



MONTHLY REPORT TO OUR SPONSORS, PRAYER PARTNERS

AND WELL-WISHERS

The Lord will guide you continually, watering your life when you are dry and keeping you healthy, too. You will be like a well watered garden like an ever-flowing spring. Isaiah 58:11 (NLT)

“Jesus was not satisfied to attract attention to Himself merely as a wonder-worker or as a healer of physical disease. He was seeking to draw men to Him as their Saviour” MH pg. 6

Period: January 1 to 31, 2015

Hi everyone,

Thank you for all your prayers, financial and moral support in the month of January, below is a summary report of our activities for the month.

Debra

The Ministry commenced in full force on January 7, 2015. Our focus for this month was on getting the website up and running and thanks to Andrew Anderson of Wizard Web Solutions (aanderson@wizardwebsolutions.com) we were able to establish that in a short time. We then set out to get the Face book page established and to-date we have over **1,484 persons** liking the page and visiting on a day to day basis. The purpose of Life, Health & Foods Ministries is to education our people on the **preventative measures** available to all, to be free of life style diseases using the NEW START programme (Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest and Trust in God) and to also help them build a closer relationship with our Lord Jesus Christ.

Website:

Our website is now completed – www.lhfministries.org . Visitors to the website up to the end of January were **1095** – **praise God!**

Free One-on-One Health Consultations:

DISEASE	NUMBER O PERSONS HELPED
• Cancer	3
• Diabetes	1
• Fibroid	1
• Fibrocystic Breast Disease	2
• Sinusitis	2

Donations Received:

Cash received: \$21,500 Pledges outstanding: \$10,000

Literature received:

500 flyers “God wants you to be healthy”

500 flyers “The best of all the seven”

Health Seminars:

January 30th - Church of God Seventh Day, Linstead, St. Catherine

Literature Distribution:

10 health magazines
40 health flyers
40 bible based flyers
3 books on how to build a strong spiritual family

Health and wellness articles/recipes, scriptures emailed and posted on social media:

1.

Face book page - <https://www.facebook.com/lifehealthfoodswithdebra?ref=hl>

Started January 7th

Jan postings on Face Book: **93**

2.

Topics of emailed articles:

- ✚ 20 Common Foods with the Most Antioxidants
- ✚ **Obesity Now Causes Half a Million Cancers a Year, Worldwide**
- ✚ Garlic can help rid your body of parasites
- ✚ Fibroids - cure the natural way
- ✚ **Health Benefits of Cruciferous Vegetables: Cancer Prevention – and More!**
- ✚ **Almond Carob Milk with pumpkin seeds**
- ✚ **Sting Nettle – Remedies for sinus infections naturally using these herbs and dietary changes**
- ✚ OPTIMUM HERBAL REMEDIES FOR BETTER CURES
- ✚ 16 Health Benefits of Drinking Warm Lemon Water
- ✚ **HEALTH BENEFITS OF CHIA SEEDS**
- ✚ Red Clover for PMS and Prostate issues
- ✚ **Kale has many health benefits, from weight management to healthy eyesight.**

Free phone health consultations:

January: 10



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MEDICAL MISSIONARY AND LIFESTYLE EDUCATOR

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