

HEALTH REFORMER

Vol. 8, No. 1

January - March, 2018

Women's Health & Natural Remedies-Part 2

**Arthritis, Auto-Immune Diseases,
Breast Milk Deficiency, Depression,
Domestic Violence, Heart Disease,
Infertility, Metabolic Syndrome,
Obesity, Osteoporosis.**

How To Live - 37

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(Natural Remedies - Series 12)

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Section I

Arthritis (Rheumatology)

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Arthritis affects 15% people or over 180 million people in India. This prevalence is higher than many well known diseases such as diabetes, AIDS and cancer. Rheumatology is a holistic super specialty of Internal Medicine that deals with arthritis and rheumatism. Rheumatism indicates pain arising from joints or other elements of musculoskeletal system. There are over 100 rheumatological disorders classified by WHO.

You may ask, "What can I do to improve the health of my joints--to make sure they last as long as I do?" In this article we

will explore the contribution of diet, exercise, obesity and water drinking to joint health and longevity. Because the knee is a very vulnerable joint to arthritis I will use it as a model in our discussion. I could have just as easily used the spinal discs, hip, shoulder or ankle. The junction of the femur, often called the thighbone, and the tibia, sometimes referred to as the shinbone, form the knee joint. The end of the femur and the top of the tibia are covered with a layer of cartilage about one eighth of an inch thick. This cartilage provides protection, shock absorption and smooth motion for the joint. Lubrication fluid is held in the knee by the joint capsule. This capsule is like a bag that surrounds the entire knee joint.

When a person complains of having "water on the knee" it usually means that they have extra joint fluid in their joint capsule. Cartilage is a rubbery material that has no blood vessels running through it. It depends on nutrients diffusing or soaking into it from the bone and joint capsule for health and repair.

To maintain good cartilage nutrition, blood must be kept flowing by the joint. Blood vessels are so small that only one red blood cell can pass through them at a time into the joint capsule. These vessels are called capillaries. Nutrients have to pass from the blood cell in the capillary to the cartilage cell in the cartilage. This involves moving nutrients from the blood cell, across the capillary wall, through the joint capsule into the joint fluid. The joint fluid must then pass through the layers of cartilage to reach the cartilage cell. To remove the waste products from the cartilage cell the whole process must work in reverse. Good cartilage nutrition depends on the diffusion of fluid from the blood ves-

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sel, across the synovial membrane or joint capsule, into the joint space. Cartilage health also depends on the diffusion of waste products back across the synovial membrane and back into the blood vessel. Anything that inhibits the free flow of fluid, to and from the cartilage, compromises cartilage health and longevity. Cartilage depends on its nutrition for health and repair. Poor nutrition and failure of repair produce arthritis.

Cartilage and Water

Sixty-five to eighty percent of cartilage is made up of water. In cartilage, water functions like a "shock absorber". Water also lubricates and nourishes the cartilage. Water is the medium that carries nutrition to the cartilage from the blood cells and waste products away from the cartilage back to the blood stream.

Dehydrated joints become acidic and oxygen starved. This can cause cartilage cells to become sick or die. If you don't drink enough water you starve your cartilage cells for nutrition and drown them in their own waste products. Cartilage depends on water for health and repair. Poor hydration causes a failure in repair and produces arthritis.

Cartilage and Exercise

Cartilage has no blood vessels directly supplying it. It depends on cyclic weight bearing to squeeze or pump nutrients in and waste products out of its sponge like

matrix. If you don't exercise, nutrition will not be pumped to and waste products removed from the cartilage. Cartilage depends on exercise for health and repair. A sedentary lifestyle with failure of cartilage repair can produce arthritis.

Obesity and Cartilage

Over weight people carry immense loads on their cartilage, thus increasing wear. Cartilage is like a sponge and when it is constantly compressed, as happens in obesity, fluid is not pumped to and from the cells. Constant pressure on the cartilage presses out the water from its matrix, thus dehydrating it. The result is poor cartilage nutrition, increased accumulation of metabolic acid, and cartilage cell death. As the cartilage deteriorates, narrowing of the joint space between the femur and the tibia can often be seen on x-ray. Obesity stops fluid flow to and from the cartilage, thus compromising cartilage nutrition. Cartilage depends on its nutrition for health and repair. Poor nutrition and failure of repair produce arthritis.

Cartilage and Diet

"You are what you eat" and your joints may be the first to protest your dietary choices. Few people understand the connection between how their joints feel and what they eat and drink. Joint health and joint longevity are dependent on daily care of their nutritional needs and vulnerabilities. Our goal is to explore the relationship between diet and cartilage health. We will be looking at risky foods by "categories including: refined foods, inflammatory foods, vasoactive foods, slow transit foods and plaque forming foods. The effect of eating refined foods on the blood cells is to cause them to stick together in stacks or chains.

Refined Foods

Refined foods are foods that have been highly processed to break down complex nutrients into very basic nutrients. This process tends to destroy or remove nutrients such as vitamins, minerals and fiber. Refined foods tend to be calorie dense, making it easy to eat more calories than your body needs. Eating refined foods causes the red blood cells in our blood vessels to stick together in long chains or stacks. Scientists call these stacks or chains of blood cells rouleaux. Rouleaux do not flow freely through small capillaries. They tend to flow very sluggishly and slowly, if at all. Sugar, refined starches, oil, alcohol, and cream are a few examples of refined foods that create rouleaux. Rouleaux impede fluid flow to and from the cartilage; this interferes with cartilage nutrition. Cartilage depends on its nutrition for health and repair. Poor nutrition and failure of repair result in arthritis. The unrefined vegetarian diet has been shown to improve blood flow. This is because vegetables, seeds and nuts are high in Omega-3 fatty acids, which promote blood flow. It is also more difficult to over eat on an unrefined vegetarian diet.

Dehydration thickens the blood which favors the formation of rouleaux. Drinking plenty of water is important in preventing thickening of the blood. Stress has also been correlated with increased blood thickness. Reducing the stress in your life can be an important means of preserving vital blood flow to joint tissues.

Inflammatory Foods

Inflammatory foods, when eaten, increase inflammation throughout the entire body. This increased inflammation tends to cause thickening of the blood vessel walls. Thickened capillary walls restrict the free flow of fluid to and from the cartilage cells. Examples of inflammatory foods include: meat, especially pork, dairy, cheese and ice-cream. Foods that are produced through the process

of fermentation or rotting contain aflatoxins which also increase inflammation. This includes foods like wine, vinegar, certain mushrooms, and peanut butter made from moldy peanuts. Any food on which mold has grown tends to accumulate aflatoxins, especially foods with *Aspergillus* mold. Inflammation thickens vessel walls impeding fluid flow to and from the cartilage, thus interfering with cartilage nutrition. Cartilage depends on its nutrition for health and repair. Poor nutrition and failure of repair can result in arthritis.

Believe it or not, some forms of fasting have been shown to decrease inflammation when followed by a vegetarian diet. Studies show that it is the naturally occurring substances found in fruits, vegetables, grains, bark, roots, stems, and flowers called flavonoids that contain the anti-inflammatory properties. Soy products have also been discovered to possess anti-inflammatory properties. We have already discussed the benefits of omega-3 fatty acids for promoting blood flow, these fatty acids, as found in flaxseed and olive oil, have been discovered to have anti-inflammatory effects.

Vasoactive Foods

Blood vessels have muscles in their walls that change their size or diameter. When the muscles tighten, the vessel gets smaller and fewer blood cells can travel through it. Vasoactive foods are those foods that contain substances that cause blood vessels to constrict or get smaller in diameter.

When a blood vessel that allows only one blood cell to pass through it at a time constricts, all blood flow stops and no nutrients are delivered to the joint tissues. Examples of vasoactive foods include foods containing caffeine such as coffee, tea, and colas. Nicotine is also a vasoactive substance. Vasoconstricted blood vessels impede blood flow. This effects fluid transfer to and from the cartilage thus compromising cartilage nu-

trition. Cartilage depends on its nutrition for health and repair. Poor nutrition and failure of repair produce arthritis. Dietary changes known to improve vascular responsiveness include: a vegetarian diet, tomatoes, mono-unsaturated vegetable oils—like olive oil, and diets rich in antioxidants, vitamin E, zinc and copper. Foods known to impair vascular responsiveness include diets high in cholesterol, salt, fat, sugar, and excess calories.

Slow Transit Foods

By slow transit foods we mean foods that take a long time to travel through the body from the mouth to the anus. They spend a long time in the stomach and intestines. Slow transit foods are usually slow because they are high in fat and low in fiber. Fiber is the bulk in stool that helps keep food moving down the digestive track. Because low fiber food is in the colon so much longer, bacteria tend to multiply. This results in bacterial overgrowth. When bacteria over grow, they produce many toxins. These toxins can produce all the effects we have already talked about up to this point: (1) thicken or coagulate the blood, a similar effect to that of rouleaux; (2) vasoconstriction, and (3) inflammation. Slow transit foods are usually high in fat and low in fiber, and include meat, fast foods, pastries, especially donuts, fried foods and greasy foods. Foods eaten late at night tend to pass more sluggishly through the digestive system thus they have the same effect of “fostering bacterial overgrowth and decreasing circulation to the joints. Slow transit foods impede fluid flow to and from the cartilage, thus compromising cartilage nutrition. Cartilage depends on its nutrition for health and repair. Poor nutrition and failure of repair cause arthritis.

As already mentioned, fiber plays a significant role in the time food stays in your system. Increasing the amount of fiber you get in your diet is one way to

improve joint health. Whole grains, dried fruit and fresh vegetables are good sources of dietary fiber. Mental health can also effect transit times. Depression tends to slow transit and make it sluggish. Cartilage depends on its nutrition for health and repair. Poor nutrition and failure of repair can result in arthritis.

