

Okwantiawa a ɔfa so duru botae yi ho no ye nwanwa. Akyinyee biara nni ho se, banbo ketewese kyen ayaresa a eso.

Me kra, hyira Awurade, na mma wo were mmfiri ne nneyɔee pa nyinaa. Ono na ɔde wo mfomsoɔ nyinaa firi woɔ, na ɔsa wo nyarewa nyinaa.

Nnwom 103:2,3

*Nsem a y'atwere no nnwoma yi mu no nnye dee esese wofa no se oduruyefoɔ afutuo anaa yaresa akwankyerɛ. Enti nsunsuansoɔ a ewɔ ɔkwan pa anaa ɔkwan bone a obi de nwoma yi mu nsem di dwuma biara ye nipa no arae asodie. Ayaresa, nhwehwemu anaa nsemmissa biara no, hunu wo duruyefoɔ. Nanso, se eye ayaresa amapa nso a, hunu Oduruyefoɔ Keseɛ no. (Exodus 15:26)

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Nsiano Ketewa Bi- Resi Owuo farebee 3 No Ano.

Wo aman akeseɛ mu no, akoma yadeɛ ne dee ekum kese a edi kan. Won dodoɔ wo saa aman yi mu no, boro ɔha nkyemu aduonum (50%). CDC, kuo a ehwe yadeɛ ho banbo, kaa se, afe 2010 mu no, owuyadeɛ akeseɛ mmienu no ne **akoma yadeɛ** (ekum nnipa 597,689) ena **Cancer** (ekum nnipa 574,743). Ohome mu nyarewa nso dii akyire (kum nnipa 1 38,080). Nanso, afe 2000 mu nhwehwe mu bi a Barbara Starfield M.D., MPH, de too dwa ne se, Amerikafoɔ bebore 225,000 koɔ owuo mu afe biara enam won ayarehwe kwan so.

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wo tu ne nhini no nso ase, anye saa a esre no besan anyini. Saa ara na yadeɛ tee, se w'anhwe anntu nase a, yadeɛ no san ba. Boa nnipadua no ayaresa mu, mennko yadeɛ ho nsunsuansoɔ no ara keke. Nsunsuansoɔ dodoɔ no ara, te se ahoohyee, ye nnipaduan no kwan a ɔfa so ko tia nyarewa.

Sua kwan tiawa a nhahamma a efifirie yen mfikyire no tumi sa nyarewa. Nhahamma a efifiri yen mfikyire no tumi tu ɔhaw ne yadeɛ dodoɔ no ara ase.

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a mede meguu Misraim soɔ no biara mengu wo so: na mene Awurade, wo yaresafoɔ no. Eyi kyere se, nea yeyɔ, ne kwan a yefaso di abodeɛ mmara so no, wo nsunsuansoɔ yen apɔmuden ho. Abeefo nhwehwemu kyere se, nea edi nyarewa akeseɛ mmiensa no mu akotene paa no ye asetena mu abrabɔ, enti yetumi twe yen ho firi nyarewa no ho. Akwan a yebefa so atwe yen ho no bi na edi soɔ yi.

Reko Akoma Yadeɛ

❖ **Gyae Tawa nom.** Eyi tumi te w'akoma yadeɛ no so beye ɔha nkyemu 50 kosi 75 mmfee ennum mu.

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se nnipa beye 12,000 nam operation a eho nhia so na owui afe biara; nnuro mfomsoɔ nso de nnipa beye 7000 afe biara koɔ owuo mu wo ayaresabea ahodoɔ mu; nnipa beye 80,000 nso nyaa nyarewa firii ayaresabea nam so wui afe biara mu; nnuro ho nsunsuansoɔ nso kum nnipa beye 106,000 afe biara mu.

Nhwehwemu kyere se, nnipa mmiensa mu baako biara benya ayaresabea mu mfomsoɔ yi mu bi

❖ Hwehwe ɔkwan foforo a wo benya ayaresa, na sua abeefo ayaresa yi ne ne nsunsuansoɔ nnipadua no so.

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❖ **Bere Ano Apɔmu Tenetene** Eyi tumi te w'akoma yadeɛ no so beye ɔha nkyemu 45. Apɔmu tenetene tumi boa nnipadua no ma no ko ahometee a ema nnipadua no ye sraɔdeɛ no nso. Ohareso nanteɛ ye apɔmutenetene keseɛ paa ara a eni boɔ.

Rete wo mogya mmorosoo so tumi te w'akoma yadeɛ no so beye ɔha nkyemu 2 kosi 3 wo ohome biako biara. Renom nsuo dodoɔ a nnipadua no hia no boa. Dr. Whitaker se, "Nom nsuo glass 15 da biara da. Mogya mmorosoo aduro dodoɔ no ara

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aba fua, enye nee w'apɔ ho te se esam fitaa ne nea ete saa nom no reka yen nnuane ho. Redi saa nnuane yi ma yen yam da ho.

❖ **Te awuduro dwumadie so.** Nnuro a yeɔde kum mmoawa ne nnuane a nimdiefoɔ asesa n'abɔsuo no ma onipa nkwa moa no ye bisibasaa. Redi nnuane a nnuro biara nkaa won, na yeretwe yen ho afiri nkyense nnuane ho no ye ɔkwan biako a ye faso yi awuduro firi nipadua no mu. Afie ahodoɔ mu nso kora awuduro bi te se carcinogen

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aba esia mu a wɔka se: Nsee no, na nhaira wo mu, no, saa na monkoa nti meye, na mansee won nyinaa.

