

HEALTH OF THE NATIONS



- *Providing Hope to a Hurting World*
- *Improve your Health & Longevity Naturally*

A TRUE STORY

The man who lost his personality

ON September 13, 1848, a tragic accident occurred that would shock the world of medical science. A 25-year-old railroad construction foreman in Vermont named Phineas P. Gage was in charge of blasting through a mountainous region for laying down a new railroad line.

The routine was simple: drill a long hole into the rock, fill it partially full with explosive powder, then cover the powder with sand. A tamping iron was next used to pound down on the sand, consolidating the charge. Finally, a fuse would be lit to detonate the explosion. On that fateful day, everything was going as planned. The long hollow hole had been drilled, the explosive powder was put in the hole, but someone forgot to put in the sand. Phineas began tamping directing over the powder. A spark flew and ignited the powder and a powerful explosion and blast came forth from the hole.

The 13-pound tamping iron, about 1 inch thick and 3 feet long, was hurled directly at him. With the force of a missile, the iron went under his left cheekbone, behind his left eye, through his brain, and then out again.

Amazingly, the traumatic accident did not kill Phineas. In fact, he lived for another 13 years and had regained nearly all of his physical strength. He seemed just as mentally intelligent, he could speak and physically work just as well, and his memory was just as sharp. However, this accident did cost him something.

Before the accident Phineas was a

PHINEAS GAGE'S ACCIDENTAL LOBOTOMY



Figure 1

well-loved, responsible, and intelligent worker and husband. He was known as a person with high morals and was described according to one account as “a pious and reverent churchgoer.” So excellent was Phineas’ character that work records lauded him as “the most efficient and capable foreman” employed by the Rutland and Burlington Railroad.

After the accident Phineas experienced a terrible moral decline. He became very emotional about things and would get angry quickly. He lost interest in church and spiritual things. He became irreverent, and prone to excessive profanity. He lost all respect for social customs and became totally irresponsible. He went from a prized employee to the unemployment rolls. His company dismissed him when he could no longer responsibly perform his duties.

Phineas’ traumatic accident cost him his personality, his moral standards, and his commitment to family, church, and loved ones. Researchers have concluded that he had lost an important area on the front part of his

(Cont. on page 8)

INSIDE THIS ISSUE:

- *5-A-Day: The fight against cancer*
- *8 Natural Ways: Preventing Disease*
- *Preventing Youth From Smoking*
- *And More!*

HEART DISEASE IS NUMBER ONE

- Heart disease is the biggest killer in the entire world.
- In developed nations, the proportion of total deaths rises to more than 50 percent.
- It will likely overtake infectious diseases as the main cause of death in many developing nations.
- Worldwide, heart attacks and strokes account for 25 percent of deaths.



Figure 2

GLOBAL IMPACT OF SMOKING —If present trends continue—

- 500 million people worldwide will die from smoking.
- This translates to approximately 10% of the entire world population and roughly double the entire U.S. population.
- Half of these deaths, or 250 million, will occur in the developed countries.
- Thus, smoking will account for 20% of all deaths in these nations.



Figure 3

MEAT INCREASES COLON CANCER RISK

Frequency of eating beef, pork, or lamb	Colon cancer risk, percent increase
Less than once per month	0
Once per month to once per week	39
Two to four times per week	50
Five to six times per week	84
Daily or more	149



Figure 4

CANCER-PROTECTIVE FRUITS AND VEGETABLES

Fruits

- blueberries
- strawberries
- plums
- oranges
- grapes
- citrus fruits
- apricots
- orange juice
- grapefruit
- kiwifruit
- raspberries
- blackberries
- bananas



Vegetables

- kale, spinach
- lettuce, collard greens
- brussel sprouts, cabbage
- beans, peas, lentils
- broccoli, cauliflower
- carrots, beets, potatoes
- watercress, mustard greens
- garlic, onions, leeks
- turnip/turnip greens
- tomatoes
- yams, sweet potatoes
- mixed vegetables
- pumpkin
- cantaloupe, watermelon
- bell peppers



Figure 5

ELEMENTS OF A CANCER-PROTECTIVE LIFESTYLE

• Proper diet

- Fruits
- Vegetables
- Cereal grains
- Nuts



• Regular meals with no snacks

• Regular aerobic exercise

• Sunlight in moderation

• Maintain proper weight

• Stress control

Figure 6

5-A-DAY

THE FIGHT AGAINST CANCER

LEADING cancer specialist, Sir Richard Doll, estimates that diet is responsible for about 30-70% of all forms of cancers. According to the World Cancer Research Fund, the figure is between 35-60%.

According to the National Cancer Institute (NCI), people who eat five servings of fruits and vegetables a day are half as likely to develop most forms of cancer as are those who serve up fewer than two. As a result, the institute has launched a campaign called “5-A-Day” to persuade people to eat 5 servings of fruits and vegetables each day to reduce their risk of cancer.

In 1991 Americans ate 3.8 servings a day. Today, in 1998, we are up to 4.4 servings per day. However, half of us still don’t eat the suggested three servings of vegetables, and three-fourth of us don’t get the recommended minimum of fruit.

“On any given day, eighty percent of us will eat vegetables every day, but french fries and potato chips account for a quarter of that. Only 10 percent of our vegetable choices are dark green ones like broccoli and spinach; only 13 percent are deep yellow, like winter squash, or orange, like carrots.” Yet these delicious and nutritious vegetables are the best ones to reduce our risk of disease. *Health*, May/June 1998. From the article, “Only 5-A-Day,” p. 80. As would be expected, studies show that vegetarians are less likely to fall prey to cancer by at least one third.

In the *American Journal of Clinical Nutrition*, it is reported that there is a significant protection from cancers of the esophagus, larynx, oral cavity, and pancreas in those people with a high dietary C index obtained from eating fruits and vegetables high in vitamin C. *American Journal of Clinical Nutrition*, January 1991; 53 (1 Supplement): 270S-282S.

Fruits and Vegetables and Antioxidant Nutrients

A vegetarian diet does not contain the nitrates and nitrites found in many meats that have been linked to cancer of the mouth, esophagus, and stomach. Instead, vegetables contain natural substances, called antioxidant nutrients, that protect against cancer. The most important antioxidant nutrients are the ACE vitamins—vitamins A, C and E, and the mineral selenium. People who smoke, or who are exposed to a very polluted environment, require more antioxidant nutrients in their diet.

Sources of antioxidant nutrients which combat the free radicals that cause cancer, and which are widely found in a typical vegetarian diet include:

Beta-carotene—dark green, yellow, orange, and red vegetables such as carrots, tomatoes, spinach, peppers, watercress, broccoli, cherries, peaches, watermelons, and apricots.

Vitamin C—all fresh fruits and vegetables, particularly citrus fruits, strawberries, melons, black currants, potatoes, green leafy vegetables, and tomatoes.

Vitamin E—all whole grain cereals including brown rice, oats and whole meal bread, wheat germ, soybeans, cold-pressed vegetable oils, nuts, parsley, broccoli, and asparagus.

Selenium—whole grain cereals, particularly wheat germ and bran, also onions, garlic, and mushrooms.

There are other remarkable ingredients in fresh fruits and vegetables called phytochemicals. “Phyto” comes from the Greek word for plant. Thus, phytochemicals simply means plant chemicals.

These plant chemicals perform many functions within the plant itself. Some regulate normal growth and development of the plant and guard against infection. Some exist in the plant to offer it protection while it soaks up the sun’s energy day after day. Others act as natural pesticides in the plant to ward off insects and animal predators. It is amazing how God

designed these chemicals to serve the dual purpose of providing protection to both plant and man. Let us now consider how these wonderful phytochemicals can help us against the onslaught of cancer.

Broccoli

The following is a report in the *University of California at Berkeley Wellness Letter*, July 1994, Volume 10, Issue 10:

CRUCIFEROUS = SPLENDIFEROUS.

“Broccoli and its relatives are nutritional powerhouses. They are known as cruciferous because their flowers are cross-shaped. One cup of cooked broccoli supplies half a day’s supply of vitamin A (in the form of beta-carotene), twice the requirement of vitamin C (more than a glass of orange juice), 6% of niacin, 9% of calcium, 12% of phosphorus, 10% of iron, 20% of daily fiber needs, five grams of protein, some potassium, and all for only 45 calories. The phytochemicals it contains have less than memorable names: indoles, isothiocyanates, and others. One of these isothiocyanates, known as sulforaphane, has captured attention for its role in cancer prevention. In the test tube it was able to protect cells against cancer-causing agents, and in a study done at Johns Hopkins University School of Medicine it was shown to be protective against mammary cancers in laboratory animals. Studies also showed that humans who eat large amounts of cruciferous vegetables were at reduced risk of various kinds of cancer. It is suspected that it is the combination of beta-carotene, indoles, and isothiocyanates, as well as other substances, which are working to offer this protection. Other members of this family, cabbage, kale, cauliflower, and brussels sprouts, are high in nutritional value, but none quite the equivalent of broccoli.”

