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time to manifest

God has a prophetic word for all of us: it is manifest time. God said to tell you to dust off all your dreams that haven't come to pass that He spoke to you; all the vision that He has given you. He is about to bring it to pass—with quickness.

Over the last two years, many of you have been through great trial. God was aligning and transitioning you. When you talk about Jesus going to the tomb and telling Lazarus to come alive, come forth, that was the final transition, the final turning. Over the last two years, all

For every-
thing that
God is
about to
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believing.



the stuff you were going through was for your final adjustment. It actually positioned you to receive an instant manifestation of God.

When you get up now, don't get up like you got up in 2004. Already you are starting to get discouraged, and things seem as if they are going the same way they went in 2004. If your mind has fixed itself on tradition and routine from last year, when God does His manifestation you won't even know it because you are still tied into an old dimension. You need to release; come forth. When Lazarus jumped out of that tomb, he didn't

look back. God says to tell you that He's bringing you out of the graveyard, out of that dead place.

The prophet Joel said, *And it shall come to pass afterward that I will pour out My Spirit on all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions. And also on My menservants, and on My maidservants I will pour out My Spirit in those days* (Joel 2:28-29).

Menservants and maidservants, this is your day. One of the things that used to make folk sick in the church is that it looked like the only person being blessed was the preacher. It would cause folk not to go to church. God said that now He's blessing the servants; I want to get the manifestation in the pews. I want it in your house.

Habakkuk 2:2-3 says, *write the vision and make it plain on tablets, that he may run who reads it. For the vision is yet for an appointed time.* It's time. What God has in store for you, He's been cooking up over the ages, but because it is going to be so delicious, you had to wait and wait. He's about to serve it up right now. For further in this passage, the Word says, *it will surely come, it will not tarry.* That means, what God has coming can't be stopped. When you read on, it says *the just shall live by his faith.* For everything I just announced to you, all you got to do is believe it.

Faith is a divine persuasion that draws us away from unbelief and produces in us a tenacious decision to stand on the Word of God. Faith is a gift from God to rely on His ability and not ours because it is a divine persuasion that brings us into victory and the positioning for it. That means there has to be an adjustment

in your mindset because faith is not something you do. Faith is something that comes with what you receive. If you receive what God spoke over you, faith is in the Word He spoke, which causes faith to go to work to make what you receive of God come to pass. Which means, if I tell you to dust off your plans, and you go home and do the same thing you were doing, nothing is going to happen no matter how much you shouted because you didn't receive the Word that would put faith to work. The Bible says, to each he has given a measure of faith. Hebrews 12:2 says, *looking unto Him who is the author and finisher of our faith.* That means if God spoke it, He authored it, and it is His responsibility to finish it. The only responsibility you have is to receive it and confess it, and then it has to come to pass.

When trouble hits, God is trying to show you another side of Him. He has already put faith in you to make sure you already have victory. Every trouble is to show you His mercy, grace, personality, character and image so you can walk more into that. For everything that God is about to release, the power to open it is in believing. The hardest thing to do right now is to get rid of doubt. The area you are having trouble believing in is the exact area He's about to erupt in. Your unbelief is about to be arrested.

This is the part that takes work: if you don't read God's Word, there is nothing to work. When God speaks to you, write it down, post it, date it, and say, "It will come to pass." Some of you need an "it will come to pass" book. I know you have been waiting, but though it tarries, it has got to come.

it's about a dream

Message quotes from guest speaker Dr. Mark Hanby

“It doesn't matter where

you come from, when someone talks about dreams, the whole world stops to listen. Men who dream dreams are people who can see things that have not yet come to pass. A dream is when you look into the unseen world and visualize. I'm not talking about doing something over and over again until when you go to bed you can't do anything else but dream about it. I'm talking about when your spirit gets so open, and God finds a channel in your mind; He finds a portal in your spirit so that He can introduce even in your subconscious mind when you're not trying to think of something, when you're not trying to make something happen. Even in the times when your conscious mind is asleep, then something inside of you still nurtures the idea of manifesting those things that God has put in the spirit world; you start seeing pictures and illustrations.”

