

Fox Ministry

May 2005

Volume 1, Issue 1



The above flowers I believe to be Cone Flowers. Picture taken from my flower garden in 2004.

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

3 John 1:2

BIBLICAL FOOD LAWS

Post Seminar Notes and Newsletter

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Good morning or afternoon everyone,

Hope this newsletter finds you in the good graces of God, which I'm sure it will.

It has now been several weeks since we had the last Biblical Food Laws seminar and I was just wondering how you may be doing on your new life style.

I have had a number of reports that some of the participants have started on the new strange foods and the health benefits are starting to pay off.

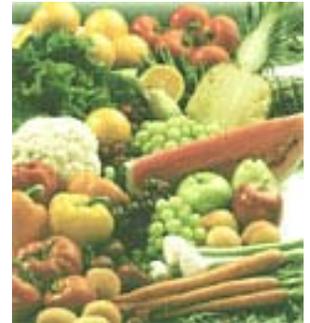
Hopefully, if any of you have

been able to put your new Biblical Food Laws foods into your diet you may let me know.

I realize that many of you may be reluctant to start a new food source program. I will have to admit it does take some commitment, planning and preparation.

But that is okay, start out slowly. Maybe just changing one thing in your diet. Start with only eating out at fast food restaurants only once a week or eating red meat only once a week.

One very simple thing you can



do is start drinking plenty of good water each day. Not tap water, use bottled (if you know where it came from), distilled, or filtered.

The Lord cares about all areas of our life including good health. Don't let Satan deceive you.

God Bless, Dewey E. Fox

Changing Diet:

Change your diet one food item at a time. Don't try to quit everything cold-turkey.

This way you will slowly transition into a eating pattern that is healthy for you.

And there will be a better chance that you will continue this healthy food pattern.



It's on

While I was thinking (a dangerous thing) about health and diet and the contents of this newsletter, it dawned on me that health choices are just like the spiritual choices we have. It's one on one, God has no grandchildren. We are to accept or reject Jesus as our savior, no one else can do that for

us. We have to make that decision on our own. It's the same with the health choices we make, it's one on one. When we make either of these decisions we have to live with the consequences. No one else can. We make the decision for Jesus and that affects our spiritual well-being.

We make daily decisions about our health and we have to live with the consequences. No one else will live with those consequence because we are helping or harming our bodies and soul each time we make a spiritual or health choice.

Make both spiritual and health choices wisely.

Good Things to Remember

No one can ruin your day without

YOUR Permission,

*Most people will be about as happy
as they decide to be.*

*When your ship comes in ...
make sure you are willing to unload it.*

Life is a journey.....

not a destination.

Enjoy the trip.

The biggest lie on the planet:

“When I get what I want.

I will be happy.

*If you don't start, it's certain
you won't arrive.*

Most Cancers are Preventable!

New research is confirming that the small choices we make each day have an important impact on our cancer risk. Sixty to seventh percent of all cancer cases have been directly linked to our daily dietary and lifestyle habits.

Simple Steps to Prevent Cancer:

1. Choose plant-based foods. Vegetables, fruits, beans, and whole grains contain natural substances that

help our bodies destroy carcinogens before they cause cancer. Every time you reach for an apple, you are helping your body protect itself from cancer.

2. Fruits and vegetables are the most important part of a plant-based diet. If the only change people made was to eat at least five servings of fruits and vegetables each day, cancer rates could drop as much as 20 percent.

3. Maintain a healthy weight and be physically active.

4. Drink alcohol only in moderation, **if at all**. “Moderation” means that women should have no more than one drink a day, and men should have no more than two drinks a day.

5. Select foods low in fat and salt. Choose moderate amounts of monounsaturated fats such as olive oil.

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English Lesson...

An English professor wrote the words “A woman without her man is nothing” on the blackboard and directed the students to punctuate it correctly.

- The men wrote: “A woman, without her man, is nothing.”
- The women wrote: “A woman, without her, man is nothing.”