Cabbage, Turnips, Straw-berries

Another report from *Newsweek*, April 25, 1994, hailed the discovery of phytochemicals as its centerpiece article, and went on to discuss the following benefits:

“Another isothiocyanate chemical found in cabbage and turnips, called PEITC for short, inhibits lung cancer by breaking carcinogens into fragments before they can bind to a cell’s DNA. A phytochemical in strawberries, grapes, and raspberries, called ellagic acid, also neutralizes carcinogens before they can invade DNA. Two of the phytochemicals in tomatoes,

FOOD SOURCES OF CANCER-FIGHTING PHYTOCHEMICALS

Phytochemical	Foods
Sinigrin	Brussels sprouts
Sulphoraphane	Broccoli
Dithioliathiones	Broccoli
Resveratrol	Red grapes
PEITC	Watercress
Limonene	Citrus fruits
Allyl sulfides	Garlic, onions, leeks
Isoflavones, Saponins	Soybeans, legumes
Protease Inhibitors	Soybeans, legumes
Ellagic Acid	Grapes
Caffeic Acid	Fruits
Phytic Acid	Grains

Figure 7

pcourmaric acid and chlorogenic acid, are thought to combat cancer by disrupting the making of nitrosamines, which can work to turn normal cells cancerous. These two chemicals are also found in green peppers, pineapples, strawberries, and carrots to name a few. Onions and garlic contain allylic sulfide, which works on enzymes to detoxify carcinogens. Capsaicin in hot peppers keeps toxic molecules from attaching to DNA and thereby initiating cancer. Almost every fruit and vegetable, from berries to yams, citrus, and cucumbers, contains flavonoids, another antioxidant and anti-carcinogen.”

Soybeans

Another report in *Environmental Nutrition*, May 1994, Vol. 17, No. 5, states the benefit of soybeans:

inhibitory effect on the growth of cancer cells. As one reviews the research being done with the soybean, there is hardly a dimension of the disease process in which it does not hold potential to play a preventative role. That is true for everything from diabetes, gall bladder and kidney stones, PMS and menopausal symptoms, high blood pressure, heart disease, and cancers. The type of fiber and protein which soybeans contain, added to their rich array of plant chemicals, make the soybean a unique and potent contributor to a host of health benefits.”

Endometrial Cancer Reduced by Soy-Fiber Diet

The *American Journal of Epidemiology* reviewed research done on the risk of endometrial cancer—cancer of the lining of the uterus. It was found that women who consumed the most fiber from cereals, vegetables, and fruits had a 29–46% reduction in cancer risk compared to those who ate the least amount of fiber.

According to researchers from the Cancer Research Center of Hawaii, the risk of endometrial cancer could be reduced by consuming plant-based foods, low in fat, high in fiber, and rich in whole grains, vegetables, fruits, and legumes—especially soybeans.

Legumes, tofu, and other soy products are rich in phytoestrogens which are compounds that help control the level of estrogen circulating in the blood.

The researchers concluded, “These findings and those of other investigators suggest a practical strategy for the prevention of endometrial cancer; namely, weight control through the reduction of energy intake, especially from fat and protein, and an increase in soy and fiber, mostly from vegetables and fruits.” *American Journal of Epidemiology*, 1997; 146 (4): 294-306. See figures 5, 7, and 8 for additional food sources that are cancer-fighting and which contains generous amounts of fiber.

With all these benefits from a vegetarian diet to reverse the ravages of cancer around the world, we believe strongly in the “5-A-Day” program. We encourage people, where it is possible, to make a healthy transition to a vegetarian diet—to consume 3 or more servings of vegetables and 2 or more servings of fruits every day.

To help you in menu planning preparations we have provided for you a one-week menu planner at the top of the next page.

COMMON SOURCES OF FIBER

Serving is 1 cup or 1 piece unless indicated otherwise

Foods	Fiber (g)	Foods	Fiber (g)
Whole wheat bread	2.1	Cauliflower	4.6
Bagel, whole wheat	4.3	Broccoli	5.2
Pita bread, whole wheat	6.3	Peas	6.7
Popcorn (4 c)	5.2	Brussels sprouts	7.0
Oatmeal	4.1	Sweet potato, without skin	7.7
Spaghetti, whole wheat	4.5	Lentils	10.3
Shredded wheat, biscuits	2.2	Pinto beans	12.0
Granola	6.6	Navy beans	15.4
Apple, with skin	2.8	Eggs	0.0
Orange, fresh	3.1	Meat	0.0
Blackberries, raw	7.2	Milk	0.0
Pears, canned	7.7	Cheese	0.0
Raspberries	11.0		

Figure 8

“Soybeans contain phytochemicals which appear to play a role in lowering cholesterol and countering heart disease. They contain multiple, cancer-fighting compounds. Genistein, found only in soy, has the ability to block the development of cancer at several different stages. More than 30 laboratory studies have been done which support genistein’s in-

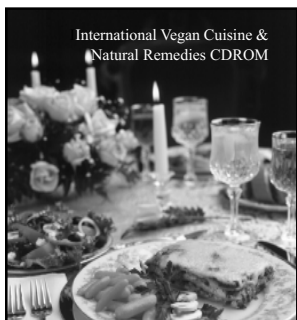


A Simple One-Week Vegetarian Menu

At proper times, eat a wide variety of unrefined foods prepared in a simple way, sufficient to maintain ideal weight and health.

	BREAKFAST	DINNER	MENU PLANNER
Sunday:	Cooked Oatmeal with Milk* & Raisins Sliced Orange	Lentils over Baked Potato Raw Carrots Cooked Spinach	Generous Breakfast: 1 Breakfast Main Dish w/ Milk* 1 Raw Fruit 1 Other Fruit Whole-Grain Bread w/ Spread (optional for calories)
Monday:	Grape-Nuts with Milk* & Banana Strawberries	Spaghetti with Tomato Sauce Garlic Bread Tossed Green Salad	Good Dinner: 1 Entree 1 Raw Vegetable or Salad w/Dressing 1 Cooked Vegetable Whole-Grain Bread w/Spread (Optional, for calories)
Tuesday:	Cream of Wheat with Milk* Grapes & Cantelope	Split-Pea Soup Whole-Grain Crackers Radishes and Celery Sticks	Light Supper: (optional) Soup & Crackers (or) Fruit & Zwieback (twice-baked bread)
Wednesday:	Cooked Brown Rice with Milk* & Dates Sliced Apple Raw Almonds	Vegetable Stew Rye Crisp Sliced Avacado Tossed Green Salad	Unless we include regular outdoor exercise, sufficient sleep, adequate water intake, and a healthy mental outlook, a good diet is not enough insurance against nutritional imbalances, digestive disorders, and over- or underweight. * Milk used in these menus is soy milk or other nondairy milk.
Thursday:	Peanut Butter on Toast with Applesauce Peaches	Black-eyed Peas Tossed Green Salad Cooked Beets Whole-Grain Bread	
Friday:	Cooked Millet with Milk* & Pineapple Figs	Brown Rice (leftover) Baked Yam Cole Slaw	
Saturday:	Shredded Wheat with Milk* & Blueberries Grapefruit	Pinto Beans Steamed Broccoli Sliced Tomatoes Whole-Grain Corn Bread	

Figure 9



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8

Natural Ways: Preventing Disease

HOW would you like to live longer and feel healthier? Based upon a California study, Dr. Breslow identified seven health habits that would improve health and increase longevity:

1. Control your weight, so that you are neither overweight nor underweight.
2. Establish regular eating habits with no snacking between meals.
3. Enjoy a hearty and well-balanced breakfast.
4. Refrain from the use of alcohol.
5. Treat yourself with seven to eight hours of sleep every night.
6. Stay with a moderate and consistent exercise program.
7. Do not smoke.

According to this study, “The researchers discovered, among other things, that people aged 45 who practiced at least six of these health habits would normally live 33 more years; those who practiced only one or two of the habits could expect to live only 22 more years. That means a 150 percent return on the investment and better enjoyment of life as well. Leo R. Van Dolson, *The Golden* 8, 20.

These seven health habits will definitely make a positive impact on the quality and longevity of your life. But the *eight golden laws of health* will help you live even more healthily, and longer. These eight natural remedies are: Pure Water, Fresh Air, Rest, Temperance, Sunlight, Exercise, Nutrition, and Trust in God.

Pure Water

Did you know that water is

the single most important part of a proper diet? Our body uses 40,000 glasses of water each day to take nutrients to each cell as well as carry away waste products. God has designed our body to recycle almost all of that, but some water is lost and needs to be replaced. The average adult needs 6 to 8 glasses of water each day. The best time is between meals, half an hour before a meal, or 2 hours after a meal.

