



This issue is perhaps the most difficult to write for as we are all in the middle of the year and all that is required is largely hard work!

So I guess the best I can say is keep going in faith, enjoying the Holy Spirit's guidance.

If you are home schooling it may be good advice to say don't watch TV or read newspapers as most of us are frustrated or disillusioned (or both) at political events both here and abroad. I think it best I don't comment on the politics of our nation at the moment!

On a positive note I would like to say how good it has been to be at the CHESSE seminars this year. I won't comment on the speaker, but it has been so refreshing to speak with so many people of like mind. You have encouraged me that although our nation is in bad shape spiritually and is apparently heading for disaster, there is hope — for God always has His remnant who are committed to Him and His word. Keep going, please!

This Issue

I trust you enjoy the wide-ranging articles in this issue — which may not be new concepts, but are valuable aspects that we are wise to consider.

In *Exploring Christian Education* I have expanded my notes for the keynote sessions at CHESSE seminars this year. I have been concerned at the conflict Christian parents face as they endeavour to train their children for the Lord. So I have explored the various responses we may consider

and collated some of the issues that may present. An article entitled *Keeping Summer Vacations* from *Christian School Builder* addresses a number of issues that are seldom addressed, and I think you will enjoy pondering them. In health this time we present another slightly edited piece from George Malkmus of Hallelujah Acres on the treatment of cancer.

In our book section we have a large number of new and re-newed theological titles which we trust you will find interesting.

Projects

Whilst we have a number of projects to consider we are limited by time, personnel and resources which is slowing development and production.

- Editing various LEM Phonics resources, which will be a long process
- Completing the Trial Editions of *Let's Teach Art* for Grades 1 and 2.

So enjoy the educative journey God has put you on, and keep educating for Him!



CHESSE

The 2011 CHESSE season has again proven to be a great blessing to the many who attended. Seminars in Brisbane, Adelaide and Sydney have been excellent as far as we have been concerned. It would always be nice to see more people but we have been blessed and encouraged at the quality of the people who have such a good heart for the things of the Lord.

Perth

We are looking forward to our final seminar for the year in Perth on **Saturday 13 August**. Our host church Westminster Presbyterian advised that their facility would be unavailable due to building works and we are thankful that at the last minute we have been able to hold the Perth CHESSE at Melville Baptist Church, 9 Sargeant Rd, Melville. Special thanks go to Rod and Leanne Ellis and the church leadership.

We do bring a large proportion of our range of resources to CHESSE and we encourage folk to peruse and purchase from that stock. Unfortunately, we are not able to take such a wide range to Perth as we fly instead of driving and excess weight is very expensive.

We ask that you let your friends know about your state CHES — click the link below to download individual flyers, or visit **www.chess.lem.com.au**. As always we look forward to meeting you there.

[Click here for more information and flyers for all CHES seminars.](#)

International

Nepal

Urish Sharma, the new LEM Phonics representative in Nepal, is presently organising for several training seminars to be conducted in August and September. Rev Richard Wilson from the Indian Reformed Fellowship of Australia will be conducting seminars during August and September in various locations in Nepal, whilst Peter Frogley will spend the first two weeks of September in Kathmandu conducting teachers seminars.

During this visit Richard will be confirming arrangements for seminars in Nepal, West Bengal and Sikkim during February 2012.

We have invited any experienced teachers of LEM Phonics who are interested in teaching in this program to contact us and we are delighted to report enquiries from several interested parties. There are still

many potential opportunities in various nations — if you are interested please email pfrogley@lem.com.au.

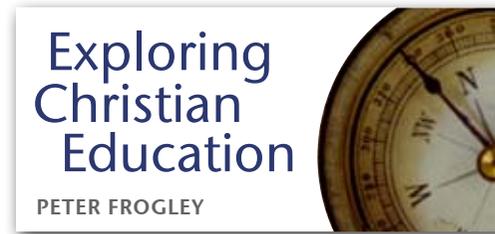
Urish has established a governing board of three men for LEM Phonics in Nepal and Northern India. This is a critical time in the development of this initiative and we would appreciate your prayers for Nepal.

Papua New Guinea

Good progress continues to be made in christian education in PNG. Most of this growth is amongst nationals rather than western missions, which is most encouraging. Until recently there had been very little local initiative, but this is beginning to change. In all of LEM's activities in PNG, there is only one westerner involved.