“When God makes a

covenant then He gives seed, and seed has to possess that covenant. When God gives covenant, then He has to give seed to fulfill that covenant. We are so immediately impulsively expecting God to do things that we have a problem with



any extension of time. If God doesn't do it right now, we think that He's never going to do it. That's because we live in impulse religion. We also have lived in escapism. We think God has to do it all right now in my generation or else it doesn't exist.”

“How can Abraham be

the father of many nations? He was barely the father of one boy, Isaac, and then another child by a bond-woman. Let me remind you that God said, “In thee and in thy seed shall all nations of the earth be blessed.” In other words, God says, “I intend to start with you Abraham,

and then I'll continue with a seed and then I'll take that seed and continue with another seed. And I'll keep continuing with seed until I build My kingdom in the earth.’ That's why the scripture says we are children of promise according to the covenant that was made with Abraham.”

“Abraham had Isaac, then

Isaac had Jacob and Esau. Even though Esau was first born, God could not approve the fact that Esau was not a seed carrier. Why did God approve Jacob? Because Jacob dreamed a dream, that even though he was second born, he could still get the promise....If you dream a dream, if you desire enough, if you drive in your spirit hard enough toward the purpose of God, you can literally have anything that God promised.”

“Someday the churches of

this city and the people of this city will look around and see that God didn't call New Birth to be a kingdom unto itself. He didn't call you just to make you a big local church. He called you to be the dreaming factor in the city of Atlanta—the seed, the dream in the city.”

go higher

If one of your dreams has been to earn a college degree, New Birth has a higher learning program in place to help you get busy. In partnership with North Carolina Central University, New Birth is now offering courses toward bachelor's degrees in various disciplines.

NANCY M. LADSON reports on yet another Kingdom-building vision of Bishop Eddie L. Long that has come to pass—the New L.I.F.E. College.

The next time you step on to the New Birth campus, you may be toting a few textbooks along with your Bible...that is, if you're seeking to earn a bachelor's degree and would like to conveniently do it here at your church home.

Presenting New L.I.F.E.

College—the degree-granting arm of New Birth's Christian Education Department, which allows individuals to earn a North Carolina Central University (NCCU) bachelor's degree locally here at New Birth.

NCCU of Durham, N.C., has been approved by the Nonpublic Postsecondary Education Commission of Georgia's Department of Education to offer the following degrees at New L.I.F.E. College: Bachelor of Business Administration, Bachelor of Science in Criminal Justice, and Bachelor of Science in Hospitality and Tourism Administration.

a vision embraced

It was not too long ago that Bishop Eddie L. Long had a vision of individuals receiving a college education at New Birth Missionary Baptist Church. New L.I.F.E. College founder Dr. Gwen Mitchell, a 10-year college professor who has worked with programs at Auburn University, Strayer University, and Ohio State University, caught the vision and embraced it. She connected with the headship of New Birth's Christian Education Department to begin plans for the program, and they teamed up with Dr. Beverly Jones, Vice Chancellor for Academic Affairs at NCCU. Two years later, New L.I.F.E. College became a reality.

Prior to starting the program, the founders conducted mounds of research and interviewed several historically black colleges and universities (HBCUs). North Carolina Central University was the best fit, says Dr. Annette Mitchell, New L.I.F.E. College Director. She says New L.I.F.E. College founding members administered countless surveys to find that a large number of people were interested in earning bachelor's degrees and would be in favor of earning them here at New Birth. The program accommodates non-traditional students who have busy work schedules and families; it's ideal

for those who never attended college, or for those who started but didn't finish. Classes are held at New Birth in the evenings, between 5:30 p.m. and 9:30 p.m. New L.I.F.E. College students will also have access to NCCU online courses.

