

"I have been to a lot of hospitals and retreats in the past, but they could not address my deep-down hurt. They were able to get me stable enough so I could go home, but then I would always have side effects from the medications. The main problem I still had was unresolved. The abuse had taken place during my school years. Part way through my retreat, Gilead Balm had me go back home and meet with the person who hurt me and abused me. I have now forgiven that person and asked for their forgiveness. After working things out, I even invited that person to come for a meal sometime at our house. Gilead Balm has helped me realize what true forgiveness really is. I've also forgiven my mom and asked her forgiveness as well. Before I always had such a self-centered attitude. I thought I needed to just forgive myself more. It was hard for me to keep my end of relationships up. It's a lot better now. It seems I'm starting to see the bright side of relationships again. I felt the directors at Gilead Balm were very understanding, listened to what I had to say and provided valuable lessons. In the future, I want to be a man after God's own heart and not get discouraged so easily. I know with God all things are possible. I wish all who read this God's richest blessing." - **By David S., Indiana**

## A D D I C T I O N

"Eight years ago, I started experiencing extreme anxiety, after which, I would have bouts of depression. Contributing to this was my struggle with tobacco. Not being honest about it with others caused tense and strained relationships with the people around me, and also with the church. I was becoming desperate! At that point, a friend directed me to Gilead Balm Wellness Center. They put me on a detoxification program. I was put on a strict diet, vigorous exercise program, and daily sweat baths (twice a day). It is amazing what one witnesses coming out of their body during this period. For me, it was white looking globs of mucus. Some of it was long stringy pieces. The stricter I adhered to my protocol, the better the cleansing results. Think of all

"First of all, we thank the Lord for a place like Gilead Balm Wellness Center. They respect each person here. This level of respect helps people who come for help to try hard to become trustworthy. The therapies they have here for the brain, oxygen chamber, and the nutrients have made a huge difference in our son David's life in only a few days. The counseling to help him understand what forgiveness is all about has been both practical and biblical. You need to go to the person directly who hurt you and explain what it was that hurt you (Matthew 18:15). Our son applied this principle in what he was going through, and after meeting with the other person about it, he found much needed peace and healing. We also learned good lessons on how to focus on the needs of others and not on ourselves. Trying to forgive yourself simply does not work. It will just make you focus on yourself more. What we need to do is focus on others. Then it will help us, too!"

- **Mother of David S. (son's testimonial is on the left)**

the things your body accumulates over the years! Another thing I discovered, while on this program, is there is a connection between sugar cravings and tobacco. I found the most intense craving for nicotine came after I would satisfy the sugar craving. While on my diet at the wellness center, cutting out all unnatural and refined sugars, my desire for sweets got less and so did my desire for tobacco. Without realizing it, people use these things together to self-medicate. All this craving tends toward spiritual bondage. As long as it controls you, you are in a form of bondage and cannot have true peace and freedom until you break those bonds." - **M. Byler, Michigan**

“My sister Katie, age 12, has always had a struggle with her school lessons every year of school. I saw the struggle first hand as I taught her first term in my school. I’m so glad we finally found someone here to help her with her learning difficulties. Since Katie’s been coming here, I really can see a difference in her ways. She is not so tired. I’m thankful you were able to

help my sister. Since she’s been taking her neurofeedback therapy, she seems more alert to what’s going on around her. I would also say she has more of an appetite. She does eat a lot more than she used to. Again, I want to say thank you!”

- **Fannie, Katie's sister**

“As a young kid, I had ADHD (attention deficit hyperactivity disorder). My wife says, in order to deal with stress, I used to always need to be doing something new to distract myself. I didn’t have the kind of peace or contentment in my life that my family and I needed. I owned a construction business for a while and finally had to give it up because I couldn’t handle the stress. I struggled with not being able to cope even with little things. I’ve also struggled with depression, especially these past eight months. I finally came to Gilead Balm for the brain scans, brainwave therapy, hyperbaric oxygen, foot bath detox, saunas, massage, and bio-structural therapy. I got on the diet and supplement program. I am four weeks into their program and my life feels like it’s finally coming back into balance. The depression has been replaced by contentment with my family. I am

far more relaxed and at peace. Everyone in my family notices. I am not tired anymore. Before I was always taking naps. Now I can go to sleep fairly late, wake up early, feel good, and have lots of energy throughout the day. I can also think more clearly. My focus and attention are finally where they should be. I don’t need to go out or be doing something new and different all the time. My wife really appreciates this new level of stability. I am a lot happier and can actually say I have joy. While I was here at the wellness center, something very stressful came up and I faced it with calm, even in the midst of the storm. To God be the glory! I also want to reach out to others who struggle with ADHD, anxiety, etc. because there is help out there. With God’s help, I want to continue to grow closer to Him.”

- **Matthew Y. Missouri**

“Before I came to the wellness center in Ohio, I always felt like I was getting the worst end of the deal. I always felt like I was being treated more harshly by my parents than the rest of my siblings. Now, after doing the neurofeedback program here, I feel more energetic, secure, and content. I’m not even sure that I get worked harder than my siblings. But even if it is true, I don’t feel unhappy about it like I used to. Instead, I enjoy doing my jobs at home and at school. Before, I was easily bothered by my siblings or was fighting with them. Now I am always playing with them and enjoying it. I used to bring four out of six

subjects home from school because I was so distracted. My focus was on everything else except my work. Now I am much more focused on my schoolwork. I feel more optimistic about life and don’t get the headaches I used to. I can relate to people better because I am more comfortable with them. My thinking runs more the same with others. This means I can say things now more clearly, in a way I wasn’t able to before. I did 37 sessions of neurofeedback and 36 sessions of hyperbaric oxygen at Gilead Balm. Now I feel a lot better.” - **Kelvin**

## A D H D

“We came to Gilead Balm to seek help for Marlin, our twelve-year-old son. He was very hyper and often not responding to Dad and Mom. It seemed like he was just being rebellious. In the end, we determined it was a lot of misunderstanding. We did not understand his brain was not receiving messages. Things we were saying were not soaking in. Marlin was also a dyslexic child. When he started school, he had many signs of ADHD. In the third grade, he fell and landed on cement—receiving a bad concussion. Shortly after, he had two more severe falls. We tried many things to help him before coming to Gilead Balm. But he still kept getting worse. His headaches increased. His memory of how to do things was getting

bad. He kept going backwards in his school lessons. His behavior was also bad. With the treatments at Gilead Balm, we started seeing a change on day sixteen: he could finally hold still. He is now responding to talk from others and to direction. We give a lot of credit to the neurofeedback therapy. The behavioral counseling from the children’s counselor was also worth it. It was helpful for Marlin, Dad, and Mom. Gilead Balm is such a pleasant place, if you need it. We have nice rooms and a pond where you can relax, fish, or swim. We are grateful to God for providing a place like Gilead Balm for people in need.” - **Alvin and Joanna Bontrager (Marlin’s parents)**

## A D H D

“We brought Aaron, 11 years old, to seek help with ADHD problems. Aaron loved the evening times spent with his counselor fishing on the pond, and the fun we had with other staff and clients. His bed-wetting improved a lot the second and third weeks we were at Gilead Balm.

Aaron’s headaches have also disappeared, and he seems to have more energy. The counseling sessions were worthwhile and got him motivated to learn how to control his words, actions, behavior, etc. Glory to God on high!” - **Levi Fisher (Aaron’s dad), PA**

## A D H D

“I am grateful for the wholesome, Christian atmosphere at Gilead Balm, the nourishing food, and the daily devotionals. Our eight year old son had difficulty coping in school without using ADHD medication. He was not able to take even the simplest instructions without arguing. Medication helped, but we went to Gilead Balm

to try all the therapies they have available. We decided it was a worthy goal. After three weeks of therapy, we see promising improvements. It takes commitment and effort from all involved, but we think the long term benefit is worth it.” - **Father of a client**

## A N G E R

“I was continually getting into heated arguments with Dad and Mom, hurting the feelings of my siblings, writing angry letters to the deacon and my former counselor. I resented my boss and even began a conflict with my best friend. I was mad at the whole world. I struggled with resentment, anger, grief over my misfortunes, self-pity, and depression. I had hyperbaric oxygen, Bemer, neurofeedback, and physical exercise. In counseling, I

finally learned to forgive. I also learned that forgiveness is not 'once and done,' but a lifelong process. I still have to practice it every day. With help from my counselors at the Gilead Balm Wellness Center, I restored my relationships with others. I now have a plan of who to be accountable to. I now have a future that’s worth living for.” - **Matthew in Missouri**

"This retreat offers a friendly Christian atmosphere, clean environment, and peaceful scenery. Before coming here, I had built a wall around myself so that no one could get through. Work was a drudgery because I did not feel well. I was often moody, irritable, and felt like I had no control. Mentally, I had a hard time concentrating. Physically, I did not have enough energy. It seemed like God was far away. For years, I struggled with anxiety and had difficulty processing things emotionally. I have been hurt so many times in the past and had a hard time trusting other people. Half-way through the program at Gilead, I felt a difference emotionally and physically. After seven weeks, I feel more relaxed now. It's not so hard to concentrate on what I'm doing. I have more energy. I'm finding encouragement to grow spiritually and I am finally beginning to crawl out of my shell. I am hoping, as things pick up, I can have a better relationship with my family. One of the wellness center's policies is to have someone from the ministry join in with each of the counseling sessions by phone. I really appreciated this. Their support meant a lot. One day, my entire ministry came to visit me at the clinic. Through counseling, I learned that if you do not have a proper fear of God, you will have all kinds of other fears (Matt. 10:28). When we truly fear God, we understand his power to punish. But also that we

respect the power He has to protect us. In counseling, we also had to work through some painful issues surrounding the relationships in my life. I realize now I bear personal responsibility for my own actions. As my minister pointed out in one of our sessions, "you have to drive your own horse!" I cannot focus on changing others. I have to focus on changing myself. I struggled through it all, but with the caring attitude and the level of respect the counselor has for each person, he helped me to want to try harder to change and become trustworthy. I have always been a shy person, but it has been helpful to have explained what 'shy' actually means. While it's ok to have a quiet personality (and I want to have a quiet and gentle spirit), my shyness has often been an unhealthy focus on myself which has made it difficult for me to grow in my relationships with others. It was the highlight of each day for my caregiver and I to sit down by the pond at the wellness center when we had our lunch. We enjoyed singing and reading together. We skipped stones on the pond and tried to make friends with a pair of mallard ducks. The flowers down here are very eye-catching, too. Last, but not least, it was very interesting to meet people at the clinic from many different places, all with different experiences. Many thanks to the staff for your helpful assistance! Wishing you all God's richest blessings!" - **E.B.**

"I feel accepted and not so shy of other people now. I don't feel like running to a far corner and hiding. My thinking is clearer. I can write letters better, and hold conversations easier. It's also easier to concentrate on things. I had severe headaches and dizziness. Now I don't have those problems. I have more energy. My stomach would always feel upset.

Now it is calm. Gilead helped me a lot to handle conflict in a biblical way. Every week I met with the counselor at the wellness center. My ministers from church also came once a week to join. I am learning to be at peace with others and responsible for my own things, while not worrying about what others are doing." - **Saloma M. in New York**



“Canning season was in full swing. We were so busy, we didn’t notice the signs of the oncoming illness for my husband, Junior. It became a challenge for Junior to keep calm in stressful situations. He was dealing with sleeplessness, in spite of weakness and exhaustion. One evening, Junior got up from the table at dinner suddenly. His voice became a mere whisper. The color drained from his face as he held his chest. His heart beat wildly. Believing it was a heart attack, he asked to be taken to the ER. At the ER, we were much relieved to see it showed normal. We returned home and things seemed to return to normal, but only for a short while. A week and a half later found us at the ER again. This was the beginning of a journey to regain a new balance to our usually quiet and peaceful life. In spite of our efforts, our life lost its normalcy as Junior slowly spiraled downward. An endless circle of anxious moments, sleepless nights, unanswered questions, and repeated visits to the ER dominated our lives. We had met the crisis of our lives. Church friends, family, neighbors, and even customers at our store had deep concern for Junior. What was happening to this energetic and capable man? Many people were praying. We began having nutritional IVs done for Junior, which helped lift him to a certain level. But finally, through information we learned from others, we contacted Gilead Balm Wellness. Through testing, they recognized Junior’s condition as a gut-brain condition due to a virus settling into his gastrointestinal tract, which had created a host of other problems and destroyed his overall health. The gut-brain connection refers to the

communication lines which connect the intestinal tract with the brain. It not only involves the digestive system and the nervous system, but also the immune system. The digestive system is linked with the mental and emotional states of mind. Our gut is truly a second brain. These bodily imbalances were causing Junior to experience anxiety and insomnia. This gut-brain connection involves a web of chemical messengers in the body, unveiling a system of much greater complexity than previously known. We concluded that our bodies are truly wonderfully made. We are also thankful for the help and support at Gilead Balm. Junior has regained his strength and his spirit has been restored. His physical body and emotional state grew stronger week by week as we stayed at the wellness center. For this we praise God. We also want to give a word of appreciation for the kind words of understanding and encouraging wisdom the directors shared with Junior in the depths of his illness. In a time when hope was almost gone, their words of encouragement, mixed with an understanding of his condition, conveyed hope and light in a dark valley of his life. We also enjoyed the fellowship with other believers at the center as we shared meals, washed dishes, and did various duties around the facility. We cherish memories of times spent singing or playing games out on the deck in the evenings. We especially enjoyed the daily morning activities and the Bible studies guided by the counselor.”

- **Barbara Coblentz in Tustin, Michigan (Junior’s wife)**

## ANXIETY

"I had much anxiety. But we weren't here long at all when I started to feel more relaxed. We felt we connected well with the staff and actually developed close friendships. We enjoyed our morning health coaching sessions. We bombarded our health coach with many questions, in which he was very knowledgeable and interesting to engage with. The staff were so kind to come to my aid, even at 9:00 at night. The staff who provided our rife and neurofeedback therapies soon felt like old friends. The sunshine and constant singing of birds was a balm to my homesick soul. I was fairly certain we had one of the best rooms in the house as we could wake every morning, open the blinds, and look out across the world just beginning to awaken. We also had the beauty of golden sunlight streaming in our windows at sunset. We know God opened the doors for us to come here, and we thank Him for all the healing that did happen." - **Clif and Dez Lehman**

## ANXIETY

"Sleeplessness was one of the side effects of my anxiety medication. I often couldn't sleep before midnight, and the sleep I did get was restless. I struggled constantly with nervousness and anxiety. I would often have fears of being hurt while riding in a car or general nervousness around new people. I had pretty severe nosebleeds that would happen randomly and would sometimes continue bleeding for an hour. After three weeks of therapies at Gilead Balm, I am sleeping better and getting more restful sleep. I can fall asleep faster and sleep all night long. I am also better able to handle my anxiety knowing that God is in control. Counseling has helped grow my relationship with the Lord and has helped ease my anxiety. The neurofeedback therapy has also helped me relax better. Thank you everyone for all you did for me while I was at Gilead Balm. I appreciated it. God bless." - **Lavern Beachy**

## ANXIETY

"I started a 3-week program and came with digestive issues. Infections were keeping oxygen and nutrients from being delivered to my brain. My brain scan was showing imbalance and over-activity. This happens when the body is fighting infections and has a weakened immune system. I felt like my body was completely worn down. By the second week of my retreat I started to notice more energy. Towards the end of my retreat, I also noticed my anxiety getting better. The Rife scan also showed the initial infections are no longer present and my brain and immune system are working more correctly than they were. The other exciting part is how I feel. I am having better thinking and communication. My energy levels are higher. My reflexes when driving the buggy now are so much better. My wife doesn't have to tense up for the ride. We have left happily and are looking forward to more improvements over time." - **O. Bontrager**

## ANXIETY

"I have been very blessed and thankful coming to the Gilead Balm Wellness Center. When I got here, I had high anxiety and depression. I also struggled with lack of focus, lack of motivation, and lots of other problems in my personal life. After the first week, I started seeing and feeling a difference. It just continues to get better. Thank you to all the therapists here, for their help with the neurofeedback therapy, massage, hyperbaric oxygen chamber, Bemer, and other therapies. Most of all, I want to thank my counselor at Gilead Balm. She helped me a lot with some major things and talking me through the Bible. I now feel closer to our Almighty God, our Healer. A huge thank you to the awesome crew at Gilead Balm."

- **L.H., from Michigan**

## ARTHRITIS

"I had arthritis for nine years. I tried different supplements that only helped for awhile. I also started to deal with depression. I was drained in energy. Then I started hearing of Gilead Balm. I looked at their newsletter and decided to give it a try. At first, I didn't want to come. But with encouragement from my family and friends, I did come. So

far, I'm not sorry that I came. I can feel a difference in my arthritis. My depression and my energy are improving, too. The staff was always ready to help if there was a need. They always have a smile when you meet them throughout the day. Thanks for all you did for me." - **Anonymous**

## AUTISM

"Thank you to the staff for the homey atmosphere at Gilead Balm. You have been very helpful and have supplied us with all that we asked for. There is plenty of good food and the cooks provided all the meals and snacks. We appreciate the good protein sources that you use. You also provided duck eggs and ghee for our son, as well as other separate dishes. The colon cleanse clearly showed the many infections that were removed. The neurofeedback has enabled him to regain some communication that had been lost. We notice he has a better outlook on life. The buffeting therapy gives a personal touch and assists in getting the infections out. We had pleasant times walking around the pond and through the trails in the woods." - **H.K., PA**

## AUTISM

"My autism is getting better. My ability to communicate after doing the therapies at Gilead Balm is much easier. If a person says something to me, I understand more quickly. This helps a lot at my job. If someone corrects me on my work, now I feel more calm. I used to have a big problem with anger. I used to get mad really quickly. My boss says I am more focused on my work. I also feel a lot more energy. I have done about 50 of the brainwave therapy sessions. When the staff at the wellness center asked how I am doing, I used to say, "Not very good." Then after a while, "Not too bad." Now I just say, "Good." I am still working on having better friendships with others. I have made a lot of good friends here at Gilead Balm. I feel I know how to have better friendships now." - **Aaron Miller in Holmes County, Ohio**

## AUTISM

"We came to the Gilead Balm Wellness Center to seek help for our son's neurological issues, hoping to get him out of his shell. We wanted him to learn how to socialize and communicate more with others. We also wanted to improve his overall physical health, which had also been going downhill. It was a learning experience here at the retreat, for me as a mother. It was a good place to be. But it's not a place to just relax and have a good time. It's a place to be busy and try getting well quickly! The love and concern here was very much felt and appreciated. I also enjoyed the devotional times together with the other clients. We feel the time and effort it took for 6 weeks was well worth it. We definitely see improvement. One of the staff mentioned she remembered my son as seeming to be in a dark tunnel, and it was hard for him to understand what was being said to him sometimes. Now my son is much more alert. He notices what is going on around him. We feel unworthy for all the help and encouragement we got here. We thank God for a place like Gilead Balm." - **B.F.B. from Parke County, Indiana**

## A U T I S M

"We came to Gilead Balm for our four-year-old son who was always hyperactive and got very upset, or even angry. We were really inspired by the neuro-developmental sessions at Gilead Balm we had with the children's counselor. I can't even describe how we felt after the counseling sessions. I was inspired over and over. Now I want to apply the lessons, for my son, to my own life. I pray the Lord would direct our hearts and minds as we raise these precious souls for Him. Through testing at Gilead Balm, we found our son had allergies, leaky gut, and yeast infections in his gut. We weren't sure how it would go with all the different therapies for our son. But he really surprised us. Once he knew the routine of the therapies, he did really well. After the first week, we noticed his hair was more normal. He used to always wake up in the mornings, or from his nap, with sweaty and tangled hair. I was told that is a sign of parasites. After the second week at the retreat, we noticed he was a lot calmer and easier to reason with. We are really pleased with the results we've seen so far. We've tried a lot of other things in the past and nothing really made a difference. I feel this program here works on getting to the root of the problem. The meals were also delicious and nutritious. The staff were all very kind and caring. Everyone does a great job working together as a team." - **Mr. and Mrs. Lapp from PA**

## A U T I S M

"I spent five weeks at the Gilead Balm Wellness Center as a caregiver for a 26-year-old friend with autism. He finds it very challenging to communicate with other people. The speech and language therapy have made a tremendous difference in his ability to say what he's thinking. There were many times when he would just clam up. Now, he will answer almost every time and is even asking some questions on his own. Being able to communicate better prevents a lot of frustration. Less frustration makes for a happier person. It takes dedication and a lot of patience and hard work. It seems to have been worth it by the results we've seen after five weeks of therapy." - **A caregiver from Indiana**

## A U T I S M

"After six weeks of going through the therapies at Gilead Balm and working with the children's counselor, Edward is speaking in longer sentences. Before coming to Gilead Balm, Edward only spoke in two-word sentences, at the most. Our son, Edward, was born a healthy baby. But at six months old, he stopped playing with toys and stopped his baby talk. There was no eye contact. He would make no sounds. He was diagnosed with autism at four

## A U T I S M

"Our experience with Gilead Balm started in the spring of 2022, after a discussion with some good friends that had been there. Our three-year-old son was experiencing slow development and other delays mentally. We were looking for answers. After going to the Gilead Balm clinic in Ohio and running some tests, he was diagnosed with bad infections in his head. In May of 2022 we spent three weeks at the clinic in Ohio. The treatments and therapies made a lot of sense. They were intense, and seemed to help quite a bit. Our son now seems happier overall. All the people we have talked to, doing the program here, have had success stories, ourselves included. If you're ready to get to the root of the problem, change your diet, and follow their protocol, I would highly recommend Gilead Balm."