Mesia Novau reports growing angst among locals at the fruit of the OBE (outcome based education) program funded in PNG by the well-meaning AusAid program (to which we taxpayers contributed millions of dollars). Thankfully many PNG folk can identify the godless foundations of this approach and want none of it.

So whilst we are introducing LEM Phonics, we are also seeing open doors to introduce biblical principles of education, which generally are warmly received in PNG.



No. 81: Conflict in education

We live in a world of increasing conflict in ideas and actions for biblical Christians.

The values and expectations of our Christian faith are being abused in society, particularly through the media and government, and the attack is becoming increasingly violent. We are not leaving a healthy world for our children and grandchildren.

Even the calmest amongst us must have some sense of alarm when they read of international unrest, particularly in the Middle East, which is not particularly stable at the best of times. Then there seems to be an increase in natural disasters. And what Christian could not be alarmed at some proposed legislative changes?

Reminisce

Many of us oldies mourn the loss of what we have known as 'commonsense'. I have pondered what commonsense could be and have come to the conclusion that for most it has meant the application of biblical values in our lives and practices. Not that many years ago commonsense was embraced

by a majority; but today it is almost gone. As a boy it seemed to be a majority of kids who went to Sunday School — or at least were sent. Although I don't recall learning much at Sunday School, it must have had a significant influence on my attitudes and behaviour. Certainly it gave a sense of right and wrong. Today, as a fruit of a valueless education system, it seems people make decisions on a whim as there is no standard of right and wrong.

It seems the world has gone mad and threatens to engulf Christians in its madness.

The Contrast

We may often wring our hands in distress as our Christian values (and by extension the expectations for our families) stands in stark contrast to those being lived out by those in the world around us. How do we respond to the situation? Pressures challenging our biblical values come upon us daily and we are often taken aback at their sources. What we thought was sin is considered perfectly OK by other Christians. We try to work out God's way for our lives and those of our family members as we are surrounded by seeming chaos. We read our Bibles and God through His word convicts us as He leads us in the process of sanctification. But interpreting that so that we can be guided to live in obedience to Him presents us with a huge challenge.

Our Response

While this situation is common to all Christians, it seems to me that there are

pressures that will draw us to options at either end of the scale. Our personality will tend to lead us to one or other of these extremes. A person with a prophetic gifting will tend to see things in black and white, whilst a more pastoral gift will want to be more gracious and perhaps compromising. Both parties justify their respective positions from Scripture, but I suggest it is not helpful to be at either end of the scale. Let's look at the two viewpoints.

Compromise with world around us

Jesus said we are to be peacemakers, that we are to love even the unlovely with God's unconditional love. Many Christians tell us that we can't reach them (in salvation) if they can't identify with us.

Many of us may agree with these ideas which will tend to cause us to put our understanding of the faith in the background of our thinking because it is more important to save these people and not offend them than it is to uphold biblical values. We enjoy the catch phrase 'reach the lost at any cost'.

In response to such thinking some Christian friends put their children in state schools so that they can witness to the teacher and other children, believing that is their evangelistic responsibility. In the process they may neglect to instruct their children in godliness.

Our children will generally want to feel accepted by their peer group and will want to be able to share in discussion with them. To enable our children to identify with their

friends we allow them to watch whatever they like on TV or at the movies, because other kids do and we don't want our children to risk peer rejection. We don't want our children to be unhappy!

The world tempts us to run our family on democratic lines. Parents are just bigger people than children, and their opinions are no more relevant. The world believes it is important to recognise children's rights to decide what and when they will do, whatever takes their fancy. The world berates us, 'Don't be judgmental, try and be broadminded'.

You may say, 'those things are not going to happen in my family' — but when the children nag and are apparently suffering for your narrow minded views it is often easier to compromise.

Before you make a decision to 'go with the flow', take note that the fruit of these various examples of modern practices shows that there is little if any difference between our family and those down the street. The fruit of compromise is seldom sweet.

