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Nutritional Birth Defects and Deaths of Infants in India—02, 06

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Section I
Birth Defects in India

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Introduction

Most birth defects occur during the first three weeks of pregnancy, even before a mother knows that she is pregnant. Young women of age 20 should eat well because the critical time period for all women to reduce birth defects to their babies is before they become pregnant. They should give up popular foods if they wish to have healthy babies.

If a mother is under-nourished, the child will have birth defects. If a baby is born with a part of the body that is missing or malformed, it is called a structural birth defect. Heart defects are the most common type of structural defect and are the highest. Others include spina bifida, cleft

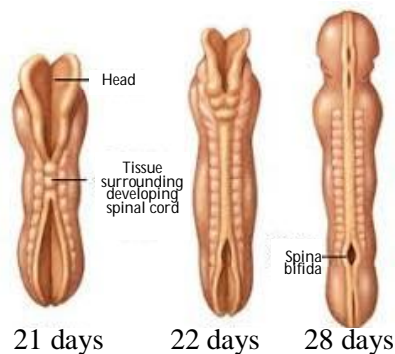
palate, clubfoot, and congenital dislocated hip.

Therefore, the first trimester (weeks 1-12) is the most fragile period, during which all major organs and systems in your baby's body are formed. Most birth defects and miscarriages occur during the first trimester. During the second trimester (weeks 12-24), the fetus has now developed all its organs and systems and will now focus on growing in size and weight. The third trimester (weeks 24-40) marks the home stretch, as the mother to be prepares for the delivery of her baby.

Neural Tube

The first organ to form in a baby is the neural plate. The neural plate folds in upon itself to form the neural tube, which becomes the spinal cord and the brain, and forming the central nervous system. Lack of vitamin B in the mother causes neural tube defects.

India has the highest number of birth defects in the world—1.7 million per year—which could be avoided



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if proper nutrition is given to pregnant mothers. The purpose of this issue is to promote healthy nutrition to the mothers so that neonatal birth defects and deaths could be reduced in India. — Ellen Prasad

Persons With Birth Defects (PWBD) Survive With cognitive, locomotor, hearing, speech, visual or multiple impairments:

1. Cognitive (Thinking and Reasoning)

Cognitive definition is “of, relating to, being, or involving conscious intellectual activity (such as thinking, reasoning, or remembering).” Structural birth defects are related to a problem with the structure of body parts. Causes are: Problems with genes or chromosomes in the child, such as Down syndrome, taking certain medications, or alcohol or drug abuse during pregnancy, or a viral infection, like rubella (German measles) in the mother in the first trimester of pregnancy.

The estimated number of children born with congenital heart disease in India is more than 200,000 per year. Of these, about one-fifth are likely to have serious defect, requiring an intervention in the first year of life. Congenital heart disease (CHD) is the most frequently occurring congenital disorder, responsible for 28% of all congenital birth defects.

Heart defects are the most common type of structural defect. There are 25 types of heart defects in new borns. They are found af-

New Born Deaths due to Birth Defects Per Year in India

| | |
|-----------------------------------|-------|
| Preterm birth complications | - 35% |
| Pneumonia | - 17% |
| Congenital Abnormalities | - 9% |
| Other disorders | - 4% |
| Sepsis/Meningitis/Tetanus | - 15% |
| Intrapartum related complications | - 20% |

About 0.75 million neonates die every year in India, the highest for any country in the world.

ter the birth and have these symptoms: Pale gray or blue skin color (cyanosis), Rapid breathing, Swelling in the legs, abdomen or areas around the eyes, Shortness of breath during feedings leading to poor weight gain.

Other birth defects include: Cleft lip or cleft palate, Neural tube defects, such as spina bifida, and problems related to the growth and development of the brain and spinal cord.

Neural tube defects are birth defects of the brain, spine, or spinal cord. They happen in the first month of pregnancy, often before a woman knows that she is pregnant. The two most common neural tube defects





Neural tube defects

are spina bifida (split spine) and anencephaly (the absence of a major portion of the brain, skull, and scalp that occurs during embryonic development. It is a disorder that results from a neural tube defect that occurs when the head end of the neural tube fails to close, usually between the 23rd and 26th day following conception. In spina bifida, the fetal spinal column doesn't close completely.

2. Locomotor (Relating to Movements)

There are eight locomotor movements. These are foundations for human movement such as walking, running, hopping, skipping, jumping, galloping, leaping and sliding. Congenital (from birth) deformities of musculoskeletal system are: Congenital hip and joint abnormalities include developmental dysplasia of

Inborn Musculoskeletal deformities



the hip and knee dislocation. Hip dysplasia is the medical term for a hip socket that doesn't fully cover the ball portion of the upper thighbone. This allows the hip joint to become partially or completely dislocated. Most people with hip dysplasia are born with the condition.

Causes of Impairment. Locomotor impairment is caused by folate deficiency. Folate deficiency causes neural tube defects, developmental deformities of the hip, and congenital limb deformity. A congenital limb

FIGURE 1
Breech Presentation



Photo courtesy of Terri Fabian, M.D.

defect is when an arm or leg doesn't form normally as a baby grows in the uterus. Congenital limb defects are numerous: club foot, front half of the foot, or forefoot, to turn inward, bowlegs, the knees appear to be turned outward.

3. Hearing

Congenital hearing loss means it was present in an infant at birth. Hearing loss to the baby happens if a mother has a fever or an infection dur-

ing pregnancy such as:

(A) measles, cytomegalovirus

Cytomegalovirus (CMV) is a common virus that can infect almost anyone. Once infected, your body retains the virus for life. Most people do not know that they have CMV because it rarely causes problems in healthy people. But if you're pregnant or have a weakened immune system, CMV is cause for concern.

(B) toxoplasmosis

Infection from *Toxoplasma gondii* parasite, one of the world's most common parasites. Infection usually occurs by eating undercooked contaminated meat, exposure from infected cat feces, or mother-to-child transmission during pregnancy.

(C) herpes or syphilis

Syphilis is a bacterial infection usually spread by sexual contact. The disease starts as a painless sore—typically on your genitals, rectum or mouth. Syphilis spreads from person to person via skin or mucous membrane contact with these sores. Babies born preterm also are at increased risk.

4. Speech

Types of speech disorder include stuttering, apraxia, and dysarthria. Apraxia is a motor disorder caused by damage to the brain (specifically the posterior parietal cortex) in which the individual has difficulty with the motor planning to perform tasks or movements when asked. Dysarthria often is slurred or slow speech that can be difficult to understand. Included in this are seizures,

movement trouble, Down syndrome (a genetic chromosome 21 disorder causing developmental and intellectual delays), and Prader-Willi syndrome (a genetic disorder that causes obesity, intellectual disability and shortness in height).

5. Visual or multiple impairments

Corneal scarring (damage to cornea) and phthisis bulbi (a shrunken, non-functional eye) to the infant are due to vitamin A deficiency, measles, and



infection to the mother, the commonest causes of blindness in infants. Though Vitamin A deficiency has declined due to vitamin A supplementation, India has the greatest number of VAD children in the world—320,000 blind children—more than any other country, especially in rural areas. VAD is the cause of avoidable blindness in 24% of children in NE states. Vitamin A source foods are: orange and yellow

vegetables and fruits, dark green, leafy vegetables, sweet potato, carrot, cantaloupe melon, pumpkin, mango, flax seeds, and pumpkin seeds. Flax seeds should be ground and added to baked goods, peanut candy, granola bars or sprinkled on food every day. Heating loses some nutrients. Humans do not need fish oil. Side effects of the fish oil are High Blood Sugar, Bleeding gums, nosebleeds, Low Blood Pressure, Diarrhea, Acid Reflux, Stroke, Vitamin A Toxicity, and Insomnia whereas flaxseeds improve one's health.

Congenital malformations remain one of the least focussed areas of disease surveillance in India compared with communicable and some chronic diseases. Congenital anomalies involving the brain are the largest group at 10 per 1000 live births, followed by cardiac 8 per 1000, kidneys 4 per 1000 and limbs 1 per 1000 live births.

Magnitude of Prenatal Deaths and Defects in India

Prenatal means “before birth, during or relating to pregnancy.” India has the highest global burden of disease and death due to birth defects. Birth defects are the fifth largest cause of new born deaths in India. About 0.75 million neonates die every year in India, the highest for any country in the world.

The prevalence of birth defects in India is 6-7% which translates to around 1.7 million birth defects annually, out of 27 million births per year in India. This estimate reflects the highest global burden of birth defects.

Congenital malformations with cardiac defects carry the highest risk of infant deaths accounting for 28%. Imaging for foetal defects done between 18-22 weeks detects all major defects.

24% of the patients with consanguinity (being descended from the same ancestor) had malformed foetus. With regard to sex of the baby the malformations showed a predilection to male sex.

Central nervous system defects were the most recognisable malformations at birth. Anencephaly (the absence of a major portion of the brain, skull, and scalp that occurs during embryonic development) was the most reported.

The overall crude birth defect prevalence is 92.2 per 10000. The prevalence was highest in Mumbai, followed by Hyderabad, Chennai and least from West Godavari. Ω

In the world there are 3,072,000 infant deaths per year due to birth defects. The top three regions with infant deaths due to birth defects per year are:

| | |
|-----------------------|------------|
| Southeast Asia | -1,096,000 |
| Africa | -1,064,000 |
| Eastern Mediterranean | -444,000 |

Of these, Southeast Asia and Africa share 59% of the global burden. Of these, 76% of all new born deaths due to new born deformities is contributed by India.

The National survey of 2002 reported that there are 17.43 million disabled individuals who reported disability since birth. Of these:

| | |
|---------------------|---------------|
| Mental retardation | -7.8 million |
| Speech impairment | -1.6 million |
| Hearing impairment | -1 million |
| Impaired locomotion | -2.75 million |
| Visual impairment | -360,000 |

These data warn that India has the highest global load of birth defects, 1.7 million patients per year. These data indicate the immediate need to introduce prevention for birth defects, and to establish birth defects surveillance in India, so that the magnitude of patients and their

health care needs can be anticipated.

In 2013, India launched a service for screening children with nine specific types of birth defects (neural tube defects, Down syndrome, orofacial clefts, talipes, developmental dysplasia of the hip (the presence of abnormal cells which cause cancer), congenital cataract, congenital deafness, congenital heart diseases and retinopathy of prematurity) as part of national child health program (RBSK). Ω

What Causes Birth Defects?

• Inadequate prenatal care

Vitamin B9, Folate deficiency

The synthetic form of the vitamin folate, folic acid, can significantly reduce the risk of neural tube defects. With food fortification, the incidence of neural tube defects has decreased dramatically. Researchers say these results suggest it may also play a role in birth defect prevention. Folate is found in leafy green vegetables, such as spinach; citrus fruits, such as orange juice; and beans. We need to eat greens every day. More on this topic is in the next article.

Vitamin B12 deficiency

Women with vitamin B12 deficiency in early pregnancy were up to five times more likely to have a child with neural tube defects, such as spina bifida, compared to women with high levels of vitamin B12. Researchers say the results suggest that women of childbearing age, women in early pregnancy, and women who hope to become pregnant should take steps to ensure their

diet includes foods rich in vitamin B12 or take supplements to reduce their risk of birth defects.

• Consuming a low-carbohydrate diet during pregnancy

Many women believe being on a low-carb diet like Atkins, Paleo, Keto, or gluten-free can improve their health, but they may unknowingly be putting their future children's health at risk. According to a recent study published in the journal Birth Defects Research, women with a low carbohydrate intake are 30 percent more likely to have babies with certain birth defects.