Fresh Air

Today, more and more people are concerned with the quality of air they breathe, and with good reason. It has been shown that even nonsmokers who live in high air pollution areas suffer with the same kind of symptoms that smokers do. The pollution in the air decreases the amount of oxygen that can actually get to the blood. A prevalent ingredient in polluted air, carbon monoxide, actually binds with the oxygen in the blood, making it ineffective. According to one study, thousands are dying every year from air pollution. “Major cities in the United States kill thousands of Americans every year. If people live and breathe long enough in city smog, they usually contract some disease that will eventually kill them. The National Resources Defense Council put out a list with the deadliest cities in America and the number of people they kill every year. Hold your breath for the top five: Los Angeles—5,873; New York—4,024; Chicago—3,479; Philadelphia—2,599; Detroit—2,123” (*Time*, December 9, 1996, as quoted in *Last Generation* magazine, Vol. 8, No. 5).

So what can we do?

1. *Exercise:* Exercise strengthens the lungs and provides the system with more oxygen. During exercise, the lungs are trained to breathe more deeply while we increase their ability to expand.
 2. *Good posture:* Shallow breathing is often due to tight fitting clothes and poor posture. This causes the blood to become impure because there is less oxygen for the system. Consequently, we become depressed, our concentration is lessened, and our digestion disrupted.
 3. *Drink enough water:* Water is essential for good respiration. The lungs are 75% water and we lose at least one pint of water in our exhaled breath each day.
 4. *Air Purifier:* For those who drive daily in heavy traffic, a portable air-purifier in your car would certainly be a great benefit. There are also purifying units for the home and office.
5. as television and stressful or negative conversations.
 4. Do not overeat or have a heavy evening meal. When the stomach is not empty before sleep the digestive process continues during the sleeping hours and this results in unpleasant dreams.
 5. Refrain from tobacco, nicotine, caffeine, or alcohol.
 6. If there is some “unfinished business” that has caused anger, resentment or some other strong emotion, take some time to get it resolved.
 7. Have regular hours for sleeping. As they say, “Early to bed and early to rise.” Studies show that, due to the “circadian rhythm” which is regulated by the sun’s rays, the deepest sleep occurs between 9:00 P.M. and 12:00 A.M.
 8. Have an abundant supply of fresh air in your bedroom while you sleep.

See the article on page 8 for further information on rest.

Rest

A vital part of a healthful lifestyle is getting the right quantity and quality of sleep. It is during sleep that the body is able to rebuild and recuperate, getting ready for another day of activity. The following are some ideas that may help you to be more restful:

1. Vigorous exercise during the day in the fresh air and sunshine will aid in restful sleep.
2. Adopt a nighttime routine which may include a warm bath, doing some quiet reading, or drinking a cup of herbal tea, such as catnip or hops.
3. Avoid stimulating things such

Temperance

Temperance is strict adherence to that which promotes health. Temperance is the elimination of such harmful things as alcohol, tobacco, drugs, caffeinated drinks, fatty foods, and refined sugar.

One hundred years ago the average American consumed about 40 pounds of sugar per year. Now it has jumped to at least 100 pounds per year. The use of refined sugar not only adds empty calories to our diet, but it destroys the body’s ability to fight off bacteria. For example, a regular sixteen-ounce soda pop or soft

drink contains 8-10 teaspoons of sugar which decreases the ability of our white blood cells to destroy bacteria by fifty percent. Tragically, America's youth drink more soft drinks than pure water.

Sunlight

Most of us would be amazed at how beneficial sunlight can be in the treatment of high blood pressure and cholesterol, and in the prevention of cancer. Sunlight is one of the most blessed healing agents that God has given to man.

However, sunlight has been given a lot of negative press because of the high incidence of skin cancer. Some of this is due to over-exposure. But another factor is the amount of fat in the diet. Fat creates a basis for the formation of those unstable free radicals. Of the 450,000 people that are diagnosed with skin cancer every year, most of these cases are caused by a high fat diet, excessive exposure to the sun, and low levels of vitamins A, C, E, and selenium, which are found primarily in plant foods.

Exercise

There is a saying that goes, "If you can't find time for exercise, you will have to find time to be sick." Let's look at a few reasons why this saying is true.

1. Exercise will reduce your risk of heart disease by improving the strength and efficiency of the heart and it will lower your blood pressure.

2. Exercise improves the strength of muscles and bones as well as ligaments, tendons, and cartilage.

3. Exercise increases the Basal Metabolic Rate, helping us burn off many of those extra calories.

4. Exercise strengthens the immune system. Research has shown that people with active lifestyles are less likely to get can-

cers of many kinds. Exercise increases the number of white blood cells called lymphocytes, which are the cells that fight disease.

With all of these benefits, and many more, regularity and consistency in an exercise program are at the very cornerstone of health. At least three times a week is recommended, but certainly every day isn't too much.

When you decide to start an exercise program, there are a few basic things to do. First, it is a good idea to check with your doctor, especially if you have a history of health concerns. Next, decide what you would like to try. We suggest walking, at least to start. Walking uses almost all of the body's 206 bones and 660 muscles. It is something that most everyone can do and you don't need to learn new skills!

The main thing is to plan to succeed. If walking is your choice, invest in a good pair of walking shoes, and make sure you dress appropriately for the weather. Find alternatives for days when the weather does not permit walking outside.

Pick a time of day that is best for you and keep that exercise appointment as if it were a business appointment. Start out walking slowly to let your body warm up for 5 to 10 minutes. Then, do a few stretching exercises. Always stretch with a slow, steady movement. Then walk 20-30 minutes at a brisk pace, brisk enough to increase the rate of your breathing, followed by 4 to 5 minutes of slower walking and more stretching. The stretching is important to avoid soreness and to enhance your flexibility. But remember, you aren't in competition with anyone so don't push beyond your tolerance.

Nutrition

Studies have shown that a diet lower in fat and protein and

higher in complex carbohydrates decreases one's risk of disease. During World Wars I and II, "Europeans had drastic food shortages, the most noticeable being meat, eggs, milk, butter, cheese, and lard. Raising, slaughtering, processing, storing, transporting and distributing these foods is a complex industry easily disrupted by war, and people fell back on more easily raised and stored food like potatoes, vegetables, and particularly grains which can be stored for a long time.

"In Finland, Dr. Ilmari Vartiainen and Dr. Karl Kanerva documented a 67 percent drop in deaths due to heart disease in the civilian population as compared with pre-war days, and there was much less cholesterol plaque." Julian M. Whitaker, *Reversing Heart Disease*, Warner Books, 60-61.

Imagine if we had a 67 percent drop in heart disease deaths in America. It is possible. Most heart disease is reversible when we follow the eight golden laws of health.

Here are a few suggestions to help you get off to a good start on a healthy diet:

1. Bake, boil, or steam foods, rather than fry.

2. Eat raw foods at every meal, either fruit or vegetables. Use a little lemon juice on salads instead of salad dressings high in fat.

3. Eat fresh fruit, melon, or dried fruit for a healthy dessert, instead of sugary donuts and pastries.

4. Avoid between meal snacks. Snacking shuts down the digestive process to start another one. Consequently, digestion of previously eaten food is hindered.

5. Avoid foods that have hydrogenated fats. Hydrogenation changes the chemical structure of an oil by adding hydro-

gen atoms which saturate the unsaturated fats.

6. Do not eat too fast. This disallows proper digestion, which begins in the mouth, and tends to lead us to overeat, because the taste buds are not satisfied.

7. Set a schedule for your day with a specific time to eat, exercise, rest; and then do everything you can to stick with it. Once you are doing this for a while, your life will seem less stressful and you will feel better.

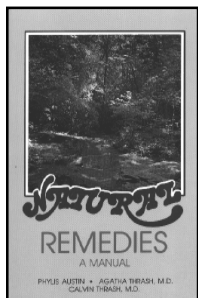
Divine Power

True physical healing begins with the cleansing of our thoughts and feelings. All good and bad actions that affect our health have the mind as their source. If we continue to crave unhealthy foods and entertain other unhealthy practices we will increase our risk of disease.

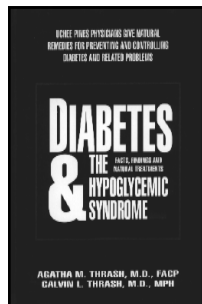
The first step in overcoming unhealthy practices is to simply come to Christ just as you are. See Matthew 11:28. Come to Him and ask Him to forgive you of all your past sins, including health destroying practices. Second, establish a life of study in the Bible, especially concentrating on the life and teachings of Christ. Third, develop the habit of spending time with God in prayer. Find a special time and place to commune with God. Let Him know your concerns, struggles, and joys. As you do you will learn to love and trust Him more. Fourth, tell others about the life of Christ and the eight golden laws of health. As you share these precious thoughts and principles with others, they will be richly blessed. And lastly, never give up! Every sweet victory over health-destroying practices will add quality years to your life.