Make a stand for biblical integrity

2 Cor 6:17 says 'Therefore come out from them and be separate, says the Lord'.

We see the happenings and fruits of the world around us and decide to follow the biblical injunction and adopt a separatist policy for our family. This means we must do all we can to keep our family separated from the evils of the world. We decide to home school so that we can guide our

children's growth and development in line with biblical teaching. Then we note that our church does not understand our position and we begin to be persecuted. As a result we decide to 'home church'. Indeed, as time goes by we note many other areas where our family is being polluted so we find ourselves doing almost everything at home in order to maintain our purity.

We have no TV, radio, or newspapers. Then we notice that our children are being adversely affected through contact with others so we ban talking to ungodly neighbours, and we don't take our children shopping for fear of contamination with the world. Finally, we decide to cut off extended family members unless they comply with our strict biblical code.

is not helpful to be at either end of the scale

This all sounds very Christian and biblical but unfortunately, we have created another problem for ourselves that is known as religious legalism. A common fruit is teenage rejection of all we stand for — and our children running to the world to see what they have missed out on.

The Middle Ground?

I suggest our biblical response should be somewhere in the middle ground. We do need to take care we are not compromising genuine biblical standards, but every issue in life is to be lived out by faith, as Paul exhorts in Romans 1:17.

We are not called to live by our own works but by faith in God. There are many circumstances in life that are not ideal and we *should* flee from them, but sometimes our efforts to obey God become more our own efforts, rather than trusting God. I recall deciding to 'protect' our children from some of our non-Christian family members. I also remember feeling quite self-righteous about it until God spoke to me, asking 'why did you not trust me?' I was taken aback as I felt I was obeying God and His word, but as I accepted His correction and wisdom I noted that He did protect my children and also opened the way to share with family members.

Earlier we looked at two ends of a spectrum and saw that people present biblical arguments for each. Our challenge is to work out where our biblical convictions take us — and whether those convictions are an accurate interpretation and application of Scripture.

In addition, life is more complex in its outworking than simple black and white. Consider the extreme of murder. The absolute Bible statement teaches it is wrong and punishable by death. But how do we define murder? It seems the Bible defines murder as a deliberate act and that there needed to be at least two witnesses.

What if the murderer did not mean to kill? What if it was self defence? How is self defence defined? The result of these questions is the biblical idea of courts to determine guilt and penalty. So too, in our families, we discover that we are confronted with

making judgements based on assessing more than one biblical idea in coming to a conclusion. That, in practice, is endeavouring to live out a biblical world view.

The Conflict

Holding to a biblical world view places you in a small minority, even in the Christian community. As you follow a biblical world view in raising your family, you may find yourself out of step with society at large, and perhaps even a majority of the church! You will then find yourself in conflict with the values, principles and methods of the majority around you. But that is where Christians should be — a light set on a hill is one set apart from the others.

One of the biggest challenges for Christian families is getting used to being considered radical, or bible-bashers, or legalistic, or just simply out of touch with reality.

Importantly, to raise children biblically you will be raising children who will not fit society nor embrace its values — and that is the way it should be. The fear of being different causes many Christians to compromise their faith to at least appear acceptable to their friends in the world. My observations are that allowing this fear to govern your decisions and actions usually results in the failure of your original biblical objectives in raising your children. However, rest assured it is no fun facing a lifetime of tension with your children or even alienation from them, which is the enduring fruit of compromise.

As your children will (or at least should) be different to the children of the society, part

of their equipping and training must be to help them stand for the truth that you have led them to see, and believe is the reason for their existence. This challenge is inseparable from your family's character development.

But if Christianity is the superior way of life it will be very different to the ways of the world who follow a humanist world view. We should stand out in the crowd — and because of this our families will often be held up as objects of ridicule!

If we believe God in Christ is Lord of *all*, then that truth will determine our lifestyle. It will differ dramatically from the man-centred, humanistic lifestyle which predominates today. If we believe the intent of our founder was to be king, then as His servants our lifestyle must reflect His values. If it were but an optional extra for Christians, then why would we bother with all the effort to educate our children from a biblical perspective?

Learn the difference

There are some practical factors that may help us in working together with with the society in which we find ourselves. There are some biblical values the world does not find as offensive as others and these biblical values are accepted by many in society. The older generation, having been raised in a much more Christian culture will generally appreciate such values as good manners, politeness, diligence (work ethic), integrity, honesty, etc. They understand that without these values society falls apart. From a pragmatic point of view this

means that we can work with many people with our families and find there is much common ground.

