



My Confession and Testimony: Almost a Missionary Zeal

July 25, 2007

Health Update #3

If you know our family, you understand that we have a heartfelt passion to share with others the truths we have discovered about not only the Hebraic Roots of our faith, but also the Messianic lifestyle that we have embraced. **I suppose when you come to the realization that the blessings of our Heavenly Father are available to all who choose to obey Him and walk in His ways, you just want to share it with others—so that they can also be blessed.** For over a dozen years now, this has been a burden on our individual and collective hearts. Through Outreach Israel Ministries, we have shared our understandings with family, friends, and acquaintances—and in return received a variety of responses that range from total rejection to full acceptance. Needless to say, the journey has had its commensurate ups and downs!

In the past year as we have been continuing our ministry efforts, we have contemporaneously been led to spend considerable time investigating a variety of health and nutrition subjects. In retrospect, we know that several significant factors have contributed directly to our exploration of a variety of health related topics. The combination of ministering to our octogenarian parents, coupled with our own fifty-something health issues already had us examining the effects of aging. **However, what really accelerated our interest in health was the realization that some of our siblings, friends, and acquaintances were personally challenged with serious physical issues.**

Naturally, when siblings start to deteriorate physically, you begin to wonder about the gene pool that you came from, and why some are suffering while you are not. Since we as a family have been Biblically kosher for over a dozen years, and each have made a concerted effort to exercise regularly (Margaret bike riding, Mark jogging), we might contribute some of our relative good health to a better diet and regular exercise. However, the more we studied (and the more we began to pray for healing and recovery with people we have gotten to know in the past ten years of ministry), the more we discovered about not only proper diet and exercise, **but also the absolute need to enhance one's diet with proper vitamins, minerals, and glyconutrients.**

While over the years Margaret has been taking various supplements depending on different factors with her more fragile health, I (Mark) have been adamant against taking anything. Our choice to be in ministry did not afford us all the luxury of health insurance for the past ten years. The thought of spending extra money on supplements never did elevate itself in my mind to a need, but rather a want or a desire. I rationalized that taking supplements was just something that we could not afford as a family, but if Margaret or the children needed something, she was certainly free to purchase and use it. The fact that I was blessed with a strong constitution (never having had a cavity, good vision, without any serious illnesses, etc.) influenced my thinking. I concluded that my generally healthy diet was all that I needed to remain healthy. **I confess that for the most part, I simply have taken my excellent health for granted!**

Then in what some might label a “wake up” call, Margaret had been handing me or e-mailing me article after article about things she had uncovered. For the past six months, I have been reminded of things that I have known about in the foods we have been eating for years—but simply chose to ignore. Whether it was problems with eating the “whites” (refined sugar and bleached flour), or studies about depleted soils lacking nutrients for our fruits and vegetables, or the use of pesticides and herbicides on foodstuffs or on grains that our cattle and chicken consume, or the proclivity for profit centered multi-national food firms to put preservatives in foods to enhance shelf life, I was having to read a great deal on why Americans today have health problems. Perhaps it was the overwhelming data overload or just plain common sense—and the fact that at fifty-six, the cumulative weight of all of the above was finally allowing me to exercise some wisdom when it comes to what our priorities were as a family. All of a sudden in the past several months, I realized that taking supplements was no longer an option, **but rather a need of high priority.** I started to look down the road ten, twenty, and thirty years ahead and **realized that if I did not do something now and continue with it, I was probably going to suffer from the lack of wisdom and a poor choice to ignore the obvious.**

To top all of that off, while working at the Orlando Convention Center on a Microsoft convention in May, it dawned on me that some thirty-two years ago, Bill Gates had a vision for the future. What did he see? He saw desktop computers on everyone's desk at work and at home. Somehow with the cumulative knowledge of what he knew at that time, he glanced into the future. Well, not being the visionary that Bill was in 1975, I simply looked at the 10,000 attendees at the conference, as well as the people working the show, and all of a sudden I realized that in about thirty years one of the most important things everyone is going to be concerned about is their health and nutrition. This did not take a rocket scientist to figure out, and I have been reading for years about the growth of this industry propelled by the baby boom generation. **Then I realized that it was not just the baby boomers that were going to be concerned about their health, but it is probably going to be anyone who has basic common sense and who wants to live a life without the burden of illnesses.** Frankly, I do not think that the American health care system of putting people on prescription drugs is the ultimate answer.

