



How to Truly Be Healthy **First in the “Regenerative Neurological Health” Series**

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Dear Father, I would like to first pray and ask, Father, for Your blessing on this teaching today. Lord, I give you all praise and glory. I ask that these words that come from me are truly from You, from the Holy Spirit. And, Father, I give you all praise and glory and I just love You. I thank You for your son, Jesus.

Hi! My name is Dr. Sue Massey. I am a naturopathic doctor, which is a doctor that is holistic, that goes to the root cause of disease. I teach my patients how to detox, cleanse, nourish and rebuild their bodies. It is interesting how I came to do this because this has not been my life's passion all along. As a matter of fact, I had to become chronically ill in order to find out what my true purpose in life was supposed to be. See, I walked without the Lord in my life for 45 years. I am not one of those who grew up in a Christian home. God had to hit me on the head hard many times through those 45 years until finally, I was at the bottom of the barrel and that is when He really grabbed my attention.

See, what happened was, I was critically ill with Lyme Disease back in the 1990s as was my husband and all six of my children. It was to the point that what we had to do was seek medical care from many, many medical doctors, top hospitals, top universities and so forth. And they couldn't figure out what was wrong with my husband who had a plethora of symptoms. And I had different symptoms than he did, and my children all started to decline in their health. We could not figure out what was wrong with us until a friend came and knocked on our door, she was a neighbor. She said I think you all have Lyme Disease. And, of course, I laughed in her face and said there is no such thing. But, she came in and explained to me over a couple of hours what was going on.

So, we ended up calling her doctor and went to see him. He was a Lyme specialist and through him we were diagnosed. Even though we didn't have positive Lyme test on any of us... we just came up with a couple of positive bands for this... the doctor went ahead and diagnosed us clinically. I ended up on five years of antibiotics, antipsychotic drugs and pain medications, sleep medications and so forth. The longer I took these drugs the sicker I became. Finally, after about four years I ended up totally paralyzed from the neck down with what they thought was Lou Gehrig's or ALS. In May of 1999 I was told I would be dead in three years and to go home and make plans!

At the time I was 42 years old, I have a four year old, plus five older children. I said there is no way I am going anywhere! But the truth is this doctor was absolutely right. I did die in three years. Because in November of 2002, I died to myself and I came to Christ! You see, at this point, I was at the lowest of the

barrel that anyone could be, where everything in my life was wrong. I was anorexic, I weighed about 98 pounds soaking wet, I couldn't eat anything. I was so sick from the medications I took for the Lyme Disease, the co-infections and I just had this decline in my health that was unbelievable. Through that my husband and I were separated and it was just a disaster. I couldn't eat, I couldn't sleep, I couldn't think. I was a very weak person yet I came across as being so strong to everybody. I was always the leader, I was always the top sales person, I was always very outgoing; but the truth is that on the inside I was absolutely mush.

So, what happened was that I got a phone call from a woman I had never met in my life and in the midst of this phone call I burst into tears. And she said, *what is the matter?* And I just happened to spill my guts on her and say, *my life is a mess, my husband left me...I can't function, I can't eat, I can't drink, I can't sleep, my children are all out of control, we're all sick and we can't figure out what is going on!* So she asked me if I knew God. And I said, *Yes, I know of God; of course, I believe in God.* And she said, but have you accepted Jesus Christ as your personal Savior. And I said, *listen, I have heard that my whole life and I don't even know what that means.* So right then and there she took the time to explain to me and I accepted Christ as my personal Savior.

Well, I thought everything was going to turn around; my health would skyrocket, I would be normal again, get back to my life, have a wonderful life and so forth. But, actually things got worse. Well, needless to say, a couple of months went by and she was on the phone with me almost day and night and even sometimes at 2:00 or 3:00 in the morning praying with me and teaching me...teaching me God's Word. And the truth is I never had any guidance in my life growing up. I had parents that were very absent and especially when it came to rules and regulations. I had free will like crazy and boy, did I ever use my free will! I was out of control my whole life: where I worked, where I lived, what I did. My lifestyle was not one that would glorify God that is for sure.