Other biblical values are offensive to the godless and create conflict for us and our family. Values such as:

- belief in the sovereign, trinitarian God who demands our allegiance
- belief that God created all that exists from nothing
- belief in sexual conservatism — that extra-marital sex is against God's standards of holiness and thus punishable is sin
- belief in the sanctity of marriage, between a man and a woman for life.

Christians cannot compromise these and many other values for the sake of acceptance — they are foundational to the biblical idea of reality.

Recognising these categories can help us in making decisions to equip ourselves and our children to do the work of the Kingdom with boldness and confidence.

Set the standard

Christians do not fit with society today as it has drifted from its Christian moorings. We can either endeavour to sustain our bankrupt society or we can seek to work with the Lord to pave the way for a much needed reformation. To be part of a new day in God's economy will prove costly, as it has always done in the past, but it will be worth it to be a part of God's plan for humanity. ■



Summer vacation! What pleasant emotions stir the heart. Teachers and pupils alike look forward to those days!

Adults look back with fond memories to the good old summertime. No, for our people, they were not days of loafing and plain wasting of time. Summer was a time of productive physical labour. It was a time of working side by side with fathers and mothers, learning the lessons of providing for material needs. It was a time to learn from the big outdoors about God's marvelous workings in nature.

We hear rumblings against summer vacation. Some people would take away the joy of summer vacation for children who struggled all year in school by making them do books in this glorious time of freedom from books.

For many years, progressives have tried to outflank the parents' times for indoctrinating their own children. In Pennsylvania, the *Free School Act of 1834* said that children must go to school three months out of the year. This act provoked many stirrings of opposition. In 1854, an amendment to the Free School Act made mandatory a

four-month school term. Changes in the law through the rest of the nineteenth century moved the regular term of school up to seven months. In 1921, the civil authorities attempted a great step forward. They mandated that school should have a nine-month term. However, there was such an outcry by the public that the term was pushed back to eight months. In a year or two, however, the authorities were able to push through the nine-month plan (for additional information, consult the Report of Committee of Plain People Making Pleas for Leniency From Depressive School Laws and History of Our School Controversy, 1959). Since that time, campaigns for school year-round have been postulated. A recent shove was in the August 10, 2010, *Times*. The author tried to intimidate the reading public by claiming that summer vacation is an outdated legacy of the farm economy, and adults still like to romanticise it. It does not take a rocket scientist to see where the author wanted to take the public.

Coming closer to ourselves, what is education supposed to do for us? Education has been made to seem to have abilities that we do not believe it has. ‘Some homes are substandard,’ the comments may run. ‘Therefore, the school should help to make up the lacks for those children.’ Numerous such thoughts have found their place among us. But we need to remember that the responsibility for raising children belongs to the parents. The school and the church assist the parents to do their duty well.

The school year rolls along, and finally comes May and the last day of school. The students are delighted to be free from books. Or are they to be free?

‘The slow student,’ we hear, ‘should study during the summer to be ready for the next grade.’ Why trouble the poor child with books over the summer? Let them get out and work at something they are good at.

‘If the first graders do not study their math facts and phonic skills, they will forget them.’ Please do remember that when something has been learned, a path has been developed through the nervous system that will remain. With a little review, it will come back quickly.

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Do I believe that summer vacation should be free from concepts children have learned during the school term? No. However, I do believe educational concepts kept before the children during the summer should be incidental. That is, they should be brought in alongside the child’s physical labors. Allow me to explain how I believe a father ideally views and conducts educational summer vacations.

1. He does not allow homeschooling in the summer.

2. He sees the purpose of education as the attempt to bring order out of chaos. A child comes into life empty and without any controls. Education helps to change that condition.

3. He correctly sees that education does not necessarily *bring out the best* in the child, but rather that a good education is *putting the best into* the child.

4. He understands that every scholar should learn a trade. ‘There is as much dignity in plowing a field as there is in writing a poem.’ Real life is more than just books. Just because some fathers stress that too much does not mean the other fathers should go to the other extreme.

5. He understands there are basic facts and concepts every normal child should know when their years of formal schooling are completed.

6. He and the mother will observe during the school year what facts and concepts the children are learning. He will note them — in writing — and observe which concepts the child may have problems with. In the summer, he will incorporate those concepts into his child’s manual work. By that means, the concepts may become concrete in the child’s mind. I would use the word ‘incidental’ again.