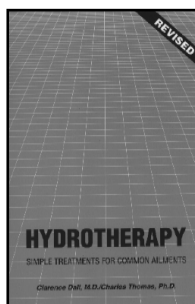
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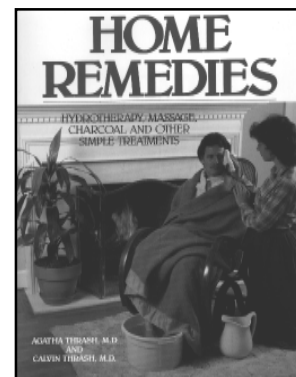
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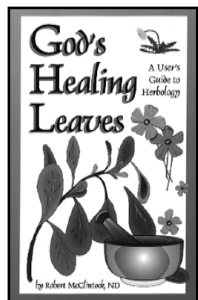
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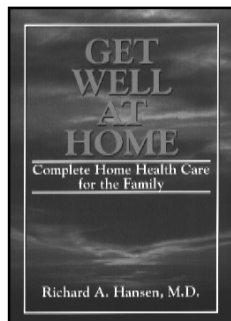
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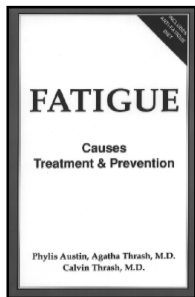
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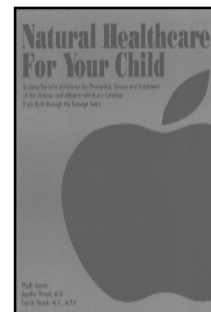
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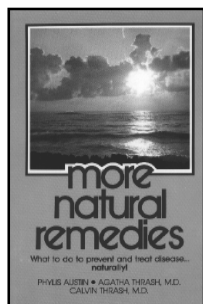
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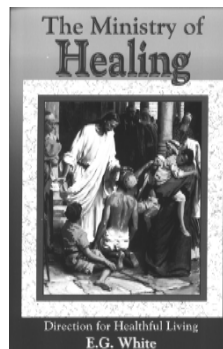
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God's Divine Rest Day

THUS the heavens and the earth were finished, and all host of them. And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made." Genesis 2:1-3.

God foresaw the need to provide a day of rest for mankind. God has chosen that day to be the seventh day of the week. So important is this day that He made it one of the Ten Commandments. The fourth commandment reads, "*Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: but the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: for in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day.* wherefore the Lord blessed the sabbath day, and hallowed it." Exodus 20:8-11. Emphasis supplied.

By remembering the Sabbath we are brought into a special and restful communion with Him who has given us life. By keeping the Sabbath we acknowledge Him as both the Lifegiver and the only true Lawgiver. The Sabbath commandment rests in the very heart of the most beautiful law of all—the

Ten Commandments. These commandments are an expression of God's altogether perfect character. In keeping these commandments by the grace of God, we progressively become more like our Maker in both thoughts and feelings.

So important is this work of character development that God set aside the seventh-day Sabbath as a day of special sanctification unto God. The Bible says, "Verily my sabbaths ye shall keep: for it is a sign between me and you... that ye may know that I am the Lord that doth sanctify you." Exodus 31:13.

When God sanctified the Sabbath (see Genesis 2:1-3), He established it as a sign that He can sanctify us. When God made the Sabbath as a memorial of His creative power, it was a sign to encourage us that He can also recreate us by that same power. Of all the days in the week, it is the seventh-day Sabbath that reminds us that we can be empowered by the Holy Spirit to live a new life. God promises to sanctify all who choose to honor Him in keeping the Sabbath holy.

How then do we keep the Sabbath holy? Let us first recognize that each day in the Bible began in the evening. When we look at the days of creation we see that each day began at evening and lasted until the evening of the next day. Concerning the first day of creation, the Bible records, "And God said, Let there be light: and there was light. And God saw the light, that it was good: and God divided the

light from darkness. And God called the light Day, and the darkness He called Night. And the evening and the morning were the first day." Genesis 1:3-5.

We are instructed in the Bible to begin keeping the Sabbath holy on Friday evening. God said, "It shall be unto you a sabbath of rest... at even (evening), from even unto even (from evening unto evening), shall ye celebrate your sabbath." Leviticus 23:32.

On the Sabbath we are not to perform our secular duties nor carelessly indulge into our own desires. The Bible says, "If thou turn away thy foot from [traveling unduly on] the sabbath, from doing thy [own] pleasure on my holy day; and call the sabbath a [spiritual] delight, the holy [day] of the Lord, honorable; and shalt honor him, not doing thine own ways, nor [seeking or] finding thine own pleasure, nor speaking thine own [idle] words: then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage [promised to him for you] of Jacob thy father: for the mouth of the Lord hath spoken it." Isaiah 58:13-14.

We are not to seek our own pleasure in watching sporting events and movies on television, nor are we to engage in worldly conversation. Instead, the Sabbath is the perfect opportunity to subdue selfishness as we seek not our own pleasure, but to fulfill the will of Him who made us and redeemed us. It is a day of special consecration to God that should include fellowship with God's people and the performance of kind deeds. Jesus has given us such a wonderful example of keeping the Sabbath by attending the divine service and healing all manner of sickness of the people who came to Him. See Luke 4:16.



(A True Story, cont. from pg. 1) brain, called the frontal lobe. It is the part of our brain that is responsible for moral reasoning and social behavior.

The brain is divided into several sections, or lobes. Each lobe has specific functions. The frontal lobe behind the forehead is the largest lobe of the brain. It is the seat of judgment, reasoning, intellect, and the will. It is the place of spirituality and morality that makes up the character of man. Therefore, a person with a damaged frontal lobe may look the same as they always did, but if you interact with them, it is usually apparent that they are "just not the same."

Frontal Lobotomy

In the late 1800s psychiatrists began using a surgical procedure called a "frontal lobotomy" (literally meaning removal of the frontal lobe). Although sometimes a portion of the lobe was physically removed, at other times it was "functionally" removed by severing its nerve connections.

The operation initially was used on people who were violently or criminally insane. The practice of frontal lobotomies became increasingly popular in the 1930s and 1940s. However, today this operation is rarely used.

Patricia, the Surgical Nurse

Patricia was a very successful surgical nurse who was preparing for a frontal lobotomy. The hope was that the surgery would resolve her many guilt problems that she had struggled with for several years. Following the procedure there were striking changes in her interests, attitude, work performance, and integrity. It was obvious that Patricia was a different person.

Before the lobotomy, Patricia was an extremely efficient operating room nurse. She was also

very fond of books and belonged to the nurses' literary circle.

After the lobotomy, she lost much of her ambition. She lost interest in her work, and lost sympathy with her patients. She could only perform subordinate work and she lost interest in books.

Studies have shown that those who have frontal lobe damage experience impairment of moral principles, loss of love for family, loss of empathy, and a lack of restraint (leading to boasting, hostility, aggressiveness). They also experience distractibility and restlessness, fantasizing, lack of foresight, and become incapable of abstract reasoning.

Diseases caused by frontal lobe damage include: mania, obsessive compulsive disorder, attention deficit hyperactivity disorder, depression, and increase of appetite.

Since 1990, the number of people diagnosed as having attention deficit hyperactivity disorder in the U.S. has risen from 900,000 to more than two million in 1995.

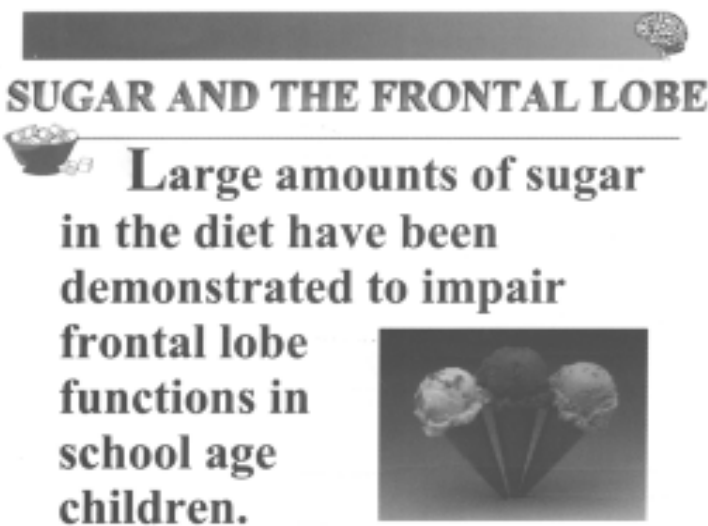
Sophisticated brain scans (PET scans) reveal that depressed patients may have a 60 percent reduction in frontal lobe blood flow. In working with depressed patients, there is evidence that if one can enhance the activity of their frontal lobe, blood flow to that area will increase, and the depression can be markedly improved and corrected.

