

ROOD REVIEW

»»» JANUARY 2024

11TH BIBLICAL MONTH 6023
JANUARY/FEBRUARY 2024 • SHEVAT 5784

Who Says It's The New Year?

The current calendar upon which our society relies, the Gregorian calendar, is not the Creator's calendar. It was invented by man and harkens the worship of false gods. Even the names of the months are borne from the names of pagan gods. The month of January, for example, is named after a Roman god that has two faces, one looking back and the other forward.

The Creator's calendar is in the sky. You need no fancy instruments or governmental validation to follow the Creator's calendar – all you have to do is observe the heavenly bodies put in place for this very purpose.

The true beginning of the year is described in the Bible as the month of the Aviv, when the barley in Israel is ripe enough to harvest for the Firstfruits offering that month. It is the month of the Passover and the Feast of Unleavened Bread.

This time of year, in 27 CE, Yeshua was teaching the people, challenging the religious leaders, and preparing for what he knew was coming as the Biblical new year, and Passover, approached. He said, "Do you suppose that I have come to bring peace on earth? I tell you, no; but rather division" (Luke 12:51). The Messiah's mission was not just controversial, it was downright heresy to the Pharisees, who had invented an entire religious system to serve themselves. There was a long-ingrained system that had held its followers captive, run by the relentlessly power-hungry.

That system still exists today, but in even more forms. Religious leaders, in search of power, bully money and loyalty from their congregants in the name of a religion they purport to be from the Bible. True worship of the Almighty has been compromised by the introduction of pagan traditions with the blessing of those who rule the system.

**So, who says it's the new year? Not my King.
And popular or not, I'm sticking with him.**

See you when the smoke clears,


Michael J. Rood

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Osteoporosis and Calcium Supplements Scott Laird, ND

Sometimes taking what our body is lacking in supplement form is not the answer. For example, taking melatonin (the sleep hormone) as a supplement can backfire over time, flipping your circadian rhythm so that your body thinks day is night, and night is day. That won't happen if you take magnesium instead, which is your body's fuel to create more melatonin of its own.

The same logic applies to preventing and reversing osteoporosis. First, we get enough calcium from our food, but it may be lurking in all the wrong places — soft tissue (creating calcified arteries), the kidneys (forming kidney stones), and in your joints (contributing to arthritis). Secondly, taking a calcium supplement just exacerbates the problem.

Instead, we need to eat foods (and supplement) with nutrients that remove calcium from these areas, shuttling it to bones instead. There are three nutrients that work hand-in-hand to accomplish this: magnesium, vitamin D3, and vitamin K2. Vitamin D3 increases calcium absorption, while magnesium and K2 work together to dissolve it and move it into the bones and teeth where it belongs.

How do you know if you have calcium in the wrong places? A bone density scan can tell you if your bones are not getting enough. But if you have heart palpitations, leg cramps, or frequent headaches, you likely have excess calcium floating around. (TIP: Calcium contracts muscles [palpitations, cramps, migraines] while magnesium relaxes muscles. Most people have a calcium-magnesium imbalance - more on that next time).

Got a health question?
Ask Scott: scottlaird@michaelrood.tv



THIS MONTH ON ... *Shabbat*
NIGHT LIVE
with Michael Rood

The Gold and Honey of The Torah

with Jake Hilton

The Torah of YeHoVaH is perfect, right, radiant, and pure — more precious than gold and sweeter than the honeycomb. But do we really understand the depth of what the Torah is trying to say?

Using the examples of gold and honey, Jake Hilton of The Sword of YHVH Ministries brings a deeper understanding of both the literal and figurative meanings of Scripture in The Gold and Honey of The Torah.

Enjoy this Scriptural deep dive into the present realities and future promises embedded in the timeless love letter of YeHoVaH's word to his people.

JANUARY
5, 12, 19, 26

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January Love Gift Collection

THE TRUTH That's Hard To Hear with Jeffrey Prather

What really happened in Israel on October 7, 2023? How could Israel's world-leading intelligence agencies miss such an elaborate plan? And how does it all tie into the Book of the Revelation?

Retired Special Operations Soldier, former DIA Intelligence Collector, and ex-DEA Special Agent Jeffrey Prather has an unsettling answer.

From 9/11 to the war on terror, mRNA vaccines, open borders, the alternative lifestyle agenda, and the mark of the beast, The Truth That's Hard To Hear exposes the satanic agenda behind it all that aims to permanently separate man from YeHoVaH.

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