



Family Health & Education Resources

MIND · BODY · SOUL



Family Health & Education Resources

W HOLENESS


Nutrition


Water


Sunshine


Exercise


Integrity


Environment


Temperance


Trust in God


Rest


Fresh Air

God designed every part of our being and every part of His creation for our good. When we honor Him in our choices, we experience abundant life—body, mind, and soul.

**HONOR GOD.
LOVE YOUR BODY.
CARE FOR HIS CREATION.**

<p>NUTRITION</p>  <ul style="list-style-type: none"> ✔ Eat whole, plant-based foods. ✔ Fuel your body with nutrients. ✔ Practice gratitude for every meal. <p>GOOD FOOD IS GOD'S GIFT.</p>	<p>WATER</p>  <ul style="list-style-type: none"> ✔ Drink pure, clean water. ✔ Stay hydrated throughout the day. ✔ Hydrotherapy supports healing. <p>GOOD WATER. GOOD HEALTH.</p>	<p>SUNSHINE</p>  <ul style="list-style-type: none"> ✔ Get safe sunlight daily. ✔ Vitamin D strengthens bones and immunity. ✔ Sunlight lifts mood and restores energy. <p>GOD'S SUN. YOUR VITALITY.</p>	<p>EXERCISE</p>  <ul style="list-style-type: none"> ✔ Move your body daily. ✔ Build strength, endurance, and flexibility. ✔ Exercise improves mood and heart health. <p>MOVE TODAY. LIVE STRONG.</p>	<p>INTEGRITY</p>  <ul style="list-style-type: none"> ✔ Choose what is right. ✔ Be honest with others and yourself. ✔ Walk humbly with your God. <p>RIGHT CHOICES. STRONG CHARACTER.</p>
<p>ENVIRONMENT</p>  <ul style="list-style-type: none"> ✔ Keep your spaces clean and peaceful. ✔ Use natural products. ✔ Care for the earth—our common home. <p>A CLEAN SPACE HONORS LIFE.</p>	<p>TEMPERANCE</p>  <ul style="list-style-type: none"> ✔ Practice moderation in all things. ✔ Avoid harmful substances and excess. ✔ Self-control leads to freedom. <p>SELF-CONTROL IS TRUE FREEDOM.</p>	<p>TRUST IN GOD</p>  <ul style="list-style-type: none"> ✔ Pray daily. ✔ Trust God's promises. ✔ His faithfulness brings peace. <p>TRUST. PRAY. BELIEVE. HE PROVIDES.</p>	<p>REST</p>  <ul style="list-style-type: none"> ✔ Sleep enough each night. ✔ Sabbath rest renews body and mind. ✔ Rest is part of God's design. <p>RESTORE TODAY. RENEW TOMORROW.</p>	<p>FRESH AIR</p>  <ul style="list-style-type: none"> ✔ Spend time outdoors. ✔ Breathe deeply. ✔ Fresh air strengthens body and mind. <p>BREATHE DEEPLY. LIVE FULLY.</p>

"I pray that you may prosper in all things and be in health, even as your soul prospers."

— 3 JOHN 1:2 (KJV)


NOURISH YOUR BODY


HYDRATE DAILY


SOAK IN SUNLIGHT


MOVE YOUR BODY


LIVE WITH INTEGRITY


CARE FOR CREATION


CHOOSE MODERATION


TRUST YOUR GOD


SLEEP & REST WELL


BREATHE FRESH AIR

GOD'S PLAN INCLUDES TOTAL HEALTH.
HONOR HIM IN YOUR BODY. STRENGTHEN YOUR MIND. RENEW YOUR SOUL.
LIVE WELL. LIVE GOD'S WAY. ENJOY ABUNDANT LIFE.

LIFE. ABUNDANTLY.

OUR MISSION



The Free Indeed! Ministry of Health & Wholeness is the result of nearly ten years of collaboration with medical and mental health care professionals, counselors, pastors, first responders, law enforcement, individuals in long-term recovery and those in active addiction, and colleagues in ministry to combine the science of health and wholeness with the hope of the gospel.

