

THE TABLE + THE TEMPLE

A PRACTICAL
MESSAGE ON FOOD
AND NATURAL
REMEDIES



CONFESSION

Lord, I put the blood of Jesus over everything I own and have authority over.

I decree that my children are blessed and highly favored with everyone they come into contact with. (Psalm 5:12)

I decree that they are guarded from every ungodly influence. Angels surround them with the hedge of protection going out and coming in. (Psalm 34:7, Psalm 91:11-12, Hebrews 1:4)

I decree that that their emotions and thoughts are under the blood. Every unkind word spoken will not take root.

I decree that all germs die when they touch their body! My children are healthy and whole from the top of their head to tip of their toes. (Psalm 103:2-3, Psalm 91:9-10, 14-16, Isaiah 53:4-5, 2 Corinthians 10:3-5)

I decree that my children are kind, obedient, focused, and respectful. My children do well in ALL things!

TOP 10 INGREDIENTS TO LIMIT IN KIDS' FOODS

 Fuel Their Bodies... Not Just Their Taste Buds!

Many popular snacks and drinks are packed with ingredients that may not support growing bodies. **Reading labels = making healthier choices!**

1. ARTIFICIAL FOOD DYES

Watch for:  Red 40  Yellow 5  Yellow 6  Blue 1

Why limit them? Some children may be sensitive and experience:

- Behavior changes
- Hyperactivity
- Headaches- Can trigger Histamine, asthma, hives
- Skin reactions
- Irritability
- Contains p-Cresidine, a cancer-causing substance. Benzene – A known carcinogen that is a by-product of the making process. Associated with tumor growth.

2. HIGH-FRUCTOSE CORN SYRUP

Found in:  Soda  Sweet drinks  Candy  Packaged snacks

Too much added sugar may contribute to:

- Weight gain
- Blood sugar problems
- Fatty liver
- Tooth decay

3. EXCESS ADDED SUGAR

Look for:  Sugary cereals  Juice drinks  Desserts  Sweet snacks

Growing bodies need nutrients – not just empty calories!

4. ARTIFICIAL SWEETENERS

Examples:  Sucralose  Aspartame  Acesulfame-K

Some people report:

- Digestive discomfort
- Increased cravings for sweet foods and can be hard on the pancreas.

5. ARTIFICIAL FLAVORS

These are added to make foods taste stronger.

Often found in:  Candy  Drinks  Processed snacks

6. PARTIALLY HYDROGENATED OILS (Trans fats)

Avoid when listed because they can negatively affect heart health and cause inflammation.

Seed oils – Canola Oil, Sunflower Oil, Vegetable Oil (Stick with Extra Virgin Olive Oil)

7. REFINED GRAINS

Examples: ❌ White flour snacks ❌ Many processed crackers ❌ Sugary cereals

Choose more: ✅ Whole grains ✅ Fiber-rich foods

8. CARRAGEENAN

Often found in: ❌ Some flavored milks ❌ Processed dairy products ❌ Packaged foods

Some people avoid it due to digestive sensitivity concerns.

9. EXCESS SODIUM

Found in: ❌ Chips ❌ Instant meals ❌ Processed meats

Too much can affect heart health and blood pressure.

10. ULTRA-PROCESSED INGREDIENTS

Long ingredient lists with many additives often mean a highly processed food.

A good rule: **If you can't recognize most ingredients... think twice!**

SMART SWAPS FOR HEALTHIER KIDS

✅ Fresh fruit instead of candy

✅ Water instead of sugary drinks

✅ Nuts instead of chips

✅ Plain yogurt with fruit instead of sugary yogurt

✅ Homemade snacks instead of highly processed snacks

❤️ HEALTHY KIDS START WITH HEALTHY FOOD CHOICES

Read the label. Choose real foods. Help kids grow strong!

HOW MANY GRAMS OF SUGAR SHOULD A KID HAVE IN A DAY?

The recommendation refers to **ADDED SUGAR**, not the natural sugar in whole fruits, milk, or vegetables.