The connection between low carbs and neural tube defects (NTDs), which include spina bifida and anencephaly (absence of portions of the brain), may be in folic acid, a B vitamin. This important nutrient has long been known to prevent NTDs, which is why prenatal vitamins are loaded with it. In addition, this is why the FDA in USA requires that

folic acid be added to 'enriched' grain products like bread, pasta, rice, and cereal. Since 2016, the FDA also allows folic acid to be added to corn masa flour, which is used to make corn tortillas and tortilla chips.

Low-carb diets could lead to reductions in folic acid intake that could in turn lead to an increase in the risk of having a baby with a neural tube defect. All women who are capable of becoming pregnant should eat green leafy vegetables, beans and whole grains.

- **Lifestyle choices and behaviors—Drug use, alcohol consumption, or smoking during pregnancy**

When you drink, alcohol passes through the placenta to your growing fetus. Because a developing baby's body breaks down alcohol much more slowly than an adult's, a fetus's blood alcohol level can rise much higher than its mother's and stay elevated longer. The damage can be long lasting and severe, ranging from mental retardation to heart damage.

Heavy caffeine consumption during pregnancy is linked with an increased risk of miscarriage.

Smoking doubles your risk of having a low birth weight baby. Smokers also face an increased risk of ectopic pregnancy (when the embryo implants outside the uterus, usually in a fallopian tube) and placental complications. Placenta previa, in which the placenta attaches too low in the uterus and covers part or all of the internal opening of the cervix, is at least twice as common in smokers as in nonsmokers. So is placental abruption, in which the pla-

centa separates from the uterine wall before a woman's delivery. If you smoke, you are also more likely to have your water break before labor begins (called premature rupture of the membranes). When this situation occurs before 37 weeks of pregnancy, it often results in the birth of a premature baby.

Babies of mothers who smoke throughout pregnancy may experience withdrawal-like symptoms (such as being jittery, sad, or difficult to soothe) similar to those seen in babies of mothers who use drugs. Smoking may also increase a baby's risk of various birth defects, including cleft lip, cleft palate, and club-foot. Even more frightening is research suggesting that babies whose mothers smoked during pregnancy are more likely to die of sudden infant death syndrome (SIDS).

Babies who are exposed to smoke suffer from more respiratory illnesses, asthma, and ear infections than do other babies. In fact, infants whose mothers smoke are 38 percent more likely to be hospitalized for pneumonia during their first year of life than are babies of nonsmoking mothers.

- **Maternal age of 35 years or older**

Being pregnant after age 35 makes certain complications more likely, including premature birth, birth defects and getting pregnant with multiples.

- **Infections during pregnancy**

Untreated viral or bacterial infections, including sexually transmitted infections cause miscarriage, premature delivery, and death of the fetus. In those babies who are born alive,

a condition called congenital rubella syndrome can result.

- **Exposure to certain medications and chemicals.**

The following drugs or drug groups may cause birth defects in a developing fetus:

Thalidomide is used for cancers and leprosy. It causes congenital defects affecting the ear, heart, or internal organs.

ACE (angiotensin converting enzyme) inhibitors, angiotensin II antagonist, isotretinoin (an acne drug), alcohol, cocaine; high doses of vitamin A, lithium, male hormones, some antibiotics, some anticonvulsant medications, some cancer-fighting medications, some drugs that treat certain rheumatic conditions, some thyroid medications, the blood-thinning drug warfarin, the hormone diethylstilbestrol (DES). Effects of illegal drugs such as cannabis or amphetamines are not clear because of the lack of medical studies.

- **Diabetes**

Among the defects in children born to women with diabetes are heart problems, brain and spinal defects, oral clefts, kidney and gastrointestinal tract defects, and limb deficiencies. Diabetes diagnosed before pregnancy was linked with about 50% of the birth defect categories analyzed.

- **House cleaning chemicals may cause birth defects.**

Alkyldimethylbenzyl ammonium chloride (ADBAC) and didecyldimethyl ammonium chloride (DDAC) added in common cleaning

products caused "gross and skeletal malformations" in mice. They noted increased birth defects in rodents for two generations after stopping exposure. These two ammonium compounds (QACs) are antimicrobial agents which are common ingredients in household bathroom and kitchen cleaning sprays. An epidemiological study should investigate whether humans who are routinely exposed to these chemicals—such as those working in hospitals or restaurants—have trouble getting pregnant or are more likely to have children with birth defects.

- **Radiation**

Large radiation doses to the fetus during the more sensitive stages of development (between weeks 2 and 18 of pregnancy) can cause birth defects, especially to the brain. They also suffer stunted growth (up to 4% shorter than average people) and an increased risk of other birth defects.

Uranium. Health workers in the Punjabi cities of Bathinda and Faridkot knew something was terribly wrong when they saw a sharp increase in the number of birth defects, physical and mental abnormalities, and cancers. The children had massive levels of uranium in their bodies, and in one case more than 60 times the maximum safe limit.

But an *Observer* investigation has now uncovered disturbing evidence to suggest a link between the contamination and the region's coal-fired power stations. It is already known that the fine fly ash produced when coal is burned contains concentrated levels of uranium and a new report published by Russia's

leading nuclear research institution warns of an increased radiation hazard to people living near coal-fired thermal power stations.

Punjab produces two-thirds of the wheat in the country's central reserves and 40% of its rice, which could be contaminated. Punjab's wheat and Basmati rice reach all India. Severely handicapped children were being born with hydrocephaly, microcephaly, cerebral palsy, Down's syndrome and other complications. Several have already died, Dr Pritpal Singh who runs a clinic there says that whole of Punjab needs to be detoxified and the government ignores it and threatens any reporters. All Indians including Punjabis need to detoxify ourselves as we use Punjab's wheat and Basmati rice.

Activated carbon, a remedy for uranium radiation and flouride

Activated carbon, produced from both coconut shell and rice husk, has been shown to be a good adsorbent of uranium from liquid aqueous radioactive wastes. Adsorption of uranium and flouride by activated charcoal was found to be 92±4% and 82% respectively. People who live close to uranium plants and flouride affected areas in India should consume 2 tsp. of activated charcoal powder mixed in water every day. They should also give it to their pregnant mothers, babies, pets, and sprinkle it on their fields and water bodies. You may order Activated Charcoal from us.

• Genetics

Family history of birth defects or other genetic disorders.

Changes in diet and lifestyle can override one's genetics. Diet, particularly vitamin deficiency, is associated with the risk of birth defects and congenital heart defects (CHD) as vitamin deficiencies play a role in their origin. The findings of the Hungarian trials indicate that periconceptional folic acid (FA)-containing multivitamin supplementation prevented the major proportion (about 90%) of neural-tube defects (NTD) as well as a certain proportion (about 40%) of congenital heart defects.

Good nutrition can suppress genetic predisposition. Folate is required for cell division and cell maintenance and this vitamin regulates epigenetic gene expression. The necessary folate/FA consumption is estimated as 0.66–0.70 mg, thus it is difficult to imagine about a 3.5-fold increase in folate intake every day in anticipation of conception, which would require the consumption of 500 g raw spinach, 900 g boiled spinach or 900 g raw broccoli, i.e., about 15 servings of broccoli on each day.

In conclusion, a diet rich in folate is important in general and in the prevention of NTD and CHD, but folate alone cannot completely neutralize the genetic predisposition for NTD and CHD. All women should have a folate- and other vitamin-rich diet from the preconception time onwards. The husbands should watch that their wives eat well.

Women with poor or restricted diets are also at risk for delivering babies with neural tube defects. The mother's caloric intake is extremely important because the needs of the baby are so high. Risks will increase

if single-plant foods are adopted such as only fruit, or only legumes or only of cereals. For example, if only cereals are eaten, it will lead to scurvy, anemia, hypoproteinemia, hypocalcemia and even death from malnutrition. A total plant-based diet can supply all our dietary needs. A variety of foods, incorporating grains, nuts, seeds, legumes, fruits, and vegetables, will supply ample nutrients for healthful living, says Prof. Walter Veith.

If combinations of cereals and legumes are used, protein deficiency is extremely unlikely, and numerous studies have proven not only the adequacy, but also the superiority of plant proteins over those of animal origin. Indeed, the reverse is true in that it is difficult not to exceed recommended protein allowances on a varied vegetarian diet. It is only

when calorie needs are not met that the body will preferentially utilize proteins as an energy source, and this may result in deficiencies. Such conditions are mostly found in populations where malnutrition is a common phenomenon. Vitamin B12 can be supplied through fortified soybean milk, nutritional yeast grown on a B12 medium, or through supplementation. Even without supplementation, reports of vegans suffering from vitamin B12 deficiency are extremely rare.

In conclusion, changes in the diet and lifestyle have a major impact on the expression of our genes. Why take a chance and blame everything on your genes, from weight gain to diabetes to other conditions and risk factors, when making simple lifestyle changes could potentially be lifesaving? Ω

Pregnancy and Vitamins

Eating a healthy diet is always a wise idea—especially during pregnancy. It is also a good idea during pregnancy to take a prenatal vitamin to help cover any nutritional gaps in the mother's diet. Prenatal vitamins contain many vitamins and minerals. Of them, folic acid (B9), iron, iodine and calcium are especially important.

1. Folate/Folic Acid (Vitamin B9)

Folic acid is a pregnancy superhero! Taking a prenatal vitamin with the recommended 400 mcg of folic acid before and during pregnancy can help prevent birth defects of your baby's brain and spinal cord.

What is Folic Acid?

Folic acid is a man-made form of a B vitamin called folate. Folate plays an important role in the production of red blood cells and helps your baby's neural tube develop into her brain and spinal cord. The best food sources of folate are : Legumes (dry peas, and beans—soybeans, blackeye peas, double beans, etc.), asparagus, leafy greens, beets, citrus fruits, nuts and seeds, wheat germ, papaya, bananas, and avocado.

When Should I Start Taking Folic Acid?

Birth defects occur within the first 3–4 weeks of pregnancy. So it is important to have folate in your system during those early stages when your baby's brain and spinal cord are

developing. If you talked to your doctor when you were trying to conceive, she probably told you to start taking a prenatal vitamin with folic acid. One study showed that women who took folic acid for at least a year before getting pregnant cut their chances of delivering early by 50% or more.

Because folate massively decreases the risk of NTDs, the Food and Drug Administration (FDA) of USA concluded that all grains and cereals should be enriched with 140 micrograms of folic acid per 100 grams of product by January 1998. As soon as the fortification began, cases of birth defects plummeted. Adding folic acid to food prevents more than 1,300 NTD cases each year in the United States. In India, it is not mandatory to fortify flours.

What Are the Benefits of Folic Acid?

Without enough folic acid in your body, your baby's neural tube may not close correctly and she could develop health problems called neural tube defects. These include:

Babies with anencephaly usually do not live long, and those with spina bifida may be permanently disabled. These are scary problems. Getting enough folic acid may protect your baby from neural tube defects by at least 50%. When taken before and during pregnancy, folic acid may also protect your baby against:

- Cleft lip and palate
- Premature birth
- Low birth weight
- Miscarriage
- Poor growth in the womb

Folic acid has also been suggested to reduce your risk of:

- Pregnancy complications (One report found that women who took folic acid supplements during the second trimester had a reduced risk of preeclampsia.)

- Heart disease
- Stroke
- Some types of cancers
- Alzheimer's disease

Excess Folic Acid and B12 in Pregnancy are linked to autism in the child.

2. Calcium

Calcium is important for a pregnant woman. It can help prevent her from losing her own bone density as the baby uses calcium for its own bone growth. Mothers with severely depleted bone mineral and vitamin D stores give birth to their babies with congenital rickets. Vitamin D deficiency rickets in children and osteomalacia in the mothers are the commonest disorders prevalent in the rural population of India.