We are thrilled to be partnering with Graham & Michelle Hood of Recovery Road in Australia where they have had nearly 20 years of proven life-changing success in equipping and encouraging precious souls to develop a life of freedom from the chains of addiction. In April of 2025, the two ministries partnered to launch Recovery Road of North America. Our objective is establish in-person free-to-the-public community programs throughout the United States, as well as provide an interactive online platform.

Within the scope of the Family Health & Education Resources community, you will find the tools and encouragement to help you overcome depression and addiction, as well as establish a lifestyle of health, hope and happiness.

The Free Indeed & Recovery Road Health & Wholeness Expo is the opportunity to demonstrate the various aspects of our mission to a broad audience and invite as many people as possible to experience and participate in Christ's ministry of healing.

OUR TEAM



Julia Bellman,
Speaker/Director

I have served as a ministry director for more than a decade, leading missionary initiatives focusing on the larger cities in New England. I am the adult daughter of an addict who has also struggled with depression and substance abuse. I have lost family and friends, and have family and friends who are still captive to the cruel cycle of depression and addiction. They are the reason for my work. It is my mission to bring hope to as many as will receive it.

Franklin Cobos, II, MD,
Medical Director

I am a graduate of Loma Linda Medical School and board certified in both Anesthesiology and Lifestyle Medicine. I lecture domestically and internationally with a focus on lifestyle medicine and am actively involved in intensive lifestyle education programs based in both outpatient and live-in residential settings. I served as assistant Professor of Anesthesiology at the University of NE, Director of the Department of Anesthesiology at Cumberland Medical Center, and am currently Medical Director of anesthesiology at LeConte Medical Center in Sevierville, TN.



Monica Flower, Treasurer

I have served as treasurer for multiple organizations throughout my career after serving in the United States Air Force. I am a dedicated Christian mother of young adult children who enjoys spending time with family and friends. I am currently a Township Manager in central Pennsylvania where I oversee policies and complex budgets for the municipality. I bring my dedication to the great commission of Jesus in Matthew 28:18-20 as well as expertise in monetary oversight and management for faith-based organizations to the Family Health & Education Resources mission.

OUR SPEAKERS



Graham Hood,
Speaker/Director, Recovery Road

In 2006, after having lost hope in anything or anyone, including myself, I planned to end my life. On the eve of my planned suicide, the God of heaven showed me a new path. Shortly after, I found the love of my life and with Michelle at my side, founded *Recovery Road*, a Christ-centered 12-step ministry, and home church network, *Church Without Walls*. I spoke to hundreds of thousands of disenfranchised people in mass gatherings, leading thousands to a saving relationship with Jesus.

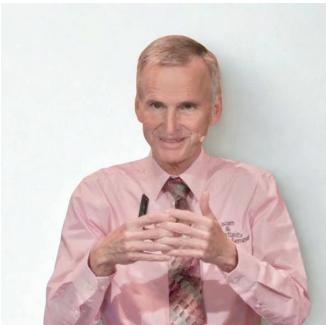
Pastor Ron Kelly

I have served in pastoral ministry for more than four decades with a dedication to preparing people for the imminent return of Jesus Christ. I am continuing this mission with AMI, Advent Mission Institute, a ministry dedicated to evangelism, health, and education to restore the image of God in humanity. My wife, Collene, and I have four adult children, and I enjoy canoeing in the Boundary Waters in my home state of Michigan.



Pastor Tim Roosenberg

I began an in-depth study of Daniel 11, leading to my first book on the topic, published in 2011. After 25 years of pastoral ministry, I began the full-time ministry, *Islam and Christianity Prophecy Seminars*, to speak internationally at conferences, pastors' ministries, and seminars on the importance of understanding the role of Islam and Christianity in Bible prophecy. My wife, Karen, and I have raised our four children to adulthood, fostered more than forty children, and now travel together in full-time ministry.



