-being!

“My son, don’t forget my teachings, keep my commands in your heart; for they will add to you many days, years of life and peace.” - Proverbs 3:1-2



Before proceeding, I feel it is important that readers have an understanding of the “true” name of Jesus. Scripture tells us that his God-given Hebrew name is “*Yeshua*,” pronounced (ye-SHU-ah). It is a shortened form of *Yehoshua* (Joshua). *Yeshua* was the name his parents, Yosef/Joseph and Miryam/Mary, were told to name him, and it was the only name He was ever called by.

The angel said to her, “Don’t be afraid, Miryam, for you have found favor with God... you will give birth to a son, and you are to *name* him *Yeshua*.” - Luke 1:30-31

“She will give birth to a son, and you are to *name* him *Yeshua*, [which means ‘*ADONAI* saves,] because he will save his people from their sins.” - Matthew 1:21

Only in Hebrew does the name *Yeshua* have any meaning; it means “Salvation” and “Lord who is Salvation.” The name “*Jesus*” has no intrinsic meaning in English. *Yeshua* is a Hebrew name which was transliterated into Greek as *Iesous*. The English *Jesus* comes from the Latin transliteration of the Greek name into the Latin *Iesus*.

Furthermore, Scripture tells us that *Yeshua*’s name has “power” and “authority”! When we call on the name of *Yeshua*, in *trust*, we unite ourselves with Him and acknowledge His power and authority over all things. Scripture tells us that in the name of *Yeshua* people were healed and demonic power was broken!

“Kefa [Peter] said, “I don’t have silver, and I don’t have gold, but what I do have I give to you; *in the name of Messiah, Yeshua of Natzeret walk!*” And taking hold of him by his right hand, Kefa [Peter] pulled him up. Instantly his feet and ankles became strong; so that he sprang up, stood a moment, and began walking. Then he entered the Temple court with them, walking and leaping and praising God!” - Acts 3:6-8

“And it is through putting *trust in his name* that his name has given strength to this man whom you see and know. Yes, it is the *trust* that comes through *Yeshua* which has given him *perfect healing* in the presence of you all.” - Acts 3:16

“Is someone among you ill? He should call for the elders of the congregation. They will pray for him and rub olive oil on him *in the name of the Lord*. The prayer offered in *trust will heal* the one who is ill – the Lord will restore his health; and if he has committed sins, he will be forgiven. Therefore, openly acknowledge your sins to one another, and pray for each other, so that you may be healed. The prayer of a righteous person is powerful and effective.”
- Jacob (James) 5:14-16

“Once, when we were going to the place where the *minyán* [communal prayer] gathered, we were met by a slave girl who had in her a snake-spirit that enabled her to predict the future. She earned a lot of money for her owners by telling fortunes. This girl followed behind Sha’ul [Paul] and the rest of us and kept screaming, “These men are servants of God *Ha’Elyon!* They’re telling you how to be saved!” She kept this up day after day, until Sha’ul, greatly disturbed, turned and said to the spirit, “*In the name of Yeshua the Messiah,* I order you to come out of her!” And the spirit did come out, at that very moment.”
- Acts 16:16-18

Moreover, Scripture informs us that one day the name of Yeshua will cause “every knee to bow and every tongue to acknowledge Him”!

“That in honor of the *name* given Yeshua, every knee will bow – in heaven, on earth and under the earth – and every tongue will acknowledge that Yeshua the Messiah is *ADONAI* – to the glory of God the Father.”
- Philippians 2:10-11

Kefa (Peter) speaks about how vital the name of Yeshua is.

“For there is no other name, under heaven, given to mankind by whom we must be saved!”
- Acts 4:12



The name Yeshua will be used throughout the rest of this book. For when the Divine true names of God are written and then spoken, there

is power and authority released that can bring healing and blessings into one’s life!

Note:

Please know that I am *not* here to pass judgment on Believer’s who use the name of Jesus in love, faith, and trust. I’m here to humbly teach the truth about the true name of Jesus as God the Father has shown me.

I do believe that using the true God-given name of our Jewish Messiah, Yeshua, is important, because when we know Scriptural truths and incorporate those truths in our spiritual walk with God, it brings us into a deeper relationship with Him, and further healing does occur.

Sadly, the Church did change Messiah Yeshua’s name to Jesus, but that in no way means God the Father condemns those who use the name Jesus when it is done with true love, faith, and trust. I have seen many humble, holy, and deeply devoted individuals who have used the name of Jesus, and I know God is truly with them. Mother Teresa of Calcuta is a prime example as well as Corrie Ten-Boom; and many others.

So, let the true name of our Messiah Yeshua be taught, but let it be done with love, kindness, gentleness, and understanding. In this way, all will be blessed!



As you work towards healing and wholeness, it is very important that you learn to appropriate *all* that is spiritually available to you, including the precious gifts Messiah Yeshua has left to those who believe; the invoking of His name is one. Other gifts are the cross (*execution-stake*), the prayer shawl (*tallit*), and the body and blood of Yeshua (*Holy Communion*).

The Cross/Execution-Stake ~

Our Savior’s execution - His blood poured out for the atonement of our sins and for healing. There is immense power from the execution-stake of our Messiah Yeshua. Pray for all the graces and healing

power that flow from our Lord's death on the cross, as well as, His resurrection, to be given to you in its fullness.