Though hypocalcemia (low level of calcium in the blood) in pregnancy is not often reported in the literature, it occurs in cases of hypoparathyroidism and in mothers with severe dietary inadequacy. Hypocalcemia during pregnancy can pose numerous problems to the mother and fetus. It is associated with hypertensive disorders and can increase the risk of numerous problems such as preeclampsia and fetal growth disorders. Physicians face challenges diagnosing and managing hypocalcemia during pregnancy. A multidisciplinary team including endocrinologists and obstetricians is warranted to ensure appropriate treatment and optimal outcomes.

Calcium levels affect many extracel-

lular and intracellular processes. These include neural transmission, membrane stability, bone structure, blood coagulation, muscle movement, and intracellular signaling. It is also an important cofactor for hormonal secretion in endocrine organs. For optimal and normal functioning of these processes, the total serum calcium concentrations need to be normally maintained within the very narrow range of 8.5 and 10.5 mg/dL (2.12 to 2.62 mmol/L). Hypocalcemia, a common metabolic derangement observed in hospitalized patients (both medical and surgical), is caused by loss of calcium from circulation or insufficient entry of calcium into the circulation.

Calcium is the substance for bone mineralization. Skeletal mass cannot be built or maintained if calcium intake is insufficient or calcium losses are excessive. Deficient calcium intake has been shown to be the cause in a large proportion of childhood rickets and adult osteomalacia (softening of the bones). Dietary calcium replenishment produced healing of rickets independent of vitamin D. The problem is likely to worsen during pregnancy.

Calcium deficiency has numerous implications in women from the fetal phase to the elderly post-menopausal age since the body has increased calcium needs during growth spurts, pregnancy, and lactation. Inadequate calcium intake can, therefore, cause several problems especially in growing children and adolescents; this can lead to stunted growth, and a reduced peak bone density increases the risk of osteoporosis later in life.

A study in India found that 66.4% pregnant women had deficiency of calcium in their blood. Maternal hypocalcemia due to hypoparathyroidism has been linked with intrauterine fetal hyperparathyroidism and fetal death while overtreatment leads to maternal hypercalcemia, which can cause complications such as abortion, stillbirth, perinatal death, neonatal tetany, and suppression of the fetal and neonatal.

3. Iron

Iron helps blood—in both the mother and baby—carry oxygen. When iron levels are low, the red blood cells are unable to carry oxygen to the body's tissues. Although it is normal to experience mild anemia during pregnancy due to increased blood volume, severe anemia may put you and your baby at risk of premature delivery and low birth weight.

Fetal demands for iron are maximal during the third trimester. The iron content of a 3 kg fetus has been estimated at 270 mg. The mother must mobilize 1200 mg of iron during pregnancy. Foods rich in iron are: beans and lentils, tofu, baked potatoes, cashews, dark green leafy vegetables such as spinach, and whole-grain breads.

4. Vitamin D

Pregnant women should take 4,000 international units (IU) of vitamin D every day. Compared to women who took 400 IU of vitamin D daily, those who took 4,000 IU were half as likely to develop gestational diabetes, pregnancy-related high blood pressure, or preeclampsia. They are also less likely to give birth prematurely.

There is some research to suggest that vitamin D may contribute to other health benefits, such as: resistance to some cancers, cardiovascular diseases, diabetes, hypertension and multiple sclerosis.

Vitamin D deficiency leads to a loss of bone density, which can contribute to osteoporosis and fractures. Severe vitamin D deficiency leads to other diseases: in children, rickets and in adults, Osteomalacia (softening of the bones) which causes weak bones, bone pain, and muscle weakness. Vitamin D alone does not cure rickets. One needs calcium.

Spending time out in the sun is the best way to get your daily dose of vitamin D. Vitamin D is a type of nutrient that the body produces when a person's skin has exposure to direct sunlight. In India, culture and clothing fully restricts young girls to adequate sunshine.

5. Omega-3 fatty acid (DHA)

DHA stands for docosahexaenoic acid. It's a kind of fat from the seeds (called omega-3 fatty acid) that helps with growth and development. During pregnancy, you need 200 milligrams of DHA each day to help your baby's brain and eyes develop. Not all prenatal vitamins contain DHA. Eat foods that have DHA in them. Good sources of DHA include: nuts and seeds such as flaxseed, chia seeds, and walnuts. 155 mg of edamame (raw soybeans) contains about 560 mg of omega-3 essential fatty acids and 2781 mg of omega-6 fatty acids.

Omega-3s are important components of the membranes that surround each cell in your body. DHA

levels are especially high in retina (eye), brain, and sperm cells. Omega-3s also provide calories to give your body energy and have many functions in your heart, blood vessels, lungs, immune system, and endocrine system (the network of hormone-producing glands).

6. Iodine

Iodine deficiency disorders (IDD) include mental retardations, hypothyroidism, goiter, cretinism, and varying degrees of other growth and developmental abnormalities, which result from inadequate thyroid hormone production as a result of an insufficient iodine intake. Cretinism, the most severe form of iodine deficiency, causes profound mental retardation. Severe maternal iodine deficiency begins to affect the fetus in the second trimester of pregnancy, and the damage becomes irreversible at the end of that trimester. In endemic areas, where up to 100 percent of the population does not consume adequate iodine, nearly every developing fetus is at high risk for IDD.

Iodine is critical for a woman's healthy thyroid function during pregnancy. A deficiency in iodine can cause stunted physical growth, severe mental disability, and deafness. Not enough iodine can lead to miscarriage and stillbirth. Iodine rich foods are: Garlic, seaweed, prunes, lima beans, sesame seeds, soybeans and navy beans.

7. Vitamin A

Vitamin A is a fat-soluble vitamin that is stored in the liver. Vitamin A is important for your baby's embry-

onic growth, including the development of the heart, lungs, kidneys, eyes, and bones as well as the circulatory, respiratory, and central nervous systems.

Vitamin A is particularly essential for women who are about to give birth because it helps with postpartum tissue repair. It also helps maintain normal vision, fights infections, supports your immune system, and helps with fat metabolism.

There are two types of the nutrient: preformed vitamin A and provitamin A carotenoids. Preformed vitamin A is found only in foods from animal sources, such as liver and eggs, and is added to all processed milk. Plant food sources do not contain preformed vitamin A, but some do contain provitamin A carotenoid, which can be converted to retinol in your body.

Provitamin A carotenoids, found in fruits and vegetables, particularly orange and yellow ones and leafy greens, rich in beta-carotene, are the best sources of vitamin A. Here are some good food sources of vitamin A: Sweet potato, pumpkin, butter squash, carrot, spinach, cantaloupe, kale, collard greens, oats, mango and broccoli.

Signs of vitamin A deficiency include impaired night vision and a weakened immune system. People who are deficient may also develop a condition called xerophthalmia,

which results in a cornea that becomes dry and thick.

Summary

Prenatal vitamins are almost universally given to pregnant women today. But having too much or too little of certain vitamins and minerals in pregnancy can cause problems. For example, large amounts of vitamin A have been found to increase the prevalence of craniofacial (head and face) defects. On the other hand, maternal deficiency of folic acid, a B vitamin, or zinc, a mineral, has



been associated with birth defects.

Prenatal vitamin includes:

400micrograms (mcg) of folic acid. 400 IU of vitamin D. 200 to 300 milligrams (mg) of calcium. 70 mg of vitamin C. 3 mg of thiamine. 2 mg of riboflavin. 20 mg of niacin. 6 mcg of vitamin B12. 10 mg of vitamin E. 15 mg of zinc. 17 mg of iron. 150 micrograms of iodine.

Whole foods, plant-based diet is the only remedy for all diseases and birth defects. Ω

The Ten Worst Junk Foods

- | | |
|----------------------------------|--|
| 1. Cola-flavored drinks. | 6. Heavily salted snack food. |
| 2. White flour products. | 7. Hydrogenated fats, such as margarine and solid shortenings. |
| 3. Sweet rolls and other pastry. | 8. Fried potato chips. |
| 4. Chocolate bars and candy. | 9. Frozen desserts and ice cream. |
| 5. Fruit drinks. | 10. Imitation foods. Ω |

Food Fortification Initiative

According to GFDx (Global Fortification Data Exchange) data, two-thirds of all countries mandate food fortification. Vitamin and mineral deficiencies, sometimes called hidden hunger, can be life-threatening. They can also cause lifelong conditions, including intellectual disability, preventable blindness, and birth defects. Today, 2 billion people are affected. 137 of 196 countries mandate food fortification of at least one of five foods (maize flour, oil, rice, salt, or wheat flour). 68 countries fortify 2 foods. In these countries, fortified foods reach less than 26% of the population. GFDx is led by global organizations and supported by Bill & Melinda Gates.

In India more than half of the pregnancies are unplanned, so starting folic acid supplementation to them will be too late as neural tube closes between 21 and 28 days, before they know that they are pregnant. Under the micronutrient initiative (MI), an international organization aimed to eliminate micronutrient deficiencies in the world's most vulnerable populations, India flour fortification network (IFFN) was set up to eradicate the micronutrient malnutrition in India. IFFN has been working with government development agencies, health and medical research institutes, flour millers associations and nongovernmental organizations to adopt the flour fortification. Around 44.52 million Indians now have access to fortified flour supplied in various states. Most challenging job is to provide the accesses to marginalised and neglected population on a regular basis through

public distribution system. In 2018, the Haryana govt. began distributing fortified atta in two blocks with iron, folic acid and vitamin B12. Fortifying whole-wheat flour could be replicated in 17 states in India to reach 400 million. Fortified rice is available through social safety net programs in Odisha and Karnataka. Fortified rice is being distributed in two research trials in India—in Tamil Nadu and Gujarat. Wheat flour and rice fortification is voluntary in India. It is not mandatory. In some cases, fortified or enriched foods are helpful. They can fill in the gaps and increase a particular vitamin and mineral consumption that would otherwise be less than the recommended value. But they could contribute to nutrient overdoses.

Dangers of fortified foods

Adults can overconsume certain vitamins with enriched or fortified foods, especially if they are also taking supplements. Pregnant women and older adults can get too much vitamin A. It can cause birth defects, and high levels of vitamin A have been linked to hip fractures in older adults. Excess folic acid leads to autism. Too much calcium can cause constipation. It might also interfere with the body's ability to absorb iron and zinc. Too much calcium (from dietary supplements but not food) might increase the risk of kidney stones. Too much iodine can lead to iodine-induced hyperthyroidism. This happens when people take iodine supplements to improve their thyroid function. Symptoms of hyperthyroidism include: fast heart rate. Ω

Eat Whole Foods for Your Health

Brown Rice

The complete milling and polishing (1st and 2nd polish) that converts brown rice into white rice destroys 67% of the vitamin B3, 80% of the vitamin B1, 90% of the vitamin B6, half of the manganese, half of the phosphorus, 60% of the iron, and all of the dietary fiber and essential fatty acids. Fully milled and polished white rice is required to be "enriched" with vitamins B1, B3 and iron.

Brown rice is one of the world's healthiest foods, according to Food Rating System. Women who eat whole grains weigh less. Brown rice is rich in fiber and selenium. It lowers cholesterol. It has significant cardiovascular benefits for postmenopausal women. It has phytonutrients with health-promoting activity equal to or even higher than that of vegetables and fruits. Whole grains have lignans which protect against heart disease. It reduces your risk of metabolic syndrome. Brown rice and other whole grains substantially lower type 2 diabetes risk. A good source of fiber. Fiber from whole grains and fruit protects against breast cancer, help to prevent gallstones and protect against childhood asthma. — Wholefoods.com.

