

PROTECTION IS BETTER THAN CURE

*Let the Holy Spirit
be your
health mentor*

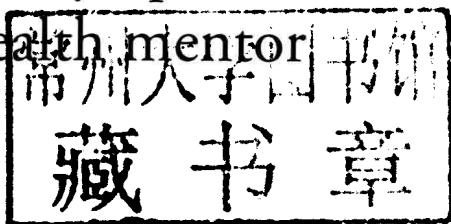


Margaret Musembwa

At 65, happier and healthier than ever before

Protection is better than Cure

Let the Holy Spirit be
your health mentor



Margaret Musembwa

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Dedication

To my mom Esther Nabalamba: You have impacted and shaped several dimensions of my life. I remember at the earliest stage of our lives, you diligently instructed us in Psalms 1, 23 and 91. Little did I know that you were training us to meditate on and walk in God's love and protection. You have been a great example, living and relying entirely on this foundation.

One relevant incident I would like to mention is the morning when Idi Amin's thugs ransacked our home and held you at gun point demanding money and guns which they claimed came from your children who were living in exile. Barbra, my sister, trembling with fear could not believe her eyes and ears when you lifted up your Bible and boldly declared to the thugs: "This is my gun. God is our protector." She says she just stood next to you, in awe and amazement as she watched them leave without hurting anyone. Truly that was God's protection in action.

Your faith, love and care always shine through, even in the most devastating moments. You have not only impacted your children but your grand children as well as everyone God has brought in your life. You always make us feel so special and for that I am forever grateful.

I love you, value and treasure you. That is why I dedicate to you this book.

To the body Christ, reign in health as you worship our loving Father God in spirit and truth. Glorify Him with your body as you let the Holy Spirit be your health mentor.

Book Reviews:

“This book offers a wealth of advice for those seeking insight into the role of nutrition in our day-to-day and long term health. It is filled with stepping stones that enable one to start improving ones diet from today. The author has managed to sift through research and present an excellent piece of nutritionally accurate literature that is applicable to life in the twenty first century.”

Jacqueline Oyedele

BSc Human Nutrition,
PGCE in Health and Social Care,
Children’s Care, Learning & Development Lecturer at The Henley Col-
lege, United Kingdom.

“This amazing book is based on spiritual, natural and scientific facts yet simple enough for everyone to understand. It is a practical guide for both Christians and non Christians.

The thoughtful and well researched topics in this book ring with an air of truth and impartiality that is most refreshing. The concepts set out provide a blueprint for a healthy physical and spiritual life.”

Stephen Francis Kayongo BSc (Hons)

FORWARD

In this present age of quick fixes which don't have life solutions, I am so excited to forward this book Protection is Better than Cure by Margaret Musembwa, which reveals simple and practical ways of obtaining the full life that God prides for us. Through these pages the Holy Spirit will inspire you to have a positive, lasting life changing experience which is within every person's reach.

Protection is Better than Cure is a book that can add many years on to your life. If you want a life worth living today as well as tomorrow then this is the book for you. It is up to each of us to transform our life by simply first transforming ourselves using spiritual and nutritional health knowledge. Modern families' today face increasing stress just from everyday living and have no idea what the word of God has to say about spiritual and nutritional living.

Hosea: 4:6 *"My people are destroyed for lack of knowledge."* NKJV

Protection is Better than Cure contains many solutions to the spiritual, emotional and physicals issues we are facing today. I congratulate you because by the fact that you have this book in your hands you are digging deep into the treasures of God's given wisdom.

Earle S Baldwin Sr.
CEO
WKPU L.L.C.

PREFACE

Streams of God's Love

God loves us passionately. And what is amazing is that He, the most enthusiastic that ever lived, the compassionate One resides on the inside of us through the Holy Spirit and He wants us to live passionate fulfilled lives. He comes that we may have life to the full.