Plaque-Forming Foods

The next class of foods we want to discuss are those that favor the clogging of blood vessels with arteriosclerotic plaque. We call these plaque-forming foods. A plaque is a blockage in a vessel that restricts or stops the free flow of blood to and from the tissues, such as the knee joint, heart or brain. Examples of plaque forming foods include foods high in cholesterol, like meat, butter, milk and eggs. Foods especially prone to plaque formation are those containing cholesterol that has experienced oxidation. This oxidation of cholesterol makes it especially toxic to blood vessel walls and favors the formation of plaque. Cholesterol oxidizes in the presence of oxygen or air. Foods most likely to contain oxidized cholesterol are foods which have air and cholesterol mixed together in them, examples include pancake mixes containing dried egg, icecream, because it is whipped full of air, and processed meats such as pork, beef, and chicken especially if they are grilled or roasted. High fat foods contribute to plaque growth, especially foods like: French fries and lard. The most dangerous fats are trans-fats. Trans-fats are produced in the process of hydrogenation. They can also be produced when frying or roasting because the oils are superheated. Foods high in trans-fat include: hydrogenated margarines or cooking oils, and fried or roasted foods.

Anything that causes deterioration in the blood circulation system can be detrimental to joint health. Hardening of the arteries compromises the circulatory system. Hardening of the arteries is fa-

cilitated by an elevated intake of salt. Plaque and hardening of the arteries impede blood flow to and from the joint. This compromises cartilage nutrition. Cartilage depends on its nutrition for health and repair. Poor nutrition and failure of repair result in arthritis. To reiterate, anything that impedes fluid flow, to and from the cartilage, impedes cartilage nutrition. Cartilage depends on its nutrition for health and repair. Poor nutrition and failure of repair produce arthritis.

What we have talked about so far is the contribution of water, exercise and diet to joint health. Which might lead one to ask, "So! What should we eat, drink and do?" This is a very fair question and one that we will do our best to start you on the road to answering. Caldwell Esselstyn, Jr., MD, of the Cleveland Clinic has demonstrated on angiography that blockages in coronary arteries can be reversed by changes in diet. He makes these dietary recommendations for reversing heart disease: "The optimal diet consists of grains, legumes, vegetables, and fruit, with 10%-15% of its calories coming from fat." He goes on to say that this diet is beneficial for more than just coronary artery disease, "This diet minimizes the likelihood of stroke, obesity, hypertension, type 2 diabetes, and cancers of the breast, prostate, colon, rectum, uterus, and ovary. There are no known adverse effects of such a diet when mineral and vitamin contents are adequate."

Water

The value of the sage old advice to drink at least eight glasses of water a day cannot be overestimated. Because cartilage is 65%-80% water, it needs constant hydration. Starting the day with a large drink of water is one of the best things you can do for your joints. Drinking eight glasses of water a day ensures an abundant supply of fluid for cartilage hydration, nourishment and lubrication.

When cartilage is inflamed, it requires water to carry the products of inflammation away from it and healing nutrients back to it.

Exercise

Because cartilage has no direct blood supply, and depends on cyclic weight bearing to pump nutrition into it, walking is one of the best exercises for maintaining its health. Walks, especially after meals are of great benefit.

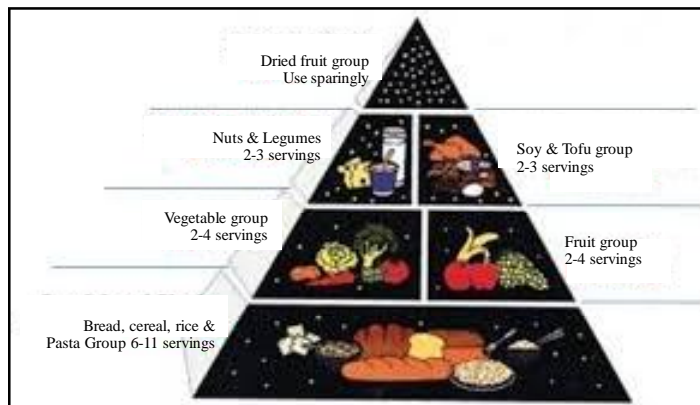
Diet

"So! What should we eat?" The simplest and most direct answer that can be supplied is to eat an unrefined plant based diet. We will use the USDA food pyramid, with which most people are familiar, to discuss the different aspects of diet. The food pyramid has six sections, each of different size with different food groups in each section. The pyramid starts with a large section at the bottom and progresses to smaller ones toward the top. "

Bread, Cereal, Rice & Pasta Group

At the very bottom of the pyramid, forming its foundation, is a large section called the, "Bread, Cereal, Rice & Pasta Group", where 6-11 servings are suggested. The "bread, cereal, rice and pasta group" should make up the majority of your diet. Each of these foods should be kept unrefined so as to preserve their vitamins, minerals and fiber. What we are talking about is eating an unrefined plant based diet. There are many breads on the market, but not all of them are 100% whole grain. One hundred percent whole grain breads contain more vitamins, minerals and fiber; thus they are more nutritious for the cartilage. Oatmeal is a good example of a whole grain cereal. Refined or highly processed grains are deficient in vitamins, minerals and fiber. Whole grain cereals are always better for joint health.

Brown rice or wild rice is preferable to white rice because it has more naturally



ing of the arteries.

Nuts and Beans

The next higher or third layer contains the, “Nuts and L e g u m e s group”. Nuts, prepared free from added oil and salt, are a good source of protein.

occurring vitamins, minerals and fiber. Whole grain pasta can also be purchased that does not contain refined or highly processed flours. Whole grain pasta, because it has all of the naturally occurring nutrients, is better than refined products when it comes to preserving joint health and promoting longevity.

Fruits

Above the “Bread, Cereal, Rice & Pasta Group”, on a second level or tier of the pyramid, is the, “Fruit Group”, where 2-4 servings are recommended. Fresh fruit is preferable to fruit that has been juiced, dried or canned. During the juicing process much of the valuable fiber is lost. Juices often get pasteurized; this breaks down the more complex sugars into very simple sugars. Large amounts of sugar are often added during the canning process, which when eaten cause the rou-leaux effect that is so detrimental to joint health.

Vegetables

To the left of the “Fruit Group” and on the same level of the pyramid is the “Vegetable Group” with 2-4 servings advised. Vegetables, prepared in a simple way, free from spice and grease make a healthful diet. Fresh or frozen vegetables are preferable to canned. Canned vegetables tend to have high amounts of added salt that contributes to elevated blood pressure and harden-

Beans are a good source of protein and fiber. Beans should be prepared in as healthful a way as possible, free from added oil and salt.

Soy and Tofu

The next higher or third layer consists of “Soy and Tofu Group”. The soybean is very nutritious and is a wonderful addition to the diet of someone battling with arthritis. In the last few years soy products have become available almost anywhere in the world. In the town where I live, soymilk, tofu, soy burgers, and soy ice cream can all be purchased at regular grocery stores making it easier to substitute for the more deleterious foods in the diet. “So! What should we eat?” The simplest and most direct answer that can be supplied is to eat an unrefined plant based diet.

Dried Fruit & Desserts

The pyramid is topped with a category entitled, “dried fruit group”. Continue the advice to “use sparingly”. Many appetizing and healthful desserts can be made, which will be both tasty and good for the health of your joints. Dried fruit is an excellent source of minerals and fiber, and makes a good dessert. Anything that aids nutrient flow, to and from the cartilage, promotes cartilage health. Cartilage depends on its nutrition for health and repair. Good nutrition and vigorous repair promote cartilage longevity. Ω

Auto-Immune Diseases

What is an autoimmune disease?

An autoimmune disease is a condition in which your immune system mistakenly attacks your body. The immune system normally guards against germs like bacteria and viruses. When it senses these foreign invaders, it sends out an army of fighter cells to attack them. Normally, the immune system can tell the difference between foreign cells and your own cells. In an autoimmune disease, the immune system mistakes part of your body — like your joints or skin — as foreign. It releases proteins called autoantibodies that attack healthy cells. Some autoimmune diseases target only one organ. Type 1 diabetes damages the pancreas. Other diseases, like lupus, affect the whole body.

Why does the immune system attack the body?

Doctors don't know what causes the immune system misfire. Yet some people are more likely to get an autoimmune disease than others. Women get autoimmune diseases at a rate of about 2 to 1 compared to men—6.4 percent of women vs. 2.7 percent of men. Often the disease starts during a woman's child-bearing years (ages 14 to 44). Some autoimmune diseases are more common in

certain ethnic groups. For example, lupus affects more African-American and Hispanic people than Caucasians. Certain autoimmune diseases, like multiple sclerosis and lupus, run in families. Not every family member will necessarily have the same disease, but they inherit a susceptibility to an autoimmune condition. Because the incidence of autoimmune diseases is rising, researchers suspect environmental factors like infections and exposures to chemicals or solvents might also be involved. A "Western" diet is another suspected trigger. Eating high-fat, high-sugar, and highly processed foods is linked to inflammation, which might set off an immune response. Another theory is called the hygiene hypothesis. Because of vaccines and antiseptics, children today aren't exposed to as many germs as they were in the past. The lack of exposure could make their immune system overreact to harmless substances. In past 'Health Reformer,' issues, we have published about auto-immune diseases in 'Thyroid' and 'Vitilligo' issues, which magazines could be downloaded from <http://independent.academia.edu/JohnEllen>. We now present, Dr. Agatha Thrash's article on: "**Immune System - How to Strengthen It.**"

Immune System - How to Strengthen It

Agatha M. Thrash, MD

Within all of our bodies there is an army at work. As with the nations of the world, some of these armies are strong and some of them are weak. Some of them are ever vigilant for invaders; some of them fight the very country they were employed to defend. Those of us with strong immune systems are best able to ward off many invaders and thus stand a lessened risk of disease. Others have immune systems which rebel and attack

the very bodies they were created to defend; we call these situations autoimmune disorders. Lupus and rheumatoid arthritis are among the autoimmune disorders. There are two main factors which determine the condition of our immune systems; heredity and lifestyle. There is nothing we can do about our heredity except take a warning from it, but we all can do much for our lifestyles which can

