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NAME Lavenda Livingston *

SUBJECT Fasting and results

DATE 2nd sheet Aug 29 '88

When I came to the order I didn't bring much money, to turn in, but I did bring some lovely clothes and a diamond ring. One suit I brought sold at auction for $5-00; which was a big sum for second hand clothes at that time. It was during the 1935 depression. I had worn glasses at work for a number of years. I had just purchased some new glasses which I didn't have all paid for. I didn't want to bring any debts to the coop, so I mailed them back to my eye doctor. When I joined the coop, due to fasting and a much healthier diet I never wore glasses again for 10 or 15 years.

In the first days of the order all members were advised to go on a six weeks fast (every other day for 6 weeks). I went on this fast and when my mother came to live with me she wanted to go on the fast, so I went on it again with her.

I lived @ Bountiful for five years

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During that time I had three children Louise, Jim, Fred. I fasted one day at a time on various occasions. I had very good health. No doubt, due to the fasting and good food we were eating at that time.

We moved to the mine in 1941. I started cooking for men, as soon as I got there, and continued to cook for them for 5 years. During those years Bro S and I fasted one day at a time and sometimes two. My health continued to be good.

I went on 2 or 3 apple juice diets. It and ate was benefited by them.

We went to Woods Cross in the winter of 46. The first of Jan. to be exact. While there I had a serious miscarriage. It was just like turning on a faucet. I lost a lot of blood and consequently my red blood count was very low. My eyes blurred constantly. We were told to move back to the mine in the fall of 47 and I wanted to leave the house I was living in. (The one Rachel Porter is living in now)

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I found it. Bro. Elder was Teaching us the power of positive thinking. So I would watch a wall with my eyes blurring all the time. I would repeat over and over, "I can do it" "I can do it" etc.

We moved back to the mine with my eyes still in the same condition. It took me a long time to build up my blood. Bro. Elder came to me in a dream one night. He had several bunches of beets. He handed me one bunch and told me they were for me. I had planted a garden of beets and I pulled them all — washed them — juiced them all beets & tops. and stored the juice in the Fridge and drank some every day.

Then I went on a grape diet later (in Feb) during this time I dreamed I ate oranges along with my diet. I didn't eat them because I wanted to do as the others had done — stay on grapes exclusively. After I got over the grape diet I was reading in a magazine an article on grapes. It said a person could not

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for the removal of my (gall bladder) I suffered much pain. My family & Bro Ortel and others were very supportive. Bro. Ortel was with me almost ~~consequently~~ constantly advising me what to do etc. I did every thing he told me - I went on two apple juice diets. Went on the cleansing programm Joyce Taylor sells and also the one Louise Stoddard sells for cleansing the glands. One evening I was in so much pain I didn't think I could stand it another minute. I tried to vaumit in the bathroom but could not. Louise, my daughter, met me at the door and said "Here, drink this." I took it and drank it right down. It was a cup of ½ of olive oil and vinegar. I was able, then to vaumit and relieve the pain some what.

All the family, Merlin included, met to decide whether I should see a doctor. Some had tried previously to talk me into it. We all decided that was the only thing to do. Kathleen took me to the doctor and we sceduled an

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an appointment for an operation. They found the trouble was I had too small an opening in my gall bladder for the stones to come through. Consequently the bladder built up and pressed against the other organs in my body causing pain from the pressure. They (the docs) were sure I had several problems including the possibility of cancer. When they found the problem and removed the whole bladder they found the other organs to be intact and no sign of cancer. Rodger was so relieved he said to me, "Mother, you are a very lucky person."

I could write a whole book on results I have obtained by putting my trust in the Lord but - I feel this is enough for now. I hope some of my experiences can help some one along the way.

Lavenda