

Faith

Family

Freedom

TerynGregson.com

VOLUME 1 | SUMMER 2023

Road Less Traveled

A SPECIAL LETTER FROM TERYN GREGSON

SIX HOURS INTO OUR 14-HOUR FAMILY ROAD TRIP BACK FROM OUR SECOND DRIVING DISCIPLES BIBLE STUDY & GOLF CAMP IN THREE WEEKS, I TOOK ADVANTAGE OF THE KIDS' QUIET TIME TO WRITE THIS TO YOU FOR OUR FIRST EVER EDITION OF OUR "FAITH, FAMILY & FREEDOM" VOLUME.

THE FACT THAT WE ARE PUTTING OUT THIS LITTLE BOOKLET IS JUST ONE OF MANY UNPREDICTABLE TWISTS IN THE ROAD OVER THE PAST FEW YEARS. THOUGH I HAVE TO ADMIT, IT'S A SUBTLE ONE COMPARED TO THE SHARP TURNS OF LOSING MY GOLF BROADCASTING JOB TO COVID VACCINE DISCRIMINATION, HAVING A BEAUTIFUL HOME BIRTH FOR OUR SECOND CHILD, OR RAISING BACKYARD CHICKENS IN AN HOA SUBDIVISION. ALL OF WHICH GAVE US THE WHEREWITHAL TO BELIEVE WE COULD START OUR OWN HOMESTEAD. SO THIS SUMMER WE MOVED A THOUSAND MILES AWAY FROM OUR HOME IN FLORIDA, BACK TO OUR HOMETOWN OF SOUTHERN ILLINOIS.

MANY MIGHT PEG US LOST BUT IF THERE'S ONE THING MY HUSBAND AND I HAVE LEARNED LATELY, IT IS THAT GOD ALWAYS HAS YOU. WHEN YOU LEAD BY FAITH, LIFE'S BUMPS CAN SOMETIMES TURN INTO DESTINATIONS YOU'D NEVER DREAM OF. NEVER HAS THE PROMISE OF EARNING MUCH FROM OUR NEW VENTURES BEEN A PRIZE GOD HAS DISPLAYED TO US, BUT THE RICHNESS OF THE FRUIT HE'S PROVIDED HAS BEEN BEYOND OUR PRAYERS.

YOUR ENCOURAGEMENT HAS KEPT US GOING AND YOUR SUPPORT OF OUR WONDERFUL SPONSORS YOU'LL SEE THROUGHOUT THIS VOLUME IS THE ONLY WAY WE'LL BE ABLE TO PUSH FORWARD WITH PROJECTS LIKE THESE.



IT IS BECAUSE OF THESE WONDERFUL COMPANIES THAT HAVE COME ALONGSIDE US THAT WE'VE BEEN ABLE TO CONTINUE TO BRING YOU FAITHFUL FREEDOM WITH TERYN GREGSON, PRESENTED BY WE THE PATRIOTS USA, TWICE PER WEEK ONLINE, ON RED VOICE MEDIA AND A GROWING NUMBER OF RADIO STATIONS NATIONWIDE. THEIR SUPPORT HAS ALSO ALLOWED ME TO BRING ON FELLOW FREEDOM FIGHTER AND MOM, ANNA BROWNING (WHOSE WORK YOU'LL ALSO SEE THROUGHOUT THIS VOLUME) TO HELP WITH MY RESEARCH & CONTENT.

HER HELP, MADE POSSIBLE BY THESE SPONSORS, HAS ALLOWED ME TO ALLOCATE MY TIME TO DESIGNING A CASUAL FASHION LINE OF SHIRTS FOR WOMEN, REMINDING THEM THAT THEIR STRENGTH AND SALVATION IS SIMPLY, JESUS + NOTHING. LOOK FOR A PREVIEW OF THAT DEVOTIONAL MERCHANDISE IN THIS VOLUME.

