

Times of Refreshing Wellness

Retreat

Written Testimonials

Naomi Toole

The phone rang. Barely conscious, I attempted to converse with Robin Woodard, a medical missionary. I was drunk and deathly ill from purging. My mind and body were too weak to function. I remember almost nothing of the conversation, except these words, "Hold on, help is on the way. Start packing your bags."

Words cannot express the stress and pain I felt in my stomach. My energy turned into weakness. My mind was unable to think or comprehend. I had re-entered the hopeless world of bulimia, alcoholism and depression once again. However, after I hung up the phone, I began to feel that there could be a flickering light shining in my deep, dark, endless pit.

My younger sister, Elena, with the aid of Robin Woodard, and Shelem Flemons, of Times of Refreshing Health Ministry, made arrangements for me to fly to Atlanta. Once there, I would retreat to the Appalachian Mountains for a 10-day detoxification of my body, mind, and spirit at a Christian health ministry using natural healing methods. It was apparent I was failing rapidly. My body and mind lacked coordination. Only with God's help could I make it to Blairsville. I recall my first encounter with Shelem. The first words out of my mouth were, "My stomach is about to burst," and indeed it was. My whole being was in turmoil and torment. I was craving the need to throw up the agonizing pit in my stomach and craving the taste of Listerine to ease the pain of the act. I knew I was under the attack of a demon or demons from which only God could deliver me. The forces of evil, trying to bring about my utter destruction, were evident. Shelem and his wife, Diane, must have been praying ever so diligently and fervently. The only prayer I could dare utter was, "Lord, please deliver me, if You will." Then, "God looked down from His sanctuary..."

The next morning, the Flemons started me on Bible studies and a 5-day detoxification fast. Members of the staff at Times of Refreshing were certain to follow me every time I went to the bathroom to keep me from throwing up. There was nothing in the household environment that contained even a semblance of alcohol. God was at work bringing about a true miracle, witnessed by all. For 24 hours I did not purge (in my self-destructive manner), and I did not ingest anything containing alcohol. I changed my prayer from "Lord deliver me," to "Lord during this fast, help me to draw closer to You." Even though I did not experience tremors, I experienced almost endless episodes of flushing. Waste elimination became dining room conversation for myself as well as the other guests. I could actually feel the expulsion of poisons. This program is far more advanced than traditional treatments that are performed in most hospitals and treatment

centers that offer antidepressant and medication therapy, which are experimental at best. My personal program was fashioned to five days of detoxification and one day of preparation for my system to begin receiving a healthy vegetarian diet. Gradually, about the seventh day, my mental faculties were in tact, and my handwriting was back to normal.

Those first five days were also accompanied with liver poultices to detoxify my liver, herbal cleansing drinks three times a day, colonic cleansing, barley green and juice intake. The expelled poisons were replaced with natural minerals and vitamins that the body needs to function. On my 6th day, I was weaned off the fast and prepared to receive the intake of God's original, healthy diet.

I must say a word of praise for colonic treatment. It was the overwhelming factor in eliminating my physical cravings for alcohol and enhancing my sense of physical well-being.

Exercise and fresh air twice daily were also part of the prescription. Walking in nature stimulates an appreciation for God's splendid creation and allows time to commune with Him. I marvel at the miraculous work He has performed in me. Jesus died to set me free from the bondage of the devil's snares. I am being transformed into a new creation, into the natural and perfect state of God's design.

By Sabbath, I was virtually set free from the depravity of my illnesses, and the Holy Spirit could now come to dwell inside of me and minister to me. Shelem did a Bible study on Bulimia and Cancer, and I avidly took notes. Diane, as usual, made delectable meals. We ate and were satisfied with God's blessed food.

I was scheduled to return to Tulsa the next day. However, I prayed and asked the Flemons if I could stay another week to get myself more firmly rooted in the diet plan, vegetarian cooking, and to learn the procedure for giving steam and fever baths. This week has been blessed. I am being ministered to through the pages of "Pathways to Health and Happiness," an inspiring book about God's health plan in the Bible. Shelem has counseled with me on intemperance, alcoholism, stimulant use, contentment, and the sins in my life. I have been introduced to scripture songs that claim God's promises from the Bible.