"This is truly one of the most exciting programs we've had in distance education," says Dr. Beverly Jones of NCCU. "What's most exhilarating about it is that it gives non-traditional students the opportunity to further their careers and realize their dreams, and that's part of what the mission of this university is all about."

Dr. Jones speaks highly of Bishop Eddie L. Long's leadership and Kingdom-building efforts, describing New Birth as "the most unique church that serves as a model in reaching out and helping people in many areas of their lives."

NCCU is one of the oldest and well-known historically black institutions of higher learning. Founded in 1910, it was the first state-supported liberal arts college for African Americans. The university is accredited through the Southern Association of Colleges and Schools. NCCU has prestigious alumni, such as Willie Gary, named a top trial lawyer by *Forbes* magazine, the former Atlanta Mayor Maynard Jackson, and our very own Bishop Eddie L. Long.

"Some time ago, Bishop issued a decree to the congregation that we need to help historically black colleges and universities," says Elder Patricia Riley, Director of New Birth's Christian Education Department. She says partnering with NCCU allows New Birth the opportunity to actively take part in supporting the rich legacy of educating African Americans through an HBCU. Elder Riley also points out that the development of this program is directly in line with Bishop's

vision of wanting to provide quality education to individuals right here on the New Birth campus—from the time of childhood (Faith Academy) through the college years (New L.I.F.E. College).

caliber of excellence...

Applications for admission are submitted to New L.I.F.E. College, and the NCCU Department of Admissions selects all students who will be enrolled. Candidates are not required to submit SAT or ACT scores if over the age of 23, but transcripts from attended educational institutions reflecting a 2.0 GPA are required. If a candidate does not have a 2.0, a personal statement explaining an average less than 2.0 must be included.

Like NCCU, New L.I.F.E. College operates on a semester system; there are three semesters—winter, summer and fall—in one year. The College recommends that students only take one class per term, unless they opt to take two classes per semester.

Students change classes every six weeks. "Keeping in mind the busy schedules of many of our non-traditional students, we designed it so they will only need to come to New Birth one night a week for these classes," says Dr. A. Mitchell. The College hopes to expand its majors and degree offerings in the future, which could possibly include an MBA program. The founders are also reviewing some one-year certificate courses and training programs.

New L.I.F.E. College students can retain credits previously earned by transferring them from approved learning institutions and through the College Level Exam Program (CLEP), which allows students to take an exam demonstrating that they have mastered all course objectives. Credits can also be transferred through the Credit for Prior

Learning (CPL) program, which allows students with certification to receive credits.

Maintaining the same caliber of excellence as NCCU, New L.I.F.E. College students are graded and ranked based on the standards of NCCU students. Professors at New L.I.F.E. College are also held to the same criteria of excellence as NCCU professors. New L.I.F.E. College professors have to submit an application to NCCU demonstrating they have acquired a master's degree and 18 post-secondary credit hours in the field that he or she will be

New L.I.F.E. College open house will be held March 13 after second service in the Multipurpose Room. For more info, contact Dr. Annette Mitchell at 770.696.9600, ext. 6240.

teaching. Many New L.I.F.E. College professors are members of New Birth who meet those requirements. When there is not a professor available to teach a course at New L.I.F.E. College, NCCU will send a professor to New Birth to conduct that course.

In the fall of 2004, New L.I.F.E. College began with a trial run of 15 students. This summer, the College will open its doors to all who are interested in attending. New L.I.F.E. College will benefit the community by allowing individuals and business owners in the community the chance to earn a bachelor's degree; providing a variety of employment opportunities; and enabling the church to receive funds from the tuition generated.

dreams
come
alive!

When singer and songwriter Darlene McCoy steps into the recording studio, the happy Buddha in the corner takes on a frown. The Christian book casually lying on a table begins to breathe. Colors burst from the paintings on the wall and the humming from the equipment in the room becomes illustrious. LISA LOVE WHITTINGTON tells the story of a child of God who is living her dreams and taking her rightful place in the world.

EMI Gospel Recording Artist Darlene McCoy: "God is showing me how to lead the secular world into worship."

