

The Liver's job is to make sure that the body absorbs everything it needs, and dumps out everything it doesn't. As you can see, that's a lot of work for a single organ to do. Unfortunately, the modern lifestyle we live burdens the liver, making its job even more difficult.

God made you . . . and He wants to clean your liver, your body ,your mind, and your soul. ***"I will restore health unto you, and I will heal you of your wounds!"*** Jeremiah 30:17

Liver Functions

"Beloved, I wish above all things that you may prosper and be in good health." (Liver health too!!)



Helps your body fight infection by removing bacteria from the blood.

Converts inactive Thyroid Hormone (T4) to active T3 that the cells can use.

Metabolizes, or breaks down, nutrients from food to produce energy, when needed.

Creates ketone bodies for cellular energy production.

Produces most of the substances that regulate blood clotting.

Prevents shortages of nutrients by storing vitamins, minerals and sugar.

Produces most proteins needed by the body.

Creates cholesterol for hormone production and tissue healing.

Produces bile, a compound needed to digest fat and to absorb Vitamins A, D, E and K.

Removes potentially toxic substances we consume from the environment such as Xenoestrogens, Pesticides/ Herbicides and Medication byproducts.

URGENT PRAYER

- **Daisy Hunt and Family**, death of brother, sister diagnosed with terminal cancer and Daisy's continued recovery from surgery with PT
- **Sharon Ewers and family**, stepmom passed away

Foods that are great for liver health include:

- Citrus fruits
- Leafy greens
- Herbs
- Kale
- Avocados
- Nuts
- Cabbage
- Garlic
- Berries
- Cauliflower
- Broccoli
- Fatty Fish
- Olives
- Bok choy



LET'S CHAT!

with Pastor D

SHARON SEVENTH-DAY ADVENTIST CHURCH

June 22, 2019



I was on my way home from prayer meeting and spotted a figure walking in the darkness on the lonely roadside. As I approached him, the headlights glistened on his backpack. He turned his head, stopped and stared at my car. It seemed strange, and I slowed the vehicle and recognized that he was visibly upset.

Then it happened! He tried to jump in front of the car and I swerved to avoid him. I realized in my panic that I had crossed the median and headed to oncoming traffic. I swerved back to the correct side and stopped the car on the shoulder a few yards from him. I turned to see him running toward the car. He was frantically waving his hands while screaming every derogatory word he could mutter. Then I heard the words; "Why won't you kill me?"

He made it to the side of the vehicle and banged on the glass while screaming. I sped onto the road again and notified authorities because of his aggressive state. He was never found. I don't know what he had to endure, but obviously he felt that it was too much to process. I often wonder if there was something I could have done differently on that night. It has brought awareness to the various hurt individuals endure daily. It has also highlighted the need to share that "there is hope once you have life."

"God is the only one who can make the valley of trouble a door of hope." Hosea 2:15

KIDS CORNER



Help the Super Crew Find Yummy Foods



K	C	I	B	L	U	E	B	E	R	R	Y
W	A	T	E	R	M	E	L	O	N	C	C
O	R	L	L	N	P	L	E	P	R	U	C
L	R	A	L	I	S	P	I	N	A	C	H
E	O	T	P	U	D	D	I	N	G	U	I
K	T	B	E	A	N	S	P	L	E	M	C
K	S	B	P	C	H	E	E	S	E	B	K
I	A	S	P	N	O	R	A	N	G	E	E
W	L	L	E	G	U	M	E	S	M	R	N
I	M	B	R	O	C	C	O	L	I	I	C
Y	O	G	U	R	T	A	P	P	L	E	C
B	N	D	R	U	P	E	H	S	K	U	T



- | | |
|-------------|------------|
| Cucumber | Chicken |
| Spinach | Legumes |
| Apple | Cheese |
| Blueberry | Broccoli |
| Salmon | Watermelon |
| Yogurt | Orange |
| Carrots | Beans |
| Bell Pepper | Milk |
| Kiwi | Pudding |



Draw your favorite vegetable