The Prayer Shawl/Tallit ~

Yeshua wore a garment - a prayer shawl, which in Hebrew is called a *tallit* (pronounced tah-LEET). This garment bore knotted tassels or twisted cords, called *tzitzit* (pronounced TSI-tsit) on each of the garments four corners. *Tzitzits* were attached in obedience to the following biblical command.

"ADONAI said to Moshe (Moses), "Speak to the people of Isra'el, instructing them to make, through all their generations, *tzitziyot* on the corners of their garments, and to put with the *tzitzit* on each corner a blue thread. It is to be a *tzitzit* for you to look at and thereby remember all of ADONAI'S *mitzvot* (commandments) and to obey them."
- Numbers 15:37-39

"You are to make for yourself *twisted cords* on the four corners of the garment you wrap around yourself." - Deuteronomy 22:12

In the above scriptures, we see that the command in Biblical times was to wear the twisted cords, the *tzitzit*, on the four corners of their garment (*tallit*) so that when they looked upon the *tzitzit* they would remember all the commandments of the Lord and obey them.

Each *tzitzit* numerically spells out "the Lord is one" and all four *tzitzit* are a symbol of the 613 laws of Moses -Torah: 248 affirmations (thou shall) and 365 prohibitions (thou shall not). The proper use of the *tzitzit* (twisted cords) was to keep one's life pure/holy so as to bring him into closer communion/relationship with God. The type of life God wanted the Israelites to live was not just a life of obedience to His commands, but a life that was tied and wrapped up in faith and trust in Him.

Now, when the *tallit* (prayer shawl), which had the *tzitzit* on the four corners, was worn during prayer, it was draped over the head as if

being under the "Wings" of Adonai. This tradition is rooted in the prophecy of Malachi 4:2 where it speaks about the Messiah coming with healing in His wings.

"But to you who fear my name, the Sun of Righteousness will rise with healing in His wings." - Malachi 4:2

With the understanding of the significance of the *tallit* (prayer shawl) and the *tzitzit*, let us now look at the story of the woman with the issue of blood who was miraculously healed.

"Among them was a woman who had had a hemorrhage for twelve years and had suffered a great deal under many physicians. She had spent her life savings; yet instead of improving, she had grown worse. She had heard about Yeshua, so she came up behind him in the crowd and touched his garment; for she said, "If I touch even his clothes, I will be healed." Instantly the hemorrhaging stopped, and she felt in her body that she had been healed from the disease. At the same time, Yeshua, aware that power had gone out from him, turned around in the crowd and asked, "Who touched my clothes?" ... He kept looking around to see who had done it. The woman, frightened and trembling, because she knew what had happened to her, came and fell down in front of him and told him the whole truth. "Daughter," he said to her, "your trust has healed you. Go in peace, and be healed of your disease."
- Mark 5:25-30, 32-34

In the above scripture, the woman must have known about the traditional interpretation of Malachi 4:2 and how it was associated with the Messiah's *tallit* (prayer shawl) possessing healing powers, which would explain why she so desperately reached out to touch Yeshua's *tallit*. Some even feel she touched the "hem of his garment", which would have been the *tzitzit*. It's understandable as to why she was instantly and miraculously healed!

"They begged him that the sick people might only touch the *tzitzit* on his robe, and all who touched it were completely healed."

~ Matthew 14:16



Blessings and healing do come when one prays with faith under a *tallit*/prayer shawl! Following are prayers to recite when wearing a *tallit*.

The Tzitzit/Tallit Prayer ~

Prayer for the *tzitzit* (twisted cords):

Blessed are You, O LORD our God, King of the Universe, who sanctifies us with His commandments and commanded us regarding the commandment of the *tzitzit*.

Prayer while putting the *Tallit*/Prayer shawl on over your shoulders. (This is the prayer that is embroidered upon the *atarah* - meaning "crown;" it refers to the collar of the *tallit*.):

Blessed are You, O LORD our God, King of the Universe, who sanctifies us with His commandments and commanded us to wrap ourselves in the fringed *Tallit*.

After reciting the prayer, kiss the first and last word of the embroidered *atarah*.

Fact: The tallit was the inspiration behind the design of the Israeli flag



The Body and Blood/Holy Communion ~

Chapter seventeen speaks in detail about this sacred and precious gift of love from God.

Yeshua (Jesus) said; "For my flesh is true food, and my body is true drink. Whoever eats my flesh and drinks my blood lives in me, and I in him." - John 6:55-56



"Those who have ears—let them Hear!"

My Spirit Comes From You...

My Mind and Body are the work of Your Hands...

Have Mercy Upon Your Creation Oh Lord...

Section One ~ Spiritual Direction

Chapter One ~ The Answer

Come and listen, all you who fear God,
and I will tell what he has done for me.

I cried out to him with my mouth,
his praise was on my tongue.

Had I cherished evil thoughts,
ADONAI would not have listened.

But in fact, God did listen;
he paid attention to my prayer.

Blessed be God, who did not reject my prayer
or turn his grace away from me.

Psalms 66:16-20



Following is a *short* excerpt concerning my own personal experience with disease and how God the Father answered my prayers and blessed me with a second chance at life. In the writing of this book, God was *not* directing me to delve into all the *specifics* about my past situation with disease, which I realized was because He did not want me dwelling on the negative past. Learn from it—yes! Dwell on it—no! Because, if you dwell on the negative past and all the pain and suffering that accompanies it; you'll be stuck there. Instead, I was to keep the focus of this book on teaching others that which I have learned through Him, so that they too may have the chance to experience the awesome love and healing power of God the Father!