Auto-Immune Disease List

There are more than 100 Autoimmune Diseases

Addison's disease	Erythema nodosum
Agammaglobulinemia	Essential mixed cryoglobulinemia
Alopecia areata	Evans syndrome
Amyloidosis	Fibromyalgia
Ankylosing spondylitis	Fibrosing alveolitis
Anti-GBM/Anti-TBM nephritis	Giant cell arteritis (temporal arteritis)
Antiphospholipid syndrome	Giant cell myocarditis
Autoimmune angioedema	Glomerulonephritis
Autoimmune dysautonomia	Goodpasture's syndrome
Autoimmune encephalomyelitis	Granulomatosis with Polyangiitis
Autoimmune hepatitis	Graves' disease
Autoimmune inner ear disease (AIED)	Guillain-Barre syndrome
Autoimmune myocarditis	Hashimoto's thyroiditis
Autoimmune pancreatitis	Hemolytic anemia
Autoimmune retinopathy	Henoch-Schonlein purpura (HSP)
Autoimmune urticaria	Herpes gestationis or pemphigoid gestationis (PG)
Axonal & neuronal neuropathy (AMAN)	Hypogammaglobulinemia
Baló disease	IgA Nephropathy
Behcet's disease	IgG4-related sclerosing disease
Benign mucosal pemphigoid	Immune thrombocytopenic purpura (ITP)
Bullous pemphigoid	Inclusion body myositis (IBM)
Castleman disease (CD)	Interstitial cystitis (IC)
Celiac disease	Juvenile arthritis
Chagas disease	Juvenile diabetes (Type 1 diabetes)
Chronic inflammatory demyelinating polyneuropathy (CIDP)	Juvenile myositis (JM)
Chronic recurrent multifocal osteomyelitis (CRMO)	Kawasaki disease
Churg-Strauss	Lambert-Eaton syndrome
Cicatricial pemphigoid	Leukocytoclastic vasculitis
Cogan's syndrome	Lichen planus
Cold agglutinin disease	Lichen sclerosus
Congenital heart block	Ligneous conjunctivitis
Coxsackie myocarditis	Linear IgA disease (LAD)
CREST syndrome	Lupus
Crohn's disease	Lyme disease chronic
Dermatitis herpetiformis	Meniere's disease
Dermatomyositis	Microscopic polyangiitis (MPA)
Devic's disease (neuromyelitis optica)	Mixed connective tissue disease (MCTD)
Discoid lupus	Mooren's ulcer
Dressler's syndrome	Mucha-Habermann disease
Endometriosis	Multiple sclerosis
Eosinophilic esophagitis (EoE)	Myasthenia gravis
Eosinophilic fasciitis	Myositis

<u>Auto-Immune Disease List (Contd.)</u>	
Narcolepsy	Pyoderma gangrenosum
Neuromyelitis optica	Raynaud's phenomenon
Neutropenia	Reactive Arthritis
Ocular cicatricial pemphigoid	Reflex sympathetic dystrophy
Optic neuritis	Relapsing polychondritis
Palindromic rheumatism (PR)	Restless legs syndrome (RLS)
PANDAS	Retroperitoneal fibrosis
Paraneoplastic cerebellar degeneration (PCD)	Rheumatic fever
Paroxysmal nocturnal hemoglobinuria (PNH)	Rheumatoid arthritis
Parry Romberg syndrome	Sarcoidosis
Pars planitis (peripheral uveitis)	Schmidt syndrome
Parsonnage-Turner syndrome,	Scleritis
Pemphigus	Scleroderma
Peripheral neuropathy	Sjogren's syndrome
Perivenous encephalomyelitis	Sperm & testicular autoimmunity
Pernicious anemia (PA)	Stiff person syndrome (SPS)
POEMS syndrome	Subacute bacterial endocarditis (SBE)
Polyarteritis nodosa	Susac's syndrome
Polyglandular syndromes type I, II, III	Sympathetic ophthalmia (SO)
Polymyalgia rheumatica	Takayasu's arteritis
Polymyositis	Temporal arteritis/Giant cell arteritis
Postmyocardial infarction syndrome	Thrombocytopenic purpura (TTP)
Postpericardiotomy syndrome	Tolosa-Hunt syndrome (THS)
Primary biliary cirrhosis	Transverse myelitis
Primary sclerosing cholangitis	Type 1 diabetes
Progesterone dermatitis	Ulcerative colitis (UC)
Psoriasis	Undifferentiated connective tissue disease (UCTD)
Psoriatic arthritis	Uveitis
Pure red cell aplasia (PRCA)	Vasculitis
	Vitiligo
	Wegener's granulomatosis (or Granulomatosis with Polyangiitis (GPA))Ω

not only improve our chances of avoiding the chronic diseases which plague our society, but can begin to reclaim ground lost in your heredity so that you will be able to pass on a better legacy to your heirs. So, without a long explanation on the wonders of the immune system (see the June 1987 issue of National Geographic for that), what follows will be a step by step explanation of how to strengthen the immune system. This program will be beneficial for those having the most ominous chronic diseases such as cancer and AIDS; and most of the principles will also be of benefit to those

who are healthy and would like to remain that way.

1. The objectives of our treatments are to improve circulation to and oxygenation of the cells, to change the intestinal flora with a high fiber vegetarian diet, to discourage cancer cell growth with hot baths, to stimulate the immune mechanism for cancer and infection resistance, and to combat toxins causing anemia and loss of appetite.

2. The family and friends should have regular prayer for a miracle from heaven. Trust God that He is loving, forgiving,

healing and comforting. Trust Him that every trial is for our development somehow, even when it appears destructive. When Jacob was wrestling with the angel, it appeared that having his thigh go out of joint was a terrible calamity which would disable him, and he would not be able to save himself and his family. But when his brother Esau saw the limp Jacob was left with, Esau became sympathetic and his murderous wrath ceased. The trust exerted stimulates the endorphin system, strengthening the immune system.

3. The Ideal Diet - The diet should be totally vegetarian, leaving off all fats, all refined sugars, chemical additives, spices (but not herbs), and vinegar, majoring on raw food and fresh juices, especially carrots, and beets.

(a) Take two to three meals per day. Two are best. Never snack. Not a sip, or a taste or morsel between meals.

(b) Have a set time for meals. Establish regularity and regimentation as far as meals and sleep schedules are concerned.

(c) Read labels for irritants, harmful foods and additives such as vinegar, monosodium glutamate, baking powder and soda, animal products.

(d) Omit one to three meals weekly unless underweight.

(e) Eat a lot of fruits and vegetables uncooked.

(f) Eat slowly and chew well.

(g) Cook grains and legumes thoroughly. Grain preparations such as cracked or whole kernel must be boiled gently for at least three hours. Rolled grains need 1 1/2 hours. Cooking grains in a good crock pot is helpful.

(h) Enjoy gardening, but do not work to the point of exhaustion.

(i) Omit liquid foods at meals except on rare occasions. Liquid foods are pops, juices, watery soups and other beverages. If juices are required in greater

quantity than 8 oz, make a meal of them only, and sip them slowly, mixing well with saliva.

(j) Use frozen fruit blended with a little fruit juice, occasionally, as an ice-cream substitute on hot days.

(k) Shop at health food stores and produce markets that keep fresh food because of a rapid turnover.

(l) Let five hours pass between the end of one meal and the beginning of the next.

(m) Never use soft drinks, coffee, teas, medicines, chocolate. May use herb teas.

(n) Drink an 8 oz. glass of fresh carrot juice daily and sip it slowly at the beginning of a vegetable, not fruit, meal.

(o) Eat fresh carrots, grapes, cabbage, asparagus, brussels sprouts, beets, broccoli, dark greens, kohlrabi and cauliflower.

(p) Eat raw fruit or make fresh juice, including fresh lemon and grape or carrot juice. But don't eat, or drink the juice of, both fruits and vegetables at the same meal. If possible, 50-80% of the meal should be taken raw. Asparagus and garlic have both been ascribed antiviral, anticancer qualities. Aloe vera has a carbohydrate which may slow down the reproduction of HIV and boost the immune system. Licorice root tea also boosts immunity.

(q) Frequently choose cooked grains or vegetables from the following list. These foods are selected because of their low phenylalanine and lysine content:

Potatoes (white or sweet), Corn, Oats, Carrots, Buckwheat, Wheat, Rice, Barley, Millet, Rye, etc.

(r) Use immature legumes such as field peas or green peas not more than twice a week, as they are high in phenylalanine and lysine. Select only one at a meal.

(s) Use whole grain cereals or quick breads without sugar, baking powder or

soda, or excessive salt.

4. Teas (Antimicrobial)- (These teas should be taken continuously by those having a serious chronic disease):

(a) Echinacea and Chaparral. Echinacea strengthens the immune system and Chaparral is an antibiotic. Put one heaping tablespoon of Echinacea in one quart of boiling water and boil gently for 30 minutes. Turn the flame off and add 2 tablespoons of Chaparral. Let this mixture steep for 15 minutes. Drink one cup first thing in the morning and finish the remainder of the quart throughout the day. This is one day's dose. You must make the teas fresh daily; they lose their potency after 24 hours.

(b) Pau d' Arco, Blue Violet and Red Clover. These herbs strengthen the immune system and cleanse the blood. Add 3 tablespoons of Pau d' Arco to one quart of boiling water and boil gently for 15 minutes. Turn flame off, add 2 tablespoons of Blue Violet and 2 tablespoons of Red Clover to the Pau d' Arco and let the mixture steep for 15 minutes.

(c) Do not use sweeteners in your teas. Though they are medicinal and may not appeal to your taste, the herbs were given to us by our Creator for healing. Drink them faithfully!

(d) Golden Seal (turmeric) and Aloe Vera may be used.

(e) Consider the herb teas as part of your 8-10 cups of daily water intake.

(f) The herb teas should be continued after the fever treatments stop.

5. Evening Primrose oil - large doses (it incorporates into the viral membrane wall increasing the susceptibility to the fever treatments). Use up to 12 capsules a day during fever series.

6. Use the most excellent hygiene - vegetarian diet, exercise, sunshine, regularity, early to bed, scrupulous cleanliness, orderliness, etc.

7. Use of garlic: 4 capsules, 8 tablets or

one to two fresh cloves taken 3 times daily at mealtimes.

8. Give a 3-week course of zinc supplementation, 15 mg. per day.

9. Cold mitten friction: This hydrotherapy measure can be done several times a day, as often as once an hour, as the energy of the patient or the availability of time permits. Use it at least twice a day. It is a good stimulant of the immune system.

10. Use fever treatments (see method given below). An infant under three years of age should have the temperature very carefully controlled, bringing the oral or rectal temperature up to 103° F, but not holding it there. This may take only five to six minutes.