- **Ivan Lee & Linda Stoltzfus**

## A U T I S M

"We are now eight weeks into the protocol the director at Gilead Balm gave us for Josh. Looking back to where he was eight weeks ago, I can see some remarkable changes. He is no longer running a constant low grade fever. His color is much better and I love to see the sparkle back in his eyes. He is much more lively and enjoys his physical exercise. Another huge improvement is his sleeping patterns. He wakes up with a smile instead of a growl. For the first time since he was three, he's calling me by my name. Josh's digestion also seems better. He's more cooperative with all that goes on around him. In the last two weeks his OCD behaviors haven't showed up as much. To God be the glory!"

- **Debbie Miller, Josh's sister**

years old. After the program at Gilead Balm, Edward now has better eye contact. He wants to talk. He is much more aware of things. Now that Edward is talking more, he is also socializing more. The color in his face is also much better. He seems brighter and happier. He seems to feel much better. We are thankful that God showed us a place like this. Many thanks to the staff—for their help and dedication." - **Edward's Mom**

"I used to be very active. But in 2004, I was working one day, and my middle finger and ring finger wouldn't spread apart. We started to investigate what was going on. My hands became weaker still. In 2018, I was walking down to my basement and fell down 13 stairs. My ankle gave out. That's when we knew something else was going on. My doctors decided to send me to Mayo Clinic. They diagnosed me with a neurological autoimmune disease, which is an immune attack on your own nerves that control the movement in your arms, legs, and face. My first treatment was Prednisone, a steroid, to try to get the inflammation down. But that didn't work. I was getting plasma

exchange twice a week. We did that for almost six years. After doing the stem cell therapy, I first was able to start moving my toes. It was many years since I had been able to move my toes. Before the stem cell transplant, I could pretty much not move my arms. Now I can move my arm up and out. I have enough strength in my right hand to use a computer mouse, so I can do graphic design work. I'm walking a lot better. I have more endurance. I was able to play soccer the other day. To the people who got me through this, thank you very much because you saved my life and I have a much better quality of life now." - **Alex**

## BALANCE AND WALKING

"When I came to Gilead Balm to scan for what health issues I had, about eight different health issues were detected on my scan. Now since I am about done with the retreat, I am glad I took the course. Now five of those health conditions are no longer showing on the scan. I feel my leg has improved; the swelling and inflammation have gone down. My leg is almost back

to its normal size. We had good food and Christian fellowship. Do not expect to use this as a vacation. We were busy most of the time doing things that were good for our bodies. They do what is necessary for us: put in the good and take out the bad. Gilead Balm does what is good for the body, but let us look to God for the increase." - **Homer M.**

## BALANCE AND WALKING

"I had been having trouble with my legs, especially with balance, for about three or four years. It all started with some knee replacements, one of which didn't turn out too well. It just left me with no balance. I used to go to physical therapy twice a week. I was very disappointed with the physical therapy. They tried as hard as they could, but it didn't make much difference for my ability to walk. Nobody came up with any medications. Just recently, I found out it was a nervous system problem, rather than a muscular problem. About three month ago, my neurologist

basically said my nerves "were shot." He couldn't even diagnose it. He said it was 'idiopathic,' which just means they don't know how to diagnose it. When you talked to me about stem cells, I was initially skeptical of course. But after the three weeks, I just kept getting better and better. I can actually walk now. So, now I am back for a second round. I look forward to seeing what that's like in three weeks. The pain I had in my legs is also completely gone. I don't notice any pain anymore."

- **Bill, 75 years old**



"I have more mobility now. The inflammation is decreasing in my body. The hyperbaric oxygen was very helpful for my condition. May God bless you all, as you strive to help the sick. I appreciate the home-like atmosphere, with the friendly and helpful staff. I enjoyed the healthy meals and

interacting with the other clients and their families. These were all things that made my stay enjoyable. I appreciate the tips on healthy cooking and I plan to incorporate these into my diet at home." - **M.A.H. from Michigan**

## B I P O L A R

"My wife, Emma, had bipolar. She had just came down off a high last summer after one of our daughters was married. Then Emma began to slump into a state of deep depression and inactivity. She developed diabetes and was just sitting around in her recliner, not doing much. Her mind became slow and forgetful. Emma has a family history of anxiety, and she was starting to show that same anxiety. Our children thought it was time to do something about the situation. We came to Gilead Balm Wellness Center. My wife received counseling and neuro-muscular therapy to help her control her arms and legs. We participated in the group therapy sessions, which had activities and Bible studies that Emma looked forward to each morning. We are planning

to continue the diet when we get back home, which is today. I really noticed a difference when she started doing those hyperbaric oxygen therapy sessions. It helped her sleep and my sleep as well. I did the hyperbaric oxygen with her, and it really relaxed me. Emma's thinking is much clearer now. She did the neurofeedback therapy at the wellness center, which resets your brainwaves. Emma is back to helping with things in the kitchen, walking around everywhere, and being quite active. Her memory is sharp again like it used to be. Her attitude is also much improved, and I hope it continues to improve as we stay on this diet. Now when she gets phone calls from our children, she tells them, 'I'm pretty good!'"

- **D. Stoltzfus**

## B I P O L A R

"My wife Sadie had Bipolar Disorder. We tried many things and received little to no help. With the encouragement of our family and even our medical doctors, we came to give Gilead Balm a try. The blood tests showed parasites and infections. We were given lots of homework in how to give her herbs. We soon saw a difference. She has been singing again and asking questions about the Bible and about church. She again enjoys sunsets and the flowers. We can

sing together again more than we did for a long time. We do the chores together again now. She now sits at the table to eat with me after so long eating by herself. We enjoy the staff here and the other clients. We have now taken the last brain scan and have seen a lot of improvement during our stay here. Sadie has said thank you countless times and never hesitated to take her supplements. In all, we enjoyed our stay here. Sadie was a jewel to care for." - **Sam Swarey**

## B I P O L A R

"Greetings in Jesus' Name. My wife, Mary, was at Gilead Balm Wellness Center for six weeks. Mary had been on medication for 35 years for bipolar. She had been on 5 different medications and they did not work anymore. We did not know what to do. At Gilead Balm, they put her on supplements, hyperbaric oxygen, and brain therapy. At this time, she is off all meds, except one sleeping pill. We feel

We feel thankful for all the help we got. The food was delicious. We enjoyed the exercises and games. We were together for the Bible sessions and counseling. We really appreciated having our own room here at the clinic. Thanks for the Lord's healing and for Gilead Balm's staff."

- **Eli & Mary K. in PA**

"I was loaded with toxins and infections, resulting in constant stomach pain and frequent headaches. Mentally, I had difficulty concentrating and processing my thoughts and information. Emotionally, I was unstable, battling depression, anxiety, and negativity. I had been diagnosed with Bipolar Disorder. At first the program at Gilead Balm seemed overwhelming. Over the weeks, I improved. Through the director's coaching, the issues I was dealing with and the reasons for them were clearly explained. A big highlight was the counseling sessions. Studying the Bible, learning about biblical characters, and having the lessons applied to my own life was very inspiring and up building.

The counselor explained how we all need to receive the new birth, and that spiritual life comes from God. When I understood this, and decided to give up myself to God's will, I prayed to God to receive this new birth. After praying, I felt refreshed spiritually. It's not a feeling I've ever had in my life before, until now. There's no supplement that can provide that kind of feeling. I finally feel like God accepts me because I know that I have accepted Him. I really enjoyed the group activities and the relaxed pace at the retreat. It was very beneficial to my physical well-being. In my last weeks at the wellness center, the brain scan results have also greatly improved." - **Isaac Stoltzfus Jr.**

## B I T T E R N E S S

"I came to the Gilead Balm Wellness Center carrying a lot of bitterness. I had a lot of emotional baggage. I feel myself letting go of those things. This can be hard to do. But don't hesitate to make the commitment to find freedom. Do it for the sake of yourself. Do it for the sake of your spouse. Do it for your family. It is well worth it. Enter the doors here at Gilead Balm and exit a new man in Christ. It is possible. All we have to do is get rid of our pride and put on the clothes of humility. Some highlights of my stay here included the nourishing meals, the walks around the pond, fellowshiping with other residents, and having significant conversations. It's amazing how all the clients here are coming with different conditions and personalities, but we all come together and support each other. It's like becoming one family. We gather together as a group for meals and to discuss biblical topics we are interested in. It's easy to open up to each other and help each other in the healing process because of the environment here. Sound doctrine, mixed with quietness and gentleness, naturally leads to a peaceful spirit. We appreciate that Gilead Balm always works with the home church ministry for their clients. The counselors always have someone from the clients' ministry listening on the phone during the counseling sessions. The ministry gives leadership and goals for the client to be working towards in the counseling. One of the clients here expressed how she felt secure knowing how the counseling is handled and is based on God's Word and not on human psychology. Overall it was a good mix of supporting our physical body and nourishing to the soul." - **Caesar Stoltzfus**

## B I T T E R N E S S

"My husband had swings in his mood. He was very tense. It was causing relationship struggles with the older children. When we came here, Gilead first did some testing and a brain scan to see what was going on. The brain scan showed his left and right side not working in many areas. His blood work showed a very high amount of copper. They got him on some supplements right away to get it more in balance. He also did the whole detox program, eating healthy foods, the whirlpool jacuzzi soaks, foot baths, supplements, saunas, massage, lymphatic therapy, neurofeedback therapy, hyperbaric oxygen, exercise, and counseling. At four weeks into the program, we knew things were changing for the better. A week later, my husband admitted he was getting help and feels like he's on the way to recovery. His last brain scan showed the right and left side of the brain are working much better. My husband is more relaxed and is starting to enjoy life again. He is not so keyed up all the time and is not running on a high like he always did. Now he is much more grounded. He is talking about how he can't wait to get back to work again. It seems like my husband is turning into a younger, more energetic man, though he is going on his 48th birthday. Another thing worth mentioning is how the counselors and staff here have such a patient, kind, and gentle way of reconciling their clients with their other family members and their ministry. I enjoyed the natural and peaceful environment here. Praise be to God and may we give all glory to Him for restored relationships."

- **Caesar's wife (Her husband's testimonial is on the left)**

## B O N E C A N C E R

"I had decided if I ever got cancer, I would not use traditional medicine. I was diagnosed with stage four bone cancer in 2013. My husband and my two adult children started researching and looking for alternatives. I had already had the tumor in my breast for three years. Then, after doing the program here for only five weeks, it went away. I couldn't find it at all. Now, about a year and half after the Rife therapy, I have almost a normal life. I

do all the normal things. The doctors told me I would get worse and worse. With the rife therapy, I just get better and better. If I had gone with traditional medicine, I would be sick all the time. I would be weak. I would not have been able to play with my grandchildren and been able to go to church. A year ago I was bed-fast. Today I can do all the things pretty much that I did before." - **Carol**

## B O N E C A N C E R

"Our son was very sick and could hardly walk when he started the program at Gilead Balm. His feet and legs were swollen and inflamed. He had this for many years. Testing showed he had infections throughout his body, several viruses, stage two pancreatic cancer, a bone disease, plus other issues. Soon after starting the cleansing program, his head felt better. He had clearer thinking and could sleep better. At three weeks, he could walk without pain

in his feet. He felt better all over. The many good tips we learned while at Gilead Balm, with cooking skills and recipes, are all a big help to continue at home. We enjoyed and appreciated the friendly and helpful staff; they made us feel welcome and at home. We feel so grateful to now have a hope for better health and healing. To God be all honor and glory!" - **M. Y. Shipshewana, IN**



Gilead Balm is a private retreat for the Amish, helping with mental health conditions and chronic immune system problems



**"I went to Gilead Balm to get tested. I was very sick physically and emotionally. The clinic found lots of infections and sent me home with a home detox. Amazingly, I got lots better and even got off all my meds. However, I still struggled with family relationships. I eagerly awaited my chance to stay at the wellness center for a six-week retreat. Finally, the day came to start my intense detoxing/healing process. The staff was so caring (which was a large percent of the healing). The place is very organized. I noticed many improvements by week four. I am more relaxed. I smile more, my eyes look more clear, and the dark circles under my eyes have decreased. By week five, I felt more grounded. I credit that to the neurofeedback and counseling. I can feel my brain healing. The best way I can**

**describe it is that it feels like there's more netting being knitted together across the room in my brain, creating more stability. I've lost weight. I can handle stress better. My relationships look more possible. I can let go of strong emotions better. I now search for answers in God's Word. I was awed at how God was moving and using the staff, caregivers, and other clients to be His messengers. I appreciated the way my counselor was walking alongside me; the way she calmly talked and prayed for me and my family was huge! I treasure the insights gained from her, such as focusing on my responsibilities, letting go of what is not my responsibility, accepting changes, and finding humor in other people. I hope the wellness center can continue to be a healing Balm to those who are struggling!" - Kate**

## BRAIN CANCER

**"Our daughter, Ruth, was having imaginations. But we had a suspicion that something more serious was a problem. Ruth was having a hard time concentrating. She couldn't focus on her work as a school teacher. She was having terrible times at night with anxiety. There were many sleepless nights that she would come down to our bedroom, but still could not express herself. We got a brain scan and a Rife scan. It showed Ruth had a tumor in her brain. It was good to visit with the other Amish clients at the retreat and encourage each other. Ruth made very good progress at the Gilead Balm retreat center.**

**When we came back for testing, it showed the tumor was completely gone. We are just amazed at the "New Ruth" that we have. She has more concentration and energy. Even when she plays volleyball, I can see that she plays far better than she used to. Everyone in the family is trying to get used to it—how Ruth is different now. She speaks her thoughts and feelings in a confident way. The anxiety and sleeping problems are gone. She has much more capacity with everything."**

**- Melvin Yoder, Sandy Lake, PA (Ruth's dad)**

## B R A I N C A N C E R

"I came to Gilead Balm to test, not thinking I had any serious issues. But after testing, I was diagnosed with Lyme's disease along with three co-infections, concussion damage, and two brain tumors that were becoming stage three cancer. After three weeks of rife therapy, neurofeedback, hyperbaric oxygen, and an

intense detoxification protocol, the retest results were much improved. The three co-infections are gone, the tumor is mostly gone, and I'm hopeful to see further improvements while continuing treatment at home. Thanks to all the staff who made our time at the clinic pleasant." - **M. J. G., IN**

## B R A I N C A N C E R

"I had a brain tumor and started having seizures. I also began struggling with depression. So we got ahold of Gilead Balm and decided to come for a 3-week retreat. The second week, I started to think more clearly and have more energy. My seizures now last only a couple minutes. They used to last for half an hour. It keeps continuing to improve more. I think the hyperbaric oxygen chamber, neurofeedback, and counseling have all helped me a lot. I would recommend it to anyone who is struggling with the same thing. I'm glad I did counseling, as that helped my mood to brighten up and feel better. I enjoyed my stay, especially the delicious meals and the nice, friendly people. God bless you and keep moving forward." - **K.B.G.**

## B R A I N C A N C E R

"One of the things that really interested me in the Rife program was learning how cancer comes from a microbial source. It starts with chronic infections. That's what they're treating. It's the cause of the problem. That made sense to me. I had three brain tumors. I had suffered with migraines for the past 10 years, to the point that I was nonfunctional. I spent the majority of my time in bed. Since starting the program, 98% of my migraines are gone. I'll get a few headaches here and there but it's nothing like I was dealing with before. All three tumors are down at least 50%. Just knowing that has brought so much peace to me. I'm living a normal life again. I can get up in the morning and fix breakfast and take care of anything that needs to be done. I even have the energy to take my grandkids for walks now. I can't believe the difference. This Gilead Balm Protocol is not an easy route to go. There were times I did not feel fantastic during the detox. I think it's really important that you drink lots of water and you stay on the diet. I think that helps flush the system better. I had so few good days in the last 10 years, that I didn't know there were good days out there. I was really excited when I came out on the other side and found that I had energy and I felt good. I wasn't just laying in bed. My husband's been so surprised at the process. I want everyone to know about this. There's such a scientific base to it. It's helped me get my life back." - **Diane**

## B R A I N C A N C E R

"Stepping into the program at Gilead Balm, I had anxiety problems due to a brain tumor. Being around large crowds really stressed me out. So much that I was avoiding them more. But going through the program has really helped to make a difference. I am now able to be around crowds of people. This is exciting, as my ability to play volleyball and interact with others again is increasing. I can also concentrate better in conversations with others. Now I can help in the daily tasks around the house again. I am learning to smile and be present with the people I am with. Sleep is another part that has greatly improved. The 3 hours of sleep I used to get every night, due to racing thoughts, is now 7-8 hours of sleep, and waking with more energy and strength for each new day. I am thankful to say that I am growing in my health and well being." - **Ruth**

## B R A I N C A N C E R

"My cousin's 6-year old son, Quintin, was having foot and leg pain, headaches, shaky hands, and eye pain. So, they had him tested at Gilead Balm. He had two brain tumors. After two weeks of intense treatment at the clinic, both tumors are gone! Praise the Lord! We appreciate the caring staff. It was easy to feel at home. It's not much fun, but at least there's not much pain either. There is also much less stress to put a child through here than at the hospital. Quintin went fishing on the pond here whenever possible. The cooks are a blessing. They are so good at what they do and so understanding when I randomly come into the kitchen to fix a snack for a hungry six year old! I'm glad you people understand what an impact our food has on our health. 'Let thy food be thy medicine, and medicine thy food,' according to Hippocrates. I enjoyed my time here assisting Quintin's mother with his care. Thank God for you all!"

- **Deborah, Quintin's Caregiver**



## B R A I N C A N C E R

"I came to Gilead Balm Wellness Center to treat my head. I had lots of headaches. I had blackouts, sometimes as much as eight times per day. My thoughts were foggy. Year after year, it got worse. I had no energy at all. Testing at Gilead Balm found the front of my brain was starting to shut down. The two sides of my brain were not working together. The testing also showed stage one brain cancer. They told me I

should stay at the retreat for five weeks. After doing the program, I had good results. I'm not dropping things like I used to. My head feels lighter and clearer. I don't get so many blackouts. I can sing again, which is a blessing. The massage was very beneficial. I really enjoyed the counseling sessions. The neurofeedback was a great plus. The hydrotherapy was very relaxing." - **Client from Ohio**

## B R A I N F O G

"Before coming to Gilead Balm, I was always tired. I had brain fog, did not sleep well, had stuffed sinuses, had no drive to do anything, and dealt with depression. I had testing done and was recommended a two-week program at the retreat. About ten days into the program, I noticed my brain fog started to clear up. I was sleeping much better, had more energy, and overall felt much better. My wife went through the program as well. She had very good results. I enjoyed all the therapies. My two favorites were the neurofeedback brain therapy and the hyperbaric oxygen therapy. It was so relaxing. Thank you to all the staff and cooks for all you have done for us! We are so thankful we made the decision to come to Gilead Balm! If you are not feeling well, we would recommend for you to come and do the program. You may be thinking a few weeks is a long time to be away from home, but you will be amazed how fast the time goes here. Rejoice in the Lord always; and again I say, rejoice." - **Dave**

## B R A I N F O G

"I always struggled with my health in my growing up years. After being married for three and a half years, my health got even worse. I was having headaches and numerous ear infections. I got weak spells. I also battled with anxiety. The last three months before we went to Gilead Balm, I struggled with suicidal thoughts. Now I feel a lot better and look forward to a healthier future. I also enjoyed the counseling sessions; there are so many reminders in the Bible if we take the time to understand them. In everything, give thanks." - **A Happy Mom, S. B. K.**

## B R A I N F O G

"We went to Gilead Balm in February for testing. We had taken Glen to different places over a 6-7 year period, trying to find help and get some answers to no avail. They all just kept chasing his medicines. Then finally we came to Gilead Balm. We felt like the stem cells were a very positive thing. We see a lot clearer thinking. Praise the Lord. We also want to thank the cooks and cleaning ladies at the retreat. There's beautiful scenery here and less stress. To God goes all the glory. The staff know what they are doing and have a lot of knowledge to share. I'm going home with more knowledge than I came with. I am thankful to everyone."

