

“God’s Way of My Obtaining Utmost Health”

By
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Dorothy Taylor, Age 72

I am sharing my testament of the trials, tribulations and rewards I have encountered during my life time. Most importantly, the knowledge that I have obtained and applied in making wise decisions, which resulted in my becoming a healthier being.

Purpose

My desire to impart to others the knowledge I have obtained through my trials, tribulations and knowledge so each one may choose to study (research) and obtain knowledge to make wise decisions; thereby, leading to prosperity in all areas of their life. Many individuals desire to not only physically look good but to feel good internally. Hopefully, this writing will assist in your renewing your minds with knowledge that will open your will of becoming total

beings . . . knowing who you are and thinking on things that will bring prosperity to your entire life.

Dedication

I dedicate this testimony to: My parents, Leonard and Frances Johnson; my husband, son, siblings, and family members; and Research Nutritionist, Doug Kaufmann. These individuals have assisted greatly in teaching, coaching, mentoring and encouraging me to become the person I am today. I thank God through Jesus Christ for their being in my life.

My Testimony

Introduction

I was born and reared on a farm and my family was farmers, share cropping about 90 acres of land. We farmed vegetables, live stocks and chickens. We ate fresh-water fish, wild game and fresh apples, pears, quinces, plum, grapes and nuts. Our food grew naturally. My family was very healthy and when we became ill, my mother would use herbs and make teas for flushing impurities from our bodies. We did not know what a doctor was.

After high-school graduation, I attended college and for the first time. I was strongly to foods and water that had preservatives, chemicals, and other toxins, especially in the processed foods. The water came from wells on the campus which was exposed to residue from over 100 oil wells in the area. My body began to rebel, causing my immune system to weaken. I began to swell, ache and rash came over my body. The doctor prescribed a sulfur-based liquid soap to dry up the rashes; however, he did not know the root cause. By the end of my third year, my vision had deteriorated and I

had to wear prescriptive glasses. I developed large and small dark scares over my body and no medication could correct this.

After graduation, I relocated to Dallas, Texas and was exposed to pollutants, more fast foods and medication. I worked in an environment that the air/heat system was exposed to multiple bacteria and viruses caused by birds, the air filtered throughout the building and many people became very ill.

Medical History

In 1965, I started taking birth control pills and soon thereafter, I was diagnosed as having a yeast infection. In 1967, my husband and I were given medications to treat this topical; however, the infection became very severe. The medications did not work.

In 1974, I had a tubal-ligation because I still had the yeast infection. This did not cure it and it worsened.

In 1983, I had a five-in-one surgery. My tongue was too long, too wide and too thick causing my front teeth to protrude beyond the nose point, I had a half-inch gap between the top and bottom front teeth, and my speech was unclear. Prior to the surgery, I had constant severe migraine headaches which resulted in my being bedridden 2 to 4 days at a time, and I could not stand sound or lights. My nasal cavities were swollen most of the time and I spent many hours in doctor offices, receiving many drugs, which were of not beneficial. The surgeon removed about 1/3 of my tongue, cut the upper and lower teeth sections, above/below the roots, removed the eye teeth (four totals) and reattached the teeth to each section to the jaw area. This procedure did not stop my severe headaches. Much later, I learned that this problem was fungal related.

Shortly thereafter, I received medical treatment for severe back pains, which migrated to the entire spine and radiated down both arms into my hands. In 1992 and 1993, I had carpal-tunnel release surgeries. I still had this pain. Later, I learned that this was fungal related.

In 1993, I slipped and fell, resulted in surgery to repair a compound left ankle fracture. Again, I was placed on much medication, including morphine and strong anti-biotics. This did not stop the pain.

After these surgeries, my weight increased from 140 pounds to 226 pounds by 1997. Diets and exercise did not help.

In 1996, I received chiropractic treatment, this treatment help my pain tremendously; however, I still suffered and could not lose the weight. Also, I had calcium deposits removed from my right breast and was placed on anti-biotics. After completing the 10-day prescription, I had re-developed severe infections which were pronounced in a thick layer of white icing under my breasts and armpits. Doctors prescribed topical medications and none of these worked. Additionally, intensification of pain and swelling over my entire body, my vision deteriorated, became mobility impaired, hair began to fall out, hearing impairment, memory loss, concentration was poor, impatience and many systems of body deterioration. I began to pray that God would let me die.

Then in October 1997, I met Research Nutritionist Doug Kaufman after listening to him on an hour-long radio program and I knew that he could help me. Mr. Kaufmann explained to me that I had "systemic fungi." I could not comprehend the things he was saying but I decided that I would do as he asks. He asked me to start his

Phase I diet. I saw Mr. Kaufmann at 9:00 A.M., began Phase I diet at lunch, and by 5:00 P.M. the same day, I knew that I was going to live.

