



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: February 1 to 28, 2015

Hi everyone,

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

Debra

PURPOSE STATEMENT: The purpose of Life, Health & Foods Ministries is to educate 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 – www.lhfministries.org was completed at a cost of \$117,500 (inclusive of annual site hosting fee of \$20,000). Payment on account made to-date from donations received plus personal contribution = \$45,000, balance outstanding to be paid \$72,500. Visitors to the website up to the end of February were **1613 – praise God!**

Free One-on-One Health Consultations:

DISEASE	NUMBER O PERSONS HELPED
• Breast Cancer	4
• Ear Cancer	1
• Fibrocystic Breast Disease	1
• Enlarged Prostate	2

HOME CARE VISITATIONS



Our home care involved visitation to the homes of persons who are terminally ill or sick and incapable of travelling, thus requiring that we visit at their place of residence or visit them in the hospital. In February we had one case of a sister from Antigua who was diagnosed with cancer in her right ear with a tumor that grew to the point of protruding out of her right ear. On February 27th, we visited her and shared the practical application of the NEW START programme with her and her family.

Donations Received to-date:

Cash received: \$45,000 Pledge made: \$1,000

Literature received in February:

Pledged - 100 Copies of the book ‘The Great Controversy’ from Sponsor in Canada

Health Seminars:

Taking NEW START on the Road

Feb 7th - Charlton SDA Church, Ewarton District, St. Catherine

Feb 21st - Theme: "BACK TO EDEN SABBATH' with our brothers and sisters at Dallas Castle SDA Church, in the cool cool mountains of St. Andrew...what a Mighty God we serve as 7 churches were represented(Dallas Castle SDA, Halls Delight SDA, Constitution Hill SDA, Cane River SDA, Braeton SDA, Woodford SDA, Waterford SDA) and 3 countries (Guyana, Jamaica, Antigua) present.

Feb 28th – Orange Field SDA Church, Orange Field District, St. Catherine



Literature Distribution:

7 Books on spiritual bible based subjects

34 health flyers

50 Bible based flyers

1 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>

February postings on Face Book: **Seventy eight (78) – to the end of February over 2877 persons have liked our FB page**
– Praise be to God, as Angels work with us to spread this health message to God's people

2. Articles and recipes emailed out from lhmf2015@gmail.com - Topics of emailed articles:

- Zinc in a plant based diet
- Carrot Potato Dill Salad and Lentil Salad with Tomatoes and Spinach
- More Doctors Confessing To Intentionally Diagnosing Healthy People With Cancer To Make Money
- How Drugs Pumped into Supermarket Chickens Pose a Terrifying Threat to our Health
- Prominent Michigan Cancer Doctor Pleads Guilty: 'I Knew That It Was Medically Unnecessary'
- Iodine Deficiency & Thyroid Function
- COCONUT JELLY YOGURT
- Meatless Mondays!!!!
- Zesty Vegan Home-made Salad Dressings
- Menstrual cramp remedies: Stop the pain naturally!
- The Impact of Acidosis on our bodies and the solution!
- The Nutritional Value of Papaya Seeds
- Garlic can help rid your body of parasites
- ARE YOU EXPERIENCING A BALANCE DISORDER?
- Broad Bean and Carrot Soup
- NON-DAIRY VANILLA BANANA 'Ice Cream

Free phone health consultations:

February: Topics -

- Best Diet for recovery from breast cancer
- Depression – cause and natural remedies
- Natural remedies for sore throat
- Colon cancer – diet and life style changes
- Menu planning and meal preparation after chemotherapy
- Principles of a healthy vegan diet
- Breast Cancer – recovery using the NEW START programme
- Scabies
- Detoxification
- Heart Disease and natural remedies

1 Corinthians 3:9 “For we are labourers together with God; ye are God’s husbandry, ye are God’s building”



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MEDICAL MISSIONARY AND LIFESTYLE EDUCATOR

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