When it comes to appetite control, the frontal lobe plays a very important role. In fact, the highest center of appetite control is in the frontal lobe of the brain. No matter how hungry you are or how strong your desire may be for something that may be harmful, you can generally suppress that desire if your frontal lobe is functioning optimally. Those without a capable frontal lobe have great difficulty in suppressing such urges. Some overweight individu-

als who know they are eating too much will continue to eat because their frontal lobes are not fully able to say "no."

It is evident, that a healthy lifestyle protects the frontal lobe, and a healthy frontal lobe helps us to make better lifestyle choices.

Therefore, it is imperative that we ask this most important question: What are the most common causes of frontal lobe impairment? It is not surgeries. It is not occupational injuries. It is improper lifestyle habits.



Let us consider a number of lifestyle habits that compromise our frontal lobe from making the best moral and spiritual decisions.

Alcohol

Alcohol has direct effects on the frontal lobe. Several years ago, alcoholics and non-alcoholics were studied by two modern diagnostic tests: magnetic resonance imaging (MRI) and positron emission topography (PET scanning). The MRI looks at the actual *structure* of the brain. Among the alcoholics, it revealed a striking amount of loss of frontal lobe gray matter. This loss of gray matter indicates an actual loss of brain cells that are involved in critical frontal lobe functions.

PET scanning looks at the *function* of the brain. In this testing, the alcoholics showed a

lower glucose metabolism—which indicates less frontal lobe activity. These frontal lobe-impairing effects are not confined to heavy alcohol users. Adverse effects were seen with those who drank only one alcoholic drink per week. Of course, as alcohol intake increases, there will be a decreased ability to think abstractly and to make the best moral decisions.

Alcohol also interferes with the development of the fetal brain. It is well recognized that women

called neurotransmitters (or "chemical messengers") that are picked up by neighboring cells. Some neurotransmitters cause stimulation of the recipient nerve cell, while others cause depression. Caffeine's widespread influence focuses primarily on its ability to affect the levels of two neurotransmitters: acetylcholine and adenosine. Caffeine disrupts the brain chemistry by increasing the level of acetylcholine and interfering with the transmission of adenosine.

Reseachers consistently find that a decrease in brain acetylcholine is associated with impaired mental functioning. When caffeine weakens the power of adenosine to do its work—an artificial stimulation and an imbalance is created in the mind. A summary of some of the effects of caffeine on the brain is listed in Figure 11.

The Effects of Diet and Nutrition

Research shows that children who are breast-fed have a mental edge that persists at least for years and probably for a lifetime. Among the advantages appears to be the fat content of breast milk. Dr. Yokota of Japan showed that newborn rats need adequate amounts of omega-3 fats in their diet. Without those fats, learning is impaired. It is well recognized in research circles that traditional infant formulas for humans provides substandard amounts of omega-3 fats when compared to breast milk. Supplementing the child's diet will not make up the omega-3 deficit.

However, the proper type of fat also seems to be necessary for short term learning in adults. Dr. Coscina and colleagues demonstrated this fact a decade ago. They fed two groups of adult rats diets that had identical *amounts* of fat. However, the fat came from different *sources*. After only

who use alcohol during pregnancy adversely affect their offspring for life. Fathers who drink are likely impairing their children's frontal lobes as well. The free use of wine and liquor leaves to their children the legacy of a feeble constitution, mental and moral debility, unnatural appetites, irritable temper, and an inclination to vice.

Caffeine

Caffeine has become a very popular drug for an early morning lift. However, a heavy price is paid for this artificial stimulation. Caffeine impinges on the brain's communication system in a number of ways. In exploring these relationships, we need to recall that brain cells talk to one another through chemical interchanges. Nerve cells release chemicals

three weeks, rats given a diet based on a moderate amount of vegetable fat (20 percent polyunsaturated soybean oil) exhibited improved learning skills compared to those fed a diet based on 20 percent saturated fat (lard).

Dr. Bernell Baldwin suggests one explanation for why the type of fat may make a difference. The saturated fats that are typically found in animal products may make brain nerve communication more difficult. His hypothesis is that the membranes where brain communication takes place (called synapses) are rendered more rigid by a diet rich in saturated fat; while unsaturated fats from vegetables, seeds, and nuts induce more flexible membranes that promote more efficient brain communications.

Lessons from Carbohydrates

Other parts of the body can use fat, proteins, or carbohydrates for energy, but not the brain. The brain uses glucose, a simple carbohydrate, almost exclusively as its source of energy. Apparently, as a result of the brain's very rapid metabolism, it is dependent on minute-to-minute supplies of this simple carbohydrate. This becomes easier to appreciate when you understand that the brain has a metabolic rate 7.5 times greater than the average body tissue. Although it makes up only 2 percent of our body's mass, the brain accounts for 15 percent of our total metabolism.

The brain, however, does not have much room to store nutrients. Only a two-minute supply of glucose is available to the brain cells and this is in the form of glycogen—the storage form of sugar. Thus, for peak performance, the frontal lobe requires blood with a steady and adequate glucose level.

Our best sources of carbohydrates for the mind are from fruits, vegetables, and whole grains. It should be noted that

COFFEE CONSUMPTION AND MENTAL PROBLEMS

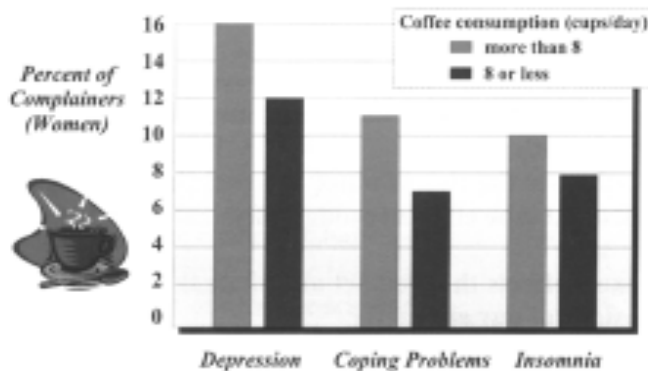


Figure 11

animal-based products, such as meats and dairy products are completely void of carbohydrates. So for mental health we should stay away from animal products when possible.

Years ago, when scientists first discovered that the brain functioned best with carbohydrate fuel, some people began referring to candy bars as “brain food.” Eventually, they learned that refined sugar products like candy bars had the opposite effect. In fact, large amounts of sugar in the diet have been demonstrated to impair frontal lobe functions in school age children.

One study of 46 five-year old boys was particularly revealing. Boys with little sugar in their diet had superior attention spans and more accurate responses than their high-sugar consuming peers. When tested, the boys on a low refined-sugar diet performed the equivalent of one whole letter grade higher in school.

Some have asked: If sugar is a carbohydrate and carbohydrates are the frontal lobe's preferred fuel, then how could a high sugar diet impair brain function? Our bodies were created to eat foods such as fruits and grains in a natural, unrefined state. These foods help to keep our blood sugar at a

fairly constant level. However, when refined sugary foods enter the digestive system, the blood sugar rises dramatically, and the body reacts as if it were just exposed to a great volume of natural food. In response, the pancreas produces a large amount of insulin. However, the rapid rise in blood sugar is deceptive. Unlike natural plant foods, foods rich in refined sugar tend to be quickly absorbed. The result is that the rapid rise in blood sugar is short-lived. With insulin still present and no more sugar coming in via the digestive tract, the blood sugar level can plunge.

If a person's blood sugar level falls low enough, frontal lobe functions can suffer due to inadequate fuel supplies. To avoid this unhealthy rapid rise and fall in blood sugar levels, each day should begin with a high-quality breakfast that includes a balanced selection of plant sources of nutrition.

Effects of Hypnotism on the Brain

Hypnosis, by design, bypasses the frontal lobe as it brings the subject into a trance-like state. During the hypnotic state, individuals can receive information of various kinds, and can mentally

record the duties the hypnotist asks them to perform. None of the information is filtered according to their sense of values or moral worth; their very reasoning powers are being bypassed.

If brain waves were measured with an EEG (electroencephalogram) during this process, we would see that the hypnotized person loses *beta* waves from the brain. This beta wave activity indicates sound thinking that involves dynamic frontal lobe activity.

In the hypnotized state, however, an *alpha* brain pattern is operative, during which we do not critically analyze incoming information. Alpha waves are brain waves of a lower frequency. In this state, an individual will record information and suggestions without interpretation and without frontal lobe filtering.

