

## What can the health and wellness counseling of Elijah do for you?

Hello,

My name is Donna and I am a 58 year old female and extremely obese. In addition (or maybe because of) I suffer from the following disease processes:

High Blood Pressure / Type 2 Diabetes / Systemic Lupus Rheumatoid Arthritis / Collapsed Vertebrae C1 thru C5 Chronic Asthma / Chronic Atrial Fibrillation (heart problem)

I have also had both breasts and my female organs removed from malignancies. I experienced these malignancies when I was 28 and 32 y/o respectively. I underwent both radiation and chemotherapy for these conditions.

I want to tell you a story about how Christ places the right people in your life at the right time and for the right reasons.

My husband died 12 years ago after a grueling war with esophageal cancer. He was given 6 months to live with his original diagnosis. We both fought with stamina, tenacity and faith and were able to keep him for 6 years. He got to see our first grandchild born. No matter how much I loved him and did take responsibility for his care, these were very stressful years. After his death, my focus shifted from him to my own health and the stress had taken its toll.

In April of 2005 I moved back to a small apartment complex where I had lived previously with my husband and where a friend also lived at this time.

It was after my move that I became friends with the 15 y/o girl who lived with her father in our old apartment. As we became more bonded, I wanted to meet her father, so that he would be comfortable with our "adopted" grandmother/granddaughter relationship. That is how Elijah came into my life. I am so grateful to God for both of these people. My relationship with Elijah quickly expanded from neighbor to friend as we spoke about our belief systems and other things.

As Elijah became more familiar with me, he began to talk about health issues, health topics he had researched, and his findings re: traditional medicine and natural health and practices.

I was a professional **in traditional medicine for 39 years** before I had to retire on a disability because of my multiple illnesses. This was very hard for me, because I took my work very seriously and absolutely lived and breathed it 16 hours a day after my husband passed away. The only distraction I allowed was my grandchildren, who unfortunately do not live in the



same city with me.

I currently take 19 different chemical medications daily and 3 other medications "as needed."

Out of concern for the interactions I might be experiencing, Elijah researched my conditions, especially my auto-immune issues and began to share his beliefs, knowledge and personal experience with herbal/natural substitutes for my extremely long medication list. I was slightly apprehensive at first, because of my career background and I also have a BS in chemistry...but Elijah was patient and thorough in his approach, sharing data and information with me so I could study and decide for myself. I also spoke with my family practitioner, who is open to new ideas.

Well, I have to say, that I know this journey is just beginning.....but some of the results I have seen from this natural approach and supplementation astound me. I am losing weight without dieting but changing my eating habits....I still eat many foods that I like, but I try to choose the healthier alternative. I don't always make the right choice, but it is becoming easier and easier.

Because of one of the natural approaches that Elijah shared with **me I am experiencing amazing results.** It helps with digestion and it also kills Candida Albicans (yeast), which is a plague to many people, some who don't even realize it. Elijah has been amused, because I have found a couple of new uses for this wonderful product. Some heavier people, especially women, find that they have folds and crevices that promote the growth of Candida. It has taken away the itch and irritation that accompanies this condition. Another thing I discovered, quite by accident, is that it promotes healing of cuticles and nail beds. This doesn't sound too important, but if you suffer from bleeding cuticles and brittle broken nails, it can be quite aggravating as well as painful.....no more problems there for me anymore.....I use it internally and externally and it is a miracle. I have lost 22 lbs. in the last 2 months.....and remember, **I wasn't really trying.**

He had also pointed out some other natural compounds that help a great deal with my other problems.....My Lupus is not as painful. My joints are more flexible; I have not had the "Lupus Butterfly" rash on my face for over 5 weeks now. **I have had more life-changing results in the short period that I have been getting help from Elijah than the many years, many doctors and many medications that I have been dealing with prior to meeting him.**

My blood sugars and blood pressure have reached normal levels and my MD. has cut back on the amount of medication I was taking for both of those issues. My energy levels have gone way up and I am far less tired than I was before working with Elijah.

It is my goal to someday not be reliant on any of these unnatural chemicals that I currently depend on. I will keep you posted how that is going....but with the help of Jesus and Elijah, my chances of success couldn't be better. I know I will be able to experience more and more freedom of debilitating symptoms and will also be able to increase my ability to be more productive and contribute more to human kind than I am able to accomplish now. I feel this in my heart.

Please feel free to email Elijah or me via my website at: [www.koberstine.com](http://www.koberstine.com) if you have any questions about the BEGINNING of my story.

