

# You Are The 1% – or Less

## Rood Review

Restoring the Hebrew roots of the Christian Faith

January 2026

In Deuteronomy 18, the Levites receive no land as an inheritance. Their inheritance is the tithe. In return for ministering to Israel, they are sustained by the people. They don't own land, but they are granted lifetime use of homes and fields. Their families are provided for. And when they travel on mission, Israel's households welcome them, honor them, and supply them with a portion of the tithe for their service.

Yeshua wasn't a Levitical priest — He came from Judah — yet He is the eternal High Priest after the order of Melchizedek, a priesthood older and greater than Aaron's. Just as the Levites were supported in their ministry, Yeshua ministered and was cared for by those He blessed. This same pattern fuels our work today. Those who are strengthened by this ministry sustain it. **You keep the lights on.** You support the families who serve. **YOU MAKE SURE THE MESSAGE REACHES THE NEXT GENERATION.**

**So thank you.** Thank you for being part of this calling and for helping me help you reach the world. That's why we create each month's Love Gift teaching. It's our way of igniting your heart, stirring your passion for the Gospel of the Kingdom, and equipping you to share the story — because there are too few voices telling it.

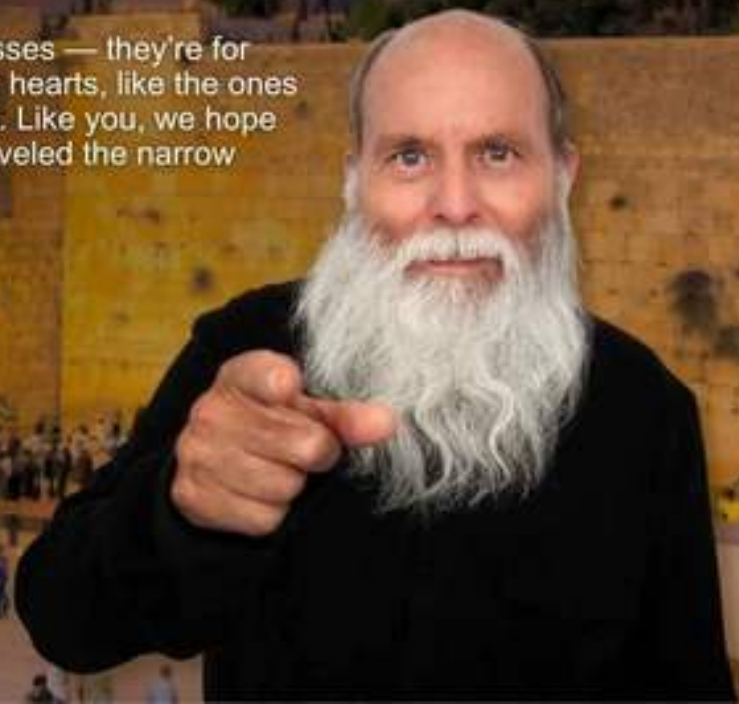
Learn the story so you can pass it on. Share it in five minutes at the grocery store, five hours in a Bible study, or five years with your children and grandchildren. Picture every moment of Yeshua's life. Let it play like a film in your mind. That's the privilege the Almighty has given me, and the teachings we produce here are my gift back to you. Consider it a thank-you for your generosity, a sign of my gratitude for your partnership.

We don't offer these teachings to the masses — they're for you, **for the rare 1% (or less)** with giving hearts, like the ones who cared for the Levites and for Yeshua. Like you, we hope to be among those rare few who have traveled the narrow road to hear one day, "Well done."

*See you when the smoke clears,*



Michael J. Rood







# ***How to Control Blood Sugar – Naturally***

## ***By Scott Laird, ND***

Controlling blood sugar begins with understanding how the body responds to the foods we eat. The biggest driver of unstable glucose is not just sugar itself but fast-digesting carbohydrates — the refined grains, processed snacks, and sweetened foods that enter the bloodstream quickly. These create sharp glucose spikes that lead to energy crashes, cravings, weight gain, and long-term insulin resistance.