11. Continue cold mitten friction after fever series.

12. Take alternating hot and cold daily showers every morning or evening.

13. Exercise should consist of walking and purposeful outdoor labor as much as possible. Other suggestions include the following:

(a) Swim.

(b) Split wood.

(c) Cycle: Stationary, three-wheeled, etc.

(d) Walk, walk, walk.

(e) Jog on padded surfaces as appropriate.

(f) Use rebounders (small trampolines), and simply bounce if your strength is not sufficient to jump.

(g) Do gardening.

(h) Spas are useful if you have no other exercise possibilities.

(i) Lawn care is excellent outdoor work.

(j) Do exercises daily, progressively, religiously, especially light exercise after meals which promotes good digestion.

(k) Get a minimum of 20 minutes, and up to 10 miles of walking daily. Exercise produces brain substances (endorphins) which "do good like a medicine."

(l) If you do not feel like exercising, massage can help as it is "passive exercise." Range of motion exercises can also help.

14. Water is a cleanser and a healer, used externally and internally.

(a) 6-10 cups of water, as pure as possible, between meals each day. Regular bowel movements daily are very important. Two cups of very warm water upon arising in the morning are very helpful for this. Most of the water you need will be supplied in the form of the herb teas listed above.

(b) A daily bath is essential, personal hygiene is a must. Wear a clean change of clothes daily.

(c) Clean and neat living conditions and fastidious kitchen facilities are important.

(d) Fifteen fever treatments spread over three weeks constitutes one series of treatments. Give two series of three weeks each, pausing for one week after the first three weeks before beginning the second series. There should be five treatments in a week, but not usually more than one fever treatment per day for adults. Interrupt the treatment program every five days with a two-day rest. If the patient responds to the two series of treatments, in three months, using the same routine, go through another two series of the fever treatments.

i. Use a hot bath of 108-110 degrees F. to accomplish this "Fever" or "Hyperthermia" treatment.

ii. Obtain 102-104 degrees F. orally and maintain it for 20-40 minutes, as tolerated.

iii. When the oral temperature goes above 100 degrees F. or the patient be-

gins to sweat, keep the face and head very cool with icy cloths changed often.

iv. Keep the bath water 110-112 degrees F. while the oral temperature is 102-105 degrees F. Do this by draining off some of the cooling water and adding hot water.

v. End the hot treatment with a tepid shower, brisk drying, one hour of bed rest with an ice pack wrapped in a towel on the forehead.

vi. Prevent chilling after the treatment.

vii. Abort the treatment if the heart rate rises above 160 in a person under age 50. Abort the treatment if the heart rate rises above 140 in a person over age 50. For more details on fever treatments see the book *Home Remedies*.

A Suggested Meal Plan
Generous Breakfast: Fruit Meal
Good Dinner: Vegetable Meal
Dinner Main Dish, Raw Vegetable or Salad, Cooked Vegetable curry,
Spare Supper (or none)
Fruit or Fruit Sauce, Herb teas, Bread, Crackers, Cereal

15. Sunshine - A 20 to 30 minute sunbath daily would be helpful. It is adequate to expose only the face and arms. Always avoid the sun as much as possible between the hours of 10 a.m. and 4 p.m., as it actually reduces the immunity.

16. Moderation - God will supply power and help for all your needs once and for all: overeating, snacking between meals, indulgence of unhealthy habits (caffeine, nicotine, marijuana), purging, prescription or nonprescription drug usage, masturbation or other improper expressions of sexuality.

17. Air

(a) Fresh, outdoor air. Avoid smog, motor exhaust, hydrocarbons, tobacco smoke, hairspray and other toxic substances.

(b) Keep correct posture.

(c) Keep sleeping rooms well aired, summer and winter, good weather and bad,

- being careful not to sleep in a draft.
- (d) Spend more and more time out-of-doors.
- (e) Take 20 deep breaths outdoors or near an open window 2-4 times per day.
- (f) Blow up balloons to encourage oxygenation of tissues.
- (g) Hike in the beauties of nature.
- (h) Spend time out of cities as much as possible.
- (i) Remember that prayer is the breath of the soul.

18. Rest

- (a) Establish regularity, routine, order and predictability of daily activities.
- (b) Simplicity, quietness of living is the goal.
- (c) Refuse consistent overworking or hectic pacing.
- (d) Quit your overly stressful job and whittle various involvements out of your life.
- (e) Prioritize your life with much prayer.
- (f) Keep the Sabbath holy. God made the Sabbath for man and specially blesses those who commune with Him that day by spending every possible moment in Bible reading, meditation, prayer, and studying spiritual lessons in nature. You need a day of rest, and you also need the blessing of knowing that particular segment of the week is a memorial to man's creation. We are that special to God.
- (g) Rise and retire at set times. If you work afternoon or night shifts, change job assignments if at all possible.
- (h) Omit TV, Rock n' Roll, novels, love stories, idle talk, frivolity and any other neurologically exciting but depleting activities. Just as things we see can cause profound mental and emotional changes, so can what we hear. Give yourself every advantage.
- (i) Learn to live simply, spending less money on yourself, more to help others.

(j) Refuse to defend yourself, argue, worry or complain.

(k) If you are not sleeping well at night, do not nap during the afternoon. You may take a short nap (less than an hour) before dinner.

(l) Try to have one day off each week besides Sabbath. Use this day for personal chores and private projects; this is not selfish. Your first duty to God and to others is that of self-development.

19. Trust in divine power

(a) Reevaluate your relationship to God.

(b) Begin each day or end each day with a quiet hour or so alone with God in prayer and Bible reading.

(c) Keep your joys, thanks, needs, sorrows, sins, cares and fears before God.

(d) Talk to Him all day. Recognize that a divine being, a guardian angel, is always with you.

(e) Read *Desire of Ages*, **Ministry of Healing**, (*Health and Happiness*), and *Counsels on Diet and Foods*. These books are available online. Take seriously any lessons learned, even if they seem unimportant.

(f) Participate in morning and evening devotions.

(g) Become a committed Christian anew every day.

(h) Accept the circumstances of daily life even if they are not what you may have planned or chosen. Everything God allows to come to you is an education, even the trials. If accepted graciously, all trials bring joy.

(i) Pray for God's will to be done and do not insist on healing. He doesn't heal everyone but He desires to save every living soul — all who give their full allegiance to Him. Have faith that God will accomplish the very best thing for your life.

(j) Be thankful, cheerful, prayerful. These attitudes produce the endorphins. These are merry hormones and happy

chemicals that fight cancer and promote a sense of well-being.

(k) Consider an anointing service.

(l) You will need our Lord to help you make these lifestyle changes and to maintain them.

20. Dress

(a) Wear simple, modest, healthful, clean and attractive clothing.

(b) Natural fibers and blends are best.

(c) Keep your limbs as warm as your forehead.

(d) Do not have more layers on the trunk than on the feet and calves.

(e) Wear no tight bands or restrictive garments, especially around the chest and abdomen.

Epilogue

When Paul wrote, "The very God of peace sanctify you wholly" (1 Thess. 5:23), he did not exhort his brethren to

aim at a standard which it was impossible for them to reach; he did not pray that they might have blessings which it was not the will of God to give. He knew that all who would be fitted to meet Christ in peace must possess a pure and holy character. "Every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air; but I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." (1 Cor. 9:25-27) "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." (1 Cor. 6:19,20) Ω

Breast Milk Deficiency

Causes of less milk production are:

- Deficiencies in the mother's diet
- Nutritional deficiency
- Stress
- Lack of sleep
- Certain hormonal changes
- Consumption of birth control pills
- Dehydration (lack of water)

Home Remedies

1. Diet rich in essential nutrients - eat a diet rich in proteins, vitamins, minerals and healthy fats. Eating whole grains and cereals, soy products, dairy products, nuts, seeds, fresh fruits and vegetables help to increase milk production.
2. Essential vegetables - Try to increase the intake of green beans, carrots, sweet potatoes, peas and leafy green vegetables.

3. Fenugreek herb - Fenugreek is a natural herb and helps a lot to increase milk production.
4. Fennel seeds (Saunf) - Fennel is believed to be an excellent galactagogue which is something that bring about more breast milk. Have one teaspoon of fennel seeds soak in a cup of luke-warm water and have this drink twice every day.
5. Green Papaya - Green papaya is an excellent source of essential vitamins, minerals, and enzymes and helps to enhance the production of breast milk.
6. Oatmeal - Eat a bowl every day.
7. Garlic - take one clove per day.
8. Almonds - Vitamin E in almonds helps to cure pregnancy stretch marks while Omega-3 in almonds helps lactation boosting hormones to help pro-

- duce more milk. Soak 5-7 almonds overnight. Early morning, peel them off and have them with a glass of warm water.
9. Cinnamon - take a spoon of cinnamon powder and mix with half teaspoon of honey. Have it with a cup of lukewarm water.
10. Cumin seeds (Jeera) - improve digestion and help body or better absorption of essential nutrients. Add to dals, curries or other vegetable. Soak a pinch of cumin seeds in a glass of water and drink it early in the morning. Ω

Depression

Depression affects more women than men. It is a physically debilitating and an emotionally painful condition. A depressed person finds it difficult to enjoy anything or even function normally. Reasons could be many – trauma, grief, love and relationship troubles, genetic, alcohol consumption, obesity, etc. Women have an added risk factor – the hormones. Hormonal changes, particularly after pregnancy (postpartum) or around menopause, can trigger the condition. 80% of all mothers experience postpartum depression of one form or another. Though most of them usually get over normal ‘baby blues’ in a few days or at most a couple of weeks, some women take longer to recover and suffer more severe symptoms. They may exhibit suicidal tendencies, frequent bouts of cry-

ing, sleep disturbance, weight loss, a feeling of guilt and a general lack of interest in their surroundings. Some women suffer from a serious condition called postpartum psychosis which results in hallucination, delusion and obsessive thoughts particularly involving the baby. Recognizing depression and seeking help is the first and most critical towards recovery. We have written extensively on this topic in our Health Reformer magazine. Please look up our ‘Depression’ issue at <http://independent.academia.edu/JohnEllen>. Also, read the ebooks on the internet such as “*Mental Wellness Handbook*” by BUC; “*Depression: The Way Out*” by Neil Nedley, MD, and “*Mind, Character and Personality*” by Ellen G. White. Ω

Domestic Violence

The good man brings good things out of his good store of treasure, and the evil man brings evil things out of his evil store of treasure. But I tell you that men will give an account on the day of judgment for every careless word they have spoken. For by your words you will be acquitted, and by your words you will be condemned.” Matthew 12:36-37.

