

THIS MONTH ON ...
Shabbat
NIGHT LIVE
with Michael Rood



Against the Grain

with Sue Becker

Throughout the Bible, bread is referred to as a life-saving food, both physically and figuratively.


So why do so many people avoid it today and become healthier as a result? How could the bread of the Bible be so different from the bread of today?


Sue Becker explains how man has interfered with YeHoVaH's original intention for bread, how to restore its original benefits, and how the adulteration of bread represents what man has also done to YeHoVaH's word.

WATCH ON ...

 ShabbatNightLive.com
 and the app
MichaelRood.tv

PRE-ORDER THIS 4-EPIISODE SERIES
DVD, BLU-RAY or USB

 888.766.3610

 ARoodAwakening.tv/AgainstTheGrain

SHIPS JULY 25, 2022






Often quoted by believers and non-believers alike, John 3:16 is arguably the most famous verse in the Bible — but are we misinterpreting it?

Joe Kovacs presents a thought-provoking teaching that reexamines what the verse really means, how we should understand it, and why a proper interpretation of it is vital to understanding YeHoVaH's view of the world and the sacrifice of his Son.

Revisiting John 3:16 will rekindle your curiosity about other misunderstood verses in the Bible and challenge your assumptions about the true message of YeHoVaH's word!

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

YOUR GIFT WITH \$50 OR MORE

Revisiting John 3:16 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 July.



YOUR GIFT WITH \$100 OR MORE

With a love gift donation of \$100 or more, we'll send you Revisiting John 3:16 plus a beautiful silver-plated pendant necklace, featuring the shema in Hebrew letters.

YOUR GIFT WITH \$300 OR MORE

With a love gift donation of \$300 or more, we'll send you Revisiting John 3:16, the silver-plated pendant necklace, plus a dazzling Shabbat tablecloth and matching challah bread cover, inlaid with artwork of the menorah, the kiddush cup, and the words Shabbat Shalom in Hebrew.

The July Love Gift is available through July 31, 2022 or while supplies last. Blu-ray discs will not play in a regular DVD player; you must have a Blu-ray player.

Revisiting John 3:16

with Joe Kovacs



ROOD REVIEW

»»» JULY 2022

Unalienable Rights

Dear Torah Fan,

The Declaration of Independence states the following in its preamble:

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government."

There's been a lot of conjecture about rights in the last couple of years — who has them, and who can take them away. Our Constitution is clear: The equal rights shared by all humans are "unalienable." They cannot be taken away because they are granted not by any man or institution but rather they are "endowed" upon individuals by their Creator. Only the One who grants rights has the authority to take them away. Furthermore, government possesses no rights. Its sole purpose is to protect the rights of its citizenry from outside forces. If it fails in this duty, well, you can read the rest.

Indeed, July 2, 1776 is our original Independence Day. This fact is corroborated in a letter written by John Adams to his wife on July 3 of that year:

"Yesterday the greatest question was decided, which ever was debated in America, and a greater, perhaps, never was or will be decided among men. A resolution was passed without one dissenting colony 'that these United Colonies are, and of right ought to be, free and independent states, and as such they have, and of right ought to have, full power to make war, conclude peace, establish commerce, and to do all the other acts and things which other states may rightfully do.' ... You will see in a few days a declaration setting forth the causes which have impelled us to this mighty revolution and the reasons which will justify it in the sight of God and man."

As we celebrate the birth of our nation, let us also celebrate our Creator who endowed us with these rights. Let us remember our responsibility to follow him — remember, our Constitution was made only for a moral and religious God-fearing people. Thus, if God's people do not fast and pray for the exposure of the corruption in our nation's capital, there will be an apocalypse of the judgment on the very Republic that called upon Him for His divine favor and protection.

See you when the smoke clears,


Michael J. Rood



Iron and The Israelites

By Scott Laird, ND

When reading through the Torah, we find an interesting scenario. The priests, who had the most labor intensive jobs among the Israelites, were allowed to eat the meat of certain sacrifices. Considering the vast population of the Israelites and the relatively small number of priests, one could assume that priests ate much more meat than everyone else – which can increase iron in the blood to dangerous levels.