When I shared some of my thoughts with those I was working with, I could not generate much of a conversation. But you have to understand that most of these people are simply working day-to-day, or perhaps even week-to-week. **Instead of spending \$3-4 a day on their health,** most of them are spending that amount on a packet of cigarettes to do even further damage to their bodies. The contrast between doing something positive to your health versus doing something negative, was hard to stomach, but simply one of the realities of life. On the other hand, I was encouraged that many of the people I know in the Messianic community of faith are way beyond some of the addictions that continue to plague many. **But I was also aware that many have been hard headed like I have been when it comes to nutrition, because of either economics or just plain good genes—in addition to a relatively healthy life up to this point in time.**

As I went through all of this, I finally realized that it was time to make a wise investment in the health of my family, and if possible, at least get to the point of having others helped with some products so that our product usage could be paid for with a little effort. For the first time in over three years of being signed up with Mannatech, I called my ever-patient sponsor who invested in me way back in March 2004, and asked him if we could start taking the products and what would it take to have our products paid for. **When he told me that it would only take six people “downline” buying a \$100 of products a month (or roughly \$3-4 per day), to get back my \$100 a month investment, I thought of sharing this with six people who I know need supplements for ongoing ailments. I concluded that we would take a chance by sharing it with our family and friends.**

Then, as Margaret began taking the products—and specifically the Ambertose products—she had such a good result with some chronic issues (aching joints and inflammation, headaches, a skin condition) that have completely been alleviated, my thoughts about sharing this concept with others started to increase. **The real motivation was for the sake of getting people to the point where they are at least covering their own expenses, especially for those who have physical and financial challenges.** We have decided as a family to help others get on the right track for their short term, mid term, and long term health and nutrition. When I finally got honest with myself, I also realized that things about my body that I took for granted were actually improving. I began to sleep much better. My problem with acidic body chemistry changed. My cracked feet were healed, and some potential shingle-like outbreaks on my thigh have stopped.

I even called a friend the other day who asked us about the products about a year-and-a-half ago when she was considering taking them. We advised her to go ahead at that time because we knew of the testimonies of improvements in a variety of health issues. I am glad to report that she has not only been relieved of many of the problems associated with **pain in muscles, ligaments, and tendons, as well as chronic fatigue**—but that she put her seventy-something husband on the Ambertose. She stated that he has not only had substantially more energy to handle their recent home building project and move, but also that his mental acuity has improved. In our minds, this was a great report and testimony. We are delighted by their choice as it confirms many of the things we are reading!

If you have hung in there with me for this long, I would just ask you to call me at your earliest convenience so that at the very least, we can talk about getting you and perhaps some of your household on some products that we believe will be one of your best investments ever for a healthy body. **It would be our pleasure to help you out the same way we were helped out by our sponsor, so that in the future you can take advantage of the work that we intend to do along with what the ministry is requiring.**

We actually believe that they go hand in glove. Ministering to the spirit and soul is easily complimented by ministering to the body—and many of those contacting us because of our e-mails are stating this unequivocally. I look forward to our visit on the phone.

Sincerest blessings from someone you might be able to identify with,
Mark

P.S.: Please forgive me if my “missionary-like” zeal is overwhelming. I really think that I have gotten a peek into the future and I hope you can too!

Please take the time to look at this excellent video that will give you one of the reasons why I feel the way I feel. Helping people get and maintain their health is becoming a passion with us!

<http://www.virtualinformationpack.com/vip/vip.asp?InvitationCode=286226225247>

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