Sing Darlene,

Darlene McCoy, worship leader for New Birth, and backup singer for Darwin Hobbs, recently secured a recording deal with multi-platinum, Grammy award-winning producer Dallas Austin (TLC, Michael Jackson, Boyz to Men) and a publishing deal with mega label EMI Gospel. Her distinctive and fresh approach for reaching today's generation has been classified 'Urban Gospel Soul.' In her music, she takes ownership of her style and is destined to wear the crown. EMI Vice President Larry Blackwell says, "In her voice I hear urban faith-based soul. She will reach a younger but mature-based audience in the

church and outside the four walls." Darlene's first CD will be released this March.

"Kanye West and R. Kelly are doing well because they are filling a void between Missy Elliot and Kirk Franklin," says Robert McCoy, Darlene's husband and manager. "We feel like this is what God has called us to." Gospel recording artist Darwin Hobbs adds, "Darlene's ability to 'be as the Romans when among the Romans' will carry her into numerous arenas where many artists can't and won't go. She's just got what it takes!" Darlene has also sung backup for Gary Oliver and Kelly Price.

the girl who didn't want to sing

When Darlene was a little girl she would ask, "Mama, why do I have to do this?" Her mama replied, "Because you have something that will save a dying world." Sadie Sherman Johnson, Darlene's mother and a professional singer herself, recalls, "When Darlene sang, there was something you felt. When she was 5 years old, people would give her requests to sing in church." Mama Johnson's prayer for her children was that "God use their gifts to save a dying world." She'd ask, "Let my children be the one to tell another 'Yes, you can make it.'" Mrs. Johnson adds, "Darlene used to argue in rehearsal sometimes or

off with her daughter and all of her belongings. "God told me to release her," says Mama Johnson. "I prayed God would put her around people that know Him. I thanked God when she told me she was singing in the choir at New Birth. I knew with Bishop Eddie Long she would be alright."

write Darlene write!

"I couldn't see beyond singing in the choir. I couldn't see writing any songs," says Darlene. "Bishop Long was right. Everything I needed was inside of me." It took Darlene's husband to extract it. "Darlene had so much to offer in her conversations, and expressed herself well in the letters she wrote to me," he says. Robert was confident in his wife's talents; he sensed what was inside of her.

"I'm not a songwriter," Darlene told Robert. And in her resistance,

after, they secured a publishing deal with EMI Gospel. "Everyone was blown away with her writing," says Robert. As for Darlene, she now admits, "I'm a writer! I can't believe I can say that!"

on creativity

"I believe every creative person has to be connected to God, because He is the creator. I also believe that when Dallas was creating these tracks, he was having his moments with God," says Darlene. She recalls something Dallas said to her. He said, "I'm just a regular Joe on this earth. What makes me different from anybody else? God gave the creativity to me. The best I can do is at least give this back." Darlene says that's an understanding that can only come from God. "In con-

necting us together, God is showing me how to lead the secular world into worship," she points out. "In working with secular producers, I have found that this is something they want to do so badly. They are grateful for the opportunity to express themselves back to God."

New Birth's famed maestro and Worship and Arts Director, Elder Kevin Bond, calls Darlene a prophet. "Unique is not the word. Darlene's presentation will take many by surprise," he affirms. "Those who relate to urban and old school grooves will be pulled into the kingdom. New Birth is blessed to have such a special gift in the house."

For more information, visit www.darlenemccoy.com.