Wheat

Differences between whole wheat flour and maida (all-purpose flour) are, endosperm, germ, and bran are removed from wheat to make maida. The benefits of these three are:

- Endosperm. The middle layer of the grain is mostly made up of car-

bohydrates and protein, and small amounts of vitamins and minerals. It accounts for 83% of the mass of the wheat kernel.

- Bran. This is the hard, outer shell. It is a good source of fibre and B vitamins, minerals, and antioxidants, and accounts for 14% of the mass of the wheat kernel.
- Germ. This inner layer has many B vitamins, minerals, protein, plant compounds and healthy fats. It accounts for 3% of the wheat kernel's mass. It is the grain's embryo, which can sprout into a new plant.

Those who claim that whole wheat flour loses 90% of its nutritional value within 72 hours after grinding are probably referring to the degradation of vitamins and therefore neglect the fact that a significant portion of the "nutrition" comes from the proteins, carbohydrates, and fiber in it, which are not in white flour.

White flour gives weight gain + obesity. It does not contain the micro and macronutrients we need to feel satiated and full. It gives blood sugar + diabetes, cardiovascular disease, inflammation, indigestion and cancer. Foods you should never eat while pregnant are white rice, pasta, white bread and pastries, undercooked and refrigerated meats, caffeine, cod liver oil, raw eggs and unwashed fruits and veggies.

Our approach is to recommend as many whole, plant foods as possible to obtain nutrients in their original, natural form and then fill in any gaps with targeted recommendations. Ω

Natural News

Sink holes in Kadapa villages

Villages in Kadapa Dist. are experiencing sink holes. Earthquakes could be a secondary or primary result. Kadapa basin was formed by volcanoes. Need to watch for these two.

India leads the world in TB Burden. WHO TB statistics for India for 2016 give an estimated 2.79 million cases of TB for India per year.

“Where youth grows pale and spectre-thin and dies,” wrote John Keats, about his fight against TB in 1821 and died at the age of 25. Even today, TB kills 1.6 million a year globally. TB affects low and middle income countries, with India having the highest burden. Only 28-45% of health care providers correctly manage TB cases. Causes for TB are: Bacterial infection, Spread of infection through the air when a patient coughs, sneezes, spits, laughs or talks, Close contact with a person suffering from the disease, Liquor consumption, Tobacco and smoking.

Madhukar Pai, McGill University

India: Bone TB is the prime cause for bone, spine deformities

New Delh, March 11, 2016: With the rise in the number of people suffering from bone tuberculosis in India, medical experts have said that the disease is one of the major reason behind bone and spine deformities. The ignorance about bone TB, during which the bacterium causing TB affects bones and the spine, also leads to limb shortening in growing children and full body paralysis.

According to the medical statistics, 5-10 percent of the total TB patients in India suffer from bone TB and the figure is on the rise. India witnesses 15 lakh TB patients every year. Bovine TB has been identified as a priority zoonosis in India. Zoonosis refers to diseases passed from animals to humans. The prevalence of bovine TB in humans in India is around 1 per cent, where as 6-7 per cent captive animals including livestock, animals in zoo and pets are infected with human TB.

tbonline.info, DownToEarth

Vitamin deficiency widespread among healthy looking urban Indians—Hyderabad Scientists Find

Vitamin A deficiency can result in fat malabsorption, or liver disorders. Deficiency impairs immunity and hematopoiesis (process through which the body manufactures blood cells) and causes rashes and typical ocular effects (eg, xerophthalmia, night blindness). 6% have this deficiency.

B1 or Thiamine deficiency results in dementia, Alzheimer’s disease, cancer and metabolic diseases. 11% have this deficiency.

B2 or riboflavin is related with nerve-related diseases. 72% have this, could be due to bran removed from milling.

B6 is associated with failure of higher brain functions, fits, cancer, migraine, chronic pain, heart involvement, low immunity and depression.

B9 or Folate deficiency leads to in a few weeks, genetic mutation and Anemia. 91% have this deficiency.

B12 deficiency leads to weakness and fatigue as you are unable to efficiently transport oxygen to your

body's cells due to not having sufficient red blood cells. 96% have this. Vitamin D deficiency can lead to a loss of bone density, which can contribute to osteoporosis, fractures and diabetes. Severe vitamin D deficiency can also lead to other diseases. In children, it can cause rickets. Osteomalacia causes weak bones, bone pain, and muscle weakness. 29% have this.

Low levels of B2, B6, B9 folate and B12 is related to various blood-related problems and could result in strokes (brain and heart), fractures due to weak bones and dementia-type disorders. This condition was present in more than half (52%) of the participants. No single food item can give all the micronutrients. We need to eat varieties of fruits and vegetables.

—Next News 27/3/2019.

High soy milk intake reduce prostate cancer incidence. The Adventist Health Study (US)

Recent experimental studies have suggested that isoflavones (such as genistein and daidzein) found in some soy products may reduce the risk of cancer, says a study with 225 incident cases of prostate cancer in 12,395 California Seventh-Day Adventist men who in 1976 stated how often they drank soy milk. Results: Frequent consumption (more than once a day) of soy milk was associated with 70 per cent reduction of the risk of prostate cancer. Men with high consumption of soy milk are at reduced risk of prostate cancer.

Springer.com, Dec. 1998

Herbalife may not be healthy

The main ingredient in Herbalife is

Soya gluten. But the other ingredients: hydrogenated oils, vegetable oils, MSG, artificial sweeteners, etc. are cancer-giving. I met a distributor of Herbalife, who loves its taste, to have osteomalacia. His knuckles (bones of his fingers), and wrist bones were sticking out. Check out if other users have this. We need to educate our own taste, and bring our diet to God's plan.

An unbiased review of Herbalife

Types of millets and their health benefits

Jowar (Sorghum) - has iron, protein and fibre - helps in reducing cholesterol level as it has a component called policosanols (a part of sorghum wax). It is good for people who have wheat intolerance.

Ragi (Finger Millet) - Ragi is used as a healthy substitute for rice and wheat. Ragi is undoubtedly a powerhouse of nutrition. Loaded with protein and amino acids, this gluten free millet is good for brain development for growing kids. It has 30 times more calcium than rice, 10 times more fiber than rice.

Foxtail millet - Foxtail millet has healthy blood sugar balancing carbohydrates, and it is popularly available in the form of semolina and rice flour. The presence of iron and calcium in this millet helps in strengthening immunity.

Bajra (Pearl millet) - This millet is known for its umpteen health benefits. Packed with the goodness of iron, protein, fibre, and minerals such as calcium and magnesium; the daily consumption or inclusion of this millet can work wonders.

Barnyard millet - This nutrient

dense millet has high fiber content, which can effectively help in losing weight. It is a rich source of calcium and phosphorus, which helps in bone building and its daily consumption helps in fighting bone diseases.

Proso millet - This millet can effectively help in balancing blood sugar level. Its low glycemic index has made it a fad among weight watchers. In India it has been commonly used as bird feed.

Little millet - Packed with the goodness of B-vitamins, minerals like calcium, iron, zinc and potassium, little millets can provide essential nutrients, which further help in weight loss. It is a part of many traditional dishes in south India. What's more, more than anything, its high fiber content makes it a healthy replacement for rice.

<https://recipes.timesofindia.com>

Poor Nutrition a weapon of mass destruction & H.O.P.E. What you eat matters

Please watch these two documentaries.

Hold the white rice - eat more whole grains, beans, peas, lentils

Unprocessed whole grains and legumes—beans, peas, lentils—are a major source of complex carbohydrates, vitamins, protein and fiber. Chinese medicine refers to them as “coarse grains” and recommends many kinds of congees (porridge) with them for general health and keeping the digestive system in good health. Rich in fibre, these grains promote movement of the bowels, help detoxify the system, and help prevent hemorrhoids and cysts in the colon, which can lead to cancer. The

fiber also quickly absorbs water when it enters the stomach, enlarging the volume of food and making you feel full. You then will eat less and lose weight. Eating these coarse grains adds less blood sugar and cholesterol than eating fine flour or rice. Millets benefit the kidneys, dispel pathogenic heat in stomach and act as a diuretic. The thick layer that forms on the surface of millet congee is said to be the most nutritious part. Millet congee treats digestive ailments. Do not eat millet with almond as the combination can cause vomiting and diarrhea. Pearl barley prevents cancer.

www.china.org.cn/health

Beans and Grains: Make Complete Protein

Combining beans and grains in a single meal has a rich history in ancient culinary practices. In China, congee (thick porridge) is made with rice, sugar, mung beans or red beans. In Greece, large white beans are cooked in a tomato sauce and served with bread for dipping. In Italy, a soup with pasta, beans and vegetables is made. In Ethiopia, bean stews are served with bread. Brazil's national diet is a black bean stew served with rice and oranges. In Colombia and Venezuela, corn-based flatbreads (tortillas) are filled with beans and vegetables. Make congee often which has high nutrition and health benefits. Chinese congee to relieve depression: 1/3 C each of red rice, brown rice, millet, red beans, mung beans, raw peanuts, 10 dates, 1 in. ginger piece crushed. Pressure cook. Eat with honey, jaggery or chutney. Ω

Section II

Rise and Fall of Nations

Tomorrow's World

In the annals of human history the growth of nations, the rise and fall of empires, appear as dependent on the will and prowess of man. The shaping of events seems, to a great degree, to be determined by his power, ambition, or caprice. But in the word of God the curtain is drawn aside, and we behold, behind, above, and through all the play and counterplay of human interests and power and passions, the agencies of the all-merciful One, silently, patiently working out the counsels of His own will. — EGW

History shows us that great nations rise and fall. Babylon and Greece have fallen. The Roman Empire has come and gone, and will rise once more. Is it possible that the United States, like so many superpowers of years past, could be turned to ashes? What lessons can we learn from history, and from Scripture?

Where are the great empires of the past? Where is the Assyrian Empire? The Babylonian Empire? The Roman Empire? You can find what is left of them in museums, in ruins and in a few ancient stone buildings frequented only by modern tourists. Great nations rise and fall! Is it possible that the United States could be returned to ashes, like so many great nations that have gone before?

We cannot help but be impressed by the great empires of the past. The Babylonian Empire ruled the Middle East, and the armies of Nebuchadnezzar were unstoppable. The mighty Roman Empire lasted for 500 years, before falling to the Vandals and the Huns. World War II saw the blitzkrieg expansion of the Third Reich across Europe and North Africa. Hitler's ambitions included conquest of the Soviet Union, but he failed, and Allied armies pummeled

mighty Germany into a rubble heap. Can any nation or empire long endure? Can the U.S. last much longer as a superpower? What does the Bible say about the future of kingdoms, empires and nations? Does God have a say in what will happen? What are the lessons of history—and Scripture—and the warnings they portend for Western civilization?

The Union of Soviet Socialist Republics consisted of 15 republics and one-sixth of the world's land surface, or 2.5 times the area of the U.S. This great superpower reveled in its Communist ideology; it fought for the hearts of nations all over the world and lost. On November 9, 1989, the symbol of its subjugation of Eastern Europe, the Berlin Wall, came tumbling down.

Now this once-mighty power has shattered into 15 struggling nation-states, with 12 tied together in the Commonwealth of Independent States. Who could have predicted the fall of this great superpower? A small group of biblically based Christians did understand that Eastern Europe would eventually escape the iron grip of the Soviet Union. How could they have known that? Bible prophecy predicted the rise of another

great superpower, called the Beast in the book of Revelation. Nearly 50 years ago, Herbert W. Armstrong wrote that East Germany would be rejoined to West Germany, and that Russia "will be forced to relinquish her control over Hungary, Czechoslovakia and parts of Austria."

