

The Baker's Secret

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Welcome to Brothers of the Word because brother you need the Word!

Today's message this is the first Sunday of the Biblical month. It's not the first Sunday of the calendar month but God has commanded me to teach on health on each first Sunday of the Biblical month and today in my natural mind I really did not want to do that because we just completed a fire feel soul stirring exciting Revival.

And I said, "God I don't want to come after the Revival with some dull hell stuff. I need some exciting stuff to follow the Revival" and God said "Stick with the program". There are people who will need this and this will save somebody's life. I got a message around 3 o'clock this morning from Prophet Dexter Harden and he contacted me and he said that his father had just had congestive heart failure and they had to rush him to the hospital and to pray for him and his family. I talked with him this morning he said, "His father's doing fine" but he told me about the medical ordeal that they had to go through and he is still in the hospital, and he is only 62 years old. And even though we often we have the great gift of prophetic and of the laying on of hands. There is a natural portion that if we follow, we avert the healing divinely that we require.

Divine healing is great but it is God's second best. Divine health is his best. And everywhere in Bible where people were divinely healed where it is detailed they spent years suffering with the illness. I don't want you to go through that. I would rather for you to come here 50 years later and say, "Pastor Bronner I've been following what you said. I haven't been sick a day in my life and you haven't laid hands on me." That's what I would rather for you to have.

So God's wants me to teach you just some basic things about health. Now, I told you always as we begin every message with health. We're going to first of all reiterate the seven or the eight pillars of health. And these eight pillars of health are the foundation and the natural—none of these when you do is not spiritual but when you study the Bible, many of God's health laws, they are not spiritual. They are practical. So this is a practical teaching and practical learning but the foundations are the eight pillars of health. I talked about them and explained them in detail in Sermon 4021.

- (1). Exercise 30-60 minutes a day 4-6 days a week.
- (2). Eat at least five servings of fruits and vegetables daily.
- (3). Drink enough water so that your urine remains clear or light yellow.
- (4). Maintain a healthy weight and watch your belly button.
- (5). Don't smoke, do drugs, or drink too much of alcohol.
- (6). Limit meat, sweets, fried foods and the full feeling.
- (7). Get enough sleep.

To get number to number eight, go to Sermon #4021 and you will get there. Well, that what number (8) is basically—Have right relationships.

So those are the eight pillars of health that we always need to keep in mind and keep as our foundation.

Today I'm gonna speak fundamentally from the book of Proverbs; you don't have to turn there. Proverbs 25:20 because the verse is a little bit twisty for how I'm going to talk about it. But basically what Proverbs 25:20 says is this "As he that taketh away a garment in cold weather, and as vinegar upon nitre, so is he that singeth songs to an heavy heart."

Now the verse is really talking about things that counteract conflict, or neutralize each other. Taking away a coat in a cold weather, talks about—it's cold outside. If you take away the coat, it makes the thing worse. It contradicts what the man truly needs. Singing a song to a depressed person, a joyous uplifting song will counteract that depressed feeling or spirit. And then it says, "Vinegar on nitro" and nitro or nitre depending upon which location and in terms of how they pronounce it. Basically it's soda and soda is any of the various chemical forms of sodium carbonate.

And the one that I want to talk about today is the title today's message called "The Baker's Secret". And the particular version of sodium carbonate that I want to talk about is sodium bicarbonate, what most of you commonly know as baking soda? Now the reason of what I'm going to do is, I'll deal with particular issues of health. I'm going to talk with you about simple easy stuff that you can do. Not a whole lot of—a lot of times, you know, people would ask me to come places and speak on health and they want some all of this deep heavy duty stuff. I'm going to try to give you some very simple stuff that you can implement and stuff you can do!

If you can't do it, it's not worth a quarter. If you won't do it, it's not worth a quarter. So I'm trying to give you some easy simple things that will make a practical impact in your life, in your health, and in your future. Over 20 years ago my father paid a man named Doctor Hoffman. He was a natural health lecturer and teacher and writer. He had written several books. He was an expert of natural health. My father paid that Dr. Hoffman \$5,000.00 over 20 years ago to come to Atlanta and to conduct a three-day symposium on natural health.

And it was actually, it was over a three-night period. But Dr. Hoffman had all of this literature, all of this research. But all of his fundamental health knowledge boiled down to one simple sentence. Dr. Hoffman said "If you keep the blood free flowing, alkaline, and getting plenty of oxygen to the tissues you will never get sick and if you are sick you will get well. That was his whole, for three whole days he taught us one thing after another. But everyday he said, "The bottom line to all of

this: If you keep your blood free flowing, alkaline and getting plenty of oxygen to the tissues you will never get sick and if you do get sick you will get well”.