Know that everything you are now going through and everything that has happened, or will happen to you, is all a part of your life to help make you into the person that God wants you to be. God truly has an awesome plan for your life; provided you seek him “wholeheartedly.”

“For I know what plans I have in mind for you,” says ADONAI, ‘plans for your well-being, not for bad things; so that you can have hope and a future. When you call to me, you will find me, provided you seek for me wholeheartedly; and I will let you find me,’ says ADONAI.” - Jeremiah 29:11-14



Several years ago, I was losing a massive battle against various diseases. My body, which was healthy and strong, had gradually wasted away to the point of my being near death.

I first noticed a decline in my health after I had finished painting a very small room in the basement of our home. As I ventured upstairs to have dinner with my family, I suddenly began to feel quite ill. I started experiencing pain in my legs, especially in the joints of my

knees. My face became flushed and red hot, and I literally could feel hot blood traveling through my body like it was on fire, especially in the areas of my liver and heart.

At first, my wife and I thought maybe it was just a severe reaction to the chemicals in the paint I was using, but as the days progressed, I became increasingly worse, not better. We realized that there was definitely something very wrong, and that the chemicals in the paint had actually been the final straw to my physical overload.

We began to pray for my healing, while at the same time, we went venturing into the conventional medical field looking for answers to my health dilemma, which is the usual route mankind tends to take.

After several months of traveling down an “endless” road with traditional medicine, where I had seen numerous doctors and was in and out of the hospital emergency room a number of times, my diseased state was worsening. There were “no” correct answers given. And due to this field’s unfortunate lack of knowledge concerning the *root* causes of disease, and how a person can heal from them, their course of action only added to my sufferings; bringing other maladies upon me.

So, I altogether stopped going to allopathic doctors and from taking any form of prescription or over-the-counter medications. I decided to enter into the nutritional side* of the alternative medicine field where I had consulted with various nutritional health professionals and began following “their” prescribed detoxing programs, supplemental, and food suggestions. However, after a period of several months, and still praying to be healed, nothing in the way of healing was occurring for me.



By now, over a year had passed since the initial onset of my becoming ill and I was suffering relentlessly with cancer, candidiasis, chronic diarrhea, dysbiosis, fibromyalgia, chronic fatigue syndrome, jaundice, malabsorption, muscle wasting, nausea, toxic hepatitis, insomnia, leaky gut syndrome, hypoglycemia, food allergies, shingles, multiple

chemical sensitivities and environmental illness accompanied by severe weight loss—from 142 lbs. to a mere 97 lbs.

I was at a point in my life where I was literally standing at death’s door. I had begun making my peace with God and those departing plans with my wife. However, Almighty God wasn’t ready for me to come home just yet. He had other plans for me.

There was one particular day in which my Heavenly Father brought to me the understanding that He alone IS the “Great Physician” and “Healer”! And, as deathly ill as I was, I felt a strong prompting in my spirit to not only acknowledge this awesome fact, but to pray differently than I had been praying all along. Instead of praying for God to just heal me, which is only human and natural to do, I *fervently* prayed that God would not only heal me, but show me what it was that I *personally* needed to do in order for Him to heal me and make me whole, which is most often the route mankind does *not* tend to take, or even want to.

“In all your ways acknowledge Him; then he will level your paths.”
- Proverbs 3:6

“Moreover, I myself say to you: keep asking, and it will be given to you; keep seeking, and you will find; keep knocking, and the door will be opened to you. For everyone who goes on asking receives; and he who goes on seeking finds; and him who continues knocking, the door will be opened.”
- Luke 11:9-10

“Make your requests be known to God by prayer and petition.”
- Philippians 4:6

However, because of my deteriorated physical state, and the obvious effects it was having on me spiritually, mentally, and emotionally, I didn’t want any confusion of answer to set in. So, I prayed silently, within my inner being, for God to reveal the answer through my wife. I did *not* tell her at the time about my prayer, as a protection from satan’s tactics.

Within three days of my prayer—God, in His love, mercy, and compassion, provided me with the answer; and it came through my

* There is a non-nutritional side to the alternative medicine field, which will be discussed in the following chapter.

wife just as I had prayed! What God revealed was that *in order for me to heal and be made whole, I needed to “obey” all of His teachings in relation to my spirit, mind, and body.* I knew, without reservations, this answer spoke truth. And that I needed to have complete faith and trust in what I had received.

“But he said, “Far more *blessed* are those who hear the word of God and *obey it!*” - Luke 11:28

Thus, I started on a Spiritual and Nutritional journey to health and wholeness where I focused heavily on a deeper spiritual walk with God that included following a Biblical diet of organic, living, and sustainably produced foods, as well as the use of high-quality whole food nutritional supplements and green/eco-friendly products in my living environment.

My healing was one of a progressive nature. Where God continuously revealed to me many spiritual (supernatural) and physical (natural) truths concerning disease prevention, healing, and wholeness; truths that ran so deep they stemmed far beyond the scope of my own personal needs. The focus of this book is to teach others those truths, so that they too may have an opportunity to either prevent disease or to heal from disease and be made whole.

(By the time I was diagnosed with cancer, I had already made the decision not to re-enter into the conventional field of medicine for treatment. Thankfully, God had directed me otherwise. Therefore, I did not receive any surgery, chemotherapy, or radiation treatment for my cancer.