- **Glen, Sylvia & Monroe Miller**

## B R A I N F O G

"I've had a lot of medical doctoring, many hospital stays, and taken lots of antibiotics. For years, I had been dealing with stomach issues and a lot of headaches. I had brain fog and was depressed a lot. My kidneys and bladder were often messed up and this caused much pain. The first thing I noticed, when coming to Gilead Balm, was how much better my kidneys were working. My head also felt clearer and there was less brain fog. The staff at Gilead is friendly and informative. It has been a quiet and peaceful place to be. To God all glory and honor." - **Anna Miller**

## B R A I N F O G

"Before coming to Gilead Balm, I was dealing with poor concentration and coordination. Thinking, focusing, and clear speaking were difficult for me. I had brain problems, but couldn't explain what they were. I wanted to have a better mindset and a brighter outlook on life. During the three-week retreat at Gilead Balm, I felt several improvements. The neurofeedback helped my brain fog almost right away. When I used the hyperbaric oxygen chamber, the massage bed, and the Bemer therapy, I could feel the toxins leaving my body. It felt so good. I could feel the ear ozone getting the infections out of me, and it helps me think better. My stomach started to feel better after the liver flush and after starting my supplements. I'm beginning to think clearer. I can walk easier, with more coordination. My dad has also noticed

these things improving. He says I seem more flexible. My muscles feel looser. Dad also noticed that I'm better able to do things on my own. I used to take some medication to help me sleep, but I haven't needed that since being here. My final brain scan showed the front part of my brain is now real close to normal activity and balance. The immune scan also showed that my original infection issues no longer show up. The counseling that I received here has really helped as well. I'm learning to practice keeping my mind on the cares of today, and letting tomorrow's cares wait for tomorrow. I am excited to keep getting better, as I work at continuing what I have started here. I think this is a perfect place for someone with mental problems. Thank you for what you did for me. You always had a smile for me!" - **Nelson B. from Wisconsin**

## B R A I N F O G

"After one week of therapies at Gilead Balm, my brain fog was gone. Now, after a three-week retreat, I'm sleeping much better. My blood sugars are also within a normal range now. This is a nice and quiet place, with caring staff." - **M.K. in PA**

## B R A I N F O G

"I had a hard time trying to remember and think, so we went and got tested. It showed that I have Leishmaniasis. That is a parasitic disease. Now after being here for 3 weeks, I am feeling quite a bit better. My symptoms got a lot better after going through the retreat. We had a lot of fun going on walks and playing games. All the staff and cooks are fun and very friendly. It's a nice place to be and nice to get to know the people. Thanks very much to everybody here at Gilead Balm! Keep doing the good work." - **Henry and Fannie Swartzentruber**

Gilead Balm provides housing, meals, and relaxing activities for clients during their retreat program



## B R E A S T C A N C E R

"I was first diagnosed with male breast cancer. We treated it with chemotherapy. Then, I had surgery, followed by six weeks of radiation. I then continued on chemo. Thank the Lord the cancer went into remission till I developed pain in my hip. A PET scan showed cancer activity on the pelvis, vertebra, and lung. After many other treatments, the cancer in my body was becoming resistant to chemotherapy, so we found the Gilead Balm program. We traveled to Ohio for initial testing, which showed hormonal breast cancer, as well as a parasite, bacteria, and an infection. We started on Gilead Balm's home treatment plan. Then we arrived at Gilead Balm's retreat and were warmly welcomed by the staff and fellow patients and caregivers. The daily flush of infections was appalling at times. The pain I had in my pelvis when I came has gone away. The digestive challenges I had for years already has improved during our stay as well. Many thanks to the staff for the daily health coaching and the many behind-the-scenes duties to keep the schedule running smoothly. Thanks to the massage therapist for his help with massage and daily activities. Thanks also to the rest of the staff for cooking, cleaning, laundering, maintenance, and transportation. We have been well cared for." - **A.D.R.**

## B R E A S T C A N C E R

"In early 2011, I found a lump. I went and had it looked at with a mammogram. They said they didn't see anything, so I just lived my life. But I noticed it kept getting bigger. With Western medicine, I was told 'You're going to need a mastectomy. It's too big.' Then the surgeon said, 'It's too big for a lumpectomy. There's several tumors on the left side.' Then I got a PET scan which showed the cancer had spread into my bones. I started having severe pain in my bones. After doing the Rife therapy program, the tumor size has decreased a lot and my cancer markers have all come down by doing the therapies here. My CA 15-3 tumor marker was 193.6. Now it is only 39. Normal range is 1-35. I'm amazed. I feel good. The back pain has decreased. I haven't taken any pain medication." - **Cori**

## B R E A S T C A N C E R

"One year ago I was a healthy 58-year-old shocked to find a lump in my breast. At a respected facility, their plan of treatment was the standard protocol. For me, I could only hear 'poison, cut, and burn.' Immediately I began my pursuit of a non-toxic approach. The very same day that I found the lump, I made lifestyle changes instantly. My doctor explained to me that processed sugar fed cancer. So, I quit eating sugar. Out of my diet went dairy and wheat, and exercise ranked supreme. After three months on the Gilead Balm Protocol, the cancer markers started to come down. After six months, just in time for a birthday celebration, I received the gift of all cancer markers showing in the normal range. During the program, I did experience Herxheimer's reactions (detox reactions). They were mild. The worst I can report is that I experienced a lot of itching. To me, it was a very minor trade-off for killing cancer cells. I was asked to mention the quality of my life before and after. Life before the program was actually great. However, life after the program is even more improved and wonderful. I have only gratitude because I have a full, healthy life. This past year has been one of growth in knowledge and spiritual maturing. It is my hope that if you are taking the time to read this, that you find the same positive results that I did. May God bless you. I know he has blessed me by helping me to discover this non-toxic approach to better health. Thank you." - **Patti**

## B R E A S T C A N C E R

"I was diagnosed with breast cancer and had a mastectomy done. I was doing well for a few weeks after surgery, but I couldn't gain my strength back and kept losing weight. I also had a lot of stomach and bowel issues, and couldn't eat much. We decided to come to Gilead Balm, and my scan showed another type of cancer in the outer lining of my organs. After being at Gilead Balm for a week, I could already eat a lot better and had more energy. By the end of the four-week program, I have a lot more strength and am feeling much better. I would highly recommend anybody who's struggling with their health to come here. Gilead Balm is a very relaxing and friendly environment. I want to thank all the staff for everything they have done for me! All honor and glory to God!" - **Mary R, Ohio**



## B R E A S T C A N C E R

"I was diagnosed with breast cancer. Not wanting to go with medical treatment, I was looking for something in the natural way of treatment. I chose to come to Gilead Balm. The therapies went well. I enjoyed the hyperbaric oxygen; it was very relaxing. The staff were very friendly, and the food was good. I praise the Lord for a place like this to go for healing. I am seeing signs of recovery, yet I do not know what the future holds. I trust the Lord will show me further and continue to heal as He sees best. This has been a good experience working with the staff here and sharing with many other clients and caregivers. May God continue to bless the work here." - **M. and S. B.**

## B R E A S T C A N C E R

"I had a lump under my arm for one and a half years. It started to grow towards my breast. Eventually, the lump opened up and drained. I had pain from my breast up toward my shoulder. When we went to a medical doctor, they diagnosed it as breast cancer. We got tested at Gilead Balm. I saw a little difference the first week at Gilead's retreat. The second week I felt more energy. Then, finally, the lump started to shrink. I also had a lot less pain. By the third week, I was very well pleased."

- **Dorothy Zook**

## B R E A S T C A N C E R

"I think the Gilead Balm Wellness Center is a very good place to be if you are having any health problems. I was on their program for breast cancer. During my three weeks here, I have gotten rid of many infections. There is also

such good food, as well as friendly people and staff. I am feeling stronger and want to continue the treatments at home." - **R.M.C.**

## C A N C E R

"I was diagnosed with cancer by our doctor. We were faced with making a decision as to what would be the best treatment for me. With losing a fair amount of weight, we felt we had to do something as soon as possible. We had a granddaughter that went through the program at Gilead Balm and had good results. After having a discussion with the director at Gilead Balm, we chose to do their program. After our first week here, we noticed a reduction in the

size of the tumor. Within two weeks, I was gaining weight back. The arthritis in my knee is also a lot better. It was definitely a positive thing to go through the program here at the clinic. The food was also very good and nutritious. We are thankful to the Lord for the positive change I experienced in my body. May God's blessing be to all the staff for what they did to help me." - **R. M.**

## C H R O N I C P A I N

"My varicose veins were getting really bad, making it hard to be on my feet. The lump behind one of my ears was causing pain to go into my neck and chest area. Life got harder from day to day. While doing the therapy program at Gilead Balm Wellness Center, I let my health coach know about the problems I was having. The instructions that he gave me helped. It has been exciting to have a lot of the problems I came in with get better. My latest brain scan, at the end of my retreat, showed some healthy improvements. I am sleeping much better. The infections I came in with have

been destroyed in a big way. They are not showing up on my infection scan any more. The fact that my headaches, shoulder pain, and ear pain are almost gone really tell me these things have been working. Even my legs are so well that I can run with much more ease than in the past. My heart is beating more normally, and the hot flashes I was experiencing are not as intense. I am thankful for the help that I am getting now and my family's support during this time." - **K.B.**

## CHRONIC PAIN

"I had back trouble for almost all my life. Because of the pain, I had fatigue and headaches. I tried surgery, chiropractors—you name it. Finally we decided to go to Gilead Balm. My brain scan results were bad. Testing at Gilead showed that I had a Chromosome 22 abnormality, likely since I was born. It causes degenerative disk disease, fatigue, headaches, etc.

They recommended a three week-retreat with 3 stem cell infusions. Within the first few days, I felt a big difference. I believe the neurofeedback has helped my thinking. We enjoyed our stay here and became friends with all the staff. The staff went the extra mile. We appreciate it very much." - **Paul Eicher**

## CHRONIC PAIN

"When Miriam came to the Gilead Balm Wellness Center, she was always hurting and did not sleep well. After some treatment, that has gotten better. I don't

hear her complain about hurting. She sleeps better and isn't pale anymore. She said the massage table felt very good." - **Miriam's Mom**

## CHRONIC PAIN

"I was in so much pain that I was always nauseous and always throwing up. They decided I must be making it up for attention or because I wanted the medications. I hated taking the medications. I didn't want to take any of it. It was so frustrating for me to be in all this pain and really not feeling well. Having someone tell me that it's all in my head is a really hard thing to hear when you know how much pain you're in. It's like, 'how can you tell me what I'm feeling?' Because you are not inside my body. It was really hard to deal with. Even though they were telling me that it was all in my head, I went and saw three different psychiatrists. The psychiatrists confirmed that it wasn't all in my head. I was mentally healthy. They actually expected me to be more depressed and have less hope than I did for someone my age going through so much. I never actually thought of killing myself, but I wondered what's the point of being here because I was really sick. My parents were frustrated because no one had a cure or a definitive response. I know they weren't angry with me, but it felt like it was all my fault. My

mom was my best support in being sick. She was always there with me for every doctor's appointment and everything I had to go through. She kept looking and trying to find other options that could make me healthy." (Taylor's Mom): "We live almost two hours from the clinic. So, we were driving back and forth every day for almost four hours every day. All of a sudden Taylor said, 'Mom and Dad, you got to look at me. This is amazing.' We turned around in our chairs and she said, 'Look, the dark circles under my eyes—they're completely gone.' Before, Taylor had constant nausea to the point that she was putting a bowl down everywhere she went. Then she said, 'I don't need my bowl anymore.' She was so cute. She said, 'I have so much energy. I feel like I could run a marathon.' I got my daughter back. She's healthy. She's happy. She's back to her normal weight. She almost never has headaches. If she has a headache, she can just take Tylenol and she's fine. The fibromyalgia is completely gone. She's back to the way she was before she got sick." - **Taylor and her mom**



## CHRONIC PAIN

“For seven long years I had been trying to find a remedy for the pain in my body. But it just kept getting worse. Now, in two short weeks of being at Gilead Balm, my pain is gone! Life has become enjoyable, livable, and exciting again. My feet used to be so tender and painful. But now I can walk on my feet! I felt so good I tried running, and found that there was no pain in that as well. Wow, was I excited. This is wonderful. For most of the days after that I was able to go on a morning jog and slowly increase the distance I went. When I first arrived, jogging any distance seemed unthinkable. Soon after that, no more pain in my hands. When I had been at the retreat for almost two weeks, I woke up one morning and realized that I felt so good. My body felt so well rested and relaxed, even down to my bones. I groaned with joy that I was now able to live life again. On the weekends, there were village soccer games nearby the retreat. I joined in the game and was able to keep up with the others playing. Me, my wife, and the staff were amazed at the difference they could see in my ability to move and play with the energy like a young kid again. My ability to do things, my capacity to think, ask questions, and make discussions with others was back. My wife and others were amazed at all the changes. Before my pain was so constantly present I didn't care to have any discussions or make any decisions. I started to care again about what was happening in my life and the lives

of those around me. With plans of returning home, I now have more specific ideas of how I would like things to be and look. My wife is so pleased to have her husband back because now I am interested in our life together with our children. Before I had little energy to help out or do much with the kids. So she had very little time to take care of herself. I am so glad that she can start recovering now as well. My wife's relief of seeing me get well is so great for me. Now she has to get used to me being better and able to do more. It was great to notice that my skin and muscles had become much softer now that I was not so tense with pain. When this all started seven years ago, I studied hard in the book of Job. I wanted to be similar to Job, to worship God in the midst of suffering. I did feel His presence through it all and the security of trusting Him. I was able to realize the blessings He brought to me and others through it all. We want to give God all the glory for what He has done through all this. We were also blessed in the fact that our loved ones, on both sides of the family, had no disagreements about the care that was needed. They could all step in here at the retreat, and help where needed. The community support in so many things was such a blessing. We also want to thank all the staff for their loving care and service through it all. We are grateful to have met them all.”

- Eli Stoltzfus, Lebanon County, PA

## CHRONIC PAIN

“We had been reading the testimonials in the Gilead Balm newsletter for over a year and decided to get testing for me. Having health issues of her own, my wife decided to do a brain scan and Rife scan. The tests revealed various infections that were causing her feet, legs, and toes to be extremely sensitive with a numb and burning sensation. She would also get fits of shakiness when stressed or traveling, which occasionally affected her sleep. Going through the program here at Gilead Balm has been a good experience. The people you meet, the fellowship, and the helpful, Christian staff have been very pleasant. My wife does feel better and lighter. Her legs and feet are less sensitive. She hasn't had any shaky fits lately. She says the detox program makes her feel cleaner. They helped loosen up her

shoulders, legs, and feet. Neurofeedback also makes her feel good all over; she says it is relaxing and energizing. My brain scan now shows much closer to normal brain activity. It is no wonder that my ability to retain information is improving. The Rife scan is showing really good results from doing the program as well. My legs feel lighter. The swelling and edema that I was having is less now, too. I am noticing an increase in my energy as well. The infections that I have been removing through the program have really helped my body have the ability to fix these issues. The method here at Gilead Balm of getting to the root of the problem and removing the cause is so much more appealing than the medical route.” - S. & L.

“We found out that my colon cancer had metastasized and gone to my lungs. I learned that I had three masses and one was inoperable, very close to my aorta and entangled in the lymph nodes. So, not a lot of hope for me. I had horrible diarrhea. I lost weight, down to only 100 pounds in a month. I could not believe how wasted I was and how old I looked and how bent over I was. I couldn't even stand up straight. After coming to the clinic, I was greeted warmly. My family started commenting on how much energy I had and how my color was changing and how much happier I was and how I smiled more. My eyes were brighter and my overall outlook was so much better. My white blood cell count is now normal. My oxygen saturations are 97% and my heart rate is now perfect. We all celebrated by going to some antique stores and a quilting store. We walked all over the place and I had so much energy. My friends were commenting on it. Now it's been a couple months past that and I've just felt better and better each month. My husband and I went on our first date in five years the other night, and it just meant so much to me to be able to go somewhere with my husband and feel decent. My husband is just so happy. Every morning he wakes up and asks, 'How are you feeling today?' I have a totally different outlook on things. It's a wonderful program. I'm just so thrilled.” - **Vicky**

“I went in for a hysterectomy. Then I did chemo. Right away I had severe leg pain. I had to have strong pain medication. I started getting ulcers. So they ordered a colonoscopy. However, they couldn't even get through my colon because it was so full of cancer. I had a huge surgery to remove my colon. I did chemo again, but this time I became allergic to it. It affected me mentally and started to block up my digestive system. For months I was in and out of emergency rooms. They would just tell me that, 'It's some kind of blockage. Go home and try to eat again.' Nobody was listening to me about it. They just wanted to give me more and more chemo. I know the more chemo you take, the more you're increasing your odds of getting cancer from the chemo. I decided I couldn't do it. Some family members struggled with that decision, but I felt a peace about not doing it. In May of 2012 I started the Gilead Balm Protocol. At that time, the CA-125 cancer marker was at 189. After I went home and continued doing the detox at home, I did another test. My CA-125 had dropped 80 points within the first month. When doing the Gilead Balm Protocol I suffered with things, but it didn't feel like I was being poisoned. Even though I still hurt, it was different. Now, a year later, I am doing well and can do my housework. If I wouldn't have done the Rife therapy last year, I would have been gone.” - **Tamra**

## C O L O N C A N C E R

“I, David, am age 45, my dad, Peter, is age 66. He has suffered from colon cancer since April 5, 2023, when a solid obstruction that day caused lots of pain. A CT scan was taken and surgery was done, as it was impossible to live on with the block off. This was very unexpected, though dad says he had some issues in the past that we were not aware of as a family. The test results showed cancer; chemo treatment was offered, but no, we all chose with dad not to go that route. Instead, we decided to apply the best of natural remedies. Today, we are here getting treated; thanks to God for such an opportunity. We appreciate the lovely conduct, atmosphere, friendly staff, cooks, and all that's done. I especially enjoyed just marveling and meditating on God's creation.” - **David Harder**

“I, Peter Harder, experienced a sudden colon obstruction as described, although I had some signs before. As we did not want to take the radiation nor the chemotherapy, I took natural stuff and had very good results.” - **Peter Harder**

"My dad, Peter, started suffering from colon cancer in April of 2023. We chose not to do chemo. Instead, we decided to apply the best of natural remedies. Now we are here getting treated at Gilead Balm. Thanks to God for such an opportunity. We very much appreciate the lovely conduct, atmosphere, friendly staff, cooks, and all that is done here. We are getting very good results."

- David Harder (Peter's son), from the country of Belize (in South America)

"I was diagnosed with colon cancer that had spread into my liver. The doctor said it was stage four and incurable. We started the Rife therapy program. My abdomen was bloated and you could feel the tumors in my abdomen. After several weeks, we could no longer feel them. They just disappeared. When we first found out about the cancer, they did some blood work. They did a CEA blood test. Originally it was around 248, but now it is 7.5. I'm healthier than I've been in a long time. I look better than I did when we first started through the whole process. I've been able to get back to work after not working for six months. My brain has cleared and this is just wonderful. We are really excited with the progress that's happening as we've gone through these treatments. We can't think of anything better than what we're doing right now." - J.D.

## D E P R E S S I O N

"We're thankful that Gilead Balm did testing for my husband for his severe depression problems to get to the root of those problems. We found out through a full body scan that he has chronic parasite infections and many other things we weren't aware of. We also found out our house has four different kinds

of mold. We saw some improvements after a few days of our stay; he didn't make real progress until about 19 days of our stay. Morning exercises and walking were one of the highlights! It was so refreshing. We enjoyed making new friends from various places." - Client from Iowa

## D E P R E S S I O N

"When I came to Gilead Balm, I didn't care what was happening around me. I was so depressed and anxious. After I was here for one and a half to two weeks, I was feeling much better. The neurofeedback was very soothing, and I enjoyed it the most out of all the other therapies done at Gilead Balm. The counseling

was also exceptional and Bible-based. My brain scan looks so much better. I look forward to going home and applying what I learned here, both from counseling and healthy eating. God bless your work here at Gilead Balm." - Mary King

## D E P R E S S I O N

"Before I came to Gilead Balm, I had a very hard time focusing. I suspect the depression medication I was taking, for over a decade, was affecting my ability to focus. The ability to communicate, focus, and memory were all very difficult for me. I wanted to lose weight, quit smoking, and feel better overall. After just a couple days at Gilead Balm, I started to notice some changes. I didn't feel as weighed down. My memory and focus have started to improve, too. I can really feel the difference in my head. My brain scan is showing healthier activity. Ten years ago, I could hardly focus well enough to read, but now I am able

to finish whole books again. My family and friends that came to visit me and care for me at the retreat have also noticed changes. They've told me I am communicating better. I am now losing weight. I'm thinking clearer. I'm not as pale as I was. I have more energy. The buffeting massage therapy and the hydromassage tables have helped to take my stress away. The detox program here has been helpful to get infections out of my body for good. I look forward to doing more things, now that I have more energy." - Anonymous

## DEPRESSION

"I am thankful to God for his direction in my life and leading me to Gilead Balm Wellness Center. I struggled with depression for a very long time and eventually became suicidal. I had a lot of pain in my head and struggled to concentrate and think clearly. I isolated myself as much as I could; I didn't like youth activities or any social gatherings, and I despised myself for my struggles. We tried a lot of different medications and massage treatments, but nothing ever helped. Then, someone suggested Gilead Balm Wellness Center to my parents. So, we set up an appointment with them for a three week program. I wasn't sure it was helping the first two weeks, but suddenly the third week I started feeling a lot better in my head. My anxiety was pretty much completely gone, and my pain was subsiding. I also enjoyed my counseling sessions and learned a lot about the different characters in the Bible. I learned how God related to them and how I can apply that to my life today. One of the first things that helped me in counseling was writing down thankful things. My counselor encouraged me to look and look for things to be thankful for. It is helpful because it gets my mind off my own problems. Life looks better when I remember there is always something to be thankful for. In counseling, I was reminded

## DEPRESSION

"Before I came to Gilead Balm, I had been struggling with depression, brain fog, and low energy. I was always tired and my body ached all over. I also had a poor memory and couldn't focus or concentrate very well. My first stay at Gilead Balm was for two weeks. It was a little tough to get started with all the therapies and supplements, but soon the program began doing its job. I began to pass infections and parasites. I could tell there was a difference physically. My achy muscles and joints started to go away. I had more energy. I was not so tired all the time. After a while, I came back to Gilead Balm for another three weeks. There has been so much improvement mentally, as well as physically. The depression and brain fog are a lot better. My memory, focus, and concentration have improved as well." - Client from Wisconsin

## DEPRESSION

"One thing that I learned from counseling is not all counselors are the same. I found that I could open up and trust my counselor at Gilead Balm. The counseling is helping my mind to be more and more thankful. The talks I had with my counselor were very encouraging to me. I am learning how to relax and not be afraid. I was terrified about counseling at first. But my counselor gave me many ideas about thinking differently. It makes me feel a lot more calm. The ideas helped me a lot to shift my thoughts. The counseling was very helpful to me." - L.

about what life really is. It is not just getting ahead in life. The seriousness about life was brought out. Life is actually about God and honoring him and loving the people around you. The people in our lives do not always make it easy to love them. But thinking about God and how He loves us makes it easier to love others and put them first. It seems as if life revolves around getting ahead. We are always busy. We forget the things that matter, but the most important thing is God, what He did for us, and how much He loves us. His Bible gives us everything we need for life and godliness. It brings out the importance of what life really is. Sharing traumatic things helped ease the pain. Even though it is hard for me to talk, I was able to talk to my counselor. I want to help others to be able to share. I try to stay focused on serving those around me rather than fading into my own stuff. I am using the ideas from the list of ideas that Karen gave me. I try to sing, and that helps. One thing that really helped the last while was to take a song or a Bible verse, write it out, and put it in my pocket and gather strength from it. The words help me. Counseling was helpful to me." - JH

## DEPRESSION

"Gilead Balm has been a wonderful place in getting help. My husband had depression and anxiety. We heard about Gilead Balm and decided to check it out. We feel it was well worth trying it out. It has helped him a lot. He had swelling in his feet and ankles and was on water pills. After being there a while, he quit needing to use the water pills and quit one of his depression medications. He lost weight. He is more alert and has more energy. We enjoyed being there; it was a nice, quiet place to stay. We had our own room to stay in. And we had such good, healthy food. The cooks did a wonderful job. It was nice having devotions in the morning with the rest and just being together as a family. We really appreciate what the staff did for us. It was nice meeting the staff and other clients. Many thanks for their loving care and service through it all. Thank you for the good counseling, based on God's word." - Becca

## DEPRESSION

"The counseling at Gilead Balm has helped me to be more thankful. When my counselor shares something, I think, "That is exactly how it is." I am thankful for the Bible verses that we talked about in counseling. It is helpful to apply these verses to my daily life. I am especially thankful for the Ephesians 6 verses about a Christian's armor. Counseling helped me to look for the thankful things in life. These things were all here before. I just wasn't looking for them. I am thankful for the counseling I received at Gilead Balm." - K.D.