Diane has encouraged me in the kitchen, and I am getting very accustomed to vegetarian cuisine. This new life-style of health requires two meals a day of a proper selection of raw fruits and vegetables, cooked grains, and nuts. God's chosen people in the Bible ate this type of diet, and could stand before Kings healthy, strong and wise. This refers, of course, to Daniel and his friends while they were in captivity. Also, Ruth reaped barley grain. The examples are many.

I am writing this testimony on Friday morning. We will be preparing for the Sabbath today, going to the Church at Atlanta tomorrow where Shelem is one of the Elders, then I leave on Sunday.

I will be taking with me the promise that God will never leave me nor forsake me, and He has made me a new creature in Christ my Saviour. Diane told me, "Now I can fly like a bird over the mountains because I have been set free." I praise God every hour of every day.

With the help of the Holy Spirit my plans are to become a Medical Missionary, teaching bulimics and alcoholics God's great design for healthful living and happiness. I am required by God's law to minister, and feel a strong urgency to work with those who

are enslaved as I was. God, in His design, wants to set them free also. They must know the truth that God, not purging and drinking, is their Healer and Deliverer in all the issues of life. I am truly God's miracle. He has a host of other children that need to come out of bondage.

Thank you for reading my testimony about God's unfailing love toward a sinner. Please pray for my future medical missionary work. I welcome prayers, your correspondence, e-mails, advice, counsel, Biblical ministering, supplies, training and education, and prayerful fellowship.

Naomi Toole

Linda

I knew the health message well, but stress had been a problem for about five years. I had to reprogram myself not to overdo. I appreciate the integrity, honesty and willingness they have at Times of Refreshing to take on such an awesome responsibility. They were busy from morning until night to help us restore our health.

I had high blood pressure before I went there and it is now 120/80. The juice they gave me was delicious. I couldn't do the salt water flush because of my blood pressure so I did a mineral flush instead. I got steam treatments also. The whole program helps to cleanse and build up and is also preventive. They encouraged me to stay on the program. I am just beginning and will continue on the program with raw foods, detox teas, and juice. My daughter, Crystal, is 13 and wants to go through the program to learn to help people. I give credit to the Lord and to Shelem and Diane who put their whole heart and mind into this. The whole staff worked for us, and they encouraged us to keep on and not let go. I praise the Lord that I could go there and am able to share it with you. I recommend their helping you, and praise the Lord there is an alternative to the medical plan. There is hope. There is God's way.

Linda

Harry Hogan

On January 11, 2001, I had simply gone to the doctor for a medication for sinuses. For some reason the nurse insisted I take a PSA test. About a week later I went back to see the doctor and it turned out that I had cancer, prostate cancer, with a PSA count of 248.9, which means I should not be alive today. Of course, something like that is devastating for anyone to hear. I began to grasp at straws just like anyone in my shoes would. I began to search God with all my heart more than I ever had in my life. I did not believe that it was my time to go. The Word of God declares that, why should we leave this earth before our time? I knew I had more time to serve God. The Word of God says that, "*I shalt not die, but live and declare the works of the Lord,*" Psalm 118:17.

After seeing my family doctor, I was referred to a radiologist and a biopsy was done. He confirmed that it was definitely cancer. I had also gone to the V.A. Hospital and, I will be honest with you, while there I was bluntly told that I should go home and die. I thank God that He began to lead us in the way we should go and direct our footsteps.

We have a health food store in town and my wife began to talk with them. We set up an appointment with Dr. Nancy McEndree and she gave me Brother Shelem and Sister Diane's name and number. I talked with Brother Shelem and, even over the phone, I felt the anointing of the Holy Ghost.

We had decided to go to Times of Refreshing. As we went down there, we had no idea what we were walking into. As soon as we pulled into the parking lot, again we felt the anointing of the Holy Ghost. That was just a confirmation that we were doing the right thing. We were in a beautiful place. As we walked in we met several people who, at that time were strangers to us and I am sure they were strangers to Brother Shelem and Sister Diane. But, as the days went by, we all became friends. We all began to pray for one another, we began to see each other's problems. We all knew that God's Plan was the way to go.