Radiation and the poisonous drugs and chemicals in chemotherapy, which are so toxic and deadly to cells and tissues, greatly weaken your immune system, simultaneously with any good they may be doing against the cells of a tumor. There may be instances when surgery and a “limited” course of radiation or chemotherapy may be necessary, in crisis situations, in order to have the advantage on an aggressive cancer. At the same time, one must focus aggressively on changing their lifestyle habits, both spiritually and physically, if they want any hope of ultimately conquering the cancer and regaining their health back.)



Before you begin your own journey to health and wholeness, I encourage you to read the following prayer. Then start taking complete and full responsibility of the spirit, mind, and body God the Father, your Creator, has given you; and allow yourself to be open-minded to the teachings that are held within the pages of this book. Teachings which I believe will not only help prevent disease from occurring, but will also provide healing to those already in a diseased state and ultimately save their life—as it did mine!

May God bless you on your journey to health and wholeness!

Dr. Jesse J. Michaels



Prayer:

Heavenly Father, in my brokenness I come before Your mighty throne. Please Father... anoint me with your Holy Spirit, so that my heart and mind will be open to what you, Father, desire to reveal to me within the pages of this book as I seek healing and wholeness. I ask for Your guidance, as well as a deep understanding, faith, trust, humility, patience, obedience and self-discipline in whatever area I may need it. Grant me courage to begin lifestyle changes that will benefit me and when my resolve falters, Please Father... give me strength to persist in my efforts. Thank you Eternal Father, in Yeshua's [Jesus'] name I pray. Amen.



“Those who have ears—let them Hear!”

Chapter Two - God's Divine Ways

As for God,
His way is perfect...

- Psalm 18:31 (30)



There is a multitude of information available to the public concerning disease prevention and healing. With so much information available, it can become extremely overwhelming, frustrating, and discouraging; to say the least. Also, much of the advice given today is secular and atheistic; stemming from man's ways—instead of God's ways, which may seem right, but can prove to be extremely harmful.

"It is better to take refuge in *ADONAI* than to trust in human beings." - Psalm 118:8

"There can be a way which *seems right* to a person, but at its end are the *ways of death*." - Proverbs 14:12

This book is scripturally based, and its purpose is to teach you about *God's divine ways* for disease prevention, healing, and wholeness. For God's ways; His commandments, teachings, rulings, instructions, and directions for our spiritual and physical well-being are *perfect* and *right*; man's ways are *not*.

"As for God, his way is *perfect*..." - Psalm 18:31 (30))

"Let the wise understand these things, and let the discerning know them. For the ways of *ADONAI* are straight, And the righteous walk in them, but in them sinners stumble." - Hosea 14:10(9)

"You gave them right rulings and true teachings, good laws and *mitzvot* [commandments]." - Nehemiah 9:13



Unfortunately, what so much of mankind has failed to realize is that God has given us specific teachings regarding the caring of our spirit,

mind, and body; teachings that when followed and obeyed, can not only prevent disease, but can bring about healing and wholeness. God's Word is truly the blue-print for our spiritual, mental, emotional, and physical health. Unfortunately, this *truth* has eluded the majority of the human race, believers and non-believers alike, causing disease to become rampant.



Within the Traditional/Conventional Medical field there is a disconnection from the Divine teachings of God for man's well-being, as well as a belief that disease is *incurable* and *stronger* than the body, which is "false." God is a God who heals and restores! He has "never" stated that disease is incurable, because there is *nothing* that is impossible with God!

"For I will restore your health, I will heal you of your wounds,' says ADONAI!" - Jeremiah 30:17

"For with God *nothing* is impossible." - Luke 1:37

Now, I fully recognize the need mankind has for Traditional/Conventional Medicine. It does an excellent job in the areas of medical traumas, strokes, burns, and organ transplants. Conventional Medicine has saved many lives and has given hope in areas where there was none; without a doubt there *is* a great good to it.

However, within the area of chronic conditions, diseases, and illnesses that plague our society, such as Alzheimer's, ADD, anorexia/bulimia, asthma, arthritis, cancer, candida, chronic Fatigue syndrome, Crohn's Disease, diabetes, dementia, environmental illness, fibromyalgia, Hashimoto's Disease, heart disease, hepatitis, hypertension, hypothyroidism, obesity, mental illness, multiple sclerosis, multiple chemical sensitivities, Parkinson's, ulcerative colitis, stroke, etc. Conventional medicine is lost, because allopathic doctors are *not* taught about the "root causes" of disease or how someone can heal from them.

Allopathic doctors are taught *disease management* through the use of drugs, surgery, chemotherapy and/or radiation. These types of

approaches may provide a person with some form of temporary relief; even place the individual, for a time, in some type of remission. Nevertheless, it will certainly *not* heal them of their disease. And often times the individual ends up suffering relentlessly and even dying an agonizing death through the use of these methods, which is *not* how God intended it to be for anyone, despite what some may believe.

God intended for things to go well for us, and for us to live our life in health and wholeness unto a ripe old age. It is at that point where we can expect "some" difficulties with our health, until death comes, but not relentless suffering and the experience of an agonizing death.

"The span of our life is seventy years, or if we are strong, eighty; yet at best it is toil and sorrow, over in a moment, and then we are gone." - Psalm 90:10

When we place our focus on how God heals and follow His Divine ways—not man's—a person will be able to start to reduce and eventually even eliminate the need for drugs, surgery, chemotherapy and/or radiation.