## DEPRESSION

"I feel the wellness center was a good place to take a break and to get my body healed. I now feel more relaxed than I did. When I first came here, I could hardly hold a conversation with others because I felt so agitated and discouraged. I used to feel a burning inflammation in my head. When this would happen, I would feel depressed. I could hardly think what to do. At this point, my head feels better. I am now reading my Bible along with the prayer book. I am praying for God's help and trusting in Him, instead of myself. With these changes in my life, physically and spiritually, my sense of humor has returned. Other people say I am more bubbly and talkative. I have lost about 15 pounds. I am walking and exercising more. Toxins are coming out of me. The therapies here are helping to break down the toxins. I like to do the hyperbaric oxygen first because I can feel it stirring up the toxins. I can also feel the supplements making a difference. I am looking forward to going back home and being the best mom I can be." - Anna

## DEPRESSION

"I faced many hurts in the past that I had covered up for years. I was an extremely quiet girl and pretty much just stayed in my corner. I had built a wall around myself and no one was allowed to get through. I was miserable and my heart ached continually. I was bitter and I didn't understand why all these calamities were happening to me. I closed myself off to others and was afraid to talk to anyone. I hated everyone and everything. I couldn't seem able to forgive those that had hurt me in the past. Then I came to Gilead Balm to stay with my parents, since my dad was doing a therapy program there. It wasn't long till my mom asked me if I wanted to go for counseling at Gilead Balm. I was terribly nervous about it because I never talked to anyone about myself, and yet I wanted so badly to be able to be happy. Overcoming the fear of man and forgiveness were two big things for me. I struggled for quite a while with the fact that, in order to get over all my hurts, I would need to be willing to go to the other people who wronged me and work things out with them. I well remember the counselor bringing those concepts up to me over and over again in our sessions. Yes, I struggled through it all. But with God's help, and the help of those at Gilead Balm, I have learned to overcome my fear of man in order to be the girl God really intended for me to be. The directors at Gilead Balm were wonderful through it all. Now, I actually enjoy being around people. I enjoy talking and I feel happy through and through! I feel God has really used the staff at Gilead Balm, along with their therapies, to help me come through my hurts, to forgive those in my past, and to come through victorious. I am definitely not done and totally through all of this. But just the fact that I want to go back to those that

## DEPRESSION

"I suffered from depression and anxiety for about four years. It affected my energy level and my ability to focus. After completing three weeks of the program here, my energy and focus are better. The fatigue is not as bad as it was before. My digestion is going better, too. Counseling here has allowed me to examine various Bible characters and what they did when they felt depressed. Morning devotions was a good time to join with the other clients and talk about the Bible together. When I saw my brain scan results were better than when I started, it was really good news. I know the counseling and neurofeedback have really helped me in this area. After going over my immune system results at the end of the retreat, I was encouraged to see the infections I had before are no longer such a problem. My wife and I are excited to see the changes. I praise God that we found Gilead Balm Wellness Center; it was an answer to prayer. Thank you to everyone involved. It was a pleasant stay." - A.B. from Pennsylvania

hurt me, talk to them and forgive them, and the fact that I can be happy, is more than enough to praise God for!" After coming home, Janette wrote this: "I knew I needed to go to the man, explain how much he had hurt me, and then ask for his forgiveness because of holding a grudge this long. My age-old struggle with fear of man came back full force. I resisted for a while as my parents, God, and the counselor kept telling me this was the only way for me to find peace. At long last, I agreed. A date was set. I followed my mother into the room where I was to speak my heart to the person I had secretly hated for so long. When I walked out of that room a little while later, I knew I had done my part. The person apologized and asked for my forgiveness, too. I forgave him. At first, I didn't feel much different. I struggled because I didn't think it had helped that much. Then I noticed, slowly but surely, a change taking place in my heart. I started to work hard to listen to that person with an open and forgiving mind. I was fighting hatred and clinging to every thread of love I could find. After a long, painful battle, I began to realize I did not need to fight so hard to love. I could talk with and about him with a clean heart and mind. With God's help, I was defeating hatred! My mother noticed I sang more as I worked. I was definitely more cheerful. She called it a 'breakthrough.' Forgiveness does not come naturally to a human heart. But with hard work, true love, and prayer, it is possible! I also found this experience forced me to put aside that gnawing fear of man. Since I have taken that step, I feel ready to do more. I feel much happier and at rest with God!" - Janette Janzen, Ontario, Canada



## DIABETES

"I was diagnosed with diabetes several years ago and had been struggling with managing my blood sugar levels despite following my doctor's recommendations. After undergoing stem cell therapy, I have seen a significant improvement in my health. My blood sugar levels have stabilized, and I feel more energetic and healthier than I have in years. I'm grateful for the hope this treatment has given me." - **Sarah H.**

## DIABETES

"For years, I struggled with diabetes, dealing with constant fatigue and the daily hassle of managing my condition. Stem cell therapy has transformed my life. My blood sugar levels are now within a normal range, and I no longer experience the debilitating symptoms that once controlled my life. I feel like I have a new chance to live a healthy, active life." - **Emily R.**

## DIABETES

"Living with diabetes was challenging and often felt like an uphill battle. I decided to try stem cell therapy, and the results have been incredible. My insulin dependency has decreased dramatically, and my overall health has improved. This therapy has truly been life-changing, and I can now enjoy activities that I thought were no longer possible." - **John M.**

## DIABETES

"After being diagnosed with diabetes, I felt overwhelmed and scared about my future. Stem cell therapy offered me hope and a chance to take control of my health. Since receiving the treatment, my blood sugar levels have improved significantly, and I feel more like myself again. This therapy has given me a new perspective and a brighter outlook on life." - **Michael T.**

## EAR CANCER

"When we first arrived, the protocol appeared very overwhelming. It got better as time went on. We were very blessed when we first noticed that the bump in front of our son's ear was smaller. That was approximately 1 ½ weeks into the program. Then we got the good news a couple weeks later the rife scan showed free of cancer. Many thanks to the cleaning ladies that come every day to clean our rooms and

who are so patient when they can't get in right away. To all the staff, thanks for being so patient and kind with our gang. Thanks for being so faithful with the rife and neurofeedback. Thanks to all the staff for all the hard work you do to make this possible to function. Thanks so much to all the cooks and all the good meals. May God bless you richly. May God bless your perseverance." - **Joseph & Christina Schwartz**

## EPSTEIN BARR VIRUS

"Hello everyone who reads this! I had Epstein Barr virus and tumors in my heart and brain. Before my retreat at Gilead Balm I was mostly in bed. I had lost weight, couldn't think straight, would have three-day headaches, and had a shaky walk. So we headed to Gilead Balm for a four-week stay. I got stem cells infused. Let me tell you I started feeling like a real human being after that! It almost felt like being the old me. My family and friends were all amazed, as much as I was. How good it felt. No more pain, or hardly any. I can also sleep better. Do stem cells! I didn't know I could feel so well. I was finally free to go on hikes, seeing the beautiful scenery all around. I could also sing better and clearer and had more air. My head feels so much better, thanks to all the treatments and supplements. Thanks to the staff and cooks, many other people, church family, and friends.

After getting home, I did the liver cleanse. WOW, how much better I feel. Stuff cleared up I didn't figure ever would. Then we went to test again. Everything showed good, but 2 viruses. Anyway, I can now go to church. Even go to youth group singing. Feels great! So anybody out there suffering, don't give up, there is hope! I'll put my address down in case anybody has questions. You're welcome to contact me. My muscles are slowly getting stronger as I relearn to work, play, think, and have fun. Some days it is if it is all yet a dream. How amazing to walk without pain and notice small things in life: the flowers, green grass, sun, moon, and stars. I would write so much more. But I'll suit wishing everyone well."

- **Miss Amanda K. Wickey; 1820 E. Union Rd., Carlisle, KY 40311**

"I have been diagnosed with Epstein Barr Virus infections. Before I came to Gilead Balm, I was struggling with fatigue, migraines, and vertigo. Now, after being here for almost two weeks, my symptoms have been improving. I feel rejuvenated in mind and body, and I have a lot more energy! My favorite therapies were the neurofeedback, hydro-massage, and hyperbaric oxygen chamber. Daily health

coaching was also very helpful and appreciated. Morning devotions and exercises were always enjoyed with other clients. I feel blessed to have a place like this to go to. Thanks to the staff and fellow residents for making my stay a worthwhile one. Giving all honor and glory to the Almighty Healer."

-I.E.

## E P S T E I N   B A R R   V I R U S

"It was a worthwhile experience at Gilead Balm. I enjoyed fishing in the pond. The daily health coaching helped a lot with questions along the way. It is encouraging to see all the toxins and infections eliminated in the toilet. This program all makes sense: how the body cannot heal properly with the

infections still in the body. The scan before we went home showed the Epstein-Barr Virus in my brain is gone. I felt encouraged to stay dedicated to now do the home program, hoping to get rid of more infections. I would encourage anybody with health issues to consider this program." - R. Z.

## E P S T E I N   B A R R   V I R U S

"I started feeling tired, confused, and sad by the end of a day's work in early spring of 2023. We did some testing at a different place and got diagnosed with Epstein-Barr. I got some supplements, but it wasn't working. The people we got them from didn't seem to be sincere and really care. In September, I had a three week stay at Gilead Balm. Before I came, I was having problems falling asleep. Soon after arriving at Gilead Balm, I slept much better, waking up, and feeling refreshed. The staff were very helpful. The food and fellowship were also very good. After I came home again, I had down times but still kept steadily improving. I understand that there are a lot of different health practices, and none of them are perfect. But we felt like they cared, and it was the beginning of a health journey for me that has been

working for me since. This is now a year later, and I am still gaining. Probably the only thing I would do differently is stick to the protocol better than I did. There were times that it was hard and seemed like a punishment but looking back, I am glad that I got the privilege to learn what I did." - Jonathan Hershberger

"We don't regret that we took our son to Gilead Balm for three weeks. We definitely saw a difference in him from last summer. He can now do a day's worth of work and feel tired but not depressed. We have learned a lot about our health in the last year, and we are still learning. We enjoyed our stay at Gilead Balm, the caring staff, and the good food."

- Jonathan's Mom

"I am from a conservative Mennonite background in Ontario, Canada. The details around my birth are not clear; no one really knows what happened. I was adopted at birth and my parents have taken good care of me over the years. However, my mom and dad suspected that my birth mother, from a native tribe background, drank alcohol during her pregnancy with me. This causes a certain type of brain damage, especially in the front part of the brain, which regulates our judgment and decision making. It is called Fetal Alcohol Syndrome or "FAS." During my growing up years, I was very energetic and hyper. I was always an "in trouble type" of person. But I always enjoyed working hard. As a teenager, I worked long hours which caused a lot of stress at home. I lived a very active and full life, but I had a rough time processing things emotionally. While others seemed to get over things quickly, I never could seem to find peace. I didn't know how to handle my own grief and often blamed God and others for the things that happened in my life. On a physical level, I gained a lot of weight and became lethargic. I always felt empty inside. I had an awful diet due to stress, work, and travel. Then, in 2018, a good friend came to Gilead Balm Wellness Center. At the beginning of 2019, there was an opening for me to come to the wellness center and we got started with the program. How am I feeling now? Much better,

both emotionally and physically. My stress level is going down. I don't feel run over by a truck every morning when I wake up, like I used to. I am sleeping better and feeling much more relaxed and calm during the day. I can actually breathe through my nose again. I am losing weight. I can feel the new diet and supplements I am taking really making a difference in my health. My brain scans are showing marked improvement. The science of how the therapies work makes sense to me and the way it is explained here is simple and straightforward. To others who read this, please realize your neurological problems and lifestyle stress are very much related to the physical health of your brain and body. I wish I had taken the initiative a long time ago to seek help. If you are struggling, please reach out. There is hope. I am finding it. My physical health problems, some right from birth, certainly had an impact on my emotions and thinking. However, I also realize more than ever before the degree to which I do still bear personal responsibility for my actions. In addition to correcting certain brainwave issues and physical health problems, I have learned how to extend forgiveness, seek reconciliation, and work through painful issues surrounding relationships in my life. I hope my story is an encouragement to you." - **Leon Stutzman Ontario, Canada**

## FAMILY PROBLEMS

"Gilead Balm has been a wonderful place to experience learning and healing. When I arrived, I had problems communicating in good ways or being a strong leader in our home. Counseling has helped me gain the courage to make wiser decisions. The relationship between my wife and I has greatly improved. I enjoyed the lake and spending time with the other clients, eating the good meals, singing, and watching the younger people play." - **From the Dad**

"At first when I came to Gilead Balm, I was very unhappy and longed to go home. I was not talking or participating in conversations. I was still not doing very well emotionally. Towards the end of my stay here, it went quite well though. I learned to express my love for my husband. I gained courage to participate in the activities and in counseling. I learned to submit to my husband as the head of the home, even if my opinions are different and I don't understand. I also had some fun times with the staff here at Gilead Balm. I enjoyed our lake

view outside and walking around the lake. Thanks for the friendships here at Gilead Balm. Also for the good meals and for all you did for me. I enjoyed the stay even though we had some hard things to work through."

- **From the Mom**

"When I arrived at Gilead Balm, I was having a hard time focusing on what I should be doing. I also got quite frustrated and acted very impulsively at times. After doing all the therapies and a few weeks of counseling at Gilead Balm, I feel much more cooperative and ready to start over. The staff says I have come a long ways. They say I look much happier and healthier. I really enjoyed boating, fishing, and all the games we played together in the evenings. The last weekend my parents and I were here, we had a campfire to roast hot dogs for supper. We enjoyed eating together and singing outside in the fresh evening air." - **From their Son**

“Dear readers, I want to first thank God our Father and our Lord Jesus Christ for making a way for me to come here at Gilead Balm. My caregiver and I are rejoicing in all the things God has done, and is doing, for all the people here. I want to thank the staff for all the things they do. The family atmosphere made for an enjoyable time. I have been struggling with digestion issues for many years, which had led to brain fog, weakness, and hormone problems. I had eliminated foods from my diet until there were no foods that set well in my gut. I came to Gilead Balm at the end of September 2021 for testing. The testing showed that I had

two infections: a fungus and a parasite. My church family decided I should stay at the wellness center for a retreat. My therapies started February 9th and ended March 9th. Now my brain fog is much better. I have more energy. My muscles do not ache as much. I am not as weak anymore. My digestion has improved. This is a good place to come when supplements and diet are not enough to help with your health issues. This process takes a giving up of self and a life fully surrendered to God. I am learning that problems and difficulties are actually useful. They help us look for answers and to help others.” - **Audrey DeFouw from Lena, Wisconsin**

## HEAD INJURY

“I arrived at Gilead Balm not knowing anything about it, except I knew I came here to work on healing a dramatic head injury of being kicked in the head by a draft horse. After I arrived at the wellness center, I was too stubborn to admit that I needed help. It took a whole week for the director and my home ministry to persuade me to accept the program. The first four weeks were rough ones, trying to control my longings to just go home. I wish I would have accepted help right away. I recommend Gilead Balm to anybody struggling with physical or psychiatric health

problems. We can't thank God enough for providing a place like this where people can have successful healing journeys. I remember how I felt when people left to go back home. I was glad to see them being able to go back home to their families. Each of us experienced a different healing journey. At the end, it seemed like saying goodbye to family members. I want to voice my appreciation for all the staff and fellow residents for making my stay a worthwhile one. May God bless each one of you, restore good health, and make you a blessing.” - **A.E. in Indiana**

## HEADACHES

“I haven't had a headache for four weeks, after daily headaches my entire life. I also have had stomach pain and gas my whole life. Eating always made it worse. Now I don't get any gas after I eat. I haven't had any stomach pain either for four weeks. I feel better than I have in my whole life. I used to get chiropractic treatments, and it would hurt so bad when they pressed on my body. My whole body would feel in pain. Now when the massage therapist at Gilead Balm does the massage, I don't feel that inflammation acting up in my body. I used to have a lot of anger issues. But now it feels completely different. Little things that used to make me angry now do not anymore, and it's easier to be kind to people. My marriage is now much better. I've learned a lot through the marriage counseling at Gilead Balm. I can express myself to my wife like never before. I'm learning to be more Christlike and the expectations that should be for a

husband. Before it never registered for me what I should be doing. My wife always said my brain just wasn't able to process it. That was true. But now I can actually process information clearly after doing the neurofeedback brain therapy. My anxiety seems to be gone. I also felt anxious in crowds, or even at church with a lot of other people. Now, being with the crowd here at Gilead Balm, I don't feel uncomfortable at all. I'm looking forward to going to church again and being with larger groups. Overall, I am thinking deeper than I ever have before, both mentally and spiritually. My mood is stable, and I am not on any medications at this point. I would recommend Gilead Balm Wellness Center as a good program to help you physically, emotionally, and spiritually. They tie all three together in a very good way.” - **Orvan Beechy Wolcottville, Indiana**



## HEADACHES

"I was having problems with headaches and fatigue for a couple years now. We tried a few different places to get help to no avail, so we finally decided to try Gilead Balm. We came here for testing. We decided to try the program. At first, it looked really overwhelming to us. But at the end of the 3 week program, here at Gilead Balm, all my symptoms felt better and my test results looked much better at the end."

- Client from Ohio

## HEADACHES

"I was struggling a lot with low energy and headaches. So I came to Gilead Balm for 3 weeks. It went by so fast. It was great to be here, and I'm feeling better. Great staff, and the food was good as well. Thank you to the staff for making this a happy place. The cleaning ladies did a super job in keeping our rooms and everything cleaned. They are very sweet." - Anonymous

## HORMONE ISSUES

"I had just turned 40 when I started with a hormonal dysfunction that had me bleeding almost constantly. I was having periods less than three weeks apart, and then each period would bleed for ten days each time. Fortunately, my family supported me in finding ways to heal. As a result of my hormone dysfunction, I had pain in my back, hips, and knees. Sometimes I wasn't able to do my work. I had a tendency to gain weight and have constipation. Supplements did not offer many results. After completing this program my periods and hormonal balance went back to normal within one month. The pain lessened and it was gone after two months. Because the

program involves colon cleansing, the constipation was taken care of thoroughly. After the program, I experienced over the course of three months: 1) My hair grew longer than ever before. I liked to have long hair, but it was never able to grow before. 2) My energy level went up. 3) My mood improved. 4) My mind became more focused. I was able to concentrate on taking better care of the children. To this day, years later now, I still have long, beautiful hair. My hormone balance has been very good. I have not needed to take any other type of hormone treatment." - Lucia A

## HORMONE ISSUES

"I started getting anxiety attacks, battled with depression, and was constantly fatigued. The anxiety attacks and depression finally got so bad I could hardly sleep or eat. My body was very sensitive to a lot of foods and chemicals, etc. We came to Gilead Balm and did the brain scan and infection scan. It showed an infection in my brain and not enough oxygen was getting to my brain. Fluid also did not drain as it should have, and was putting

pressure on my brain. All these things were messing up my hormones. I did a four-week program at Gilead Balm, and I feel much better. I have a lot more energy. I am more stable. I sleep most of the night, and I feel more rested. My brain feels lighter. The staff was all so friendly and helpful. We feel blessed to have a place like Gilead Balm to go to." - Client from New York

## KIDNEY FAILURE

"I was having pain in my legs for the last twenty years. The pain went from the bottom of my feet to my hips. I had a hard time focusing and thinking good thoughts. The less pain I had, the better my thoughts were. They kind of went hand in hand. I did lots of doctoring but couldn't really get to the core of the problem. I started to eat less sugar, starch, and dairy. Then, I did testing at Gilead Balm. They found parasites in my brain, kidney failure that was caused by parasites, and flukes in my liver which robbed nutrients from my muscles. This was

causing my leg pain and ruining my thoughts. When family members got serious about my diet; that was six weeks before I went to Gilead Balm, so I had a head start. The retreat was well worth it with the neurofeedback and hyperbaric oxygen chamber. The enemas got me cleaned out, and I passed a lot of mucus and infections. But let's not forget who heals us or let's us be healed. It's only through the power and grace of God that we can be healed and saved! Thanks to the staff and workers. God bless." - Ernest Raber, LaGrange, IN

## LEUKEMIA

"My husband Ervin was diagnosed with lymphocytic leukemia in the spring of 2022. We tried a lot of natural supplements and a low sugar diet, but the white cell count was still increasing, so we went to Gilead Balm. Ervin took a rife scan, all the treatments here, and stem cell therapy. He felt good there and he still feels good. We had a great place to stay with helpful staff. We had tasty and healthy meals and an amazing massage therapist. It's hard to leave our friends here, as we were almost like one big family, eating, singing, and doing lots of things together. We wish everyone God's richest blessings."