Man and woman were created equal at Creation. Wife’s subjection to husband is due to her sin. In my opinion, women who make God first in these last days, will regain equality and more responsibility in the end times.

Husband

Here is some counsel to abusive husbands from a messenger of God: Do not allow animal nature to dominate over

you. Your love should not be base, sensual, lustful and brutish. Do not be tyrannical, exacting and a curse in your family. Do not be controlled by base passions, sexual excess and be demons in human form. It is a mistake to confide family troubles to another woman and to listen to family troubles of another man’s wife. Wife has as much right to her opinion as a husband does. Her identity and individuality should not be

merged into that of a husband. God's claims upon wife are higher than those of husband. Husband has no prerogative to full control of body of wife. A husband should be a house-band of family, wife's counsellor, adviser, helper and not to be ruler. Do not compel wife to yield to your wishes. Allow wife some money to spend as she wishes. Consult her regarding your plans. Guard your words and actions because you will face them in the judgment day.

Wife

To the wife: Do not be accusing, exacting, adulteress and harlot. Telling family troubles to another man violates marriage vows. Woman who thinks husband should gratify her every whim, who is thoughtless, is a curse to herself and is unworthy of her husband. Wife should not be passive to husband's will in all things.

God will Work Differently in the Last Days

Women advanced in years, and in middle age, will act part in God's closing work. Converted women will act important part in God's work. God will accomplish much through one committed woman than many men put together. They will win whole families to truth. Women who are not self-important are needed today. Women with well-balanced minds should fill positions of trust. They are qualified to address congregations. They should be modest, unassuming, slow of speech, never careless in dress, not selfish and should not be too familiar with men. Talented women should give themselves to God's work. They have an accountability to God for doing His work. Woman is created equal to man. God has used women in times of emergency. A larger number are needed to take their places in God's work. Give yourself to Christ before giving yourself to any earthly friend. Neglect to do this will be charged against you in the books of heaven. Religious duties should be per-

formed by women. Some church offices could be filled better by women than by men. Twenty are needed where there is one. Work could be done in churches by women that is left undone. Work of God's cause would suffer great loss without women. Women engaged in evangelistic work should be paid a salary. The above statements are by the same author, Ellen G. White.

Abuse of Women in the Church

Women of India are holding equal positions in private, government and non-Christian religious institutions; but there is abuse of women in the church. Voting against ordination is an abuse of women, and a cover up of abuse in the home. EGW said that some would like to control God and tell Him how His endtime work should be directed. She also said that God will work differently, and will use humble instruments in this last work. While most men are showing over confidence, dictatorship and lack of fear of God in these last days; God is busy using women, giving powerful warnings to the world through His feeble instruments, the women. God is also inspiring world leaders today, to bring to justice, those who have abused women and girl children. In January 2018, 10,000 pedogate and pedophile cases have been booked in the USA alone due to sexual abuse and ritual sacrifice of girl children. And other countries are following suit. God is exposing all sins wicked men did to the women.

Women, your time has come to take your position in God's temple! God has seen your devotion and tears. God will take vengeance on those who abuse you at home and in the church, and will empower you with His Holy Spirit to aid Him in His last work. Make God the first and best in your life. You do not need church's ordination. Their ordinations may not be approved by God. Let God ordain you. Since women are humble and unassuming, I believe that God will use

more women in His work in these last days than He will use men. May you be used by Christ is my prayer.

Divorce

Divorce is another kind of abuse of women in the church. A friend said to me that she knows of many men who had divorced their wives who are wanting to get back to their wives to make sure of their salvation. If the husband had married a second wife and wishes to leave her and get back to you, do not get into such a relationship because the Bible calls it filth, though the marriage vows are binding. Deut 4:1-5 Commands that a spouse cannot take back their spouse who has left and been with or married someone else (even if the second spouse dies). Old Testament Israel was commanded that they were not allowed to take them back even if they wanted to leave their 2nd spouse and come back to their former 1st spouse. EGW says not to separate the second marriage.

The "vow" of a second marriage is not the binding factor. The bond of the first marriage is what makes the second union, adultery.

"And it is easier for heaven and earth to pass, than one tittle of the law to fail. [Therefore:] Whosoever putteth away his wife, and marrieth another, committeth adultery: and whosoever marrieth her that is put away from her husband committeth adultery."

Here we have the case of an innocent woman that is divorced from a man who put her away, not with a view to remaining unmarried and chaste, but for the purpose of becoming legally attached to another woman. And, according to the verse, he has already taken this step.

Back to our first question: His ex-wife, the innocent party, who has received a bill of divorcement from her adulterous husband is she free now to remarry? No! Jesus said, in Luke 16:18, that if she follows the example of her exhusband, she becomes guilty of the same sin into which he has become involved. Result: two cases of adultery involving four people. On this basic question there is perfect harmony between the gospels (Matt. 5:32; 19:9; Mark 10:12; Luke 16:18) and the writings of Paul (Rom. 7:1-3; 1 Cor. 7:10, 11, 39): a divorced lady has no right to remarry so long as her husband lives. And we think that the same rule must hold good for a divorced man also. A marriage represents Christ's relationship to His erring church. Just as Christ forgives, the spouse should forgive. So, adultery by one spouse gives no excuse for the remarriage of another spouse. Two concessions which Moses gave in the Old Testament, Christ cancelled in the New Testament. They are: meat-eating and divorce. Christ said: Divorce is hateful to God and that Moses permitted it because of the hardness of your hearts. For more information, please read the articles: "*Is Marriage a Contract for Life?*" at <http://www.sdarm.org> and *Why I Repented of A Marriage God Called Adulterous!* at <http://cadz.net>. God forgives adultery but instead of getting together for the sake of sex, it will be better for the parties to devote their time to the Lord. The damage done to the children due to divorce can never be undone. One who divorces has a big accountability to give to the Lord for the damage he/she does to the family, society, country, and God. God will hold pastors who perform second marriages, guilty! Ellen Prasad Ω

Heart Disease — How to Avoid

Agatha M. Thrash, M.D., Preventive Medicine

Cardiovascular Diseases in India

According to a scientific paper, cardio-

vascular diseases (CVDs) have now become the leading cause of mortality in

India. A quarter of all mortality is attributable to CVD. Ischemic heart disease and stroke are the predominant causes and are responsible for 80% of CVD deaths. The Global Burden of Disease study estimate of age-standardized CVD death rate of 272 per 100,000 population in India is higher than the global average of 235 per 100,000 population. Some aspects of the CVD epidemic in India are particular causes of concern, including its accelerated buildup, the early age of disease onset in the population, and the high case fatality rate. In India, the epidemiological transition from predominantly infectious disease conditions to noncommunicable diseases has occurred over a rather brief period of time. Premature mortality in terms of years of life lost because of CVD in India increased by 59%, from 23.2 million (1990) to 37 million (2010). Despite wide heterogeneity in the prevalence of cardiovascular risk factors across different regions, CVD has emerged as the leading cause of death in all parts of India, including poorer states and rural areas. The progression of the epidemic is characterized by the reversal of socioeconomic gradients; tobacco use and low fruit and vegetable intake have become more prevalent among those from lower socioeconomic backgrounds. One is in the highest risk category for coronary disease, especially if he is in the social segment that emphasizes a sedentary way of life and a rich and unwholesome diet. There are some countries of the world where the risk of having a heart attack is quite low. By studying their lifestyles we have discovered many things to help us make our way of living more healthful. In some countries of the world, the blood fats are quite low, cholesterol being around 60 to 90, whereas in USA we have not been excited if an adult shows a cholesterol level of 200 to 250. We now believe, however, that a cholesterol level below 180 is beneficial and the lower the better. The

heart attack rate is four times greater if the cholesterol is above 260 than if it is below 200. A mere 10% reduction in cholesterol reduces by 25% one's likelihood of having a heart attack. The same can be said generally of triglycerides, another type of blood fat. The ideal for triglycerides is surely below 140, and probably below 100 is safer. Many people can achieve an enviable triglyceride level the same as their age. The heart attack rate is two times higher if the triglyceride level is above 250 as compared to below 170. Ninety percent of overweight people have increased triglycerides. Other causes of increased triglycerides are alcohol, sugar, the fatty acids in dairy products, and the refined carbohydrates such as white bread, white flour products, white pastries, and white starch. Even large quantities of fruit juices or very sweet or dried fruits (dates, raisins, and figs) may increase triglycerides.

One can bring the cholesterol down by reducing the fat content of the diet, by increasing exercise, and by learning to deal with tension. One good way to deal with tension is through vigorous exercise. Exercise neutralizes tension. Face squarely those things that trouble you and deal with each one dispassionately and kindly.

The fat content of the diet can be effectively lowered by decreasing all animal products, and by omitting margarine, mayonnaise, fried foods, and cooking oil. At Uchee Pines Institute, we find that a total vegetarian, low-fat diet will invariably lower the blood cholesterol by up to 200 points within a month's time. Drug companies are overjoyed if their cholesterol-lowering products achieve a 10 to 15 point decrease in six months.

There are two sources of cholesterol in the body: those that are manufactured from any food—including foods of plant origin, and preformed cholesterol which is only of animal origin. No plant food

contains cholesterol. Stress hormones use cholesterol as a part of their molecule, and those who are under much emotional tension will find that this matter of itself can cause the blood cholesterol to go up.

The way that high blood fats increase the likelihood of having a heart attack is that the fat in the blood can enter the walls of the arteries. One way a plaque develops in an artery is that over a small area of injury, which may occur from using tobacco or other irritating substances, a microscopically thin layer of clot forms. At the same time fat and cholesterol pour through the break and are deposited in muscle fibers within the vessel wall. During the next few hours or days the clot "organizes" and eventually forms a scar. That injury is now healed, but there is weakness characterized by the presence of the scar. The next time the body encounters that same or another injury, the weakened area is most likely to be the site of a second microscopically thin clot with fat and cholesterol disposition in the same way as previously. Now the scar itself may be large enough to take on a few globules of fat, not yet big enough to bulge, but just big enough to be seen on microscopic section. Through the years with layer upon layer of clot, then scar, and then fat, cushions of plaques are built up in many arteries in the body. While all the arteries of the body are affected, certain arteries are more involved than others. Because of the disseminated nature of the disease, however, the replacement of the few arteries that are the most severely affected is not the answer to atherosclerosis. The answer is to be found in the change of lifestyle that will decrease one's cancer risk.