When I began the Phase I Diet, I was on insulin for diabetes and hormone medications for hot flashes (at age 53) and stopped taking hormone meds in August 1998. In March 1999, I experienced severe pain, aches and swelling after taking insulin and decided in April 1999 to stop insulin injections. Within days, all the systems had stopped.

In August 1999, while in a consultation session with Mr. Kaufmann, he wanted me to see a medical doctor for tests because I was showing cancer-like symptoms. I informed him that I knew in my heart that I had cancer. I did not take the tests to prove that I had cancer. My immune system continued to improve, my metabolism was stronger and my weight was down to 168 pounds, my vision improved, hearing and mobility improved and my skin was transparent. I felt good and looked like a new person. During my consultations with Mr. Kaufmann, I obtained knowledge on the importance of **“knowing the cause”** of my problems and **“knowing that anything that has been altered by man is un-natural,”** therefore; damage will be caused to the body.

Since I had not seen a primary care doctor in five years, in 2000 I saw my doctor. The entire physical body was well, except my blood sugar was 391. This doctor prescribed Avandia, which I started taking the middle of September 2000. Within three hours of taking the med, my body began to heal. I was in severe pain and breathing impaired. Upon arising the next morning, my vision had deteriorated and I was almost blind, severely mobility impaired, had hart palpations, and very sore and painful as if I was walking on pins. I had a telephone consultation with Mr. Kaufmann a week after taking Avandia and he strongly suggested that I follow Phase I diet

because the body was in disarray. He recommended that I be seen by another doctor because my physical body needed specific meds to overcome this.

This medical doctor diagnosed me as having systemic myco-toxins and placed me on the Phase I diet with meds designed to detoxify the body and kill the fungus. The Avandia had done much damage to my system: (1) the brains could not communicate with my body; (2) I did not know when I was hungry; (3) I did not know when to urinate or defecate; (4) I went completely blind and had cataract removal surgeries in 2001; I lost weight because I was starving myself. I had to force myself to eat. As of to date, my vision is 20/20 and eye pressure is 16.

Subsequent to my receiving this doctor's treatments, he closed his practice because his patients became healthier by using the Phase I diet.

I had seen numerous doctors since, who all have placed me on diabetic and high blood pressure meds. My body started to pain again, swelling to the point where the skin would erupt, removal of ½ of a toe, many MRI's and other tests to determine the diagnoses. I have received injections behind both eyes. All these meds has caused tremendous side affects and re-poisoning every tissue and cell. Earlier in 2016, I reflected over my life and decided that I "was the primary doctor for my body and to made decisions which will lead to utmost health. I got back on the Phase I diet and many nutritional supplements. I have received wonderful tests results and now see the doctors every six months instead of every 30 days.

Food for the Physical Body

Please go to www.knowthecause.com, which is the website for **Research Nutritionist Doug Kaufmann**, and obtain knowledge as to the benefits of obtaining knowledge on how to make wise decisions pertaining to things you put into your bodies.



Mr. Kaufmann educated me on the importance of taking care of my physical body. This resulted in listening to him, trusting him, and applying the principles given to me. He started my healthy program by giving me a specific diet (the Phase I Diet and nutritional supplements). I did not understand the benefits of this program until I knew within five (5) hours of just eating the recommended foods that my body loved what I was feeding it. This was in October 1997 and I have fallen many times by eating foods full of preservatives and other chemicals, drinking unfiltered water, not consuming the recommended nutritional supplements, and taking many medicines. **The Phase I Diet and nutritional supplements are designed to kill the root cause of my diseases, fungi with was in every cell, tissue and bone of my body.** I was told that since I was 53 at the time I began this program that I must not expect to be healed in a short-period of time. Further, it will take many years to achieve my goal. It has been over nineteen (19) year and I know that everything that Mr. Kaufmann said is true.

During the latter part of 2017, I recalled a statement made to me by Nutritionist Kaufmann. He said that each person needs (1) a good nutritionist that impart knowledge on how to get the body healthy and keep it healthy; (2) a good massage therapist; and (3) a good

chiropractor. Since I had the nutritionist and the chiropractor (who does deep-tissue release therapy), I found the massage therapist.