I'VE ALSO BEEN ABLE TO DEVOTE TIME TO OUR CROSS-COUNTRY MOVE, AND ENHANCING OUR NON-PROFIT MINISTRY, DRIVING DISCIPLES. BY THE GLORY OF GOD, DRIVING DISCIPLES HAS GOTTEN SEVERAL REQUESTS TO EXPAND INTO MORE CAMPS NEXT SUMMER.

SUMMER HAS ALSO BEEN A TIME TO WORK ON FINISHING A VERY SPECIAL PROJECT I BEGAN BACK IN 2020. THAT PROJECT WAS DERAILED BY MY SPORTS BROADCASTING CAREER COMING TO A CLOSE. BUT, GOD'S WILL BE DONE! I'M EXCITED TO LET YOU ALL KNOW THAT I WILL BE A PUBLISHED BOOK AUTHOR IN 2024.

YES, THE JOURNEY LATELY HAS BEEN BUSY AND UNCERTAIN. BUT, IT'S YOU, THE HOMESCHOOL MOM, THE BUSY STUDENT, THE MALE LEADER PUTTING HIS HEAD DOWN AND DOING WHAT IS RIGHT AT EVERY OBSTACLE & ALL YOU FREEDOM FIGHTERS OUT THERE THAT KEEP US GOING ON THIS CRAZY JOURNEY!

THANK YOU FOR YOUR SUPPORT. GOD BLESS!

Health FREEDOM

8 Natural Underlying Factors for Autoimmune Disease & Chronic Illness WITH DR. BRYAN ARDIS

IN EPISODE 95, DR. BRYAN ARDIS SHARES THE EIGHT UNDERLYING ROOT FACTORS CAUSING AUTOIMMUNE DISEASES AND NATURAL WAYS TO REMEDY THEM ON FAITHFUL FREEDOM WITH TERYN GREGSON, PRESENTED BY WE THE PATRIOTS USA.

1. Diet
2. Infections
3. Heavy Metal Poisoning
4. Toxic Chemical Poisoning
5. Scar Tissue
6. Misalignments in the Spine
7. Emotional Trauma
8. Vitamin or Mineral Deficiency

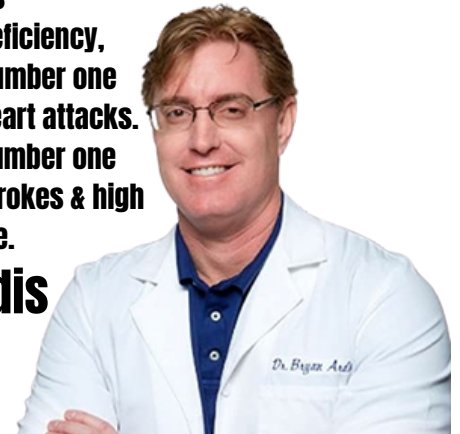
HE DISCUSSES HOW TO EASILY PIN-POINT POSSIBLE UNKNOWN FOOD ALLERGIES TO CORN, WHEAT, SOY OR DAIRY, AS WELL AS, INFECTIONS LIKE VIRUSES, FUNGI OR PARASITES THAT CAN LEAD TO CHRONIC ISSUES.

FROM HEAVY METALS TO CESAREAN SECTION SCARS OR TEARING DURING BIRTH, ALL ARE A PART OF THE UNDERLYING FACTORS THAT CAN BE UNCOVERED TO REMEDY AND RELIEVE HYPOTHYROIDISM PATIENTS, BRAIN FOG, ABILITY TO MAINTAIN A HEALTHY WEIGHT AND MORE.



The Number one cause of constipation is magnesium deficiency, it's also the number one cause of all heart attacks. It's also the number one cause of all strokes & high blood pressure.

Dr. Ardis



DR. ARDIS TALKS ABOUT ADJUSTMENTS TO RELIEVE AND CURE ASTHMA, HIS "EMOTION CODE" USED TO IDENTIFY SUPPRESSED TRAUMA THAT ALSO LEADS TO HEALTH PROBLEMS AND NATURAL IDENTIFIERS FOR HEARTBURN AND ACID REFLUX.

