

GET WELL SOON

Natural and Supernatural Remedies
for Vibrant Health

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Chosen

a division of Baker Publishing Group
Minneapolis, Minnesota

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Published by Chosen Books
11400 Hampshire Avenue South
Bloomington, Minnesota 55438
www.chosenbooks.com

Chosen Books is a division of
Baker Publishing Group, Grand Rapids, Michigan

Printed in the United States of America

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Library of Congress Cataloging-in-Publication Data

Names: Smith, Laura Harris, author.

Title: Get well soon : natural and supernatural remedies for vibrant health / Laura Harris Smith, C.N.C., M.S.O.M.

Description: Minneapolis, Minnesota : Chosen, a division of Baker Publishing Group, [2019] | Includes bibliographical references and index.

Identifiers: LCCN 2018042311 | ISBN 9780800799175 (pbk.) | ISBN 9781493417407 (e-book)

Subjects: LCSH: Health. | Health—Psychological aspects. | Health—Religious aspects. | Health attitudes. | Mind and body.

Classification: LCC RA776.5 .S579 2019 | DDC 613—dc23

LC record available at <https://lccn.loc.gov/2018042311>

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Cover design by Emily Weigel



For Pop.

Thank you for raising, influencing,
inspiring, forgiving, loving . . .
and remembering me.

I'll always be your girl.

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Foreword

Too many people are experiencing the frustrations of sickness and suffering. The search for a better sense of conscious well-being and relief from debilitating illnesses is intense!

To be a responsible steward of our bodies is to understand how the body works, along with understanding the vital role personal responsibility plays in our health-and-wellness experience. When sickness comes, it is essential that we employ time-honored principles that will, in cooperation with both natural and spiritual laws, build up and restore the whole person—*body, mind and spirit*.

Laura Harris Smith has given us in these pages a very clear, simple, instructive and empowering road map for providing hope to the despondent, health to the sick and rest for the weary. Her own significant health challenges, intense research, health education and spiritual walk are a powerful witness to the “get well soon” theme of this book that I believe you as the reader will find both inspirational and empowering. As she shows us how she and others use these powerful health principles that she talks about, we develop a vicarious connection

to her special gift of caring and sharing, which is a vital part of her multifaceted background as a gifted communicator, TV host, health educator, church founder and pastor. You will be both encouraged by and convinced of the power of the biblically based principles she conveys.

Part one of *Get Well Soon* shows us how to integrate body, mind and spirit harmoniously for maintaining and restoring health and vitality in this increasingly sick-ravaged world. It starts by having us boldly and assertively confront our state of health and render explicit how well we really want to be. It shows the importance of taking full responsibility for our health, doing all that we can, and then reinforcing our efforts with a right relationship with God. God supplies the “divine supplement” to the full spectrum of human efforts that are in harmony with His time-honored natural health laws.

Laura convincingly asserts and helps us understand that God’s will and purpose for us is to thrive, and not just survive, on this planet. God is not responsible for illnesses. When we are in harmony with His designed purpose for us, however, it places us on the road to outrageous health and vitality. We are reminded that God always has and always will have our highest health and happiness in His will. When we unite with Him through His natural laws of health, with a sincere, humble and prayerful attitude, we are equipped and empowered to do everything He has purposely designed us for. He is the Father of Lights, and our light becomes the designed reflection of His divine Light.

Laura validates her assertions with sound biblical passages that help us bathe in the richness of the blessings God has for us to reverse any personal or generational curses we may be experiencing. Using the Word of God as the unequivocal foundation for all the power and majesty of the universe, she helps us understand the importance of our thoughts and words in experiencing true health and wellness. She guides us through

the power and proper practice of prayer, understanding the role that miracles and healings play in overcoming any and all *known* and *unknown* diseases—physically, mentally and spiritually.

When you read this book, you will develop a richer appreciation of God’s love and personal involvement in all aspects of your well-being. Laura eloquently presents Him in the full character of both His *spiritual* and *natural* laws, which are the foundational elements of the most powerful system known to man for preventing and reversing all named and unnamed health issues. He is not an impersonal God, but a God who provides fellowship with us through His Word. When we pray to Him, He provides a path to health for us, either by direct miracles or by natural healing pathways. Laura also helps us understand and differentiate between those two. God is always working for the good of those who love Him, and He will not turn away from those who choose to return to Him. She ends part one by encouraging you to love the new you that is developed from a prayerful practice of the concepts and principles she has covered, with the following encouraging shout-out: Keep an eternal perspective! Keep an eternal perspective!