Elevated iron levels (above 169, typically) are known to contribute to multiple degenerative diseases, including liver fibrosis¹, heart attack², and cancer³. Each of these conditions, among many others, begins with oxidative stress, a process that is exacerbated by having too much iron in the blood. So how did the hard-working Israelite priests eat so much meat and stay healthy?

It turns out that prolonged, vigorous labor or exercise (high intensity and endurance exercise especially) increases iron losses by as much as 70% when compared to sedentary populations. Heavy sweating, muscle tearing and repair, and increased blood loss in the urine and GI tract due to intense activity all contribute to keeping iron levels in check.

Most occupations in Western society today are not as labor intensive as that of an Israelite priest; as a result, the silent danger of iron accumulation has become an issue. So how can we ensure we get enough without going overboard? First, get your iron levels tested. Next, consider that there are two types of iron in our food, heme and non-heme. Heme iron is readily absorbed in the human body and comes only from eating meat. Non-heme iron is absorbed to a lesser extent and is found in plant-based foods, eggs, and is also present in meat. So, if you're high in iron, focus on eating more plants and eggs and getting vigorous exercise. If you're low, you may need more meat.

Know your iron levels!

Send your questions to ScottLaird@MichaelRood.tv

¹Killilea DW, Atamna H, Liao C, Ames BN. Iron accumulation during cellular senescence in human fibroblasts in vitro. *Antioxid Redox Signal*. 2003 Oct;5(5):507-16.

²Klipstein-Grobusch K, Koster JF, Grobbee DE, et al. Serum ferritin and risk of myocardial infarction in the elderly: the Rotterdam Study. *Am J Clin Nutr*. 1999 Jun;69(6):1231-6.

³Stevens RG, Graubard BI, Micozzi MS, Neriishi K, Blumberg BS. Moderate elevation of body iron level and increased risk of cancer occurrence and death. *Int J Cancer*. 1994 Feb 1;56(3):364-9.



SUMMER OF SAVINGS

Hot Weather Calls For HOT DEALS!

*Grab your sunscreen and get ready
for a summer jam-packed with
the hottest deals every week in July!*

- 50% OFF
- FREE GIFTS with purchase
- SURPRISE BONUSES with purchase
- 2-FOR-1 DEALS

**FIRST DEAL STARTS JULY 4:
50% Off The Michael Rood.tv App**

Each week there will be something new — don't miss out!

**WATCH FOR DETAILS ONLINE
ARoodAwakening.tv**

I love to be outside in YeHoVaH's beautiful creation. Not too long ago, I spent some time in the woods when I heard a storm coming and I was too far from my truck to go back. I hunkered down in a place I felt was the safest and waited for the storm to pass. I prayed, "YeHoVaH, please watch over me and protect me." The lightning cracked and the wind blew. I thought a couple of times that it might be a tornado. It was amazing how fast the storm came and went, even though it seemed to last forever when I was stuck in it.

When I got back to my truck, Mark 6:48-50 came to mind. Remember when Yeshua was walking on the water and was about to pass by the disciples in the boat? They thought they had seen a ghost. He told them, "Take courage! It is I. Do not be afraid." The storm subsided, but only *after* He climbed into the boat.

As I thought about that scripture, it dawned on me that He was about to pass them by. In other words, if they had not called out to Him, I believe He would have kept going. Also, He was far enough away from the boat that they did not recognize Him.

What a great example of storms in the believer's life. In the midst of the storm (trials and tribulations), we cry out to YeHoVaH. When it takes a while for the storm to pass, the complaint some believers have is, "YeHoVaH is not hearing me." I've been there myself. But let's remember the scripture. When they called out, He answered with words of encouragement. In other words, He said, "You're going to be okay; hang in there."

Keep your eyes on Him during life's storms, and know that whatever storms we have in our lives will pass. So the next time you cry out, know that He hears you. Keep your eyes on Him and, at His appointed time, He will enter your boat and endure the storm with you until He calms it.

Your Storm Will Pass

By David Robinson