OUR SPEAKERS



John Kelly, MD, MPH,
LM Intensivist, FACLM

I completed my undergraduate studies in Biochemistry and Molecular Biology at Shepherd University, graduating Summa Cum Laude as a McMurrin Scholar. I completed the Dual MD/MPH Degree Program at Loma Linda University in Epidemiology, with honors. I am trained in Preventive and Lifestyle Medicine, and have conducted private and government-funded research in Lifestyle Medicine. I am founding President of the American College of Lifestyle Medicine, co-authored ACLM's Official Board Review Course in Lifestyle Medicine, served on ACLM's Expert Panel and am adjunct faculty at Loma Linda University. I have published peer-reviewed papers on reversing type 2 diabetes with intensive LM treatment. I am currently blessed to be teaching Lifestyle Medicine using leading-edge intensive LM training programs in various locations, nationally and internationally.



Pastor James Desvallons

I am servant of God from Reading, PA who has faithfully labored in ministry for many years. Alongside my wife, Andrea and our four children, I have a deep passion for youth ministry, discipleship, and helping young people build a strong, Bible-based faith. I am currently the host of Advent Media Connect, an online podcast and YouTube ministry dedicated to preaching the everlasting gospel, defending biblical truth, studying Bible prophecy, and discussing present-day issues from a Christ-centered perspective. My favorite Bible verse is Jeremiah 15:16: "Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart."

PROGRAM

Thursday & Friday

8:30 AM	Doors Open/ Expo Begin
9:00 AM	Reclaiming Health & Vitality in a World of Disease - Drs. John Kelly & Franklin Cobos
9:45 AM	Ministry Spotlight
10:00 AM	The Science of Salvation in a World Desperate of Hope - Pr. Ron Kelly
10:45 AM	Ministry Spotlight
11:00 AM	Islam & Christianity in Bible Prophecy - Pr. Tim Roosenberg
12:00 PM	Break for Lunch
1:00 PM	Free Indeed & Recovery Road Breaking the Cycle of Depression & Addiction - Julia Bellman & Graham Hood
1:45 PM	Ministry Spotlight
2:00 PM	Reclaiming Health & Vitality in a World of Disease - Dr. John Kelly & Dr. Franklin Cobos
2:45 PM	Ministry Spotlight
3:00 PM	The Science of Salvation in a World Desperate of Hope - Pr. Ron Kelly
3:45 PM	Ministry Spotlight
4:00 PM	Islam & Christianity in Bible Prophecy - Pr. Tim Roosenberg

SCHEDULE

Thursday & Friday

5:00 PM	Break for Supper
6:00 PM	Free Indeed & Recovery Road Breaking the Cycle of Depression & Addiction - Julia Bellman & Graham Hood

Special Saturday Programming

8:30 AM	Doors Open
9:00 AM	Panel Discussion - All Speakers
10:00 AM	Ministry in Song - North Florida Orchestral
10:30 AM	Ministry Spotlight-Free Indeed & Recovery Road
10:45 AM	Prayer Service - Graham Hood
11:00 AM	Prisoners of Hope- A Special Message by Julia Bellman
12:00 PM	Break for Lunch
2:00 PM	Christ's Ministry of Healing - Graham Hood & Ron Kelly
3:00 PM	Concert- North Florida Orchestral
4:00 PM	Ministry Break - Exhibits Open 4:30-6:00
6:00 PM	The Science of Salvation in a World Desperate of Hope - Pr. Ron Kelly
7:00 PM	Islam & Christianity in Bible Prophecy - Pr. Tim Roosenberg
7:45 PM	Break
8:00 PM	Living the Abundant Life- Faith Over Fear (Panel)

MINISTRY PARTNERS

HunnyBee Farm Stand



Born of necessity in pursuit of clean skin and body care products, we combine the science of luxury skincare with the power of natural ingredients to provide genuine care for your skin. Every purchase directly supports the mission of Family Health & Education Resources.
hunnybeefarmstand.com