In part two of *Get Well Soon*, you will experience a rich and empowering series of prayers for the 15 body systems. These healing prayers cover over 200 compromised health conditions. Laura blends an empowering knowledge of anatomy and physiology with the mechanisms of the disease processes and with powerful prayers for cementing what you learned in part one. Each of the 15 body systems is reinforced with a powerful declaration, a personal blessing, an “A-list” of do’s and don’ts for that system (what to *Avoid*, *Add*, *Allow*, *Apply*, *Anoint* and *Ask*), practical meal suggestions and encouraging testimonies.

Laura Harris Smith is going to provide you with a clear picture of how to *get well soon*. I can assure you that if you take heed to the words in this book, they can transform your

life and provide you with greater health and vitality, with the bonus of a closer walk with God.

I have read this book. It makes sense; it is not complicated. It is not authoritarian, but it gives you the support you need to make a difference. As I have seen so often in my practice, when you incorporate the principles in these pages (even though this is not always easy), there will be a positive difference in your health, vitality, life and longevity, *temporally* and *eternally*.

May you continue to receive God's richest blessings as Laura takes you on this blessed journey to help you pursue your physical, mental and spiritual walk with the one and only Master Healer!

Jim Sharps, N.D., H.D., Dr.N.Sc., Ph.D., president and CEO,
International Institute of Original Medicine

Acknowledgments

Thank you, Jennifer Callaway, R.N., for being the first set of expert eyes on the 200-plus medically detailed healing prayers, as well as for alphabetizing and cross-referencing the infirmity index. The way you love and care for your patients as a nurse has always impressed me, but now the way you have loved and cared for my readers has made me love you all the more. You have made it easier for them to find their healing prayer quickly inside these pages, so on behalf of all of them and from the bottom of my heart, thank you.

And many thanks to you, Dr. Jim Sharps, for lending your name to the cover, for writing the foreword, for double-checking my facts inside, and for offering your enthusiasm to the entire project. And of course, I cannot fail to thank you for founding the school that changed my life and equipped me for the road I am on—the International Institute of Original Medicine. You and Dr. Elisa are both rising and shining stars in the field of body, mind and spirit health, and I am indebted to you both for your godly guidance and care.

Employing Your Spirit and Mind for Bodily Healings

You have a life to live! Are you ready to live it? Imagine the healthiest, happiest version of yourself, and let's go find you. No matter what condition you are in today, get ready to take some steps toward understanding how to gain and maintain total body, mind and spirit health. God has a tailor-made strategy to help you walk in wholeness, and my goal is to come alongside you in the process and help you find it. I believe that as you take the steps I outline in the pages ahead and pray the body system blessings and healing prayers, you will find all the health and strength you need to live out the days God has planned for you in the earth and to accomplish all the things He has for you to do.

As you work through this book, you will see various online resources I have prepared for you. I hope you will take advantage of them. For example, there will be opportunities to take notes

or even make timelines that will help correlate your physical symptoms to important life passages or emotional events. So for convenience, I have created downloadable forms to help you with this process each time. You can either visit the URLs as they are offered to you, or you can go ahead of time to lauraharrissmith.com/forms and download them now. It may help you to have copies of each form so you can write on them freely as you take inventory of your current health, investigate the root causes of any conditions that are afflicting you, and create a timeline that tracks the history of those conditions. You can keep these sheets handy for future reference, too, since they will soon become a testimony of how far the Lord has taken you on your path to wholeness.

Then, as you will see when you reach part two, you can also visit lauraharrissmith.com/blessings to hear me speak each body system blessing over you via video. I made fifteen of these videos and look forward to connecting with you in each one. Also, since space is limited, as I outline health-giving foods for every body system, you can also find some expanded recipes at lauraharrissmith.com/recipes, not to mention some compelling testimonies of people who used food as medicine at lauraharrissmith.com/testimonies. And finally, before, during and after your completion of this book, you can keep up with my free offers and giveaways that have to do with body, mind and spirit health by liking my author page on Facebook at facebook.com/LauraHarrisSmithPage/. Let me hear from you as you find healing in the pages of this book—body, mind or spirit—so that I can include your breakthrough story on our testimony page.