- Ervin & Linda Ann Yutzy

## LOSS OF HOPE

"I used to have a struggle to stay on top. After a five-week stay at Gilead Balm, I continued sessions with the Gilead Balm counselor over the phone. It has helped me so much. I understand things better in the Bible when we talk about them. I find verses that stand out to me. I am glad to be thinking of things to be thankful for. It feels good to hear the encouraging things that please God. I enjoyed every bit of the counseling, and I thank God for it." - Anonymous Client

## LOSS OF HOPE

"The Gilead Balm counseling has been helpful to me. My previous counseling was difficult because it was too much focus on me and my problems. For example, I struggled with others not saying sorry in the past. But I learned that I can focus on what my part in a struggle is with repenting myself and giving forgiveness. I am thankful because the counseling helped me to see that I need to do my part in getting along with people who are challenging in my life. I looked forward to our counseling sessions. The counseling made a difference in how I view things. Now I feel like there is hope. I feel much better. My counselor showed me ways to deal with my problems instead of just talking about them. Learning what the Bible says is helpful. My counselor's compassion and understanding were also very helpful. I have a plan now to read the Bible. This will help me keep growing closer to God." - R.G.

## LOSS OF HOPE

"When I used to read the Bible, I did not understand what I was reading. In church, a lot of times, my mind could not understand or concentrate on what was preached. When I started doctoring at Gilead Balm, they wanted me to have counseling. To start with, I just thought "I will not do it." Finally, I laid my own self down, tried to forget my own self, and I did the counseling. I am glad. The counseling helped me to understand the Bible better. It helped me to understand myself better. It helps me to be more humble. I feel happier. I can think better. I think more positively than before. I feel like I have more energy to do the chores. I feel I can do it. My trust in God is getting stronger. When I read Scripture now, it is plain to understand. I used to think my life was terrible. Now I feel like it is not bad for me at all. The counseling helped me think differently about hard things. What did Jesus do when they hung him on the cross? Did he talk back? No. I am hungry for learning the truth about God and His Word. The ministers of the church and our family joined my counseling sessions at Gilead Balm. They all said, "It is very encouraging. It is spiritual. It is uplifting. It is godly. It is the true Word of God, out of the King James Version of the Bible. It is a very good thing." - Anonymous

## LOSS OF HOPE

"With coaching from the knowledgeable and caring staff at the wellness center, I felt better than I had in years. A new hope was revived. I have gained so much! With God, all things are possible!" - M. Byler

## LOW ENERGY

"This program does require some diligence and some patience, but I know that it does work. I saw a huge change in my sister in just four or five days. I've seen lots of people here, and within a month, they're back to living their life again." - Jolynn

## LOW ENERGY

"When I first came to Gilead Balm for testing, I wasn't sure if I should come to the clinic or not. It seemed God was opening all the doors and saying, 'Go.' So, I did. I found it very relaxing. I appreciated the staff for all their efforts, their smiles, and friendly attitudes. A little after a week at the clinic, I began to realize how run down my body actually was. I had pushed myself because I love work, but lately it was hard to really enjoy work. Now, after the treatments, my brain feels much clearer. It feels like my mind is finally

waking up. I feel the neurofeedback therapy at Gilead has been very helpful for this. After only a week, I could already feel the difference. I loved the neurofeedback! It was my favorite therapy. I can feel my body is working hard to get rid of all the toxins. My lungs seem to be clearer. I am less tired now. I can also sing heartily for longer periods of time without feeling lightheaded. Last, but not least, I did a few of the counseling sessions and found them very helpful! It has changed my thinking a lot." - **M.H.**

## LOW ENERGY

"I had been battling extreme fatigue and headaches. I couldn't really understand what I was hearing at church. I just didn't have the mental energy to think. We are grateful for a sister at church who suggested Gilead Balm in our search for help. We were looking for a place where we could stay for a while, have good nutritious meals served three times a day, and lodging with a relaxed atmosphere on the same property. We got more information from the clinic, and decided to go for it. We experienced ups and downs with detoxing during the program, but the staff helped us through

by making customized suggestions and adjustments. My husband and I are so pleased that, at the end of our three weeks, my headaches are no longer present. I am now able to handle all the different conversations that we have. My brain fog is clearing up. My energy is returning. Learning how to really take care of the root causes of what made me sick has helped us so much as we go forward. We are grateful to all the staff in their care for us. All glory be to God, the Great Physician, for the healing He has done and will do!"

- **F.K. in Lancaster, PA**

## LOW ENERGY

"I lived with health and brain challenges almost all my life. Low energy, fatigue, brain fog, poor concentration, depression, and problems with weak muscles were my main issues. I went to multiple health clinics in the past. After all this, I still barely knew what it was like to feel good. Testing at Gilead Balm revealed I had a virus that causes me to feel fatigue, and another virus that could be affecting my muscles, causing them to be more tense. After a week of treatment, I already felt some improvement. I haven't seen such a simple and effective way to get rid of all these infections as what I am doing at Gilead Balm.

After being here three weeks and feeling much better, I am ready and eager to go home. Having seen how many chronic infections I passed off into the toilet, it encourages me that my body no longer has these to stress it out. These infections produce their own toxins and waste. With my body being free of these stressors, this gives me hope that now my body can continue to repair and rebuild. After years of suffering, I am grateful to God that He gave me this opportunity to do this program. God is our Healer. I would encourage you to try this if you have a chronic health challenge you can't seem to get rid of." - **David Beiler Lancaster Co., PA**

## LOW ENERGY

"Before coming to Gilead Balm, I struggled with fatigue. It was difficult to wash dishes because I would get rashes. It was also difficult to work in the sun because I would feel tired. I would often get nausea when eating certain foods. Every day I would have trouble thinking clearly or focusing, which also made work difficult. My hands and feet would get very cold frequently. After a three-week retreat at Gilead, I'm noticing some improvements. My energy is growing. I have a lot less nausea than I did. My mind and thoughts are also starting to

clear up. My hands and feet feel warmer, too. The buffeting massage therapy has been especially helpful for this. I'm beginning to sleep better and I feel calmer. The skin on my face is looking a lot clearer, too. I've found the neurofeedback therapy to be quite relaxing. I did my final testing today, and it showed a lot of improvement! I am so thankful for a place like Gilead Balm. You have a great team here! Overall, I'm feeling lighter and clearer."

- **Kristina**

## LOW ENERGY

“Ten years ago, I had a mental and physical breakdown from a sudden increase of work at our bulk food store. I became very anxious, depressed, tired, and couldn’t work much. I started worrying about all the things from the past I’d done wrong both big and small. I was in a tired, depressed state for many months. I was always worrying about “what if I did this bad thing?” I did excessive hand washing, cleaning, and checking over what I did and was obsessed with other people’s mistakes. I became obsessed with getting all the work done perfectly. I was tense, disorganized, and unable to think clearly. I hated life the way it was, but I was

powerless to change it. I was too tired to put much effort into praying and studying the Bible. I was too tired to focus on anything difficult, so I only did what I was comfortable with or easy to figure out. That is the way I came to Gilead Balm. After four weeks of therapies, it’s not so hard to think anymore. I’m not so depressed. While at Gilead Balm, I also had the opportunity to care for my sister. I found so much to be thankful for through that whole experience! I’m thankful I could pull through without crashing, and that I had this opportunity to work through my anxiety and fear.” - **Anonymous**

## LOW ENERGY

“Our son, Daniel, had been having a lot of headaches and muscle pains for a year. We tried different doctors, but nothing seemed to help. Finally, he was not able to do any work, but just spent time resting. We made an appointment at Gilead Balm to do

testing. Tests showed various infections, including the mumps virus. After two and a half weeks he already looks better. What we like here is the friendly staff and atmosphere in a home away from home.” - **Daniel’s Mom**

## LOW ENERGY

“We stayed three weeks at Gilead’s retreat in Ohio. After years of struggling with and being treated for low energy and brain fog due to the Epstein Barr virus, we decided to come to Gilead Balm. My tests showed I actually had three different chronic infections in my body. My brain fog was bad when we came out to the clinic, and that has gotten a lot better. I had hard, sore knots in my gut area as well as a hernia and fibroids. My hard, sore knots are disappearing, and it feels much softer in that area. I also have more energy. It’s a strict program; it takes determination and willpower to do everything, but I think it’s worth it.” - **Barbara Fisher, PA**

## LOW ENERGY

“For several years, I had been struggling with health issues. I was constantly battling with low energy, fatigue, and not feeling well. After trying several different doctors, I came to Gilead Balm for a two-week stay. I have been amazed at the results. I’ve been feeling better, mentally and physically. I don’t feel as much stress. My anxiety is mostly gone. My energy has been better and I am able to walk further without feeling sore. I would say it’s definitely worth it.” - **J.M.**



"I had been struggling for years with low energy, digestive problems, and not sleeping well. I went to many different nutritionists and took a lot of different supplements. Nothing seemed to help much. When I read the magazine about the Gilead Balm retreat, I thought it was an answer to my prayers. I believe they have a good program here. Everyone will get good results if they put their all into it. I appreciated the staff here, and how they work together and care for you. The health coach I had was very helpful, meeting with us every day and explaining things. The neurofeedback therapy was my highlight. It was very relaxing and very healing for my mind. It was also very helpful for me to have counseling sessions here while at the retreat. I would highly recommend having biblical counseling while doing the retreat. Spiritual cleansing goes hand-in-hand with physical healing." - **Mary from Ronks, PA**

"I was experiencing depression, food sensitivities, and extreme fatigue. After many years of searching for answers, I decided to see what Gilead Balm had to offer. I did the testing and now my three-week retreat in Ohio is about to end. I am very happy with the results I got. Some days I just feel I could bounce off the walls with all my energy. My favorite therapies here were the neurofeedback, hydromassage, and hyperbaric oxygen chamber. Neurofeedback was both relaxing and uplifting. Hydromassage was also relaxing. I like to think of it as beating the junk out of me. After an hour in the oxygen chamber, I felt rejuvenated and energized. The daily health coaching was very helpful; any questions we had about how things were going was brought to the health coach. We always got satisfactory answers. He did his best to explain everything. Counseling was a big help. The counselor stressed on the importance of knowing that we were put on this earth to glorify God, no matter the circumstances. Giving all glory and honor to the Almighty Healer." - **J.H.**

## LOW ENERGY

"When I first came to Gilead Balm for testing, I wasn't sure if I should come to the clinic or not. It seemed God was opening all the doors and saying, "Go". So I did. I found it very relaxing. I also appreciated the staff for all their efforts, their smiles, and friendly "good mornings". A little after a week at the clinic, I began to realize how run down my body was. I had pushed myself because, for the most part, I loved work, but lately it was hard to really enjoy work. Even after a lot of rest, it took a while before I began to look forward to returning home and getting back to work. Even though I still have low energy, my brain feels clearer. It feels like it is finally awakening to a bigger world. I feel

neurofeedback has been very helpful for me. After only a week, I could already feel the difference, and I loved neurofeedback! It was my favorite therapy. I can feel my body is working hard to get rid of all the toxins. My lungs seem to be clearer, and I don't have as much problem with yawning all the time. I can also sing heartily for longer periods of time without feeling very lightheaded. And last, but not least, I did a few of the counseling sessions and found them very helpful! It has changed my thinking a lot and helped me cope with situations I don't like. It has helped me realize life is meant to be lived with a thankful heart. 'Rejoice in the Lord always: and again I say, Rejoice.' Philippians 4:4." - **M.H.**

"The testing showed lung cancer for my husband, Christian. We decided to come to Gilead Balm for a cleansing treatment. I also did the treatments, since I've had a cough and heart problem for years. Christian whizzed through this therapy, but it was much harder for me. We want to start home treatment now also. Thank you for everything. May God richly bless you all. We also enjoyed the other clients that were here!"

**Christian & Rebecca Beiler**

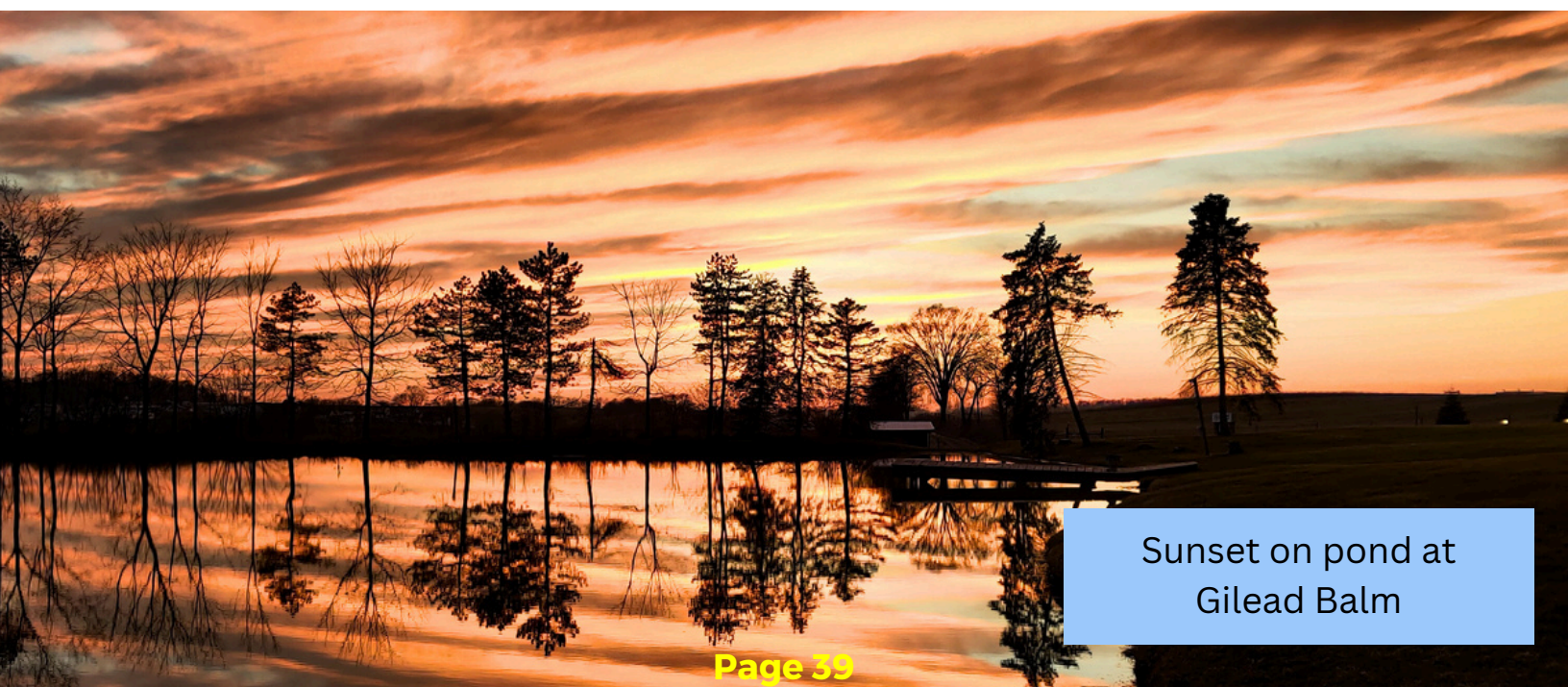
## L U N G C A N C E R

"I had inflammatory tumors that metastasized into my lungs; the cancer continued to grow and get around the chemotherapy. Finally the doctors wanted to put me on a very heavy course of chemotherapy for five hours every day. Instead, I decided to try this program. It's been a roller coaster. I had a half inch tumor that disappeared in the first week and a half. My left breast was swollen almost twice the normal size. Now it's almost back down to normal size. The remaining tumor is breaking up. Now I have great energy. I do everything I want to do. I can work again. When you have chemotherapy it's like they drop a bomb on you. It's basically killing everything. This is different. This is more of a building process. It's a slow process. But I'm willing to wait for the prize."

**- Laura**

"My doctor did a CAT scan which showed a tumor in my lungs. At the hospital, they decided to do some chemotherapy and radiation. The tumor was attached to my spine. We went through eight weeks of chemo and radiation. In hindsight, I would never do that again. After another CAT scan the doctor said, 'I got bad news. Unfortunately, your tumor didn't shrink. It actually grew.' I was very discouraged at that point. I thought I was looking at the end. At that point, I did the Gilead Balm protocol here for a month. It was a great experience. I could actually feel things taking place in the area of my cancer. After a month, I came back to Cleveland and did another CAT scan. The doctor came in and said, "Wow, your tumor has shrunk 50%.' At that point, they were able to operate and removed the rest of the tumor. That was in June of 2013. I had a lengthy recovery from the surgery, but I'm doing well now. I still have nerve pain in my legs from the chemotherapy, but otherwise I'm very healthy. I'm 74 now. I have a great appetite and my hair grew back. Six months after my operation I had a follow-up CAT scan. Everything is looking really good. I have no signs of cancer. The only change I would make is I would have not done the chemo and radiation. I would go right to the Rife therapy."

**- Robert**



Sunset on pond at  
Gilead Balm

## LYME DISEASE

“When we first heard about Gilead Balm, we wondered if they could be our answer to prayer. Havilah had been declining, and testing showed problems in all three parts of her brain (front, middle, and back). She had Epstein-Barr virus and Lyme’s disease in the nervous system. We figured this was causing her brain instability, unrealistic thoughts, imaginations, and unhealthy thought patterns. Seven years and more than 30 doctors later, we still had not gotten any answers or solutions. Now, after three blissful, peaceful, work-packed, and pleasant weeks at Gilead Balm, we hate to leave! Those weeks were filled with fellowship, sharing burdens, and prayer for one another. Upon departing, the tests showed two parts of her brain are now normal. She also tested negative for Epstein-Barr virus. Each day, Havilah is getting brighter: she sings more, has more energy, communicates better, and has more control over her thoughts. God is faithful.”

- Myrna Peters, Havilah’s mother

“I came to Gilead Balm for testing. They found Epstein-Barr virus and Lyme’s disease. I then went to stay at Gilead Balm’s retreat in June 2022. I had a good time. The food was good and the place was nice. The counseling was great, too. I got many infections out in my bowel movements, which I am thankful for. Before I went home, I was tested again. The Epstein-Barr virus was gone. My brain scan is also getting better in some places. Now I can laugh and feel good. I can also run faster!”

- Havilah Peters

## LYME DISEASE

“I came to Gilead Balm with symptoms of Lyme’s disease. I had chest pains and headaches that prevented me from doing my normal activities. I was dealing with lots of headaches as well. In addition, I had poor circulation, especially in my legs and head. I had varicose veins in my legs, and I would feel swelling in the left side of my head, around my ear and throat. I would even have trouble breathing in certain situations. I dealt with some pain in my joints as well. I had stomach pain after a hysterectomy that stuck with me for several years. After three weeks at Gilead Balm, I am seeing some positive changes. My neck is feeling better than when I arrived; there is no sharp pain there anymore. I’m feeling stronger than I was. Doing the deep breathing exercise has helped improve my breathing. My circulation and my sore joints have improved with the buffeting massage. My stomach pain has decreased enough that I am able to lay on the massage table on my stomach without much pain. While many of my symptoms have improved, I look forward to more improvements as I continue the program at home. Counseling is helpful because every

day it gave me encouragement. It helped each day to get through the program. It was comforting. It gave me a good outlook on life. It was helpful to be turning my thoughts to being grateful. It is helpful for me to think about my thoughts and try to make them pleasing to God. Each day at Gilead Balm, I told my counselor how pleased I was to have the counseling session. I read many verses from the Bible. We talked about how to use the verses in daily life. I got a lot of helpful ideas. It helped me a lot. Throughout the days, things come to my mind. If something at the moment is difficult, the training of my mind is now to find something to be grateful for. The verses that she sent help me and I want to help others. I plan to use them to share encouragement with others in my community by making cards to send. I’m very pleased to have the sewing kit of ideas. I pick up the paper and whatever idea I see is just what I needed. I think about it throughout the day. I appreciate every effort my counselor put into the sessions. When Priscilla asked if I wanted counseling, I was glad that it came to my mind to say yes.” - M. B.