Grace to Overcome



A ministry dedicated to sharing the good news of the Grace of God's forgiveness and enabling power to overcome every besetment and defect of character to prepare us for heaven. GraceToOvercome.org

Hope for Health



At Hope for Health, we believe true wellness begins with nourishing the body naturally while placing our lives in God's hands. Through quality vegetarian supplements and our natural skin care line, our mission is to serve families with faith, compassion, and care.
www.hopeforhealthusa.com

Clash of Minds



The official ministry home of Walter Veith and Martin Smith's popular What's Up Prof? series. Clash of Minds strives to live up to the high calling in Jesus to fulfill "God's purpose in giving the third angel's message to the world is to prepare a people to stand true to Him during the investigative judgment. 1MR 228.2
ClashofMinds.com

MINISTRY PARTNERS

VibraTec

Breakthrough Pulsewave technology clinically measured and optimized to: build stronger bones, speed recovery, support joint health, relieve pain, boost balance and stability, and improve circulation.

www.healthisfreedom.com



Imminent Ministries

A YouTube ministry dedicated to educational and inspirational videos on history, the Bible, and the imminent return of Jesus Christ.

www.youtube.com/@imminentministries1

Red River Outpost

The Red River Outpost is a faith-based organization that exists to train people to holistically improve health and wellness for themselves and the community, domestic and abroad. The initiatives of the Red River Outpost include but are not limited to a small bakery, an organic market garden, and a sanitarium/lifestyle center. With these community-oriented industries, our diverse team of young people is committed to making available only the best natural goods and services. Each initiative will serve as a sustainable business, a center for dynamic hands-on training, and a base of health and gospel influence in the community.

www.redriveroutpost.org



A very special thank you to Barnes Printing of Denton, NC for providing the printed materials for the Free Indeed & Recovery Road Health & Wholness Expo.

www.barnesprinting.com

10-DAY CHALLENGE

The ten-day challenge is designed to start you in the right direction toward establishing a lifestyle of health and wholeness. IT DOES NOT CONSTITUTE MEDICAL OR NUTRITIONAL ADVICE. It is, rather, a tool to help implement the laws of health as highlighted during this expo.

The details of this challenge are repeated daily for ten days to lay a new foundation. You are encouraged to closely follow the guidelines to receive the greatest benefit. If you cheat, no one will know...but you. Don't cheat yourself.

We encouraged you to keep a journal of your experiences as you follow the guide. Be sure to check in on the Family Health & Education Resources mobile app to connect with others who are on this journey with you.

Water

1. Start your days by drinking 1 qt of filtered water with the juice of 1 lemon. This doesn't have to be done all at once. Drink 8 oz, wait about 10 minutes then drink another 8 oz and repeat until you've finished the qt. The goal is to be finished twenty minutes prior to breakfast.
2. Two hours after breakfast drink 16 oz filtered water
3. Twenty minutes prior to lunch drink 16 oz filtered water
4. Two hours after lunch drink 16 oz of filtered water
5. Twenty minutes prior to supper drink 16 oz filtered water
6. Two hours after supper drink final 16 oz filtered water with the juice of 1 lemon

Your daily water intake will be 112 oz and all ingested on an empty stomach for maximum benefit.

10-DAY CHALLENGE

Exercise, Fresh Air, & Sunlight

Immediately after eating each meal walk 10 minutes outside. This simple activity will serve to aid in the digestion of the nutrients you have just taken in, fill your lungs with fresh air, and allow you to get the proper amount of sunshine.

As an additional bonus benefit, you will also be working nutrients and hydration into the discs of your spine, joints, and muscles. The purpose of this is to establish intentionality.

Choose Life

It's easy to choose the cupcake. As someone born with a sweet tooth, I know just how easy it is. Choosing the cupcake, however, is choosing to accept the negative effects of that lovely little confection.

The goal here is to help you kick the habit of reaching for fast, easy, and unhealthy things. It is going to be a challenge? You'd better believe it. BUT it will absolutely be worth it. In far too many cases, those unhealthy choices go far beyond cupcakes. I won't get into the causes and effects of smoking, drinking, drugs, and the host of other vices that are working to destroy our vitality. The point is simply this, to choose that which leads to health and wellness requires a level of self-control that is not common in today's society.