Decide How Well You Really Want to Be

So, how badly *do* you want to be well? Jesus often asked questions when people came to Him for answers, so I thought I would use the same method here with you. Jesus knew what Legion's name was, but He asked anyway. He knew how long the epileptic boy had been afflicted, but He asked the father anyway. He asked the disciples who people said that He was, but He already knew the answer. Jesus also knew that the blind man wanted his sight restored, and yet He asked him, "What do you want Me to do for you?"

I believe I already know why you are holding this book in your hands. You want to walk in wellness, or if you are already well, you want to stay that way. But by my asking how badly you want it, you get to hear yourself answer the question. To help you out, I will pose it in a different way:

*Are you willing to do whatever it takes to
walk in health with your Healer so that you
can be well for as long as you live?*

You see, you have a responsibility in wellness. And wellness merely means “the state of being in good health, especially as an actively pursued goal.”¹ So, if you are going to walk in wellness, then that means you are actively going to pursue the goal of being in good health. It means you have a relationship with your own health, as well as with your Healer. You are either going to pay attention to your health, your Healer and His instructions for health and healing, or you are not. It is your choice, and I cannot make it for you. But it is my experience that if people really want to do something, they will do it. If they do not, they will not.

I am not talking about you being perfect, but about you merely making a promise. Not an ungodly promise that leads to stress if you fail, but a holy vow to yourself and to God so that you can proceed with sobriety and succeed. If you can hear yourself say right here, right now that you are going to do whatever it takes to live out all your days here on earth and not let anything or anyone steal even one day from you, I believe you will do it.

God did not have you invest your money, time and energy into this book just to have you back out, give up or shut down before you are done. Nor did He have me write this book so you could read it and forget everything in it. I care for you, friend, but my time is too valuable, my lessons too costly and my wisdom too hard-earned for it all to be so easily tossed aside. The same could be said of you. Your time, lessons and hard-earned wisdom are all waiting and ready for you to put them to work here.

God had me write this book so that you could *know* He wills you well. And so that you can become dissatisfied with being out of His will for wellness and discover His instructions

1. *English Oxford Living Dictionaries*, s.v. “Wellness,” accessed July 16, 2018, <https://en.oxforddictionaries.com/definition/wellness>.

for divine health. I do not know where you are in your descent toward disease or how severe your situation is. You may be reading this book and consider yourself generally healthy, but you just want to make more changes that will take you into vibrant health. Or you may be in a desperate situation and in need of a miracle. Either way, my goal is the same. I want to help you get well . . . soon.

You may be someone who receives a miracle as you read this book, but then what? If God saves you from sin and forgives you, do you then return to that sin? I certainly hope not! Likewise, when you receive a bodily or emotional miracle while reading these pages, you will never again return to the practices that may have contributed to your sickness to begin with. Jesus does want to heal you, but He also wants you to walk in divine health. There is a difference. The latter requires you to cooperate with God and allow Him lordship of your diet. The payoffs are big, though, providing you with much more than just a miracle in one part of your body. Rather, the result is total temple health for a lifetime. After all, your body is the *temple* of the Holy Spirit: “Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body” (1 Corinthians 6:19–20).

Yes, Jesus loves healing people supernaturally. In fact, He has healed me supernaturally so many times that I have many stories to tell you about it in the pages to come. He does not want you repeatedly at death’s door your whole life, having to put everyone who knows you through the time and resource-eating agony of almost losing a loved one. Notice I did not say *ever*, because we all know He can often be glorified through those eleventh-hour miracles. But He is not trying to subject you to a constant barrage of new afflictions that define your life. So as He frees you from certain medical conditions while you are making your way through this book—whether naturally

or supernaturally—you must not be like the fool who returns to his folly, if your situation was brought about by things you did or did not do. Or like the dog that returns to its vomit, or the sow that, after washing herself, returns to wallow in the mire (see 2 Peter 2:22). You are not a fool, a dog or a pig. You are a child of God.