Punctuation is everything!

Luke 23:43 says; And Jesus said to him, "Assuredly, I say to you, today you will be with Me in Paradise."

When putting the comma in the correct place, the words of Jesus takes on an entirely different meaning, see below.

And Jesus said to him, "Assuredly, I say to you today, you will be with Me in Paradise."

Apparently the interpreters of the Bible believed that we were taken directly to heaven upon death. It was left to the interpreters of the Bible to add the commas, periods, quotations, etc. as well as adding the English words that would be easier to read.



1 CORINTHIANS 3:16

“Do you not know that you are the temple of God and that the Spirit of God dwells in you?”

A Rest to the People of God!

HEBREWS 4:9 “There remaineth therefore a rest to the people of God.”

Yes, God has prepared and set aside for us a day of rest and that rest day has been commanded in the Ten Commandments, the fourth commandment to be exact. EXODUS 20:8 Remember the Sabbath day, to keep it holy.

God goes on in Exodus and let us know that on the Seventh Day that we are not to do any work. We are to set aside all our worldly care, rest and meditate on the Lord and to do good on this Sabbath Day. Our body is geared to rest on a seven-day cycle which correlates with the Seventh-Day Sabbath in which God has set

aside for us. Just as your body rests and repairs the cells when you sleep. The much needed rest on the Sabbath acts in the same fashion.

This Sabbath Rest is just another part of your health issue that will help you to be healthier in both body and spiritually. God knows what He is doing!



Symptoms of a Stroke



Symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness can spell disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions.

- Ask the individual to smile.
- Ask him or her to raise

both arms.

- Ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

Another sign to look for is that the victim feels as if the hair on the back of the head is being pulled. After discovering that a group of non-medical volunteers could

identify facial weakness, arm weakness, and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting. (Feb. 2003) Widespread use of this test could result in a prompt diagnosis and treatment of the stroke and prevent possible brain damage.

Reprint from Church of God News, March 2005

High Cholesterol

Wonder Food?

A quick fix for high cholesterol: a cup a day of broccoli sprouts for one week. According to a Japanese study, three-day-old broccoli plants contain high concentrations of a potent antioxidant previously shown to help prevent stomach ulcers, several types of cancer and other diseases.

Taken from AARP Bulletin May 2005



They told me I was gullible and I believed them.

Health & Nutrition

During the 20th Century, the emphasis has been on curing diseases; doctors are paid for curing illnesses. But in ancient times, doctors in China were instead paid for keeping their patients from getting sick—their pay stopped if illness developed. Today, preventive medicine is resurging and curing and preventing disease are taking giant strides

forward.

We need to learn from as many sources as possible so we can make informed decisions. It's your health and now is the time for you to manage it. The food we eat is the fuel that keeps our body systems functioning. It hard for our bodies to function on JUNK foods.

Remember these four steps.

1. Learn about nutrition.
2. Apply that knowledge in every meal and every snack every day.
3. No diet fits all people, find the one that works for you.
4. Learn about the purity of the food you eat.

Edited from Health & Nutrition web

If you know of any Church or Group that may benefit from the Biblical Food Laws Seminar, Please let me know?

Green Tea



Green Tea: an amazing product? Researchers says it apparently reduces body fat, wards off several types of cancer, and is a potent antioxidant. It may also lower cholesterol, benefit the heart and appears to reduce the risk of developing rheumatoid arthritis.

Green tea received initial attention because of the low rates of cancer among Asian populations who have consumed it daily for generations. Now controlled studies have revealed one of the reason why. Green tea contains polyphenol(-)-epigallocatechin gallate (EGCG), a substance



that apparently forces some cancer cells to either commit a form of cellular suicide or be killed off!

Decaffeinated tea doesn't have the same benefits as regular green tea, but even caffeinated green teas contains far less caffeine than a cup of coffee.