The Home Hypnotist

You may not be aware of it, but there may be something in your home that puts you into a type of hypnotic trance.

After just two minutes of watching television, the brain waves of the viewer are almost entirely in an alpha pattern. This means that while they were watching television, they were “not reacting, not orienting, not focusing, just spaced-out.”

Dr. Herbert Krugman, a brain wave researcher, has gone on record: “Television is a communication medium that effortlessly transmits huge quantities of information not thought about at the time of exposure.”

Dr. Erik Peper, another influential researcher and writer, once said, “The horror of television is that the information goes in, but we do not react to it. It goes right into our memory pool and perhaps we react to it later, but we do not know what we are reacting to. When you watch television you are training yourself

not to react and so later on, you're doing things without knowing why you're doing them or where they come from."

In other words, children may not go out and murder someone after witnessing a murder on television. However, all those violent acts are recorded in the mind and increase the possibility of violent behavior later on.

Another problem with television is its influence to weaken brain power. One of the greatest concerns in academic circles is that the TV viewer's interest in reading is markedly reduced. Children who spend many hours each day watching TV tend to be poor readers. The result has been a consistent decline in the average reading skills of our youth since TV began to be influential in the 1950's.

Television also encourages poor lifestyle habits. If you view a few children's programs, you will notice that a variety of sugar-laden high fat foods are frequently advertised. Large sections of our supermarkets are loaded with these television-advertised snack foods, not because they are good for us, but because they sell well.

By watching television, children are already compromising their frontal lobe. By watching "junk food" commercials they are encouraged to consume "anti-brain foods," which in turn leads to further compromise of the frontal lobe.

These negative influences upon children seems to be a major factor in obesity in childhood. Many studies reveal that television watching and obesity in children are directly related: the more TV a child watches, the heavier he or she tends to be.

Television viewing requires no physical involvement, yet occupies an average of 26 hours a week for most children. During television viewing, the metabolic rate of children ages 8 to 12 was

SUMMARY OF 17 HARMFUL EFFECTS OF TV WATCHING

- | | |
|---|---|
| 1. Produces hypnotic effect, bypassing frontal lobe filtering | 10. Influences viewers to regard violence lightly |
| 2. Reduces interest in reading and learning | 11. Makes children more irritable |
| 3. Weakens brain power | 12. Increases aggressiveness |
| 4. Encourages poor lifestyle habits | 13. Accelerates sexual activity |
| 5. Encourages obesity | 14. Addictive |
| 6. Increases daydreaming | 15. Reduces time available for productive achievement |
| 7. Weakens creativity | 16. Steals time from family interaction |
| 8. May reduce our powers of discrimination | 17. Adversely affects spiritual pursuits |
| 9. Trains in non-reaction | |



Figure 12

significantly lower than when the children were at rest doing nothing. Lower metabolism combined with the high fat snacks eaten during these hours places children at high risk of obesity. In fact, childhood obesity now affects 1 out of 4 kids.

Television Strengthens Negative Qualities in Children

Children who watch television are prone to have bad attitudes and are more irritable. It encourages them to show disrespect for their parents, to lie, and to engage in aggressive behavior.

Television also increases sexual activity in teens and younger children. The more television watched, the lower the age for that first sexual encounter.

Television Robs Spiritual Qualities

When we look at an average person's weekly activities before and after the arrival of television, we see that the amount of time in church or in reading spiritual material such as the Bible, has noticeably decreased. The reason for this probably has to do with more than TV subtly stealing away our time. Remember, television depresses activity in the frontal lobe,

which is the seat of spirituality, morality, and the will.

If any are still wavering as to whether television should be emphasized less in their homes, consider the seventeen harmful effects of TV watching in Figure 12.

Rock Music Mice

Few people understand the powerful influence that music has on the frontal lobe. Depending on the type of music, it can either influence the brain beneficially or detrimentally. Music therapists tell us that certain types of music, such as rock music with its syncopated rhythm, bypass the frontal lobe and thus escape our ability to reason and make judgments about it. Evidence suggests that it, like television, can produce a hypnotic effect. For many years some have argued that rock music was ruining the minds of young people. Recently a neurobiologist and a physicist teamed up to put this generalization to a test.

They had three groups of mice. One group listened to no music, another to Mozart, and a third to rock music. But first they ran the mice through a maze to establish a base time of 10 minutes. Then they separated the

mice in their distinctive groups. After one month, the mice that listened to no music at all reduced the time taken to navigate the maze by half. The mice that listened to Mozart did even better. They navigated the maze in only one and a half minutes. The rock music mice bumped their way through the maze taking all of 30 minutes. Eventually, the experiment came to a halt due to the rock music mice eating one another.

To determine why the rock music mice were having so much trouble, the researchers examined their brains. Sure enough, they found abnormal branching and sprouting of the nerve cells, and also disruptions in the normal amounts of messenger RNA, a chemical crucial to memory storage.

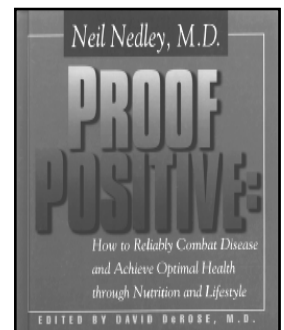
This could help explain why rock music listeners are more prone to use drugs and engage in extramarital sex, and why heavy metal listeners are much more likely to consider suicide.

On the other hand, classical music has been demonstrated to help college students learn spatial relationships in geometry. In short, if you listen to the wrong kind of music, you will become the wrong kind of person. Yet, there is wholesome Christian music that helps to ennoble the mind.



The main source of information for this article was derived from *Proof Positive*, by Dr. Neil Nedley. Get your copy today! Priced at \$59.95

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Preventing Youth From Smoking!

THROUGHOUT the developing countries, more than one-third of men, ages 35 – 69, die from cigarette smoking. Nearly one-half of Eastern European men die from smoking at middle age. Similarly, one-third of Western European men also die prematurely.

The World Health Organization (WHO) estimates that smoking causes 3 million deaths per year worldwide. Some 500 million people living today will ultimately die as the result of cigarette smoking.

This heavy use of tobacco has created a worldwide epidemic. We must launch a global public health campaign against smoking. If successful, we will have tackled the largest single most preventable cause of illness and premature death in many parts of the world.

Where do we begin? Statistics indicate that most smokers begin smoking when they are young. In the U.S., 60% of all current smokers began by age 14 and over 90% began by age 19.

Therefore, we need to focus a good share of our prevention efforts on children and adolescents for a number of reasons:

1. It is easier for young people never to start smoking than to stop once they become addicted.

2. The earlier individuals start smoking, the more years they are exposed to the injurious effects of tobacco, and the greater the risk of serious diseases.

3. Smoking has immediate physical and social effects that can undermine health, impair performance, and weaken career opportunities.

4. The tobacco industry is actively targeting young people as their hope for the future; we must actively focus on this age group to help empower them to determine their own future.

5. If we really believe in preventing, we will start with the group who has not yet taken up the habit—this is the greatest way to minimize the health risks of smoking.

For children 3 to 11 years old, the task may be as simple as

Some 500 million people living today will ultimately die as the result of cigarette smoking.

convincing them that smoking is dangerous to their health. However, by the time they reach puberty, many young people view themselves as “immortal.” Therefore, we may focus on the short-term detriments of smoking. These include decreased athletic endurance, cost, bad breath, premature graying and baldness, body odors, shortness of breath, cigarette burns, decline in scholastic performance, and the risk of starting a fire.

Of course, parental smoking is one factor that influences children to smoke. In fact, studies show that parental smoking is the strongest predictor of whether or not a child will smoke.

Research also indicates that classroom-based programs are very effective when they address social influences in a structured

way. Some of the elements that help these programs are:

1. They provide information on the results of tobacco use, with special emphasis on short term health effects and social effects.

2. They combat misconceptions about the percentage of adults and peers who smoke.

3. They educate on social influences of tobacco use, dispelling myths provided by the media, peer groups, parents, and other adults.

4. They help children to know how to resist pressure to smoke.

I know we can help millions say “no” to smoking. I do solicit your prayers and support to help educate young and old around the world never to start smoking. And for those who are addicted I hope that the following smoking cessation principles will bring wonderful success in being free from smoking.

A Christian Approach to Smoking Cessation

Would you like to smoke your last cigarette? Here is the practical information you need to quit the nicotine habit. I cannot promise quitting will be easy; but I can tell you how to fight the nicotine battle and win. Others have done it; so can you.

Dealing With Addiction

It is not a sign of weakness to admit addiction. It is actually the first step toward taking control of your lifestyle habits.

An addiction to tobacco is both psychological and physical. You must deal with both aspects of addiction, if you are to have lasting freedom.

