



## *The Orchestration of Chaos*

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*Please share this article with the young people in your life*

I have written this testimony for everyone's benefit, but especially for Christian youth who think you have "plenty of time" before you need to begin caring about your health.

Look around you! Children are developing diseases (diabetes, cancer, high blood pressure) that we think only old people do....and they are getting them before their grandparents!

Let's face facts: We were born onto a much more toxic planet than our grandparents and even our parents were; and even if you live a basically healthy lifestyle, you still have been exposed to environmental poisons from birth that didn't even exist a generation ago. Sadly, pesticides banned generations ago, like DDT, remain in the body throughout our life unless otherwise detoxified, and will pass from a mother to the child in her womb, potentially causing some level of developmental defect. \*

Now, add in the careless and often downright dangerous lives most of us choose to live -- like not getting exercise or enough rest, drinking stimulant beverages and eating junk non-food, frequent partying with all kinds of legal and illegal substances, suppressing any illness or pain with pharmaceuticals, EMF exposure from spending way too much time with our cellphones, laptops/iPads and playing video games inches away from giant TVs, being fat or even obese....you get the picture -- and how do we possibly think that serious diseases are going to wait to afflict us until we are "old".

Stop deluding yourself, or you're going to be just another statistic!

### **My Life**

In 2007, I was 19, lost, and liberally living in sin during my first college years. There was a longing in me to feel better, and I decided to start following the teachings of the doctors I worked for and do a full-body detox, mostly to clear myself of all the drugs I had been using.

During this dark time of my life, the Lord (whom I didn't know yet) had somehow placed me in the employment and loving care of Dr. Jeff Hazim and Dr. Gary Tunsy (both BHtv Experts). I decided to do my first cleanse ever: Dr. Tunsy's Phase 1 Detox. Let me tell you, by the fourth day, I had such a fever from the toxins being released that I had to slow down. The result of this healing crisis opened the

door to levels of health I didn't even know existed, and in particular, an ability to think clearly and have success in my studies. It also birthed a passion in my heart and a devotion in my spirit to help others achieve wellness too!

Two months after finishing the detox program, the Holy Spirit, in His sovereign timing, came upon me with such conviction that I had no choice but to accept Jesus as my Lord and Savior. My life was turned 180-degrees, and now I'm cleaned up physically and spiritually, and a year away from finishing my pre-med bachelor's degree in Alternative Medicine, From there I'm headed to Chiropractic/Osteopathic medical school. Halleluyah!

## Wake Up to Reality

Before all of the above, I didn't think my diet was too bad, I even took nutritional supplements, and I exercised more than most people my age. I ran many miles every day and rock climbed on a weekly basis, and had a rock hard body as a result. But, I had never given myself the opportunity to rest, get nourished, cleanse, and recover from all the environmental toxins, the stress, the alcohol and narcotics, the imbalanced intestinal flora, the clogged up liver, and who knows what else, which had been accumulating throughout my life, burdening and damaging my body.

If a "healthy" 19 year old gets fevers in the fourth day of a detox from the overload of toxins, then what's inside the body of a typical 40 or 50 year old? Or another 19 year old who doesn't exercise or take supplements like I did? I've seen young people go through a healing crisis just by fasting for a single day. It's tragic what's going on in our world!

Excuse me for quoting a Taoist proverb, but "If you do not change direction, you may end up where you're heading". The two most valuable resources on Earth are your time and your energy. What you decide to do with your time, and the energy you put into that time, will eventually determine who you will be in the future. If you don't purposefully dedicate time to spend with the Lord in the Word and in prayer, your relationship won't be nourished and you won't grow very close to Him. Likewise, if you don't purposefully dedicate time and energy to developing and maintaining healthy habits -- dietary, mental, exercise, whatever -- you WILL end up where you are heading...and that's probably not where you want to be!

Why dedicate time and energy to your health, especially if you are still relatively young and have not (yet) realized any symptoms? Because if you get diabetes by the time you are 20 (like more than 215,000 children and young adults in the U.S. do \*), or if you go around loaded with unrestrained intestinal yeasts and pathogenic bacteria which fogs your brain, or if you don't get rid of those environmental poisons deeply stored in your fat tissue so you're always toxic, and if you don't give your body the nutrients, time, and therapy to recover from the damage that's already been done so your energy levels are severely compromised and your neurochemistry is imbalanced, then by the time you're finally ready for adult life and to walk in your ministry calling, your body may not be able to even walk at all. What a shame to not realize God's best for your life because of ignoring your health with poor lifestyle choices!

But didn't the Apostle Paul say that, "Reverence is better than exercise/taking care of the body"? (1 Timothy 4:8) My answer: What about reverence towards the temple of the Spirit, which is your body?

We don't live in the time of the Maccabees, where the Greeks had their Olympic temples and people only exercised for the sake of looking good and to worship themselves in pleasure. Back then, and in Paul's

time, and until quite recently, people had to move plenty for their daily routine. Their lymphatic system and cerebrospinal fluid was pumping abundantly, they had to sweat profusely because there was no air conditioning, and they were certainly not exposed to the preservatives and refined carbohydrates in food, and the 80,000 manmade chemicals in our modern toxic environment. And, by the way, almost no one worked a desk job, and nobody owned a Wii! Therefore, today, most of us must exercise just to maintain our body in proper health.

*(Did you know that there are proteins in your blood that seep out from capillaries into the fluid space between your cells, and unless you pump them out by activating your lymphatic system through movement, they will quickly cause conditions from water retention to pain to cellular malfunction to even shock. \*)*

Now, exercise fanatics (like I was) need to get convicted by the Holy Spirit (like I did) to leave such vain things behind and dedicate their lives to serving the Lord, putting away childish things (1 Corinthians 13:11). Also the Almighty says that He does not delight in your muscles or physical ability, like how fast you can run, but in a humble heart (Psalm 147:10). We should certainly not be like the Greeks or the Romans who exercised as an act of self-worship. But, we are to honor God by being proper stewards of the temple of the Holy Spirit that is our bodies. My Brothers and Sisters, the body of a Believer is an instrument of righteousness unto God (Rom 6:13); please don't forsake yours.

### **In His Strength!**

One important litmus test to our lives as disciples of Christ is change. If we are not changing from glory to glory, and overcoming trial after trial, then we are not growing. Jeremiah 48:11 says, "Moab has been at ease from his youth, and he has settled on his dregs, and has not been emptied from vessel to vessel, neither has he gone into captivity: therefore his taste remained in him, and his scent is not changed." The LORD wanted to destroy Moab because they never had trials and they never changed [into something better]. Almighty Yah is the potter, we are the clay, and He has not finished molding us!

Michael Beiter, another BHtv expert, teaches that we should not fool ourselves, encouraging our minds by saying in false humility, "I can do it!" But pray, "Father, help me to not make such a mistake. Position my heart (mind) rightly so that I may receive all the goodness that You have for me." And then go for it.

As a Believer, we are told to "hate" even members of our own family if they get in the way of following Him, lest we forsake our first love (Revelation 2:4). How much easier is it to leave a bunch of bad habits in order to live a long health-filled life, and be able to serve our Creator to the utmost all of our days.

Young or old, start today!

#### \* Sources:

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Leonardo Riera is a certified QRA Practitioner and a Zyto scanning technician who started living for Messiah at age 19. He has worked extensively with Dr. Jeff Hazim and Dr. Gary Tunsy. Leo now lives a quiet and peaceful life enrolled in the final year of his Bachelor's of Alternative Medicine, and soon to enter Chiropractic medical school. He hopes to primarily sow seeds by his testimony of Jesus, and second to empower and help others in their health.

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