Let me put it this way: God *wants* you as His child. He wants to be your Father and to have a closer walk with you. You may have bought this book or may have gotten it as a gift and do not realize yet that you were born to be a child of God. Maybe your mother is His child, or your grandmother is, but you say you are not. I have good news for you. God has no grandchildren. Just children. He created you for a purpose that no one else on earth can fulfill, and if you do not stay alive and healthy enough to fulfill it, the earth or someone on it will feel the void. This world is full of such felt voids. It is full of people too sick to fulfill their purposes. For every individual not fulfilling a divine purpose, there is someone else out there in danger of missing his or hers because of it. You must stay well. You must have a relationship with your health and with your Healer. Knowing good nutrition keeps you out of trouble. Knowing the Healer gets you out of trouble when it comes. But wouldn't you rather it never come?

It is with tears in my eyes and sobriety in my heart that I begin this book. It is almost as if I can hear the conversations of desperate, sick people in my ears. It started today, as I merely disembarked from a plane and headed toward the baggage claim. I have been contracted to write this book for many weeks now and have been in constant prayer and planning. Just today, however, the tangible mantle came to begin the work, and it fell on me in the middle of a busy, bustling airport. While leaving the plane and entering the gate, I suddenly felt this indescribable compassion wash over me as I began hearing what must have been a global cry for healing. I literally heard

one person after the other, for one reason or another, lifting their petitions up to the Father for help. People on their knees or in healing lines, by their hospital beds or on bathroom floors in their homes. I saw one mother with beautiful dark, curly hair praying for her child to be healed. The prayers swelled so loudly that I could no longer make out the words. But I knew all these people were praying the same prayer at different times and in different languages: *Please heal, God.*

I began to cry as I literally heard these cries for help. I am certain people saw me and thought I was distraught. The truth is, I was. Distraught for you. Do you, or does someone you love, need healing in body? I hear you. Do you need greater energy and less fatigue? I hear you. Do you need hormonal balance and your youthful vigor back? I hear you. Do you need a stronger back and neck, with pain-free rest? I hear you. Do you need to get to sleep more quickly each night and stay asleep? I hear you. Do you have internal organs that are in need of creative, reconstructive miracles, or maybe joints that ache more often than not? I can hear you out there. Do you have emotional struggles that have left you anxious, depressed and even suicidal? I hear you. Have you had a diagnosis that is trying to define your life, ruin it or even end it? I hear you, I hear you, I hear you. I am here to help you. Jesus is here to help you. The three of us will make a great team to get you back on your feet again. Jesus and I are going to do all we can to get you healthy, but we need your help. That is why I began this book by asking you how badly you wanted vibrant health.

And now I am going to make *you* a promise . . . a simple vow. I know that Matthew 5 tells us not to swear falsely or take unnecessary oaths and to just let our yes be yes and our no be no. But vows are a very godly concept, and you need to hear me make this one to you. I have not written this book to give you false hope. This is not a book that overpromises and underdelivers. You and I both know people who pursued healing

and health and never got it. It is part of living in a fallen world that has never regained its footing after plummeting from the perfection of total body, mind and spirit health. But here is why I am expectant for you: *Heaven has inspired me to write a book that not only opens the door for your healing, but that also closes off every door to illness.* We are going to call down miracles and then help you learn to maintain them. I *know* this book is different than any other book out there, (1) because of the comprehensive body, mind and spirit approach to healing and staying healthy, and (2) because we are going to both bless all your body systems and teach you to feed them as a means of prevention against further illness.

I can also hear those of you out there who are currently healthy. You are saying that you want to do whatever it takes to stay healthy in this disease-riddled world. Or perhaps you are committed to an industry or a ministry that helps others find health and healing. Either way, good for you!