So I'm going to deal with fundamentally that middle one alkaline. Now, many of you have heard a lot of talk about pH and alkaline, water and getting the body and the blood alkaline? How many of you have heard about that? Just raise your hands. See, that's pretty much 75% of the people on the congregation. You heard the talk about trying to get the body in an alkaline condition. And fundamentally in a nutshell, most of the major degenerative diseases cannot exist, if you keep the body properly alkalized and properly at the correct pH.

Now first of all, the blood is always alkaline. It's a fallacy fundamentally to ever say you have acidic blood. Your blood basically needs to maintain a pH of about 7.35 to 7.45 for everything the function properly. Now, I'm not going to try to get into technical stuff about what pH is because most of you wouldn't really understand it— pH is technically the negative logarithm of the hydronium ion concentration. Now, I'm a Chemistry major, so I understand that but most all, if you are going to talk about negative logarithms of hydronium ion concentration they have no idea of what that is. They don't know what logarithm is. They don't know what hydronium ion is. They are not sure what an inverse ration is.

So most people don't really understand what pH truly means? It doesn't really matter whether you understand what it means. Fundamentally in a nutshell, pure water has a pH of seven. Anything that is acidic would be less than seven. Anything that is alkaline will be greater than seven. That is a very simplistic way of putting it. Just to tell you some of the things that are acidic. Vinegar is acidic because it contains acetic acid. Lemon juice is acidic, that the most common alkali substance that you know is drain cleaner. That's caustic soda. So those are, that's the basic elementary understanding or explanation.

But your blood stream, for you to remain healthy needs to have a pH of about 7.35 to 7.45. If your blood falls below 7.35 you get a condition called acidosis. So it's not chemically acidic. But from a body balance it is moved into an acidic condition. And that state can cause all kinds of problems. If your blood pH falls actually below 7, by the time it falls below 7 you're by on a comma or dead. So no one really has truly acidic blood, but what that means it is below or it is more acidic than it needs to be for your optimal health.

Now, acidic and alkali the body needs to be in balance. If you get too much alkali in your body it will kill you too, you got to stay on some balance and that's kind of a rule about life period. I read where a lady died in a radio station contest. They were having a contest to see who could drink the most water. The lady drunk too much water and the excess water killed her. So even too much water, if you get out of balance with it will kill you.

So all things have to be in balance in the body. There is nothing that you get in the body, just excess. Even too much water can kill you so the key is not whether the body is acidic or alkali. The key is that it remains in proper alkaline balance. And I want to talk to you about "The Baker's Secret". Baking soda is actually being used in other countries to cure cancer. I have personally known doctor's my, my wife's cousin who is an anesthesiologist in Florida came down with cancer and we flew down to meet with him and talk with him. And he looked me in my face and he told me he had worked in hospitals for the last 20-30 years. He said, "I'm not taking chemo", he said "I'm not taking radiation." He said, "I'm not taking it because I know that stuff don't work." I've been in the hospital all these years. I've seen this stuff. I'm not taking those because I know it didn't work.

I had another friend who had relative, who is a doctor who got cancer. They wouldn't take the treatment either. He said we are in the industry, we see it all day. We know it doesn't work.

So, I'm trying to give you some knowledge and often times even what something goes beyond a certain point even natural stuff just would not bring it back. So what I'm trying to tell you are some things that you can do everyday that will prevent it from happening. I remember when I explained how to properly use the bathroom, some people said, "You don't have to do that, inappropriate". I said, "Look it's better for me teach you how to do something to prevent you from having colon cancer you get all excited if you got colon, cancer came here got hands laid on and got cured. Well, is it not better for you best you not to get it in first place? So I'm telling you how to not to get it in the first place.

So, the doctors that we knew who got cancer would not take the treatments. So what I'm going to tell you are some things that will help you. Now, how they are treating cancer with baking soda, actually it's a very simple thing, all they have do is take the baking soda pour the cup or teaspoon in water and drink it. And they said that over a period of time if the cancer is in the digestive system and colon cancer is the second leading of cancer death, if the cancer is in the digestive system, where the alkalized water can hit it because cancer cannot live in an alkaline condition. They said the baking soda solution just cures the cancer, and they say "If the cancer is not in the digestive system they put it in a solution and give it to the people and in an intravenous solution".

So they are using baking soda in other countries to cure cancer. Well, do you realize that you can easily alkalize or help to keep your body in a more balanced alkaline condition by just using "The Baker's Secret". Now I'm going to give you three things to do. It's very simple that would, that you do virtually everyday and God says, "you need to preach this sermon because it's gonna save someone's life". Now I don't

know whose life he is going to save because no one can predict whose going to come down with some fatal deadly disease.