Shortly after Russia's 1956 invasion of Hungary, when many experts believed that the "Iron Curtain" had fallen inexorably on the nations of Eastern Europe, Mr. Armstrong wrote: "The way is being prepared for a colossal third force in world politics—a European Federation of Nations more powerful than either Russia or the United States! We have shown years in advance what would happen to Russia's ill-fated Empire in Eastern Europe."

You can know the future from Bible prophecy. You can know the broad outlines of world history, and what will happen to the great nations of this 21st century! There is a God in heaven who is working out a great plan here on earth. He is giving human beings and human civilization six millennia to experiment with religion, science, government, business, education and social institutions. God is allowing human beings to go their own predictable, carnal way of selfishness, war, and violence, but He often intervenes in order to teach lasting lessons of life and death.

King Nebuchadnezzar ruled the mighty Babylonian Empire, but his arrogance and rejection of God's authority brought a great judgment upon him. King Nebuchadnezzar called upon the prophet Daniel to interpret a troubling dream. God re-

vealed that the king would be driven from his throne to live with the beasts of the field for seven years. What was the lesson this most powerful king had to learn? He needed to learn "that the Most High rules in the kingdom of men, gives it to whomever He will, and sets over it the lowest of men" (Daniel 4:17). Or, as translated in the King James Version, the "basest of men."

After the seven years, God restored the kingdom to King Nebuchadnezzar. The king had learned his lesson. Scripture quotes the king's repentant reflection. "Now I, Nebuchadnezzar, praise and extol and honor the King of heaven, all of whose works are truth, and His ways just. And those who walk in pride He is able to put down" (Daniel 4:37).

Other great empires have fallen, just like Nebuchadnezzar's. In his book *When Nations Die*, author Jim Nelson Black recounts the fate of several modern empires. He writes: "The collapse of the Soviet Union, which has been constantly in the headlines since the fall of 1989, is clearly the most recent example of the fate of nations. But it is not the only one. In this century alone [the 20th century] we have seen the fall of the German Reich, the Austro-Hungarian Empire, the Italian Empire of Benito Mussolini, the Japanese Empire of Hirohito, and not least, the British Empire."

Why do nations decline and fall? History has proved, time and again, that a nation's moral condition and its character are key to its endurance. God's moral law applies to nations as well as individuals. The Apostle Paul wrote: "Do not be deceived;

God is not mocked; for whatever a man sows, that he will also reap" (Galatians 6:7). Individuals and nations that sow immorality, violence and oppression will not long endure.

Jim Nelson Black, researching decadence in modern society, listed such signs of decay as "luxury, skepticism, weariness, superstition, a preoccupation with self, promotion of the wrong people, the urge to overspend, and a rise of 'liberal opinion'—that is, the popularization of attitudes and policies controlled by sentiment rather than sound moral judgment."

Yet God will deliver a nation that responds to His warning. Facing attack by the armies of Moab and Ammon, the Kingdom of Judah humbled itself and sought God. You can read the full account of this inspiring story in 2 Chronicles 20. King Jehoshaphat exhorted the people to trust in God for their victory. "Hear me, O Judah and you inhabitants of Jerusalem: Believe in the Lord your God, and you shall be established; believe His prophets, and you shall prosper" (2 Chronicles 20:20). They did, and God gave Judah the victory! That vital principle applies today! Will we listen to the warnings God is giving us—even this very minute? Or will we nationally and individually become more and more decadent?

Note these sobering words by former U.S. Education Secretary William Bennett: "National prosperity, as it happens, is largely dependent on lots of good private character. If lying, manipulation, sloth, lack of discipline, and personal irresponsibility become commonplace, the national

economy grinds down. A society that produces street predators and white-collar criminals has to pay for prison cells. A society in which drug use is rampant must pay for drug treatment centers. The breaking up of families means many more foster homes and lower high school graduation rates. A society that is parsimonious in its personal charity (in terms of both time and money) will require more government welfare. Just as there are enormous financial benefits to moral health, there are enormous financial costs to moral collapse" (The Death of Outrage, pp. 35–36).

Do Bennett's words describe our modern American culture? Sadly, the answer is "yes." Author Black shares a similar perspective. He writes: "Could our own culture already be in the latter stages of decline? Is it possible that America—once universally acknowledged as the foremost economic and military power in the world—may one day, perhaps very soon, go the way of Greece and Rome?"

The answer is that, unless we repent nationally and individually, we will continue our moral decline into devastation and destruction. God Almighty, Who judges the conduct and character of nations, will bring upon us the Great Tribulation. No nation or empire can long endure without moral character and God's blessing. Ancient King Nebuchadnezzar learned the hard way. He neglected the warning of God's prophet, and lived with the beasts of the field for seven years. We saw, through King Jehoshaphat's example, that God will bless a nation that humbles itself, that seeks God, and that acts

upon the warnings and instructions of His prophets and servants!

God sent the prophet Jonah to warn the Assyrian kingdom. Jonah traveled to the Assyrian capital city, Ninevah, along the Tigris River. His warning is recorded in the book of Jonah. "And Jonah began to enter the city on the first day's walk. Then he cried out and said, 'Yet forty days, and Nineveh shall be overthrown!'" (Jonah 3:4). How did the Ninevites respond? "So the people of Nineveh believed God, proclaimed a fast, and put on sackcloth, from the greatest to the least of them. Then word came to the king of Nineveh; and he arose from his throne and laid aside his robe, covered himself with sackcloth and sat in ashes" (Jonah 3:5-6).

The Assyrians responded to the prophet's warning. They repented of their evil ways and God spared them. This took place in the eighth century bc. So God spared them until they returned to their carnal ways. In 612bc, Nineveh was destroyed by the Babylonians, the Scythians and the Medes. God had previously used Assyria to punish ancient Israel. Israel went into captivity to the Assyrians. The kingdom of Israel was lost in history and became known as the "lost ten tribes."

God had sent His prophets to warn Israel to repent. They refused to reform. So the kingdom of Assyria conquered the northern kingdom, the ten-tribed House of Israel, and moved the captives far to the east in Assyria. The final captivity took place around 721bc.

Then God also sent prophets to warn the southern kingdom of Judah,

which also persisted in its sins. God used the kingdom of Babylon under King Nebuchadnezzar to punish the house of Judah. The majority of Jews were deported to Babylon over a period of two decades ending with the destruction of Jerusalem in 586bc. A young Daniel and three of his friends were taken captive and trained in the culture and literature of Babylon. These young men continued in the godly values they had been taught, and God used Daniel to interpret the dream of Nebuchadnezzar.

"Now in the second year of Nebuchadnezzar's reign, Nebuchadnezzar had dreams; and his spirit was so troubled that his sleep left him. Then the king gave the command to call the magicians, the astrologers, the sorcerers, and the Chaldeans to tell the king his dreams. So they came and stood before the king. And the king said to them, 'I have had a dream, and my spirit is anxious to know the dream'" (Daniel 2:1-3).

These advisors asked the king to tell them the dream so that they could interpret it. But the king threatened them with death if they could not tell him the content of the dream. The king, in effect, was testing the astrologers' and magicians' claim to divine revelation. Daniel asked his friends to pray that God would reveal the dream, and during the night God made the dream known to Daniel, who gave the credit to God. "Daniel answered in the presence of the king, and said, 'The secret which the king has demanded, the wise men, the astrologers, the magicians, and the soothsayers cannot declare to the king. But there is a God in

heaven who reveals secrets, and He has made known to King Nebuchadnezzar what will be in the latter days. Your dream, and the visions of your head upon your bed, were these..." (Daniel 2:27-28). Then Daniel proceeded to describe this great image in the king's dream.

Daniel not only told the king what his dream was, but he also gave the interpretation. "You, O king, were watching; and behold, a great image! This great image, whose splendor was excellent, stood before you; and its form was awesome. This image's head was of fine gold, its chest and arms of silver, its belly and thighs of bronze, its legs of iron, its feet partly of iron and partly of clay" (Daniel 2:31-33).

Daniel told the king the dream's meaning: "This is the dream. Now we will tell the interpretation of it before the king. You, O king, are a king of kings. For the God of heaven has given you a kingdom, power, strength, and glory; and wherever the children of men dwell, or the beasts of the field and the birds of the heaven, He has given them into your hand, and has made you ruler over them all; you are this head of gold" (Daniel 2:36-38).

Daniel told Nebuchadnezzar that God had made him a king of kings, saying: "You are this head of gold." Here, God was revealing the power and authority that He, the Creator of the universe, was giving Nebuchadnezzar and his kingdom. Notice that the image also symbolized great empires to come. What were those empires that Bible prophecy predicted? Here is Daniel's description: "But after you shall arise another

kingdom inferior to yours; then another, a third kingdom of bronze, which shall rule over all the earth. And the fourth kingdom shall be as strong as iron, inasmuch as iron breaks in pieces and shatters everything; and like iron that crushes, that kingdom will break in pieces and crush all the others. Whereas you saw the feet and toes, partly of potter's clay and partly of iron, the kingdom shall be divided; yet the strength of the iron shall be in it, just as you saw the iron mixed with ceramic clay. And as the toes of the feet were partly of iron and partly of clay, so the kingdom shall be partly strong and partly fragile. As you saw iron mixed with ceramic clay, they will mingle with the seed of men; but they will not adhere to one another, just as iron does not mix with clay" (Daniel 2:39-43).

Who were these empires? Again, all serious Bible scholars agree on their identity. Daniel continued to describe what would eventually happen to this great image. The head of gold represented the Babylonian Empire from 625 to 539bc. This empire was replaced by the Medo-Persian Empire from 558 to 330bc, represented by the chest and arms of silver. The belly and thighs of bronze represented the Greco-Macedonian Empire of Alexander the Great from 333 to 31bc. The two legs of iron represented the rising and falling Roman Empire, which first rose in 31bc, and most recently fell with the collapse of the German-Italian Axis at the end of World War II. The ten toes of iron mixed with clay represent the 10 Kingdoms of the Club of Rome, the ten economic bodies of the world, under the leadership of

Rome (info updated). Notice that the final worldly kingdoms, represented by the great image Nebuchadnezzar saw in his dream, will all come to an end. The image represented four world-ruling empires and their continuation until the end of mankind's civilizations at the end of this age. They will all be replaced by what is called the fifth kingdom, the coming Kingdom of God.

Daniel wrote: "You watched while a stone was cut out without hands, which struck the image on its feet of iron and clay, and broke them in pieces. Then the iron, the clay, the bronze, the silver, and the gold were crushed together, and became like chaff from the summer threshing floors; the wind carried them away so that no trace of them was found. And the stone that struck the image became a great mountain and filled the whole earth" (Daniel 2:34–35).

And what is this stone? Daniel describes its meaning: "And in the days of these kings [symbolized by the ten toes] the God of heaven will set up a kingdom which shall never be destroyed; and the kingdom shall not be left to other people; it shall break in pieces and consume all these kingdoms, and it shall stand forever" (Daniel 2:44).

The history of the world is the story of nations and empires that prospered and later turned to dust. Will we learn the lessons of history? Some nations declined slowly before their demise. Others were destroyed or conquered suddenly.

Daniel was in the city of Babylon the night the Persian army conquered the city. And through Daniel, God also let king Belshazzar know what

was going to happen to him and the empire. This is the famous story of the "handwriting on the wall." King Belshazzar (grandson of Nebuchadnezzar) prepared a feast, a great party, for a thousand of his nobles. They drank wine out of the plundered golden vessels from the Temple in Jerusalem. "In the same hour the fingers of a man's hand appeared and wrote opposite the lampstand on the plaster of the wall of the king's palace; and the king saw the part of the hand that wrote. Then the king's countenance changed, and his thoughts troubled him, so that the joints of his hips were loosened and his knees knocked against each other" (Daniel 5:5–6).