"I was diagnosed with Lyme disease after several years of testing from many doctors. It got really bad to where I just couldn't get out of bed. The antibiotics started to affect my organs. That's when I knew something else needed to be done. I did the research on stem cells. I thought, 'Well, let's try this.' I came to get treatment—did a detox first and then added the stem cells. Since then, life has been improved drastically for me. Before, I would get joint pains in the morning as soon as I would wake up, like a stabbing pain in my knees and elbows. Sometimes the side of my arm and leg would go numb. I don't have any of those things anymore. That has completely gone. In the past, I

experienced a lot of brain fog. That has improved tremendously for me. The brain fog was so bad that I wouldn't be driving and then forget where I was. Now I don't experience that anymore. The heart palpitations—that was getting really bad for me as well. Since the stem cell treatment, I haven't experienced that. After the stem cell treatment, I was walking at least five miles every single day—no problem. I have so much more energy. I've noticed words come to me more quickly than they used to. I remember things from conversations with others that normally I wouldn't remember. Stem cells is what has got me home, and has made me feel healed." - **Kim M.**

## LYMPHATIC CANCER

"Cancer was found in the lymph gland, under my jaw bone. As of right now, because of the treatment I've received here, the lump is ½ or less the size it was. We will do the home program now and hopefully by the time we do the follow-up tests it will have vanished. I have had numb fingers for two years. They were so stiff I couldn't fully close them. A week after I started treatment here I noticed I could close them

completely. Also, many nights I had pain that started at my left hand and went back to my elbow. It felt like fireworks shooting off on my left elbow. This is gone! We feel we have gotten help here. We feel like we will be able to improve our health even after we get home. The pleasant family-like staff and clients helped make the four-week stay full of pleasant memories." - **Henry Mast**

## LYMPHOMA

"I was diagnosed with lymphoma about 2 years ago. I would get random fevers, which is a common symptom of lymphoma. I wanted to treat the lymphoma in a natural way. I tried several home remedies without success. Then I went for testing at Gilead Balm. After the three-week retreat, I'm noticing my energy has increased and become more consistent. My mom sees a difference, too. She noticed I'm more awake during the day now. Gilead Balm is a nice place to stay. The staff are all enjoyable to be around and work with. The food was no problem. There are some excellent cooks here. I had fun fishing in the pond during weekends, whenever I had a chance. We are excited to go home. The best news of all was that the treatment worked!"

- **Jonathan**

## LYMPHOMA

"After x-rays of a tender lump on my chest, doctors sent us for a CT scan. They reported a large mass 'strongly suggestive of lymphoma' that was growing out through the chest wall. Not wanting to go for medical treatments, we attempted treating at home for several months. Then we decided we weren't making enough headway. So we went to Gilead Balm in Ohio, where a Rife scan showed cancer cells and a tumor in the chest area, chronic fatigue syndrome, and several kinds of parasites. So we planned for a six week stay at the Gilead Balm clinic. The first weeks I quickly started feeling much better, especially in my energy. The therapies were all going well. While here, I got five stem cell infusions. We really enjoyed all the delicious meals served here, as well as having rooms cleaned daily and laundry taken care of. When we had health questions, the staff usually had an answer. To all who come here in search of better health, we wish the Lord's blessing." - **Joseph Hoover**



## L Y M P H O M A

“We had done Gamma Knife treatment and I did the conventional chemo for five months, which did not work. It just made me sicker. Then we did radiation, which did not work. I don't remember much of the two-day trip getting here because I had swelling in my brain. But now I am a totally different person. I saw dramatic changes in less than a week. It's just an amazing experience because I feel like I'm in a healing place here, a non-toxic healing place. I feel like I am actually healing. Two of the lymph nodes are getting smaller and another area also less pronounced and getting smaller. When I got here initially, I was unable to walk without assistance because I had so much pressure in my head. I was unsteady on my feet. I needed someone to stabilize me to walk or I had to be in a wheelchair. But that eventually resolved. I feel closer to healing almost every day. This is a great place to be.” - **Mary**

## L Y M P H O M A

“When I brought Mary here, she was in such bad shape that I thought this was going to be our last trip. I thought that she was days, maybe a week, away from dying. Now she's walking around on her own. She has hope. She believes in the people here. Like she said, it's nontoxic. You have nothing to lose by it. This isn't going to hurt you. If anything, it's going to help you. I would encourage you to seek it out and do your own homework. I was kind of skeptical about it, but after being here and seeing the people, I believe it's beneficial.” - **Mary's husband**

## M A R R I A G E P R O B L E M S

“My marriage was suffering from unresolved anger issues. My largest concern when I came to Gilead Balm was to control my anger. The counseling sessions here at Gilead Balm helped me understand my responsibility toward relationships with others. We addressed the problem I had with anger. It's hard to describe the thankfulness of a place like this and how the healing process has taken place. I want to give the credit to God. I can see that a big part of my recovery had to do with improving my physical health and detoxing. Through the detox, I can feel my body and mind working differently. It's easier to

process stress. I've lost 30 pounds since starting the diet here. Through exercises, I gained muscle especially in my upper body. My energy is better. I am feeling positive mentally. My memory is improving since doing the brainwave therapy. My mental processing speed is faster. No more digestion problems and no more heartburn issues since I have been here. These issues all resolved after only three weeks. Through it all, my relationship with my wife is better and growing stronger as we face life's challenges together.” - **Aaron Stoltzfoos**

“I didn’t even realize I was sick. I felt fine. I didn’t realize I was struggling with poor leadership. I didn’t realize I was causing spiritual confusion for my wife. I was relying on others to tell her what to do. I was not focusing on my marriage, let alone other things I needed to do. I would doze off to sleep during the day and just thought it was normal. Previously, at other counseling places, we did not do the counseling together. I want to encourage others who need counseling to make sure it is based on the Bible and done together as a couple. I also really appreciated having the church ministry be involved in our counseling sessions at Gilead Balm. For me as a husband, I have grown in my communication with my wife and children. When I started putting this into place, it made all the difference for my wife. Emotionally, I realize now I was trying to avoid conflict by doing things the way my wife wanted them done. But this had led to an even poorer relationship and more confusion. About halfway through my program at the wellness center, I started to feel much more energy. I told my wife, ‘It’s unusual; my muscles don’t feel tired.’ I was getting up early, doing paperwork, and not dozing off! My wife says my focus has improved and I have a different way of looking at things. Spiritually, I know better what the Bible says about love, forgiveness, faith, about work, how to handle disagreements, and unity with others. I believe the detox program, neurofeedback, and counseling together is making a difference in my thinking more clearly.”

- E. Beiler

“I didn’t know how to cope and developed an anger problem, which was very damaging to my dear family. I was losing their respect. The stress of it was affecting us all physically and emotionally. We heard of Gilead Balm Wellness Center. I was skeptical, but decided to call. It sounded worth a try. My wife and I completed a program there. The neurofeedback, supplements, and detoxification have helped me think much more clearly. Since my wife and I are on the same page now, we are able to communicate in a more positive way. By God’s grace, I hope to provide leadership for my family that feels safe for them. If my wife doesn’t support me in what I see as right, what should I do? I learned the hard way that it doesn’t pay to become angry. How hard it is for a wife to willingly submit to an angry husband! If we, men, treat our wives as gently as our most prized possession (and shouldn’t they be that?) they can make us feel like a million dollars!”

- Amos S., Pennsylvania

“It is so refreshing to see how Gilead Balm always works with married couples together, not separately. I would encourage all people in a helping position to keep this in mind, as it is essential to building trust. After a deep trust is built, many positive things can be accomplished. When you get married, you promise to be by each other’s side through everything. When one spouse is facing challenges, it seems best to have people who are helping the couple work with them together, instead of separately.”

- Anonymous Client

## MEMORY PROBLEMS

"I am 81 years old and my memory has never been very good. I had difficulty memorizing Scripture, and was somewhat a slow learner. In the last year, my memory had degraded still further to the point that I was forgetting where I put things. My mind was also not clear during conversations. Now, after coming to Gilead Balm Wellness Center for neurofeedback therapy, my mind is much clearer than it used to be. I can place people, events, and other things much better than I used to. It's easier to find things in my home and performing daily tasks. My endurance is much better. My brain is just 'leading me around the corner faster.' The technician that worked with me at the Wellness Center was very good, hooking the sensors to my head quickly, and operating the machine in a very professional and knowledgeable way. I am very thankful for my experience at Gilead Balm Wellness and would recommend it to anyone with a memory problem." - **Jacob Y. Ohio**

## MOLD EXPOSURE

"Eight years ago, I developed a serious infection from mulch stored in a silo. The infection started in my eyes and spread throughout my body. I started feeling fatigue. Then we had a serious mold issue. I had a mold test done which showed three kinds of mold, including black mold. I started getting memory loss and brain fog. My heart rate was out of range. I had shortness of breath. The bloating in my gut was very painful. After having a scan and tests done at Gilead Balm, it showed mold and infections in my brain and body. After a three-week program, I feel like a different person. I have more energy and am happier. Gilead Balm is an excellent place to be, if you want better health. It has been a journey, but it's worth it all. All honor and praise to God for His healing balm." - **Ruth Beiler**

## MIGRAINES

"I had been struggling with migraine headaches every day for 10 weeks after being hit in the head by a softball in September 2019. I began experiencing problems in my responsibilities as a teacher. I was lacking energy and having trouble helping my students with math problems. Worst of all, the student-teacher relationship was not going well. It was with the support of family, the co-teacher, substitute teacher, and the school board members, that I was able to do a three-week program here at Gilead Balm Wellness Center. It has been a huge blessing in many ways! Learning to know and work with the other clients and caregivers here has been a blessing. Our morning devotions was a great way to start our days. I've taken 30 brain therapies, been on a detox program, and feel so much better! I still have the occasional dull headache, but even those are starting to go away now. I feel ready to go home and face school again, and with God's help be the kind of teacher my students need. Thanks to the staff and especially God for helping me to good health again!" - **M. Stoltzfoos in Indiana**

## MOLD EXPOSURE

"After years of struggling with health issues and mold exposure, my family suggested Gilead Balm. We went for testing. They recommended a three-week retreat. The staff is amazing, very kind, and willing to serve. We really appreciate the cooks, the cleaning ladies, and staff who did the therapies. Passing lots of infections in the toilet gives a good visual to the detoxing that is going on, and helps to keep you motivated. Daily health coaching with the staff was appreciated to understand what was happening and when adjustments were needed to the protocol. We saw good improvement from the neurofeedback therapy." - **Anonymous**

## M O U T H   C A N C E R

"I had surgery April 12, 2022 for cancer on my lip. In October, cancer was in my lymph gland under my jaw bone. As of leaving the retreat at Gilead Balm, the bump on my jaw is half the size it was. I also used to have numb fingers for two years. They were so stiff I couldn't fully close them. A week after I started treating here, I noticed I could close my fingers completely. At night, I had pains that started at my left hand and went back to my elbow.

It felt as if fireworks were shooting out at my left elbow. This is gone now. We feel we have gotten help here. We had a busy schedule at the retreat. The pleasant, family-like staff and clients helped make the dreaded time to pass quickly and become more like pleasant memories. Many thanks and God bless. Thanks to the staff for all you did for us and the satisfactory update calls we had with you!" - **Anonymous**

## N E R V E   D A M A G E

"Ever since a tree branch hit me during my logging work, I had problems with waking, brain fog, poor concentration, and fatigue. Now, after the retreat at Gilead Balm, I am so excited to be able to walk and run now. I have little or no knee pain. Now I sleep more deeply and wake up more rested. With the detox program, I am feeling much better. Removing the chronic infections in my gut is making a big difference.

The neurofeedback brain therapy is letting my brain rest and sleep better at night. I used to depend on coffee to wake me up. Now I can get up and be awake within minutes. It is amazing all the things that start to get better as we do the right things for our body. The gut bloating and digestive issues I had are practically gone. Even my back pain is getting less." - **David S.**

## N E R V O U S N E S S

"I had been a little hesitant about coming to the wellness center because of past sensitivities to supplements and detoxing. However, my health was getting worse despite another program I had been doing at home. Since coming here, I did have some reactions to the supplements and therapies. However, we were able to go more slowly and I was able to tolerate it better. I am able to see some improvements already. I am better able to fall asleep at night. My low blood sugar symptoms are better. I am able to go from meal to meal without snacking. I also feel more relaxed in general. In counseling, it was meaningful to study the lives of other Biblical characters who experienced depression or physical handicaps. God was still able to use them. It was also helpful for me to be in a peaceful environment where I could spend time with the other clients during meal times or by the pond." - **Steven**

## N E R V O U S N E S S

"I have always been more apprehensive and used to get nervous really easily. This past year, it seemed to just get worse. I felt so nervous in church. I got tingly and stiff all over and started panicking. From that time on, I had a lot of anxiety and sometimes brief panic or anxiety attacks. When I started the program, I was already feeling quite a bit less scared since I knew why I was getting so nervous. I had been diagnosed with neurological Lyme's disease. After I started the detox program at Gilead Balm in Ohio, I started eliminating the Lyme infections right away. There were a couple times I felt a slight headache or felt a little sickly, but then I would pass off massive amounts of the infections into the toilet the next day. This has given me more confidence, knowing I got rid of those. My brain scans say my two sides of the brain seems to be more balanced as a result of the neurofeedback therapy." - **Anonymous**



## NO SPIRITUAL LIFE

"I wanted to just pull through my problems without any outside help. Aaron told me I would wish I had done the program sooner. He was right. I had been constantly fighting against negative thoughts. I had built a wall against the people who were close to me. I had trouble toward authority figures in my life—teachers, boss, dad, and the church. It was my way or the highway. I would recommend to others that they work on these issues while they are still small, instead of waiting like I did. But there is hope. There is counseling at Gilead Balm that is actually more like teaching from the Bible. I learned more through this than

through the regular counseling I had before. Before I felt like it was not for me. Now I can call Jesus my Savior. I've learned a lot spiritually. I'm learning to overcome anger and to face my problems honestly. I'm not trying to run away or avoid things anymore. I can say the truth has set me free. It is much easier now talking with others. I am being honest with others and honest with myself. It's a change I've longed for. I wasn't really sick, physically, when I came to Gilead Balm. My energy was just low because of my depression. But now my energy and depression has lifted. I'm thankful to all the staff at Gilead Balm." - **Ben Stoltzfoos, Kentucky**

## NO SPIRITUAL LIFE

"Before coming to Gilead Balm Wellness Center, I would describe myself as: Emotionally: A messed up ball of nerves; Spiritually: "Out in left field"; and Physically: Having knee problems. The physical challenges, coupled with a strained family relationship, had left me feeling bitter, empty, and angry. My knee has now seen some success in the way of pain management. But the most wonderful thing that has happened for me is spiritually. After discussions with my counselor and ministry, I have accepted Jesus Christ into my heart and He is now Lord of my life. It is still new for me, this idea of trusting in Jesus. What's even more difficult is giving all the parts of my life over to Him. Lord Jesus, help

me to trust you with everything. This spiritual change for me has also opened a door to the emotional change that I have needed for so long. I am realizing that I need to set my focus on the King of kings, who won't give me more than I can bear. I now can see God is in control and I don't have to worry about how to fix all that is wrong with the lives of those around me. Recognizing these things has helped me feel more at rest and relaxed. I'm not as easily irritated. My mood is lifting. I don't feel wretched and lost, and I am learning to show respect for authority. Other people are saying I am more open and positive." - **M.H.**

## NUMBNESS

"I would recommend Gilead Balm for many different ailments. For me, I can tell a difference; it has helped with my numb hands and also with my nail fungus. The meals were extra good and healthy with the friendly cooks and all the helpful, outstanding, busy, Christian staff. All to the honor and glory of God." - **F. M.**

## NUMBNESS

"I was in and out of the hospital, and on several antibiotics, for twenty-seven years. Walking was painful and difficult due to an infection in my right leg and foot. I tried going to other wellness centers, but none of them could help me. However, I had good results here at Gilead Balm. They were able to help me without antibiotics, and I feel the infection getting better. I learned about techniques to massage and elevate my leg to improve circulation and to get the infections out. I was doing hyperbaric oxygen therapy and could feel my legs start to improve during those treatments. I was also given some exercises to do. With this improvement, I'm able to walk more easily and with less pain and swelling than before. The numbness and nerve damage I had from previous surgeries is reduced. I have more feeling in my toes and feet now." - **Clarence Miller**

## OBSESSIVE COMPULSIVE DISORDER

“When I went to Gilead Balm for testing, I had OCD so bad that I had a hard time taking care of our family property. In spite of being on medication to calm down my brain, I had anxiety, fears, and negative thought patterns that dominated my life. I couldn’t trust God or function enough to do much work. Life was literally miserable. I started counseling at Gilead Balm. After a three week retreat and

six weeks on the home program, my OCD was quite a bit better. My ability to cope and function had improved. I like how Gilead Balm combines the physical and mental, working on both at once. I have eliminated most of my medications. Let’s give the honor of healing to God where it belongs.” - **The Millers, Michigan**

## OBSESSIVE COMPULSIVE DISORDER

“From a young age there was spiritual confusion in my heart. At about 15 years old, my obsessive compulsive disorder (OCD) worsened and I began to imagine things that were not real. All I knew is that I was depressed and angry. After five weeks of nutrition, hyperbaric oxygen, counseling, and neurofeedback at Gilead Balm Wellness, I’m more mentally alert. My capacity for listening, reading, and comprehension is stronger. Mentally, I can respond more quickly and I am trying to focus more on the needs of others. Rising from bed at a normal time was extremely difficult. Now I feel ready to return to work with more energy. Socially speaking, it used to be difficult to work with others and stay focused. My spiritual life was no better. I see now that I was demanding in my relationships. Instead of focusing on self, I am focusing on

how God sees me. The things I have learned at the wellness center have definitely helped. Through counseling, I have learned that accusing others, focusing on self, and rejection of authority is the nature of rebellion and leads to a downfall. These last few weeks, I have been dedicated to encouraging others, focusing on their needs, and submitting to authority. Already these have made a difference in my life. I’m sure the more I carry these truths in my heart, the more these truths will carry me. The counselor went through these and many other truths with me. Through this process, my spiritual confusion has cleared. My understanding of how to process feelings of hurt and condemnation is much clearer. John 8:32 says, ‘And ye shall know the truth, and the truth shall make you free.’” - **Owen Bontrager**

## OBSESSIVE COMPULSIVE DISORDER

“My counselor laid out the truth biblically—God does not want us to be anxious and confused. Due to trauma, I had developed an overactive mind and obsessive compulsive disorder (OCD). The obsessions and compulsions knew no limits. Finally, after being mentally and physically exhausted, I gave my family the consent they were praying

for. After three weeks here at Gilead Balm, doing all the various therapies and counseling, I feel healing taking place. There is no longer fear and confusion. Now I feel like I can leave my life in God’s hands, so He can work with me. With the Lord’s help, I believe I will be able to overcome it. All honor to God, the Master physician.” - **A.L.B.**

## OVARIAN CANCER

“I was in the hospital with a cancerous tumor on my ovary and blood clots in my lungs. The tumor hemorrhaged and had to be removed. Tests showed remaining cancer cells and a tough virus that hid in the dark corners of my cells. We didn’t want chemo or radiation. We had experienced good results here at Gilead Balm in the past, so we came again for this new health situation. I wasn’t here a week

until I really picked up on my energy and was able to walk further on the morning walks. I continued to feel better overall as the weeks passed. When we left here, I felt much more up to tackling a day’s work. Thanks so much to the staff for providing a clean and cheerful atmosphere! It was worth coming!” - **Anonymous**

"In 2011, my wife was diagnosed with stage four small cell carcinoma of the ovaries. She was told by doctors that she had less than 72 hours to live. However, within 24 hours of starting the Gilead Balm Protocol, her vital signs all became normal again. Her stomach had looked like basketballs at each side of her abdomen, and they were almost flat when she left. That's how much the tumors had been reduced. We had previously tried everything you could possibly try. She had radiation and chemotherapy and nothing worked. The only thing that worked was the Rife therapy. We started her on the Rife because of cancer, but there were some other positive effects that happened. One was diabetes. My wife had high blood sugar and she was getting 100 CCs of insulin every day. After Rife therapy, she didn't need insulin anymore. After I realized that Rife therapy could help diabetes as well, I started it for myself. I have had type 2 diabetes for the past ten years. It dropped my blood sugar level from an average of 230 to 98. I don't have diabetes now. I also wanted to help my mother. My mother was getting 100 CCs of insulin every day. She's 86 years old. After Rife therapy, she is now off insulin 100%. I was just at my parent's house yesterday and Dad says that Mom's blood sugar level stays at 109 or 110 every day. It's been about one year since Mom did Rife therapy. Finally, my father was diagnosed with stage II melanoma (skin cancer). He had big lesions on his arms, on his face, and on his neck. The lesions were constantly breaking out with red, splotchy, scaly areas on his skin. After doing rife therapy for six weeks, the lesions fully went away. You couldn't even see the scars on his arm anymore. The scars on his forehead and the one behind his ear are gone. The cancer is completely gone. Rife therapy has had an important place in my life. First, my wife was cured from cancer and diabetes. Then my mom was cured from diabetes. Then my father was cured of cancer. I've been cured of diabetes. You can probably say that I'm a believer in the Rife therapy."

- Jeff

"Over the past seven years I had issues with muscle stiffness and poor sleep. Also I had sores that would not heal, but just keep re-appearing. The doctors, and others I went to, could only give me surface-level help. I was at the point where I would just crash from total exhaustion when getting home from work, and could not do anything else. When we came to Gilead Balm I had some struggles early on with some of the therapies. The health coach checked in every day to find out my struggles and give me the adjustments that I needed to make to help get through each struggle. My sores that have been with me for years are already shrinking and going away. The muscle stiffness, that kept me from even picking things up off the ground, is way better now. I have more flexibility. My sleep is getting more sound as I rest through the night. We now have a plan of what I need to do to keep getting well as I return home and stay well into the future. We are so thankful for the staff that helped us understand the bigger picture of dealing with the root cause, in what it takes to be healthy. God is really providing us what we need. We are so grateful that we can now walk into the future more alive."