Edited from Dr.Val's Daily tips for Healthy Living

How do I USUALLY start my mornings? Sometimes I vary from this schedule on weekends and holidays.

I get out of bed, that's the hard part, brush my teeth and take a shower. Upon getting clean I will go the kitchen and mix my "barley green" with distilled water and drink it. Then I will have my fresh carrot juice. Eat some fruit or whole grain cereal. At the office I will have maybe two small cups of green tea.

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EAT THOSE VEGETABLES DAILY

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Most Cancers are Preventable!

6. Prepare and store food safely. When cooking meats, poultry, and fish, it's best to use lower heat options like baking, poaching, stewing, and roasting. Cooking on an open flame at high temperatures causes cancer-promoting substances called heterocyclic amines (HCAs) to form on the surface of meats. In addition, when fat drips into the fire, the smoke and flames that rise up onto the food leave behind carcinogenic substances called polycyclic aromatic hydrocarbons (PAHs). Marinating meats can prevent this formation of HCAs by as much as 90

percent. Precook meats in the oven and finish up on the grill, avoid "flare-ups," keep juices from dripping into the fire, and choose lean meats when grilling.

— These guidelines come from the landmark research report, *Food, Nutrition, and the Prevention of Cancer: A Global Perspective*, published in 1997 by the American Institute of Cancer Research. This report is an analysis of over 4,500 studies on diet and cancer prevention, the most comprehensive report ever done on this topic.

Article came from Church of God News, May/June 2005

How to Protect Your Baby from Breast Cancer

Mothers play a major role in the prevention of breast cancer in their daughters: A study on mice found women who ate foods rich in omega-3 fatty acids during their pregnancies and while nursing reduced breast cancer risk in their daughters by as much as 40 percent. Not only that ...

Diets rich in omega-3 provided the same amount of protection to female children after they stopped breastfeeding.

Eating foods or supplements rich in omega-3 at any point in a woman's life can significantly reduce their risk of breast cancer.

And while both omega-3 and omega-6 fatty acids are essential for good health, eating an excess of omega-6 fats, found in meat, eggs, poultry, cereal, breads, baked goods, most vegetable oils and margarine, can increase one's chances of developing breast cancer. Omega-3 fats are found in fish such as tuna, salmon and mackerel, as well as in canola and flaxseed oils, soybeans and nuts.

Revealing the Omega-3-Breast Cancer Link

In studies done on mice, researchers found all of the mouse pups exposed only to omega-6 fatty acids in the uterus, while nursing and after weaning, developed mammary gland tumors by six months after birth. Conversely, less than 60 percent of the female offspring with diets high in omega-3 fatty acids, either in the uterus or after weaning, developed mammary tumors in eight months.

Researchers suspect because omega-3 fatty acids reduce the amount of estrogen -- important in mammary gland development -- cancer risk is consequently lowered.

[Forbes April 20, 2005](#) taken off internet www.mercola.com

Two elders from local Churches were standing by the side of the road, pounding a sign into the ground that read: "The end is near! Turn yourself around now before it's too late!" As the car sped past them, the driver yelled, "Leave us alone, you religious nuts." From the curve, they heard screeching tires and a big splash. One elder turned to the other and asked, "Do you think the sign should just say 'Bridge Out'?"

"THIS AND THAT"

Organic Foods— Scientists found that rats fed organically-produced food were measurably healthier, in that they slept better, had stronger immune systems and were less obese.

Organic Consumer Association, Fri 18 Feb 2005

Cloned Beef— will go into the food chain, no question, in six to eight months. There is no way to distinguish calves fathered by clones from those fathered by the original bull.



"I'm selling hundreds-maybe thousands—of units of semen from bulls that were cloned. They are going to be slaughtered, and the FDA can't do anything about it." The FDA has no way of tracking these animals when they became mixed into the beef supply chain.

Don Coover, a vet and semen broker, quoted in the Los Angeles Times Feb 10, 2005. From GM Watch Daily, <http://www.gmwatch.org>.