Physical Addiction

There are some proven techniques that lessen physical cravings for nicotine. Once you have chosen to smoke your last

cigarette, try the following plan for a week:

1. For the first twenty-four hours, eat only fruit, and drink only fruit juice and water. Consume as much as you want of all three. Fruit and water will flush your system of toxins, like nicotine. The sooner nicotine is out of your system, the quicker your cravings will subside.

2. Refrain from drinking any caffeinated drinks or alcohol. These will stimulate your craving for nicotine. During the week, keep drinking lots of fluids, about 8 to 12 glasses a day.

3. Take warm (not hot) showers morning and evening, ending with cool water and a brisk towel rub.

4. Twice daily, do the 5, 10, 15 routine: five minute stretch; ten minute walk in the fresh air; fifteen deep breaths in the fresh air.

5. After the first twenty-four hours, avoid spicy foods, mustard, vinegar, ketchup, pickles, spiced meats, spiced olives, sharp cheese and all heavy, rich desserts. These foods trigger a desire for nicotine. Continue to avoid caffeinated drinks and alcohol. Use cereal coffees or herb teas, if a hot drink is desired.

Psychological Addiction:

Deeply ingrained habits become reflexes—we do them without thinking. Smoking is the same way. Your mind is conditioned to life with tobacco. Not only do you need to stop smoking, but you also need to replace smoking and smoking related activity with new habits.

1. Analyze your smoking habits. Where do you usually smoke? Who do you smoke with? When do you smoke? If you usually smoke sitting at the table after dinner, then get up immediately after dinner and go do something not associated with smoking. If certain individuals

are your smoking buddies, avoid unnecessary contact with them until you have firmly broken the habit. What about that easy chair? Do you always have a cigarette in your hand when you sit in it? Sit somewhere else.

2. When the urge comes, tension can build. You have no tobacco! But remember, you have stopped smoking. Immediately do the following: silently pray to God and humbly say, "Please give me strength;" then exercise your power of choice and repeat aloud, "I chose to quit;" and finally choose one or more of the following weapons listed below:

- Take five deep breaths; do not hyperventilate.
- Drink a glass of water or fruit juice.
- Take a brisk walk.
- Do stretching and relaxation exercises.
- Work on a hobby.
- Brush your teeth with a mint toothpaste.
- Take a warm, then cool shower; rub gently with a wash cloth.
- Chew on carrot or celery sticks.
- Choose unshelled sunflower seeds to shell and eat.
- Chew sugarless gum.
- Phone someone for help.
- Repeat the affirmation, "I choose to quit."
- Look at your watch and postpone for one minute, then for another, and another.
- Claim a Bible promise.
- Recite your favorite poem or Scripture verse by heart. Here are some great promises to memorize: Philippians 4:13; Ephesians 3:20; Mark 10:27; Isaiah 41:10; 1 Corinthians 10:13.

Source: Hartland Wellness Center's *Five Day Stop Smoking Plan*, Participant's Guide. If you need help to stop smoking, or have any other health related issues you wish to discuss, contact a health institute listed on Page 15.

Recommendations to Reduce Cancer Risk

Summarized from the American Cancer Society and National Academy of Science publications.

1. Eat plenty of high fiber foods such as whole grains, beans, fruits, and vegetables.
2. Eat plenty of foods that are high in vitamins A and C, such as dark green and deep yellow vegetables, citrus fruits, and yellow/orange fruits.
3. Eat more cruciferous vegetables (broccoli, Brussels sprouts, cabbage, and cauliflower).
4. Maintain proper body weight.
5. Reduce dietary fat intake to no more than 30 percent of total calories.
6. Avoid salt-cured, smoked and nitrite-cured meats.
7. Don't smoke.
8. Alcohol is not recommended.
9. Guard against overexposure to sunlight.



Steps to Christ

By Ellen G. White

THE Savior said, "Except a man be born again," unless he shall receive a new heart, new desires, purposes, and motives, leading to a new life, "he cannot see the kingdom of God." John 3:3, margin. The idea that it is necessary only to develop the good that exists in man by nature, is a fatal deception. "Marvel not that I said unto thee, Ye must be born again." John 3:7. it is not enough to perceive the lovingkindness of God, to see the benevolence, the fatherly tenderness, of His character.

It is not enough to discern the wisdom and justice of His law, to see that it is founded upon the eternal principle of love. Paul the apostle saw all this when he exclaimed, "I consent unto the law that it is good." "The law is holy, and the commandment holy, and just, and good." But he added, in the bitterness of his soul anguish and despair, "I am carnal, sold under sin" Romans 7:16,12,14. He longed for the purity, the righteousness, to which in himself he was powerless to attain, and cried out, "O wretched man that I am! who shall deliver me from this body of death?" Romans 7:24, margin. Such is the cry that has gone up from burdened hearts in all lands and in all ages. To all, there is but one answer, "Behold the Lamb of God, which taketh away the sin of the world." John 1:29.

REPENTANCE

It is only through Christ that we can be brought into harmony with God, with holiness, but how are we to come to Christ? Many are asking the same question as did the multitude on the Day of Pentecost, when, convicted of sin, they cried out, "What shall we do?" The first word of Peter's an-

swer was, "Repent." Acts 2:37-38. At another time, shortly after, he said, "Repent, ...and be converted, that your sins may be blotted out." Acts 3:19.

Repentance includes sorrow for sin and a turning away from it. We will not renounce sin unless we see its sinfulness; until we turn away from it in heart, there will be no real change in the life.

It is true that men sometimes become ashamed of their sinful ways, and give up some of their evil habits, before they are conscious that they are being drawn to Christ. But whenever they make an effort to reform, from a sincere desire to do right, it is the power of Christ that is drawing them. An influence of which they are unconscious works upon the soul, and the conscience is quickened, and the outward life is amended. And as Christ draws them to look upon His cross, to behold Him whom their sins have pierced, the commandment comes home to the conscience. The wickedness of their life, the deep-seated sin of the soul, is revealed to them.

The sinner may resist this love, may refuse to be drawn to Christ; but if he does not resist he will be drawn to Jesus; a knowledge of the plan of salvation will lead him to the foot of the cross in repentance for his sins, which have caused the sufferings of God's dear Son.

You who in heart long for something better than this world can give, recognize this longing as the voice of God to your soul. Ask Him to give you repentance, to reveal Christ to you in His infinite love, in His perfect purity. In the Savior's life the principles of God's law—love to God and man—were perfectly exemplified. Benevolence, unselfish love, was

the life of His soul. It is as we behold Him, as the light from our Savior falls upon us, that we see the sinfulness of our own hearts.

Beware of procrastination. Do not put off the work of forsaking your sins and seeking purity of heart through Jesus. Here is where thousands upon thousands have erred to their eternal loss. I will not here dwell upon the shortness and uncertainty of life; but there is a terrible danger—a danger not sufficiently understood—in delaying to yield to the pleading voice of God’s Holy Spirit and choosing to live in sin, for such this delay really is. Sin, however small it may be esteemed, can be indulged in only at the peril of infinite loss. What we do not overcome, will overcome us and work out our destruction.

Every act of transgression, every neglect or rejection of the grace of Christ, is reacting upon you; it is hardening the heart, depraving the will, benumbing the understanding, and not only making you less inclined to yield, but less capable of yielding, to the tender pleading of God’s Holy Spirit.

Christ is ready to set us free from sin, but He does not force the will; and, if by persistent transgression the will itself is wholly bent on evil, and we do not *desire* to be set free, if we *will* not accept His grace, what more can He do? We have destroyed ourselves by our determined rejection of His love. “Behold, now is the accepted time; behold, now is the day of salvation.” 2 Corinthians 6:2. “Today if ye will hear his voice, harden not your hearts.” Hebrews 3:7-8.

CONFESSION

“He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.” Proverbs 28:13.

The conditions of obtaining the mercy of God are simple, just, and reasonable. The Lord does not require us to do some grievous

thing in order that we may have the forgiveness of sin. We need not make long and wearisome pilgrimages, or perform painful penances, to commend our souls to the God of heaven or to expiate our transgression, but he that confesseth and forsaketh his sin shall have mercy.

True confession is always of a specific character, and acknowledges particular sins. They may be of such a nature as to be brought before God only; they may be wrongs that should be confessed to individuals who have suffered injury through them; or they may be of a public character, and should then be as publicly confessed. But all confession should be definite and to the point, acknowledging the very sins of which you are guilty.

The examples in God’s Word of genuine repentance and humiliation reveal a spirit of confession in which there is no excuse for sin or attempt at self-justification. Paul did not seek to shield himself; he paints his sin in its darkest hue, not attempting to lessen his guilt. He says, “Many of the saints did I shut up in prison, having received authority from the chief priests; and when they were put to death, I gave my voice against them. And I punished them oft in every synagogue, and compelled them to blaspheme and being exceedingly mad against them, I persecuted them even unto strange cities.” Acts 26:10, 11 He does not hesitate to declare that “Christ Jesus came into the world to save sinners; of whom I am chief.” I Timothy 1:15.