Sing!

look at me unsure. I would look at her and tell her 'Yes you can.'"

leaving home

Twelve years ago, Darlene could hear an ethereal sound calling her to Atlanta. Close family ties in her hometown of Greenville, S.C., made this move difficult; her mom didn't want her to go. But Darlene felt she had to move on with her life, so she loaded up the pick-up truck and her mother listened as the truck pulled

she called all of the good songwriters that she knew, but no one had the time, she remembers. The McCoy's had an imposing deadline creeping on them, which forced Darlene to put pen to paper in a hurry. "I was definitely at war," Darlene says. Yet in two hours, she had one song completely written. In two days, she and her husband had fully completed six songs. Soon

a nova for Jehovah

Nova. Webster's defines it as a star that suddenly increases its light output. With a beautiful smile that shines almost as bright as the sun and a personality to match, Holy Hip Hop artist Nova 4 Jehovah lives up to his name. Born Christmas day, and only 21 years old, he is living his dreams and taking the Kingdom by force to boot! Recently, the artist sat down to share parts of his life with writer LISA LOVE WHITTINGON. But first, learn a little about the accomplishments of one of God's humble servants...

His first album, G.O.D Til I D.I.E, a

testimony of his life, won the 2004 Gospel Choice Award for Best Holy Hip Hop of the Year. Nova's second album will be released this summer. He will perform at this year's Re:present Youth Conference, MegaFest, and New Birth's July 4th celebration.

He is currently featured in the Apex Museum's Voices of Influence exhibition, running now through April. In the exhibition, Nova is honored alongside some of the black community's greatest historical leaders--Mary McCloud Bethune, Martin Luther King, Jr., and Andrew Young--as well as a host of contemporary leaders that speak to the current generation--Spike Lee, Alice Walker, Outkast, Oprah Winfrey, P Diddy, and Jill Scott, to name a few. Nova is the youngest honoree in the exhibition.

He was recently selected by the NBA All-Star Houston Rockets player

dreams
come

alive!

Dikembe Mutombo, and the Mutombo Foundation, to write and perform the theme song for the "Help Heal Kinshasa" international health campaign. Nova's music is helping to raise money to build a hospital in Kinshasa, capitol of the Democratic Republic of the Congo, to address rampant AIDS, high infant mortality and short life expectancy of the people of Kinshasa.

pressure

I was puzzled about life. I ran after everything that this world said you had to acquire to have happiness and be accepted. In high school, you had to have gold teeth, fly chains, fly clothes... I had those things. I was Mr. Popular in high school. And I saw that those same people that dissed me when I didn't have any of those things were the same people who were on me, sweating me after I got it. I felt like, 'this ain't real.' I could easily lose this stuff and then I'm not good enough any more. I knew I needed something more. What I was really looking for was some love and some peace.

people

Life is more than getting things and trying to impress people. I got to the point I didn't care about life. I got to the point I did not give a darn about people. That's what really drove me to get away from people. I wanted to go the opposite way. I wanted to go where something was bigger than all that little stuff. I had to go toward God because He accepted me for who I am, not for what I got. He freed me from depression. He freed me from low self-esteem. Man looks at the outward appearance and God looks at the heart. God saw something in me He could work with and He pulled me out of it.

temptation

The lure of the world for me was love and acceptance. I was searching for love in girls, and I did much of what I did to get their attention. I was also trying to find love and acceptance in dudes. So I started to hang with the wrong crowd trying to fit into what my world labeled as cool. I started to smoke weed and drink for the same reasons. I got caught up in this world to the point that I sold weed; and the sex was an addiction. But God deliv-

ered me from all of that. The life that I was living brought me no real joy. It actually left me depressed and to the point that I didn't care if I lived or died. God showed me that all I really needed was Him, because He is love. I use my testimony today to lead people who are struggling with addiction to drugs, alcohol, sex or pornography to Christ. I let them know that the fleeting thrills aren't worth the hell fire that's promised to them if they continue to live a sin-filled life.

salvation

I got saved when I was about 13 years old. But I didn't start to live a saved life until I was 17. I went to church after staying out [late one night]. By the time I arrived, church was over. But when I came in people were telling me about the G.A.N.G. Conference, which was New Birth's annual youth conference. After being asked by almost everyone that I passed if I was going to attend the G.A.N.G. Conference, I thought to myself, maybe this is part of my destiny. So when I met back up with my Mom, who had come to church with me, I found that she had already signed me up for the conference. It was at the G.A.N.G. Conference that I rededicated my life to Christ. It was there that I was exposed to gospel rappers and gospel singers that pulled me in. They pulled me in because I was into music, but I was trying to do secular music. Just seeing these gospel rappers made me think, 'if they can do it for the Lord I can do it.' By the end of the youth conference I wrote my first gospel rap.