- RS Clyde, NY

## P A N C R E A T I C C A N C E R

"The oncologist gave my sister, Joanne, less than three months to live. She was diagnosed with pancreatic cancer that had spread to her liver. On chemo, she went downhill really fast. At the end of August, the doctors gave her a week to live. On the day that she was supposed to die, we started her on the Gilead Balm protocol. She was extremely weak. She was not walking. Her abdomen was completely swollen up with fluid. After five days of treatment, we just saw a complete change. She started walking. She was out, enjoying the sun. Her pain decreased.

Mentally, she was with it, joking around and having fun. I am amazed at the turnaround being so fast. Her blood pressure is now normal and her heart rate. Her urine was a normal color again. Right before she was going to die, her heart rate and everything were going down. Before, her bowels weren't working. Within a week, her bowels were back to normal. It had been hard for her to eat anything, now her appetite has increased."

- Joanne's sister

## P A N I C A T T A C K S

"I started to panic for no reason. We were in the middle of hosting church at our house when this strange feeling came over me. Then I began having trouble sleeping. When someone mentioned Gilead Balm Wellness Center and how they test you, I was immediately interested. I called and was able to go in for testing. The tests showed four infections in my gut, which resulted in brain swelling and over-activity in my brain. We returned home and waited

for an opening at the retreat, which was five weeks later. When I started the program, I almost right away started passing off these infections into the toilet. I feel better now. We are nearing the end of our stay, and I'm excited to go home again. I thank the staff here and want to thank God most of all, as well as my family and friends for their support."

- Client from Michigan

## P A R K I N S O N ' S

"I went everywhere trying to get help. First I struggled to work then my anxiety was so bad that I could not work. I was having panic attacks one after another which would land me in the hospital. I felt like my life was coming to an end. I didn't know what to do. Then a good friend called and advised me to try Gilead Balm Wellness Center. We decided there was nothing to lose. After arriving at Gilead Balm, and starting the program, within two weeks my anxiety and panic attacks were gone. I've been able to sleep. I still have Parkinson's, but it's in the healing process. Gilead Balm is a great place for

healing. It's quiet. There's good-willed staff. It is very uplifting and encouraging. There is a lot of good help. I would advise anybody who has health issues to give Gilead Balm a try. It's amazing how the other clients here are all from different states in the country. They are all Amish or conservative Mennonites. Even though we are from somewhat different church backgrounds, we share the same values and work well together. This is a setting where I have been able to deeply ponder what it means to grow in faith, hope, and love."

- E.M.S. in Quincy, Michigan



## P A R K I N S O N ' S

"It took us a long time to get our diagnosis of Parkinson's for Victor. He had a vague look on his face with his mouth open. He could not focus or think clearly. He became a very different person. He became very dependent upon me. Not as happy, not smiling anymore. Not having any fun. Not initiating conversation at all. His sense of direction was terrible. You never think that your husband has dementia, but something was wrong. I didn't know what it was. Victor started treatment about a year ago. I didn't really know what to expect, but then little by little he would start to initiate

conversation with the staff, and he was more bright-eyed and with-it. Then he started initiating conversation with the other patients that were there. His reactions were faster. He was smiling. He was more happy. It was really nice to see other people coming up and saying to him, 'Wow, is Vic ever doing well?' or 'Vic is with-it,' and I'm going, 'Yeah, he is with-it.' In fact, most people don't even think that he has dementia at all. He still walks a little more slowly, but he really doesn't have any major symptoms. He's having a nice life." - **Victor & Karen**

## P A R K I N S O N ' S

"It has been about four years since I was diagnosed with Parkinson's. Since I've been here, I've seen major improvements in my brain fog, anxiety, emotions, and sleep. One week into this program, I was able to run while doing my exercises. I haven't been able to run for a couple years. The counseling sessions have been a big help to me as well. I'd

encourage anyone dealing with mind issues to do counseling here at Gilead Balm. The friendly staff and the interaction with other clients and caregivers has made my stay worthwhile. I think this place is set up for success. Thanks to everyone here at Gilead Balm and to God be all the Honor and Glory." - **Ben Plank**

## P R O B L E M S W I T H C H I L D R E N

"I was glad to have all of the helpful advice from counseling. Counseling helped me to be more able to explain things to my daughter and help her when she is struggling. It helped me to explain to her the fruits of the spirit and how our behavior should show love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and temperance. Singing Bible verses helped us to put our attention onto God. My daughter enjoys the songs and wants to sing them. After we came home from Gilead Balm, she wanted to sing all the songs we learned from Karen. Singing helps to get her mind

somewhere else and not on her aches and pains. I am putting into practice the sewing box full of tips, and I am changing them to suit the troubles we face. The many notes I have from counseling are helpful. I read them often. One time when my daughter was having a hard time, I pulled out notes from the counseling and read them to her. Soon after, she brought the sheets of paper to me and asked me to read them to her. The counseling we got was helpful for both me and my daughter." - **F. L.**

## P R O B L E M S W I T H C H I L D R E N

"I am thinking more as I discipline my children and talking to my husband, asking him for help. My relationship with my son is going a lot better. I am more gentle with him, and it makes a difference. The counseling here helped me. Having a chance to talk one-on-one with another woman was a blessing. My counselor helped me to see when we think of ourselves, we bring misery. When we think of God,

and of glorifying him in what we, do, think, and say, we are happier. I read the Bible now in the morning after the children go to school. I would encourage you to do the counseling program at Gilead Balm. It is very good. Give yourself up to it. It is direct. It is Bible-based. It is helpful to know what the Bible says and how we can apply it." - **M.K.**

## PROSTATE CANCER

"I'm 62 now, but my health problems started at about age 20. I had irritable bowel syndrome, a lot of headaches, severe sinus problems, nervousness, anxiety, and depression. In 2013 I was diagnosed by several doctors with prostate cancer. I had heard the horror stories about chemo and radiation. I decided to go with alternative healing. I started looking into Rife therapy. Six weeks after starting the program, my PCA-3 went from a 32 down to a 9. Under 25 means no cancer. My prostate ultrasound was completely normal and free of cancer. Not only did the Rife therapy cure my cancer, but it also cured the other problems I've had my whole life. It cured my IBS, my terrible chronic headaches, my chronic fatigue syndrome, my depression, my anxiety, among other things I can't even think of right now. I will be forever grateful for everything this program has done for me. If I had not gotten the cancer, I would not have looked into Rife therapy and I would have had those other problems for the rest of my life." - **Bill**

## RASHES

"Our first week was detoxing. The second week, her rashes started to vanish, getting rid of many toxins. Daily, she felt better. By the end of the third week, she had a sparkle in her eyes that she hadn't had for a couple years. Her mind is much better. She is very calm, compared to what she was. She has a much better outlook on life and can handle stress very well now. I've got my wife back. Thanks to Gilead Balm, and all glory to God." - **J. Miller from Tennessee**

## PROSTATE CANCER

"I heard about the Gilead Balm protocol from my neighbor who was also doing it. I decided to start the program in January of 2014. Previously my PSA was 132. Now my latest blood work shows a PSA of only 0.63, which is about as low as you can get. It is normal. I have no sign of any cancer at all at this point in time. I feel great. I'm extremely healthy. I have energy again. My oncologist nurse is just amazed at the drop that has occurred in a matter of two months, from 132 down to 0.63. I would strongly advise someone facing cancer to look into Rife therapy, because of what it has done for me and what I have seen it do for my neighbor. Both of us currently are, as far as we can tell, cancer-free and I believe it is because of the Rife therapy." - **Wayne**

## PROSTATE CANCER

"For several years, Amos knew something wasn't right in the prostate area. He got tested last fall at Gilead Balm. The diagnosis was stage 2 cancer. At the same time, our son, David, showed a tumor in the brain. So we took care of that first. David spent five weeks in Ohio at Gilead Balm. Then we came here for Amos. It's been a very pleasant experience, and we're seeing good results. It wasn't always easy, but the staff has been so helpful and encouraging. They really guided us along. Amos got his stem cell infusion last Friday. He feels and looks better since then. We encourage all who go through the program here to stick with it, and trust God for healing in His own time. We don't know why we are being led through the rough waters, but we can rest assured that it is for our good. May we all stand true, whatever life's next bend brings. Thanks to all for your friendship! The area of Amos's prostate cancer was previously swollen and the tumor could be felt. Now the swelling has gone down considerably. The tumor has softened up and shrunk to almost 1/3 of its original size. It is humbling that these people at this clinic care this much and that God cares." - **Lydia S.**

## REACTIVE ATTACHMENT DISORDER

"Our son, William, is adopted. He had been diagnosed with reactive attachment disorder (RAD). Children with this disorder have trouble making secure attachments with parents or authorities, and often have trouble managing their emotions. William would often wallow in negativity and anger. We heard of Gilead Balm's brain scans and neurofeedback brain therapy. We knew this was something we wanted for William, as a part of his healing. He also benefited from the detoxification. The foot bath detox water is now clearer for him, as we are getting the gunk out. For the enemas, we were able to see the fungus come out. William says he feels physically better. The program was tough for William at first. But, as he felt the healing take place, his resistance to treatment became less. As his parents, we can see the calming effects the treatment had on William. His increase in logical reasoning was also obvious to see. During the retreat, we clamped down on behavior therapy. William is now using his 'tackle box' of ideas from the counselor for anger and frustration. Mom sometimes 'borrows' ideas from this tackle box for her own frustrations. As William's Mom, I learned from the counselor how to

meet William at his level, learn his love language, and to find things toward which William can relate. William told me he learned, from one of the other clients, how to not get angry when something goes wrong in a game. William is learning many other social skills. Two young men, helping as his caregivers, noticed many improvements. They said he talked and laughed with everyone, grew in his willingness to help with chores, being obedient, and helpful to others. William took a liking to everyone here, and in return everyone took a liking to him. This is no surprise, as William has grown in his thankfulness toward others. William enjoyed fishing and swimming in the pond at the retreat and had a lot of fun. We enjoyed the new friends we made here, the time spent together visiting, singing, praying, playing, eating, and fellowship around the kitchen table. After finishing a 6-week program here at Gilead Balm, we hope to continue the supplements at home until complete healing can take place. May the Lord continue to bless the people who walk through the doors at Gilead Balm and also to the staff."

- Chester & Arlene Byler from Clymer, New York

## RELATIONSHIP PROBLEMS

"When I first made the appointment to go to Gilead's Balm for testing, it was mostly because of my physical struggles. I had struggled with depression and even some suicidal thoughts. I had difficulties with relationships, and felt distant from God. I was not a church member. My counselor helped me to talk about some hard things that had happened in my life, and then helped me to talk with my parents about it all. It was helpful to work that through, and my parents and I were able to learn how to apologize and forgive each other. I appreciated reading the Bible with my counselor and she helped me understand more about the new birth and about God's love for me. Then we

also talked about how some of the things I was tempted to believe about myself and about God were not really true, according to the Bible. Counseling has helped me to think about pain and suffering in the world more from God's perspective and to focus more on the things I have to be thankful for. I have been learning about how to express my love for my family. I have been seeing how precious my family is and how we should not put off making things right with our family. I have also learned some practical things to do to help me if I start to feel anxious or depressed. I am also learning about how to have better friendships with people." - R.S.

"About five years ago, I started losing energy & staying in bed more. It was hard to be around other people and to talk with them. When I first came to Gilead Balm, I found it very difficult to carry on a good conversation. After my therapies and counseling here, I have found my mind is much clearer and I feel a lot happier and brighter. I can read the Bible and understand it much better. I have a much more positive outlook on life. And I definitely have more energy. I have enjoyed playing the games around here, especially volleyball. I'm very excited about going home and I have lots of ambitions. I want to play more volleyball and I would like to mulch our flower beds before we have church at our home in four weeks. I feel like I have gotten a lot of help." - **Emma Stoltzfus in Pennsylvania**

"I enjoyed talking with my counselor at Gilead Balm. It was helpful to talk through Bible verses and how to use them in my everyday life. We talked about forgiveness and how we are supposed to forgive. In the beginning, I did not like to speak out loud about my thoughts or about things that happened to me. Now it does not bother me to talk with others. My husband and I talk with each other more, about important things, because of the counseling at Gilead Balm. I am also more careful about stopping myself from talking about others in a way that isn't good. Being reminded that cooking and cleaning is what I do for the Lord has helped me. I am more thankful. Being thankful makes me think more of God and less about me. I have a lot to be thankful for. Counseling is definitely a good thing." - **F.S.**

## SCHIZOPHRENIA

"I have gone through some physical and spiritual struggles. Through a breathtaking series of events, we were led to Gilead Balm Wellness Center. I had been on several psychiatric medications for three years. We were on our last straw for help for me. Now, with the Lord's help, I am off all medications. It has been nine months since I've been back home. I am still feeling physically well and mentally well-grounded. My struggles with schizophrenia and bipolar disorder are almost gone. I hope my story can be an example and an encouragement to others. I was at Gilead Balm Wellness Center with my mom. During our time there, I learned how to have a good relationship with her. At the time, I was having some struggles with her and the rest of my family. By the time I came home, I wanted to start anew with my family relationships. What led to these changes in my heart and mind? Well, it was a combination of

working through some emotional problems I had and some infections I was dealing with. The infections really affected my thinking. My parents say they are learning to know me better than they ever have. I now feel like a "normal" teenager again. However, my goal is to continue to improve so that I can become an example to others in my youth group and church. I learned in counseling what the Apostle Paul wrote to Timothy in 1 Timothy 4:12, where he says to Timothy to set an example for the other believers in speech, in conversation, in spirit, in faith, and in purity. Those are my goals. I could really tell how the change in my diet made a difference in my thinking. The physical health of the body really affects your mental health. 'Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God' (1 Corinthians 10:31)."

- **Lilian Stoltzfus**



## SKIN CANCER

"I was so sick I couldn't feed myself. I couldn't do anything. I couldn't travel, go to work, go to the grocery store, or go anywhere. I just laid in bed. PET scans showed numerous tumors. 13 lymph nodes were involved. A tumor on my outer thigh was four inches by two and a half inches. One spot on my inner thigh was three inches across. Now, after the Gilead Balm Protocol, my tumors are completely gone. My squamous cell marker was above 13. It is now below one, which is the lowest you can get. The blood work is

wonderful. You can see where everything that was bad has come down and everything that was good, that was previously low, has gone up. My blood work continues to show normal. It's where it's supposed to be. I do not have cancer anymore. The oncologist I worked with originally is so happy for me that I am doing so well and he is blown away every time he examines me. I can eat. I can function with my family. I'm incredibly blessed. Every day I wake up just filled with joy. It's like I'm 20 years younger." - **Renee**

## SKIN PROBLEMS

"For years, I have battled with skin problems. I would get terrible rashes on my face, and it was really miserable. We tried lots of different things with no real results. Then we heard about Gilead Balm. After an especially bad breakout, worse than ever before, we decided to come to Gilead for testing. The scan results showed an infection in my blood and a fungus where I had lots of pus in my abdomen. Right away I knew this was what I wanted: to be treated at Gilead Balm. I had very high hopes when we came, and I haven't been disappointed yet. After the first few days, I did the liver and gallbladder cleanse, and I could not believe how good I felt and how much more energy I had. I felt like I could tackle anything. Before, I often didn't have much energy and had to really push myself to get the work done. I also hated to go out in public, especially big crowds, as I was always self-conscious about the rashes. Now, my face is all

cleared up with no more rash! My skin has not looked this good in years. I like the therapies they do here at Gilead Balm, and I feel they really helped me. The staff is wonderful, and the atmosphere is so relaxing. I could not have done this without my dear husband; he was my caregiver and did a wonderful job! We both enjoyed the devotions each morning and interacted with the other clients. We made new friends. I can't say I ever got really depressed about my skin problems, though I could have if I'd let myself. I always thought surely someday something will help. God will show us, and He did. To Him be all the honor and glory for healing! I am so thankful for a place like Gilead Balm, and I would recommend this for anyone out there struggling with health problems and looking for answers." - **Barbara Shetler, Sunbright, TN**

## SLEEP PROBLEMS

"I heard about the neurofeedback through a friend and was interested to go through this process. I was really quite amazed. I truly felt like an enormous weight had been lifted off me. I couldn't explain it, but I was so grateful. I am sleeping better. I notice social things are a lot more simple for me. I am so excited about it and so grateful. I've noticed a huge difference with feeling great energy throughout the day. Mentally, I noticed an improvement in my thinking. Now I am better able to focus and connect with people. Emotionally, my mood has improved tremendously from being really depressed to being very happy and content.

Even my co-workers could definitely tell that I'm happier. I wish this was available 20 years ago. The cost was well worth it and the time putting into it was worth it. I wish and pray that everybody would be able to have access to it. It's been a life-changing event for me. I feel there is a huge missing piece in medicine. I wish there were more clinics like this. Three months after the program, I've noticed my mood has continued to stay great. My thinking ability and focus has stayed really, really good. I have been able to go down on my psychiatric medicines within the past two months, and I have still felt great." - **Ann**

## S L E E P   P R O B L E M S

"I was on prescription medications for sleep, and then the medications stopped working. I lost the ability to be able to sleep on my own. I had such severe sleep deprivation. I was getting zero to two hours of sleep per night. I realized the traditional route of medicine was not helping me. I realized they didn't know what to do, so I tried neurofeedback brain therapy with David's clinic. Now I can sleep up to 10 hours per night if I want. And it's sticking. It's not going away. It's lasting. Before I was always trying things that would only last a short amount of time. This is also the only thing that I've done throughout my life that's ever helped my anxiety. I can finally experience calmness.

I'm absolutely 100% happy with my decision. Maybe more than a hundred percent. It was totally worth it. I have no regrets. I have no doubts. I just feel that the people here are genuine. It's authentic. They really care. They want to help. I think they're very well trained. I think they know what they're doing. I'm happy here. I think more people should come to this practice. I just think they're amazing, and I think this is a really great place to get neurofeedback done at. I want to spread it to everyone, and I want everyone to be able to do it and have access to it. It's life-changing, and you don't need to be on drugs." - **Jeannine**

## S L E E P   P R O B L E M S

"Before coming to Gilead Balm, my sleep was not great. I often used medication to help me with my sleep. I seldom need to use that medication now."

- **Anonymous**

## S L E E P   P R O B L E M S

"When I came to Gilead Balm Wellness Center, I had problems falling asleep. Now since being here for almost 3 weeks, I fall asleep easier and sleep soundly."

- **Jonathan Hershberger**

## S T O M A C H   P R O B L E M S

"I had stomach problems for years. After only three days at Gilead Balm Wellness Center, my stomach felt better than it had for years. My husband went through the retreat program, too, and his stomach problems are also better. Truly, we are fearfully and wonderfully made. It is very interesting to find out how the body works, and how the gut and the brain are connected. As your physical health improves, your brain changes its patterns. It makes it a lot easier for your spiritual and emotional health to improve. My husband and I have both done the retreat here. We are pleased with the results. We both feel better. I feel we received more from the counseling here in six weeks than nine months of counseling at other places. Counseling here is very direct and very inspiring. The

staff here is very friendly. I feel more relaxed and happy. My outlook on life is brighter and my mood is lifted. My husband is more talkative and says he feels more happy. He is more calm and can process information better. He is more willing to listen and more understanding. My husband says he feels better physically, especially in his legs. Now the leg feels and works better. Most of my life I have felt worn out and tired. I had body aches and sore joints and lots of swelling. I had headaches nearly every day. Now the headaches are almost gone. Next thing I knew my balance was improving. My brain fog is lifting. Overall I would say my physical symptoms are improved about 75%. Remember 'it all starts in the gut.'" - **Martha Byler**

## STOMACH PROBLEMS

"I had been struggling with stomach pains almost everyday. I also had no energy. I had tried lots of different supplements and done blood tests. My family doctor put me on a drug which helped for a couple months. But the drug stopped working and the pain came back. I did more blood tests and the doctors were puzzled. It felt like a circle of nothing getting done. A new supplement would help for only a couple weeks. Then the pain would be back, worse than ever, affecting my energy levels and mind. After two years of stomach pains, I got to talking with the director of Gilead Balm about my issues. He said I should try doing a detox. I was very hesitant to try another thing. Finally, I committed to the program. The first week,

I started passing a lot of fungus and parasites. By the end of the 3 weeks, my stomach pains were almost gone. But I still didn't have my energy. I then did a brain scan at Gilead Balm to see how my brain was working, which didn't show the best results. The director recommended I do a course of neurofeedback brain therapy and the lymphatic therapy for draining the lymphatic system. After doing these therapies for a couple weeks I can now think very clearly, which I didn't realize I could do until now. Also, I am able to handle stress a lot better. My stomach pains are now completely gone. This is a lot to be thankful for. All honor and glory to God." - **P.H. Ohio**

## STOMACH PROBLEMS

"When I came to Gilead Balm, I had stomach pains, muscle pains, and fatigue. My breathing and heart rate was abnormal as well. These symptoms seemed to come at random times throughout the day. All these things put together made it difficult for me to get my work done and take care of the family. After a 3-week retreat at Gilead Balm, my scans are now showing great improvement in all areas. My brain is balanced and having normal activity now. I notice I am better able to remember things, focus, and concentrate. I am now able to sit through church without getting dizzy any more. The inflammation that came up on my Rife scan is no longer there. This used to make about 75% of my body to hurt, but now it is so much better. I also feel a difference in my breathing and heart rate; they appear to be more normal. I feel like there is a weight off my chest, and my energy has also increased. Circulation used to be an issue for me, but now my cold hands and feet are almost completely gone. The headaches that I would get are gone as well. My digestive system and my whole body is working a lot better as well. I am no longer getting the night sweats, diarrhea, fatigue, and nervousness. With all the infections that I have gotten rid of, my sleep is so much more sound and restful. Getting through the day is much more enjoyable for me. I would recommend anyone dealing with infections to do this program." - **K.J.**

## STROKE

"January 11, 2017 was a life changing day for our family, especially for Brian. He suffered from a massive hemorrhagic stroke. After Brian was discharged from the hospital, we spent another year going for physical therapy. Finally, the therapists in the hospital told us that they couldn't help Brian anymore. But we knew it would be difficult, if not impossible, to find a job for Brian with only one hand to use, very poor balance, in a wheelchair, and slow at comprehending. In February 2018, we heard about Gilead Balm Wellness Center in Ohio. We decided to come and give it a try. We arrived in Ohio the beginning of April and began therapy on April 5, 2018. Brian had a lot of different therapies: brainwave therapy, the Bemer, hyperbaric oxygen chamber, infrared sauna, and neuro-restorative therapy. When we first arrived, I had to wheel Brian into the clinic and help him to his brainwave therapy upstairs. Brian had already had no sensation on his left side for almost one and a half years. He had not been able to help me with decision making. Brian never uses his wheelchair anymore. He walks with a single point cane outside and mostly without any assistance at all inside! Brian's mind is a lot clearer. He finds it easier to think things through and make decisions. We praise the Lord for using the staff at Gilead Balm to bring healing to Brian's physical body and emotional well-being. We also want to say a big thank you to each of the staff."

