

By Pendra Lee

God's Health Plan – The Audacious Journey To A Better Life by Ricki Pepin. (ISBN 978-1-60266-698-6; Xulon Press, www.rickipepin.com; paperback; 308 pages; \$18.99)

A child suffers for more than a decade with an unexplained, disabling illness. Desperate for answers, his mother embarks on an intensive search for answers amid confusing and often conflicting medical data. The result? The discovery of seven biblical principles that author Ricki Pepin believes is God's prescription for healthy living.

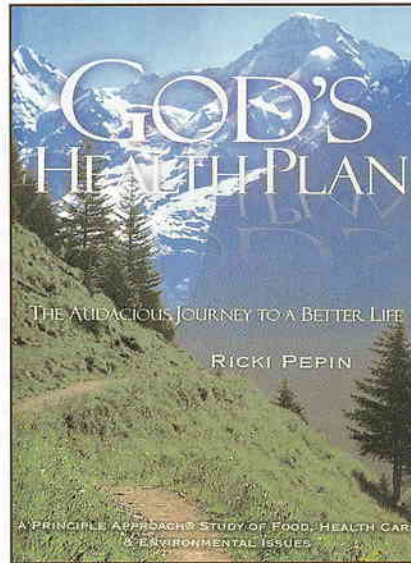
When I first picked up Ricki's book, my first thought was "Oh no, another one of those Christian health books that reads well, but is hard to implement." I was wrong. Ricki answers key questions about environmental causes for illness, what the Bible specifically says about food and clean living, and then she manages to draw a direct connection between our misguided behavior and our diseased modern culture. This is the first book of its kind that I've read that gives a rational cause and effect for many diseases, then lets the reader take charge by following through via the extensive resources she provides.

The author has done extensive research in such areas as hormone-replacement therapy and vaccinations to physical and spiritual detoxification. Practical and well-documented, all the information one needs to start the "audacious journey to a better life" is contained in this one book.


Ricki Pepin is a wife, mother, and grandmother. A former homeschool teacher to her children, she was introduced to the Principle Approach® to education in 1991 and developed an enthusiastic vision for entire families to learn and apply the seven principles in every area of their lives. She does not set herself up as an expert on health, but rather equips the reader with the tools necessary to search out their own answers, as she did. Bill

Gothard, President of Institute in Basic Life Principles, utilizes material from her book in his teachings.

According to Ricki, "God's health plan is not just about 'not being sick,' it's about wholeness and restoration of mind, body, and spirit. It's about adding life to your years, not just years to your life. God has a plan and destiny for every individual, and to whatever degree we are sick or dying prematurely from self-inflicted neglect or poor lifestyle choices is the degree we are falling short of fulfilling that God-ordained destiny. God's Health Plan teaches you how to cooperate with your Designer and walk out that destiny in strength and vitality."



The seven principles encompass food choices; medical-care alternatives, and environmental stewardship practices that will create healthier lives and a replenished world, Pepin says. She believes society is at the beginning of a medical paradigm shift from fighting disease to maintaining health, but individuals face enormous frustration as they begin to take charge of maintaining their own health.

Pepin says. "It is my hope and belief that this book will assist other ordinary people to sift out the fads and fallacies and find God's principles on health, which can lead to their own physical and spiritual restoration." 

Pendra Lee Snyder is a journalist, radio-news anchor, event coordinator, and publisher of the Citizen USA Newspaper (<http://www.citizenusa.net>). Pendra has 20 years' experience in media and promotions and focuses on those areas that promote liberty and family values. Pendra has coordinated and provided promotion/media buys for several State, regional, and national events. She was the media specialist for Promise Keepers, the media coordinator for a large abstinence campaign, and Public Relations Coordinator for Montgomery County Community Action Agency, a 7-million-dollar, non-profit, anti-poverty agency in Dayton, Ohio. She is the mother of twin girls. She and her husband live in southwest Ohio.

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prominent people in our society. Next, we must launch legal action and start exposing the corruption of Health Canada, the RCMP, and the National Pharmacy Association. These groups are working together along with the U.S FDA in closed-door, secretive meetings. Trust me, your health is not their top priority. It is money, greed, control, and sickness.

We the People and fathers and mothers of the children stand united to protect and provide only safe natural supplements and herbs for the children of today and the next seven generations. I speak as a Métis woman, mother, and traditional healer for my people, the First People of Turtle Island North America. Our government is attempting to take away herbal medicines that my ancestors have used for thousands of years. When I hear stories from my elder John Perry, aged 80, from the Gitksan Nation (Hazelton, British Columbia), tell me that they cannot pick their beloved jack-pine resin for colds and building up the immune system because Health Canada has threatened

to arrest them, then we have a big problem. This elder lived in the bush until the age of 21, never eating white man's food or taking any of his toxic medicines. Did you know the average age of First Nations people was 100-120 years old before the Europeans arrived?

Are we ready as a people? Please ask yourself this question. We have a battle on our hands that has been going on for over 80 years against us. If we want to stop the monster, it will take brave, strong, intelligent, and passionate people to stand together against our government and police. Newly-formed, National Health Federation Canada is uniting the industry as part of the oldest health-freedom-fighting organization in the World. The National Health Federation had the foresight in 2002 to apply for a seat at the Codex Alimentarius table. We are the only recognized INGO fighting for natural health freedoms against an international wash of propagandists and pencil pushers there. We have solutions but we also need your support. Please respond by giving of your time, your wallet, your ideas, and your expertise to accomplish our goals. 