So I don't know who life it is going to save but just these simple principles can help save your life. Number one: Brush your teeth with "The Baker's Secret". Simple as that and you know many—in the old days you all know some old folk and they used baking soda to brush their teeth.

Now, I want you to do this ,I want to go home and I want you to get your toothpaste and I want you to look on your toothpaste—look down at the bottom and I want you to read the warning on the toothpaste. The warnings used to say, until a couple of years ago, warning do not swallow! If you do swallow, get medical help immediately or contact the poison control center. That is toothpaste that you get in your mouth everyday, sometimes 2 or 3 times a day. They have now changed the warning where it says if you swallow more than the normal amount used for brushing, immediately seek medical help or call the poison control center.

Wait, I don't care what brand you use. Go and look at your toothpaste and basically what it says is, "If you swallow this stuff, it's poisonous". They say, "Contact the poison control center", read it. So you are going to brush your teeth, you are going to brush your children's teeth where something, they are telling you upfront is poison. And see, often times poison with the human body it accumulates and does damage over time. So as you brush your teeth, with that's telling it's poison upfront, they are telling you to stop, it's poison, what do you think could potentially happen 20, 30, and 40 years of constant use? So if you just take baking soda wet your toothbrush dip it in the baking soda box and brush your teeth with it. You will find that it does just as good or better of a job cleaning your mouth. It leaves it fresh the alkalinity will help to kill the bacteria that's in your mouth that causes the bad breath and tooth decay. Simple, so number one, just use baking soda instead of using toothpaste.

Number two: Swallow the second rinse. When you brush your teeth, you rinse your mouth out, spit it out dip your toothbrush in the baking soda again brush your teeth and this time take some glass of water rinse it and swallow it. What that does it is essentially allows the baking soda to go inside of your body and helps reduce the acidity. Now, some people don't have an acidic condition but most people do. Because of the food that we eat, and foods are fundamentally divided into two groups –they are either acid forming or they are alkaline forming. Let me just give you an example of what some of the alkaline forming foods are?

Virtually all of your fruits and all of your vegetables. Your acid forming fruits are all of your protein foods and virtually all of your breads. And what most people do they eat an imbalance of protein foods which are meats, dairy, beans, all that stuff. Those are your protein based foods. We are to eat about 80% of our foods on the

alkali forming side but instead we almost eat 70% to 80% of our foods on the acid forming side. That's why people have so much acid in their system. That's why people have acid reflux, where do you think all that reflux is coming from? That's why you have all the acid reflux and that's why you have to take Roloids which is an antacid.

So you got all this acid. Just go to the grocery store and look down the section and you'll see. You see all this stuff dealing with people with stomach issues and most of it is caused by the excess of acid. So if you learn to number one eat more of the alkaline based foods, which go right back to eight pillars. So if you learn to eat more of the acid based food but some people are just not going to do that. It's in the eight pillars, but I'm no fool, somebody not focused is not going to do the eight pillars, they are not going to do all the eight pillars. You are going to still have on your plate for breakfast, you are going to have grits, which is acid forming. You are going to have bacon, which is acid forming. You are going to have eggs, which is acid forming. You are going to have toast with butter, which is acid forming.

So will have all this and you will start your day out with all these acid forming food. There is just no two ways about it. So I am not going to say this, "Well, I'm the pastor. Let me tell you, what you all need to get for breakfast, you all need to have just a nice big slab of watermelon, put some lemon over it and that will hold you" I am not fool enough to tell you that because you are not going to do it. So what I am telling you are some things that you can't eat. You are going to have your grits, your bacon, your toast with butter and your eggs and you are not even going to have your eggs over light—most of you are going to scramble them with salt and pepper. So, you are going to eat this stuff and I recognize it. So I am giving you the baker's secret that will help you to counteract some of the damage that the heavy acid forming foods will cause. So number two—number one is to just brush your teeth with the baker's secret—number two is, you do a second rinse on second brushing take it and you swallow the baking soda that's there. And that's going to probably give you a little less than a half a teaspoon. But that over a period of time will help to keep your body in a more alkali and a more healthy condition.

The third thing is this, use baking soda as your deodorant. If you take baking soda, take the box just take your finger and scoop a little bit at you. You don't need a whole lot of it. Put water in one hand, baking soda on another. Take it, rub it together and just put it under your arms. You will find that for the vast majority this will totally eliminate the odor that you have deal with. And it's far safer. Now, don't put too much because if you over alkali the skin, it will become irritating.

So all you need to do is just put enough to keep your odor down. That's all you need. Now, some of you got more odor than others that's the truth, so all you need to do is put just enough to keep the odor down. Now, what this does in terms of—the reason that I say it is healthier for you is you have to understand how most deodorants

work. Most deodorants use a compound called aluminum chlorohydrate. Aluminum is one of the major suspected causes of Alzheimer's as well a whole lot of other stuff.

