

THE SEIZURES WEREN'T very frequent at first, so I passed them off as being stress-related. But I was wrong, almost dead wrong. They began to occur more frequently and more violently. The seizures became so severe that they would put me in bed for days at a time. I was concerned about driving and wouldn't even hold my new granddaughter, Savannah, for fear of dropping her. I even swallowed my male pride and asked for prayer during morning worship at Three Angels Broadcasting. But nothing seemed to calm this beast within.

I figured it was time for the hospital, the CAT scans, the EEGs, and the blood letting in order to find out what was causing the seizures. But all the tests were negative. So I thought, *Back to work and forget it.* But instead, it was back to bed, shaking violently and having several seizures a

day. I was down for the count, and the count was almost to 10.

My wife, Mollie, has this saying: "God may not always be there when I want Him to be, but He's never late." His "never late" came in the form of a newsletter received by Mom Ford at 3ABN. The article was on aspartame, an ingredient found in diet sodas, the same diet sodas that I had been consuming more and more. (They were on sale; I couldn't pass that up!)

Mrs. Ford gave the article to Mollie. Mollie came home that evening with several gallons of water, propped me up in bed and said, "Here, drink this." I drank nothing but water for the next several days, every hour on the hour. We could see results in 24 hours. The seizures stopped immediately and the shaking began to dissipate. I was nearly killed by diet soda. I realize everyone isn't as sensitive to aspartame as I am. But if it hap-

pened to me I know it can happen to others.

As far as I'm concerned, aspartame is a killer, yet in 1999 it was in more than 7,000 products (maybe more today). I even found a Web site (www.dorway.com) declaring its harm. It's been months since I've had a seizure, and I'm now a certified water drinker—you know, the stuff God makes.

Just as acquiring a taste for a man-made thirst-quencher almost killed me, so can developing a taste for man-made philosophy and religious ritual. The only safe way is to drink the Living Water from His Word.

Lord, teach me Your ways.

HAL STEENSON

Victory in Christ is our goal -
Health of body, mind, and soul.

Come and travel with us.

Natural Remedies

1. Pure air—open up your home and breath deeply
2. Sunlight—has a healing effect on body and home; a dark home breeds disease
3. Moderation—in all things
4. Rest—with regularity of times to rise and go to bed
5. Exercise—regularly but with moderation
6. Proper diet—wide variety of natural foods prepared simply, with few condiments
7. Water—is the best beverage. It should replace most other drinks.
8. Trust in Divine Power—brings peace and health

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HEALTH TIPS!

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Drinking God's Stuff

*Teach me Your way, O Lord,
and lead me in a smooth path.
Ps. 27:11, NKJV.*