Daniel was called upon to interpret the message that this mysterious hand had written on the wall. "And this is the inscription that was written: MENE, MENE, TEKEL, UPHARSIN" (Daniel 5:25). Daniel then told King Belshazzar: "This is the interpretation of each word. Mene: God has numbered your kingdom, and finished it; Tekel: You have been weighed in the balances, and found wanting; Peres: Your kingdom has been divided, and given to the Medes and Persians. That very night Belshazzar, king of the Chaldeans, was slain. And Darius the Mede received the kingdom, being about sixty-two years old" (Daniel 5:25–28, 30–31).

Today, the handwriting is on the wall for America and all nations. The warning signs are all about us as we become more decadent and immoral. Yet there is still time for us to repent nationally and individually. Will we listen to God's warnings? We need

to turn to the Savior of the world! As Jesus said: "Watch therefore, and pray always that you may be counted worthy to escape all these things that

will come to pass, and to stand before the Son of Man" (Luke 21:36). We need to take action, before it is too late! Ω

The Church Age has Ended—God's Kingdom Age Has Begun
SC, ST, BC, OBC & Muslims in India are God's Eleventh Hour Workers

Quotations are from the Bible and Ellen G. White

Matthew 22:1-14 - KJV - The Parable of the Wedding Feast

22 And Jesus answered and spake unto them again by parables, and said, 2 The kingdom of heaven is like unto a certain king, which made a marriage for his son, 3 And sent forth his servants to call them that were bidden to the wedding: and they would not come.

4 Again, he sent forth other servants, saying, Tell them which are bidden, Behold, I have prepared my dinner: my oxen and my fatlings are killed, and all things are ready: come unto the marriage. 5 But they made light of it, and went their ways, one to his farm, another to his merchandise: 6 And the remnant took his servants, and entreated them spitefully, and slew them.

7 But when the king heard thereof, he was wroth: and he sent forth his armies, and destroyed those murderers, and burned up their city. 8 Then saith he to his servants, The wedding is ready, but they which were bidden were not worthy. 9 Go ye therefore into the highways, and as many as ye shall find, bid to the marriage.

10 So those servants went out into the highways, and gathered together all as many as they found, both bad and good: and the wedding was fur-

nished with guests. 11 And when the king came in to see the guests, he saw there a man which had not on a wedding garment: 12 And he saith unto him, Friend, how camest thou in hither not having a wedding garment? And he was speechless. 13 Then said the king to the servants, Bind him hand and foot, and take him away, and cast him into outer darkness, there shall be weeping and gnashing of teeth. 14 For many are called, but few are chosen.

Luke 14:15-24 - The Parable of the Great Supper

15 When one of those who reclined at table with him heard these things, he said to him, "Blessed is everyone who will eat bread in the kingdom of God!" 16 Then said he unto him, "A man once gave a great banquet and invited many. 17 And at the time for the banquet he sent his servant to say to those who had been invited, 'Come, for everything is now ready.' 18 But they all alike began to make excuses. The first said to him, 'I have bought a field, and I must go out and see it. Please have me excused.' 19 And another said, 'I have bought five yoke of oxen, and I go to examine them. Please have me excused.' 20 And another said, 'I have married a wife, and therefore I cannot come.' 21 So the servant

came and reported these things to his master. Then the master of the house became angry and said to his servant, 'Go out quickly to the streets and lanes of the city, and bring in the poor and crippled and blind and lame.' 22 And the servant said, 'Sir, what you commanded has been done, and still there is room.' 23 And the master said to the servant, 'Go out to the highways and hedges and compel people to come in, that my house may be filled. 24 For I tell you, none of those men who were invited shall taste my banquet.'"

Matthew 20:1-16 - The Parable of the Workers in the Vineyard

20 For the kingdom of heaven is like unto a man that is an householder, which went out early in the morning (the Jews) to hire labourers into his vineyard. 2 And when he had agreed with the labourers for a penny a day, he sent them into his vineyard. 3 And he went out about the third hour (the early Christians), and saw others standing idle in the marketplace, 4 And said unto them; Go ye also into the vineyard, and whatsoever is right I will give you. And they went their way.

5 Again he went out about the sixth and ninth hour (the Millerites, the SDA church), and did likewise. 6 And about the eleventh hour (SCs, STs, BCs, Muslims, converted-Brahmins, backsliders, prisoners, prostitutes, the poor, crippled, lame, blind on who God will pour His Spirit and will perform miracles. These are the 144,000 [Revelation 7:9,14], the important special group in heaven) he went out, and found others standing idle, and saith unto them, Why stand ye here all the day idle? 7 They say

unto him, Because no man hath hired us. He saith unto them, Go ye also into the vineyard; and whatsoever is right, that shall ye receive.

8 So when even was come, the lord of the vineyard saith unto his steward, Call the labourers, and give them their hire, beginning from the last unto the first. 9 And when they came that were hired about the eleventh hour, they received every man a penny. 10 But when the first came, they supposed that they should have received more; and they likewise received every man a penny.

11 And when they had received it, they murmured against the goodman of the house, 12 Saying, These last have wrought but one hour, and thou hast made them equal unto us, which have borne the burden and heat of the day. 13 But he answered one of them, and said, Friend, I do thee no wrong: didst not thou agree with me for a penny? 14 Take that thine is, and go thy way: I will give unto this last, even as unto thee. 15 Is it not lawful for me to do what I will with mine own? Is thine eye evil, because I am good? 16 So the last shall be first, and the first last: for many be called, but few chosen.

God's Last Warning Message

Revelation 18 points to the time when, as the result of rejecting the threefold warning of Revelation 14:6-12, the church (the church age ends with the SDAs) will have fully reached the condition foretold by the second angel, and the people of God still in Babylon (It becomes Babylon) will be called upon to separate from her communion. This message is the last that will ever be given to the world.

For SDAs That Still Think, "The Church will go through"

"Concerning Babylon, the symbol of the apostate church, He says to His ministers of judgment, "Her sins have reached unto heaven, and God hath remembered her iniquities. Reward her even as she rewarded you, and double unto her double according to her works: in the cup which she hath filled fill to her double."

"God has a church. It is not the great cathedral, neither is it the national establishment, neither is it the various denominations; it is the people who love God and keep His commandments. His last 'called-out' people will know no standard but His word, no power but His Spirit. "If the church of God becomes LUKEWARM [LAODICEAN] it does not stand in favor with God any more than do the churches that are represented as having fallen and become the habitation of devils and the hold of every foul spirit and the cage of every unclean and hateful bird. Upon those who have taken upon them the work of shepherds of the flock, will be visited the heaviest judgments.

"The Lord Jesus will always have a chosen people to serve Him. When the Jewish people rejected Christ, the Prince of life, He took from them the kingdom of God and gave it unto the Gentiles. God will continue to work on this principle with every branch of His work. When a church proves unfaithful to the word of the Lord, whatever their position may be, however high and sacred their calling, the Lord can no longer work with them. Others are then chosen to bear important responsibilities.

But if these in turn do not purify their lives from every wrong action; if they do not establish pure and holy principles in all their borders, then the Lord will grievously afflict and humble them, and, unless they repent, will remove them from their place and make them a reproach."

"Thousands upon thousands will listen who have never heard words like these. In amazement they hear the testimony that Babylon is the church, fallen because of her errors and sins, because of her rejection of the truth sent to her from heaven." GC 605

Babylon cannot refer to the Romish church, for that has been in a fallen condition for many centuries. Furthermore, in the eighteenth chapter of the Revelation in a message which is yet future, the people of God are called upon to come out of Babylon." GC 383

The 11th Hour Workers are on the World's Stage Already

There will be a replacing of workers in the world with faithful workers. "At the eleventh hour the Lord will call into his service many faithful workers. Self-sacrificing men and women will step into the places made vacant by apostasy and death. To young men and young women, as well as to those who are older, God will give power from above. With converted minds, converted hands, converted feet, and converted tongues, their lips touched with a living coal from the divine altar, they will go forth into the Master's service, moving steadily onward and upward, carrying the work forward to completion."

In vision I saw two armies in terrible

conflict. One army was led by banners bearing the world's insignia; the other was led by the blood-stained banner of Prince Emmanuel. Standard after standard was left to trail in the dust as company after company from the Lord's army joined the foe; and tribe after tribe from the ranks of the enemy united with the commandment-keeping people of God. An angel flying in the midst of heaven put the standards of Emmanuel into many hands, while a mighty general cried with a loud voice: "Come into line. Let those who are loyal to the commandments of God and the testimony of Christ now take their position. Come out from among them, and be ye separate, and touch not the unclean, and I will receive you, and will be a Father unto you, and ye shall be My sons and daughters. Let all who will, come up to the help of the Lord, to the help of the Lord against the mighty."

As the storm approaches, a large class who have professed faith in the third angel's message (SDAs), but have not been sanctified through obedience to the truth, abandon their position and join the ranks of the opposition. By uniting with the world and partaking of its spirit, they have come to view matters in nearly the same light; and when the test is brought, they are prepared to choose the easy, popular side. Men of talent and pleasing address, who once rejoiced in the truth, employ their powers to deceive and mislead souls. They become the most bitter enemies of their former brethren. When Sabbathkeepers are brought before the courts to answer for their faith,

these apostates are the most efficient agents of Satan to misrepresent and accuse them, and by false reports and insinuations to stir up the rulers against them.

Unfaithful SDAs Will Receive the Plagues

It is a solemn statement that I make to the church, that not one in twenty whose names are registered upon the church books are prepared to close their earthly history, and would be as verily without God and without hope in the world as the common sinner. Those who have had opportunities to hear and receive of the truth and who have united with the Seventh-day Adventist church, calling themselves the commandment-keeping people of God, and yet possess no more vitality and consecration to God than do the nominal churches, will receive the plagues of God just as verily as the churches who oppose the law of God.

The Straight Testimony Produces a Shaking. I asked the meaning of the shaking I had seen, and was shown that it would be caused by the straight testimony called forth by the counsel of the True Witness to the Laodiceans. This will have its effect upon the heart of the receiver, and will lead him to exalt the standard and pour forth the straight truth. Some will not bear this straight testimony. They will rise up against it, and this will cause a shaking among God's people.

At the eleventh hour the Lord will gather a company out of the world, to serve Him. There will be a converted ministry. Those who have had privileges and opportunities to be-

come intelligent in regard to the truth, and yet who continue to counterwork the work God would have accomplished, will be purged out, for God accepts the service of no man whose interest is divided. He accepts the whole heart, or none.

Thousands upon thousands will listen who have never heard words like these. By thousands of voices, all over the earth, the warning will be given. Miracles will be wrought, the sick will be healed, and signs and wonders will follow the believers.

The Lord Jesus will give the disciples a tongue and wisdom that their adversaries can neither gainsay nor resist. Those who could not, by reasoning, overcome satanic delusions will bear an affirmative testimony that will baffle supposedly learned men. Words will come from the lips of the unlearned with such convincing power and wisdom that conversions will be made to the truth. Thousands will be converted under their testimony. The angel who unites in the proclamation of the third angel's message is to lighten the whole earth with his glory. A work of world-wide extent and unwonted power is here foretold. Servants of God, with their faces lighted up and shining with holy consecration, will hasten from place to place to proclaim the message from heaven. By thousands of voices, all over the earth, the warning will be given. Thousands in the eleventh hour will see and acknowledge the truth. These conversions to truth will be made with a rapidity that will surprise the church, and God's name alone will be glorified.

