

My name is Monroe Ammon Trotter and I had no choice, I had to create this “Road-Map to Wellness Program. I dropped out of high school in the 11th grade, my first job as a garbage truck helper, after six months of riding on the back of the truck, I quit. Next, I joined the United States Naval Service; the Navy spent several hundred thousand dollars giving me the very best electronics education available, which allowed me to serve on a nuclear submarine. Later I converted to become a military medic; after Hospital Corpsman School, I was given the opportunity to challenge the RN Board exams for the state of Michigan. During the Vietnam Conflict Military Medics were known to split open the chest cavities of wounded Marines and conduct cardiac massage right there on the battle field in order to save them; that’s the level of their skills. Military Medics are among the most trained medical people in the world! I’m not trying to be a MD, ND, RN or anything; I’m a Gospel Medical Missionary Medic!

Duke University created the first Physician’s Assistance “PA” program in the nation for these returning highly trained veterans. That is why, I was slightly offended when I was offered to take the RN Board exam, and I thought that being a nurse was well below my skill set. I had a similar experience with the ND plans and programs.

Later I was trained at the world’s leading education and training facility for “Bio-Medical Equipment Maintenance Facility” in Denver Colorado.

I spent twenty (20) years in the United States Military, many of those years in the Medical Community. When my Naval Service ended; I worked in the medical department of a prison, treating thousands of inmates (residents) with traditional allopathic medicine. After six years of loving, hating and being fearful of needle sticks or responding to violent fights where the HIV blood components was often present. I cheerfully closed that chapter of my life. I have been blessed with an understanding of how medicine is practiced here in America as compared with the rest of the world and I’ve been blessed with a college education as well.

After prison (as an employee, thank God!) In September, 1997, my family and I moved from Memphis to Metro Chattanooga, Tennessee. I have always thought that there had to be another way, perhaps a way that Our Creator would approve of, in dealing with sickness, pain, suffering and dying. After much prayer, I was impressed to visit the Wildwood Hospital and Lifestyle Center in Georgia. Meeting with personnel that loved God and had developed a great deal of expertise in the field of Natural Remedies convinced me to enroll in their Lifestyle Educator & Counseling Course. I graduated in June of 1998, ready to meet the challenges of a sick world that depended upon a health care system (actually, a sick care system) that focused on corrective measures using drugs, tests and surgical procedures. I had no idea that The Lord was preparing me create this World Famous “Road-Map to Wellness Program.

Visit me on the web at: www.thegreatestphysician.com

This is the official “request for roadmap” form.

The questionnaire must be completed, signed and returned before your Road-Map To Wellness will be compiled.

Your RoadMap To Wellness will be a combination of the below list of steps.

- **I Trust In God**, This is a most important step as we position ourselves to be ready for Divine Healing. Divine Healing candidates must know The Divine Healer!
- **II Deep Breathing**, out of doors if possible and as near of an evergreen tree; the air is Negatively Charged. The proper method will be demonstrated.
- **III Mega-Juicing**, This is the only way to obtain all of the nutrition needed to remain healthy; we can impact any disease condition with proper nutrition, you will discover which foods heals and which foods kills.
- **IV Rebounding** on a mini trampoline, plus other forms of movement, such as walking and gardening, this is part of the immune system empowerment.
- **V Hydro-Therapy, Sauna Baths, Contrast Showers and Fever Baths.** This is Detoxification and Immune System Charging at its best. You’ve got to learn this! Hydration, ½ ounce per pound of body weight; Distilled water only!
- **VI Bowel Management** Learning which Herb and Foods are used to promote daily bowel movements is of the greatest importance. Detoxification or Disease! Two to Three movements per day minimum!
- **VII Earthing/Grounding**, this is vital to circulation, the greatest secret to health! This may be one of the greatest health discoveries ever known!
- **VIII Sun Bathing and Skin Brushing** for Immune System empowerment.
- **IX Greater Knowledge of God’s Herbs** that He gave for the healing of His People. We are going to teach the world how to substitute herbs for dangerous drugs. You will discover what the “Sick-Care System” really don’t want you to learn!

Road-Map to Wellness Questionnaire

- What medical condition(s) do you have now? _____

- What drug medications are you taking? _____

- Do you know what the side effects and contraindications are for each drug? Yes / No
- Are you constipated Yes / No. How often do you have a bowel movement? Daily/ Every Other Day / Weekly / Other
- Do you have any skin problems? Yes / No
- Do you smoke? Yes / No If yes, How many per day _____
- Do you drink alcohol beverages? Yes / No, How often? _____
- How many hours do you sleep each night _____
- How much water do you drink per day in glasses _____?
- Have you ever had surgery? Yes / No

What is your body type? Small / Medium / Large / X-Large

What would you like for your Road-Map to help you with?

This questionnaire is for research purposes only. We are gathering info to determine how lifestyle changes impact health. This info will not be shared with anyone!

Being of sound mind and judgment and able to make my own personal life decisions, I _____ hereby declare:

1. That I know of no restrictions placed upon me by my own knowledge of my personal health nor by any licensed medical doctor that would preclude my choosing to follow any of the possible suggestions that are made in the Road-Map to Wellness given to me by the It's Time To Tell The Truth Ministry and if I believe that any of the suggestions made in conjunction with its use may possibly be restricted by my medical doctor, I will consult with him/her before implementing these suggestions that are outlined in my Road-Map to Wellness.

2. That I understand and it has been explained to me by The It's Time To Tell The Truth Ministry staff that The It's Time To tell The Truth Ministry staff are not medical doctors, naturopaths, dietitians, massage therapists and/or any other health field professional requiring licensing by Tennessee or Georgia State Statute and that The It's Time To Tell The Truth Ministries staff does not diagnose, treat, nor mitigate in the treatment of any disease or condition.

3. That I understand that I have asked The It's Time To Tell The Truth staff to tell me what they would do if the Personal Information that I am providing were their own and that I am personally making the choice of whether I would do the same things they have said they would do if the information on the questionnaire that I am returning to them for research purposes only. I understand that The It's Time To Tell The Truth Ministry is offering their Road-Map to Wellness and Wellness Coaching Services by Monroe Ammon Trotter and staff are free of charge.

4. That I hereby agree to hold The It's Time To Tell The Truth Ministry staff harmless for any mental and/or physical condition I might or might not have previously been diagnosed with, am or am not presently diagnosed with, and/or

may or may not be diagnosed with in the future and that I will pay all of the It's Time To Tell The Truth Ministry and staff attorney's costs in connection with any legal suit I, my family and/or relatives might file against them should I renege on this agreement now or at any time in the future.

5. That I understand that The It's Time To Tell The Truth Ministry staff are giving of themselves in ministry and their services are for informational and inspirational purposes only; the suggestions given in my Road-Maps to Wellness are not a substitute for needed medical care.

6. My participation in this Christian Life-Style restorative program called the Road-Map to Wellness in all of its phases is a willful, voluntary act on my part done without force or coercion. All assistance with applying the principles and practices of Life-Style changes whether handwritten, verbal or any other means of assistance are not to be construed as The It's Time To Tell The Truth Ministry staff practicing medicine but rather as obedience to God's command to heal the sick using biblical approved methods of lifestyle changes.

Print Name here

Date:

Witness:

Date:

**Please Complete, sign and return these forms to me at:
Time Tell Truth, P. O. Box 1180, Collegedale, TN 37315
*If you need to Call Monroe The Medical Missionary Medic (423) 290-8680***