I must admit there were a lot of embarrassing things that we had to do down there: the colonics, the fever baths. The different things that we did: the steams, the juicing, the eating raw, the flushing itself. But through it all, as time went on, we began to feel better. We began to see people down there as a very loving group of people. We love and appreciate Brother Shelem and Sister Diane. We have never met two more loving people in our entire ministry, and we have been ministering over 28 years. We must also mention the staff. We truly appreciate them. We know they worked their hearts out to see God fulfill His plan.

As the 10 days went by, we kept working with God and stayed determined, knowing that God was going to touch us. God kept His children in health for many years as they came out of Egypt. That same healing is available to us today but we need to sacrifice. The Word of God declares in Romans 12:1-2: "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

Even though the people, including myself, may have been embarrassed at different times, we knew that the staff never felt that way. We knew they were there for

only one reason, and that was to see people healed. It made us feel good and it made us more comfortable.

As I said once before, if the doctors had told you to go home and simply die, it would wear on your nerves and even bring doubt and fear into your life. But the Word of God says He has not given the spirit of fear. Each day we had Bible study in the Word of God, morning and evening. It is all based on the Word of God. It's not just something we do. We just want to say we appreciate that so much because we, once again, have never seen such loving people in our lives.

When we came back home, I was truly surprised. We set up another PSA test immediately with a lab technician who knew my wife, June. Without the doctor knowing of course she gave us the PSA test. It had come down from 248.9 to 5.8, and it is still dropping. I must say we have a doctor up here right now, who I have just come back from seeing, who is totally in the air because he does not understand what is going on. I had taken one Zoladex shot. According to him, it should not have taken the PSA down this low. We have told him we are not going to deal with him any longer. We are going to continue to do it God's way because we truly believe it is God's Plan.

We continue to take fever baths every night. We are still juicing. We are still eating raw. We do not eat meats. We are doing what we were taught at *Time of Refreshing* and it is working in our lives. God has also blessed in many areas of our life with a new job and different things going on in our lives. We owe this to God Almighty and we thank God for the friends we made at Times of Refreshing. We fully intend to get back as often as we possibly can.

We want to emphasize that anyone who may be reading this testimony right now with any type of disease, whether it be cancer, heart disease, high blood pressure, or diabetes that you need to get in touch with Brother Shelem and Sister Diane because they can, through the leading of the hand of God, help you receive healing that you never thought you could receive. Orthodox medicine right now is killing more people than it is helping! I dare anyone to die doing things God's way. You cannot do it. God will simply heal your body. That is the kind of God we serve.

Once again, we want to thank Brother Shelem and Sister Diane for the invitation to come and share their home. For the beautiful things we did, the walks we had, the fellowship we had. I thank God for them. I thank God for all the staff and I pray God will keep our footsteps coming together once again as often as is possible. We love you in Jesus' name and we thank you and may God bless you.

Ed Wright

I could not believe the levels of chronic pain in my body. I experienced severe back pain that interfered with any effort I made to concentrate or pray. I had pain in the hinges of my jaws and my thighs ached. When I stepped with my right foot, a shooting pain would run from my heel to my knee. The pain in my knees felt as if two bones were broken and rubbing together. All this sounds as if my whole life was filled with pain, but this is not true. Let me tell you a little about my healthy life.

I worked out almost every day from my teenage years on. I ran, bicycled, practiced defensive tactics, and lifted light to moderate weights. I served on city, county, state, and federal levels as a law enforcement officer for twenty years. I thought I was in good shape and was surprised by what started happening.

In 1992, I was diagnosed with atrial fibrillation and was placed on "light" medication to control it. By 1994, I had been hospitalized repeatedly in an effort to control my condition. I was changed from one heart medicine to another. Of course, each medicine only worked for a short time. I continued working even though there were several interruptions because of my heart.