I have to say this, and I bet you will agree: I am so weary of people around me dying of sickness. Or even just struggling with sickness. I hate sickness. I detest it with everything I am, and I have devoted my life to helping others live out the fullness of their days the way God intends. The thing I am most looking forward to in heaven—after seeing Jesus, my grandparents, the prophet Elijah, author Ellen G. White (whom I call the nineteenth-century health prophetess) and my dear friend Pastor Sheila—is that we will all be living in a place where *everyone* is healthy. Totally whole. I have interviewed and listened to people who died, went to heaven and then came back, and they tell me that they had an awareness of having a body there. So imagine it: Each one there will be (and is already) standing tall, with a healthy back, breathing freely, glowing with healthy skin and bright eyes, fully energized, with a healthy heart, and with no internal or external maladies. Nor any emotional nor spiritual wounds. Imagine living in such a place. It is God's will!

And now consider this: In the Lord's prayer, we pray for God's will to be done "on earth as it is in heaven" (Matthew 6:10), right? Well then, I want to try to help people walk in that divine health *here*. I believe it is a worthy aim that would not detract one bit from heaven's experience and reality. In fact, I believe when more people see Christians walking in divine health, they will want to become Christians. And then think how much more full heaven could be. Yes, your good health is a witness to others.

In the meantime, so is your recovery process. Most of the world is recovering from something, so never let the enemy tell you that you cannot be an effective witness for God while waiting. Why would Scripture tell us to practice patience if we never had to wait on anything? And why would there be a need for the 1 Corinthians 12 gifts of working of miracles and gifts of healing if there were never any sick people or desperate needs for miracles? God is glorified through *all things* . . . in both the absence *and* presence of sickness.

I just want a stronger army for God as soon as possible. Don't you? We need evangelists who can travel free from the restraints of pain and infirmity, apostles who can live to be quite old so they can share all their wisdom with the churches they plant, pastors who are not so sick and out of shape or overweight that they are too tired to tend God's flock at a moment's notice, teachers who can burn the midnight oil when necessary in order to receive priceless revelation from God before teaching, and prophets who are so healed emotionally that they prophesy God's words, not their own words coming through a filter clogged from past wounds and rejections. And now imagine each one of these people raising up others just like himself or herself to join the ranks. Now *that* is an army that is able to concentrate on God's Word and be led entirely by His Spirit, without limitation!

By the time you finish this book, each of your 15 body systems will be thoroughly blessed, and any sicknesses you have

will be prayed over. Yet in order for this to have any amount of lasting fruit, you must look at the body system blessings and healing prayers in part two as seeds, and therefore give ample attention to the soil, weeds and climate of your life before and after planting them. Here is how we will accomplish that:

1. Here in part one, I will introduce you to ten steps (one step per chapter in these first ten chapters) that will ensure the proper planting, watering and weeding of the seed blessings and prayers in part two.
2. Then in part two, you will remind yourself of these ten steps via a declaration you will make before receiving each body system blessing. It will be important for you to hear yourself reiterating these steps, or for others whom you are praying the blessing over to hear themselves declaring them.
3. After each body system blessing, but before the healing prayer for that system, I will introduce you to an “A-list” of advice that will help you maintain your miracle, or will get you the rest of the way there. The A-list includes foods to *avoid*, foods to *add*, supplements to *allow*, essential oils to *apply*, a directive to daily *anoint* yourself, and a reminder to *ask* your health care provider before making any changes to your regimen. Be smart with this advice, but do not let it replace the counsel of your personal doctor, nutritionist or health care provider. Rather, incorporate it with their blessing, explaining to them that you are pursuing vibrant health in body, mind and spirit.

It is that simple. And how do you find the body system blessing or healing prayer you need? One of two ways: (1) If you are relatively healthy and are looking to prevent sickness, then

you will find your way to the body system you want blessed through the table of contents at the front of the book. (2) If you are in need of healing, you will look up the sickness that has already attacked your body system by searching the alphabetized illness index at the back of the book. The index will connect you with your healing prayer. I guess you could say that the healthy will come in through the front door, and the sick will come in through the back door. But both will wind up at the same place.

I see this book being kept at church altars so when the sick come for prayer, ministers and intercessors can just pray the appropriate healing prayer and read the appropriate body system blessing over the person in need. Both the prayer and the blessing will contain great physiological detail about how that part of a person's body should be functioning—not so we can impress God with our medical terminology, but so both the giver and the recipient will feel great authority rise up as they pray in agreement for the body to function as God once created it to do.