My first appointment was much more than I had visionized. After a cerebral (head) massage and a deep-tissue back massage, I received cupping. The cupping brings toxins that are imbedded deep in the tissues out through the pores of the skin. Before receiving these therapies, I was experiencing deep-internal pain, swelling, aches, tightness all over my body, leakage from my feet, severe constipation, neuropathy, mobility difficulty, high blood pressure, high sugar levels, impaired vision, and other ailments. Within one week, my body showed fewer of the above listed symptoms. The following therapy sessions consisted of back and cerebral therapies, cupping and meridians therapies. After 90 days of my first therapy, I am experiencing very good mobility, pain level almost gone, swelling over entire body almost gone, leakage has ceased, and most importantly, my blood pressure is normal and my diabetic meds have been cut.

My massage therapist is **Lydia Rangel, MT** at **METTA ORIENTAL MEDICINE**. www.mettaorientalmedicine.com Depicted below are images of the therapies that I have received:



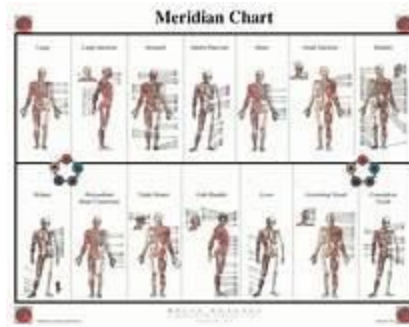
Craniosacral Therapy



Massage



Cupping



Meridian Chart

Spirit, Soul and Body

These are the areas that I recommend that we must obtain and focus on continuously: **knowledge, wisdom and discernment.**"

Spiritual and Physical Foundation of the Body

God, through Jesus Christ, first created our spirits and souls. The Bible tells us about the creation of man. "Genesis 1:26 [New King James Version (NKJV)] **states**, "Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth."

Later, God formed the first man, Adam out of dirt. **Genesis 2:7** [New King James Version (NKJV)] states, "And the LORD God formed man *of* the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being." Adam was to live forever; however, he sinned and his physical body died. We, as his off springs, are subjected to the same physical death. God's written words tell us in **Genesis 1:29-30 . . .** [New International Version (NIV)] ²⁹"Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. ³⁰And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food." And it was so." Also, in **Leviticus 11**, God gives additional information on foods we should

eat. The food items were clean, no man-made additives, and the physical body lived a long time.

We have believed knowledge that we must consume the processed food, processed water, drink chemically laddered juices and take prescriptions which only enhance the growth of fungi.

Knowledge

I now understand the importance of research and studying so I can make decisions best for my entire being. Specifically, God states, in part, that His people perish because of lack of know. **Hosea 4:6** states, “^{My} people are destroyed for lack of knowledge. Because you have rejected knowledge, . . . “We must be diligent about getting knowledge so we may prosper in all areas of our lives.

The soul is our storehouse for our hearts (spiritual), knowledge, emotions, thoughts, etc. **Proverbs 23** [New King James Version (NKJV)] states, ⁷**For as he thinks in his heart, so is he.** . . . ¹⁵My son, if your heart is wise, My heart will rejoice—indeed, I myself; . . . ¹⁹Hear, my son, and be wise; And guide your heart in the way.

By obtaining knowledge of what your body needs to get healthy and to obtain utmost health, we must have knowledge and apply this knowledge when making decisions.

Wisdom

Proverbs 2: 2 - 6 state, ²To know wisdom and instruction, To perceive the words of understanding, ³To receive the instruction of wisdom, Justice, judgment, and equity; . . . ⁴To give prudence to the simple, To the young man knowledge and discretion— ⁵A wise *man* will hear and increase learning, And a man of understanding will attain wise counsel, . . .

Discernment

Each of us has been given the ability to discern those things which will lead to prosperity and/or poverty in all areas of our life. **Proverbs 15:21 – 22** state, “Folly is joy to him who is destitute of discernment, But a man of

understanding walks uprightly. ²² Without counsel, plans go awry, but in the multitude of counselors they are established.

Philippians 1:9 – 10 state, ⁹ And this I pray, that your love may abound still more and more in knowledge and all discernment, ¹⁰ that you may approve the things that are excellent, that you may be sincere and without offense till the day of Christ, . . .

Romans 12:2 [New King James Version (NKJV)] states, ² And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

These scriptures depict that we need counselors in our lives that will assist us in developing discernment to be considered in everything we think about and decide for us.

Summary

I added this section so you will acquire knowledge on researching foods for our physical bodies, both internally and externally. My website at www.rhemabeauty.com provides a description and the benefits for each product. Most of these products will kill and protect the body, including free radicals which are worldwide and have many bacterial and viral microscopic spores. Please visit www.knowthecause.com website and obtain information which is beneficial to you, your family and friends. Also, as you increase in knowledge and wisdom, please share your knowledge and experiences with others.