

Blue Print for Health and Healing.

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Reversing disease from its foundation

Lönj cë Juiir Ke Pial ëë Guöp Ku Deem
Man ye tuany cöök Jiël taytay abë Liu.

A Medical Missionary Resource

Bun de Leer biiy ëë wëel Pieth ke Pial ëë Guöp.

De Akëm ëë Waal Cööl Jön këlak
John Clark M,D.

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Cë wääl biiy ëë Akutnhom ye Buök Wääl biiy cööl Tëllobai.

FOREWORD

Agutpiöu

["Agutpiöu ee këre cöök ye Bunjë Gäär"].

I could hear the scream of the siren in the background as I took the radio call from one of our ambulances. "We have a 49-year-old male who was unconscious on the scene. He has no pulse. We shocked him 3 times and are bagging him and doing chest compressions. We are 2 minutes out."

Yen ee ye awucu de riän yen ëë kóc cë thou ka kóc muönwëi piñ ëë liklik ,ke yen lo ke yen kuany cöt de Ran tönj de kóc ye ger në Riäth yen ëke kóc cë thou ka Kóc Muönwëi jot.Jiem ye"Wo nönj muony ye run Thiëernuan ku dhonuan(49) cë thöök aka bëy; awuök ëka ye keek piñë. Acie piöu ye lo luet/acie piöu ye gut. Acukku duääny yic të lo ye juny në ayic diäk ku ayikë kuömpiny ,ku a Agöörönjde acuk lööp . Wo cë thiök ,abë ya akuën ke rou nyin ku cuuk bën"

"Okay. We'll get the team ready. You'll be in trauma bay 1," I responded. As an emergency medicine doctor, this scenario was all too familiar to me. I knew what the likely outcome was going to be, but I always hoped for the best.

"Ou.Kɔc abä keek lo yök ëke tit week.Ciëth kë Yön tueŋde kɔc muɔnwëi". Ee cie yen ëë ye Köl tueŋ dië ban kë yin lëë tiŋ Ke ɣen ye Akëm yönde kɔc muɔnwëi. Aa ɣen ee nyic këre bë rɔtloi-kuyeyna ɣen ee ye njoöth njäär tueeŋ në nyindhie.

When the paramedics rushed into our emergency department, we directed them to trauma bay 1 and took over the patient's care. We put a tube in his throat and continued breathing for him. We continued chest compressions. We started another IV and gave medications to try to get his heart started. We shocked him multiple times. But, in the end, his heart never beat again. And, yet again, I had to go tell another family that their loved one was dead. We did everything we could, but we couldn't reverse, in a few minutes, what he had spent the last 47 years doing to himself.

Awën aci Akëëm ye waal wuöm ku yikë kɔc yiën wuum dhääm ye wëi gueer Yön de Amatnhiim ke kɔc muɔnwëi ,Goku keek nyuɔɔth nhiim(1) Yön tueŋde kɔc muɔnwëi, ku leekë nyiintit në rantuany cë piay bëy.Goku yiën wuum dhäm yewëi ben wëi në këre thuet ëë yen wëi.Ku ɲotku/dhiacku ke wɔ ye Agööröŋde loɓ.Ku berku wäldë ku waal bë piönde cɔɔk gut wuöm në räälde yic.Ku ee cukku duäny yic të lo ye juny ëtëwën/në acëkut/ëë lanwën.Ku ɣeyna ,go piönde cië ber kan gut ,agut thök. Ku , ëyadëŋ ,ëke tit ɣakɔu ba kɔc ke pandë lo læk lan ci këden nhiarkë thou. Wɔ cë ka juic ke kuɔny lëuku keek loi në akuën diääk yic , ku këre cë luöirɔt në run ke (47)thiëërŋuan ku dhorou yic ,aci wuɔk cɔk thuet yen në kuny.

It wasn't just the heart attacks, which are almost exclusively the result of one's lifestyle. It was the diabetic patients with foot infections requiring amputation. It was the cancer patients with intolerable pain. It was the autoimmune patients with painful and debilitating flair-ups. It was the congestive heart failure patients struggling to breathe, their lungs full of fluid. The vast majority of these could have avoided their health problems by applying simple lifestyle principles to their lives.

Ee cie tuany ye riim cɔɔk duut në piöu yic nyin abac ,man ye të yen ëë ɲæk piirde Luɔɔi thin bëy.["kaken ye keek loi në nyindhia ,ciinŋde ,tëden yen kãŋ luoi thin ku

Lönyden de käng nong yic ka Juic cit yi Miith ,yuukderot ,Mäth kenë koc köök ,Luoi ,Taay/γου ,ηup ku jol ya kök juic ke piir.]

Nan eë Koc juic ke ke koc kë cë löön piol yic ke pial eë guup kuany cök ekedë cik kë tueny ken gëelwey.

Aake ye koc ,ëke yenë rielde gup ken thöör kenë adiny tö nêke guup ka liu adieny nêke guup ci cök luoi/Luöök lëu/köör tēm de cök.

Aake ye koc tuany cë buöt ci Miri Ke riim riöök nêke guup cë guup lo cuei nê töök . Aa ke ye koc ëke ,ci tuany de riem gup ken lëu yic ,cin tē yikē yök nêke gup cë nhiim lo cööt.

Aake ye koc eë ke ci piöth ken riim ye nyiic cier nê rääl yic apieth ,go piu ke gëem gup ku cökë kek cie wëi apieth nê këre ci Göyöök ken yic thiän nê piu ,cökë keek ye gup ηερ/Thiay/lo cuaath ku cökë keek buutë keek.

