

Dear Pastor or church leader,

God's people are getting sicker because we are being deceived by the Food and Drug Administration, (FDA), U.S. Department of Agriculture (USDA), and the food and beverage corporations. Brothers and sisters, we need to open our eyes and see what is being done to America's food supply. Overweight and obese adults and kids are filling our churches. Many Christians believe they are fine because they do not experience symptoms. When we continually make unhealthy food choices, our bodies begin to degenerate, but it takes years for symptoms to manifest. We cannot blame the obesity epidemic on the devil or the food companies. The fault lies with you and me. The body of Christ needs to be educated as to what is really being done to our food so we can make healthier choices. We continue to purchase foods and drinks that are bad for us that in many cases we believe are okay. This is what the manufacturers and factory farm owners want us to believe (Rom.12:1-3). These suppliers are profiting on our lack of knowledge. They know they are turning out a product that is potentially harmful, will make us eat more, and filled with empty calories. We may save a few dollars now by buying cheaper food, but we will pay dearly in the future. Our kids eat what we eat, so they may also be on the path to disease from a sedentary lifestyle due to continued weight gain. Parents are the number one role model for their kids.

The Bible is clear on how we are to care for our body. The Lord owns our body and we have no right to slowly and steadily abuse His creation (1Cor.6:19-20). The time to change our lifestyle is now. Many church goers are dependent on several medications for conditions including diabetes, heart disease, and hypertension that either came from eating poorly, or contribute to the disease. Brethren, we do not need to live on all these pills. When we start to put better fuel into our body we can stop some of these medications (With approval by a licensed health professional). As we slowly eat more of God's food, our temples will begin to heal and regenerate (Gen.1:29). We have to begin to believe this is possible. I have seen many Christians follow what the Bible says and today they are vibrant, energetic people doing more work than they ever did for God's kingdom. Beloved, the Lord wants that for all His children. Remember, the only time most of think about our health is when we do not have it. Do not wait until that happens.

Stop submitting to the world's way of feeding us. They are not interested in our health if it affects their profits. We are God's elect which means we were hand picked for His purposes. The Lord will NOT go against our free will when it comes to what we put into our mouth, even if we do it in ignorance. How are we treating the house God gave us? We need to start to thinking about food before we eat it. Is it good for me? Will it give me the necessary nutrition? We probably just eat it without thinking because it tastes good. The weight starts to climb along with lack of motivation to exercise and eat better.

The good news is we can begin to heal and reverse the conditions we suffer from if we stop the abuse and start cleansing our bodies. Some of us have spent our entire life yo-yo dieting and getting sicker in the process. We can all begin to make the necessary changes to restore health (Phil. 4:13). This ministry called "God's Plan For Healthy

Living” will teach us how to apply God’s word to our individual needs so we can live a more abundant life for Jesus (John 10:10-11).

Dr. Yurick will share his experience and instruction to help us regenerate and rebuild our temple. We can succeed whether we are 30 pounds overweight or 300 pounds overweight. “With God all things are possible.” (Lu.1:37) We will learn some of the deceptive ways the food companies use to get us to eat and drink more of their less than healthy foods. America has become a fast food nation eating fatty meats, large amounts of refined sugars, poor fats, soda, and several other unhealthy foods. Many believers do not want to lay down these foods that are greatly contributing to their illness. Has food become your idol? Remember, these large conglomerates do not care about sickness in America. They have found ways to deceive us and fill their pockets while many of our brethren are dying younger. This information is public knowledge and not my opinion. My dear brother and sisters, God wants us to be aware of the schemes of Satan (2Cor.2:11).

Today many Christian experts teach us about the threat of Islam, terrorism, Socialism in government, evolution in our schools, and many other subjects that are vital to understand. Who is educating us, our family, and our church on the tainting of the food supply? Are we hearing this message from the pulpit? There are only a handful of Christian teachers willing to take a stand and tell the truth to pastors and their flock. Many churches avoid addressing it because they love the foods they eat regardless of the consequences. The next time you go to a church dinner or potluck Sunday take a good look around the tables filled with food. How big is the dessert table? Will most of the food we eat fuel our temple and give us proper nutrition? What choices are you going to make the next time you sit down at a church dinner? How many of the fried, fatty, and sugary foods do you crave at church functions. Is that being salt and light to the world? We are called to make a difference to the world.

The body of Christ needs a wake up call. Your pastor, his wife, your mom, dad, son, brother, sister, daughter, grandchild, husband, wife, cousin, and friend may be slowly digging their grave with a knife and a fork. And the devil just loves watching them do it. We are slowly and steadily weakening our body, leading to illness and disease. Christians are making choices that will affect their memory, energy, sleep, and ability to heal (1Cor.6:12). We cannot continue to eat these type of foods all our life and think we will not suffer the consequences. We may not experience any outward symptoms, but our internal systems are being affected by these foods. Symptoms can take years to manifest. Why wait for the disease when we can stop the process now. God's children are called to practice prevention of sin on a daily basis. Why don't we start practicing sickness prevention as well?

Many of our children are continually living on fast foods, sweets, soda, fried foods, fats, and tons of unhealthy junk food. The latest research now states that if these kids continue to put these foods into their body many of them will NOT out-live their mom and dad. Let's stop submitting to the ways of the world when it comes to what we eat. In

the coming times, we will all need to be in better health to be able to withstand what the world (Satan) will throw at us.

There is a solution to this big problem. First, we need to get educated so we can make better decisions (Hosea 4:6). Then we need to apply this knowledge to take small steps toward a healthier lifestyle. We need to move more so exercise has to be a part of the plan. Dr. Yurick's health ministry is founded on the word of God. We will teach what the Bible says to heal our temple. As we begin to sow good food into our body, we will reap great benefits such as increased energy, and loss of body fat. (Gal.6:7.) With continued discipline, you can begin to reverse disorders like diabetes and heart disease.

Dr. Richard Yurick regularly speaks at churches along the gulf coast, men's and women's groups, or any other Christian gatherings. Please call for details or to schedule your congregation for a seminar. "Beloved, I pray above all else that you may prosper in all things and be in health just as your soul prospers." (3 John 2). May God help us all.

Sincerely,

Dr. Richard Yurick