

*Is there a supernatural dimension, a world beyond the one we know? Is there life after death? Do angels exist? Can our dreams contain messages from Heaven? Can we tap into ancient secrets of the supernatural? Are healing miracles real? Sid Roth has spent over 35 years researching the strange world of the supernatural. Join Sid for this edition of **It's Supernatural**.*

SID: Hello. Sid Roth here. Welcome to my world where it's naturally supernatural. My guest says there has to be a marriage between the natural and the supernatural. She says that what you do not know about the natural is killing you. So Cherie, you talk about this marriage between the natural and the supernatural as a partnering with God. People, they feel satisfied, oh, I'm a certain age, I'm supposed to have these aches and pains, I'm supposed to get sick every once in a while, I'm supposed to lose my memory, I'm not supposed to have good sleep. That's what happens when you get old. You say, wrong. Explain.

CHERIE: I say absolutely wrong. This sub-optimal health is not what we are to have. We are to have vibrant health, supernatural health. But we must do our part. God is calling us to do our part. So a little headache, a little insomnia, fatigue, a cold several times a year, constipation, all of the problems that people are running to the drug store, running to their doctor for, don't just accept it.

SID: Brain fog.

CHERIE: Brain fog is big. It's really big and allergies, and asthma. Many things that people accept, this is just part of life. My blood sugar goes up, my cholesterol goes up. I have this problem and that problem. No, God says no, you don't have to have that.

SID: High blood pressure runs in my family, heart trouble, diabetes.

CHERIE: You know, we all have an Achilles heel, somewhere, something. [So] we have to work a little harder maybe than our neighbor does. But God says, no, you don't have to go there. You can have Divine health, supernatural health, life.

SID: You got it.

CHERIE: Choose life. Choose life in all you do and all you eat.

SID: Okay. You had a vision you shared the last time of believers on a battlefield. Tell me that again.

CHERIE: It was such an exciting vision in a healing service. And the Lord took me to a huge battlefield with God's soldiers lying all over the battlefield. And I saw labels across them. Their armor was askew, you know, the sword and the shield lying at their sides. They were in pain, they were sick. And I saw cancer, a label like cancer on one, heart disease on another, diabetes, scleroderma, lupus, MS, arthritis, headaches, migraine headaches, fatigue, on and on it went as I walked this battlefield. And not only were the soldiers down, they were being kicked and punched, and hit by demonic forces. They were not able to stand up and fight like the soldiers that had their armor on and intact, and their shield and sword up. And God said, "Cherie, I want you to go to my people and teach them how to live, how to eat. They are just being destroyed for

lack of knowledge. They're eating man's food. (unintelligible) everything beautiful God has done. God has given us beautiful food for us for our wholeness, our healing, our life and man has diverted it.

SID: I hear about this "GMO", genetically modified food. Why is that bad for us?

CHERIE: We've mixed the seed. Does scripture say, "Don't mix the seed." And we've mixed more than just seeds now, you know, a fish gene with a tomato gene. It is an abomination unto God and it is harming people. They have done studies with animals, the poor rats that they've given a GMO diet to, you see huge tumors hanging from their bodies like in a year, a year and a half, and it's totally messing up people's lives. So I say, get organic over the top GMO crops — which are soy and corn, sugar beets is big, canola is a big GMO crop. Get organic and get organic as much as you can.

SID: You say that people that start eating right actually start zooming more in the Spirit.

CHERIE: Oh they do. I've heard from people all over the world who say, "Cherie, I got on your program and I got off the sugar, and I got off the bad stuff, and all of a sudden my brain fog lifted. I'm hearing the Holy Spirit. I'm hearing clearer. More clearly, the Scriptures are being revealed to me and my prayer life is coming alive. And I have more energy and I can spend more time with God in prayer and reading." It's changing people's lives spiritually as well as physically.

SID: I'll tell you what, Cherie, there's such a presence of God. You're about ready to understand the natural so that you can fulfill your destiny in the supernatural. And there is one item that is the root of just about every disease on the planet, and I'm going to have Cherie teach on this when we come back.