The three top factors are increased blood fats, increased blood pressure, and smoking. You now know how to keep your blood fats low, and you may learn how to keep your blood pressure low by a proper lifestyle. Anyone can stop

smoking (I know because even I did it). Several other things increase one's risk of having a heart attack, such as being overweight, having poor posture (especially stooping), having a low vital capacity (the ability to blow out a large volume of air after taking a full inspiration), reduced exercise, increased intake of sugar and alcohol, a pulse over 80, emotional stress, hereditary predisposition, and coffee.

Top 10 Home Remedies for Heart Disease

1. **Garlic** - Several studies have found garlic to be beneficial for conditions like high blood pressure, high cholesterol and coronary heart disease. It helps slow the development of atherosclerosis or hardening of the arteries. Plus, garlic improves circulation and has antithrombotic and antiplatelet aggregatory effects. Eat one or two freshly crushed garlic cloves daily. If you find the taste too strong, drink a glass of soya milk after eating the garlic.

Alternatively, you can take garlic supplements. The general recommendation is 600 to 1,200 mg of garlic extract divided into three equal doses per day. Note: Garlic may interfere with certain medications due to its blood-thinning properties. Consult your doctor before taking this herb.

2. **Soyabeans** - Soya cleans your arteries and veins from cholesterol. Those who use soya will not get a heart attack. Soyabeans help eliminate 10 kinds of cancers. And it has natural hormone which helps women's hormonal issues. Each person needs to take 2 table spoons of soyabeans per day. Cook a handful of beans with your rice; take soya milk, tofu; grind it with your wheat flour or make soya and brinjal and soya and potato curry.
3. **Hawthorn** - In western herbalism, hawthorn is a well-known herb for heart conditions because it is excel-

lent for the cardiovascular system. It helps increase blood flow to the heart and improves cardiac muscle contractions, thus leading to a stronger pumping action. It also helps increase cardiac performance and output, and reduces the heart's workload. Plus, it has an anti-arrhythmic effect that helps steady the heartbeat. You can take this herb in supplement form by way of an extract standardized to contain about 2 to 3 percent flavonoids. The general dosage is 300 to 600 mg three times daily. Follow this natural treatment for several weeks to a few months. This herb is safe to use.

4. Arjuna - Terminalia arjuna is an important Ayurvedic herb for heart conditions. It is considered a natural cardio-tonic and cardiac restorative. The herb strengthens the cardiac muscle, reduces arterial congestion and lowers blood pressure. A study by researchers at Kasturba Medical College in India found that this herb helped reduce angina attacks by 30 percent. Moreover, prolonged use of this herb did not have any adverse effects. Add one-half teaspoon of arjuna tree bark powder and a little honey to a glass of warm water. Drink this three times daily for a few months. Alternatively, you can take this herb in supplement form in doses of 500 mg every eight hours daily. Continue this natural treatment for three months.
5. Hibiscus tea - Hibiscus contains antioxidant compounds that help prevent the oxidation of low-density lipoprotein (LDL), or bad cholesterol, that contributes to atherosclerosis and heart disease. An infusion prepared from this herb is also believed to help regulate high blood pressure. Boil two petals of a hibiscus flower in one cup of water. Strain and drink daily for a few weeks.
6. Turmeric - Studies indicate that turmeric can help prevent atherosclerosis. Turmeric has an active ingredient called curcumin that helps maintain heart health by reducing cholesterol oxidation, plaque buildup and clot formation. Plus, it helps lower LDL and provides anti-inflammatory benefits. Being a potent antioxidant, it also neutralizes free radicals that contribute to aging and several chronic diseases. Use turmeric regularly in your cooking. You can also boil one teaspoon of turmeric powder in one cup of water or soya milk. Drink it once or twice daily for several weeks to a few months. Another option is to take this herb in supplement form. The general dosage is 400 to 600 mg of standardized curcumin powder supplement three times daily.
7. Cayenne - Cayenne pepper contains a compound called capsaicin that is beneficial for treating heart and circulatory problems. It also helps reduce the risk of irregular heart rhythms and lowers cholesterol levels. The phytochemicals present in this spice also purify the blood and enhance immunity. Add one-half to one teaspoon of cayenne pepper to a cup of hot water. Stir well and drink it. Repeat two or three times daily for a few weeks. You can follow up with a cup of hibiscus tea to heal the burning sensation and promote heart health. Another option is to take cayenne supplements like cayenne capsules or use it in your curry.
8. Alfalfa leaves - Alfalfa has been found to be beneficial in preventing cardiovascular problems as it helps reduce cholesterol levels and plaque buildup. According to a study published in the Pakistan Journal of Pharmaceutical Sciences, alfalfa may have the potential to limit the development and progression of atherosclerosis. Drink alfalfa tea or juice extracted from its leaves a few times a day for a few months. Alternatively, you can take supplements prepared from alfalfa leaves.

9. Fenugreek seeds - Fenugreek has antioxidant and cardio-protective benefits. It is excellent for reducing the risk of atherosclerosis, thanks to its strong modulating effect on blood lipid levels. It also reduces platelet aggregation, thus decreasing the risk of abnormal blood clotting associated with heart attacks and strokes. Plus, it helps lower cholesterol, blood sugar and excess fat. Use in your curries.

10. Exercise - Regular exercise paired with a healthy diet and lifestyle can help prevent and manage heart disease. Gardening, walking, jogging, bicycling and cardio exercises are beneficial for strengthening your heart and cardiovascular system, improving circulation and lowering blood pressure. Plus, exercising helps maintain a healthy body weight and reduces stress, which are linked to heart and several other diseases. Ω

Infertility

"For behold, the days are coming when they will say, 'Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.' Luke 23:29.

Infertility in Men

Intertility in men could be caused due to: (1) Varicocele. A varicocele is a swelling of the veins that drain the testicle; (2) Infection; (3) Ejaculation issues; (4) Antibodies that attack sperm; (5) Tumors; (6) Undescended testicles; (7) Hormone imbalances; (8) Defects of tubules that transport sperm; and (9) masturbation. Dr. David Horrobin, an M.D. and Ph.D. from Oxford University, states: "The amount of zinc in semen is such that one ejaculation may get rid of all the zinc that can be absorbed from the intestines in one day. This has a number of consequences. Unless the amount lost is replaced by an increased dietary intake, repeated ejaculation may lead to a real zinc deficiency with various problems developing, including impotence." "In a zinc-deficient adolescent, sexual excitement and excessive masturbation might precipitate insanity," says Dr. Carl C. Pfeiffer, Ph.D., M.D. Masturbation is sin and is a cause of a multitude of Diseases. www.ellenwhite.info/masturbation-sin.htm.

Infertility in Women

Damage to the fallopian tubes or uterus can be caused by one or more of the following: (1) Pelvic inflammatory disease;

(2) A previous infection; (3) Polyps in the uterus; (4) Endometriosis or fibroids; (5) Scar tissue or adhesions; (6) Chronic medical illness; (7) A previous ectopic (tubal) pregnancy; (8) A birth defect; or (9) God closed the womb (1 Samuel 1:5-6).

Infertility Could be A Blessing in The Last Days

2 Timothy 2:1-5 says: 'In the last days there will come times of difficulty. For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, heartless, unappeasable, slanderous, without self-control, brutal, not loving good, treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, having the appearance of godliness, but denying its power. 'And brother will deliver brother over to death, and the father his child, and children will rise against parents and have them put to death.' Mark 13:12. 'They will be divided: father against son and son against father, mother against daughter and daughter against mother, mother-in-law against her daughter-in-law and daughter-in-law against mother-in-law.' Luke 12:53.

If God wills, He can open the womb of a mother. But if not, adopt and give a home

to an orphan child. Considering the days we are living in, I would not suggest human experimentation, assisted procreation (ART) or surrogacy.

Herbs to Increase Fertility

1. Red Raspberry Leaf – A well known fertility herb that is also good during pregnancy.
2. Nettle Leaf– Has a very high mineral

content.

3. Dandelion– Contains vitamins A and C as well as trace minerals.
4. Alfalfa– Has vitamins A, D, E and K and 8 digestive enzymes.
5. Ashwagandha root powder tea treats both male and female infertility.
6. Trust in God. God can close or open the womb if He wills. — Ellen Ω

Metabolic Syndrome

Metabolic syndrome, sometimes known by other names (Dysmetabolic syndrome, Hypertriglyceridemic waist, Insulin resistance syndrome, Obesity syndrome, Syndrome X), is a clustering of at least three of the five following medical conditions: abdominal obesity, high blood pressure, high blood sugar, high serum triglycerides and low high-density lipoprotein (HDL) levels. Metabolic syndrome is the name for a group of risk factors that raises your risk for heart disease and other health problems, such as diabetes and stroke.

The term "metabolic" refers to the biochemical processes involved in the body's normal functioning. Risk factors are traits, conditions, or habits that increase your chance of developing a disease. In this article, "heart disease" refers to coronary heart disease (CHD). CHD is a condition in which a waxy substance called plaque builds up inside the coronary (heart) arteries. Plaque hardens and narrows the arteries, reducing blood flow to your heart muscle. This can lead to chest pain, a heart attack, heart damage, or even death.

Metabolic Risk Factors

The five conditions described below are metabolic risk factors. You can have any one of these risk factors by itself, but they tend to occur together. You must have at least three metabolic risk factors to be diagnosed with metabolic syn-

drome.

A large waistline. This also is called abdominal obesity or "having an apple shape." Excess fat in the stomach area is a greater risk factor for heart disease than excess fat in other parts of the body, such as on the hips.

A high triglyceride level (or you're on medicine to treat high triglycerides). Triglycerides are a type of fat found in the blood.

A low HDL cholesterol level (or you're on medicine to treat low HDL cholesterol). HDL sometimes is called "good" cholesterol. This is because it helps remove cholesterol from your arteries. A low HDL cholesterol level raises your risk for heart disease.

