

# HAPPENINGS

*Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers (3 Jn:2)*

## See It For What It Is! Take The Blinders Off!

By Lady Debra R. Smith  
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Greetings Las Vegas! We did it again ya'll! We survived another summer in the Desert! (hallelujah) Yes, we've arrived once again to that time of year when the air is crisp and cool, the days are shorter and nights are longer. It's that time

of year when 2010 draws to a close and we begin to take a look at where we've been and where we're headed in the days to come. I'm sure, no matter our situations or circumstances all of us can pause and say "Thank You Lord for keeping me!"

As we embrace the month of October, many of us become es-

pecially aware of different health concerns and causes that heighten and enlighten us to prayerful, be better, and do better with the God given days which lie in front of each of us—especially women. We certainly are all aware of our responsibility to attend to our breast health. October is BREAST CANCER Awareness Month so sisters,

if you haven't had your yearly mammogram, please make this a priority. Early detection—it's a matter of Life or death!

There is however, another killer among us. Unfortunately, seldom spoken of—BECAUSE IT MAKES US UNCOMFORTABLE! This illness destroys generations. It attacks the very core of

a human being and yes, too often it kills! This killer is

**DOMESTIC VIOLENCE.** One of every three women is, or has been a victim of domestic violence. Church folks, this means for every three sisters running up the aisle on Sunday, speaking in tongues, or dressed to the 99, there is a possibility that these and other persons among us are a victim. The abuse is not always physical. Other demonic forms often include verbal, mental, and even sexual abuse. Usually sisters, all the signs are right in front of us! The Lord intends that we would be healthy in mind, body and spirit and yes, this includes relationships! (amen). Sisters, remember:

1. Your confidence ain't up for grabs! Our confidence is in the Lord! (Heb. 3:6)

2. NO ONE has the right, thought or permission to put his (or her) hands on you!

All of who we are, is in the MASTER'S HANDS and HIS NAME IS JESUS!!! (If you hear me, holla!)

(Excuse me, I think I need to run!) The Bible reminds us that we are God's handiwork, recreated in Christ Jesus, that we may do those good works which God prepared beforehand for us that we should walk in them. (Eph. 2:10). Ladies this means: Get up, look up and live!

SEE IT FOR WHAT IT IS!  
TAKE THE BLINDERS OFF!  
...and now, let the Church roll on!

## Harvest time has finally come to the church

By LL Hicks  
ROB Ministries

As we enter into a new fall season, we notice that CHANGE is gradually taking place all around us! From cooler weather conditions, to shorter days, to brilliant fall colors, they are all visible evidence that change is taking place. Especially here in the Valley, gone are the long hot summer days of scorching 100 degree temperatures. Gone are also the sweltering days of dehydration and fatigue because of extreme water loss. Certainly, it is not by coincidence that the fall season also lines up harvest time seems the appropriate time, and it for gathering together what was planted earlier during the year.

Harvest time for any farmer is the most anticipated time of the year where he will finally see the culmination of a yearlong work completed. It is a season that was initially started and prepared for many months in advance.

So, when the season for harvest is completed, a farmer will anxiously gather together all the fruit of all his hard labor. For he knows that harvest season, unlike others before it, runs for a much shorter duration than it took to prepare and grow.

Harvest time has always been about a season that sees CHANGE take place. As a result, people's moods and attitudes also change considerably. The dying off of all the old stuff proves to be a positive realization that a good harvest is about to conclude and to be enjoyed.

Harvest time has also come to the church. The Church is seeing and experiencing spiritual change entering into this season of a fruitful harvest. It is a harvest of great abundance the Church has not seen

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or enjoyed in a long time. The welcomed cool temperatures of a fall season is a constant reminder the church is daily being refreshed and rejuvenated toward a more purpose driven life.

The Church is shifting and seeing increase in prayer lives and victory in daily walks. Increase is taking place because God is still blessing the work of those faithful laborers who continue to toil day and night to replenish God's storehouse. Unproductive stuff is slowly dying off and old ways of thinking are gradually falling off and being replaced with a fresh anointing, and a fresh new fruitful crop.

Unfortunately, everyone will not participate in this process because somewhere along the way, something got tainted or something else happened to stiffen its seed.

As we look around and see the shifting of one season to the next, we should likewise be changing along with it, toward a much more unified Kingdom Mindset. During the harvest season, we often feel the effects of northern winds, and they are steadily blowing away any residue from past tradition that might have hindered any possibility of having a prosperous harvest. The dying off of old unfruitful thinking is just a way of preparing for a new growth and new blessings to be enjoyed in God!

As a Church body, God has to first work on us. It is because of

our faithful labor, we will eventually see bountiful increase, because we would have put in the time it takes to prepare people's hearts the right way, and to sow seeds of righteousness in people's hearts the right way, and to sow seeds of righteousness in people's lives and to finally till the soil of promise and hope in others. God is still doing a wonderful work in us and through us, and it is God who is the One that will bring forth its bountiful increase!

What believers everywhere have to understand, regardless of their current affiliation or denomination, worldwide harvest time has finally come to the Church. Church separation does little to promote Kingdom interest, nor does it alone produce a fruitful, bountiful harvest. In case after case, we see churches planting their own individual seeds forgetting the fact that God is just one God. We forget that God is much bigger than we oftentimes make him. We as believers need to change our thinking toward a more unified kingdom mindset. Seeds of truth and seeds of righteousness should be one in the same, if Jesus be lifted up, He is the one that will draw all men unto him.

