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avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

8) **Figs** are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.

9) **Sweet Potatoes** look like the pancreas and actually balance the glycemic index of diabetics.

10) **Olives** assist the health and function of the ovaries

11) **Oranges, Grapefruits, and other Citrus** fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

12) **Onions look like the body's cells.** Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, **Garlic**, also helps eliminate waste materials and dangerous free radicals from the body.

Psalm 46:10 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." NIV (Hasn't God made us in a really great way? May we do all that we can not to abuse our bodies, but to glorify God with them. After all – they belong to Him. (I Cor. 6:19,20)

Plainly, don't get short changed. Let's be ready to meet our Maker. The Bible (in Acts) teaches that to avoid hell and gain heaven - one must:

- 1) Believe In Jesus As Savior (16:31)
- 2) Repent Of Sins (17:30)
- 3) Confess Christ Audibly (8:37)
- 4) Be Baptized In Water (2:38)
- 5) Live A Christian Life (14:22)
- 6) Be Active In the Church (2:47)

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