

# Be in Health®

## NEWSLETTER

OCT • NOV • DEC 2017

### A Journey Out of the Desert

In August of 2016, I heard about Be in Health® from a lady that goes to our church. She leads book studies and I had begun the Bitterness book after meeting with her. She shared how bitterness was the number one block to healing. One of my assignments from her was to start writing down things that I am thankful for. She was very clever because that was her way of getting me out of self-pity. It worked!

I had spent thousands of dollars for 12 years trying to get well on all sorts of alternative methods and expensive supplements. We were financially stretched because of all of the different things I was trying in order to be well. The devil was just stealing from us.

In October 2016, there was a Be in Health® conference in Knoxville, TN which my husband, Aaron, and I attended. That just opened it up even more because I had not read *A More Excellent Way* at the time. It helped us understand how different circumstances and challenges can impact different body parts.

It was there that they talked about the *City of Refuge* in November and December of 2016. At the time I had a strong desire to come to Thomaston, but I just didn't see a way for that to happen because of the need for childcare for our son, Caleb, plus the expense of getting down to Georgia. When they told us that *City of Refuge* was only \$25 I thought, "We could do this!"

At the Knoxville Conference Aaron bought the CDs on *Overcoming Passivity* and we listened to them together. He began to repent to me for his passivity. I repented for my part and God began



**Katie**

to heal our marriage. That was definitely a huge turning point in the journey when God showed us the importance of Godly order. The Lord showed me that I also had to come into alignment, too. I felt safe again with my husband. That really helped me not fear rejection and feel that spirit of rejection any more.

During *City of Refuge* in November of 2016 the number one thing that I left with was that I just knew that my Father loved me. I just knew it. All doubt was gone. I knew His love for me.

When I returned home, relationships with others began to be restored. One of the things I had learned at *City of Refuge* is where there is disease, there is generally a breach with God, yourself or others. I started spending time with the Lord, getting out of self-pity. I just did it. I made the time with Him. As I did that my heart began to heal. I was also very intentional about going to those people where there was a breach and made it right. When I left *City of Refuge*, I had not had a regular menstrual cycle in 12 years on my own. I only

experienced a cycle with medication including birth control. I had submitted to all sorts of tests, but the doctors were unable to determine the cause. One of the possible spiritual roots to this was a breach with a mother or other female. I recognized that with my mom. That was one of the first relationships that God restored. It was amazing.

I had actually forgiven my mom during *City of Refuge*. Then two weeks after I left, I began to have my cycle again. In fact, I had it twice in December. I went to the doctor and said, "What is going on?" He said that because I had not had one in so long that my body was just cleansing itself.

That was really how I felt. God was just cleansing me of all that uncleanness and shame. I had hope again. I had restored hope that I could be normal and I could have children which was a desire of my heart. I wanted more children.

It continued to be normal for six months. This was my new normal.

In the spring of 2017 my mom visited, she knew things were different. She saw I was more peaceful and joyful and we talked a lot!

We went to another conference in April 2017 in Knoxville. That was probably the first time where I was excited to be able to help someone else, too. That has been part of my journey as well. With Unloving, you have to get outside of yourself. I even started a Bible study at my church and that has been a huge part of my healing as well.

In April our 4 year old son, Caleb, began to really rebel, it was tormenting. However, one of the things I had learned in Godly order is that I needed to step back and trust God to speak to my husband. Aaron stepped up and Caleb calmed down and there was peace again. There was discipline in love.

In June, Aaron invited me to go to California with him for a business trip. I was supposed to start my cycle and I didn't. My first thought was, no, this is not my new normal. So I took a pregnancy test. It was negative. Like a flood, self-pity and hope deferred was right there to taunt me. I was tempted to accuse God. The devil was giving me his best shot.

One of the things Aaron helped me to understand from his military background was when you come to a situation like this, you have to:

1. Report to headquarters
2. Continue to fight back with a fire attack
3. Call for help



**Katie, Aaron and their son Caleb**

You have to do all three! That has helped me so much for I realized I was calling headquarters, but I wasn't firing or calling for help.

Being vulnerable with others again in a really difficult time has been like a propeller. It has propelled my healing journey. We need each other. One of my friends spoke into my life. She encouraged me not to go into fear. She suggested that I wait until after it had been 40 days since your cycle should have started. Before that it may be too early to tell what is happening in your body.

I recognized I had to just completely trust God with this. I prayed and recovered myself within two hours as opposed to a week of wallowing in self-pity.

I went to California for a week believing the matter was settled. Then I returned home with Aaron following four days later. I waited for Aaron before I took another pregnancy test. He came home on a Friday night. Saturday morning when I woke up, I took the test and it was positive. I was so elated and crying tears of joy all day!!!

God has shown me layers. He didn't show me everything all at once. This summer I was ready to address the next level, we returned to Thomaston as a family to attend For My Life® and the Walk Out Workshop. We were also so excited to share with our Be in Health® family that we are having another child this December.

We are so grateful for *City of Refuge* because it changed our lives and our generations. We will never be the same!

-Katie T.



Be in Health Created the *City of Refuge* week, which is a For My Life® program in Thomaston, with only a \$25 per person registration fee. This makes it possible for those who could not otherwise afford to attend. Registration is now open. Visit [www.beinhealth.com/cor](http://www.beinhealth.com/cor) to register today.

Walk Out  
WORKSHOP  
SPECIAL OFFER!!  
DECEMBER 10-15, 2017 only  
\*\*\$299 if you register by Nov 15, 2016  
after this the price will go up.

