



Health and Nutrition for Our Physical Future

June 4, 2007

Health Update #1

Margaret and I would like to personally thank you for responding to our recent e-mail about health and nutrition. From the overwhelming response we have received, we know that health and nutrition concerns are growing exponentially and are on the hearts and minds of many. Sadly through our ministerial efforts, we know far too many people, both friends and acquaintances, who are suffering from the ravages of improper eating habits coupled with the lack of proper glyconutrients, minerals and vitamins in their food and, of course, the degeneration of the body brought on by the aging process. As I stated in the e-mail you responded to, this combination of circumstances is damaging our temporary tabernacles and our ability to serve the Holy One of Israel. This reality concerns us deeply.

Before I expound upon one aspect of what our intensive research has revealed, I want to briefly share some of our testimony. For years as a couple in the ministry, with an extensive network of people around the world receiving our teachings, we have been approached dozens of times by different people with opportunities for us to utilize our expanding outreach. For various reasons, we have always elected to circumvent these situations because we did not want to take away from our emphasis on encouraging and teaching people to grow spiritually. In our younger years, we were very concerned that some might interpret our actions as exploitative, and that causing one child of God or immature soul in the Lord to stumble over our efforts would be counterproductive. So for the past decade, we have just thanked the people who have approached us with various opportunities and continued to be about the Father's business as He has led us to build Outreach Israel Ministries.

Nevertheless at this time, due to our own aging circumstances, observing our parents' senior seasons and, **most importantly**, grieving over the physical challenges of many we know and love from our years of service, we realize that what we have gleaned from our personal examination and research needs to be shared. As good stewards of what we have received and being concerned shepherds from a distance, we believe that if we do not share it with those who at least receive our teachings that we will be held accountable for withholding vital life enhancing information. Whether someone wants to take our advice is up to him or her, but at least we will be doing what we prayerfully believe the Lord is leading us to do after more than three years of prayer and some personal application on this specific subject!

For decades, we have both known that according to 1 Thessalonians 5:23, humans are essentially tripartite beings consisting of a: (1) spirit, (2) soul, and (3) body that are **hopefully** being sanctified by the Holy One of Israel:

"Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Yeshua the Messiah" (1 Thessalonians 5:23).

Understanding this reality and cooperating with the Holy Spirit as He reveals certain things to us are critical for being useful and productive in the work of the Kingdom. As mentioned earlier, our Bible teaching ministry **has and will continue** to focus on feeding the regenerated spirit of people by encouraging the disciplined soul (mind, emotion and will) to obediently submit to the will of the Father. This supernaturally leads to a surrendered and consecrated lifestyle that is not only led by the Holy Spirit, but walks by the Spirit. Acquiring the ability to walk in this manner is a lifetime exercise for all of us. Over time through practice, patience and perseverance, we each will learn how to have our own wills decrease, as the will of the indwelling, conforming image of the Messiah increases. Thankfully, this process is being accomplished in each of us through the indwelling power of the Comforter and/or Helper.

In our recent prayerful analysis, we realized that our ministry had not spent much time on how to address the most visible and tangible part of our threefold makeup: the physical body. One of the obvious reasons is that since our bodies are wonderfully made (Psalm 139:14), generally speaking, it is neglected until we have problems with disease or weight or symptoms that precede death. This should not be the case, but sadly, health and nutrition statistics reveal that the great majority of humans have a tendency to take their physical bodies for granted until problems arise. For a variety of reasons, people do not typically invest their resources in nutritional "preventative

maintenance” programs for the body. The justifications for ignoring good eating habits, avoiding bad food products and not supplementing one’s diet are too numerous to consider at this writing. But I am confident that you are reasonably knowledgeable about at least some of these problems in the health and nutrition field.

