

# Healthier Today Than Yesterday

By Mark and Patti Virkler

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**Caution:** hCG **absolutely must not be taken** by anyone with any **heart weakness** at all.

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## Introduction

I am healthier at age 60 than I was at age 40! That excites me. I want to share with you what I have learned in the last 18 years since I wrote the book [Go Natural](#). I researched and wrote that first book on health when I was 40 years old because my body was beginning to break down. The truths I learned then improved my health and many others have written to tell me that it improved the quality of their health, as well.

Three years ago I was able to lose 60 pounds and keep all but 10 of it off for the last two years. Do I feel great! I have gotten down to the weight I had 40 years ago when I graduated from high school. I look younger; I feel younger; and as a teacher I am passionate to share with you the insights God has allowed me to see which have so radically improved my life, my health, and my entrance into those golden years.

Patti and I have explored health intensely for 40 years. We are both certified Naturopaths, and we have read hundreds of books on health, writing eight books of our own covering health and healing of the spirit, soul and body. We are zealous to maintain our health, and as teachers, we are passionate to share with you what we have learned as we have sorted through vast amounts of materials, grounded them in Scripture, sought revelation from the Holy Spirit, and tried them out on our own bodies to see how they worked for us.

We are now prepared to present to you the best of the best, in hopes that you can learn in a fraction of time what God has spent 40 years teaching us. As we are vibrantly healthy at age 60 we believe we have been able to prove in our own bodies that these principles work.



Bekah, Hudson, Jasmine



Patti and Mark



Joshua and Charity

## Chapter One: A Brief Review of What We Learned in Our Previous Books on Health

From Our Foundational Book: [Go Natural](#)

The three keys to health that I discovered and implemented at age 40 were to:

1. Nourish our cells,
2. Strengthen our immune systems and
3. Detoxify our bodies

Now, 18 years later, I believe I would like to adjust number three above by saying, “detoxify our bodies, souls and spirits.” I would also like to note two things: 1) [Jon Barron’s website](#) states the same three keys on his outstanding book *Lessons from the Miracle Doctors* and 2) [Dr. Schulze’s amazing “Incurables” protocol](#) provides products which accomplish the above three goals.

### Some Key Scriptures which encourage us to do the above activities

- “My people perish for lack of knowledge” (Hosea 4:6) - Learn the laws of health.
- God had commanded the isolation of those with contagious diseases (Lev. 13:46).
- The spirit of the laws God gave is purity (Lev. 19:2; 20:7, 26). Leviticus speaks of clean versus unclean, pure versus defiled, and holy versus common. Therefore we consume pure filtered water, organic whole live non-processed food, and have an air purifier so we are breathing pure air.
- It is an **abomination** if we eat unclean animals (Lev. 11:10-12). They are full of toxins.
- “He causes the grass to grow for the cattle and **herbs** for the service of humanity” (Psalm 104:14 KJV). We choose herbs and food to be our medicine.
- “Bodily exercise profits ...(1 Timothy 4:8). It may profit little in relationship to eternity, but in relationship to the 70 – 100 years we have on earth, exercise definitely profits.
- “But now abide faith, hope, love, these three; but the greatest of these is love” (1 Corinthians 13:13 NASB). These emotions heal. The opposites destroy health.
- “A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.” (Proverbs 15:13)
- “...He that is of a merry heart hath a continual feast.” (Proverbs 15:15)
- “A merry heart doeth good like a medicine: but a broken spirit drieth the bones.” (Proverbs 17:22) Anyone who lives to 100 has a joyful countenance.
- God says that when you engage in a proper fast, “... [Your] health shall spring forth speedily...” (Isa. 58:8). “WHEN you fast...” (Matt. 6:16-18).

**Some key activities which nourish our cells, strengthen our immune systems and detoxify our bodies, souls and spirits include:**

1. Eating the Genesis diet (Gen. 1:29) or the Daniel diet (Dan. 1:12-15)
2. Breathing pure air (lowers intake of toxins)
3. Drinking 7 or 8 glasses of pure water daily (detoxifies body)
4. Eating vital food, food that is organic and alive (not processed)
5. Eating super-foods to provide necessary vitamins and minerals (i.e. food grade vitamins)
6. Excreting waste from the intestines quickly so toxins are not released through the colon wall into the body
7. Using herbs wisely; they are what God designed for medicine
8. Using non-toxic cleansers in our homes and on our bodies
9. Taking antioxidants (making sure they are natural, not synthetic)
10. Fasting (cleanses and detoxifies and helps body heal itself). Dr. Esser put 156 patients on fasts from five to fifty-five days. 92 percent improved or totally recovered!<sup>2</sup> (Bueno, Lee, *Fast Your Way to Health* (Springdale, PA: Whitaker House, 1991), p. 95).
11. Praying for healing (releasing the anointing of the Holy Spirit to heal)
12. Being healed of past emotional traumas (detoxifies our hearts)
13. Living in a spirit of faith, hope and love (detoxifies our souls)
14. Exercising (use it or lose it)