Thank you for your time...

Donna  
[www.donnakoberstine.com](http://www.donnakoberstine.com)



Monday, August 29, 2005

To Whom it may Concern:

Elijah has been under chiropractic care for approximately 5 years in our office. I have had the pleasure to watch his health potential expand over the past years from chiropractic care and his natural / Biblical approach to health.



Elijah has a vast knowledge regarding health and health paradigms, with his strongest point being nutrition.

Elijah has helped me see the patient as a whole- mind-body-spirit. Elijah is constantly expanding his knowledge base by reading, learning, and implementing. I feel he has helped me become a better chiropractor by infusing his knowledge into our patient base and by offering natural / Biblical counsel for our patients when necessary.

I have seen countless people improve their overall health and lives with Elijah's help. We are blessed to have someone of his integrity and knowledge as a part of our office and as a natural healthcare colleague.

/s/  
Scott R Lynch, D.C.  
[www.crownhillchiropractic.com](http://www.crownhillchiropractic.com)

Ref: Elijah's health and wellness counsel

To Whom it may concern:

Here's a brief status on my wife's and I diet plan.

- ✚ Start date was 8-01-05 I weighed 200 lbs my wife weighed 130lbs.
- ✚ The goal for me is to reduce to 180 lbs and my wife 120lbs

As of this writing (8-17-05) I weighed in at 189lbs and my wife 125lbs. This reduction of weight is attributed to your recommendations on nutrition and the supplementation you have shared with us. Keep in mind we have not done any gym activity this is strictly changing the way we eat and the implantation of the health practices and education that you have shared with us.

Our last weight loss campaign I focused on the work out not necessary the diet and got strong but no significant weight loss. This go round we will focus on diet. When I hit the 185lbs mark I will incorporate lifting weights and aerobic exercise.

Another benefit that my wife and I have truly been thankful for is the near absence of what was previously a real challenge for us both. Mood and other symptoms related to the monthly hormonal experiences that my wife would have. Since getting started on your plan, we have both seen major changes that have pretty much eliminated some of the emotional and relational challenges we faced prior to your program.

My wife and I thank you for taking the time out to first educate us and help us implement a plan that we can actually stick to, and also showing me that the cost of eating healthy, natural and organic food is roughly the same as eating refined, processed foods.

God bless you and I believe this will affect many people.

Sincerely,



/s/

Pastor Art Sauls  
Tender Mercy Deliverance Center  
[www.ArtSauls.com](http://www.ArtSauls.com)

Dear friends,

I have had the pleasure of knowing Elijah for about 3 years now. First as a mentor in my Christian walk through the MHI Live Ministry room, then as a staff member of MHI, and later, as a friend. In all the time I have known him I have had nothing but the utmost respect for him as a student and teacher of the Word of God.

Amongst the vast amount of study Elijah has undertaken is the subject of health: what causes good health, what leads to “disease” and how the body is designed to heal itself. I have known this about him for all these years, but having grown up on the "All-American" diet, have resisted seeking his knowledge in this area because I did not want to change.

**I know without any doubt the choices I was making were killing me.** In fact, in the past three years I've suffered numerous gall-bladder attacks resulting in the eventual removal of my gall bladder and later an appendectomy. I experienced diarrhea about 15 minutes after at least one meal a day. I endured a tremendous amount of gas on a daily basis and suffered heartburn of various intensities at least 3 days a week for about 6 years.

I smoked, drank about two pots of coffee per day, did not exercise and was about 80 pounds overweight. I tired easily, suffered numbness and tingling in my hands, I had to be careful with my knees and knew that if something didn't change I'd eventually required knee replacement surgery, and my eyes were growing weaker and weaker.

I had not sought help until the proverbial handwriting was on the wall. But God is gracious and merciful toward me, and provides just what I need when I am ready for it.

Since beginning Elijah's Optimal Health Program I have quit smoking, a 28 yr, 1 - 1.5 pack per day habit. Some of you may not appreciate what a miracle that is. Now I can walk without getting short of breath. I have saved lots of money. No more shame...being a smoking Christian.



**I have radically but easily changed my nutrition**, including dropping a 30+ year coffee habit. I have no more diarrhea, no more heartburn, I've lost 10 pounds and 3 people have commented on "how good" I look in the past week. My water consumption has increased considerably which decreased numbness in a pinky from 6 yr old nerve damage. It feels less noticeable after only two days. My complexion has cleared up dramatically, my tongue is pink, my teeth are whiter!