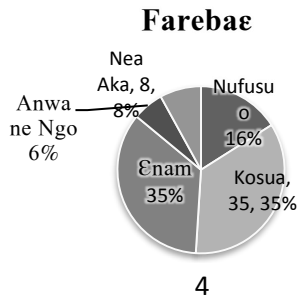
Repepa Cancer

❖ **Te ahometee (stress) so.** Nhwehwemu kyere se ahometee ye nyarewa ɔha nkyemu 80 nyinaa farebae, a akoma yadeɛ, cancer, mogya mu nyarewa, honam ani yadeɛ ne nsan yadeɛ ahodoɔ pii nso ka ho bie. Mmese 17:22 ka se, *Anigyee akoma ma ahooɔden, na hohom a abotoɔ we nnompe mu.*

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❖ **Te mogya sraḁee so.** Eyi tumi te w'akoma yadee no so beye oha nkyemu 2 kosi 3 wɔ oha nkyemu biako biara a wobeyi mmoa nnuane afiri wo ho. Nnuaba, mma, atosodee ne nghanma nni sraḁee biara. Wo nnipadua no tumi ye sraḁee biara a wohia.

Amerika Sraḁee Nnuane



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Ayaresa kwan foforo bi te se nsuo aduro ho ayaresa ne gya bidie anaa dotee (clay), nni nsunsuansoo pii se dee aborofo nnuro no wo no.

❖ **Sra apomuden ayaresafoo nnwotwe** a won boɔ ye okwa no. Mmframa pa, apomu tenetene, nsuo, ahomegyee, ahoson, aduane pa, owia hann ne gyedie wɔ Awurade mu, no na eye nokore ayaresa ma nipadua ne adwene.

❖ **Sua se wobetu yadee ase** na enye eho nsenkyerenee no keke. Se wotu esre, turo bi mu a, na ese se

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Enti, Amerika ayarehwe nnwuma no ye okwan a eto so mmiensa a ede owuo ba wo Amerika. <http://jama.jamanetwork.com/article.aspx?articleid=192908>.

Nsonsonoye da se worehu owuo farebae ne se woretwe wo ho afiri ho.

Wo Exodus 15:26 mu no, ...*okaa se: Se wobetie Awurade wo Nyankopon nne, na woayɔ dee etene wɔ n'anim, na woatie ne mmara nsem, na woadi n'ahyede nyinaa so a, ennee meremfa yadee*

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Nhahan no bi kura ahooḁen nnuro a eboa hohoro mogya na esan ko tia cancer yadee. Nhahan bi te se dandelion, nso boa ma yen sawa no nya ahooḁen. Aloe mono nso boa nea w'ahyehyee. Bodee ahahan a won asie nso wo ahoden a etwe eboro ne essan yadee firi nipadua no mu.

Refa w'apomuden ho nsem anibre so, na wo resua se wobedwene ako yadee farebae ho no, beboa adane nyarewa ko no ani.

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❖ **Gyae Tawa nom-** sawa mu Cancer tumi kum nnipa beye 200,000 afe biara. Tawa nomye sawa mu yadee farebae kesee. Regyae nsā nom nso tumi te cancer nya so.

Di nnuaba ne atosodee pii.

Nhwewemu kyere se, nnipa a mmoa nnuane nnka won nnuane ho, na mmom nnua nnuane, na won sraḁee wɔ fam koraa no, wɔ Cancer so ahooḁen pii. Nhwewemu kesee bi nso wɔ England ne Germany akyere se, vegetarianfo (won a won nni mmoa nnuane) wɔ cancer so tumi oha nkyemu 40 se wode toto won a wodi mmoa nnuane no a.

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Dr. T. Colin Campbell ka se, "... Nuane nnuro biara nni ho a etumi ma cancer a ekyen mmoa nnuane mu nnuane nuro". Ene se, awuduro wɔ mmoadoma mu no boa ano boro nea ewo won tenabea no pii. Nsuo mu mmoa awuduro no ye mpen 100,000 nea ewo won tenabea no. Nnuaba ne atosodee nso kura awuduro ano aduro a eko tia cancer.

❖ **Di fiber pii.** Ayamtim nso ma kokobo cancer, cancer a eto so mienu a enye nna. Redi fiber pii no kyere se, ye de

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hye yen ma yenom nsuo pii. Redi nnuane ne nnuaba a aduro potassium wo mu no nso tumi boa. Kwadu kura potassium pii a esiesie nnipadua no.

❖ Grapes kura nnuro bi a ete mogya a ada so. Ne nsuo nso kura ahooḁen a eboro aspirin so pii, nea Amerika College a ehwe akoma de too dwa wɔ won nhyiamu a eto so 47. Renom grapes kuruwaa mmienu saa nnawotwe no ye sene se wobenom aspirin. Yesaia 65:8 *Se Awurade see nie: Sedee nsā ba bobo*

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a ebi ne formaldehyde ne benzene. Aduhwiam ahodoɔ nso ma ohaw. Kenkan nnuro a wode ye nneema bi te se samina, nku ne nea esi ntaadee, na wobehu awuduro ahodoɔ a wode aye. Wo betumi de baking soda, vinegar ne castile samina asiesie wo ho ne wo ntaade a ohaw ne eboɔ biara nni akyire. Esan ye okwan a yerefaso ayi awuduro biara afi yen afie mu.

Redwane Apomuden beae Farebae Wuo

❖ **Hunu eho nsunsuansoo.** Barbara Starfield asem a oka no wɔ krataa bi a w'ato din se JAMA mu

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