7. He will insist that the weekly Sunday school lesson be satisfactorily completed — yes, all the year round, but especially over the summer vacation.

8. During family worship, he will note and sometimes correct his child’s pronunciation, attention to punctuation marks, and effort in enunciation.

9. He will help to hone language skills by having children write a letter to a distant family member. Using new words creates a good opportunity to use dictionaries.

10. He sees opportunities to make many incidental math lessons. For lower grade children, work their number facts. If two sides of the table get seven plates, how many plates need to be set? Was the change the cashier gave the right amount? Which carton is a better buy — 20 ounces for \$2.99 or 32 ounces for \$4.10? How much will this \$75.20 farm tool cost if the local store is running a 15 percent discount this week? What is the area that our new fifty-foot-diameter silo will cover? If you walk the whole way around the concrete footer, how far will you have walked? To the lower grade child, the dividing of a pie can be a great lesson. Mothers, reducing a recipe to suit the number of people for a meal is a perfect chore for your sixth or seventh grade daughter. Fathers, have your fifth grade son figure the fuel mileage your car got on the last family trip. Fathers, mothers, the sky is the limit as to the math concepts you can review with your children over the summer.

11. He notes unique opportunities to reinforce science concepts the children learned during the school term.

Although winter is the better time to stargaze, summertime is a profitable time to study the heavens also. Why won't this lawn mower start? Let your children figure it out. Practical lessons from the motion laws can be impressive. Scientific principles abound around the house also. Why does the vacuum cleaner work the way it does? Why must the furniture be dusted every week?

12. He knows that history has no lack of concepts to be incorporated in summer vacation. Just having one's children visit with their grandparents or great-grandparents is living history itself. Parents, ask yourselves a few pertinent questions about what your children could learn. What unusual events have taken place in the community where you live? Do you have any special geographical features near your place? Every community has its own museums. Do not forget your own house and some of the old things you got from your ancestors. Do your children know where you grew up as a child? Discerning youth might benefit from pondering the biographies of well-known people.

13. He provides good literature for a blessed summer spare-time activity. Most children automatically gravitate to a good book for summer diversion. For

those children who do not, I am of the opinion that they should not be forced into it. Let the joy of discovery from the other children inspire them. Then again, the child who would read all the time has a bigger problem than the nonreader. They would rather read than work. They must be helped out of their weakness.

14. He encourages children's individual interests. As the children get older, they develop attractions toward various concepts they had learned in school. Out of that may grow interest in hobbies. Summer vacation time is a splendid time to push ahead with those hobbies. Fathers, mothers, help them with well-given advice, but don't do it for them.

15. Above all, he makes sure the children can take directions and follow them. Much teacher frustration has come from a child who has not learned to follow directions.

Whereas I have made these practical pointers specific for the summer, I trust that you know they are for the whole year. But the big push is suggested for the summertime, when you have your children to yourself. May what you do to keep your children's summer vacation educational prepare them for the next stage in their school life. ■

Christian School Builder, July 2011



God's way of dealing with Cancer

This is the second installment of an excellent article on cancer from George Malkmus. I have edited it significantly whilst retaining the essential points.

George Malkmus' testimony

In 1976, at the age of 42, following rectal bleeding, a tumour was discovered under my left rib cage, and I heard those chilling words — 'It's cancer!' Just prior to my being told I had colon cancer, Mom had died following a bout with colon cancer.

Mom had gone the medical route with the same type of cancer and at her death I was convinced Mom had not died from the cancer, but rather as a result of the immune-system-destroying modalities of chemotherapy, radiation and surgery.

Because of Mother's devastating experience, I went seeking an alternative.

In my search I turned to evangelist Lester Roloff (ridiculed as a 'health nut' by many preachers). Roloff encouraged me to eliminate all refined sugar and animal sourced foods from my diet and to adopt God's 'Genesis 1:29' diet — a diet comprised of 100% plant foods along with freshly extracted vegetable juices.

I made the diet change overnight and almost immediately began to get well. Not long after making the diet change the rectal bleeding stopped. Within a year, the baseball sized tumour was gone, and all without any medical interference or modalities.