The foundation of healthy blood-sugar control is choosing ***slow-burning, high-fiber carbohydrates***. Vegetables, beans, legumes, whole fruits, and other fiber-rich foods release glucose gradually, supporting steady energy throughout the day. Pairing carbohydrates with quality proteins and healthy fats further slows absorption and prevents post-meal spikes. Simple combinations work well: nuts with fruit, eggs with avocado, lean meat with vegetables, or beans with leafy greens.

***MOVEMENT*** is another powerful, often overlooked tool for stabilizing blood sugar. Even light activity — such as a 10- to 15-minute walk after meals — helps muscles absorb circulating glucose and reduces the intensity of post-meal rises. And consistency matters more than intensity; frequent movement throughout the day supports healthier metabolic responses. In fact, the older we get the more consistent we need to be!

***Sleep and stress*** also play critical roles. Poor sleep reduces insulin sensitivity, making it harder for the body to manage glucose effectively. Chronic stress increases cortisol, a hormone that naturally elevates blood sugar. Restorative sleep, deep breathing, prayer, quiet time, and intentional relaxation all help support healthier glucose patterns.

Hydration, meal timing, and eliminating sugary drinks further strengthen blood-sugar stability. ***Drinking water*** instead of sweetened beverages, eating meals at regular intervals — and avoiding grazing all day — help to keep glucose more consistent.

The overarching message is simple: blood sugar can be controlled naturally and consistently through daily habits. Balanced meals, mindful carbohydrate choices, steady movement, restorative sleep, and reduced stress create a metabolic environment where the body can thrive without drastic diets or deprivation.

***GOT HEALTH QUESTIONS? Scott has answers: [ARoodAwakening.tv/AskScott](http://ARoodAwakening.tv/AskScott)***



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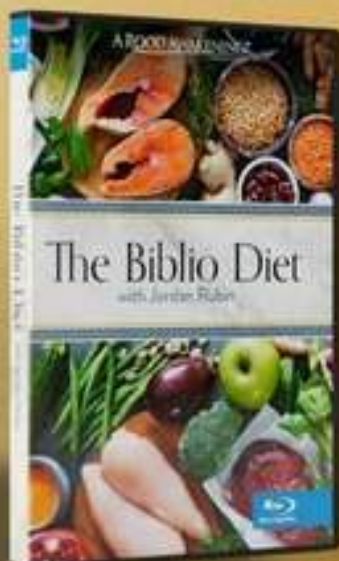
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*Love Gift Collection*  
**January 2026**

# *The Biblio Diet*

**with Jordan Rubin**

Solomon was the wisest man of his time; many believe he was the wisest who ever lived. Scripture hints that he possessed extraordinary insight into creation, including a unique, divinely inspired daily diet.

What if the most powerful, life-restoring way of eating isn't modern at all, but the very diet Solomon followed thousands of years ago?

Naturopathic doctor, entrepreneur, and bestselling author Jordan Rubin — who overcame both IBS and cancer — reveals how returning to Solomon's ancient nutritional wisdom may unlock the simplest and most effective diet ever developed.

## YOUR GIFT WITH \$50 OR MORE

The Biblio Diet teaching is not for sale and it's not available to watch online, but we'll give it to you as a thank-you gift to stream on the MichaelRood.tv app or on DVD or Blu-ray for a love gift donation of \$50 or more in January.

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With a love gift donation of \$100 or more, we'll give you The Biblio Diet teaching plus a bamboo challah bread cover with artwork of Jerusalem and a Shabbat blessing in Hebrew!

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NOTE: The Biblio Diet teaching does NOT include Jordan Rubin's book by the same name. This Love Gift is available through January 31, 2026 or while supplies last. Blu-ray discs will not play in a regular DVD player; you must have a Blu-ray player.