So when I learned about Christ I just said to her, *I have too much damage in my background. I had a lot of abuse in every sense of the word when I was a child that continued throughout my teenage years and I am no good; God would not want me that is for sure.* And she taught me over the years since 2002 how God loves me; how God loves every one of us. So through this I started to seek out holistic healthcare as opposed to prescription drugs which I was not a fan of anyway. I only took them in a critical situation, I didn't even take Tylenol and here I was on three antibiotics for five years along with antidepressants and all kinds of things. So, I was actually depending on these pharmaceuticals to get me healthy. And the truth was that God wanted me to look to Him, to Jesus, who is the ultimate physician.

Since then my healing started to begin. God started to bring me the knowledge and the wisdom and showing me. The more I sought after God and I started to learn the Bible...which I never read in my life, I never even picked one up until 2002! I started to read the Psalms especially. That is what gave me comfort. When I learned that God would never leave me, He would never forsake me, boy, did I find that hard to believe! Everyone else in my life had: my first husband, my second husband, my parents and many people close to me. So when I learned that there was something I could truly lean on that is when I started to have a little faith even though it still had a long way to go. The more I sought God the more my wounds were healed.

So, there is an interconnection between the spirit, soul and the body that is experienced in psychology and medicine and even with our walk with God. As 1 Thessalonians 5:23 says, now may the God of peace make you holy in every way and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. This is very powerful. The spirit, soul and body refer not so much to the distinct parts of a person as to the entire being of a person. It takes the whole body to be put together in order to make up the whole. We need our nose, both our hands, our legs, our feet, our abdomen, every

part is put together. And one part is contingent upon another. Paul is saying here that God must be involved in every aspect of your life. It is wrong to think that we can separate the spiritual life from everything else. What that means is that we can't just go to church on Sunday, do our God thing, do our hour or so and then the rest of the week do what we want to do. Christ must control all of us. We must surrender our lives completely.

What that means is if you are driving in the car and Christ...where is Christ in your life? Is He siding on the side of the road and you're just passing Him by? Is He sitting in your backseat and He is kind of in your life maybe on Sunday morning and that is about it? Is Christ possibly the passenger in your car? You know, you think you are doing the Godly thing, you're involved in church, you're nice to people, you give, you tithe and so forth. But, you still don't release complete control. Complete control...what I learned...is getting out of the driver's seat and letting Christ control my life. I have learned to be quite content to be in the passenger seat. And for a person who has abuse in their background like myself, the hardest thing in my life was to learn how to give up the control. But, when I did, the fruit of it is just amazing...to let Christ control your life.

3 John 1:2 says, as John was speaking to his dear friend, he said, *I hope all is well with you and that you are as healthy in body as you are strong in spirit.* Again, we have not only the physical body, but the spirit, the Holy Spirit who lives within us which is Jesus Christ. It is this whole thought that comes together and is what we need to focus on. It is not just our spiritual life and then our body. Our body is the temple of Christ and we have to honor and respect it in that way. And that is everything we eat, drink, our thoughts, a matter of setting our mind in Christ because then the heart will follow.

My overall teaching today is in a spiritual sense of the teaching of God, but also for me personally it affected me in my physical. Just because you are not necessarily diagnosed with Lyme Disease or Chronic Fatigue or Fibromyalgia or Multiple Sclerosis or diagnosis...you might think, how does this apply to me? Well, when you come to a naturopathic doctor like myself, what I do is look at the overall person. I do a little intake and see where you are. What is your major complaint first of all? What is on fire? What that could be is that you come to me because you are fatigued; you come to me because you get headaches; you come to me because you have itching all over and you can't figure out why.