"...But when Jesus saw the multitudes, he was moved with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd. Then saith him unto his disciples,

the harvest truly is plenteous,

but the laborers are few, pray ye therefore the lord of the harvest that he will send forth laborers into his harvest" Matthew 9:36-38.

It is during the harvest that we should expect and anticipate increase otherwise all the hard work done in the spring would have all been done in vain. It is about maintaining a Kingdom mindset of expectation that is based on faith. God promises to give increase and bless whatever we put our hands to do. Even when opposing destructive elements rise up to stop or hinder a bountiful harvest of believers, God will still give the increase.

The beginning of every fall season certainly coincides with harvest time where we will eventually see CHANGE come to the Church. Hopefully, you will be among those that will enjoy and experience even greater anointing by participating in and by laboring in God's Vineyard toward purpose.

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## HEALTH &amp; BEAUTY

## Honey, are you alright? Healthy Hormones

## Part 2

By Dr. Eric Toranzo

## Answer Health Columnist

For years, women everywhere (and their distraught spouses) have been screaming, "Will someone please stop this crazy, emotional rollercoaster — I want to get off!" After having found out in last month's article that there is an emergency exit called balanced estrogen and progesterone levels, we are suddenly hearing a resounding chorus of "Hallelujah!" Yes, it is true; the source of all those unexplainable emotional outbursts, those intense cravings for a whole gallon of Rocky Road at midnight and those tears we have shed just because he forgot to pick up the dry cleaning may be our unbalanced hormones. Getting our estrogen and progesterone levels in balance may be the first step toward a life of quiet peace and tranquility (take a deep, soothing breath now).

The next step toward a life of emotional well-being would be what I call "the liver connection." When something goes wrong in the body, there always seems to be a connection to the liver in some way or another. This is probably because the liver performs so many functions. Amazingly, the liver also plays an important role in our emotional state of being. The Bible states: **KJV Proverbs 7:23 Till a dart strike through his liver; as a bird hasteth to the snare, and knoweth not that it is for his life.** This verse is speaking about the emotional distress that comes upon a person who commits adultery. The liver is largely responsible for the emotional state of a woman because it enables female hormones to be correctly produced and processed, while also eliminating the old, used hormones by dumping them into the gallbladder. If the gall bladder is congested, which it very often is, then the liver cannot adequately dispose of them and they begin to accumulate and to be reused.

It is the recycling of worn out, used hormones that then negatively affects a woman's emotional state. As you may recall from part 1 of "Healthy Hormones," estrogen creates the lining each month so as to prepare you for pregnancy, and progesterone maintains the lining each month. When there is



no fertilization, progesterone decreases because it does not have to maintain the endometrium since there is no pregnancy and the woman gets her period. These two hormones must function together in the right amounts in order for the woman's body to function normally. When the liver is unable to maintain a normal flow of estrogen and progesterone, a woman will feel those emotional ups and downs.

OK ladies, let's get real; has anyone ever heard themselves say, "No, Honey, not tonight, I feel bloated"? Have you ever wondered how you could gain five pounds in one day when all you had was two carrot sticks and a diet coke? Has someone ever asked you how far along you were and you weren't even pregnant? Have you ever had a hard time fitting into your pants just because you were on your period? Well, if you have experienced any one of these troubling moments, the culprit could be a liver that is too congested to process those female hormones.

Bloating, gaining weight (which may disappear by the next morning) in just one day, a bulge in the lower abdomen, fluid retention in the ankles and an abdomen which get worse as the day progresses — these are just a few indicators of a congested liver. Some other symptoms are breast swelling and tenderness; the development of painful lumps often diagnosed as cystic mastitis; gradual, general unexplainable weight gain; headaches that are initially improved by rest but can progress to migraine levels that are cyclic, mid-cycle or near the menses; decreased appetite due to a constant full feeling; weight gain over the hips, upper thighs, breasts and upper arms (this would explain all

those fruitless hours at the gym); joint soreness with characteristic left shoulder pain; congestion all over or frontal headaches worse in the afternoon or the nighttime; menstrual irregularities such as cramps, absence of menses or too frequent menses; food cravings for sweets, pastries or salty foods (and you thought it was just the "munchies"); PMS, moodiness and emotional sensitivities; anxiety occurring more in the evening or at night; and finally, menopausal symptoms such as hot flashes. All these symptoms can become aggravated if a woman is taking supplemental estrogens such as birth control pills, Premarin, Ogen, Estrace or the Estroderm patch.

Some indicators that the gall bladder may not be functioning well are indigestion after meals, a generally upset stomach, bloating within 30 to 60 minutes after meals, nausea that can progress to vomiting also starting within 30 to 60 minutes after eating and lasting for 1 to 2 hours, intestinal gas that develops as the day progresses, loose stools or constipation, right-sided neck tension and tension headaches. No fun at all!

We can now see the truth in **Psalm 139:14** even more clearly: **I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well.**

When one area is not receiving the nutrients that it needs, it will affect another area that seems to be unrelated. A good doctor has to be like a good detective. Just like a detective investigates who had the motive for murder, a doctor must analyze and do thorough research to discover which area of the body is responsible for the distressing symptoms.

I have to admit that, in the beginning of my practice, I was guilty of treating only the symptoms, not the cause. After much trial and error, I learned to look deeper for the root cause and to reach higher for illumination. Thankfully, the Lord gives Divine (See *Hormones*, Page 27)



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