So often when prayers for healing are being prayed, either the giver or the recipient is secretly doubting what the will of God is for that situation. He or she holds back or never fully believes for healing, which is the surest recipe for not receiving anything, according to Jesus' own words in Mark 11:24: "Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours." We must *believe*, or why pray at all? But we also must know and understand God's will in order to be able to believe. As Ephesians 5:17 says, "Therefore do not be foolish, but understand what the will of the Lord is." With part two's body system blessings and healing prayers, there will be no question as to what the will of God is for the body of the person being prayed for. He created everything to function in an ordained way, which each recipient will discover in great medical detail during the prayer. Also, every symptom of the

illness will be addressed and dismissed. Great faith will arise as a result of this understanding and agreement.

Citations and references are crucial to any book with medical information. I cited as many as fifty sources in my previous books, but this project feels different. For instance, the body system blessings and healing prayers in part two are chock-full of medical terminology and research, yet for me to litter the prayers with endless footnotes would have been very distracting to you whenever you are trying to pray those prayers and listen to the Holy Spirit (especially if you or the person you are praying with is in pain). So I have decided just to disclose my main sources up front. Doing that will ensure a more user-friendly flow throughout the rest of the book, which is imperative in a prayer setting, especially if you are sick and in no frame of mind to be flipping to endnotes. Here is my three-pronged approach to this project's citations:

1. I relied heavily on Mayo Clinic, mayoclinic.org, as I have for many years. I remain impressed with Mayo Clinic for multiple reasons. Not just because of the expansive staff of physicians, scientists and other medical experts, and not just because of the website's impressive lineup of medical editors, which ensures great accountability. But because every disease has its own staff and medical editor, and in some cases (such as with cancer) multiple medical editors. Plus, all the clinic's doctors and medical experts dedicate a portion of their clinical time to mayoclinic.org, so that means the public is getting direct access to the knowledge, research and experience of Mayo Clinic. Also, every medical editor is either an M.D., R.N., Ph.D. or a combination of those, sporting more letters *after* his or her name than *in* it. That is also the case, by the way, with Dr. Jim Sharps, N.D., H.D., Dr.N.Sc., Ph.D., the president and CEO of

the International Institute of Original Medicine (IIOM, my alma mater) and the writer of this book's foreword. He would never endorse a book that did not have a truthful body, mind and spirit message, so his backing of this project speaks volumes.

2. I also relied on WebMD, webmd.com, and WebMD's sister site, onhealth.com. The experts involved have created one of the most comprehensive learning environments for all things medical on the Internet today, providing credible information, support communities and in-depth reference material about health issues you need to know about. The website says, "The WebMD content staff blends award-winning expertise in journalism, content creation, community services, expert commentary, and medical review to give our users a variety of ways to find what they are looking for."² You could get lost on WebMD for hours, and I sometimes do. And yes, those experts come with plenty of letters after their names, too.
3. Finally, speaking of letters after your name, I have some new ones after mine, in case you missed them on the cover. I now have my master's degree in Original Medicine, and I am in graduate school again for my doctorate in Original Medicine. When I am done, I will be an N.D., a naturopathic doctor. I have no current plans or desire to hang out a shingle and open a practice. In fact, the only reason I am furthering my education is for *you*. I want to be able to help you by providing you with all the resources you need to make better decisions for your body, mind and spirit. That is what Original

2. "About WebMD: What We Do for Our Users," WebMD, last updated April 29, 2014, <https://www.webmd.com/about-webmd-policies/about-what-we-do-for-our-users>.

Medicine is—God’s design for body, mind and spirit health—and His is the only path to wholeness. I believe that if I can at least set you on that path—and cheer-lead you along the way—you will make the right decisions. And always remember that it is your doctor or health care professional who knows the story of your whole body. I do not. Always ask him or her before you make changes to your medical regimen. Together, we all make a great team to get you healthy.

Once again, friend, I have heard you. Have you heard me? Then we are ready to get to work! In whatever way and from wherever you arrive at a particular body system in chapters 11 to 26, you are in for a blessing. A total temple makeover. Or maybe you are not laden with multiple maladies and you just want better overall health. Either way, this book is for you. Are you ready? Tell God just how ready you are. Then we will move on to chapter 2, where you will take inventory of your health.