These changes led to my beginning to walk for exercise...which has resulted in: Increased body strength, no more lower back ache from doing household tasks. I am less "clumsy", more in control of entire body. **I attribute all these blessings and radical life changes to the education, the support and the counsel I have received through Elijah and GodsBlessing.com.**

You must be asking yourself why I would share all this secret shame with total strangers. The answer is simple. It is my hope that by exposing my spiritual and physical self to you, and sharing how he has already helped me turn my spiritual & physical life around, that you will feel more comfortable taking the first step by signing up for Elijah's Optimal Health Program. Don't wait until you have as many (or more) problems than I had. By the way, this is my "before" picture.... The "after picture is still in the making!!

It is my belief that Elijah can be of just as much benefit to you in your physical walk, as he has been in my spiritual and physical walk. Perhaps you are ready to pursue a healthy lifestyle but do not have the energy, skills or finances required to study and learn how to turn your health around, and don't know who you can turn to for guidance in wisdom and truth. Talk to Elijah. He has never turned down someone truly in need.

Of all the people I have known in my life, Elijah is one of the very few I trust implicitly. Why? Because he has proven consistently that his highest priority in life is to know God and serve Him. He has no ulterior motive in blessing people generously with what God has taught him through his significant, personal investment. His desire is that the light of God shines through him to change people's lives...and it does.

To God be the glory,

/s/

Lynn

[www.MarriageHealing.ORG](http://www.MarriageHealing.ORG)

To: Whom it may concern

Date: November 30, 2005

Subject: The Optimal Health Program

I've struggled with my weight my whole life. I have low thyroid function and others things that made losing weight difficult. I had been faithfully a part of a women's fitness gym for three months earlier this year and lost no weight.

In the first 3 to 4 week using Elijah's suggestions, I lost 17 pounds. I have lost the desire for chocolate and other sweets.

**I am confident for the first time in years that I will lose all my extra weight.**

I have more energy and find myself getting more and more active. My eyes are bluer and brighter. My allergies, which were very exhausting, are gone! No drainage down the back of my throat, no itchy eyes, and sneezing.

Having someone like Elijah in my corner, is tremendous! He is very knowledgeable and supportive. He has gotten me to take steps to correct a problem with my teeth which I had been needing to take care of for years. Although he lives nowhere near me, he found the best biological dentist in my area, who is incredible. I have already been watching informative videos and seeing how serious it is that I take care of this problem immediately.

Elijah is genuinely interested in my health and holds me accountable. I can highly recommend this program!

Charlotte

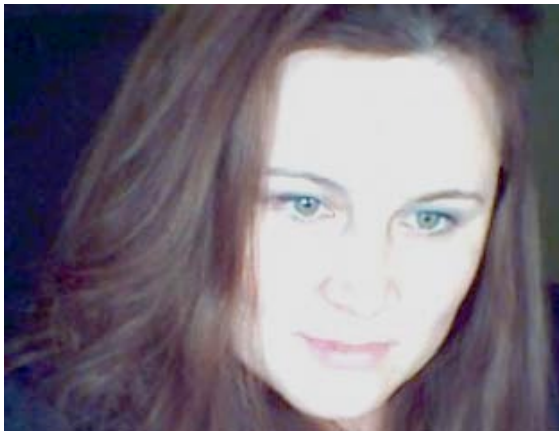
csburg@sbcglobal.net



**Katina BEFORE  
Elijah's health & wellness  
counseling...**

**She may be reached via e-mail by request  
thru the site below.**

**And after...**



**If you are interested in transforming your life and health,  
both INSIDE & OUT, in equally impressive ways visit:**

**<http://www.GodsBlessing.com>**



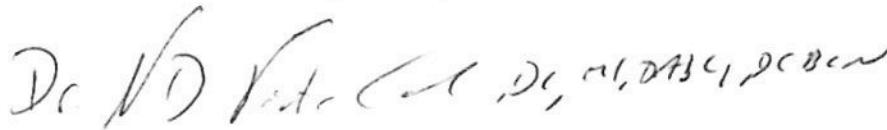
People's Rx Wellness  
www.PeoplesWellnessCenter.com

Date: 2/15/13

To Whom It May Concern:

I would like to write my support for Mr. Elijah Hughes as a Wellness Consultant. We at People's have great strength due to the rich and diverse background of our consultants and their areas of training and expertise. With his strong combination of nutritional knowledge and practical herbal usage, I feel he holds a truly unique set of gifts that will be of great benefit to our customers. I have asked him on several occasions his opinion on various herbs, as his knowledge base has a uniqueness and practicality to it that has proved enlightening.