Romans 5:5 says: *“Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.”* NKJV

Sadly many of us are leading lives that are full of busyness, full of stress, full of un-forgiveness, full of anxiety but God is asking you: *“Are you living a fulfilled life?”* Whatever your need may be, always remember that God Almighty is your fountain. You can draw from His abundant love which has been poured into your heart.

Our loving Father says in Jeremiah 33:3: *“Call on Me and I will answer you and show you great and mighty things, which you do not know.”*

That is exactly what He did for me! I started studying and meditating on ‘love’ because I was fed up with the direction my life was taking. I wanted to change and be a better person without bitterness or anger! I was hurting, at the breaking point ready to give up. I believed that God would help me get better, but I never expected Him to fill me with His love to overflowing!

For a long time I did not realize what I was missing. I was brooding in my anger, bitterness and un-forgiveness, yet going to church every Sunday and singing ‘*I am a new creation*’. My life was not reflecting what I was singing. Ah, but for His grace and mercy, when I called for help He gave me more than I expected. At 65, I am happier and healthier than I have ever been since my youth!

From the deepest pit into God's streams of love

During a Bible study one night, with my eyes closed as I was praying, I experienced God's glory. It was as if the whole heaven had come down on His majestic throne. I couldn't see His face but I saw the rest of Him! I have no words to describe the magnificent throne on which He sat! He was in sparkling white. Not the white you see here on earth. It was a different type of white, diamond rows of various layers and shades of crystal white, each whiter than the other flowing down covering the whole room! There were only the two of us in the room and yet the room seemed so full, so complete. I was standing in His presence but it seemed as if we were suspended in space. My head was directly at His feet! It seemed as if the room had different dimensions from our normal rooms. The comfort I felt in His presence is indescribable. I felt as if I was in His arms, as if He had lifted me up and was wiping away all the tears I had shed all those years. He had engulfed me with so much love! I was the happiest being in the universe but that was just the beginning! As I was adjusting to His comfort and warmth, streams of love started flowing down from His lap, coming down to His feet and down to my head. Then, I felt an overwhelming love passing through me like streams of cool soft water. It was awesome! Awesome! I couldn't contain it. Two thoughts went through my spirit. I could not speak but the thoughts that were flowing in my spirit were: "Oh, how you love me!" and

"Lord, what about the others?" (I meant those in my cell group who had been praying with me). Then I sighed in my spirit (as if I was saying these two thoughts aloud). I felt a bit ashamed because I could feel a twinge of pride, as if I was the only privileged one to experience God's overflowing love! Immediately, as though I had said it aloud, God responded. He knew what I was thinking. The guilt was almost about to interfere with my heavenly experience when God said in a tender, loving voice: "Yes, I love you very much and I love them too." As soon as He said that streams of love, sparkling like silver clouds from Him, down His lap started flowing through me. This was so beautiful, so peaceful and so restful that I did not want to move. It was more like a river of living water breaking through barriers to its destination and no force or body could stop it! It was more like silver, white, sparkling clouds, mixed with diamonds and snow forcing their way down from a high mountain, with bright, radiant sunny rays, shining through to show God's majesty. I could see His love flowing down my head to my feet then to the two people below me and through them streaming down to their feet, each person feeding two people below them. Then God showed me multitudes and multitudes of people, all linked together by God's love. In my spirit I knew He was saying My desire is for everyone to experience My love, joy and peace. Walk in My love."

After this experience I got another revelation which enhanced my transformation. "Through our compassionate Lord, Jesus Christ we have all we need to live in optimum health." But Lord, why is the church so afflicted? I asked. The answer I received was another question: "Are you giving the Holy Spirit His right place in your lives?"

Out of this vision, this book was born. It answers why we get on program after program without success, why we collect so much health information yet fail to live in optimum health, why we lose weight only to gain it back, why after receiving our healing we lose it and then ask ourselves, "did God heal me in the first place?".

My prayer is that while reading this book, you will catch the revelation that God's love embraces all aspects of your life in particular your health. Therefore let the Holy Spirit be your health mentor. Amen.

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