Furthermore, it's no secret that conventional medicine focuses heavily on the use of prescription and over-the-counter (OTC) medications for their patients. However, it needs to be understood that drugs do "not" heal, nor do they solve an individual's problems. Drugs only mask the true issues that are the cause of a person's disease.

Moreover, drugs can also be the culprit of disease due to their "side effects." For example, antibiotics, non-steroidal anti-inflammatory drugs (NSAID's), birth control pills, steroids, chemotherapeutic agents, and antacids are just some of the drugs that when taken can weaken or destroy a person's intestinal lining, making it more porous than normal. When this occurs Leaky Gut Syndrome aka auto-intoxication sets in, which can trigger and even worsen other disorders, such as allergies, asthma, arthritic conditions, cancer, celiac, Crohn's, depression, eczema, food sensitivities, intolerance to lactose, multiple chemical sensitivities, chronic fatigue syndrome, multiple sclerosis, lupus, fibromyalgia, and irritable bowel syndrome.

Leaky gut syndrome is where the body literally poisons itself due to toxic substances re-circulating within the body. It is where the permeability of the intestinal barrier changes, becoming more porous, thereby allowing bacteria, viruses, parasites, yeast, toxins, and partially digested food to enter into the bloodstream. This is what leads to a host of problems and reactions.

Leaky Gut Syndrome is a very serious condition that can develop not only from certain drug usage, but from negative emotions, stress, and a poor diet. Following the teachings in this book will help to prevent and eliminate Leaky Gut.



The toxic side-effects of drugs have proven to bring about not only disease and permanent disability, but even death. Sadly though, drug usage today is in epidemic proportions; be it prescription, OTC or recreational. People resort to drug usage for reasons far beyond any scope of necessity. Unfortunately, for many it has become a replacement for God in their life.

According to the *Journal of the American Medical Association* (JAMA) in 1998, prescription drugs were stated as the *fourth* leading medical cause of death; after heart disease, cancer, and strokes. And with OTC medications, they are now responsible for the majority of all medications used in the United States. This includes many that were, at one time, only available via a prescription. Also, OTC drugs can interact with supplements, beneficial foods, and other medicines, causing unintended harm.

As far as recreational drugs, sadly their negative effects have reached far beyond any toxic side effects or disease. These drugs have had numerous tragic effects on our society.

I am *not* a proponent of drug usage; be it, recreational, prescription, or OTC, especially within the area of disease. I promote the use of high-quality whole food nutritional supplements, as well as a Biblical diet of organic, living, and sustainably produced therapeutic foods. This route is much safer and will greatly help to prevent disease, as well as promote healing and wholeness. Drugs will do “nothing” in the way of preventing disease or healing a person from disease.

I do, however, recognize that there are *certain situations* when the use of medication deems necessary for those with or without disease, as in cases where some type of “temporary” relief is needed, or in an emergency situation and in order to save a person’s life. Whichever is the case, its usage needs to be as short-term as possible, because an individual taking any medication long-term, even those medications that are *supposedly* considered safe, will more often than not experience other maladies, both of a benign and serious nature.

When this occurs, the usual route is more toxic drugs being prescribed in order to manage those added maladies. This can become cyclical, to the point where a person can be on several different medications all at once, which is not at all uncommon. There are individuals taking upwards of 10, 20, even 30 different medications a day, with each drug trying to conquer the adverse side-effects of another, and none of them having the ability to eradicate disease or bring healing to the individual. Hence, the individual’s quality of life is never really improved.

Moreover, there are some individuals who believe they need to be healed of a certain disease, when in fact they do not even have a disease, but instead are experiencing the side effects of some drug they are taking.



Vaccinations are very controversial and have been linked to various neurological and auto-immune disorders such as epilepsy, encephalitis, autism, dyslexia, mental retardation, ADD, anxiety, depression, paralysis, Guillian-Barre Syndrome, deafness, blindness, SIDS, Lupus, Crohn’s, colitis, MS, Sjogren’s Syndrome, Hashimoto’s etc. ...

Disease is not being eradicated with vaccines. Instead, chronic illnesses have developed, for which conventional medicine has no cure. It is wise to research this area before you subject yourself or your family to anymore vaccinations. (*For more information, please see Dr. Mercola and Heal Yourself Magazine in the bibliography articles section*).



Please Note: I am *not* advising anyone who is on Prescription Drugs to just stop taking them; that would be completely unsafe and unwise. If you are currently taking any type of prescription medication, it is highly recommended that you confer with your physician prior to stopping any of them. Under your physician's supervision you can gradually detoxify your body from whatever drug you may be on. To do it suddenly can be extremely dangerous.



Within the area of mental diseases, such as generalized anxiety disorder, panic disorder, depression, post-traumatic stress disorder, obsessive-compulsive disorder, phobias, bipolar disorder, schizophrenia, and violent/impulsive behavior, these disorders develop from different spiritual, mental and/or physical sources.

HEALING can and does occur with mental disorders. Typically it can be a slow process to achieve, but it is possible that over time the person can heal by following the teachings of God, by consuming a Biblical diet of organic, living, and sustainably produced therapeutic foods, by using whole food/naturally derived nutritional supplements; and by using green/eco-friendly products in their environment.