In 1996, or early 1997, I was told by an electro physiologist not to work out anymore. He said that my heart continually quivered and it could go into a spasm, which could end with my heart being worn out, and possibly an early death. The doctors put me on Amiodarone and told me this was the only hope I had if I wanted to live for any length of time. I was warned that the side effects could be devastating, yet it was my "only hope." In November 1997, I was hospitalized for eight days with severe chest pain. The doctors increased the Amiodarone to "boost up my system." I was treated at emergency rooms twice more before February 1998. This is when my trouble really began.

During one of the many emergency room visits, I was admitted into the hospital for five days. While there, I was told my thyroid was hyperactive and was life threatening. Also, my gall bladder was not responding to any tests and this meant it was no longer alive and needed to be removed. On the fourth day I was told that my insurance, an HMO plan, would not cover any more treatments. I was released and told that I needed to travel 600 miles to another hospital where my insurance would cover the surgery and any additional treatments.

Although I was very weak and shaky I drove the 600 miles and met with a doctor the very next day. He did some tests, but became irate when he found out that the other hospital made me travel so far because my insurance would not cover me there. He said I never should have been released or been allowed to travel in my condition. He sent me to the emergency room where I was hospitalized eight more days. The doctors-I had six- advised me that my thyroid condition was caused by the Amiodarone. My gall bladder was removed by laproscopic surgery and I was told to return to work within a few days. Shortly thereafter, I began to experience severe back pain and diarrhea, which turned out to be one of the major symptoms of Irritable Bowel Syndrome. This illness is debilitating as well as very painful. I experienced this pain and enfeebling condition, diarrhea, three to twenty-three times a day. I could not work more than a few hours a day due to the pain, and many days I could not work at all. Of course, the doctors continued to give me even more medications.

By 1999, I began to experience chronic fatigue and did not know I was suffering from chronic Fibromyalgia. My heart was in constant severe A-Fib, even though I was on many heart medicines and a blood thinner (Coumadin).

I was not able to work for five months and, finally, I had a pacemaker implanted to regulate my heart. I was told that I could go back to work within three days. All heart medication was stopped but my back pain and diarrhea continued. The pain increased. Because of my insurance limitations, even with the doctor's recommendations, I had to wait six months before I could see a neurologist. I was diagnosed with sleep apnea, tremors and panic attacks. I was given a CPAP machine that would help me to breath at night and assist me in resting. I was sent to a rheumatologist who referred me to a second neurologist and a gastrointerologist.

The sleep apnea was confirmed and, after many tests, I was told my stomach was healthy and there was no reason for my diarrhea. I was also told to take Imodium AD, even if it had to be taken seven times a day.

Because of all the pain, my self-control was weakened and I began to suffer from Post Traumatic Stress Disorder, which stemmed from my years as a law officer. I was placed on antidepressants to combat this condition. I was also told to take Darvocet and Tylenol with Codeine to relieve my pain. More medications added to the already too long list.

Then one day I was introduced to Shelem and Diane Flemons at Times of Refreshing. I accepted their invitation to come to the March 2001 session, which would last for ten days. By this time my pain was so severe I could not concentrate or sleep. Shelem and Diane spoke of God's Plan and I could see the love of the Lord was present in their hearts, and this love filled the facility. Still, I could not understand how what they were saying would take away my pain. But my wife and I followed directions on how to change our life-style.

After leaving *Times of Refreshing*, I went to a water treatment center for arthritis patients located in my community and I began a light exercise program. Yet, my pain increased. I was short of breath and began to walk with a cane to keep myself from falling. I quit shaving at some point because the pain I was experiencing would not allow me to lift my arms.

In desperation, I made my way into the Veteran's Administration Hospital where I was told to just accept my condition and the fact that I was disabled. At age 45 I was told my only hope was to take heavy narcotics to relieve my pain. I tried to continue with the change of life-style I learned at Times of Refreshing, but still took the narcotics prescribed to relieve the pain. This pain had become so severe I would lie on the floor crying. I asked God over and over to let me die because I could not handle the pain. Finally, I realized that the medications were not relieving my pain so I stopped taking them. But, remembering what the doctors told me, I continued taking the blood thinner. Finally, I decided to really follow what Shelem and Diane had shown me about God's Plan at Times of Refreshing. I drank carrot juice, other suggested juices, and ate raw fruits and vegetables with a little cooked vegetables every day. After a while, the brain fog I had been experiencing began to fade. My ability to think returned. Praise God, I was able to pray once again.