**Additional “Kinds of Healings” that we discuss in our book [Restoring Health Care as a Ministry](#) and that we believe have a solid biblical and scientific foundation:**

1. Hearing God’s voice heals the spirit, soul and body
2. Hearing God through dreams brings inner emotional balance and healing
3. Breaking generational sins and curses
4. Severing ungodly soul ties
5. Repenting of unbiblical expectations
6. Renouncing inner vows
7. Healing negative pictures through inner healing prayer
8. Casting out demons
9. Anointing with oil
10. Laying hands on the sick
11. Soaking prayer
12. Forgiveness
13. Herbology
14. Reflexology
15. Acupressure
16. Kinesiology/muscle response testing
17. Computerized EAV analysis (Electro-acupuncture according to Voll), i.e. [“Compass”](#)
18. Homeopathy
19. Bach flower remedies
20. Home birth ([top five reasons women choose home birth](#))

## **We Are Also Empowered by the Holy Spirit to Release Miracles**

- “God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, healing all that were oppressed of the devil; for God was with Him.” (Acts 10:38)
- “Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.” (John 14:12)
- “You shall receive power when the Holy Spirit has come upon you...” (Acts 1:8)
- “And seizing him by the right hand, he [Peter] raised him up; and immediately his feet and his ankles were strengthened. And with a leap, he stood upright and began to walk; and he entered the temple with them, walking and leaping and praising God.” (Acts 3:7, 8)

**Summary:** When seeking healing, I will utilize all of the above kinds of healings. These are all tools or “kinds of healings” the Lord has prepared for us. We let the Holy Spirit and our health advisors guide us in the steps we decide to take.

### **How Do We Discover and Internalize New Truths?**

Whenever I seek to discover and master a new skill I always do three things:

1. Seek out revelation knowledge
2. Team up to receive input from others
3. Focus intently until the revelation is complete

**Passionately Seek out Revelation Knowledge:** Since my thoughts are not His thoughts, I always ask for revelation (Eph. 1:17,18), and have a heart attitude of dependence upon the Holy Spirit to reveal insights into my mind. I prepare myself by quieting down, fixing my eyes on Jesus, who is right here with me, asking for His insights, and then tuning to flowing thoughts, flowing pictures and flowing emotions. Peace must rule in my heart. If peace is not there, then my insights are wrong or incomplete. I let peace guide me. I let flow guide me. I let dreams guide me. I awaken in the mornings with creative thoughts from God concerning the issue I went to bed asking Him about.

**Team Up for faster growth:** “Where there is no guidance the people fall, But in abundance of counselors there is victory” (Prov. 11:14). I want victory. I want to win. I cannot do that alone. I seek input from others, especially those with complementary viewpoints and different heart perspectives, for maturity comes when you hear from folks with five different heart motivations (Eph. 4:7-11). God has chosen to not reveal all revelation to any one person, but to minister his grace through His body. We are part of that body. We will not be complete standing or thinking on our own, but only when we demonstrate humility and receive input from others, especially from those whose gifts complement ours. Thus we are instructed to honor all people, which includes those with countering gifts and perspectives. By hearing from all, and seeking God’s revelation in the midst of it all, and basing all on the principles of Scripture, we can move forward.

**Focus intently until mastery occurs:** “One who looks intently at the perfect law, the law of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man will be blessed in what he does” (Jas 1:25).

The key for moving from a forgetful hearer to becoming an actual doer of a new skill is to focus intently, until you are transformed by what you are focusing on. The Lord put it this way in my journal: “Mark, whatever you focus on grows within you. Whatever grows within you, you become.”

So I always give myself a minimum of three months to understand and master a new skill, and it is likely I may take a year on it. When it comes to health, I have focused several years on it, because it is important to me. I want to live healthy into old age. I have a destiny to fulfill; I want to fulfill it. I have precious grandchildren I love to play with. I want my old age to be healthy and not sickly. I have a lot of reasons to focus on issues concerning maintaining maximum health.

**Eight books we have written which promote healthy living - spirit, soul and body:**

1. [Go Natural](#) – Eden’s Health Plan
2. [Health Mastery Through MRT](#) (Muscle Response Testing – Your body communicates)
3. [Restoring Health Care as a Ministry](#) (A vision for biblical health care)
4. [4 Keys to Hearing God’s Voice](#) (God’s voice heals your spirit, soul and body)
5. [Counseled by God](#) (God’s voice heals your emotions)
6. [Prayers That Heal the Heart](#) (removing curses, and demons)
7. [Hear God Through Your Dreams](#) (helps identify disturbed emotional states)
8. [How to Release God’s Healing Power Through Prayer](#)