



Hello friends, patients, clients & readers!

1. I recently had the honor of doing a [podcast interview with the Deep Roots at Home ministry](#). I have been extremely blessed by Jacque's blog and podcast over the years. I consider her a reputable Titus 2 Virtual Mama/Mentor in the arenas of home schooling, homesteading, home making, home remedies, and Christian living. We discussed what a virtual/Telehealth practice looks like for me and answered questions about how it expands opportunity beyond my home state of Wyoming, for those with young children or disabilities, and those seeking Christ-Centered Holistic Health Care when it is not available locally. God's good idea to lead me in this direction has enabled me to meet and serve people far beyond the physical boundaries of where I live and work! And allows me to be a better mom and wife in this precious and vital season of life. I must lead by example and with balance in my own life, Amen?! Our GOOD Father is so faithful & His ways are WAY higher than our ways!
2. [We've also relaunched MY PODCAST: Dr. Jana Joshu Grimm, DC: Christ-Centered Holistic Health](#) on [Spotify](#), [Apple Podcasts](#), [Amazon Music](#), [I Heart Radio](#), and [Podbean](#), and [recorded a new testimony of hope and healing with my dear friend Irene!](#)

>> We would be so blessed if you are lead to share, subscribe or leave a review to help us reach others with hope & help. We're starting from scratch!
3. I've been diligently working directly with one of my favorite private Lab Companies to get you better prices! We cut out a middle man, negotiated some bundles, and **added a public [Lab Store](#) to [my website](#). Now ANYONE can have access to the best of the best Lab Panels to get**

root cause information, even if they are working with another Practitioner. I have access to thousands more labs beyond what is public, for those who are patients or clients. If labs were out of your price range before, you might check out the new prices and bundles and see if it is more attainable now. They can also be paid for with FSA or HSA funds. **Some kits and bundles went down \$100-\$600!**

>> USE OFFER CODE: [DRJANA55](#) for \$55 OFF any labs on my Lab Store through November 30 (my birthday!)

Between having babies and trying to be present at home, running a busy practice/ministry, building a home and moving cross-country, managing my own health and now taking care of 45 chickens (I'll spare you the list of names...haha), a 9 week old kitten (Valor) and puppy (Rambo, maybe Ruger?), our good old doggy Salsa PLUS raising and homeschooling our 2 wildest animals...I mean... amazing, adorable little girls, Mercy (5) & Justice (2) ... I haven't been lead to do much writing/blogging, speaking, podcasts or otherwise for the last few years. This is the first of "a little more" in the next season!

Aaand... to give credit where credit is due ... Zach (my husband for those who don't know) is rocking it as a now retired/stay-at-home dad, humbly doing more of the (thankless) chores, cooking & care-taking of all our critters, developing the property, keeping us stocked on firewood & tag-teaming homeschooling with me. I could not answer this call to help care for God's people without Zach's support and hard work and all the things that keep our family afloat and together. Our greatest prayer once we had children, was that God would make a way for us to be able to raise our own children, one of us always home with them, educate them ourselves, enjoy them, train them up in the way they should go, and glorify Him with our time, family and resources. We were very blessed but spread very thin in California with 3 businesses and an established life from before we had children. Something had to give in order for those prayers to be answered...

Short story is... GOD had a better plan and HE made a way :) So we sold or walked away from almost everything and here we are in Wyoming, figuring it out one day at a time, by God's grace. And He hears YOUR prayers, too. God LOVES YOU and He loves family, order, obedience, and Truth. And He desires that we would walk in it. You will be challenged. You will be humbled. And you will be BLESSED beyond measure! So commit today, that you will obey, no matter what.

Speaking of that.. we are doing a Bible Study through Proverbs right now... if you truly meditate on the following verses, they are SO RICH (they are so not just coffee cup scriptures). I challenge you today... are you... *am I*... truly **trusting** the Lord with

ALL that we are? Our complete will? Desires? Children? Money? Careers?
Ambitions? Habits? Time? Reputation? Health? Relationships? **ALLLL** of our heart,
soul, mind & strength?

**Trust in the Lord with all your heart,
And lean not on your own understanding;
6 In all your ways acknowledge Him,
And He shall ^[a]direct your paths.**

**7 Do not be wise in your own eyes;
Fear the Lord and depart from evil.
8 It will be health to your ^[b]flesh,
And strength^[c] to your bones.**

**9 Honor the Lord with your possessions,
And with the firstfruits of all your increase;
10 So your barns will be filled with plenty,
And your vats will overflow with new wine.**

**11 My son, do not despise the chastening of the Lord,
Nor detest His correction;
12 For whom the Lord loves He corrects,
Just as a father the son *in whom* he delights. -Proverbs 3:5-12**

In the name of "research," "sounding smart" or "being right," are we leaning on our own understanding or what someone else is saying? **Are we following "influencers" or YouTube videos more than we are following Jesus? Do we go to "google" first or The Bible?** Are we "wise in our own eyes"? or do we inquire of the Lord about EVERYTHING? Do we have The Word written on our hearts, that we may receive conviction or discern Truth from deception? **Can it be said of us that we (desire to) walk in true obedience?** If God called you to something radical, would you hear it? Would you lay it down? Would you obey? Would we lay down anything for the One who laid it all down for us? Is it possible that any of our health struggles (anxiety, insomnia, gut issues, autoimmune, fatigue, depression...) could be fueled by disobedience in some area of our life?

Church, we can pray for revival and pray all night long in prayer meetings for revival and memorize the "Promises of God", which are true, noble and good. But we ourselves NEED to check our own hearts first (I'm including myself here!). We NEED to get to know the whole counsel of God's Word in order to truly have an attempt at living more like Jesus and winning souls for Him. We are living in days of great deception.

Devotionals ain't gonna cut it, friends.

We need a daily, routine study of God's Word, which is LIVING & POWERFUL!! ...it cuts to the division of soul & spirit & discerns the thoughts and intents of our hearts (Hebrews 4:12). We all need daily fresh fillings of the Holy Spirit and a balanced understanding of God's Word, that we might fall on our faces in true repentance and submission to the One who took the literal wrath that we all deserve. We need to live the Spirit-filled life, coming alive & walking in humility, discipline, courage & boldness in these last days! Ear tickling Christianity has lead us deep into a fog of complacency, selfishness, gluttony, pride and sin and is really no Gospel at all ... but it's not too late!

In a moment (of reflection & repentance), everything can change...

Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him! -Isaiah 30:18 (NLT)

Pressing on until He takes us up!

Dr. Jana

Do you have a testimony to share or an idea or question for my podcast. Send an email to: office@drjana.com & we will pray about it :)

Know someone who needs hope or healing?

Share a podcast or forward this email and have them [sign up for my newsletter here](#). Only goodness & Godliness. No junk, ever.

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