Eventually, I left the emergency department work forever. Instead, I transitioned to a practice that exclusively utilized lifestyle interventions and natural remedies. Instead of putting people on medication, I took them off it. I learned how to use those simple lifestyle principles to help people change their lives around for good.

Ayon guo luoi yönde Amatnhiim ke koc muönwëi puöl taytay ,ke yen cë lui tēnong däär.Ku jal rot wëäl luoi de löng ye pial eë guöp bëy ku nyiëc mänyde rot nong yic cäm de miith ,yukderot ,piöc de nhom nê adetic de piir ku löng ye nhom gël nê tähdit ,thannde nin ku nyiëc luoi de käng kenë wëäl piny.

Guo koc ya yöök bë keek cuök ye wum eë nyin ee ban keek ya wum nê wal. Yen cë bën piöi nê löng ke nyiëy mänyde rot ku pial de gup aguo koc kuony bikë piirden geer/waar yic ëng.

As I was transitioning from emergency medicine to lifestyle medicine, I came across Dr. John Clark's work. He made the transition from a conventional practice to a lifestyle practice several years before I did and had produced a number of excellent articles on various diseases and the lifestyle factors and natural remedies that could help reverse them.

Ke yen lo ke yen wel rot tēde wum eë koc nê wal ye Koc muönwëi kony ku lar nê wëäl piny Ke piir yic ,guo luoi de Akēm col Jon Këlak kääk piny.

Ee cë wum de kɔc në wal cë juir ku cë keek gam në juäc dac puöl në run juic cë wan/lo/tëek ku löm wal piny Ke piir ,ben ke kɔc ya cɔk piɔl ku juir löŋ juic lwai tëlɔ tuɛɛny kuöt yic ,ku löŋ juic ke mäny de röth ku nyiëc piir ku Wɛɛl piny Ke piir man ye tuɛɛny nyai ke ɣɛn kën guɔ jɔk.

I was impressed by how thorough his articles were and by how extensively scientific they were (with upwards of 250 scientific references in some of his articles). I studied those articles as I was learning how to treat my own patients, and I saw the positive results firsthand.

Tëden ee cien käke nyiec gārthin ee cë ɣɛn jɔt nom ,në juiër ee cien löŋ ke Juir agut luɔi den ye keek gup loi ku të benë keek ya dɛɛk thin ku ka yikë keek nök në guöp yic të nɔŋ Buök Juic cienë keek gārthin wan (250) Buɔt ke rou ku thiërdhic nom cë keek juir ëë Kɔc nɔŋ nyic në kake piir yic ,Ku luɔi ee cienë keek kɔc kök ya luäkthin/kuɔnythin/cɔk piɔl.

Guɔ ke löön cë keek Juiirkë , kuen ku dɛɛtkeek yic ,ku ke ɣɛn lo ke ɣɛn piöc rɔt ba kɔc tuany ya cɔk piɔl në rɔtdië ;guɔ luɔi den thiek jal tiŋ në lantöŋtëy.

Of course, Dr. Clark has seen the power of these principles in his own practice, as he has counseled with many, many patients through the years and helped them to reverse their diseases.

Në yic ëjik ,ke Akëm cɔl Jɔn Këlak ee cë Riel de ke löönkë tiŋ në luɔi mande yic/luɔi adönyde yic ,në yöök ee cien kɔc juic ya yöök , go ke kony bïkë pial ku jiël tuɛɛny ken taytay në run yic në kuëny ee cï keek ke kuany cök apieth.

Those articles have been brought together in this book, Blueprint for Health and Healing.

Ke löönkë ,aa cë jal kuöt yic në ye Buŋë yic ,
"Löŋ cë Juir Ke Pial ëë Guöp Ku Deem
Man ye tuany cɔk Jiël taytay abë Liu."

Those articles are now in your hands. And you can experience the profound results in your own life as you learn and apply these principles. So, study, underline, highlight, write notes, and most importantly, put into practice what you read in this book. It will make a tremendous difference in your life and your health.

Keek ëë löönkë atö në yi ciin ëmen.

Ayin lëu ba luçi den cin tédak jal yök në piir adönydu yic ,ke yin lo ke yin piöcröt ku täuë keek në luçi yic ke löönkë. Ayen , Kuëënë ,jitke cök/thäär , Buuk keek , Gäärë keek piny në Buñ dun de gär yic , ku tönj jol piath apci , ee ba keek täu në luçi yic ëka ca keek kueen në ye Buñë yic. Abë luçi dit de gäi loi/bëy në piirdu yic ku pial ëë guöpdu.

Mark Sandoval, MD, President: New Paradigm Ministries, Former President & Medical Director: Uchee Pines Institute

Mak Thandobol , Akëm de Wal , Bëdnydit de Akutnhiim Logolock Jöt , Bëny thær ku ye Akëm de Wal Pan de piöi Cöl Wuchi Pin.

The translation of this publication into Dinka was carried out by Moses Ajak Deng Ajak. If you wish to share any information with him, please feel free to contact him via WhatsApp at [+211929233777](tel:+211929233777).

Or Email: ajakawuok13012@gmail.com

Wëërë yic de ye Buñë yic në Thonj de Muony-Jän yic, ee Muötheth Ajak ëë Deñ Ajak ëke loi yen. Ana non piöu kë kør ba röm wenë yen ke yin cök röt läu ba cöl në wathap [+211929233777](tel:+211929233777).

ka Imel : ajakawuok13012@gmail.com