DR. ARDIS ALSO INCLUDES GOD'S DIVINE DESIGN OF THE EARTH'S MINERALS AND HOW HUMANS SHOULD BE BENEFITTING FROM THEM BUT ARE, INSTEAD, LARGELY DEFICIENT IN THEM.



EPISODE 95:



CUTTING-EDGE BLEND OF OVER 50 INGREDIENTS, INCLUDING ORGANIC BEETS, CARROTS, COCONUT WATER, PINEAPPLE, RASPBERRIES, AMINO ACIDS & OTHER HERBS.

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Quick FACTS

FOR A COMPLETE BREAKDOWN, DATA, ADVERSE REACTION TESTIMONIALS AND MORE, GET OUR FREE HPV & MMR RESOURCE GUIDES WHEN YOU [SIGN UP FOR OUR NEWSLETTER AT TERYNGREGSON.COM](https://www.teryngregson.com).

MMR:

- THE 1962 (PRE-VACCINE) MORTALITY RATE WAS DOWN TO .01%
- MEASLES IS COMMONLY A MILD ILLNESS: RASH, FEVER, RUNNY NOSE
- THE NUMBER OF DEATHS CAUSED BY THE MMR (AS OF 2020) IS 450
- MMR IS A LIVE VACCINE VIRUS- IT CAN SPREAD FROM PEOPLE WHO RECEIVED THE VACCINE AND INFECT OTHERS

HPV:

- HPV IS THE MOST COMMONLY TRANSMITTED STI IN THE U.S. THERE ARE MORE THAN 200 HPV STRAINS. IT IS ESTIMATED THAT 14 MILLION ARE INFECTED EACH YEAR.
- THE MAJORITY OF NEW INFECTIONS CAUSE NO SYMPTOMS AND ARE SELF-LIMITED. THE VAST MAJORITY OF HIGH-RISK HPV INFECTIONS DO NOT DEVELOP CANCER.
- HPV IS CONSIDERED NON-LETHAL AND EASILY TREATABLE.
- RATHER THAN UNIFORMLY COMPARING GARDASIL TO AN INERT SALINE PLACEBO, THE VACCINE WAS COMPARED TO ITS BIOACTIVE ALUMINUM ADJUVANT COMPONENT

THIS FALL: OUR DOCUMENTARY ON COVID VACCINE DEATHS.



BITCHUTE-SPOTIFY-APPLE-RUMBLE-GOOGLE PLAY- AMAZON- RED VOICE MEDIA



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the documentary trailer:



Food FREEDOM



Teryn's Bread Machine Sourdough Recipe

ADD INGREDIENTS TO BREAD MACHINE IN ORDER:

- 1/4 CUP (50G) MELTED BUTTER OR COCONUT OIL
- 1 1/4 CUP (300G) WATER
- 4 CUPS BREAD FLOUR - I RECOMMEND AZURE'S 100% WHOLE RED WHEAT!*
- 2 TABLESPOONS SUGAR
- 1/2 TABLESPOON SALT
- 1/2 CUP (100G) BUBBLY ACTIVE STARTER

SET MACHINE TO "MIX DOUGH" SETTING.
LET RISE UNTIL IT GETS CLOSE TO THE TOP OF YOUR BREAD MACHINE, ABOUT 6-8 HOURS.
SELECT BAKE SETTING, FOR 1 HOUR. ENJOY!



**Shop my
bread
maker!**

FOOD FREEDOM CAN BE A DAUNTING TASK AT TIMES. A GROWING NUMBER OF PARENTS FEEL THAT WE MUST GROW, FARM & COOK EVERY SINGLE THING OUR FAMILY CONSUMES FROM SCRATCH. BALANCE (AND GRACE) ARE KEY AND WE SHOULD USE MODERN TOOLS TO HELP AID US WHERE WE CAN!