So the whole idea is that it doesn't have to be a diagnosis. I teach people to detox, cleanse, nourish and rebuild. But that is the overall. Like I say, we look to specific problems to begin with. You might think well there is nothing wrong with me, really. But, what happens is that while I probe people and ask deeper questions as they sit before me and tell me there is nothing wrong with them, I can tell just by looking at them. Usually there is a great deal of adrenal fatigue that is going on today where people just can't sleep through the night. Sleeping is one of the top priorities today from the patients I see mostly. They cannot sleep through the night. They either can't get to sleep or they can't stay asleep. The other thing is they are craving sugar and they just don't know what to eat.

What we are doing, we are a society that is just going so fast these days that we can't even think of where we're going or what we're doing. So fast food, of course, is at an all time high or a quick cup of your local coffee shop with a bagel or doughnut. We're not nourishing and feeding our bodies the way we are supposed to. As a result, as we age arthritis is at an all time high; diabetes...they talk about Type 2 Diabetes, sugar-handling problems. It can be symptoms like headaches and fatigue and all kinds of things. What happens is that I teach my patient what they should be doing as far as [18] detoxing. What that means is colon cleansing, kidney detox, liver detox, lymphatic detox, there are kinds of things we need to be doing to dump the toxins out of our bodies so we can receive nutrients of the food or the organic whole food supplements that we should be taking.

When we talk about supplements people love to go to their local vitamin shop or health store and buy whatever vitamins are on the shelf or whatever is available. Again, there is great confusion, people don't know what to buy, where to go. But when you learn about taking organic whole food supplements that is what will nourish and feed your body. So that is a whole education in itself.

But, like I say, when we look to what is going on today and how to correct...what the medical doctors are telling us...when you go to your medical doctor he might tell you that your blood work is fine. They might say there is nothing wrong with your thyroid, your adrenals, or your cholesterol might be a little high and they will try to give you a couple of prescription drugs. But that is not solving the problem. That is just masking the symptoms. So, again, what a naturopath does is go to the root cause of the problem.

For instance, if you are having high cholesterol and you can't figure out to get your cholesterol and you are on all the drugs to do it and so forth...and you know you are not eating poorly because it rarely comes from food. There is a small component that does come from food. But what happens is that the liver is what makes your cholesterol. And the cholesterol goes to the thyroid to be utilized. If the thyroid is not working properly which is most people today even though they have normal blood work, that cholesterol will be free floating in your blood. It is supposed to be processed by the thyroid and then goes to the brain. The brain is made up of 60 percent fat! That is what we need the cholesterol for is for our brains. If we wonder why...and again, dementia, Alzheimer's, forgetting things is at an all time high these days because that cholesterol is not being utilized by the thyroid. The thyroid needs to be attended to. When we attend to the thyroid, we must address the adrenals as well.

So, again, this is what I call nourishing the body. Now, you can't eat enough food in a day to take what you need to truly nourish the body unless you're eating a perfect organic diet. And, most people do not. In that way that is why I recommend supplements. So when we work on detoxing, cleansing the body which is the colon cleanses, liver cleanses and so forth, and then nourishing by taking in what we need to nourish it. Then we will get a whole different outcome. We get a healthy human being.

This is how it relates to my story. To be coming from a diagnosis of ALS, Lyme Disease, I was also diagnosed with breast cancer in 2005. But, again I turned to holistic. I did not turn to chemo and radiation. So, this is just my personal choices. It might not be for you, it is not for everyone. But, if you want a better health and a healthier lifestyle, you must make changes. And they are baby steps, that is all it is. And as we apply these baby steps with the Spirit of Christ in us and the Holy Spirit helping us to make these changes come about, we can get away from the whites, the white flour, white sugar and so forth. And then as we turn more to whole foods, especially your greens, fruits, vegetables and proteins, you will do a whole lot better in your health.