RECOMMENDED DAILY LIMIT

Ages 2–18:

Less than **25 grams** of added sugar per day



About 6 teaspoons



(about 6 teaspoons)



Under age 2:

Avoid added sugars as much as possible.



FOR COMPARISON:

65 grams of sugar
= about **16¼ teaspoons**



Note: Recommendations from the American Heart Association (AHA).
Sources: AHA, CDC



HEALTHY BREAKFAST OPTIONS

1. Oatmeal with honey, chia seed, cinnamon. Add bananas, apple slices, raisins, dates, strawberries, or nuts.
2. Make bulk waffles or pancakes and freeze until the morning of... pull out of freezer and pop in toaster. Add yogurt or fruit on the side.
3. Granola with Yogurt or Milk, add fruit on the side.
4. Fried or Scrambled Eggs, with avocado, toast, and fruit.
5. Cascadian Farms cereal... there is a variety at Walmart, Target and Kroger. Add fruit on the side.
6. Homemade muffins, with Yogurt and/or fruit on the side.
7. Protein smoothie with quality protein powder. – Add in frozen fruit and/or spinach.

GRANOLA

****Preheat oven to 300 degrees****

Dry Ingredients:

- 4 Cups Old Fashioned Oats
- 1 Cup Quick Oats
- 1 Cup Shredded Coconut (Optional)
- 1 Scoop Vanilla Protein Powder (Optional)
- 1 tsp Salt
- 3 Tsp. Chia Seed
- 3 Tsp. Whole Flax Seed
- 3 Tsp. Hemp Seed

Wet Ingredients:

- 1 Cup Coconut Oil
- ½ Cup Maple Syrup
- ½ Stick Butter

Instructions:

- Combine all dry Ingredients.
- Warm wet ingredients in saucepan on stove until all ingredients mix. Pour over dry ingredients and mix until all is combined.
- Spread onto a cookie sheet and bake for 20 minutes. Rotate pan and bake for another 20 minutes. Pull out and let rest until cool. Can be stored for 5 days.
- **** Optional add-ins...**Chocolate chips, cranberries, walnuts, pecans, dates. Can also use chocolate protein powder rather than vanilla.

Brief History of the Medical Evolution in America

- <https://theworldhour.com/the-dark-origins-of-big-pharma-rockefellers-empire-and-the-fall-of-natural-medicine/>
- <https://hannenabintuherland.com/usa/john-rockefeller-how-he-took-control-over-modern-medicine/>

TOP PRIORITIES FOR A HEALTHY BODY

How do we live IN health & stay IN health?

1. **Real food:** vegetables, fruit, nuts, seeds, grass fed, free range, wild caught meats.
 - **Real food is food closest to its natural form.**
 - **Example**= wild caught fish fillet. 1 ingredient V/S Batter dipped Fish 11 ingredients & its cooked in seed oils. **Seed oils**, such as soybean, corn, sunflower, canola, and safflower oil, are among the most widely used cooking oils today. They are often marketed as heart-healthy alternatives to traditional fats like butter and lard due to their unsaturated fat content. However, despite their popularity, growing evidence suggests that seed oils may pose significant risks to human health causing conditions such as:
 - **Chronic inflammation:** High levels of omega-6 can trigger inflammatory pathways in the body, contributing to conditions such as arthritis, heart disease, and autoimmune disorders.
 - **Increased risk of metabolic syndrome:** Inflammation is a key factor in the development of insulin resistance and obesity.
 - **Cognitive decline:** Omega-3 fatty acids are crucial for brain health, and an imbalance may increase the risk of depression and neurodegenerative diseases.
 2. **Lots of clean water every day** (bottled water leaches out microplastics into the water) why is that bad? Doctors and scientists are now saying that the average American ingests the equivalent of one credit card of plastic a month. When cardiologists are doing heart surgeries they are now finding clumps of plastic in the arteries and around people's hearts. Also in the blood, liver, lungs, and even the brain. Microplastics have been linked to increasing rates of dementia and cancer, as well as harm to the reproductive, digestive and respiratory systems.
 - <https://cdm.press/news/latin-america/2026/03/25/mccullough-foundation-on-the-dangers-of-microplastics-and-how-to-get-them-out-of-your-body/>
 - https://www.twc.health/products/plasdetox?_pos=6&_fid=6cd879946&_ss=c?variant=50874134528216
 - **Mason jar cup accessories-** masonjarlifestyle.com
 - **Tap water** contains MANY harmful chemicals like arsenic, nano plastics, mercury, lead, deet and many other harmful chemicals and contaminants that cause disease.
- Patriot Pure Ultimate Water Filtration System & Nanomesh Filter
 - <https://4patriots.com/product/patriot-pure-ultimate-water-filtration-system-nanomesh-filter>