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SID: Sid Roth here with Cherie Calbom. And Cherie, I've never heard of this. I mean, I've heard of inflammation, of course. But I've never heard it being the root of most diseases. What is inflammation, for starters?

CHERIE: Inflammation, if we see it on the surface like a cut or a sprained ankle, we see redness, swelling, irritation. It's obvious. But inside at the cellular level, we can't see that a little cell is distressed. They call it the silent killer. It's a big frontier of study right now, inflammation being at the root of every condition that there is, and we must get it down. And what is it? It's a distressed cell and it's an over-reaction of the immune system. And so this is going on right down at the cellular level, and every disease out there, if you're listening right now and you say, oh,

I've got something wrong with me, you've got inflammation and we want to show you how to get that down.

SID: Okay. Well when you have inflammation, aren't there medical things, pills and things you can take to get rid of it? Isn't that the simple way? And I know you're not going to like that, but I have to ask you.

CHERIE: You had to ask, didn't you?

SID: Yes.

CHERIE: Yeah. Well you know, a lot of those pills add to your inflammation, add to the toxicity in the body. What we need is the anti-inflammation diet. We need food that bring inflammation down in our body. We need to not eat the foods that are pro-inflammation.

SID: Let's talk about that a little bit. What would cause, what are we eating that's causing inflammation and is it increasing in society?

CHERIE: It is increasing and studies show that. And what I'm about to tell is based on scientific studies, one thing right after another. The number one cause of inflammation today, and this is based on studies, scientific studies at universities, is junk food. All the packaged, boxed stuff that we eat has things in it: additives, wrong types of sugar, dyes, preservatives, pesticides, on and on it goes. The body was never designed for this kind of stuff pouring into our bodies. And so many people are getting the convenience foods, packaged things, things that are making, things they think are easy, making life simple for them, it's making us sick. Number two are all the sugars and they're bad sugars: high fructose corn syrup, fructose and in everything, all the artificial sweeteners, and too much sugar and sugar in all different forms not created by God, and way too much sugar. We were never designed for that. Scripture says, "A little honey, not a whole lot." That's what we eat all day long.

SID: I thought it said, eat as much as you want. I got a lot on this (unintelligible).

CHERIE: So that's based on scientific study, too, way too much sugar, and sugar is an inflammation-causing product. We cannot be eating this sugar. And people eat it all day long, a sugary cereal for breakfast, sweeten their tea or their coffee. They may have a little dessert for lunch, a little energy bar packed with sugar, a dessert after dinner. We've got sugar, sugar, sugar all day long, and packaged foods.

SID: Wait a second. They package things right now with artificial sugar. It doesn't give you any calories. It's wonderful, zero calories.

CHERIE: Zero calories and I say scary, scary stuff. And you know why? Now studies are showing it's supposed to be the diet sweetener, right? It makes people overweight, 500 times more addictive and making people want to eat more sweets and it deranges our metabolism, and it causes people to gain much more weight, and to want to eat more food, and to want to eat more sweets. And then they've done studies showing statistically, when artificial sweeteners came on

the market, a couple years later, brain tumors spiked way up. If you see a bar graph, you'll see a big spike and you'll see all sorts of migraine headaches and other problems, and central nervous system problems. These are not things God designed.

SID: Are you telling me if you get your inflammation under control, you'll get your heart under control?

CHERIE: You will. And studies have proven that. In fact, right at the top of the list of what is contributing to heart disease is high inflammation. And there I found a quote by a cardiologist, and he said, "If you did not have inflammation in your body irritating your arteries, cholesterol would flow freely on through."

SID: No, no, no. We have cholesterol medicine now. No problem, Cherie. That's what doctors push, cholesterol medicine.

CHERIE: No problem. Pop a pill, right?

SID: Yeah.

