

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**A little Salt and a little Light**

**By Terry Dashner**

**A little Salt and a little Light by Terry Dashner**

A little Salt and a little Light

Terry Dashner

The Bible says that you are the light and the salt of the world. I find it interesting that it uses these two metaphors. Why do I say that? For one, just a pinch of salt goes a long way. It takes just a little to enrich the taste of food. Without it, food is too bland. With too much, it ruins the taste. A little salt is just right. Stop and think about this. You are one person against the world. By your own strength and might the world can be overwhelming to you. But, with the strength of Christ in you, you become like salt to the world. You and your faith in Christ are just enough to change the world for the better. The Bible says that faith as small as a mustard seed is all you need to move aside the mountains in your life.

In regards to light, consider this. An aged and prosperous businessman worried about who would carry on after his death. His only relatives were three young nephews. So he called them in and said that one of them would be his successor. "But I have a problem. And the one who solves it shall inherit my business," he said. "I have here a large room, which I want to fill as soon as possible. Here is a small coin for each of you. Go now, but return at sunset, and see what you can buy with this coin to fill the room."

Hurriedly they went their way to the market, and as twilight fell, they returned. The first youth was dragging a bale of straw. When loosened, it made a pile so great that it filled half the room. He was complimented by the other two as they helped him clear it away.

The second youth brought in two bags of thistledown which, when released, filled two thirds of the room.

Now it was time for the third nephew, who was standing still and forlorn. "And what have you?" asked his rich uncle. "I gave my coin to a mission," he replied, "leaving only one farthing. With it I bought a flint and this small candle." Using the flint, the third boy made a spark and lit the candle, which filled

every corner of the room with light.

Light and salt fill emptiness. If you are living your faith as the salt and light of the earth, then you are filling the emptiness in this world with the life of Christ. If you are living your testimony of faith in Christ, you are driving out darkness everywhere you go. This world needs substance. The world needs your witness. Keep your light shining brightly, and keep your life salty.

Stay the course.....(Sources cited are available)

Pastors a small church in Oklahoma. (918-451-0270)

**Salt saves, salt kills.**

**By Dr. Donald A. Miller**

**Salt saves, salt kills. by Dr. Donald A. Miller**

Salt is essential to health. This means sodium chloride and potassium chloride, with traces of other mineral salts.

If you sweat a lot at work or play, lack of salt can cause "heat stroke".

Salt can kill. Excess salt is probably the biggest dietary health risk factor after fats, in any country that uses a lot of prepared foods.

Avoid salty-fatty snack foods. Restrict the salt added to foods during cooking.

As a kid, I used to salt everything at meal time, often before even tasting. Now, any foods I prepare, I add no salt, outside of reduced salt versions of soy sauce. And I am very sensitive to the taste of excess salt in bought meals, canned goods, and other prepared foods.

\*\*\*\*\*

\* Diet with FACTS, not Fat-Burner MYTHS. \*

\*\*\*\*\*

For more pages in this health series, send blank email to [snips@easyhealthdiet.com](mailto:snips@easyhealthdiet.com)

Donald A. Miller, Ph.D. is the author of "Easy Health Diet", and several thousand other reports, including two eBooks available through Amazon.Com. More health information can be found at his web

site <http://easyhealthdiet.com>. Contact at <mailto:drdon@easyhealthdiet.com>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**