- A reverse osmosis water filter- <https://www.lowes.com/pd/Whirlpool-Premium-Triple-Stage-Reverse-Osmosis-Filtration-Under-Sink-Water-Filtration-System/1000065237>
3. **Plenty of sleep: Sleep is essential for optimum health**
 - Neurologists indicate that blue light exposure, (tv's, computers, tablets, phones etc) especially at night, disrupts sleep by suppressing melatonin production and shifting circadian rhythms. This can lead to poorer sleep quality and increased risks for various health issues such as depression, diabetes, heart disease, obesity, foggy brain, difficulty concentrating, and eye issues because it has been shown to delay and suppress human melatonin production.
 - Chronic suppression of melatonin not only disrupts sleep and contributes to insomnia but can also increase oxidative stress and impair the functionality of the immune system. Neurologists recommend shutting off blue screen exposure at least 1-2 hours before bedtime to help improve sleep quality.
 - <https://www.webmd.com/sleep-disorders/benefits-sleep-more>
 - <https://lonestarneurology.net/others/how-light-exposure-impacts-neurological-health-blue-light-vs-natural-light/>
 - **Let's talk about natural ways to heal some common health issues.** These methods have been used all over the world for centuries and are still being used today in many cultures to cure, heal and prevent many ailments. But due to what happened in 1910 America has turned it's back on these natural remedies
 - I am not Demonizing anyone who is currently taking prescription medication. Sometimes we just have to take a prescription. And thank God they're available because they do save people's lives.
 - **Proven Natural ways to lower blood pressure:** basil, garlic, beets, thyme, parsley, ginger, Ceylon cinnamon, cardamom & 30 minutes of walking a day. NO SIDE EFFECTS
 4. **Natural ways to treat Type 2 Diabetes -According to Dr. Danielle E. Greenman at Stamford Health**, here are her top remedies for **Type 2 diabetes**: weight loss, Apple cider vinegar, fiber and barley, chromium, zinc, aloe vera, Berberine, cinnamon, fenugreek, gymnema, & Nopal. As with ALL herbs, you will want to Check with your healthcare professional before adding these to your diet if you are currently taking prescription medications. There could be some interaction issues.
 - <https://www.stamfordhealth.org/healthflash-blog/diabetes-and-endocrine/type-2-diabetes-natural-remedies/>
 - <https://www.singlecare.com/blog/natural-remedies-for-diabetes/>
 5. **Pain relief Natural:** White willow bark, Devil's claw, Boswellia, Hops, Lavender, Ginger
 - <https://botanicalinstitute.org/herbs-for-pain/>
 - <https://www.verywellhealth.com/herbs-for-pain-management-89299>
 - <https://practicalselfreliance.com/wild-lettuce-tincture/>
 6. **Depression Natural Supplements:** St John's Wort, Saffron, 5-HTP, L-methylfolate, SAMe, Ashwagandha, Blue Vervain

