

The Medicine of God is Free

Psalm of Love

Refrain:

So, our wonderful God, gave us His model of
healthcare,
The Creator model of healthcare empowered
through the 5 pillars of wellness,
For the glory of God is to live fully alive in mind,
body, and spirit.

The medicine of God is free,
God never intended medicine to be messy or complicated,
In fact, he sent His son Jesus to show us a better way,
To teach, to Love, and to heal,
And he told us that we would do even greater things in His name.

*Refrain

We are guided by the following principles:
God is the great physician,
Pray is the best medicine,
We are all responsible for our health and choices,
All life and healing come from the Great Spirit.

*Refrain

The first pillar is emphasized in three languages, Mni Wiconi, Agua es Vida, Water is Life,
Our bodies are 70% water and we need to drink half our weight in ounces in water daily,
For water is essential for our physical and spiritual health,
Bottled, filtered, or spring water to avoid fluoride, chlorine, and heavy metals.

*Refrain

The second pillar is food is medicine, as Hippocrates taught us that all diseases start in
the gut,
Eat a plant-based diet as foretold in Genesis and Daniel,
An Anti-inflammatory diet for optimal health of mind, body, and spirit,
Avoiding herbicides, pesticides, preservatives, antibiotics and hormones.

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The third pillar is motion is a lotion, to move 30 minutes on most days,
We are all made to move and enjoy the benefits of exercise,
And be open to meditative exercises such as yoga,
To calm the mind, relax the body, and renew the spirit.

*Refrain

The fourth pillar is to sleep 7 to 9 hours nightly,
To rest, reconstitute and restore our mind, body, and spirit,
Prepare ourselves for sleep by living all the pillars of wellness,
And sleep should become natural without the needs of substances or pills.

*Refrain

The fifth pillar is our rock and foundation- To be loving and forgiving,
As God's unconditional love is the greatest healer,
Jesus died once for all our sins, let us experience our trauma's once,
And place all our baggage at the foot of the cross, and do not take them back,
And live for the glory of God.

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