The Lord was working in my life in response to my following His plan. Because of my heart condition, I was informed that I needed another heart surgery. However, after

the decatherization was performed, the doctors told me there was no need for surgery and I was sent home.

After the hospital stay, I decided to stop taking the blood thinner and, as was suggested by Shelem, began drinking lemon water, which is a natural blood thinner. Over the next two weeks the pain in my body began to lessen and I could leave my cane at home. I began to work out with light weights once again and was even able to mow my yard for the first time in quite awhile. The diarrhea I had experienced for three years stopped also, which I later found out was one of the side effects of the blood thinner medication I was told to take for my heart.

During my ministry, I preached my own version of God's Plan, about how God has a wonderful plan for our lives; however, most people do not experience it due to sin that separates them from God. This plan of abundant life can be found in John 10:10. I have shared the message that God sent His Son Jesus who paid the penalty for our sins with His death on the cross. I have told God's children that we must individually receive Jesus Christ as Lord of our lives. But Shelem and Diane showed me more of G.O.D.'S. P.L.A.N.

God's Promises
Proper Rest
Open Air
Lots of Water
Daily Exercise
Abstemiousness
Sunshine
Nutrition

I am free from pain because I trusted in this plan of God's for natural healing. According to the doctors, I still suffer from the A-Fib of the heart, but I am trusting God to heal this also.

I am here to tell you that you do not have to suffer needlessly from Chronic Fatigue or Fibromyalgia. God has a wonderful plan for your life. Plug into it by asking God to take control of your life and by following the program at Times of Refreshing. You must surrender every part of your life to Him. Then you can begin to enjoy being active once again and re-establishing relationships. Follow G.O.D.'S. P.L.A.N.

Ed Wright

Lenore Vermeersch

God is so good. He has our paths all planned for us if we only take the time to pray and ask for His guiding Spirit to direct our thoughts. As I look back I can see His mighty hand in it all . . .

In the Fall of 2000, I had decided to take advantage of a free cancer prevention screening my sister informed me of. God knew there was a need. A PAP test was scheduled. The results showed abnormal tissue. After a coposcopy, two polyps were found. They were immediately removed and tested. They were not cancerous. Praise God!

My doctor advised me to come back in four months. A follow-up appointment was made. God was speaking to my mind. Because of light God had revealed, I knew there were natural ways to heal and how surgery may cut away the result of an existing problem, yet it does not cure or heal the whole body. God had been showing me proper ways to care for my body, but years of earlier abuse were stored in my cells. I realized my need. I began calling medical missionaries and writing letters.

I finally received a call from one physiologist at one of our churches. She was kind enough to start me on a lemon cure. For one week I drank fresh lemon juice with one clove of garlic three times a day.

It was time for my follow-up. The tests showed abnormal cells once more, but the coposcopy revealed a healthier uterus. Praise God! The abnormal cells were a small wart-like tissue, which they wanted to freeze with cryotherapy. An appointment was scheduled. I continued to pray. I made some more calls. They promised to return my calls. I continued to pray, knowing God had it in control and that the person who returned my call was the fruitful tree I needed to help me.

Less than five days from the appointed time for the cryotherapy I heard from the person God had chosen to speak and counsel me in my time of need. You see, my heart knew the natural way was right, but the carnal nature wanted what seemed to be the easy way out. Oh, I was promised it was simple procedure, but I also read where bleeding would more easily occur for six weeks as a result.

God's chosen servant was able to confirm in my heart what God had been telling me. Surgery was NOT the answer. I needed a time of refreshing. Praise God! In less than one week I had canceled my appointment and had purchased tickets, for what would be my first plane ride, to Times of Refreshing Life-Style Retreat. God had it all planned out' the staff, my roommate, the passenger in the seat next to me, and even the delay at the airport. God is amazing!