In order for our bodies to function properly, its various parts and organs must communicate with each other to ensure that a constant internal environment is maintained. This is what is called homeostasis. When a stressor is introduced whether it is emotional, physical, psychological event, it disrupts this harmony. A stressor can be anything we allow to change the internal balance in our bodies. Thoughts and emotions that may be the product of an experience are usually the number one stressors that cause imbalance. This can be anything from as far back as our childhood which can include abuse, neglect, abandonment or being ignored. We are told we are not worthy. That can be in a verbal or can also be in silence, if you were ignored as a child. All these factors add up together.

Our choice in how we react to these experiences or stressors dictates the physiological response in our bodies. This can be a conscious or a subconscious way as well. In other words, we could have buried many things that have happened to us that we don't even remember as adults. But, they start creeping up on us when we have what I call flashbacks...or it could be something you do for your child and all of a

sudden it brings a flashback from childhood. And, it might not be necessarily a positive event. So, it is how we react to these events that matters.

As we apply the Biblical principles to our lives, God reveals His truth to us; but then it is up to us to hold the mirror. We have to see the ugliness of our own hearts and then we can allow God to change us at our core level...which is our hearts. Our flesh is not strong enough to make such changes and that is why we need Jesus. What I teach my patients is...they call me they have complaints about fatigue, pain, headaches, they just don't feel good, they can't get out, they get isolated and so forth. I think this is the work of Satan, obviously, because we are to be in fellowship, to be with one another, to love one another and to show love for one another. The point is that when we get sick, we just withdraw within ourselves and withdraw from society. So what I try to do is to encourage my patients to have hope. When they learn to detox, cleanse, nourish and rebuild their bodies and now we have a whole different outcome.

I start people with what they are currently taking as far as prescription drugs, holistic maybe in the way of vitamins and supplements. I then explain what is going on with them to this point and how they got into this situation. Since I mostly deal with Lyme Disease which could include chronic fatigue, fibromyalgia, Alzheimer's, Parkinson's, multiple sclerosis, any of these degenerative neurological diseases...what is, is exactly that. It is dis-ease. It is a body that is not at ease because there are issues in many ways. Not only in the physical like I said, but also in the emotional. It could be issues of anger, bitterness, or unforgiveness; I was loaded with these. But, again I put on that happy face of everything is great, I am such a positive person. But the truth is it was a big lie.

Okay, as far as degenerative neurological disease...that sounds like a heavy term. Let me just pull it apart a little bit. When we talk about degenerative...that means things are breaking down. We all know that. From birth until the day we die we are constantly in a degenerative state. Okay? Because our bodies are aging. It is just the natural way of things. What I would like to do in my life is to slow that degeneration. If I can help it by nourishing and feeding my body I am not going to end up in a wheelchair or on a million medications or to lose control of my bladder, my sight, my hearing and so forth. I would like to gracefully grow into old age and to live on my own and be responsible for myself and to take care of myself. I just think that is one way of going instead of going into a rapid degeneration. When we eat a lot of sugar, soda and deplete the minerals and vitamins from our body, which is what speeds up the degeneration of the body.

As far as neurological...that is your nerves. What is degenerating your nerves. That can include as far as multiple sclerosis. Okay, you say I don't have MS, so why does that concern me? Because, again, when it is neurological, when we have a breakdown of the body, of the different organs in the systems and our nervous system, then we end up with symptoms. And it could be as simple as a headache, aches and pains and so forth. But it also affects the heart tremendously. The heart is just an organ with a lot of nerves around it. If you ever get skip beats in your heart or a slow heart or aches in your heart or any type of heart issues. Those are all nerves also.

So as far as neurological we want our brain to stay healthy, we want our organs to stay healthy. If you start a neurological degeneration in the brain, then you start forgetting things. And if you are in your forties or fifties and you start losing your brain waves and so forth and trying to remember things, that is a sign. We all joke about it, but it really isn't a joke. There is something you can do about it. God has provided everything we need for our body to heal. So we need to be open to learn, to get the knowledge and wisdom...and it is by going to people like me, picking up holistic books, and listening to Biblical Health TV that will bring you a plethora of wonderful knowledgeable people. This is what it is doing. BHTV is bringing you the knowledge and wisdom to help you with your neurological, with your

degenerative or whatever is going on in your body; how to be the best person you can be so you can gracefully grow into old age and just be healthy along the way and keep your wits about you.

