

# ROOD REVIEW

THIS IS NOT FOR THE MASSES

► JAN 2021

IN DEUTERONOMY 18, WE ARE TOLD THAT INSTEAD OF LAND, THE LEVITES' INHERITANCE IS THE TITHE. THEY GET TO MINISTER TO THE PEOPLE AND FOR DOING SO, THEY GET A TENTH. THEY DON'T GET TO OWN ANY LAND BUT THERE IS A LIFETIME PROVISION OF LAND SET ASIDE FOR THEIR USE. THEY, THEIR WIVES, AND THEIR CHILDREN CAN HAVE PERPETUAL USE OF HOUSES AND LAND; THEY ARE TAKEN CARE OF WITH THE TITHE. EVEN IF THEY GO ON A MISSION TO PREACH IN THE CITIES OF ISRAEL, THEY HAVE THE GUARANTEE OF BEING CARED FOR BY PATRONS WHO WELCOME THEM IN AND GIVE THEM A TITHE IN EXCHANGE FOR MINISTERING.

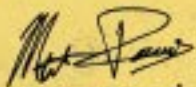
Yeshua was not a Levitical priest, he was from the tribe of Judah. But he was, and is forever, the High Priest after the order of Melchizedek – a priesthood that precedes and supersedes the Aaronic priesthood. Just as the Levites were taken care of, Yeshua ministered and was taken care of. This is how we run the ministry today. Those who have been blessed by this ministry take care of us in return, enabling us to get the Word out to the world. They are the ones who keep the lights on, who keep the productions going, who ensure that our work can continue to the next generation.

**I WANT TO THANK YOU FOR BEING A PART OF THIS MINISTRY, FOR HELPING ME TO HELP YOU REACH OUT TO THE WORLD.**

That's why I do Love Gift teachings, as shown on the back page of this newsletter. I provide these teachings as a gift to you because I want your heart to be on fire. I want you to understand the Gospel of the Kingdom. I want you to love to tell the story like I do – because there are very few of us that are out there to tell the story.

Learn the story so that you can tell it at every opportunity – in 5 minutes in line at the grocery store, in 5 hours at a Bible study, in 5 days or 5 years to your children and grandchildren. Learn everything Yeshua did and everything he said. Really think it through and let the movie play out in your mind. That's the privilege the Almighty has given to me and that's why I do a Love Gift teaching every month. It's my gift to you to say thank you for your donation. It's my way of expressing my love and appreciation for you. I know that you get more out of these teachings than anyone in a church pew would. This is why we don't offer these teachings to the masses; I'm not here for them. I'm here for you. I do it for those who have a generous heart like those who cared for the Levites and for Yeshua. Most of all, I do it because I hope that one day I get to hear Yeshua's words, "Good job."

**See you when the smoke clears,**



Michael Rood





# SLEEP LOSS REDUCES FAT LOSS

by Scott Laird, ND



It's a perfect storm. You ate too much at Hanukkah, your state keeps changing the rules on COVID lockdowns, it's cold outside, and you're just not motivated. It makes you want to stay in bed – but maybe that's not such a bad idea.

AN INTRIGUING STUDY CONDUCTED AT THE UNIVERSITY OF CHICAGO AND PUBLISHED IN THE ANNALS OF INTERNAL MEDICINE SUGGESTS THAT PROPER SLEEP CAN HELP YOU GET RID OF THAT MID-WINTER SPARE TIRE AROUND YOUR MIDDLE.

The study provided overweight adults between the ages of 35 and 49 with a customized, calorie-reduced nutrition plan (1,450 calories) for two 14-day intervals. Then, they were allowed to sleep 8.5 hours per night for the first interval but only 5.5 hours for the second interval. Everyone in the study lost roughly the same amount of weight, but the “kind” of weight they lost was the interesting part.

During the second interval, when they were allowed to sleep for only 5.5 hours, the participants lost 55% less fat! Instead, their weight loss came from lost water or muscle tissue, which is not beneficial for long-term health. Not to mention, when you lose lean muscle mass, you hinder your body from burning calories because lean muscle mass burns more energy than fat does.

## *Did you catch that?*

SLEEP DEPRIVATION ACTUALLY HARMS THE MUSCLE YOU'VE BEEN WORKING ON SO HARD TO BUILD AT THE GYM AND ALSO **SLOWS YOUR FAT LOSS** – DOUBLE WHAMMY!

Plus, when you don't get enough sleep, you can't concentrate, which raises your level of stress hormones including cortisol. Cortisol influences metabolism, so when too much cortisol is circulating, your appetite increases; this is why you feel like eating when you're stressed (especially carb-laden comfort food). These carbs then settle at your midsection because high cortisol levels also promote weight gain.

Getting adequate sleep can stop the damage before it starts. In order to do that, you need to create an atmosphere free from distractions. Your body needs to be prepared for sleep, meaning that both your brain and muscle activity need to be slowed down. So, stop watching TV or videos on your phone long before you go to bed, stop eating a couple of hours before you go to bed, and maybe even take a hot bath. I find that taking magnesium before bed helps promote deeper sleep, too.

