

Shalom and Long time Beloved:

I have been in another season of self-inquiry, seeking to overstand myself; while also continuing to engage in learning and receiving during this extraordinary season of Revelations! Revelations has such a profound new meaning to me as I watch it play out before my eyes. It is so gratifying to see the masses finally realizing the fact that “them which say they are Yahudiym and are not, but are of the synagogue of Satan.” (Revelations 2:9). The exposure of the underground tunnels being utilized for child and human trafficking, as well as Nettie’s unrelenting attacks on Palestinian citizens, in-spite of the United Nations vote and demand of a cease fire is quite revealing of their nature. Even the staunches of supporters would now need to pause and ask questions. How could anyone be so heartless? So cold? Yes, so many of the dastardly deeds perpetrated upon our ancestors, perpetuated on anyone that would come to their defense, is being exposed. The scriptures do proclaim “what’s done in darkness shall be made light”. (Luke 12: 2-3)

Watching us switch from the cursings to the blessings, while observing the movements of the heavens and learning their impact on our frequency, as well as our physical being is intriguing and exhilarating. And while TMH is allowing us a front row seat to the great recompense of the other nations. I am reminded that our ancestors participated in bringing all of this about; through their (which is ours) own failures and fragility; well, that keeps me humble. And then I have the blessed opportunity to witness Angels and Ancestors working on behalf of TMH for our benefit; to guide, inform, enlighten, provide and protect us.....well, I am again humbled to know that The Creator of All, cares for us individually and collectively. So, I was not shocked, but pleasantly surprised when I learned that the nation was fasting from sugar.

Sugar is indeed the #1 poison in our diets that is causing an array of physical problems from inflammation to diabetes, to cancer to clogged arteries, heart attacks, obesity, you get the picture. So, I was super glad to learn that Brother Big Levi is personally and has collectively asked the nation to eliminate this toxicity from our diets. While I was away this past (almost year) I realized that the diet I had recently subscribed was not working for me at all. During the better part of 2022 and half of 2023, I tried a vegan diet. Now I still occasionally ate some non vegan food, as I honestly was never convinced about this whole vegan diet, but it “sounds” healthy. I mean how can one argue with eating plants or a “plant based” diet. Right? Accept for the fact that I don’t think that I, nor any of the individuals I observed necessarily ate many more vegetables. I noted me as well as others eating these substitute meats and cheeses; and certainly eating more carbs, as vegetables alone are not very filling. Hence, while on this diet I saw that there was a little more of me to love (or hate) with each passing month; even though the scale didn’t say so. Then, I began struggling physically with standing up straight, squatting and doing other daily physical tasks.

Well, initially I thought perhaps it was age, but Ama, Tsadkiel, Raphael, Anael, and the rest of the heavenly hosts wouldn’t allow me to rest with that. Hence, I do believe that the angels control my AI:YT stream, as such, I began watching this Dr. Berg on YT. His videos are generally about 10 minutes or less; however, his information is amazing. What I like best is the scientific/biological explanations he provides on how food impacts the various organs of our body. He has visuals and charts, and he will not only explain how let’s say sugar negatively impacts you, but he will also provide you with a solution and a healing plan.

So, in August, after feeling like I wanted to die from stacking wood from some trees I had cut down, I decided to figure out what was wrong with me, that’s when I began watching Dr. Berg, and I then began implementing some of his suggestions. According to Dr. Berg, if one has a hard time digesting meat, this is due to the fact that there is not enough acid and enzymes in one’s stomach to break down the meats. So, first you must include high probiotic foods in your diet like; pickles, sauerkraut, kiefer, artichokes and other fermented vegetables. Dr. B also recommended a high quality probiotic with Ox bile. That sounds interesting, but it is actually bile in the stomach that breaks foods down.

According to Dr. B grass fed beef has virtually every nutrient the body needs accept vitamin C (and maybe D) Grass fed meats are distinctly different from cows that are raised on grains. In fact, not only does Dr. B

recommend that your animals not eat grains, he also recommends that humans not eat grains. Now this is another level of health consciousness and certainly not an easy one for us to break as these items are an intricate part of our diets. In fact I have been wanting to write about this since just before the fast began, but I was waiting on what BBL said yesterday/Saturday: "that carbohydrates are also sugar". That is indeed a fact folks! I cut my carbs way back in September and was able to lose several inches, relatively quickly. I am now utilizing a measuring tape in goal achievement as I found the scale to be quite deceptive. I mentioned earlier, I was growing but the scale didn't say so. This was due to the the lack of protein consumption, which caused me to lose my muscle mass; which is part of the reason why I was struggling physically. It is virtually impossible to get all the protein your body needs from plants alone; particularly as you age. Also, all of the carbohydrates were causing inflammation in my joints. So, I am super grateful for this fast and beginning the conversation on how we can heal physically.