There will be thousands converted to the truth in a day who at the elev-

enth hour see and acknowledge the truth and the movements of the Spirit of God. The time is coming when there will be as many converted in a day as there were on the Day of Pentecost, after the disciples had received the Holy Spirit. There will be men who have had very meagre opportunities, who have walked in ways of error because they knew not any other or better way, to whom beams of light will come. As the word from Christ came to Zacchaeus, "I must abide at thy house," so the word will come to them. And the one supposed to be a hardened sinner will be found to have a heart as tender as a child's, because Christ has deigned (stooped down) to notice him. Even those supposed to be heathen will choose the side of Christ, while those who become offended, will go away and walk no more with Him; and others will come in and occupy the place they have left vacant.

Eleventh-hour workers will come in and take the crown of those who have not appreciated the whole counsel of God. But God will not be left without witness. The one-hour laborers will be brought in at the eleventh hour, and will consecrate their ability and all their entrusted means to advance the work. These will receive the reward for their faithfulness, because they are true to principle, and shun not their duty to declare the whole counsel of God. When those who have had abundance of light throw off the restraint which the Word of God imposes, and make void His law, others will come in to fill their place, and take their crown. Those who have had great light, large privileges and opportu-

nities, and have failed to live in the light, will drop out by the way.

In all parts of the world there are diligent students of the Word of prophecy, who are obtaining light. This is true of all nations, of all tribes, and of all peoples. Many will come from the grossest error, and will take the place of those who have had opportunities and privileges, and have not prized them. These have worked out their own salvation with fear and trembling, lest they should become deficient in doing the ways and will of God; while those who have had great light, have through the pervisity of their own natural heart, turned away from Christ because, displeased with his requirements. Even many supposed to be heathen will take the side of Christ, while those who become offended will go away and walk no more with Him. Stand out of the way, brethren. Do not interpose yourselves between God and His work. If you have no burden of the message yourselves, then prepare the way for those who have the burden of the message, for there are many souls to come out of

the ranks of the world, out of the churches—even the Catholic church—whose zeal will far exceed that of those who have stood in rank and file to proclaim the truth heretofore. For this reason the eleventh hour laborers will receive their penny. These will see the battle coming and will give the trumpet a certain sound. When the crisis is upon us, when the season of calamity shall come, they will come to the front, gird themselves with the whole armor of God, and exalt His law, adhere to the faith of Jesus, and maintain the cause of religious liberty which Reformers defended with toil and for which they sacrificed their lives.

But I speak not my own words when I say that God's Spirit will pass by those who have had their day of test and opportunity, but who have not distinguished the voice of God or appreciated the movings of His Spirit. Then thousands in the eleventh hour will see and acknowledge the truth. These conversions to truth will be made with a rapidity that will surprise the church, and God's name alone will be glorified. Ω

Editorial

Since some months, I have been concerned about the bone deformities I notice in all ages of people due to calcium deficiency—the youth having their wrist bones and chest bones sticking out, women after 50 having fractures, and the elderly with bow legs, painfully dragging their feet, and I knew that white rice, de-vitaminized atta and junk foods are the cause. Wanting to write on this topic,

I researched, and my research led me to another topic, the present topic: “Nutritional Birth Defects and Deaths of Infants in India,” and the statistics shocked me. I had wished to put both these topics in this issue, but the information in this issue itself is so depressing that I knew that the readers will not be able to handle two depressing topics in one issue. I myself felt it depressing to put all the information into one issue. And so I am saving that topic for Jan.-March 2020 issue, God willing.

I am 66, and a mother of two, but this is the first time for me to know that a baby's back bone, and major organs are formed within the first 14-28 days of its inception, even before a woman realizes that she is pregnant. If a mother is under-nourished, the infant will either have birth defects or dies, and the data per year runs into the millions, India leading the list. What a tragedy!

Young women who do not eat well, who do not care about proper nutrition in your food, who are accustomed to white rice and popular foods, please watch out. You will be in a shock when you give birth to a deformed baby. I hear women tell their neighbors, “I made noodles this morning.” Breakfast is supposed to be the big meal of the day, and do you send your children to school with noodles in their stomachs? Maida has no nutrition but cancer in it. Soon your children will end up with nutritional diseases and deformities. Young girls who continue to eat this way will end up with deformed babies and will serve them life-long.

Husbands, please wake up and provide your wives good food. The money you waste on liquor, tobacco, gutka, etc., spend on her as 85% of women in India have vitamin deficiencies. Shake off the tradition of you eating first, and let your wife eat healthy food along with you.

Removing bran from grains and adding synthetic vitamins is not God's method. Whole foods not only give health but also heal diseases. There are dangers in eating fortified foods. However, women who are under-nourished may benefit from them. We need to take charge of our health

and make our own whole grain flours. I made my atta two weeks ago. It has 12 items: millets, lentils, beans, flax, moringa leaves, etc. equal to the weight of wheat I combined. I use this flour to make chapathis, pancakes, bread, patties, etc. and I know my health is safe because I know what is in it. We should improve the health of our entire family.

Each person needs 1/2 cup of soya per day. Soya has all the nine essential amino acids, Vitamins A, B, B12 and is a complete protein. It keeps away many diseases. Add it to your ragi flour, wheat flour, put a handful in your rice when it cooks, and make tofu which you may give liberally to your children and the elderly. Those above 50 years of age lose calcium rapidly, especially women. Their once strong bones are becoming soft and are bending or are fracturing. Please do not go for dangerous surgeries but use that money for healthy food. If we can send Chandrayana 2 to the moon, we can also improve the health of the people of India, with some changes made at the national level.

My neighbor said this evening that the Karnataka government has ordered all farmers to remove eucalyptus plantations from their fields. If the government could order brown rice to be sold in all the ration shops, how healthy its people will be? One dare decision by one state, will bring a change in the entire country. I know there is one problem in implementing this. I have chickens and I buy a bag of bran for them spending Rs.900 per bag. If we get brown rice, there will be no bran available for the cows. Do you know what healthy ingredients are in animal feed? Corn, wheat, soya bean, rice bran, oat

hulls, molasses, etc. They get the bran with B vitamins and we get the waste. Cow health has become more important in our country than the health of the humans.

One thousand copies of this little magazine are like a fraction of a drop in the ocean of India. I hope that you will share this magazine with your neighbors. Together with people who read it online, let us make this drop cause ripples wide enough so that Indians will learn about nutrition and will help reduce birth defects and infant mortality in India. I wanted to make the molasses available for pregnant mothers to help improve their health, but dealing with the government has its own pace. Now we are at the stage of trying to meet the requirement of purchasing a 1000 liter stainless steel tank to stock the molasses in order for them to give us a go. We trust in God to help us fulfill this obligation.

* * *

The second topic is a touchy issue and my apologies if I offend someone with this topic. As a Christian, I had expected that one day, there will be persecution of Christians by the majority Hindus. But what I did not expect is millions of SC, ST, BCs throughout India, irrespective of language barrier, abandoning Hinduism and accepting Christ over the caste issue. Whenever BJP ruled, it took the country backwards and caste atrocities were high. Under the present BJP government, the country is experiencing Dark Ages and military rule, very unlike to what India stood for all these years. SC, ST, BC and OBC brothers and sisters, do you know who you really are? To find about your greatness,

please read my magazine: "Caste and the Bible," at <http://independent.academia.edu/JohnEllen>.

BJP may want to bring in laws to imprison those who convert, but brother, conversions by the millions? Only God can do this. When the old group becomes arrogant, money-minded and lukewarm, God brings in a new group and makes the old group to go. Not 5 in 100 Christians are faithful. The churches are abandoning Christ by the millions. God has left the churches and Satan is breathing upon them an unholy influence. Satan's object is to keep them deceived. Every pastor looks like a wolf and every member is in lethargy. Company after company from the Lord's army (Christians) are joining Satan and tribe after tribe from the ranks of the enemy (Hindu SC, ST, BCs, OBCs and Muslims) are uniting with the commandment-keeping people of God, just as Ellen G. White said over a 100 years ago. I am sorry if you were bored with too many quotes in the previous article, but these quotes will give hope to the majority of people in India. Another sign I look for is Christ healing the crippled, the blind and the lame and they running with the message that Christ is coming soon.

* * *

If you are a Christian who is concerned about the apostasy in your church, remember, Jesus said to come out of Babylon. He did not say to correct it, clean it and make it better. When God is outside gathering His final group, you are supposed to work with Him outside. When the invisible church or kingdom of God is forming, it is time for the old struc-

ture to go. Let us look out for His new children coming in and help nurture them. If any persecuted convert is reading this, and wishes to come and join us, you are welcome. It is impossible to find a Christian who is faithful these days.

And to the 11th hour workers who are accepting Christ, if you find that your pastor is unfaithful and has no message, do not get discouraged. Start your own churches and be your own pastors. History will repeat. Those who are first will be last, which means they will not make it; and those who are last will be first.

These 11th hour workers will do miracles which were never done before. They will bring in a large harvest. They will be the 144,000 core group around Christ in heaven. They will have the spirit and power of Elijah. Less than ten percent of faithful Commandment-keeping Christians will form a part of this group. Dear SC, ST, BC, OBC brothers and sisters and converted Muslims and Brahmins, the crippled, blind and the lame, welcome aboard. Your time has come to take your positions in the Lord's army.

Millions of brothers and sisters from the downtrodden groups in India, who were denied entry into the temples of India; the crippled, the

blind and the lame who were second class citizens here, will reign in heaven as kings and priests along with Christ!

I thank God for the revolution that is happening in India. This was designed by God. God has put your every tear into His bottle and will take vengeance on your enemies. Psalm 56:8. God had you in mind even before you were born. He wrote about you in the Scripture and said that you will be His 11th hour workers who will come in when the Christian church abandons Him. Now that time has come. The Christian churches are in confusion. They will all go away when the troubles begin. But you will take their crowns and places. What a blessed time to be living in! If those who are reading this have not accepted God's invitation yet to be a chosen people to serve Him, I urge you to do so. It is my prayer that I and my family will remain faithful to be a part of this family of God.

This magazine will be sent FREE to any Dalit organization and any new comers into Christ from the above mentioned groups. Please sms or email your address to the information provided on the cover page. May God bless you and empower you to stand firm for Him, is my prayer. Ω

—Ellen Prasad

The Final Elijah is Coming!

Prophecy must be fulfilled. The Lord says: "Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the Lord." Somebody is to come in the spirit and power of Elijah, and when he appears, men may say: "You are too earnest, you do not interpret the Scriptures in the proper way. Let me tell you how to teach your message." — Testimonies to Ministers, 475.

