



Man360

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Healthy Eating Notes

There is an old saying that chemotherapy is going to kill something, will it be the patient or the cancer first? Since we knew that God has a much greater calling on my life than for it to be cut short by a disease, we were determined to do everything in our natural power to help me and then rely on God's miracle working power to see me through.

When in the midst of a combination of radiation and chemotherapy treatment, my body experienced a multitude of side effects. One of the worst was the drastic change in taste. Nothing tasted the same and certain foods were no longer palatable because of the metallic aftertaste. I thank God for my wife and her diligent research on how to get the proper nutrients to my body to help me stay as healthy as possible through the ordeal. She found a meal replacement from Bio Active Nutrients that I credit with helping to save my life. In the midst of losing over 20% of my body weight, I was still able to get enough nutrients and vitamins to stay strong enough to exercise. www.bioactivenutrients.com

I say exercise, but for the majority of the time it was attempting to walk as far as I could, even days when it was only ½ mile. Other days we took our time and would slowly go for 2 miles or more. There were a few days when I was able to actually exercise with minimal weights or my own bodyweight, but those days became less and less as the treatments wore on. Every doctor that I saw encouraged me to exercise as much as I could to try and stay strong. They were encouraged by how strong I was at the beginning and wanted me to stay that way throughout treatment.

Room temperature water was another favorite (and still is). I believe that hydrating as much as possible was instrumental in nourishing my cells and also flushing out the toxins.

But the ultimate health guide that got me through my trial was the Word of God. My wife and I spent countless hours reading healing scriptures and listening to praise and worship music, making sure that we took time to focus on the goodness of God and not our current circumstance. Those hours spent in our prayer room built up my confidence and I was able to share my faith in Jesus with every nurse, doctor, and even other patients. When you focus on the promises of God and look for His goodness, you'll find it. Even in the midst of the worst physical circumstances, there is still a beautiful sunrise. One morning driving to treatment, which was a daily occurrence for quite a while, the sky was dark and stormy and in the middle of it all, was a small hole in the clouds with a brilliant ray of sunshine bursting through. It was as if God was painting a picture for me to show me that even in the storm His light is still there if we will just look for it. Scripture says that death and life are in the power of the tongue, so we made sure to keep our eyes and ears full of health and life so that our tongues would speak out what we saw, read and heard.