debut

I first performed for the youth during Hosea Williams' Feed the Hungry Campaign at Turner Field. It was off the chain! From the beginning it was a ministry for me. Once I began rapping I just got into a zone and was

just trying to get a message across to the youth. I forgot about what they may have thought about me.

family

My mom helps to push this ministry forward. She has been my manager, booking agent, public relations and moral support. When I was considering secular rap, I used to show her my songs. I would look to her for spiritual guidance. I knew what I was doing was compromising my beliefs, but I didn't really care. I was just thinking about getting some money. She did not support what I did back in the day simply because I was doing it for the wrong reason. When I am reaching people, she is reaching people. I have a 17-year-old little brother. He does all my graphic work. He did the graphic artwork for the album and for my website.

music

Music is my voice and it allows me to get issues or thoughts off of my chest. People need to hear more truth in the music. Music has shown me that I have a responsibility to

I had to go
toward God
because He
accepted me
for who I am,
not for what
got.



Nova wins 2004 Gospel Choice Award.

impact people's lives and change the world positively. You can live an abundant life. But you must first let Jesus into your heart. That's when your life will really start. It's on when you get Christ in your life.

For more information, visit Nova4Jehovah.com.

an elect lady steps forth

After giving birth to a dead baby boy, having a disabled son born with part of his brain missing, and developing Lupus, which caused her to lose her speaking and singing voice, Helga Moore resolved to just do the best she could to make the most out of the traumatic situations she faced. Writer NORMA STANLEY tells her story.

dreams
come

alive!

“One Sunday, Bishop Long

said that the message he was about to share was directed to about five women, and after a few moments, I knew one of those women was me,” recalls Helga Moore. “That day my entire perspective on life changed for the better.”

The message preached that Sunday was called “The Elect Lady” from the second epistle of John. Helga found out that she and women like her were selected by God specifically to withstand issues and circumstances that not too many people could have endured if they experienced the same things.

“[God] spoke directly to me [through the sermon] and told me that He loved me, hadn’t forgotten about me, and had plans for me even though He had allowed some awful things to happen,” Helga says. She remembers crying when Bishop read the scripture that said, “To the elect lady and her children, whom I love in truth...God loves you....” Helga continues, “Then [Bishop] explained that we don’t choose our destinies, that destiny chooses us; that we may have a certain direction in which we want our lives to go, but God would change

it in an entirely different direction for a specific purpose. That just overwhelmed me because I knew it was true [in my life].”

Taking her from her childhood dream of becoming a singer into a life as an advocate and caregiver for the disabled is just one way in which God changed the direction of Helga’s life. After giving birth to her son Moses and finding out about his disability, she was determined to do what it took to maximize his potential as he grew older.

“I not only did what I could to help my son, but I was able to also help other mothers of special needs children by providing respite services and foster care services for them,” says Helga. “This was certainly not what I had in mind when I was younger, but I found that I loved working with these children, and that I was helping them and helping their families find joy, peace and some much needed time to themselves every now and then.”

After 15 years of such service, Moore realized she was providing a ministry and became very involved and well sought after by numerous non-profit community-based organizations that provided services to disabled children.

a dream for a greater purpose

After hearing the message that Sunday morning, Helga felt God telling her that it was time to return to her dream of singing, as she felt her voice returning over the past year. She connected with some friends, and as a result, is in the process of producing and recording a contemporary gospel/inspirational jazz CD, in which one of the songs is titled, "The Elected Lady," inspired by Bishop Long's message. Three songs from the CD, including "The Elected Lady" on which there are excerpts from Bishop's sermon, are currently available on a CD

sampler called "Stronger!" The sampler was released to help raise money to build a comprehensive daycare facility for special needs children and their parents. The songs are now playing on a few gospel radio stations locally.

