

- **FIRST: FORGIVE! FORGIVE! FORGIVE!**
- (Do not hold grudges or be angry with God or His creatures – so that you can be forgiven and healed)
- Choose God and Thank Him daily for your afflictions
- Choose to Bless your afflictions (cursing invites the evil one)
- Believe, Expect, Desire and have Faith that God is healing you.
- Visualize God's Hand and the Holy Spirit healing the organs, systems, tissues etc. that are affected.
- Read your Bible daily, especially Psalms
- Have believing family, friends, and children lay hands and pray over you, daily
- Journal your dreams and thoughts
- Use Contemplative and Silent Prayer more often than petitioning prayer ((It is better to listen than beg (think of a child, would you rather they listen or beg?))
- Attend the Paraklis most second Wednesdays at 7:00 p.m. at St. Athanasius
- Use Christian Doctors and pray with them before consultations and treatments

Try to limit the long-term use of prescription drugs. These chemicals usually treat symptoms rather than causes, they are usually man-made not God made and therefore have side-effects. Many of them rob the body of necessary nutrients needed to heal the body, causing more deficiencies. Remember, God created NATURE, therefore natural remedies for long-term use usually address the cause, rather than the symptom and do not normally have other adverse side-effects. The Almighty God created them for our use, why shouldn't they heal? (Read Sirach 38)

Many integrative physicians are now subscribing to the philosophy that many chronic and some terminal illnesses are the result of digestive disorders and allergies which cause inflammation due to improperly digested and unabsorbed food, causing deficiencies and toxicities in the body that prohibit the cells, tissues, organs and systems from properly performing their functions, resulting in dis-ease, dis-comfort and pain.

It is interesting to note that Integrative medical physicians who are trained in both conventional and natural treatments normally prefer to use the less invasive, natural treatments and are enjoying much success in this area, this is a growing area of medicine. We have used a combination of the following resources:

Integrative Physician: Richard Halstead, 317-831-0853 17 Moore St., Mooresville, IN

Information Resources [www.whitakerwellness.com](http://www.whitakerwellness.com) [www.lef.org](http://www.lef.org) [www.prevmedgroup.com](http://www.prevmedgroup.com)  
: [www.vrp.com](http://www.vrp.com) (VRP Pin# 627683)

*"It is not your sins that will cause suffering and put you into hell. It is lack of sincere repentance, and conversion. The Saints, who healed the sick, cast out demons and resurrected the dead attained Theosis through their obedience and love for God. We are required to do the same. How many people has God healed through you today?" ~ Fr. Sid*

<http://saindy.com>  
[stathanasius@pngusa.net](mailto:stathanasius@pngusa.net)