

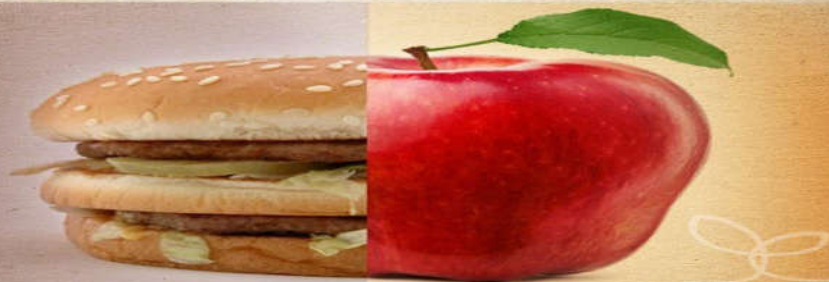
This has consequences far beyond exhaustion, like diabetes, heart disease, and even an increased risk of cancer.

***“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.” Genesis 1:29***

We, as people of color need to very wise and selective about what we eat since we are vulnerable to a plethora of lifestyle diseases based upon what we consume. Much of the information that we were fed was based upon racial disparity, cultural mis-information and Eurocentric industrialized marketing of highly processed, nutrient stripped, poisoned artificial, genetically modified lab creations for profit and genocide of a people. Definitely not Our Creator’s design for his people to consume.

Wanna’ learn more about God’s Laws of Health and His plans for your life? Read God’s Word. “Fear God and keep His commandments, for the hour of His Judgment is at hand.” Rev. 14:6-12

EVERY TIME YOU EAT OR DRINK  
YOU ARE EITHER...



FEEDING DISEASE OR FIGHTING IT.  
—Heather Morgan

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**“My people are destroyed for lack of knowledge, because they have rejected Me..” ~Hosea 4:6**



**“Whether therefore ye eat, or drink, or whatsoever ye do, do all the glory of God.” ~ 1 Corinthians 10:31.”**

**IT'S NOT  
WHAT  
YOU'RE  
EATING,**

**IT'S  
WHAT'S  
EATING  
YOU**

From feeling tired all the time to back aches, what you eat affects a lot more than the numbers you see on the scale.

Read on to learn the surprising signs it's time to change what you eat.

**1. You catch every cold that goes around.** Vitamin deficiencies from eating a poor diet can make you vulnerable to every germ going around.

**2. You're forgetful.** "The foods we eat significantly impact how the brain functions, especially over time," The more packaged food and junk food you eat, the more forgetful you're likely to be. Just five days of eating junk food could impair memory function, attention, and mood. So skip the processed junk food!

**3. You have a headache that just won't quit.** Recent research has linked chronic headaches to drinking alcohol and coffee, smoking, eating gluten and dairy, and even chewing gum.

**4. You look four months pregnant—and you're a man.** Booze, processed foods, and salty snacks are the biggest causes of bloating, "Fast foods are packed with sodium and alcohol cause the body to retain water retention, "Removing them from your diet has immediate effects within days on not only bloating but also improves blood sugar, blood pressure, weight loss, energy level, emotional stability, sleep changes, and pulse rate."

**5. Your skin has lost its glow, You're exhausted All. The. Time.** Eating a diet high in processed foods, including packaged snacks and sweets, substantially increases feelings of fatigue,

**6. You can't lose weight no matter how many calories you cut.** It's not just excess calories that are making you overweight, obesity may be linked to eating foods that cause inflammation in the body.

**7. Your joints are creakier than your staircase.**

Eating a diet high in processed meat, dairy, refined grains, and sweets has been linked with a higher incidence of painful joints and even arthritis. Damage to knees, hips, ankles, and hands appears to come from something specific in those foods as well as from the pressure that weight gain from an unhealthy diet puts on joints.

**8. You're sleeping like a baby (which is to say: only for a short time with frequent wakings).** Your insomnia might be due in part to what you're eating. Not getting enough dietary fiber during the daytime was linked with lighter, shorter, less restorative, and more disrupted sleep. Eating meals high in fat not only lead to sleep problems at night but it also made people sleepy during daytime hours.

**9. You're constipated.** The biggest dietary offenders causing urinary and bowel problems, Diet soda, excess salt, red meat, fast foods and caffeine. Steer clear of these and drink plenty of plain water and you could see an immediate improvement in your toilet troubles.

**10. Your back isn't just killing you, it's murdering you!** People with debilitating back pain will often go to great lengths to reduce it but there's one easy fix many patients overlook — their diet. Unfortunately the sugary processed treats so many of us love are spine killers as they're low in bone-fortifying vitamins and can even leach vital calcium stores out of them. Obesity, from overeating, and back pain often go hand in hand. Our spines just weren't designed to carry around the excess weight and they often crumble—sometimes literally—under the pressure," he says. "The good news is that losing just 15 percent of the excess weight has been shown to improve chronic back pain issues in those who are overweight. In some cases weight loss can even cancel out the need for surgery altogether."

**11. You're tired after eating a normal meal.** If you're feeling wiped out after eating it may be a sign your food has caused a mega blood sugar crash. Over time, repeated blood sugar spikes and crashes from eating too much sugar and other simple carbs, including pasta and white bread, can lead to insulin resistance.