Today, Moore is founder and president of All Children Are Special, Inc. a non-profit, 501c3 organization that is working toward building the daycare center. She is also living her dreams by using her love of singing to support a very worthy humanitarian cause.

"My life has taken on a whole new direction and I know God is at the helm," says Helga. "It's awesome

and exciting to watch it all unfold. I'm using my gifts and talents in all the ways God has given me for a greater purpose. I know now that there's quite a life waiting for me out there and even though I've been through so much, it has all taught me more about who I am, who God is and where I'm destined to be—and I must say, I'm looking forward to my future like I never have before!"

For more information on Helga Moore, All Children Are Special, Inc., or the CD sampler, call 877.245.9382, or visit cbbaby.com/helga.

Helga Moore

"To the elect lady
and her children,
whom I love in
truth...God loves
you...."

you've got some living to do

[5 things to improve your health right now]

As you aspire to live out your dreams, get your temple in order. Wellness specialist Jamay Logan shares information to help you actually put into practice five common steps that can make you healthier.

No matter what your current illness, ailment, or condition, the following five steps can help cure, improve or remiss any health issue you may be experiencing. God's temple needs to be in tip-top shape to help you walk out your destiny. So, men, women and children, get started with these five steps today:

1 drink water

do: You've heard it before...drink at least eight 8-ounce glasses of water every day. If you don't like water, or if you have a hard time drinking it, try consuming it through a straw. To many it seems easier to drink this way.

know: Make sure the water you take in is quality. If you drink from your tap, use a filter. City water may contain as many as 500 different disease-causing bacteria, viruses and parasites. Also, water is your most important catalyst in losing weight and keeping it off. It naturally suppresses appetite and helps your body metabolize stored fat. Low water intake causes fat deposits to increase.

2 alter your diet

do: Stop eating bleached

flour, refined sugars and carbohydrates. Eat more fruits and vegetables (green leafy) and try to buy them from a farmer's market. Buy organic, whenever possible. Drink soy instead of milk or dairy. Eliminate pork and red meat if at all possible.

know: The food refining industry takes our wheat, strips it of 22 nutrients then adds back a few synthetic vitamins and minerals and calls it "enriched." Have you seen this on your bread and cereals?

3 exercise

do: Take on some form of exercise on a regular basis. Walking is ideal because it's easy. You don't even have to power walk. Just walk. Or if aerobics or Pilates is more your style, do that. Just do something. We were not meant to be stiff and immovable.

know: While walking, deep inhalations flood your body with fresh oxygen, and deep exhalations release metabolic wastes along with CO₂.

4 rest & de-stress

do: Eliminate, control, and deal with your stress. As go-getters in a do-all, have-all society, we simply try to do too much. Scale back. Unrelieved stress eventually weakens our immune response and our ability to fight off disease. And stop staying up watching the news at night. Go to bed. Stress and the inability to rest properly, along with poor nutrition, is thought by many researchers to cause and

increase the rate of diseases, especially for women (diseases such as Lupus, Chronic Fatigue Syndrome, Depression and Cancer)

know: Cortisol is the stress hormone that suppresses our good, healthy hormones, thereby allowing our bodies to be vulnerable to an onslaught of autoimmune conditions, inflammatory diseases and allergic reactions.

5 supplement

do: Begin taking a good, natural whole food supplement. A synthetic additive vitamin or mineral is just as toxic to our bodies as is medication on a long-term basis. A natural, whole food supplement will really help you feel better and give you more energy, allowing you to enjoy life more. Also, get your children on a whole food supplement. You will see illnesses, like colds, vanish; also, recovery time from an illness will be quicker.

know: The greatest problem with vitamin and mineral supplementation is poor absorption. Make sure your vitamins and mineral supplements are chelated, which means coated with protein/amino acids, making them more efficiently absorbed into the system.

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