Price List

| Description | Qty | Cost Rs. |
|---|-------------------------------|----------|
| HEALTH PRODUCTS | | |
| Activated Charcoal Powder | 500 g | 400.00 |
| Activated Charcoal Powder | 250 g | 225.00 |
| Activated Charcoal Powder | 125 g | 135.00 |
| Activated Charcoal Tablets - | Approx. 105-110 tablets | 250.00 |
| Activated Charcoal Capsules | 100 Capsules | 350.00 |
| <p>Activated Charcoal is the strongest adsorbent of poisons in the world. Use it for gas, stomach problems, to detox kidneys, liver, for snake bites, for poison cases, to cleanse one's blood in case of leukemia, to remove radiation from the body, etc. Order the companion booklet: '<i>Activated Charcoal, God's Natural Remedy</i>' to know the diseases charcoal treats, for Rs.25.00. This is the most read magazine of all our magazines on the internet.</p> | | |
| FOOD SUPPLEMENTS | | |
| CHIA SEEDS | 100 g | 100.00 |
| <p>Chia seeds are one of the most nutrient dense foods on the planet. They have calcium, omega-3 fatty acids, protein, dietary fiber, vitamins, minerals and polyphenolic antioxidants. They benefit diabetes, dyslipidemia, hypertension, inflammation, oxidative stress, and blood clotting. They are laxative, boost vision and immunity, relieve anxiety and depression. They absorb water, hold things together well, and are an egg substitute. Ideal for powders, nutrition bars, breads and cookies or simply soak a spoon of seeds in a glass of water and drink.</p> | | |
| BARLEY GRASS POWDER | 100 g | 250.00 |
| <p>Aids in strengthening and detoxification of liver, alkalizes for a healthy body pH, boosts energy, boosts immune system, corrects blood sugar levels, cures and prevents allergies, destroys cancer cells, effective in treating ulcerative colitis, Improves blood circulation, maintains glowing skin, offers unique and powerful plant antioxidants, prevents heart disease, protects bone health, removes toxins, and is a useful remedy in fighting alcohol and drug addiction. Barley leaves have 68 Micronutrients: 17 types of minerals; 16 types of vitamins; 17 types of enzymes and 18 types of amino acids. It is a nutrient dense food. You require only 1/2 tsp. per day. Mix in a glass of water, lime water, molasses water, fruit juice, vegetable juice or protein powder and drink. Add to your sauces and salad dressings.</p> | | |
| BLACK STRAP MOLASSES | 500 g | 350.00 |
| <p>Blackstrap molasses contains 52 vital vitamins and minerals, such as iron, calcium, magnesium, vitamin B6, and selenium. It is beneficial in the treatment of cancer, combats stress and anxiety, gives glowing skin, heals endometriosis, skin diseases; lowers blood pressure and hypertension; maintains blood sugar balance, healthy bones and teeth; Prevents and cures iron deficiency anemia, protects from cardiovascular disorder, relieves constipation, menstrual cramps, PMS, etc. 1 tbsp. of molasses mixed in warm water may be taken in the morning. And use as sugar substitute in coffee and tea. We are in the process of getting a stainless steel tank manufactured to store molasses, per the government requirement. Please excuse the delay.</p> | | |
| SOYA PROTEIN POWDER | 500 g | 400.00 |
| <p>Soyabean has complete protein. This protein powder has 26 ingredients. Everybody should consume soya every day. Use it as a drink, in your atta, in dosa batter and to make cookies. Cook soya beans with rice and curries. Soya strengthens your bones, prevents cancers and heart attack, and your body pains will disappear as it cleans arteries and veins from all cholesterol, thus removing all blockages from your blood flow. Drink 1 cup in the morning and one cup in the evening for a 10-day trial. Directions: Keep one glass of water on the stove. Add a pinch of salt, a pinch of jaggery, add 1 tbsp. powder and whisk it. When it comes to boil, pour into your cup.</p> | | |

| Description | Qty | Cost Rs. |
|---|------------------------|--|
| VITAMIN C POWDER (ASCORBIC ACID) | 100g | 300.00 |
| <p>Vitamin C is necessary for the growth, development and repair of all body tissues. It is involved in many body functions, including formation of collagen, absorption of iron, the immune system, wound healing, and the maintenance of cartilage, bones, and teeth. Vitamin C reaches every cell of the body, and holds the body together. It boosts the immune system. Helps the nervous system by converting amino acids into neurotransmitters and saves lives. It protects against colds and is the only cure for gingivitis (bleeding gums). It is known to cure over 30 major and incurable diseases. Some of the diseases Dr. Klenner treated with aggressive vitamin C therapy are: Pneumonia, encephalitis, herpes, pancreatitis, hepatitis, alcoholism, arthritis, leukemia, most cancers, diabetes, glaucoma, schizophrenia, radiation burns, complications of surgery, chronic fatigue, multiple sclerosis, alzheimer's, parkinson's, depression, anxiety, etc. We have purchased this for our patients but if you are in need of it, we will make it available to you. One may take upto 2000 mg per day. Mix 1/4 tsp. in a glass of water and drink it. It is preferable to use fresh limes, but when limes are not available, you may use this powder.</p> | | |
| WHEAT GRASS POWDER | 100 g | 160.00 |
| <p>Boosts immunity, clears skin of pigmentation, freckles, eczema, psoriasis, acne, scars, blemishes, itching and body odor. Revitalizes the skin. Slows down aging process. Fights tumors, heals cuts, burns, scrapes, rashes, poison ivy, athlete's foot, insect bites, boils. Helps heal wounds faster. Helps treatments and prevention of cancer, anaemia, diabetes, piles, peptic ulcer, constipation, obesity, asthma, acidity, T.B., Thalassemia, arthritis, hair fall. Improves blood sugar disorders. Restores alkalinity to the blood, cleanses and builds the blood. Improves digestion and bowel movements. Increases energy levels. Is anti-inflammatory and Antioxidant. Lessens the effects of radiation. Neutralizes toxic substances like cadmium, nicotine, strontium, mer-cury, and polyvinyl chloride. Potent detoxifier. Prevents kidney stones. Reduces fatigue. Reduces blood pressure. Stimulates metabolism. Sweetens breath. Mix 1 tsp. in a glass of water, lime water, molasses water, fruit juice, vegetable juice or protein powder and drink. Add to your sauces and salad dressings.</p> | | |
| SOAPS: | All soaps.....1 g=1 Re | Each soap is between.100-120 per weight. |
| <ol style="list-style-type: none"> Activated Charcoal Soap This soap is made from wound healing plants, oils and charcoal and is good for wounds, and skin eruptions. This is people's favorite soap as it makes their skin soft. Neem & Lavendar Soap Neem is anti-inflammatory, antibacterial, anti-fungal and anti-parasitic. Can cure skin ailments like eczema and psoriasis. Apply to hair to get rid of dandruff. Soapnut, Shikakai Shampoo Bar This all natural aromatic shampoo bar gives extra lather due to soap nuts and shikakai and lasts long. You may use it for both bath and hair. | | |
| OILS FOR HAIR AND MASSAGE | | |
| 1. Anti-Dandruff Hair Oil | 50 ml | 100.00 |
| 2. Hair darkening oil | 50 ml | 100.00 |
| 3. Pain Massage oil for bath & arthritis pain | 40 ml | 120.00 |
| SALVES | | |
| 1. Acne Herbal Salve | 50 g | 120.00 |
| 2. Acne Herbal Lip Balm stick (like a glue stick) | 10 g | 50.00 |
| 3. Anti-Itch Herbal Salve | 50 g | 120.00 |
| 4. Body Cream: .. Geranium | 50 g | 120.00 |
| 5. Cayenne Pain balm | 50 g | 120.00 |
| 6. Charcoal Drawing Salve | 20 g | 50.00 |
| 7. Calendula Skin Cream | 50 g | 120.00 |
| <p>These have skin healing herbs, skin healing oils, African Shea butter, Cocoa butter,</p> | | |

essential oils, bees wax, etc.

8. Mosquito Repellent cum Skin Salve 50 g 120.00
It has oils and essential oils which repel mosquitos. Apply every 2 hrs.
9. Vitiligo, Leucoderma Herbal Salve 50 g 120.00

WOUND OINTMENT: 4 varieties

10. Papaya Wound Ointment 50 g 120.00
11. Warts, Athlete's foot, burns, bruises - Jewelweed Salve 50 g 120.00
12. Wounds, burns, skin infections - Siam Weed Salve 50 g 120.00
13. Wounds, psoriasis, muscle/joint pain - Chickweed Salve.. 50 g 120.00

FUNGUS FREEZE SPRAY 50 ml 250.00
Made from Myrrh, Apple Cider Vinigar, etc. this spray kills all fungal infections such as Athlete's foot, ring worm, Tinea Capitis (ringworm that affects the scalp), fungal infection of the toe nails, skin (Candidiasis), arm pits, groin, etc. This is Dr. Agatha Thrash's recipe.

BOOKS

- 18 End-Time Bible Prophecies 278 pages 120.00
- Bible Stories with End Time Parallels 206 pages 80.00
- Charcoal Remedies.Com 302 pages 150.00
- Evidence of Modern Science in the Bible 144 pages 100.00
- Finding Peace Within, Paper back 220 pages 20.00
- Handwriting for School and Church 100 pages 40.00
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- Ministry of Healing by Ellen G. White 480 pages 40.00

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- Ranchi Springs of Joy, Mr. Brihinda 08294634201

Health Reformer magazines are at: <http://independent.academia.edu/JohnEllen>.

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Bangalore Health Foods & Plantpure Communities Column

▶ We have built a woodoven which could bake upto 60 loaves of bread at a time and are looking for a baker to bake multi-grain bread, sprouted grain bread, wheat bread, good health cookies, soya nuts, etc. to help improve the health of the people in our community. Anyone who has interest to work in this line, who knows baking, may please apply.

“Plantpure communities” and “Nutritionstudies.org” websites may be consulted for health tips.

▶ Ellen's Crunchy Nutri Bar - Recipe for Candy Makers

- Roasted oats - 1 c
- Roasted peanuts, coarsely ground - 1c
- Roasted sesame seeds - 1 c
- Scraped dry coconut - 1 c
- ground Flax seed - 1/2 c
- Mixed millet flakes - 1 c
- Psyllium seeds - 1/4 c
- Mixed seeds and nuts - 1 c
- Cardamon powder - 1/4 tsp
- Chopped dates and raisins - 1/2 c
- Jaggery - per ingredients

Method: Place all the above ingredients in a bowl and mix them well. Oil a tray and keep aside. Make a thick jaggery syrup, add cardamom powder. Add all the above. Pour into the tray. Place a butter sheet on the top and level the contents by hand over the paper or with a roller while it is warm. Cut when cool.

▶ Mexican Pinto Beans Recipe

- Pinto beans (soaked in water overnight or 6–9 hours)
- 2 tsp minced garlic
- 1/2 c chopped white onion
- 3–4 tsp Cumin
- 3–4 tsp chili powder

Water to cover beans
1 or 2 chopped green chillies
1/2 tsp sea salt/pepper each
Finely Chopped Coriander (2 tbsp)
Diced tomatoes (2/3 to 3/4 cup fire roasted diced tomatoes work great).
More Cilantro to garnish

Instructions

Clean and rinse your beans. Place in large stewing pot. Cover with clean water and soak for 6 to 9 hrs. Drain the water and return beans to the pot.

Mix in your garlic, onion, cumin, chili, black pepper, and tomato. Pressure cook for 5 minutes.

Remove from heat and garnish with coriander and a pinch or two more chili pepper before serving.

▶ Millet in the Pot with Beans and Greens

- 1 cup millet
- 2 cups vegetable stock
- 1/2 yellow onion, cut into 1/4-inch
- 2 carrots, sliced into 1/8-inch rounds
- 1 cup cooked beans
- 1 bunch greens, chopped into bite-size pieces
- 1-2 tablespoons olive oil
- 1/4 cup toasted pumpkin seeds

Place millet in fine-mesh strainer, rinse and drain. Heat oven to medium, add millet to dry and stir 3-4 minutes to toast. Add water, bring to boil. Cover, reduce heat and simmer carrots, beans, and greens on top of millet (do not stir). Cover, increase heat to medium and continue cooking 20 minutes longer or until liquid is absorbed. Remove from heat, drizzle with olive oil and fold to combine all ingredients. Serve topped with pumpkin seeds. Ω

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Educate Tastes and Appetite

As children emerge from babyhood, great care should be taken in educating their tastes and appetite. Often they are permitted to eat what they choose and when they choose, without reference to health. The pains and money so often lavished upon unwholesome dainties lead the young to think that the highest object in life, and that which yields the greatest amount of happiness, is to be able to indulge the appetite. The result of this training is gluttony, then comes sickness. — EGW

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