Your nervous system is very important, obviously. Think of something like your electrical box in your house. You have the main box where all the circuit breakers are...or if you're in an old house where the fuses are and so forth. That is your main circuit, okay? Then, throughout all the walls of your house are all the wires that lead to the individual outlets. If you are in a room where you have to run your computer or a hair dryer, and the outlets aren't working in that room, you're not going to be able to perform the function of drying your hair or running the computer or so forth. That limits your ability of the energy that could be available to the whole house. So if you cut off that one room, you might say, okay, I'll just go to another room and try it there. But, if you get to that other room and that circuit is out from the main box, now you are out two rooms. See? And what happens is that it will keep continuing until eventually you can have no electricity. And the problem is, if we have no electricity, we have no life.

So what we want to do since the body is all interconnected is we want to feed those nerves. And what feeds nerves is B-Complex. But we want to feed the nerves and keep the body healthy but they have to be balanced like I said with everything else. It is an orchestra. The whole body is an orchestra. Every player in the orchestra is important. If one is more dominant than the other then the others have to take up the slack. So it is the same thing in our bodies, we want to keep that homeostasis, that balance.

So, when God got hold of my heart...and believe me, He is still doing it to this day, I have a long way to go, but I have grown so much in the last ten years and my health has totally turned around. Because now I have learned to nourish, feed and take great care of myself and to learn to love myself. That is another huge issue that I find most of my patients don't love themselves. They can love everyone else in their life, their kids, they give it all to everyone else, but they leave nothing for themselves. I did the exactly the same thing. Being a mother of six kids you can see how easy it is to lose yourself and just live for everyone else. But, when I changed my living to live for Christ and to do what God wants me to do...and that is to learn to love others even when they are not lovable. And believe me, there are times when I am not lovable, but yet my Father, my Heavenly Father still loves me. And, when I screw up and make a mistake I know He is always there with open arms welcoming me back.

I heard something recently that I thought was really cool. My pastor said a couple of weeks ago, when we open up, Jesus will show up; then we will grow up, then the church will be built up. This is a time now more than ever that the church needs to be built up. As we talk about getting rid of God off our money, out of our town halls, get rid of the Bible anywhere we can, the Ten Commandments and so forth...we're telling God we don't need You. We can do it without You. And, obviously, as a Christian I think that is the biggest mistake ever. And I think it is time now for the Christians to come together and to say, God, we need You now more than ever. I thank the Lord that He is in my life and I am able to work with people because I am able to teach them how to do it the proper way; and how to truly be healed. And that is to look at this ugliness in our life. We can rely on His strength to show us how to change our hearts when we set our mind on God's way.

I have now found the book of rules which is the Bible. When I read the Bible, and read Proverbs and the Psalms and the stories of both the Old and New Testaments; and I know things like *be of good courage, He will not leave you or forsake you*. That gives me such amazing strength. It is unbelievable. For my husband and I we claim that as for me and our house, we shall serve the Lord We are trying every day by submitting to the Lord every morning; saying, Lord, do Your will in my life, not my will. I always say write your plans in pencil and give God the eraser, because you have to be open to change and to change gears at a moment's notice.

In Philippians 4:13 and this is my favorite verse of the Bible...and I do believe this 100 percent because I know this is God's Word and it is truth...and it says, *I can do all things through Christ who strengthens me*. You see, it is not on my will, it is not what I'm doing, it is not what Dr. Sue Massey can do, it is what God does through Christ who strengthens me and works through me. But I have to be submitted to it and I have to hold up that mirror and look at the ugliness in my life. And as painful as that is it is just awesome to see where God wants to correct me. I accept this fatherly love that He loves me so much that He wants to correct me; just as we want to correct our little children, even our teenagers...ha ha...but we want to correct our children. If they are going to keep touching the stove and getting burned we want to teach them that it is going to hurt them. And God does the same for us because He loves us so much.