And when you wake up, try to avoid eating for an hour or two. Your body will give you an extra kick of fat burning power, and even more if you can exercise an hour before you eat.





NOW PLAYING ON *Shabbat*  
NIGHT LIVE

# THE WORD ON WELLNESS

COMBINING BIBLICAL WISDOM WITH MODERN SCIENCE, SCOTT LAIRD, ND HOSTS A SPECIAL 4-PART SERIES ON SHABBAT NIGHT LIVE FEATURING INNOVATIVE PHYSICIANS AND HEALTH CARE EXPERTS WHO DO THINGS YEHOVAH'S WAY! LEARN HOW TO HARNESS THE POWER OF YOUR SELF-HEALING BODY TO REGAIN YOUR HEALTH, STRENGTHEN YOUR IMMUNE SYSTEM, AND SOLVE THE MYSTERIES OF THE BODY THAT ELUDE MODERN DISEASE-CARE!



## FRIDAY, JANUARY 1

### JOHN AND CHELSEA JUBILEE

Using a simple, scientific, and sustainable formula (and a genuine love for YeHoVaH and his people), John and Chelsea explain their "Energized Health 88-Day Transformation Experience" that has helped over 50,000 people. Learn how to reverse symptoms of disease, supercharge your health and immune system, burn fat fast, and gain confidence naturally through inner cellular hydration.

**MICHAELROOD.TV APP BONUS:** Join Scott and Jodi Laird of LairdWellness.com for a special one-hour Q&A session featuring questions from Torah fans like you!



## FRIDAY, JANUARY 8

### BILLY WEASE, THE 21ST CENTURY PHARMACIST

While most pharmacists dispense drugs, Billy wants to get you off of them! Using his "5 Pillars of Optimal Health" Billy explains how to ditch your drugs, dump the side effects, and feel like a teenager again with a proven, simple system of God-given quality food, custom-formulated supplements, alkalizing water, science-based exercise, and proper rest and recovery.

**MICHAELROOD.TV APP BONUS:** Scott Laird and Billy Wease deliver a no-holds-barred conversation on drugs, disease, and medical manipulation!

## FRIDAY, JANUARY 15

### DR. AARON ERNST

Chiropractor, functional medicine practitioner, and biblical healing coach Dr. Aaron Ernst reveals "The 3 Steps to Health." Our neurological system, microbiome (gut), and global toxicity all play a part in how disease develops – and reverses! Dr. Ernst explains each and how we can take control of each to achieve optimal health.

**MICHAELROOD.TV APP BONUS:** Scott Laird and Dr. Ernst talk about the amazing benefits and methods of fasting – and how it can supercharge self-healing!



## FRIDAY, JANUARY 22

### DR. THOM LOKENSGARD

Biological dentist, naturopathic medical doctor, anti-aging practitioner, and diehard Torah fan Dr. Thom Lokensgard joins Scott Laird, ND for a jaw-dropping look at what your oral health says about your overall health – and how the harnessing of aging and voltage are the key to lifelong health and wellness!

**MICHAELROOD.TV APP BONUS:** Scott Laird and Dr. Lokensgard attack the taboo topics of dental and gut health – and explain what you need to do, now!

*Shabbat*  
NIGHT LIVE

WATCH THIS WEEKEND: SHABBATNIGHTLIVE.COM Also available on the MichaelRood.tv app, Roku, and Apple TV!

## YOUR JANUARY LOVE GIFT

# Pick Up Your Mat & Walk

**WHEN WE ARE HEALED OF OUR PAST AND THE TRUTH IS GIVEN TO US, WE ARE ALSO GIVEN A RESPONSIBILITY: TO RISE UP AND WALK AS A LIGHT!**

Using the story of the lame man at the pool of Bethesda as a shadow picture of our own salvation, Michael Rood, in a previously recorded segment, motivates us to stand up, follow Yeshua's commandments, and walk away from manmade religious rules.

## 3 WAYS TO ORDER



mail:

Mention the "Love Gift" when you write to us or simply fill out the form on the envelope enclosed.



online:

Give a designated "Love Gift" online at

**MonthlyLoveGift.com**



phone:

Ask for the "Love Gift" when you call

**888.766.3610**

The January Love Gift is available through January 31, 2021 or while supplies last. **Blu-ray discs will not play in a regular DVD player;** you must have a Blu-ray player.

### YOUR GIFT WITH \$50 OR MORE

Pick Up Your Mat and Walk is not for sale and it's not on YouTube, but we'll send it to you on DVD or Blu-ray for a love gift donation of \$50 or more in January.



### YOUR GIFT WITH \$100 OR MORE

With a love gift donation of \$100 or more, we'll send you Pick Up Your Mat and Walk, plus a pewter, double chamber mezuzah! Put traditional Torah verses in one side and put your family's favorite prayer or verse in the other!



### YOUR GIFT WITH \$300 OR MORE

With a love gift donation of \$300 or more, we'll send you Pick Up Your Mat and Walk, the double chamber mezuzah, plus a pocket-size traditional Torah scroll written in Hebrew and a decorative stained glass box with 3 anointing oils: Frankincense, Myrrh, and Rose of Sharon.