CHERIE: It's supposed to answer everything. You know, there's a study out of the U.K., the WIN Institute did a study and found as many people died of heart disease with low cholesterol as with high, and they said we find no correlation with cholesterol. God created cholesterol. It's there to plug up a wound. If we cut ourselves, we want cholesterol, goes in and plugs it up. If we have an irritated artery, that cholesterol is going to go in and cover up that wound in your artery or irritation. It's done what God called it to do. What do we have to do? Get that irritation down, get that inflammation down.

SID: So we're going after the symptoms rather than the causes. That's what I'm hearing you say.

CHERIE: We are. And God is always wise and he's saying, go to the root of the problem. "Come out from among them, my people," he says, "and be separate because I've given you the food, the diet, the plan." He designed this body. It was like you got a Ford and you said, I don't want to put in the right fuel that Ford, said put that in that car, I want to put in what I think is great. Uh-uh. God says, here's the fuel for your body, this is what's going to give you health, vitality, wholeness, vibrant health, so you can go do that work in the Kingdom. You can help all those people get on the train you're talking about. You need, we need lots of workers. We are all needed in this great time of harvest.

SID: You know, you told me that you got so many responses from the last time you were on our show. Tell me about someone from, the woman from India. It's a neat story.

CHERIE: I'm so excited about her. She went to her doctor and had a large cyst on her ovary. It measured, if my memory is correct, at 4 by 3 centimeters. She had no insurance, no money to get that taken care of, and really no hope. And saw our last show, and said, okay, I'm going to get this package, and I'm going to give it a try. And she got a juicer, and she started juicing, and she

changed her diet. And eight months later, went back to her doctor, and he said the cyst is gone. Thanks be to God. It was a miraculous healing.

SID: You know, when we come back, you're going to find out that it's the most wonderful, nutritious food that you can eat. It's not just juicing. It's a whole diet. Are you interested in seeing what it's like? We'll be right back

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SID: Now I hope you like our aprons. It says, "Meshuga for Yeshua". Meshuga is Hebrew for crazy and Yeshua is Hebrew for Jesus. So it's saying, "Crazy for Jesus". And some of you are laughing at me at home. I'm going to get the last laugh. Who are you crazy for? Well when we were going to break, I'm concerned about what is going on inside of our bodies. This inflammation, it's pandemic, literally, and it's increasing all the time. And you tell me that it's the cause of just about every disease there is. So you said you have a solution. Before we, during our break, Cherie told me she was going to introduce me to God's pharmacy.

CHERIE: And here we are. And this is our answer. The anti-inflammatory diet is what we're talking about today and showing you. And whether you juice or not, not everybody wants to juice vegetables, but everybody has got to eat. We eat usually three times a day, and some people are eating even more than that.

SID: Why are you looking at me that way?

CHERIE: You don't. You're trim. But we've got to eat something.

SID: Right.

CHERIE: Let's eat God's food, real food, clean food, they're calling it today, non-sprayed, no pesticides, not adulterated, not denatured, not put in boxes and packages, but real, whole food, God's vegetables and fruit and beautiful clean meats, and wild caught fish, and stuff not sprayed, organic. And this is God's answer. This is what he's provided for us. It's the right fuel for these bodies.

SID: Point out a little of God's pharmacy here. This looks so good. You're getting me hungry.

CHERIE: And I hope to get everybody hungry. So we've got a beautiful salmon nicoise salad. Nicoise is just the vegetables and so forth, arranged on the plate. And you could put a dressing over it, beautiful wild caught salmon. We've got rutabaga on here. Try some vegetables you haven't tried before, absolutely going to be so great for you. And then moving over, we've got a

free-range chicken and this is good for you, and vegetables, green beans and carrots. Get more vegetables into your diet. Everybody is studying, from Harvard University on down, and increasing the number of vegetables that we should be eating. Servings are going up. It's not the five any more. It's seven to maybe 13, and so few people are eating hardly any. So it's time to do that. That's why I love to talk about juicing. You can get a whole bunch of those vegetables in.

SID: That looks more like fruit. Is that?