High blood pressure (or you're on medicine to treat high blood pressure). Blood pressure is the force of blood pushing against the walls of your arteries as your heart pumps blood. If this pressure rises and stays high over time, it can damage your heart and lead to plaque buildup.

High fasting blood sugar (or you're on medicine to treat high blood sugar). Mildly high blood sugar may be an early sign of diabetes.

Heart Disease Risk

Metabolic syndrome increases your risk for coronary heart disease. Other risk factors, besides metabolic syndrome, also increase your risk for heart disease.

For example, a high LDL (“bad”) cholesterol level and smoking are major risk factors for heart disease. For details about all of the risk factors for heart disease, go to the Coronary Heart Disease Risk Factors Health Topic (see <http://www.lifestylelaboratory.com>).

Even if you don’t have metabolic syndrome, you should find out your short-term risk for heart disease. The National Cholesterol Education Program (NCEP) divides short-term heart disease risk into four categories. Your risk category depends on which risk factors you have and how many you have.

Your risk factors are used to calculate your 10-year risk of developing heart disease. The NCEP has an online calculator that you can use to estimate your 10-year risk of having a heart attack.

- **High risk:** You’re in this category if you already have heart disease or diabetes, or if your 10-year risk score is more than 20 percent.
- **Moderately high risk:** You’re in this category if you have two or more risk factors and your 10-year risk score is 10 percent to 20 percent.
- **Moderate risk:** You’re in this category if you have two or more risk factors and your 10-year risk score is less than 10 percent.
- **Lower risk:** You’re in this category if you have zero or one risk factor.

Even if your 10-year risk score isn’t high, metabolic syndrome will increase your risk for coronary heart disease over time.

Screening and Prevention

The best way to prevent metabolic syndrome is to adopt heart-healthy lifestyle changes. Make sure to schedule routine doctor visits to keep track of your cholesterol, blood pressure, and blood sugar levels. Speak with your doctor about a blood test called a lipoprotein panel, which shows your levels of total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides.

Signs, Symptoms, and Complications

Metabolic syndrome is a group of risk factors that raises your risk for heart disease and other health problems, such as diabetes and stroke. These risk factors can increase your risk for health problems even if they’re only moderately raised (borderline-high risk factors).

Most of the metabolic risk factors have no signs or symptoms, although a large waistline is a visible sign. Some people may have symptoms of high blood sugar if diabetes—especially type 2 diabetes—is present. Symptoms of high blood sugar often include increased thirst; increased urination, especially at night; fatigue (tiredness); and blurred vision.

High blood pressure usually has no signs or symptoms. However, some people in the early stages of high blood pressure may have dull headaches, dizzy spells, or more nosebleeds than usual.

Diagnosis

Your doctor will diagnose metabolic syndrome based on the results of a physical exam and blood tests. You must have at least three of the five metabolic risk factors to be diagnosed with metabolic syndrome.

Metabolic Risk Factors

A Large Waistline

Having a large waistline means that you carry excess weight around your waist (abdominal obesity). This is also called having an “apple-shaped” figure. Your doctor will measure your waist to find out whether you have a large waistline. A waist measurement of 35 inches or more for women or 40 inches or more for men is a metabolic risk factor. A large waistline means you’re at increased risk for heart disease and other health problems.

A High Triglyceride Level

Triglycerides are a type of fat found in the blood. A triglyceride level of 150 mg/

dL or higher (or being on medicine to treat high triglycerides) is a metabolic risk factor. (The mg/dL is milligrams per deciliter—the units used to measure triglycerides, cholesterol, and blood sugar.)

A Low HDL Cholesterol Level

HDL cholesterol sometimes is called "good" cholesterol. This is because it helps remove cholesterol from your arteries. An HDL cholesterol level of less than 50 mg/dL for women and less than 40 mg/dL for men (or being on medicine to treat low HDL cholesterol) is a metabolic risk factor.

High Blood Pressure

A blood pressure of 130/85 mmHg or higher (or being on medicine to treat high blood pressure) is a metabolic risk factor. (The mmHg is millimeters of mercury—the units used to measure blood pressure.)

If only one of your two blood pressure numbers is high, you're still at risk for metabolic syndrome.

High Fasting Blood Sugar

A normal fasting blood sugar level is less than 100 mg/dL. A fasting blood sugar level between 100–125 mg/dL is considered prediabetes. A fasting blood sugar level of 126 mg/dL or higher is considered diabetes.

A fasting blood sugar level of 100 mg/dL or higher (or being on medicine to treat high blood sugar) is a metabolic risk factor.

About 85 percent of people who have type 2 diabetes—the most common type of diabetes—also have metabolic syndrome. These people have a much higher risk for heart disease than the 15 percent of people who have type 2 diabetes without metabolic syndrome.

Treatment

Heart-healthy lifestyle changes are the first line of treatment for metabolic syndrome. If heart-healthy lifestyle changes aren't enough, your doctor may prescribe medicines. Medicines are used to treat and control risk factors, such as high blood pressure, high triglycerides, low HDL ("good") cholesterol, and high blood sugar.

Goals of Treatment

The major goal of treating metabolic syndrome is to reduce the risk of coronary heart disease. Treatment is directed first at lowering LDL cholesterol and high blood pressure and managing diabetes (if these conditions are present).

The second goal of treatment is to prevent the onset of type 2 diabetes, if it hasn't already developed. Long-term complications of diabetes often include heart and kidney disease, vision loss, and foot or leg amputation. If diabetes is present, the goal of treatment is to reduce your risk for heart disease by controlling all of your risk factors. Heart-healthy lifestyle changes include heart-healthy eating, aiming for a healthy weight, managing stress, physical activity, and quitting smoking. Ω

Obesity & Overweight

From 'Full Health Secrets'

Many people who used to be obese, who suffered from cancer, atherosclerosis, diabetes, depression and many other diet- and lifestyle-related conditions, who desperately tried different medications, therapies, and diets but failed to permanently solve their health problems,

gained victory over their bad habits and returned to their normal body weight without fasting or suffering from hunger but on a healthy and tasty unrefined diet which doesn't require counting calories. In addition, since this unique holistic approach, apart from reducing body

weight, positively energizes and influences entire human organism including the immune, nervous, circulatory, endocrinal, digestive and all other systems, often those who were willing to follow this plan also managed to reverse coronary heart disease or diabetes, recovered from cancer, depression, arthritis and other chronic diseases. There is an excellent, safe, and very effective solution to the problem of overweight and even the worst type of obesity. And the good news is that it doesn't require fasting or counting calories, it is not difficult to implement and does not cause any undesired side-effects.

First of all, you need to improve or change your diet and start consuming large quantities of foods which are not only tasty but also high in minerals, vitamins, fiber, and phytochemicals. By doing this you will keep on losing weight without counting calories or feeling hungry. It is not so much by removing all the unhealthy foods but rather by adding plant foods which are high in fiber and nutrients. In this way you will gradually improve your diet and reduce consumption of processed foods which are low quality, refined, high in fat and sugar. By following the instructions and recipes included here and in the *Health Recovery Plan* (see www.fullhealthsecrets.com), you will significantly increase the percentage of high-nutrient foods and as a result you will start losing weight and will greatly improve your health as well as the physical and emotional well-being. At the same time you will reduce chances of developing serious diseases or even significantly increase probability of recovering, in case you already suffer from one of them. In order to reduce and control your body weight, it is also necessary to stop eating between meals and overeating. And the best way to achieve this goal is by getting rid of all the refined and rich in empty calories foods which make you hungry so soon after consuming them and which

force your body to crave for more food. As soon as you start increasing the consumption of high-nutrient plant foods, your appetite for the unhealthy and low-nutrient foods will gradually decrease until after some time you will finally be able to make a complete commitment to this *SaveLife Diet* and lifestyle even for the rest of your life time. So please keep in mind that any refined diet which is low in vitamins and minerals always quickly stimulates our appetite again, forcing us to eat between meals. The situation gets even worse if you habitually use stimulants such as caffeine products, tea, cola drinks, or alcohol which tend to farther deprive your body of these few nutrients you supplied with your refined diet. Unfortunately, many people think that in this case, they can still solve the problem of malnutrition by using vitamin and mineral supplementation. The truth, however, is that according to the numerous studies, many of these supplements can only partially remove the symptoms of vitamin and mineral deficiency. In addition, artificial supplements are usually poorly absorbed and in some cases may even increase the risk of cancer.

Therefore, if you really want to regain or maintain your health, become fit, reduce your body weight to normal, feel more energetic, prolong your life, prevent or even recover from other health problems, you need to switch to the unrefined, well-balanced, and high in nutrients plant-based diet. And as soon as you start consuming healthy, natural, high in vitamins and minerals, delicious, and unrefined foods, you will be free from craving and eating between meals simply because your body will finally get what it needs to be able to function properly.

Apart from that, in order to enable this diet to be more effectively used by your body you need to exercise on a regular basis. It does not mean that without ex-

ercise, this diet will not work. You will see the results even if you do not or cannot exercise. But if you exercise, it will greatly increase the effectiveness of the whole program. Also in case you are very overweight and especially if you suffer from different heart conditions, you should not start with energetic exercise routine. In this case you need to change the diet first, keep in touch with your physician, continue taking your prescribed medication, and after some time start from short distance and slow walking routine, gradually and carefully increasing the pace and distance every day according to the information included in

the chapter dealing with exercise. However, if you are still too heavy to start exercising or if your doctor suggests it is too early to do so, you do not need to worry because even without exercise, *SaveLife Diet* will reduce your body weight and will improve your physical as well as emotional health, making you able to start exercising after one or two months. In order to lose weight more effectively and permanently, you will also need to learn how negative psycho-emotional factors such as stress, depression, existential fears and others contribute to the development of obesity and how to successfully cope with them. Ω

Osteoporosis

Professor Walter J. Veith

Milk and dairy products are advertised as wonder foods that will supply all the nutrients required for healthy growth. The calcium levels in milk, in particular, are stressed as an essential component of the human diet, and the impression is created that a loss of this dietary source of calcium will lead to abnormal bone development.

It is certainly true that dairy products are packed with nutrients, but this does not mean that the combination of nutrients is suited to human nutrition.