Now, I believe that one should start where they feel led to begin on the journey of reclaiming our health and heritage, as it is clear me that the objective of this regime was to kill us off through multiple means, but let's focus on the poisoning. So, if you had a sweet tooth, then certainly giving up sugar is right where you should start. However, if you're more like me, I have not been tempted by sweets much, but a potato, please tell me how many ways; garlic mash. french fries, pan fried, hash browns, baked, twice baked, fully loaded.....yes, I had a love affair with the potato, sweet ones as well! Unfortunately, most of what many of us eat are carbohydrates that digest as sugar. Potatoes, rice, pasta, corn, ALL beans: (red, black, lentil, pinto, black eye peas) bread, oatmeal, grits, crackers, chips, corn chips, pretzels, popcorn, dried fruits, fruit juices, bananas, etc. are all various forms of sugar. Now am I suggesting that you should never eat beans, or corn or fruit again? Absolutely not! But I am suggesting that at a point when you are ready, that you cut as many sugars/ carbs from your diet as possible, and refrain from consuming them, thus, allowing your body to begin healing. This may take a few weeks/strongs, or a few months depending on the how much damage has been done.

Ultimately, I believe minimizing sugars in our diet should be a lifestyle change, and that is a process. In the short run complete elimination of all processed sugars and foods is necessary. The craziest thing is the foods that Dr. B says are healing, are actually quite delicious and a part of our tradition. Dr. Berg says he eats at least 2 to 3 eggs a day, I eat 2 to 3 eggs about four to five days a week. All cruciferous vegetables, like broccoli, cauliflower, brussel sprouts, greens and cabbage are excellent in healing the liver. Cabbage is also one of the best foods you can eat for your digestive system. Dr. Berg strongly suggests grass fed beef and particularly animal organs for healing our bodies.

I have incorporated beef bacon into my diet (delicious, I might add).....he totally recommends eggs, bacon and cruciferous veggie as your break fast. You see that word game they play on us, telling us that breakfast, which is actually breaking fast, is the most important meal of the day. Well, come to find out that too is NOT true! The last thing you want to do in the a.m. is break your fast. This is when the body is burning calories. So, Dr. Berg highly recommends intermittent fasting as a lifestyle. He recommends that you eat in a 6 hour window; waiting as long as you can to break your fast (breakfast). The schedule he recommends is first meal at 12 pm. Last meal at 6 pm.

I am working on staying in that 6 hour timeframe. 6 pm is a bit early for me, so many days I try to break my fast after 1 pm or sometimes 2 pm. This is due to the fact that when you are not eating your body has an opportunity to rest and to heal itself. If you can practice getting your body into autophagy; which is not eating for 16+ hours, this is ideal to allow your body and organs to heal and to stop over use and to prevent diseases. The current fast totally aligns with the recommendations as most of us are waiting to eat until the sun goes down; so as long as you are not eating all night, but going to bed and resting (rest is another topic for healing) than you should be gaining the spiritual and physical benefits of fasting. The more I learn, the more I overstand that the scriptures were pointing to our physical body more than the poisoners want us to realize.

So, it seems that this is a season of healing. Healing from the lies we were fed, healing from the broken relationships, the wickedness, the tiredness, the emotional games and healing from the contaminated water and food. This is just the beginning as there is so much to learn, so much to be healed. As we leave the age of Capricorn and enter the age of Aquarius, (Pluto (our planet) will also spend the next 2 decades in Aquarius) it is indeed the dawn of a new age! The dismantling of this regime is at hand. No more will the lies be

perpetrated, no more 2% of the population has 95% of the wealth, no more Black labor for White Wealth! Pluto in Aquarius indicates a return of community, a return of the divine feminine, a return of justice and equality. 2024 is also the year of the Dragon; thus, a year of freedom, a year of wealth redistribution, a year to return to respecting Ama: nature and the elements!

Hence, this is our time family. The only requirement is that we walk in righteousness. We keep the laws and commandments. Starting with the 10 Commandments or also known as the 9 code; that will be the frequency we will need to walk in, in order to be the children of the light and receive all the blessings TMH is ready to restore to His Chosen!

Here is a link to Dr. Berg on Sugar



PS. Salt is essential to ones diet. Himalayan Salt or Rutherford. There is one other I forget, but here's a link about salt. I will address in next article.



Liver Cleansing Meal:



Beef Article:

<https://www.healthline.com/nutrition/grass-fed-vs-grain-fed-beef#grassfed-beef-benefits>

Here is a link to Dr. Berg's website. YT sensors him too. <https://www.drberg.com/resources>

This is just the beginning of our reclaiming of our heritage, but we must first reclaim our health. I personally believe that means returning to the diet of our ancestors!

Much Ahab Beloved!

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