I realize that in certain cases of mental illness, medication is necessary in order to help manage a person's mental problems, especially if the mental disorder is severe. However, drugs are not a cure. And the side effects of anti-psychotic, anti-depressant, and anti-anxiety medications can be very serious and dangerous in nature. Following the protocol above can help to reduce one's medication and eventually even relinquish the need for medication.

Please Note: With any mental illness, it is imperative that a person's medical doctor or health professional be consulted prior to making any changes in their current form of treatment.



Now, the field of alternative medicine encompasses two areas. The *first* area has to do with the importance of nutrition, supplementation, and eco-friendly living. It is this particular area that I entered into and it greatly helped me in my healing, but only "after" I had learned to follow things according to God's ways and *not* man's.

Due to the immense variety of supplemental and food products that are available within this field, caution needs to be taken because alternative medicine tends to be clouded with many different opinions and suggestions, which is not only extremely overwhelming and confusing, but the advice given may *not* always be correct for the individual or always safe, for that matter.

The correct and safe route for an individual to take is to follow a Biblical diet of organic, living, and sustainably produced therapeutic foods, along with the *careful* usage of whole food nutritional supplements, which will be discussed later, beginning in chapter twenty-one.



The *second* area of alternative medicine has to do with the vast array of ideologies and therapies being used. Unfortunately, almost all of them are rooted in *false* religious beliefs or have some form of psychic/occult influences. It is this area of alternative medicine I was careful *not* to enter into. Nor do I recommend that others do, because doing so can open doors to negative spirits, which can bring a curse on you, thus causing harm to you spiritually, mentally, and physically.

I do *not* promote most of the practices that are within the field of alternative medicine, such as applied kinesiology, acupuncture, astrology, Ayurvedic, biofeedback, channeling, crystal healing, hypnotism, iridology, magnet therapy, psychic healing, Reiki, therapeutic touch, yoga, Transcendental meditation and Visualization; just to name a few.

Those who decide to look into any of the alternative medicine practices need to use proper discernment and assess its safety, mode of action, and link to the occult.

"Dear friends, *don't trust every spirit. On the contrary, test the spirits to see whether they are from God; because many false prophets have gone out into the world.*" - 1 John 4:1

"*But do test everything - hold onto what is good, but keep away from every form of evil.*" - 1 Thessalonians 5:21-22

Now, I realize that there are individuals who have experienced some form of an *apparent* healing through alternative medical practices, but one needs to ask themselves, “where is the source of that healing coming from?” Satan can demonstrate certain miracles, including acts of apparent healing.

“It performs great miracles, even causing fire to come down from heaven onto the earth as people watch. It *deceives people* living on earth by the miracles it is allowed to perform...” - Revelations 13:13-14

It is *only* God who holds the supernatural power to truly heal and make a person whole; and God will *not* use His mighty power in *any* area where there are false religious beliefs or psychic/occult influences. This is an area we are strictly forbidden by God to engage in.

“There must not be found among you...a diviner, a soothsayer, an enchanter, a sorcerer, a spell-caster, a consulter of ghosts or spirits, or a necromancer. For whoever does these things is detestable to *ADONAI*, and because of these abominations your God is driving them out ahead of you. You must be wholehearted with *ADONAI* your God.” - Deuteronomy 18:10-13



It's unfortunate, but most individuals are impatient with following God's ways and will instead choose to follow the ways of man because to them it *appears* to be the correct route, as well as faster and perhaps easier. But I can tell you—it is not!

“There can be a way which seems right to a person, but at its end are the *ways of death*.” - Proverbs 14:12

Do *not* look to man, but to God for disease prevention, healing, and wholeness. Trusting in man and not God becomes a curse. Turn to God and be blessed, be healed, be made whole!

“A *curse* to the person who trusts in humans, who relies on merely human strength, whose heart turns away from *ADONAI*... Blessed

is the man who trusts in *ADONAI*; *ADONAI* will be his security.”
- Jeremiah 17:5,7



Prayer:

Blessed are You, O Lord our God, King of the Universe, who brings truth and light to your people, so that we may be healed and made whole in spirit, mind, and body. Amen.



“Those who have ears - let them Hear!”

Section Two ~ Nutritional Guidance

Chapter Twenty ~ Healing The Body

“Or don’t you know
that your body is a temple
for the *Ruach HaKodesh* [Holy Spirit]
who lives inside you,
whom you received from God?
The fact is, you don’t belong to yourselves;
for you were bought at a price.
So use your bodies to glorify God.”

- 1 Corinthians 6:19-20



In chapter three, we learned that it is our *Spiritual* health that has the “greatest” impact on our mental/emotional health, which in turn will have a “major” influence on our physical health. Healing and wholeness begins with the *inner* man—the spirit, and works towards the *outward* man—the body.

You must focus *heavily* on your spiritual health. Focusing on your physical needs *alone*, will *not* prevent disease or bring true healing and wholeness. However, focusing on your physical needs coupled with your spiritual health—will!



Scripture tells us that because of Yeshua’s (Jesus’) sacrifice on the cross and through our acceptance of His sacrifice, our body becomes a *temple* for the Holy Spirit, and in that we are to use our body to glorify God. Meaning, because Yeshua (Jesus) paid a heavy price for our salvation, through His shed Blood; we are to take care of our body—our temple, and *not* pollute it with unhealthy habits and foods, which will surely lead to disease and prevent healing from occurring.