10-DAY CHALLENGE

Rest

Ample rest is considered a luxury that most of us simply cannot afford. It's time to put that thinking aside and understand that rest is imperative for complete health & wellness. Sleep studies have shown that the best quality of sleep is obtained in the two hours before midnight.

Our minds and bodies require sleep in order to detox from the day's stress. Getting to bed earlier could literally mean the difference between recovery and continued illness and fatigue.

We challenge you to put it all away; phones, computers, TV... anything of a stimulating nature at least one hour before bed and get to sleep by 10:00. After day 3 of this routine, you'll see the benefits and be amazed.

Attitude is Everything

Putting away negative thinking is much harder than one might think, and this part of the ten-day challenge might actually prove the most difficult.

Activity #1: On index cards or post-its, each day write down 10 new things for which you are thankful. No repeats. Do this at breakfast and carry the list with you, in a pocket or somewhere that will serve as a discreet reminder. As you are reminded, verbally say (yes, out loud) one of the things you listed that day. By day 10, you'll have a list of 100 things for which you are thankful.

10-DAY CHALLENGE

Activity #2: Replace negative thoughts and comments with thoughts and words of affirmation. YIKES!

Sounds easy, right?! This is going to do multiple things, but one of those things is to cause you to be mindful of the way you sound to yourself. At the end of these ten days, you'll have developed a new perspective that's always seeking affirmation rather than condemnation.

example: "I hate it that my daughter leaves towels all over her bedroom floor." Replaced with: "I would like it if my daughter put her dirty towels in the hamper."

Eat to Live

This nutrition regimen is designed for maximum nutrient absorption and hydration, to aid in digestion, detox, mental clarity, and overall feeling of, well, better.

Breakfast: Oatmeal. Period. You can add dried fruits, but no oils or sweeteners. No milk or juice. Eat as much as you'd like. We recommend organic, whole rolled oats for maximum benefit.

Lunch: Vegetables. Period. They can be steamed, boiled (not the preference, but hey! ya gotta start somewhere), broiled, or raw. No oils. No seasoning aside from a pinch of salt, if absolutely necessary. No breads, or grains. No dressings or other condiments. Just vegetables.

Supper: Fresh fruit. Period. As many as you'd like and any variety. They must be fresh; not canned or frozen. And that's it. Nothing else.

With each meal: 500 mg of a high quality Vitamin C supplement.

10-DAY CHALLENGE

The Golden Rule

Kindness is in short supply on the day-to-day in which we all exist. Sure, when there's a crisis people will generally extend a helping hand to their fellow man. But sit for an extra heartbeat when the light turns green for a real life demonstration of my point here. In this new approach to your personal overall wellness, you're going to be intentional about kindness (I'm sure you're already a wonderful person so this won't be difficult to put into practice).

Activity #1: Three random acts of unsolicited/unexpected kindness. It can range from a simple appropriate compliment, paying for a co-worker's cup of morning joe (since you're not drinking any during these ten days anyway), loading the dishwasher for your wife (she'll notice, trust me)...and the list goes on. Thinking of these random acts will actually become fun.

Activity #2: Schedule a time to do a major volunteer project. It can be to sign up to help serve meals to the homeless or walk lonely dogs at the local animal shelter. This requires an intentional time sacrifice, and committed follow-through. And when you've completed this activity you'll see why this is included in this challenge

It should be noted that Activity #2 may not get completed during the ten-day challenge, and that's ok, because the ten-day challenge isn't a temporary program, it's a new way of thinking.

LIFE. ABUNDANTLY.



NOTES



Free Indeed!



BRING THE FREE INDEED & RECOVERY ROAD
PROGRAMS TO LIFE IN YOUR COMMUNITY

CONTACT US TODAY!!

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RESOURCES MOBILE APP