The humble and broken heart, subdued by genuine repentance, will appreciate something of the love of God and the cost of Calvary; and as a son confesses to a loving father, so will the truly penitent bring all his sins before God. And it is written, “If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” I John 1:9.

CONSECRATION

God’s promise is, “Ye shall seek me, and find me, when ye shall search for me with all your heart.” Jeremiah 29:13.

Many are inquiring, *How* am I to make the surrender of myself to God? You desire to give yourself to Him, but you are weak in moral power, in slavery to doubt, and controlled by the habits of your life of sin. Your promises and resolutions are like ropes of sand. You cannot control your thoughts, your impulses, your affections. The knowledge of your broken promises and forfeited pledges weakens your confidence in your own sincerity, and causes you to feel that God cannot accept you; but you need not despair. What you need to understand is the true force of the will. This is the governing power in the nature of man, the power of decision, or of choice. Everything depends on the right action of the will. The power of choice God has given to men; it is theirs to exercise. You cannot change your heart, you cannot of yourself give to God its affections; but you can *choose* to serve Him. You can give Him your will; He will then work in you to will and to do according to His good pleasure. Thus your whole nature will be brought under the control of the Spirit of Christ; your affections will be centered upon Him, your thoughts will be in harmony with Him.

Desires for goodness and holiness are right as far as they go; but if you stop here, they will avail nothing. Many will be lost while hoping and desiring to be Christians. They do not come to the point of yielding the will to God. They do not now *choose* to be Christians.

Through the right exercise of the will, an entire change may be made in your life. By yielding up your will to Christ, you ally yourself with the power that is above all principalities and powers. You will have strength from above to hold you steadfast, and thus

through constant surrender to God you will be enabled to live the new life, even the life of faith.

FAITH AND ACCEPTANCE

You have confessed your sins, and in your heart put them away. You have resolved to give yourself to God. Now go to Him, and ask that He will wash away your sins and give you a new heart. Then believe that He does this *because He has promised*.

Do not wait to *feel* that you are made whole, but say, “I believe it; it is so, not because I feel it, but because God has promised.”

Jesus says, “What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.” Mark 11:24. There is a condition to this promise—that we pray according to the will of God. But it is the will of God to cleanse us from sin, to make us His children, and to enable us to live a holy life. So we may ask for these blessings, and believe that we receive them, and thank God that we *have* received them. It is our privilege to go to Jesus and be cleansed, and to stand before the law without shame or remorse. “There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.” Romans 8:1.

As you read the promises, remember they are the expression of unutterable love and pity. The great heart of Infinite Love is drawn toward the sinner with boundless compassion. “We have redemption through his blood, the forgiveness of sins.” Ephesians 1:7. Yes, only believe that God is your Helper. He wants to restore His moral image in man. As you draw near to Him with confession and repentance, He will draw near to you with mercy and forgiveness.



Excerpts taken from *Steps to Christ*, E.G. White, pg. 18-55.

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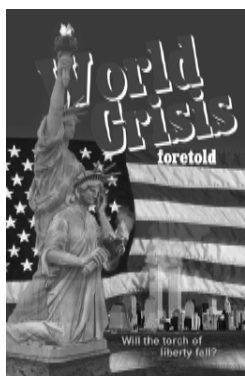
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Our World Health Crisis

Facts about Mad Cow Disease. This terrible disease is infecting people in Britain and Europe. There are ominous warnings that it is a terrible source of danger here in America.

The scientific names for Mad Cow Disease includes: In cattle, it is called *Bovine spongiform encephalopathy (BSE)*; in sheep, it is called *Scrapie*; in humans, it is *Creutzfeldt-Jakob disease (CJD)*. All forms are known as *spongiform encephalopathies (SE)*. It causes the brain to fill with holes, like a sponge. The cause is eating contaminated meat (cows, pigs, chickens, or wild, hoofed, animals). No symptoms may appear for years.

You can get CJD from eating any part of an animal. Prions (which cause all SEs) infect every part of the body, not just the brain. Although BSE/CJD attacks brains, it is in every part of the victim. Therefore every part of the animal is affected. None of it should be eaten. This contamination cannot be removed by cooking. The "mysterious agent" that causes SE is not just found in the brain! It has been found in many of the organs and tissues of animals, including the blood and bones. It was confirmed, in 1993, that the disease can be passed from the cow to the calf—establishing that transmission can be by blood. The bones of old cows are one of the major sources of the protein gelatin, used in many foods, including peppermints and gelatin.

U.S. and British sheep were infected at the same time. Both U.S. and British sheep were infected simulta-

neously back in the 1950s from research waste discarded by scientists trying to determine the cause of Kuru, a New Guinea cannibal disease.

As early as the 1970s, scrapie appeared in sheep in both the U.S. and Britain. Sheep which died of it were being fed to cattle in both countries. The dead sheep were sent to rendering plants which turned them into protein powder, which was fed to cows. That spread the disease widely.

Cattle are not checked for the disease before they are slaughtered. The USDA in America only studies the brains of 100 cows per every 100,000. That is an extremely small sample.

BSE/CJD cannot be detected during incubation. Because the disease is caused by prions (damaged proteins, not viruses or bacteria), BSE and CJD cause no antibody response. When infection enters an animal or human, the victim's immune system shows no sign of fighting the infection as it does with bacteria, germs, and viruses. The immune system can neither detect nor fight it. Scientists cannot use the antibody-search method to see if someone is sick, as is done with AIDS. The only exception is brain biopsies, and that is not done until after death occurs.

It can take years before the full-blown disease appears. CJD disease takes between 10 and 50 years to eat away the human brain. In cows, death strikes as early as one year after exposure or as late as 8. If a cow whose milk you are drinking has it, her calf, sent

to be a veal chop last winter, had it when you ate him. An older cow may fall over dead with it; but, meanwhile, her infected calves have long since been slaughtered and served at dinner tables.

BSE can be transmitted to offspring. That fact was established by researchers in Britain. Sheep and cows pass it to offspring. Chickens can put it in their eggs. Could CJD, the human form, also be transmitted to your descendants? This is a very serious matter. The FDA has demanded that all donors to the blood supply answer the question: "Has anyone in your family died of Cruetzfeldt-Jakob Disease [CJD]?" We dare not wait longer before warning the public that it is no longer safe to eat these foods. They must be told that they should stop eating infected meat. This food crisis also includes wild deer and elk.

Unfortunately, farmers make too much profit selling dead cows for animal feed, for them to stop doing so. Farmers have to pay \$500 in order to have an autopsy made of a dead cow. But they can sell it to a nearby rendering plant for \$100,—which processes it into cow food.

The U.S. ban on animals in feed is being ignored. In America, there is now a ban on putting animals that died into feed. But it is well-known that it is still being done anyway.

The USDA has not banned blood in animal feed. The U.S. Department of Agriculture banned diseased meat in animal feeds; but, to date, it has not banned putting blood from dead animals into the feedstocks. That link continues to contaminate the cattle of America, through the cattle feed fed to them.

It is extremely difficult to kill prions. BSE and CJD

prions cannot be killed the way we fought the plague, cholera epidemics, or ebola—which is generally done by burning bodies. BSE/CJD is passed on by means of prions, which are proteins that degrade at 800° F. That is far higher than the temperature which would reduce them to ash.

Do not use blood meal in your garden. A British vegan woman caught CJD simply by dusting her roses with blood meal.

Thousands of cows are mysteriously dying in America. Since 1981, the United States has had thousands of "downer" cows. These are cows which have died mysteriously. Dr. Richard Marsh, a virologist on the Veterinary staff at the University of Wisconsin at Madison, says he has seen 100 cases of BSE in America between 1981 and 1989.

If you die of CJD, you will officially be listed as an Alzheimer's victim. CJD deaths in the U.S. are mislabeled as Alzheimer's. That is why there are, supposedly, no CJD (mad cow) human deaths in America. Some U.S. doctors know the truth. The U.S. veterans hospital in Pittsburgh autopsied 53 sequential Alzheimer's victims. Sampling #1 showed 5.5% had died of CJD; sampling #2 showed 6.3% had died of CJD. Alzheimer's death tolls are doubling and tripling in America, but this is not characteristic of a genetic disease (which Alzheimer's is). The rate of genetic diseases does not continually increase.

—Written by Vance Ferrell, author of the book, *International Meat Crisis (In U.S.A., for a copy of this book, send \$7.00 ppd. to Harvestime Books, Box 300, Altamont, TN 37301)*. An abundance of sources will be found in the book.