



GEMS

We would like to invite you and your family to a wonderful opportunity to learn more about Jesus Christ and learn how to follow the Biblical Principles of Health.

GEMS offers:

- *Natural Remedies
- *Bible Studies
- *Natural Health, Healing
- *Nutrition Classes
- *Health Lectures
- *Literature/books
- *Lifestyle Health Assessments
- *Stress/Stop Smoking Classes
- *Seminar DVD/CDs
- *Prayer/Counseling

www.gemsnaturalhealth.wix.com/figs

- *Obesity-Creeping Fat
- *Digestion-Something You Ate?
- *Soft Drinks ain't Soft!
- *Diabetes: One every 50 seconds
- *Sickle Cell Anemia: Blood Legacy
- *Sugar and the Immune System
- *Bread: the Staff of life or stick that makes you sick
- *Fat: Where it's at.
- ***Fiber and Salt: What you don't know can kill you**

- *Malnourished and Dehydrated
- *Plant Food
- *Frontal Lobe-Battle for your mind
- *Stress without distress
- Vitamins and Mineral Supplements
- *If I'm weaned, why am I still drinking Milk?

GEMS
NATURAL HEALTH CENTER



GEMS **Natural Health Center**

ADVANCED **NATURAL HEALTH** **COUNSELING SERVICES**



Programs

Lifestyle Disease

Hypertension, Diabetes, Cancer, Stroke, Obesity, AIDS, Diet-related disorders, Heart Disease, Birth Defects, Genetic Mutations, Chronic Stress-related maladies, Malnutrition, Dehydration and Smoking and Choking'

No Health Insurance? Try Heavens Health Assurance! No side effects or Adverse reactions and it's free!

*Free Blood pressure checks
Health Screenings
Simple Natural Remedies you can do at Home.*

“Pure air, sunlight, temperance [abstemiousness], rest, exercise, proper diet, the use of water, trust in Divine power, **these are the true remedies.** Every person should have knowledge of nature’s remedial agencies and how to apply them. It is essential to understand the principles in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.” *Ministry of Healing, p. 127, Ellen G. White.*

GEMS Staff



Nutrition and Natural Health

Keith Lawrence, PH.D, *GEMS* Director
'Precious Lawrence, Evangelist, *GEMS*
Administrative Manager

“There are many ways, ideas, and methods of health, but only one way God approves.”

***GEMS* is a nonprofit community Outreach Health-Education and Ministry Service.**

We present Principles of Health Educational Seminars and informative Presentations that is beneficial having optimal Health and well being following God’s free, Natural Principles of health:

- *Correct Nutrition,
- *Exercise, Water, Sunshine,
- *Temperance, (moderation in good things)
- *Fresh Air,
- *Rest,
- *And Trust in God, and Attitude of Gratitude and benevolence.

With the alarming rise and death rate due to the many health problems that plague man today, especially among African-Americans, many of which are preventable and reversible by implementing basic and simple natural Lifestyle changes, preventing unhealthy living and eating patterns and natural treatments.

As a Healthcare professional with 35 years experience in Nursing, Physician Assisting, Emergency Medicine, Natural Health and Healing, Nutrition, Natural Remedies we look forward by God’s grace to offering our services through these presentations to assist you on your journey to obtaining optimal health!

For program seminars, information and presentations contact us at:

www.gemsnaturalhealth.wixsite.com/figs
mshalla@hotmail.com

(314) 610-8077

“Call to Me, and I will answer you, and show you great and mighty things, which you do not know.”

Jeremiah 33:3

God’s Law is built into every cell, nerve and fiber. Violation of that law involves consequences whether willingly, ignorantly or presumptuous.”