He would prove a valuable asset and member of our team, and I strongly encourage his consideration to join People's.



Dr. N.D. Victor Carsrud, DC, MS, DABCI, DCBCN  
People's Wellness Center

## Letter of Recommendation for Elijah Hughes

Date: March 25, 2013

From: Susan Dawson

Cell: 518-xxx-xxxx

Email: [susandawson@usa.com](mailto:susandawson@usa.com)

Elijah Hughes has dedicated his life to understanding the body, the mind and the Spirit of humankind. He possesses the knowledge of healing the body through natural sources. He adheres to the healing principles of the Universe; from our Earth.

I came to Elijah as a cancer patient who finally chose to leave the organized sickcare system of doctors, insurance companies, oncology centers and hospitals. For me and others like me, that is a lonely and scary place to be as we stand there with incisions, scars, prescription drug addictions, radiation burns and the ongoing body degeneration from radiation, only to mention a few problems. We bring this all to Elijah and he teaches his willing followers about our amazing bodies and how our natural choices can and do heal us. As this process brings about healing for his clients or customers, along with it comes our pride and confidence in making sound decisions for our good health. We are no longer at the effect of institutions telling us to do this or else...well, you will not survive.

Elijah is especially kind and calm when disseminating to an anxious learner. This character trait rarely exists today in our fast-paced society. Elijah brings down the noise level and confusion; he is calming and settling to those in crisis and in need. He most adeptly shares that knowledge with such compassion to those of us with broken bodies and broken spirits, with a display of the utmost respect for our conditions. Elijah is a gentle miracle worker.

If you are a prospective employer, I can only impart to you that Elijah will generate a new stream of loyal customers and enlighten and further educate the ones you already have. He brings his knowledge of healing the body naturally, the knowledge of both pharmaceutical and natural healing properties, the ability to inform the client, and the rationale to allow one to decide after choices have been presented. Elijah offers caring follow-up with his clientele. I know where I will bring my business and friend referrals if Elijah is my adviser...hopefully it will be at a PeoplesRX location!

Please feel free to contact me if you would like to speak further.

Sincerely,



Susan Dawson



# Mary Cantu

Austin, Texas 78

[cantums@yahoo.com](mailto:cantums@yahoo.com)

Ph (512) xxx-xxxx

March 02, 2013

PEOPLE'S PHARMACY

Austin, TX

RE: Referral Letter – Elijah Hughes

To Whom It May Concern:,

I'm the wife of a patient that Elijah has consulted for 2 years. My husband was diagnosed with liver cancer in the summer of 2010. He went to see one of the best gastroenteritis doctors in Austin around the month of July due to several problems such as having trouble using the restroom and severe pain in the right side of his lower stomach area. That's when they determined that my husband had been diagnosed with liver cancer. They also revealed that he only had approximately 6 months to live.

My husband was already in poor health suffering from low blood pressure, which is why getting any kind of surgery wasn't a good option for us. He would not be able to get any Anesthesia because his body wouldn't be able to hold out to it. Unfortunately, we were left with no options, so we began discussing other remedies to at least help his condition in any way possible. My husband wanted to change his diet entirely, to start eating healthier. Word of mouth eventually lead us to Elijah and his "Gods Blessing" website/program. Elijah had an intial consultation with my husband, telling him how to eat better, what foods to avoid, talked about his wellness, etc. He recommended us the specific food and herbal medicines that would treat my husbands condition. These medicines included Atomic Tinctures, Miraculous Minerals, Herbal Tea, and other organic supplements to put in his food. Since he began taking these products that Elijah recommended, he has been stable and doing his best to fight the condition.

To this day, over 2 years after my husband's doctor pronounced end of life..., he is still taking the medicines and he proved the gastroenteritis doctor wrong by living beyond the 6 month period that he was told would be it for him. We owe much gratitude to Elijah for the blessing of my husband still living today. If it wasn't for him, there's no telling what our situation would be today. He has a website, LifeGivingFood.com that can help other individuals that are suffering from cancer by giving a detailed description of his past experience with the condition. Of the two years we have known Elijah, we can say he is one of the most intelligent, ambitious, straight-forward individuals we have met and we highly recommend him in your pharmacy.

Cordially,

/s/

Mary Cantu (Austin TX)