The graphic has a light orange background with a faint pattern of stylized leaves or petals. The text is in various colors: 'Walk Out' is in a large, blue, cursive font; 'WORKSHOP' is in a blue, bold, sans-serif font; 'SPECIAL OFFER!!' is in an orange, bold, sans-serif font; 'DECEMBER 10-15, 2017 only' is in a blue, sans-serif font; and the bottom two lines are in a smaller, orange, sans-serif font.

Have you heard about the Walk Out Workshop? WOW is a week-long program equipping you in the journey of overcoming! If you register before November 15, 2017, for the Walk Out Workshop immediately following *City of Refuge*, you can save \$100! After November 15, 2017, the price will increase to \$399 until December 6, 2017, after that it will be \$434.

SAVE THE DATE:  
UPCOMING CONFERENCES AND LOCATIONS

October 27-28, 2017: Richmond, VA      December 9, 2017: Thomaston, GA

November 18, 2017: Atlanta, GA      January 26-27, 2018: Dallas, TX

February 23-24, 2018: Lancaster, CA

# Happy Heart



**W**hat does it mean to have a happy, healthy heart? In today's time, it is difficult to find the Father's path of truth to maintain a healthy spirit, much less a happy one. If we don't recognize this, we are open to possible diseases to come into our bodies and take over. One of these diseases is cardiovascular disease, which has been near the top of the list of diseases that remove people prematurely.

According to Dr. Henry Wright in, *Insights into Cardiovascular Disease*, cardiovascular disease has been listed in two classes: those that are unto death, and those that are interferences with everyday life that are not unto death. Based on the study of science and case histories, about 11-12 major cardiovascular diseases are spiritually rooted with corresponding psychological and biological manifestations.

There are three possible levels of spiritual causes to cardiovascular disease. As you read the following, have an honest conversation with the Father to help you do spiritual inventory of your heart and the iniquity you could possibly be carrying. As you talk with Him, it gives the Father opportunity to speak to you as a loving Father by His Spirit for things only He knows.

Fear, stress, and anxiety: which cause a malfunction of the human heart.

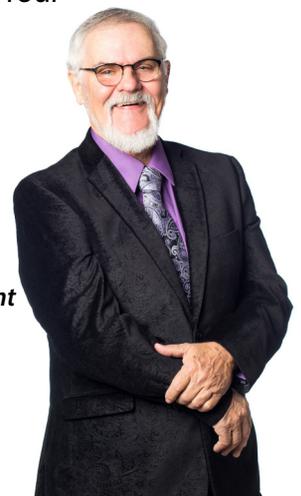
Self-hatred, self-rejection, and self-accusation: these are a self-vs-self battle in which the person is believing that they are not valued, either from listening to family members who put them down, or from taking ownership of the thoughts from the enemy. Hostility, rage, and anger: this accounts for a majority of cardiovascular disease apart from those that are genetically inherited, congenital birth defect, and/or from injury or cancer invasion.

The Bible tells us in Proverbs 17:22 that "a merry heart does good like a medicine". According to the original Hebrew, 'medicine' means cure! So if we were to read this as "a merry heart does good like a cure", we can see that it is important to our bodies that we are happy. The more we receive the Father's love for us, the happier and healthier we will be.

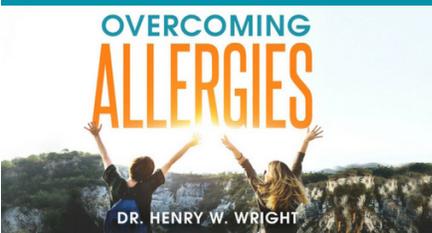
In conclusion, have a good Father-son/daughter chat. Cast your cares on Him because He cares for you. Your physical heart will be glad you did.

**Casting all your care upon  
him; for he careth for you.  
1 Peter 5:7**

*Dr. Henry W. Wright*



# Overcomers' COMMUNITY™



Now Showing  
as of October 1st



Coming  
December 1st



## Two New Specialty Conferenes Coming this Fall

On October 1, 2017 Overcoming Allergies was released to the Overcomers' Community, and coming December 1, 2017, Real Solutions: No Meds Required will be uploaded!

There are a lot of different resources available to the Overcomers' Community, and one of the best resources is the availability to watch the One-Day Specialty Conferences that we have had over the past few years. These are available for only \$24.99 a month.

## SAFE PLACE TO OVERCOME

Here you will have a community of believers walking alongside you, spurring you on with encouragement and fresh testimonies. Plus, you'll have access to our weekly church services, Specialty Conference videos, and For My Life® teachings.

Life-changing content at your fingertips!

Join Today. \$24.99/mo.  
[www.beinhealth.com/oc](http://www.beinhealth.com/oc)

## HIS WAYS versus OUR WAYS

Unraveling the Spiritual Makeup of Man



## IMMERSE YOURSELF IN HIS WAYS

The teaching HIS WAYS versus OUR WAYS- Unraveling The Spiritual Makeup of Man, which Dr. Wright considers to be the most significant thing he has taught, is available to you for a gift of \$50 or more (regular retail \$74.99).

In this teaching, Dr. Henry Wright will help immerse you in The Word, and God's ways of thinking, speaking and acting.

Please see the response card included with the newsletter for instructions on how to take advantage of this offer.

If you would like to purchase this teaching  
Order online: [beinhealth.com](http://beinhealth.com)  
Call: 706-646-2074  
choose Menu Option 2

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