That was over 35 years ago, and as I near the age of 80, I am strong, healthy, and to the best of my knowledge, cancer-free.

Now millions around the world today are following 'God's Way' to health, while tens of thousands have written to tell me that following 'God's way' they have recovered from over 170 different physical problems, including even terminal, metastasized, stage 4 cancers.

Cancer and the Immune System

Cancer is caused by cells that grow uncontrollably and do not die. Our God-given bodies have an inherent ability to self-heal — even from cancer.

If we want to undo cancer, we must first stop doing what caused it! And if it is improper diet and lifestyle that caused the immune system to so weaken that cancer could develop, does it not make logical sense that stopping the cause and rebuilding the immune system would be a good approach?

Refined sugar destroys the immune system. It is an immune system suppressant, weakening the immune system's protective abilities and allowing cancer cells in their early development to go undetected and multiply.

Dr T. Colin Campbell, author of *The China Study*, found that animal flesh protein and even more so dairy protein (casein), feeds cancer and accelerates cancer growth.

A plant-based diet rebuilds the immune system. A predominantly raw, plant-based diet, including freshly extracted raw vegetable juices, provides the body with the quality building materials it needs to rebuild the immune system.

As the immune system rebuilds, the self-healing God programmed into Adam and Eve kicks in. As a rebuilt immune system starts to function as God designed, the body seeks out the cancer cells. In most instances, the body simply destroys them without any help from chemotherapy, radiation, or even surgery.

Vegetable juices: rebuilding the immune system

The most powerful means of rebuilding the immune system is consuming freshly extracted vegetable juices and dehydrated grass powders. While the Genesis 1:29 diet is God's perfect diet, today's foods lack the nutrition of biblical days, making juicing the ideal way to concentrate the nutrients found in living plants.

When we juice with a juicing machine, the machine does the work of the digestive tract by separating out the fibre from the juice before we place it into our mouth, making juicing far more nutritionally efficient.

Dr Kirschner MD, in his book *Raw Food Juices*, says when we drink carrot juice

without the fibre approximately 92% of the nutrients reach cellular level, rather than 35% or less when we eat a whole raw carrot.

These juices provide the immune system the nutrients necessary to strengthen and rebuild so that the body can fight cancer.

Other immune building strategies

In addition to refusing refined sugar, eliminating those proteins that feed cancer, and giving the body the nutrients necessary to rebuild a weakened immune system, there are other things we can do to strengthen the immune system to assist it in overcoming cancer.

Importance of cooked food

While original foods in the Garden of Eden were eaten raw, we have found that 85% raw and 15% cooked gives better results than all raw. Eating a 100% raw diet can cause accumulated toxins to exit the body too rapidly, often causing weakness, nausea, and headaches.

This often causes discouragement and fatigue, forcing the person to remain in bed. In addition, an all-raw-food diet can often create too rapid a weight loss, which can be devastating to a person who is already of low weight.

Cooked foods also provide more concentrated calories that are desperately needed when dealing with cancer. Many phytonutrients are more bio-available in cooked foods as well. Having a portion of the diet consisting of cooked food is very important when assisting the body in cancer recovery.

Sunshine and vitamin D

One new study reveals a relationship between low levels of vitamin D and a more aggressive form of breast cancer.

Restoring vitamin D to optimal levels is critical in cancer recovery. Sunshine is God's plan for providing this essential vitamin, but in our society few people obtain sufficient exposure to the sun to supply adequate levels and supplementation with vitamin D3 is often necessary.

Vitamin B12

Researchers at Johns Hopkins report that women with breast cancer tend to have lower levels of vitamin B12.

Vitamin B12 deficiency also manifests in the development of neurological dysfunction that is almost indistinguishable from senile dementia and Alzheimer's. Low levels of vitamin B12 are also associated with asthma, depression, AIDS, multiple sclerosis, tinnitus, diabetic neuropathy and low sperm counts.

From vegans to those who consume animal proteins daily, nearly everyone needs vitamin B12 supplementation.

Omega 3 fatty acids

Omega 3 fatty acids are an essential and are sourced from ground flax seeds, flax oil, walnuts, chia seed, and fish oil.

Research reveals that men dealing with prostate cancer should not use flax oil or fish oil, but can obtain their omega 3 fatty acids by consuming freshly ground flax seed.