I STILL ENJOY KNEADING A BEAUTIFUL LOAF OF SOURDOUGH FOR SPECIAL OCCASIONS, BUT WHEN I FOUND THIS BREAD MACHINE RECIPE, IT QUICKLY BECAME MY GO-TO. MAKING BREAD SEVERAL TIMES PER WEEK FOR MY FAMILY, HAS EASILY BECOME A PART OF OUR RHYTHM.

AT DINNER, I TAKE MY STARTER OUT OF THE FRIDGE, FEED IT AND THEN BEFORE I GO TO BED, IT'S BUBBLY, READY FOR THIS RECIPE AND BACK IN THE FRIDGE FOR A FEW NIGHTS LATER.

*TO KEEP A LITTLE FLAVOR VARIETY, I'LL OCCASIONALLY DO HALF STANDARD BREAD FLOUR, HALF AZURE STANDARD'S 100% WHOLE RED WHEAT BREAD FLOUR. IT'S DELICIOUS!



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Grass-Finished Beef Vs. Grain-Fed

PHILLIP MEECE STARTED "THE CARNIVORE BAR" FROM HIS EXPERIENCE AS A COMBAT MEDIC IN THE U.S. ARMY, AFTER COMING HOME FAT, SICK, AND DEPLETED OF NUTRIENTS FROM PRESERVATIVE-LADEN JUNK FOOD IN AFGHANISTAN. PHILLIP WATCHED FELLOW SOLDIERS SUFFER THE SAME CONSEQUENCES OF NEGLECT AND POOR BATTLEFIELD NUTRITION.

IT WAS HIS QUEST TO FIND THE BEST INGREDIENTS FOR THE CARNIVORE BAR THAT LED HIM TO DISCOVER THE BENEFITS OF GRASS-FINISHED BEEF VERSES GRAIN-FED BEEF.

"FINISHING" IS THE LAST 180 DAYS OF THE ANIMAL'S LIFE, EXPLAINED PHILLIP, IN EPISODE 99 OF FAITHFUL FREEDOM WITH TERYN GREGSON. "REGENERATIVE AGRICULTURE, MEANS THEY DON'T USE THAT LAST 180 DAYS TO FEED THEM CORN AND SUGAR AND MOLASSES AND CRAP. INSTEAD, THEY JUST STAY ON GRASS THE ENTIRE TIME." STAYING ON GRASS, RICH IN OMEGA 3'S AND MORE, "THAT REALLY ALTERS THE NUTRITIONAL VALUE OF THE BEEF," SAID PHILLIP.

WHEN PHILLIP FIRST STARTED MAKING CARNIVORE BAR WITH GRAIN-FED BEEF, HE NOTICED HE WAS GETTING ABOUT 60% OF THE YIELD BECAUSE THE GRAIN-FINISHED COWS WERE BEING PUMPED WITH WATER TO GET THEM TO A HIGHER FINISHING WEIGHT TO SELL. WHEREAS, WHEN HE SWITCHED TO REGENERATIVELY RAISED, GRASS-FED BEEF, HE WAS ABLE TO GET MORE BEEF IN THE DRYING



Episode 99



PROCESS FOR HIS BARS.

"THAT 40% OF THE PRICE DIFFERENCE, YOU ARE ACTUALLY JUST PAYING FOR WATER." EXPLAINED PHILLIP. "IT'S REALLY NOT THAT MUCH OF A PRICE INCREASE, IF YOU TAKE THAT INTO ACCOUNT."

"NOT ONLY IS THE NUTRITIONAL CONTENT HIGHER, THE INFLAMMATORY MARKERS ARE GONE, OTHER STUFF NOT IN THERE. YOU ARE GETTING MORE COMPACT VALUE." ■

“Carnivore Bar is a high quality snack that I feel at ease nourishing my family with. Plus, my one-year-old can't get enough of the honey-salted! One bar goes a long way and amounts to about three snacks for him.

