

## **What You Haven't Been Told About Chronic Illness**

Does it seem inevitable?

Many of your friends and family members who are over 60 (or younger) may already have long-term chronic health problems. Maybe *you* have as well.

Is that their future, or yours? Will you get one or more chronic illnesses – heart disease, diabetes, arthritis, cancer, dementia, Alzheimer's and more – and spend your last few years in pain or in a wheelchair?

It breaks my heart to see all these painful conditions described in Pastor Zorn's and Pastor Nicole's prayer chain emails. I have seen the pain myself. Diana, my first wife, had a long-term illness and died from it. Complications from chronic back problems claimed the lives of two of my brothers.

There is reason to worry about this kind of future: 80% of seniors have at least one chronic disease, and two-thirds have two or more. This makes it seem bound to happen to us too, but is it?

Well, no, it is not inevitable. *That's a myth.* Here are a few more:

- "My genes determine how healthy I am and how long I live." **False**
- "Modern medicine can cure any chronic disease." **False** (*Treatments and drugs can make you comfortable, but not cure the disease.*)
- "I can't do anything to prevent a chronic illness." **False** (*80% of the things that cause chronic diseases are things you can control, like what you eat and how you live.*)

How do I know this? From my studies and research over the past two years, during which I read over 25 books by the best functional medicine doctors and scientists in the country, as well as hundreds of their pieces and research results. (I'm not a medical professional myself.)

It started a few years ago, when Gay and I did some reading and changed our diet, which changed our health for the better. After that, I used my 40 years of research experience to learn more...and more. In the process I was touched by a spiritual calling to share what I learned as a life-giving ministry.

There is so much to share. It's amazing how much scientists have learned in the last few years about how our bodies work! So, I created a presentation of some key information in a series of five sessions.

This is a new ministry for me, and I pray it will be a blessing to you. Join me at LCR or online, along with any friends or family members who can also attend or view online. Men and women of any age are welcome, even teenagers. Here is a brief outline of the Five Sessions:

1. **Introduction & Insights** – exciting recent learning and how it affects health care
2. **Inside Us** – how & why our body works to create health or chronic illness
3. **Food** – what, when & how we should eat to prevent chronic illness, *Part 1*
4. **More Strategies** – Food, *Part 2* and movement and exercise
5. **Taking Charge** – Other key lifestyle strategies and how to manage your own health

Please tell your friends and neighbors about this opportunity. It will begin on September 20 at 7:00 pm-8:15 pm at LCR and run for 5 weeks. Much of this information will be new to you, and I think it could change your life in surprising ways.

*Join me!* To register to attend in-person or view online, **click here:**  
<https://forms.gle/saodoJVe4ST82cr76>

George Parker, celebrating 50 years as a member of LCR

**Source:** *Young Forever*, Mark Hyman M.D.