

## The Secrets Your Doctor Won't Tell You

Doctors are trained to treat symptoms *AFTER* you are sick. They are NOT trained to prevent problems proactively. You have a God-given immune system built-in that's designed to keep you healthy and heal. Keep it working at optimum level for years of healthy living, energy and freedom from disease.

Consider this illustration... We all take care of our car, don't we? We fill the gas tank, change the oil, rotate the tires and occasionally take it in for service. It also costs us money to have a car. We pay annual registration, monthly insurance a car payment. Besides a home, our car is generally our largest expense. The good news is, if the car breaks down we can always trade it in for another one.

Well, what about your body? We only get one of those to get us through our entire life. How much are you investing in maintaining the health of your one and only body? Most people have the mindset of hoping for the best... and waiting for something to break down. When it does, we're off to the doctor.

At that point, our doctor takes control and tells us we need to start on a drug regimen—which seldom ends, or recommends surgery—which often causes additional problems. Tragically, **drugs only treat the symptoms** of the underlying problem. And once drugs are introduced... the root issue gradually gets worse. This path of reactive treatment diminishes the quality of life and robs us of healthy years.

Why not be proactive and take control? Be the steward of your body that God intended you to be. A great way to accomplish this is to give your body the nutrients and fuel it needs to remain healthy or to regain health. It's never too late to invest in the only body you will ever have. Sign up for 30 days of emails that include inspirational scriptures, health tips and healthy recipes... and to learn more about the best nutritional supplements we've ever found, sign up today! Request **30 DAYS OF HEALTH** at [info@daleblack.org](mailto:info@daleblack.org)

### **Basic Health Tips your doctor won't tell you:**

- 1) Getting adequate nutrients into your cells is required to stay healthy and give you energy for living. We accomplish this through the foods we eat and the supplements we take.
- 2) Staying hydrated is important to give your cells the water and oxygen they need. That also means limiting caffeine intake (which dehydrates).
- 3) And getting enough sleep so your body has time to repair, rebuild and de-stress.

The above are basic contributors to our health. But to have a healthy body also requires us to avoid things that damage and weaken our immune system.

- 1) Like toxins, chemicals and drugs. Avoiding things like food additives, GMOs, and pesticides—all which deplete our immune system.
- 2) Stress is a huge offender that weakens our immune system. So learning to manage stress is vital to your health. Even things like unforgiveness and unresolved trauma play a big part in our health, because they directly strain and weaken our immune system.

So instead of being *REACTIVE*—why not be *PROACTIVE* and improve your health and stay healthy. Be smart. Proactively build your defenses against sickness and disease—body, soul and spirit.

To keep yourself strong... sign up to receive 30 days of inspiration, health tips, recipes, as well as information on the top nutritional supplement! Request **30 DAYS OF HEALTH** at [info@daleblack.org](mailto:info@daleblack.org)

Remember, you only have one body and one life. Whether you need to heal your body or you want to prevent sickness and disease... you need a strong immune system working for you. Put your health first. Request **30 DAYS OF HEALTH** at [info@daleblack.org](mailto:info@daleblack.org)

## **Coronavirus**

Coronavirus has the world in an uproar. But you can, and should, remain Fear-Free! The best way to handle this threat is to build yourself up spirit, soul and body. You are a 3-part person and you need all 3 parts to be strong to effectively traverse this event. 1) Build your faith in God's protection and healing. 2) Renew your mind so you are thinking correctly. 3) And build a strong immune system in your body.

**1. Respond in faith--don't react in fear.** As God's people we are *not* to have a spirit of fear. "*For God has not given us a spirit of fear, but of power and of love and of a sound mind.*" 2 Timothy 1:7. So, how do we stay in faith and not slide into fear?

Pray for protection and freedom from this virus based on God's Word. Matthew quotes Isaiah 53:4, saying that Jesus took our "*infirmities*" and bore our "*sicknesses*." The context here refers to physical healing. When you pray for protection, place your trust in God. Recognize that you are praying in agreement with God's will when you pray for healing, health and long life... therefore you can pray in faith.

To avoid fear, don't talk about what you fear. Don't listen to others speak in fear. Speak words of faith always. Words of trust. Continually build up your faith in God as your Healer and Protector by reading scriptures that reveal these truths.

**2. Know the truth and put it in perspective.** John 8:32 tells us, "*And ye shall know the truth, and the truth shall make you free.*" In the U.S. approximately 27,000 - 70,000 people die every year from the flu. Yet we don't see this type of hype and fear every year during flu season. Based on current statistics, in the U.S. there are just over 1,100 diagnosed cases to-date, with 31 deaths--13 of those at a nursing home. The most at risk are the elderly with underlying health issues or a compromised immune system. So build up your immune system and follow the CDC's recommendations for limiting your exposure.

**3. Know your enemy.** Jesus said, "*The thief does not come except to steal, and to kill and to destroy. I have come that they may have life, and that they may have it more abundantly*" (John 10:10). Satan's desire is to spread fear--which is belief (or faith) in a fearful outcome. If you allow fear to dominate, you open the door to Satan, to bring the very thing you fear upon you. "*For the thing which I greatly fear comes upon me, and that of which I am afraid has come upon me.*" Job 3:25. Remember, if you tolerate fear, you contaminate your faith. Fear and faith **cannot** co-exist.

**4. Use the authority Jesus has given you.** "*Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.*" Luke 10:19. Use the name of Jesus. Use the authority He has given you to stand in faith and speak against any virus or sickness.

Be a faithful follower of Jesus. Bring your spirit, your soul and your body into agreement with God's will—you are in position to walk in expectation of His blessings and protection.



Dale Black Ministries and Winning Over Cancer Ministry (an arm of DBM), are pleased to provide you with education for your health.

CAPT. DALE BLACK is a Bible teacher, author and Director of Dale Black Ministries. He is a former professional airline pilot and businessman who has consistently given his time, effort and financial resources to spread the gospel of Jesus Christ. He now spends the majority of his time teaching God's Word as well as helping people overcome sickness and disease to recover their health.

Dale and Paula, who met in college and married, now have two grown children. Their daughter Kara works with them in the ministry.

**Paula Black, Dale Black, and Kara Black**

PAULA BLACK is a Bible teacher, author, cancer coach and Director of Winning Over Cancer Ministries (WinningOverCancer.org). Twenty-three years ago Paula was diagnosed with terminal cancer and given 3 to 6 months to live. She reversed cancer naturally—without chemo, radiation or drugs. Check out Paula's inspiring story in the book "*Life, Cancer and God*" by Paula Black and Dale Black.

KARA BLACK is a Bible teacher, health coach and Assistant Director of Winning Over Cancer Ministry.

Currently Dale, Paula and Kara reside in Southern California where they teach God's Word and principles through Dale Black Ministries (a/k/a Eagle International Ministries) and Winning Over Cancer. You can connect with them through the ministry Websites, YouTube Channels and Facebook:

Website: [www.DaleBlack.org](http://www.DaleBlack.org) or [www.WinningOverCancer.org](http://www.WinningOverCancer.org)

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