Teryn Gregson



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Education

FREEDOM



Episode
95



DATA FROM EDUCATION PROFESSOR MARTIN CARNOY, WHO ANALYZED MORE THAN 25 YEARS OF RESEARCH, SHOWED THAT VOUCHERS DID NOT IMPROVE TEST SCORES.

LEIGH BORTONS, FOUNDER OF CLASSICAL CONVERSATIONS, ALSO JOINED FAITHFUL FREEDOM WITH TERYN GREGSON, IN EPISODE 58 TO DISCUSS THE TOPIC AND EXPRESS HER CONCERNS ON HOW HOMESCHOOLERS WILL BE REGULATED WITH THE VOUCHER PROGRAMS IN VARIOUS STATES.



**Classical
Conversations**
Episode 58

"THERE'S NOT A DOLLAR THAT'S WORTH OUR CHILD'S SOUL OR LOSING THEM." SAID BORTONS.

Florida's Education Vouchers

OUR CHILDREN'S DATA AND BEHAVIOR ARE BEING TRACKED THROUGH THE EDUCATION SYSTEM. EDUCATION LIBERTY ADVOCATES DIANE CONNORS AND ATTORNEY DEBORAH STEVENSON JOINED FAITHFUL FREEDOM WITH TERYN GREGSON (EPISODE 90) TO DISCUSS HOW DATA TRACKING TIES INTO EDUCATION VOUCHERS.

ON JULY 1ST, FLORIDA HB 1 WENT INTO EFFECT, AWARDING EDUCATION VOUCHERS UP TO \$8,700 FOR ELIGIBLE STUDENTS. FLORIDA JOINS A GROWING NUMBER OF STATES EXPERIMENTING WITH SCHOOL CHOICE. HOW DOES IT CHANGE THE WAYS PUBLIC, PRIVATE AND HOMESCHOOLERS WILL BE REGULATED IN THE STATE OF FLORIDA AND ELSEWHERE?

"SCHOOL VOUCHERS, ONE PUZZLE PIECE, CONTINUES TO BE PUSHED FORWARD ALONG WITH THE OTHER PUZZLE PIECES," LIKE CRT, DEI, SEL, EXPLAIN STEVENSON AND CONNORS, "ALL OF WHICH KICK PARENTS TO THE CURB AND GIVE SCHOOLS EXPANDED POWERS."

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is to encourage youth to become disciples of Christ through the game of golf.

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Mitchell & Teryn Gregson

About **TERYN GREGSON**



Former Golf Broadcaster Who Sacrificed it all for the Truth

TERYN WAS FIRED (WHILE PREGNANT) DURING THE PGA TOUR'S MANDATES. CHOOSING FAITH AND FREEDOM OVER FEAR, GOD LAUNCHED TERYN GREGSON ON AN UNEXPECTED JOURNEY INTO THE DEPTHS OF HER FAITH.

FROM HOME BIRTH, TO HOMESCHOOLING & BACKYARD CHICKENS, THE GREGSONS DOVE HEADFIRST INTO FORGING A NEW PATH FORWARD,

JUST LIKE SO MANY OF YOU. TERYN AND HER HUSBAND MITCHELL TOOK OWNERSHIP OF THEIR FAMILY'S FREEDOM, AND HOPE TO EMPOWER OTHERS TO DO THE SAME!

ARMING OURSELVES WITH THE TRUTH, IN ALL ASPECTS OF OUR LIVES, TERYN NOW HOSTS & PRODUCES FAITHFUL FREEDOM, WITH TERYN GREGSON, PRESENTED BY WE THE PATRIOTS USA, IS THE DIRECTOR OF THE UPCOMING DOCUMENTARY SHOT DEAD, AND SOON-TO-BE AUTHOR, WITH A NEW BOOK COMING IN 2024 ABOUT HOW TO CONSUME SOCIAL MEDIA FROM A BIBLICAL WORLDVIEW.

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