The first week there was a time for my body to be cleansed physically. I found peace of mind and much quality Christian fellowship and service. I met new friends and the stay was like a home away from home. The second week flew by as my roommate and I enjoyed all of God's created beauty and delicious bounties. The two weeks were truly in God's Plan for each and every one of us.

On my return I called my doctor's nurse and informed her that I was away for awhile at a healthful place. I also informed her I had one month yet left in my health program. I asked her what would be the next step. She said, "a PAP test." So an appointment was made for one month later. As I continue to pray, I was confident in

God's healing power, and the healing properties He has provided in the natural foods and drinks.

On the day of my exam my doctor asked if I came for a freeze, I said, "No, I came for a retest." Upon examining me, she said my uterus was looking very healthy. I told her I was on GOD'S PLAN. I explained to her what that meant. She said that if all her patients followed that plan, they would not need to come and see her.

Four days later I received the good news on paper from the test results:

Meritcare Clinic Bemidji Obstetrics & Gynecology

1233 34th Street Northwest
Bemidji, MN 56601
(218) 759-5000 or Toll Free: (800) 942-4923

11/15/2002

MR# - 8266108

Dear Lenore Vermeersch:

I am glad to inform you that your recent pap test indicates no abnormalities.

As a precaution you should plan to repeat this examination at least annually, unless you have been otherwise informed.

In the meantime, if you have any questions, please contact me at your convenience at the phone number listed above.

Sincerely,

Jan G. Kiligore, MD

Praise God for His Power! God is so good!

Georgia E. Jenkins

I have always been very active; even at the age of 59, I walked five miles a day, six times a week, with a group of friends in my neighborhood. However, this became increasingly difficult as time went by. The pain was so bad I could only walk on my tip-toes. I could not put my heel down without severe pain so my daughter insisted I go to the doctor. That's when she told me I had arthritis in both my knees and that it was not curable.

I told her, "But I gotta walk." She said, "Well, eventually you're going to have to stop altogether." "No I'm not, I insisted. "I know where I can go." She asked me where. I told her to Blairsville, Georgia. She said, "Well, you can go there, but they won't be able to help you because there is no cure for arthritis yet." I told her, "Yes there is. God has remedies for everything. Mistreating our bodies causes these things to happen to us. He

has a group of people who, through His guidance, can help us get rid of disease that we call up on ourselves.” She said, “If you think they can help you, I want you to come back and give me a report.” I told her I would, but that I was just going to stop by because I wasn’t going to pay for a doctor’s visit just to show her I could walk.

I sought the Lord in prayer before going to Times of Refreshing. I asked Him to give me a positive outlook and to help me take every herbal formula and vegetable juice drink they gave me, which would be beneficial in my healing process. I finally asked Him to keep a song of praise in my heart. Believe you me, He faithfully did just what I asked Him to do.

When I arrived at *Times*, I had to use a walking cane. I could not fully apply my body weight to my right leg because of the severe pain in my knee. We started our treatment programs the next day. The staff at *Times* was so wonderful. They encouraged each guest to keep going during our cleansing week – a week of fasting – and to stay on schedule with our program.

Within three or four days, the pain in my knee had lessened to the point that I could fully bear weight evenly on both legs. I was able to walk almost two miles by then; this was walking up and down a hilly road at that. By the end of the session, which was 14 days, I was back walking five miles without pain. All-in-all, I had a fantastic time at Times of Refreshing. I would recommend this to everyone!

I am now back to walking five miles a day, five days a week. I am also back to my yard work and housework. I am back to wearing shoes with low heels again too; something I haven’t been able to do in years!

I ran into my doctor shortly after returning home. She was amazed. She asked me what did they give me. I told her herbs. She told me herbs had not been tested to help arthritis. I told her to look at me; I was all the test she needed. She said she had many patients with arthritis that she couldn’t help. She said she wanted the information to share with her patients.

I thank the Lord for His healing hand. I also want to thank the staff at *Times of Refreshing*.