You will also find that if you survey cancer particularly women, particularly breast cancer, you'll always find breast cancer is far more predominant on the left breast than the right breast. Vast majority of the time it's more predominant on the left breast than the right breast. When women put on deodorant the vast majority of people are right handed. Your right hand is your is dominant and your stronger hand. You put more of the stuff under the left breast, under the left arm.

So there is more of a concentration of all these chemicals and this stuff and some of this stuff, science don't even know of, or don't admit or find out or you never know about it until it's too late. So, if you use baking soda you reduce the probable risk of whatever the harmful chemicals in deodorant. Anything that would basically slam your sweat gland shot. That's not too healthy for you in the bottom line analysis of the thing. And we're wondering why so many people are getting Alzheimer's disease. That aluminum is strongly suspected with it and even those other ingredients that they use has got a whole lot of health issues with this. So, if you use baking soda as your deodorant.

The other thing that is goes a whole lot cheaper. You can go to the grocery store, you can get a big box of baking soda for \$0.89 and it will last you, it will last you forever you, you bus a tube of toothpaste stuff at \$4.00 or \$5.00. That baking soda is cheaper; you won't have to pay for deodorant. You won't to pay for toothpaste and you health will far greater and it will reduce all of this acid. Some of you got too much gas, all that stuff is just acid bubbling up in there.

So if you—I mean—I'm not, this is real! Just because you're Christian, it won't stop your gas, this is real. This is real, so it is an easy simple thing to do and after you've tried it for a week. You are going to realize this does work. I've been brushing my teeth with baking soda; I've been using the baking soda as an antiperspirant, as a deodorant and this stuff works phenomenal. You swallow it; it has virtually no taste to it. So you'll find that once you try it? You realized this thing really does work and will save your money. When I travel I have one little Ziploc bag with baking soda. I keep it in the box because I don't want the people to the airport to think it is cocaine.

But it works, it's a simple thing and God say's, this is going to save somebody's life. And as you do it and you never get cancer we welcome you here to God heals but people have to be honest about it, I'd rather never see you here. I'd rather you do this and you never show up here with cancer. I'd rather never see you here. So this is why God is trying to give you information. I'm going to bring it to just like –

Turn to the person and tell him, "You can do that". You may not be able that fruit everyday for breakfast and cut out all that greasy acid form and stuff but you can do that. So God is trying is to just give you some very simple things that you can just do! And it will just make a difference in your life and in your health and in those of your children and these become habits that would just last you and they just work.

So that's just "The Baker's Secret", it is vinegar or acid with nitre being poured on it. It neutralizes all of the acid that's in your system and it will help you maintain balance and it will help you maintain health. This is not one of those emotional exciting highly spiritual messages. But this will, this will give you life and life more abundantly. We thank you for joining us today at Brothers of the Word because Brother you need the Word.

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Amen, amen.

Tuesday: Good afternoon my name is Tuesday. The pastor asked me to give a short testimony about what he preached about today with the baking soda. About 7 years ago I worked in a cancer clinic for 5 years and I can attest that when the pastor said that "Breast cancer most often occurs on the left side", it is absolutely the truth. We have patients from age 15 up in to their 60's and predominantly the left breast was the one that have the cancer. And not only that but the lymphomas and their lymph nodes were also involved and what the doctor would tell them is, "stop using deodorant" because the antiperspirant was causing their nodes, or a lack of a better word to be clogged, which just enable the cancers to grow.

So I stopped immediately using deodorant and I used the deodorant stone. The doctor would tell the patient as well not to use deodorant when they are going through treatments because it could hinder their remission. So I just want to say that what the pastor said today is absolutely the truth and we all should go and throw away our deodorants because we all have cancer cells. Were born with them and depending on our environment, you know, our eating habits or just genetics, the cancer will form. So whatever we can do to keep it from coming, I think we should do. So that's my testimony and I just want to say I've not used deodorant in about 10 years. Let's all just try to be a little more healthy.

Nathaniel Bronner Jr.: And other final note. I had one gentleman also who came up to me after the sermon and said he has a friend who is a doctor. And he had heard about treating cancer with baking soda and asked his doctor friend. This doctor said "Yes it's true but we can't ever tout it or mention it because if we do, we would loose our license". Make sure that do your not overdose on baking soda because overdosing on it just as bad as not having it. So, don't overdose. That is why I told you just put it on your toothbrush and then swallow that amount. Don't go and drink your whole half a cup of baking soda, just a little bit on your toothbrush, swallow that amount and that will do it. God Bless You.