Jesus gives us peace beyond all understanding. As a said, God will never leave you nor forsake you.] This is His promise. God gives us love, peace, hope and a future to look forward to. Also, Psalm 103:3 is one of my favorites, He forgives all my sins and heals all my diseases. There is so much scripture that will teach us about health. When we stop and study it...especially like in the Proverbs...those are such wonderful teachings. It is not to sit down and read the Book of Proverbs, but it is literally to read one or two at a time and to meditate on them. When we meditate on God's Word then it really reaches our hearts and we can translate it into language that really speaks to us; because all of us are different.

Proverbs 12:25 is about worry...which I see a great deal, almost every patient I have...especially with the economy today. They worry about money, their health, their marriage, relationships, worrying about their children. *Worry or anxiety or heaviness in the heart of a man makes him stoop*. This means that worry causes depression! We wonder why antidepressants are at an all time high these days and it is because we are not trusting God. So His scriptures says, *Worry in the heart of a man makes him stoop, but a good work makes him glad*. So again, there is God's instruction. Don't worry. There is no reason to worry. God is in control. You are not. I am not. And that relieves my burden tremendously of worrying about what is going to happen today or tomorrow. He gives us enough mercy and enough grace to get through each day. If He were to give us a bucket load of grace and mercy we wouldn't need God for the next month or the next year or whatever. But, the truth is we need God every day in our lives.

Proverbs 17:22 says, *a merry heart does good like medicine but a broken spirit dries the bones*. The bones are where your bone marrow is and that is where you make your immune system. It is from your white blood cells in the bone marrow. Okay? And if your bones are not in good health, as silly as that sounds, your whole body is not going to be in good health. So, we want to feed the immune system. The immune system is comprised of the thymus, the long bones, the spleen, the liver and all your body parts put together. That immune system...when it is strong, you can fight off any disease, even cancer. That is why we hear of people who have cancer and recover. And everyone wonders how did that possibly happen? It is a strong immune system. It is not just from the supplements you take, but it is also because of tremendous faith and knowing that God will heal His people. We just have to cry out to Him.

I want to share with my patients disease prevention and not disease management. And I want to leave you with an encouraging word because I think it is more to be positive in this life than negative. It is always easy to see the glass half empty. But, when we change our mindset and decide that we are tired of Satan stealing enough of our life that we want to get out and live and be full of joy and energy. That is how we work for the Lord. You can't work for the Lord when you're lying in bed in a dark room. And you can't even talk to anyone because you such a migraine or aches or pains or you are so bitter at people and you hold grudges.

I love Jeremiah 29:11 where God says, *for I know the plans I have for you declares the Lord; plans to prosper you and not to harm you but plans to give you a hope and a future*. I pray for all of you that hear these words, know that God loves you no matter where you are at; no matter what you have done. Turn

back to the Lord, ask for forgiveness. He is a wonderful, merciful God, full of grace and He just wants you to love Him and He is there to love you. He is always there with His open arms.

I hope my words have been a blessing to you today. I have been blessed by being able to speak about this and I just thank Biblical Health TV. I look forward to us meeting again on Biblical Health TV. And I just thank you all and I hope you have a wonderful blessed day.

I just thank you for this time and I pray great health for all of you. God bless.



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Her heart is to help her patients in all aspects of healing, which includes teaching them to detox, cleanse, nourish, and rebuild the body, soul, and Spirit.

Dr. Sue's firsthand experience with Lyme Disease (as well as her husband and her 6 children) has given her the invaluable knowledge of how to overcome degenerative neurological disease using holistic methods. She does not only 'talk the talk', she 'walks the walk'.

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