Fibre Cleanse

Constipation (the body carrying large amounts of toxins to be eliminated) is a hindrance to good health. Good nutrition will cause the body to start releasing these toxins, with the optimal bowel function of up to three soft bowel movements daily.

Probiotics

Probiotics help block the formation of bad bacteria and help the body produce B vitamins.

Digestive Enzymes

All functions of the human body require enzymes — and all suffer if enzyme supply is insufficient. Digestive enzymes help improve poor digestion and absorption of nutrients from the foods we eat, especially cooked foods, and conserve the body's inherent enzymes for vital functions.

Exercise

Exercise moves the lymph fluid (helping toxins more rapidly exit the body), improves circulation, and causes the body to take in copious amounts of oxygen. Inactivity, depression and stress weaken an already weakened immune system, while sunlight and exercise help relieve stress and control depression.

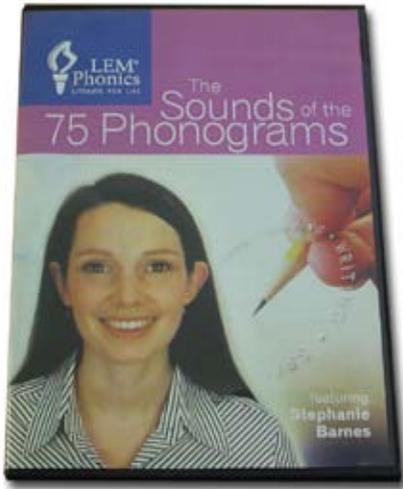
Conclusion

James 5:16 says 'the effectual and fervent prayer of a righteous man availeth much.' In order to recover from cancer, a person needs all the help they can get. That includes faith in the Lord, and much prayer. ■

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LEM Publications



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A Beka Book

Mathematics

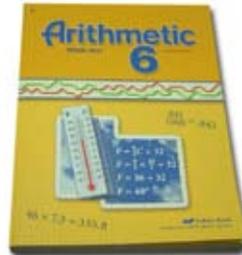
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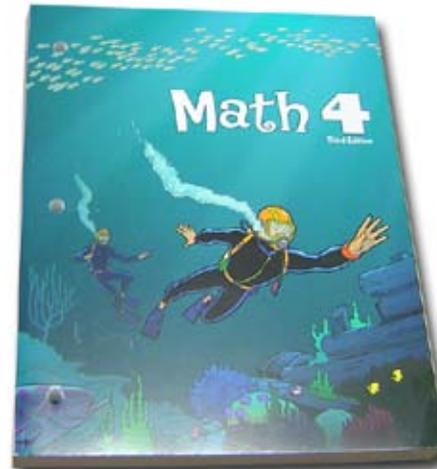
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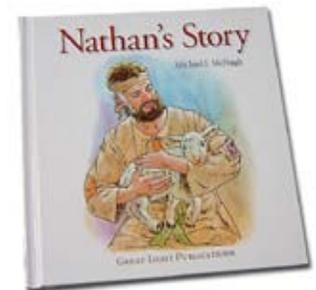
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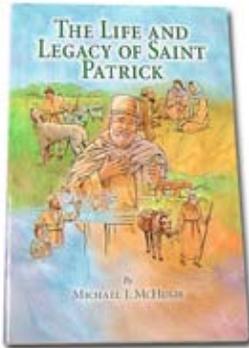
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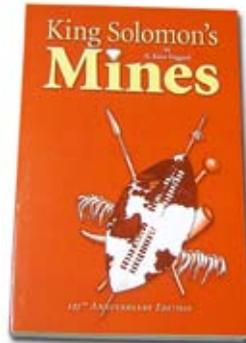
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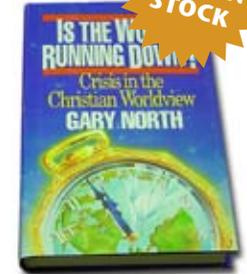
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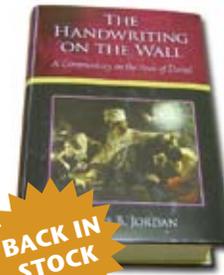


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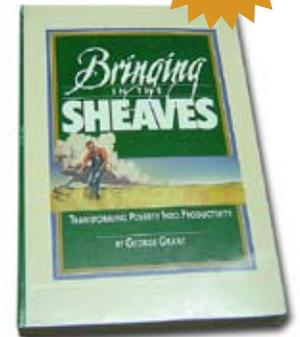