- **Betty Janzen in Ontario, Canada**

## STROKE

"Six months ago my dad had a stroke. It was quite a major stroke. His right side was affected. When we arrived at the clinic, my dad did not have control of his arm. His hand was just a fist all the time. He could not open his hand. He was also unable to move or bend his ankle, so he was always dragging his foot behind him when he walked. He could only speak in short sentences. After the first four words, he would become quite frustrated. The words weren't coming out. It was taking him a lot of energy to try and talk. Now he's had the stem cells for the last three weeks and we've noticed changes already. We went for a walk the other day, sat down at the beach, and not only could Dad speak a sentence, but we actually spoke a conversation without frustration. This

conversation went for fifteen minutes! He is no longer frustrated in his speech. His leg and arm had also been very swollen and had a lot of fluid in them. There was also no normal color in his arm and leg. Now the blood is flowing better to his arm and leg. The skin is a normal color. They are no longer swollen. He's getting more range in his movements. He used to have a big rash all over his skin. It was always peeling, it was itchy, and would drive him crazy. Now the rash is all gone. He can now open his hand. He now can control his arm and leg. His ankle is moving more and he can lift his leg better. He's not dragging his foot. He's got more sensation and more mobility through his foot. So many huge improvements!" - **Laurie**

## STROKE

"I came using a cane after I had a stroke. In my second week of the retreat I was using the cane less. I feel much better. I feel more alert. My balance is better. Counseling also helped me deal with forgiveness. The staff at Gilead Balm is wonderful and very friendly. The meals were delicious. I give glory to God for such a healing balm." - **M.B., Middlebury, Indiana**

## STRUGGLING EMOTIONALLY

"I am thankful for my family and the church support through this process at the retreat. Many family members and the church ministry participated in the counseling sessions at Gilead Balm with me and my wife. When I first reached out to Gilead Balm, they put me on some supplements to do for a couple months at home. Then I came and did the retreat with neurofeedback brain therapy, counseling, hyperbaric oxygen, and detox therapies. Now I am feeling better. I am more stable emotionally. I have a brighter outlook mentally. I have less aches and pains, physically. To God be the glory!" - **Anonymous Client**

## STRUGGLING EMOTIONALLY

"My husband and I received sound, biblical counseling from the counselor. I would recommend it to anyone who struggles. The counseling is grounded in God's Word."  
- **Barbara Fisher, Pennsylvania**

## STRUGGLING WITH INFECTIONS

"I had a serious itch develop, from parasites in my colon. After about one week, I started noticing a relief from the itch. Now after three weeks, the itch is almost gone—which is a great relief. Here at Gilead Balm, we changed our diet to all healthy food. My blood sugar count came down to the 120's instead of 150's. I think Gilead Balm is a very good place to be." - **A.S. King**

## STRUGGLING EMOTIONALLY

"The Gilead Balm retreat provided a calm, healing atmosphere for me. I was able to get rid of infections. I received neurofeedback so my brain can function properly. I started a healthy diet. I also had so much emotional and spiritual guidance from various people at this retreat. Praise God!" - **Anita**

## STRUGGLING WITH INFECTIONS

"To spend time at the clinic itself was a very pleasant experience, along with the group of others we had! The therapies are quite intense. There's very little extra time, which is okay. My digestion has improved. This is not a simple program, but there's plenty of evidence that it rids you of infections if you're diligent and faithful to the protocol." - **Anonymous**

## STRUGGLING EMOTIONALLY

"I was glad for the counseling at Gilead Balm. It was helpful for the relationship between me and my daughter. I have many notes from my counseling sessions with the children's therapist. I read them often. One time when my daughter was having a hard time, I pulled out the notes from the counseling sessions and read them again to her. These notes continue to help us by looking back at them. The counseling we got was very helpful for both me and my daughter." - **F. L.**



## STRUGGLING WITH INFECTIONS

"Adjusting to life here was overwhelming, especially since my husband's care was more than expected, and I was a client as well. Meeting schedules and adjusting them for both of us was challenging. It would have been much easier to follow the schedule for one person. But the health coach and the other staff were understanding, helpful, patient, and flexible. With time, experience, prayer, and understanding, we overcame most of the stress of the main means of detoxing, and as the combination of therapies helped to regulate mine and my husband's bodily functions, life began to settle down and become more and more stable (schedule, routine, therapies, supplements). I began to feel better, off and on, till finally, I felt good. Many thanks to all the staff! May God bless you and your work!" "Peace I leave with you, my peace I give unto you; not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John 14:27 - **Anonymous**

## STRUGGLING WITH INFECTIONS

"We have been so thankful for our time here at Gilead balm. The peace and tranquility are the very blessings we need to work through neuroblastoma, neurological Lymes, EBV, and cofactor. All these things were creating havoc in our dear daughter's health and brain. After trying to find answers from about 30 health professionals and even hospitalization, we are thankful for the gains we have made. It takes time, but it is worth it! Our hope is that the brain will continue to heal and balance, in the Lord's will and timing. The SCOBYS are real - we have lost track of how many we said goodbye to. They caused great grief mentally, and great relief once they were washed away. We also have a Methylation challenge, so we have had very high levels of Glyphosate, which chelates out nutrition and messes up the neurotransmitters. We praise God for his Faithfulness! May God Bless and be with each one!" - **Anonymous**

## STRUGGLING WITH INFECTIONS

"The three week program here was an amazing, out-of-my-comfort-zone experience! At the end of May, I could not get my mind away from planning the next school term details and was sure I would go all summer with no break from thinking about school. I cannot tell which part was my favorite. From the time the alarm buzzed till we were done with hiking or exercises, many memories were made! Thanks to everybody who helps to keep this place running smoothly. What a dedication and commitment!" - **Caregiver for SH**

## STRUGGLING WITH INFECTIONS

"Not being able to find solutions from the medical world, we decided to try Gilead Balm Wellness Center. It has been a rewarding experience, learning how to do the very vigorous detox. I am realizing the benefits from this program, which I plan to keep on and finish at home. I'm also experiencing and learning to eat a better diet. I also appreciated the opportunity to talk with the health coach on a daily basis. I want to thank the counselor for taking time to discuss life's trials and my spiritual journey. During my last week, my symptoms have been improving. A special thank you to all of the staff workers for making our time here a special, heartwarming experience." - **Client from Ontario**

## STRUGGLING WITH INFECTIONS

"The three-week program here was an amazing experience! We did testing at Gilead Balm in May (of 2023). Testing showed bacteria in the blood and clumping of red blood cells. We started treatments on June 14. I am seeing changes. Thanks to each and every one of the staff for your part in making the place run smoothly. Thanks to the health coaches for being there when we had questions." - **Anonymous**

## STRUGGLING WITH INFECTIONS

"We are very impressed with the therapies Gilead Balm had to offer for us. It really makes sense to try to get to the root cause and clear up infections the body. The masses of infection that were passed into the toilet during the detox program were unreal, but it does make sense." - **David & Malinda Yoder, Clare, Michigan**

"We did testing at the beginning of May at Gilead Balm. Testing showed bacteria in the blood, clumping of red blood cells, etc. On June 12, we left and started treatments on June 14. I had days when I didn't feel super well, but I also feel like I have seen some changes. I hope to go home to do more and see more changes. Thanks to each and every one of the staff for your part in making the place run smoothly. Thanks for the health coaching and being there when we had questions. Many memories were made! May God richly bless each one." - **SH**

## STRUGGLING WITH INFECTIONS

"I am thankful I chose Gilead Balm Wellness Center because they start at the root of the problem. My yeast infections could have come from the mold they found in our house. We want to have it cleaned and ventilated for prevention. The staff of Gilead Balm are very helpful and friendly. The food was great! It is a great place to be if you need help. After my three week stay, the scans showed much better, but since I've had my infections longer, I want to continue the program at home. I feel stronger already and look forward to more results." - **Bontrager, IN**

## SUICIDAL THOUGHTS

"I am thankful for God's direction in my life and leading me to Gilead Balm Wellness Center. I struggled with depression for a very long time and eventually became suicidal. I had a lot of pain in my head, struggled to concentrate, and think clearly. I isolated myself as much as I could; I didn't like youth activities or any social gatherings, and I despised myself for my struggles. We tried a lot of different medications, but nothing ever helped. Then someone suggested Gilead Balm Wellness Center to my parents. We set up an appointment with Gilead for a three-week program. I wasn't sure it was helping the first two weeks, but suddenly the third week I started feeling a lot better in my head. My anxiety was pretty much completely gone, and my pain was subsiding. I also enjoyed my counseling sessions with the counselor and learned a lot about the different characters in the Bible. I learned how I can apply those lessons from Scripture to my life today."

- **J.H.**

## UNSUBMISSIVENESS

"My husband and I were both strong-willed. We really didn't know how to relate to each other. My dear husband had ADHD, which we did not know at the beginning. This was all a recipe for disaster. For years, we did not understand each other. I sank into despair and depression. He became critical and harsh. We blamed each other and argued. Most efforts to talk things over rationally and calmly ended in serious disagreement. We were finally led to Gilead Balm Wellness Center. The home-like atmosphere and spacious, comfortable rooms at the retreat were so healing. Through interacting with the directors and outstanding staff, along with the other clients and caregivers, we have all become dear friends. We are all in this together. My husband and I feel we have benefited much from the therapies, such as hyperbaric oxygen, brainwave therapy, group activities, discussions on

## T R A U M A

"Benuel has been through a lot of physical and mental traumas in his life. He was having depression, lightheadedness, dizziness, gut problems, and poor balance. When we came in for testing they found a brain bleed, nerve damage that was affecting his coordination, and infections causing the gut problems. Benuel's appetite came back only three days after starting the program. The lightheadedness disappeared after the first week of treatment. He is now more cheerful. Not everything we did at Gilead Balm was easy. But, we were amazed at the rate he started feeling better doing their program. The counseling we received here was inspirational, and helped to bring more correct thinking about life. To God be the glory."

- **Benuel and Susie, Myerstown, PA**

## T R A U M A

"Joseph had an accident with a saw in May 2021. He injured his left hand. He had surgery twice to repair the tendons. But Joseph still had a lot of nerve pain. In April 2023, he had another accident with his horse, causing broken ribs and a concussion. He was in the hospital for several days. The CAT scan showed a lesion on the right kidney. The MRI also showed a quarter size tumor. Testing at Gilead Balm showed cancer and various blood infections. We chose natural healing. We were at Gilead Balm for four weeks. Thank you to all involved. We feel we have gotten help here. Joseph's health is overall better. He feels stronger. May God bless you all in a journey for better health, with His healing touch." - **Joseph's caregiver**

Proverbs, biblical counseling, all done in an orderly, comfortable way. Our memory issues have also improved. We are thankful to do a program without medications and drugs. They use a customized supplement program. As my husband's condition changed and improved, the supplements were adjusted accordingly. I have found the group Bible studies to be helpful for recovery, both physically and mentally. We can choose true, Christ-like submission and find true freedom. Or we can choose resentment and reluctant submission and be in bondage. There is a vast difference to be free in Christ or be bound to Satan. It's the difference between life and death, heaven and hell. In the weeks since we have been receiving the therapies at Gilead Balm, we have been able to get our marriage on track again and our minds function more clearly." - **Lydia S. Pennsylvania**

## UNSUBMISSIVENESS

"My husband and I feel more positive about our marriage and ability to face life's challenges. At the wellness center, they gave me a book which was very helpful to my understanding of roles in marriage. It was placed into my hands at just the right time. Reading that book drastically changed my views of my duty as a wife. What I learned, and wish to write from my heart, is the importance of honoring, respecting, and reverencing my husband. His needs and desires should be more important to me than anything else, as long as they are in keeping with God's commands: Always and no matter what. I know the feeling of rebellion to submission and feeling overwhelmed in my calling as a wife, but I also know the blessings we can have if we stay faithful in following God's commands, to us wives, for submission to our husbands. We learned a lot

through counseling at Gilead Balm and highly approve of their gentle, yet biblical, approach and their ability to see into situations. Now we want to use their advice, tools, and plans to create a better future for our marriage and family. One thing that surprised us was that we were not only dealing with things in our marriage relationship, but my husband also had a weakness in his brain and nervous system I did not understand before. It was not just a lack of faith or self-control on his part. This was discovered through blood work and brain scans. The clinic helped us with supplements, hyperbaric oxygen, neurofeedback, IVs, and counseling. It is a very different approach compared to standard psychiatry and medication."

- Mr. & Mrs. Riehl from Pennsylvania

## UNSUBMISSIVENESS

"I had been to several mental hospitals and retreat centers in the past, but my life was still not right. Finally, I came to Gilead Balm. I was not submitting to my husband. It seemed confusing to me about what things I should submit to and what things I shouldn't. I wasn't able to focus and concentrate on my work. When the children would ask questions, I would sometimes not even respond because I couldn't think about what they were saying. I was struggling a lot emotionally and mentally. I was having problems with headaches, aches in my side, and low energy. Since being at Gilead Balm Wellness Center, my ability to think has greatly increased.

Through addressing our infections and addressing the mold in our home, we can finally think more clearly. Spiritually, I learned a lot about forgiveness and submitting to my husband, letting him lead. Life looks hopeful again and makes us want to start a new page. I have forgiven, and put in the past, the wrongs that were done against me. We enjoyed the atmosphere, the staff, and the time at the wellness center. May it be all to the glory of God. Many answered prayers. I enjoyed the exercises, the people, time taken by the staff, and encouragement from other clients." - F. Beiler

# ***Gilead's Seminars***

***Call 330-208-9373 for access to our seminar recordings from Gilead Balm's director, David Manwiller:***



***Abuse  
Addiction  
ADHD  
Anger  
Anxiety  
Antibiotic Medications  
Antipsychotic Medications  
Arthritis  
Asperger's  
Autism  
Autoimmune Disease  
Back Pain  
Bipolar  
Bitterness  
Blurred Vision  
Bone Cancer  
Borderline Personality Disorder  
Brain Cancer  
Brain Fog  
Breast Cancer  
Chronic Fatigue  
Chronic Pain  
Chest Tightness  
Chemotherapy  
Colon Cancer  
Concussions  
Confession of Sin  
Dark Thoughts  
Depression  
Diabetes  
Feeling Disconnected  
Dry Eyes***

***EMF Exposure  
Endometriosis  
Epstein-Barr Virus  
Erectile Dysfunction  
Family Problems  
Feeling Cold Hands & Feet  
Feeling Hyperactive  
Fetal Alcohol Syndrome  
Fibroids  
Fibromyalgia  
Food Allergies  
Forgiving Others  
Gluten Disorders  
Gut-Brain Connection  
Head Injury  
Headaches  
Herniated Discs  
Hormone Issues  
Hysterectomy  
Injuries and Paralysis  
Insomnia  
Joint Pain  
Knee Pain  
Lack of Peace  
Lactose Intolerance  
Lead Poisoning  
Leukemia  
Low Energy  
Lung Cancer  
Lyme Disease  
Lymphoma  
Marriage Problems***

***Melanoma  
Memory Loss  
Menstrual Cramps  
Migraines  
Mold Exposure  
Need for the New Birth  
Nerve Damage  
Nervousness  
No Spiritual Life  
Obsessive-Compulsive Disorder  
Oppositional Defiant Disorder  
Ovarian Cancer  
Painkillers  
Parkinson's  
Paranoia  
Postpartum Depression  
Prostate Cancer  
Radiation  
Reactive Attachment Disorder  
Schizophrenia  
Sensitivity to Rejection  
Skin Cancer  
Skin Problems  
Speech & Language Issues  
Spinal Cord Injury  
Stomach Problems  
Stress in Caregiving  
Traumatic Brain Injury  
Unconfessed Sin  
Urinary Problems  
Uterine Cancer  
Walking & Balance Problems***





# What Does Gilead Balm Provide?

## • 3 WEEK RETREAT:

**NEUROFEEDBACK THERAPY:** Calming and Balancing Brain Voltages

**BRAIN CHEMICAL BALANCING:** Customized Amino Acid Therapy

**BOOSTING IMMUNE SYSTEM:** Antioxidants & Customized Nutrition

**REMOVING INFECTIONS:** Parasites, Bacteria, Viruses, and Mold

**HEALTH COACHING:** Daily Consult to Address Questions or Concerns

**HEAVY METAL CHELATION:** Removing Mercury and Other Toxins

**HYDROTHERAPY & MASSAGE:** Help Release Mucus from Infections

**NEUROMUSCULAR THERAPY:** Recover After Injuries and From Stroke

**OZONE INFUSIONS:** For Removing Toxins From the Gut and Brain

**HARD CHAMBER HYPERBARIC OXYGEN:** Heals Damage in the Body

**FOOT BATH:** Removes Pesticides and Chemicals

**STEM CELL INFUSIONS:** Helps Genetic Problems & Promotes Healing

**BIBLICAL COUNSELING:** Guidance From Scripture on Responsibility

**RIFE THERAPY:** Breaks Down Tumors Using Low Power Radiation

**BEMER THERAPY:** Uses Magnetism to Increase Whole Body Circulation

## • HOME FOLLOW-UP:

After the retreat, we provide re-testing and compare before and after test results. If there are still issues to address, we provide a program to continue following at home. Further re-testing is performed every 1-2 months to evaluate continued progress.



# FREE BOOK

## Turning Chaos Into Balance: Healing Brain Chemistry & Finding Spiritual Peace

By David Manwiller,  
Director of Gilead Balm

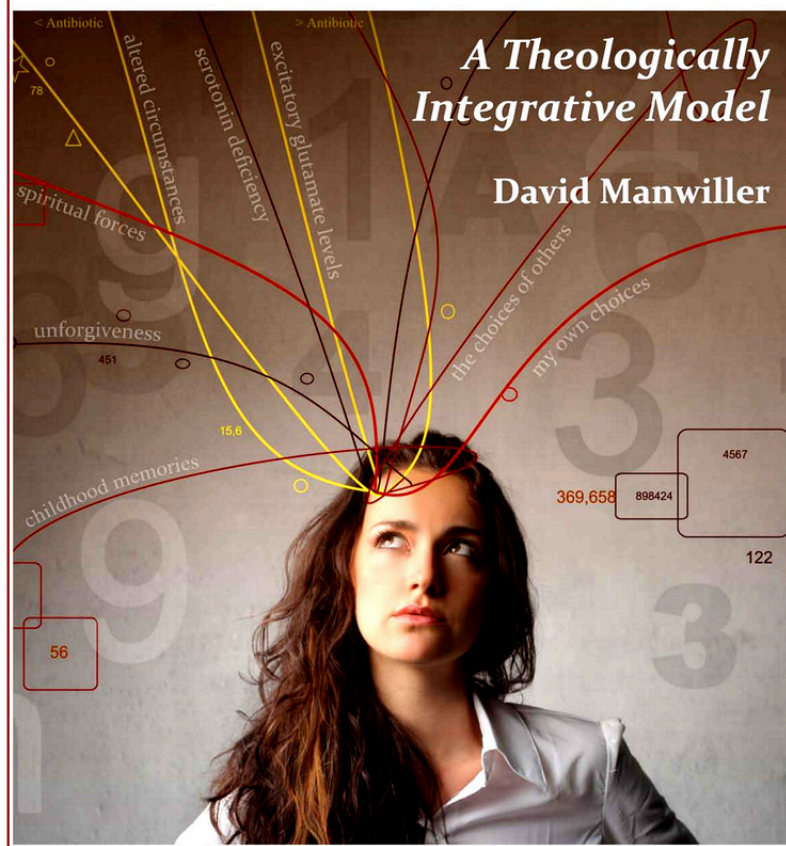
[GileadBook.com](http://GileadBook.com)

To Download the Book Online or  
Call 330-208-9373 for a Free Copy

**Warning: Very Technical  
Information in the Book!**

## Turning Chaos into Balance

Healing Brain Chemistry & Finding Spiritual Peace



## GileadVideo.com

Watch Our Video About How a Brainwave Scan & Neurofeedback Works  
Or Call for a Free Illustrated Booklet