Therefore, as Margaret and I have prayed about these realities, we have asked the Father what it is He would have us do to help those we influence spiritually in the physical realm. There is no doubt in our minds that He has given us a heart to minister to people. We have a desire to research not only the Biblical truths, but also health and nutritional data and statistics. Finally we have a forum to communicate what we have learned with the hope of encouraging people to do what is right for their physical bodies. As a result of our supplications, here is what we are planning to do in our effort to help those who want to receive this information:

1. Publish via e-mails and website postings a weekly health and nutrition update that Margaret will write on a variety of health and nutrition related topics
2. Encourage people to change some of their eating habits beyond just eating a Biblically kosher diet. This will include the publication of Margaret’s forthcoming cookbook entitled, *Kosher Your Plate*.
3. Ask people to consider supplementing their diets with products manufactured by Mannatech (see below).
4. Be available for telephone consultations so that Margaret, in particular, can share with you some of her personal experiences and answer whatever questions that might arise. It is amazing how through the years in discussing some of these physical problems, we have been able to discern spiritual roots that often just need the light of truth to reveal their existence.

With this initial plan being implemented, I could go into a lengthy dissertation about how the Lord had a fellow call me from New Zealand on February 1, 2004. After a two hour conversation with what seemed like a thousand questions about things Messianic, our relationship sprouted. On the other hand, I could talk about how on the second or third lengthy conversation he mentioned aloe products and how my heart leapt when I realized that in God’s love for His people Israel, He actually gives us some foresight about aloe plants if we expand our understanding of the *mah tovu* blessing traditionally recited in the Synagogue liturgy:

“How fair are your tents, O Jacob, Your dwellings, O Israel! Like valleys that stretch out, like gardens beside the river, like aloes planted by the LORD, like cedars beside the waters” (Numbers 24:5-6).

In this e-mail, I am not going to overwhelm you with details about how the Lord providentially arranged a meeting for me with Sam Caster, the founder of Mannatech in his Dallas headquarters within a few weeks of my introduction to his company (February 27, 2004). Instead, I am going to refer you to some websites where you can discover information from the experts about how to maintain your health or perhaps, improve your health circumstances.

After doing a little research on your own—which we believe is critical—and praying about what the Lord would have you do with the information you are receiving, then if you are interested in more information, we would be glad to talk with you about what you need to do to either start maintaining a healthy body for the long haul of life or how to get your body healthy once again.

For us personally, we are simply sharing this information with you now, because we care about your health! The amount of work we have to do with the various writing and ministering projects the Lord has put on our plate with OIM is extremely time consuming and in need of our constant attention. Therefore for the time being, we will simply continue to be a consumer of the excellent Mannatech products (see links) and hope that you will also be prompted to supplement your diet. In time through Mannatech’s method of distribution, we are hopeful that our personal products can be paid for from the revenues generated. However, not knowing where each of you are in your life’s journey, you just might be attracted to the opportunity to build a business with the products distributed by Mannatech. If that is the case, then our friend who called from New Zealand, George Reninger, who now lives in Texas, will be glad to help you with your desires to build a business.

Here are some links for you to peruse. First, here is a ten minute video presentation that describes “**glyconutrient technology**” and the health care crisis:

<http://www.glyco.com/v.asp?c=255900752423>

Additionally, for more specific information about Mannatech that can be read or heard, please go to their website via this link:

<http://www.mannapages.com/huey/Default.aspx>

Please e-mail us at info@outreachisrael.net or call us at (407) 933-2002 with questions. We also want to share with you some of the other things that we are doing on a consistent basis with our diet. Margaret, in particular, has become very knowledgeable about a wide variety of health and nutrition topics. **By responding favorably to this e-mail regardless of whether you decide to supplement your diet with Mannatech products, you will be put on the Health Updates.** They will be dated and numbered for your reference needs. We truly want to make available all that we have been learning, as well as share what we are doing with our own family.

Again, we thank you for your trust in our judgment and pray that this information is beneficial to your well being.

In His love, to life!
Mark and Margaret