“Or don’t you know that your body is a temple for the *Ruach HaKodesh* [Holy Spirit] who lives inside you, whom you received from God? The fact is, you don’t belong to yourselves; for you were bought at a price. So use your bodies to glorify God.”

- 1 Corinthians 6:19-20

“Don’t you know that you people are God’s temple and that God’s Spirit lives in you? So if anyone destroys God’s temple, God will destroy him. For God’s temple is holy, and you yourselves are that temple.”

- 1 Corinthians 3:16-17

If you are engaging in any of the following, then you are *not* taking proper care of your body—God’s temple; an unbiblical/unhealthy diet, poor hygiene, drinking alcohol, drug usage, smoking, unnecessary exposure to toxins, lack of sleep, sun and exercise. Even negative thinking/emotions, being dishonest, engaging in occult practices, idolatry, unholy entertainment, addictions, receiving communion in an unworthy manner can all have a deleterious effect on the body, because all *three* elements of our being, spirit, mind, and body, are interconnected! (See *chapter three: Healthy and Whole.*)



We begin with *diet* and *hygiene*. God has outlined in His Word, in the *Torah*, the *perfect* diet for us to follow and the way we are to practice hygiene, for disease prevention and healing.

Hygiene:

Scripture shows us how God instructed the Israelites in the area of proper hygiene, in order to protect them from communicable diseases. There are sections in the *Torah*; *Leviticus*, *Numbers* and *Deuteronomy* that outline God’s laws concerning hygiene, which states that the Israelites were to refrain from touching the dead and to keep the corpse away from their residence. They were told not to directly touch the solid waste of animals or humans and to dispose of their own solid waste properly. They were to wash their hands, utensils, and clothing in running water—not stagnant—to remove contaminants and for general purification. God’s principles of hygiene were given in order to protect the Israelites from germs, parasites, sickness, and disease. Also, Israelites who had an infectious disease were quarantined to protect others from contracting the disease.

Now, germs do *not* directly bring about sickness and disease, but they do stress the immune system by breaking down the body’s resistance. When this happens a person becomes vulnerable to sickness and disease.

Frequent hand washing is a must and anyone with a contagious illness such as the stomach flu or common cold should be quarantined in their own private quarters, except for the use of bathroom facilities.

These procedures will *greatly* reduce the spread of illness amongst others.

Following God’s laws on hygiene is essential to disease prevention and healing; and frequent hand washing needs to be exercised. A person should wash their hands either *prior* to and/or *after* the following situations:

- After using the bathroom facility. Even prior to using the bathroom, if you have been touching anything unsanitary or if you have been out in public you can contaminate yourself by having touched what an infected person may have also touched.
- Prior to and after food preparation.
- Prior to and after ingesting food.
- After blowing your nose, sneezing, or coughing.
- After blowing or wiping a child’s nose.
- After pumping gas.
- After handling money or trash.
- After changing a diaper.
- After cleaning up after an animal.
- After cleaning a bathroom or an unsanitary object.
- After shaking hands with people.
- After shopping or attending an event.

- When you enter your place of residency.
- Also, thoroughly wash countertops, food equipment, utensils, and cutting boards immediately after using them.
- Finally, keeping an eco-friendly hand sanitizer in your car, purse, or pocket is recommended in the event soap and water are not available in public restrooms or in the event a restroom is not available and hand washing is necessary.



Diet:

There is a diet which God gave mankind to follow, it begins in Genesis 1:29 & 9:3 and is continued in sections of Leviticus and Deuteronomy. The diet of the Bible is very similar to today's "Mediterranean Diet;" and is considered the world's healthiest diet. However, this diet *must* be followed according to God's way and not man's; if disease is to be prevented or there is to be healing and wholeness.

"Then God said, 'Here! Throughout the whole earth I am giving you as food every seed-bearing plant and every tree with seed-bearing fruit.'" - Genesis 1:29

The above passage does not mean that we are to "only" eat nuts, seeds, fruits, and vegetables. This is considered to be a "vegan" diet and is not in line with Scripture. The following Scripture shows God incorporating meat into our diet.

"Every moving thing that lives will be food for you; just as I gave you green plants before, so I now give you everything." - Genesis 9:3

Now, one needs to *fully* understand the meaning of this passage, which was given to Noah (Noah), *after* God had told him which animals were *clean* (for human consumption) and which animals were *unclean* (not for human consumption). Noah (Noah) and his family knew that eating "every moving thing" meant they could now

eat the *clean* animals, birds, and fish along with, the *clean* grains, nuts, seeds, beans, fruits, and vegetables. They knew that the words "every moving thing" did *not* include what God had designated as unclean (unfit for human consumption).

Furthermore, Scripture tells us that *not* all living animals, birds, and fish were designed by God as *clean* (for human consumption). Later on, we will learn that God has commanded that we *only* eat that which He Himself has designated as clean; and that by *not* doing so we are subject to disease.

Moreover, even foods God has designated as clean have been tampered with either by hundreds of chemicals or with drugs and hormones that in themselves can cause disease. Therefore, one must choose foods that have been organically and sustainably grown and raised; foods without the use of pesticides, herbicides, hormones, steroids, and/or antibiotics.



"Those who have ears - let them Hear"

Chapter Twenty-Three ~ Deliverance

As you follow Gods teaching's for your spirit, mind and body, be sure to keep your mind focused on God - **not** on your symptoms. Continuously speak words of healing and wholeness over you in Yeshua's name! TRUSTing that God wants to heal you and that He will heal you!