CHERIE: Here's an anti-inflammatory shake: dark red cherries, proven by studies to cut down inflammation. Dark chocolate, this is unsweetened. Remember we want to get those sugars out. And a good milk like almond milk or hemp milk, unsweetened, and blend all that up and we've got a fabulous anti-inflammatory dark chocolate cherry shake, dark cherries also very good for gout, anyone that's suffering from that. I've got so many recipes that I share with people, like this.

SID: Now Cherie, I have a lot of friends that salt everything. What's wrong with table salt?

CHERIE: Well here we've got a little example. The table salt that we find everywhere today in restaurants and what we buy and take home, is not good. If it is salt, it's heated to very, very high temperatures, anti-caking agents, sugars, and all sorts of things put in there. But what they're using a lot today is from the crude oil flake leftovers that they're creating for salt. Do not do that. Do not have that salt. Get the real stuff like pink Himalayan salt or sea salt and use that because it's rich in minerals. That's the kind of salt God gave us.

SID: What about, I have to talk about me now, I microwave everything. What's wrong with microwave?

CHERIE: Okay, I'm going to come to your house. We cannot microwave. It creates toxic byproducts in our food. And lots of people love the convenience. Oh, I'll just pop it in the microwave, you know, a couple of minutes. This is not good. All of this convenience is harming our bodies. We do not want toxic byproducts in our food, and it denatures and destroys nutrients, and then creates toxicity on top of it. A lot of people say to me, can't I just microwave it because I don't care if I destroy all the nutrient for a few meals. No, no, no, because you're going to end up with toxic stuff in there. And so I say, it's so easy, I heat everything up. Get out a pan. Just put your leftovers in there. Get out your teakettle, warm your water there, heat it up. It will only take maybe a minute or two more, but you're saving your body, and you're doing so much good for your body.

SID: Allergies, it's pandemic. I mean, you take a kid to a doctor today and they'll have a list, you're allergic to a hundred things. What's causing that?

CHERIE: Yes. It's our bad diet and all of the foods that are denatured, the fiber removed, all the nutrients practically removed, And they're chock full of toxic stuff, pesticides, herbicides in there, additives, colors, the dyes in there, and all sorts of other preservatives and things in that food. The body was never designed to have that. And then we're missing out on God's pharmacy, all of the high nutrition we need: the vitamins, minerals, enzymes, biophotons, phytonutrients

that feed our body, feed our immune system. So all of these allergies, asthma and so forth, this is an immune system out of balance, out of whack, over-reacting, causing all of these problems. So many people I've worked with get on the right program and many of these allergies disappear.

SID: Another problem in America is most Americans are grossly overweight. If we eat all this great food, we're going to be even fatter.

CHERIE: We're going to be slimmer.

SID: Why?

CHERIE: Like you. We're going to be trim. Because you know what? We're not getting all of that food that's, it's a model culture food diet that's going all over the world right now. It's based on gluten and potato starch, and corn, and sugar, and in all sorts of forms. That is the most fattening stuff on the face of the earth. And you know? On top of it, people are still hungry. So people will eat a whole bunch of this stuff and a little while later, they'll say, I'm still hungry, I want a little something, I want something else. It's not a bowl of ice cream your body is craving. But people are still eating and eating, and eating because your brain is sending a message to your body, feed me nutrients, vitamins, minerals, enzymes. I need more the right stuff and they're not giving it the right stuff, so they're eating and eating, and eating bags of chips and crackers, and cookies, and burgers and fries, and shakes, milkshakes, and ice cream, and on and on it goes.

SID: You know what I'm so amazed? Doctors say stress is one of the most dangerous things and causes so many problems. This will get rid of your stress. I can't wait for you to see in your life the marriage of the natural and the supernatural, and I pray in Yeshua's name that you start taking care of your body, which God says is the temple of the Holy Spirit.

*We'll be right back to **It's Supernatural**.*

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SID: Next week on ***It's Supernatural***. I just got back from Jerusalem, Israel, and I was right in the center of the greatest miracle that has happened since Pentecost. It's because it is shouting, "The Messiah is coming back soon."

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