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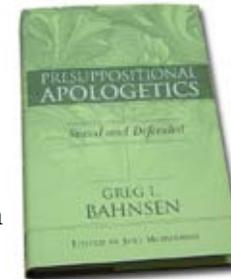
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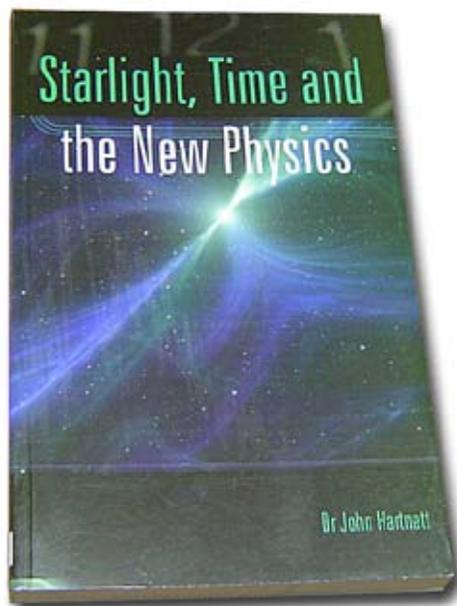
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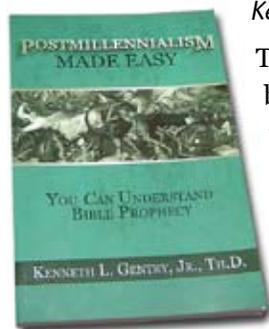
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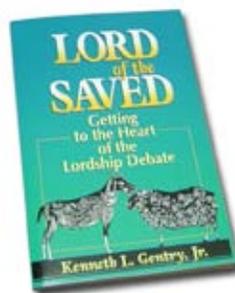
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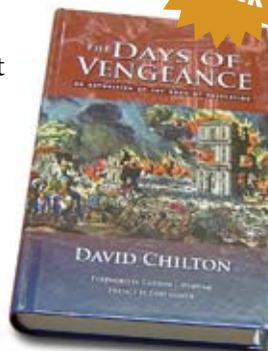


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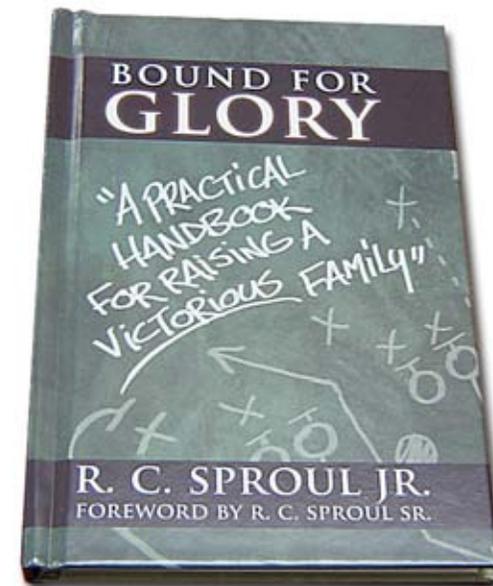
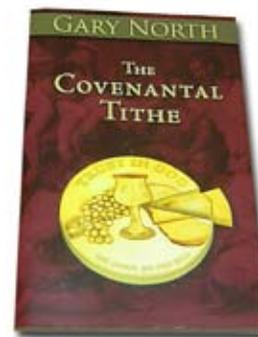


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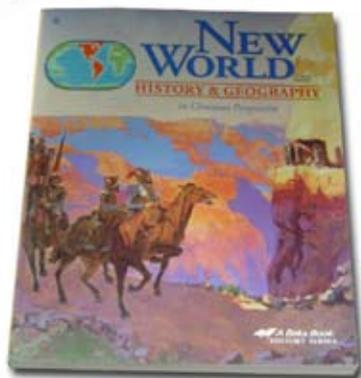
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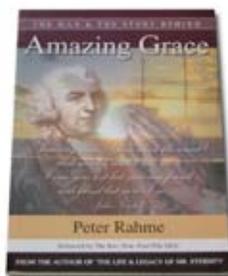
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