Once you have been delivered by the hand of God from your disease, you *must* keep your life on track by continuously being obedient to God, so that you can stay healed and free of disease. When the disease is gone, when the enemy is removed, know that satan will try to re-enter, because he is fully aware of what it took to gain entrance in the first place, be assured, he will try again. Therefore, you must keep resisting him by staying obedient to God's teachings, so that he is unable to re-enter. Do **not** fall back and be slack, especially when you have been healed.

"When an unclean spirit comes out of a person, it travels through dry country seeking rest and does not find it. Then it says to itself, 'I will return to the house I left.' When it arrives, it finds the house standing empty, swept clean and put in order. Then it goes and takes with it seven other spirits more evil than itself, and they come and live there - so that *in the end*, the person is worse off than he was before..." - Matthew 12:43-45

"Stay sober, stay alert! Your enemy, the Adversary, stalks about like a roaring lion looking for someone to devour. Stand against him, firm in your trust..." - 1 Peter 5:8-9a

"Therefore, submit to God. Moreover, take a *stand against* the Adversary, and *he will flee from you*. Come close to God, and he will come close to you. Clean your hands, sinners; and purify your hearts, you double-minded people!" - Jacob (James) 4:7-8

"Therefore,
pay careful attention
to how you conduct your life
- live wisely, not unwisely."

- Ephesians 5:15



“So listen to what the parable of the sower means.

Whoever hears the message about the Kingdom, but doesn't understand it, is like the seed sown along the path – the Evil One comes and seizes what was sown in his heart. The seed sown on rocky ground is like a person who hears the message and accepts it with joy at once, but has no root in himself. So he stays on for a while; but as soon as some trouble or persecution arises on account of the message, he immediately falls away. Now the seed sown among thorns stands for someone who hears the message, but it is choked by the worries of the world and the deceitful glamour of wealth, so that it produces nothing. However, what was sown on rich soil is the one who hears the message and understands it; such a person will surely bear fruit, a hundred or sixty or thirty times what was sown.”

Matthew 13:18-23





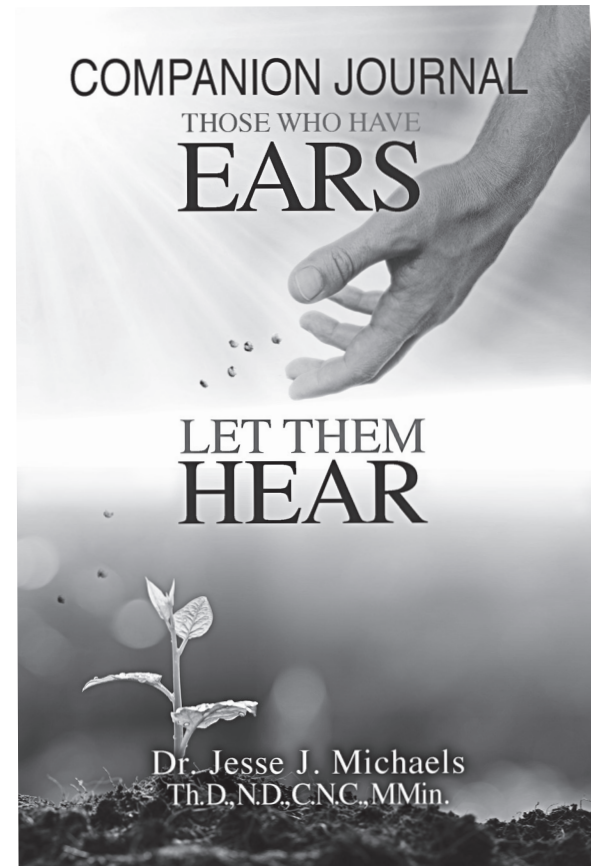
The above symbol is known as the “Messianic Seal” and it is very popular among Messianic believers in Yeshua (Jesus) and among Gentile believers interested in their Hebraic/Jewish roots. It is believed that the symbol was used by Believers in Mashiach (Messiah) in first century Jerusalem in the Messianic Synagogue.

Artifacts representing the “Messianic Seal” were discovered in a cave near King David’s tomb on Mt. Zion prior to the 1967 six-day war by a Greek Orthodox monk. The Seal consists of a menorah whose base is intertwined with the tail of a fish, creating a Star of David (Magen David).

At the top of the symbol is the Menorah, representative of the Torah. The Star of David (Magen David) represents Israel and the Davidic kingdom. The fish was a common symbol for believers because the Greek word for fish (*ichthys*) was used as an acronym for “Yeshua, Son of God, Savior”.

The fusion of symbols represents the joining together of Jew and Gentile into the Jewish Root through faith in Yeshua (Jesus).

“But if some of the branches were broken off, and you – a wild olive – were grafted in among them and have become equal shares in the rich root of the olive tree, then don’t boast as if you were better than the branches! However, if you do boast, remember that you are not supporting the root, the root is supporting you.”
~Romans 11:17-18



This *Journal* is the perfect companion to Dr. Michaels' book, *Those who have ears – let them Hear*. The *Journal* is a very helpful tool for the reader to record pertinent information from the book, as well as, for documenting the progress they are making spiritually, emotionally, and physically in their journey towards health and wholeness.

There are 248 blank lined pages in the *Companion Journal*. Each page is graced with a Scripture verse taken from Dr. Michaels' book.

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