- <https://www.msn.com/en-us/health/mindandbody/14-natural-antidepressants-that-health-experts-say-work/ar-AA1FhFH5>
 - <https://botanicalinstitute.org/herbs-for-depression/>
7. **Natural Cancer Treatments & Clinics:**
- **Hope 4 Cancer Treatment center:** <https://hope4cancer.com/about-us/locations/tijuana-mexico/>
 - **Burzynski Clinic:** <https://www.burzynskiclinic.com/personalized-cancer-treatment-plans>
 - **Florida invests \$60 million in cancer research including Ivermectin** <https://newsnowchicago.com/health/florida-invests-60-million-in-cancer-research-including-ivermectin/>
 - **Ivermectin + Mebendazole** <https://www.twc.health/pages/ivermectin-mebendazole-cancer-study>
 - **Fenbendazole**
 - <https://publichealthpolicyjournal.com/new-study-fenbendazole-linked-to-remission-or-near-remission-in-three-stage-iv-cancer-patients/>
 - <https://articles.mercola.com/sites/articles/archive/2025/10/05/holistic-cancer-prevention-and-wellness.aspx>
 - **Real-world Clinical Outcomes of Ivermectin and Mebendazole in Cancer Patients: Results from a Prospective Observational Cohort** <https://ar.iiarjournals.org/content/46/6/3243>
8. **Supplements with medically proven health benefits**
- **Magnesium Glycinate** for heart, joint health <https://www.drberg.com/blog/the-unique-benefits-of-magnesium-glycinate-how-its-different>
 - **Turmeric Curcumin** for inflammation - Top Causes of Inflammation and Natural Remedies | Dr. Berg
 - **Ceylon Cinnamon** helps level your blood sugar <https://articles.mercola.com/sites/articles/archive/2024/06/12/cinnamon-health-benefits.aspx>
 - **Beets** have nitric oxide that help open up your arteries and can lower blood pressure- <https://draxe.com/nutrition/beets-benefits/>
 - **Vitamin D**-Vitamin D plays a crucial role in maintaining bone health, muscle movement, brain function, and immune health. #1 source the Sun 20 min a day gives you all you need. <https://www.drberg.com/blog/vitamin-d-benefits-sources-deficiencies-causes-symptoms-dosag>
 - **Cod Liver Oil** is a source of anti-inflammatory omega-3 fatty acids, supplies critical vitamin D, Great source of vitamin A, Helps prevent heart disease, and many other benefits. <https://draxe.com/nutrition/cod-liver-oil/>
 - **Bergamot** Supports heart health, aids your body's cellular cleaning process, Helps to cool inflammation- <https://draxe.com/nutrition/citrus-bergamot/>
9. **Sweeteners** God made is always better than man made

- **What to eat?** Organic Stevia, organic honey, raw sugar(in moderation)
- **What not to eat?** Aspartame products like the pink & blue packets, NutraSweet, Splenda, white bleached sugar, corn syrup. Dozens of studies have linked the popular artificial sweetener aspartame to serious health problems, including cancer, cardiovascular disease, Alzheimer's disease, seizures, stroke and dementia, as well as negative effects such as intestinal dysbiosis, mood disorders, headaches and migraines. Aspartame is found in about 6,000 products, including Diet Coke and many other products marketed as "diet." <https://ehjournal.biomedcentral.com/articles/10.1186/s12940-021-00725-y>
- Aspartame- <https://www.newsweek.com/popular-sweetener-may-harm-heart-and-brain-study-11249025>
- Aspartame- https://usrtk.org/sweeteners/aspartame_health_risks/

***Dr Peter McCullough @ The Wellness company <https://www.twc.health/>

***Dr Joseph Mercola <https://www.mercola.com/>

*** Dr Bryan Ardis <https://thedrardisshow.com/>

*** Dr sherry Tenpenny <https://drtenpenny.com/>

10. **What is an Herbal Tincture?**

- A tincture is a concentrated liquid extract made by soaking herbs in alcohol to extract their medicinal properties. <https://practicalselfreliance.com/herbal-tincture-recipes/>

11. **Helpful Tools**

- **Yuka App**- Yuka is a mobile app that allows users to scan barcodes of food and personal care products to evaluate their health impact. It provides a score and detailed information about the ingredients, helping users make informed choices about what they consume.
- **My fitness Pal App**- MyFitnessPal is a health and fitness tracking app that helps users monitor their diet and exercise. It allows users to log food intake, track calories and macronutrients, and connect with other fitness apps for a comprehensive health management experience.
- **FastHabit App**- FastHabit is an app designed to help users start and maintain intermittent fasting by allowing them to set fasting lengths, log their daily progress, and track their weight. It features reminders, calendar views, and data export options to support users in achieving their fasting goals.