Mother's milk is essential for infants, but then infants are specially designed to cope with this growth-promoting food. Prior to weaning, the necessary enzyme systems needed for the digestion and assimilation of milk components are active, but they are progressively deactivated with age. The milk of other mammals also differs in composition from human milk, and this, together with the potential danger from ingested antigens, makes cow's milk unsuitable for human consumption. There is considerable resistance from industry, and even from the established scientific world, to the idea

that dairy consumption is detrimental to health, but the evidence from recent scientific findings seems fairly conclusive with regard to this issue. Dairy consumption is being coupled with a host of other diseases, and as consumption rises worldwide, so the evidence is becoming more and more conclusive.

In the past, the detrimental effect of the consumption of dairy products may have been masked by the positive effects of other lifestyle choices, such as higher consumption of grains, fresh fruits, and vegetables with their high fibre content. Western diets have, however, increased in the consumption of animal products, including dairy products, with a corresponding decline in the consumption of grains, legumes, fruits and vegetables, and this may explain the increase in the incidence of degenerative diseases in industrialized countries.

Lactose Intolerance

Lactose, the sugar in milk, is broken down in the intestines by the enzyme lactase. Most people are able to digest lactose properly during infancy and early childhood, but as they grow older this

ability declines. Approximately 75% of adults worldwide are lactose intolerant. Native Americans and Asians have the highest intolerance, and only slightly lower than these are the Blacks, Jews, Hispanics, and southern Europeans. Lactose intolerance is lowest among northern Europeans and their descendants. In the US some 25% of Caucasians, 51% of Hispanics, and 75% of all African Americans have insufficient levels of lactase to digest dairy products, whereas 90% of Asian Americans are lactose intolerant.

It has been found that 90% of African people are lactase deficient, and in the case of the rural Zulu of South Africa it was found that they showed no change in blood glucose concentrations after ingesting 50 g of lactose. When milk and dairy products are digested, lactose is broken down by the enzyme lactase into glucose and galactose.

The presence of lactose is a feature of animal milk, but the concentration of this sugar is normally geared to the needs of the species, as are the concentrations of all the other components of milk. Human milk does not only contain the essential nutrients that are required for growth and development, but also contains the bacterium *Bifidus* that assists in the digestion of lactose.

In cow's milk, however, the bacterial composition differs from that of human milk. If cow's milk is fed to infants, this can interfere with the digestion of lactose. The lower protein and higher carbohydrate content of human milk is also more suited to the needs of infants, because their growth rates are considerably lower than those of calves.

After the conversion of lactose to glucose and galactose, the available galactose is not used as such, but is converted to glucose in the liver by a series of steps requiring the initial presence of the enzyme galactokinase. The production of both lactase and galactokinase declines

with age, and the capacity to digest and utilize the products of lactose in adult life is thus curtailed. A deficiency in the enzyme lactase will result in fermentation of lactose by intestinal bacteria, which can result in abdominal distress such as gas, cramping, bloating, stomach rumbling, altered bowel habits, and diarrhea. The severity of the symptoms depends on the quantity of lactose consumed and the level of intolerance.

Milk Protein Intolerance

A further problem with milk is encountered in the digestion of the milk protein casein. In comparison to human milk, cow's milk contains 300% more casein and more than double the amount of total protein. Casein and beta-lactoglobulin are the two main proteins in milk and they are unique in that they contain a perfect blend of amino acids, which is precisely what is needed during early infant growth. Human infants, however, double their mass on average 180 days after birth, whereas cows achieve the same feat in only 47 days. Cow's milk is therefore geared to meet the rapid growth requirements of cows, but is not suitable for humans.

Casein also naturally stimulates thyroid function in infants, and as the thyroid is involved in many developmental processes, including the development of the nervous system, casein from other mammals could have adverse effects on metabolic processes of infants particularly since a portion of the dietary casein can be absorbed undigested and serve as antigen.

As with lactase, the concentration of the enzyme rennin, that breaks down the casein, also declines with age in all mammals. By the time milk teeth develop it is virtually non-existent in the human digestive tract. Without renin, the digestion of casein has to be carried out by the normal proteolytic enzymes which are not as efficient in breaking down casein.

Price List

Description	Qty	Cost Rs.
HEALTH PRODUCTS		
Activated Charcoal Powder	500 gm	300.00
Activated Charcoal Powder	250 gm	180.00
Activated Charcoal Powder	125 gm	110.00
Activated Charcoal Tablets - Approx. 150 tablets	100 g weight	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 restore kidneys, liver, for snake bites, for poison cases, to cleanse one's blood in case of leukemia, to remove radiation from the body, etc. As a reference guide, order the booklet: 'Activated Charcoal, God's Natural Remedy' which lists diseases A-Z which Activated Charcoal treats.</p>		
Barley leaf powder	100 g	250.00
<p>A powerful way to get needed nutrients including betacarotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll. Has 3 year shelf life. Mix 1 tsp. per day in water or with Protein powder and drink it.</p>		
Black Strap Molasses	500 g	300.00
<p>It has the lowest sugar content of any sugar cane product. Blackstrap molasses contains vital vitamins and minerals, such as iron, calcium, magnesium, vitamin B6, and selenium. Molasses has the power to naturally relieve PMS symptoms, stabilize blood sugar levels, prevent cancer, treat arthritis, has cholesterol lowering potassium, improve bone health, treat symptoms of ADHD, and boost skin health. It is a natural sweetener and sugar alternative.</p>		
Diabetic tea	125 g	100.00
<p>It has leaves, seeds, and roots of over 10 plants which treat diabetes. Add 1 tsp. to 3 cups of water. Boil for 5 minutes. Cool and drink 3 cups per day. It helps your pancreas to shed sugar.</p>		
Mosquito Repellent cum Skin Salve	25 g	80.00
<p>This travel size container has essential oils and other oils which repel mosquitos.</p>		
pH Papers	1 set Strips	15.00
<p>Strips that will measure the pH of saliva and urine from 5.5 to 8.0. pH paper is used for determining whether a substance is an acid or base. To do this you use the pH scale which goes from 1-14. If the pH is less than 7 it is an acid and if it is above 7 then it is a base (alkaline). When the pH scale reads 7, it means that the substance is neutral. You can tell the pH of a said solution by looking at the color that it corresponds with. If you look at the picture, you can see the color correspondence to the pH. If a reading shows acid, you may eat alkaline food, and check again. Daily checking will help to understand your body and thus moderate your diet to improve your health.</p>		
Protein Powder	500 gm	300.00
<p>Two varieties: Soya-Multigrain, or Pea and Brown rice. They have differing multigrain combinations of millets, lentils, beans, herbs, roots, seeds and nuts, thoughtfully made to provide maximum vitamins and minerals and to give a variety. In a Shaker bottle, pour one glass of water, add 3 tbsp. Protein powder, 1 tsp. Barley leaf powder, shake and drink. You may keep a set at your work place. Use Protein Powder in your cookies, patties, dose, baking, etc.</p>		
Skin Soap	1 No. 100 g	100.00
<p>This soap is made from wound healing plants. This medicinal soap is good for diabetic wounds, eczema, and all kinds of skin conditions. 1 gram = Re.1.</p>		
Soapnut, Shikakai Shampoo Bar	1 No. 100 g	100.00
<p>This all natural aromatic shampoo bar gives extra lather due to soap nuts and is long-lasting. You may use it for both bath and hair. 1 gram = Re. 1.</p>		

Description	Qty	Cost Rs.
Soya Grits with Wheat and Oats added, for Porridge 500 g.		200.00
Porridge tastes nutty and tasty. Cook in water by adding water as needed until cooked well. Add cut bananas, other fruits, nuts, medium roasted peanuts, raisins, and eat.		
Wound ointment, Herbal	25 g / 5 g	70.00 / 20.00
Four different ointments are made with Papain, Touch-me-not; Siam weed, and Chickweed, all of which are powerful wound healers. You may order samples to see which herbal ointments work best on which patients. They come in lami tubes.		
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	180.00
Evidence of Modern Science in the Bible	144 pages	100.00
Finding Peace Within, Paper back	220 pages	30.00
Handwriting for School and Church	100 pages	50.00
Hymns, Choruses, School Songs, 545 songs	172 pages	80.00
MAGAZINES -	per copy	25.00
Activated Charcoal—God’s Natural Remedy Cancer	Marriage, Adultery, Divorce and Remarriage Milk—For Health or Disease	
Counsels on Diet and Foods	The Coming New World Order	
Depression	Thyroid Disease	
Diseases in the End Time	Vitiligo, Leocoderma	
Does God Require Us to be Holy	Women’s Health - Part 1	
God’s Natural Remedies vs Allopathy		
Health Reformer yearly subscription (4 issues per year) - for 5 yrs.....		500.00
Subscription expiry date is mentioned on your address label. If you fail to renew your subscription, your name will be dropped. If you wish to receive your magazine regularly, please note your subscription expiration date on your address label and renew in time.		
ADD POSTAGE: When ordering our products, please calculate the total weight of your order. Add 1kg. extra for the weight of the box. Multiply by Rs.72 per kg. towards registered Parcel Post and handling. Add this to the cost of your order, or call us and we will calculate and tell you. Make online payment to the below account and send us a sms about this deposit with your address. Give us 5 days to send you the parcel. For half kg. weight, and a Charcoal magazine, pay Rs.100 towards postage and handling.		
Payments to be made to:		
Account Name	All Natural (Current Account)	
Bank Name	Axis Bank, Whitefield Branch	
Account No.	917020025346597	
IFSE Code	UTIB0002177	

The presence of casein in the diet of mammals has also been linked to elevated cholesterol levels and various degenerative diseases such as arteriosclerosis. Rabbits fed casein developed arteriosclerosis, but the effect could be reduced if a plant protein source, such as soybean flour was introduced into the diet. This shows that the amino acid pool

produced by casein probably no longer meets the requirements of weaned or adult mammals.

Casein also produced higher cholesterol levels than soy protein in a number of animal species, including rats, hamsters, guinea pigs, pigs, and monkeys. In humans, a reduction in cholesterol levels

Recipes

Vegetable Juices

Vegetable Juices are the builders and regenerators of the body. They contain all the amino acids, minerals, salts, enzymes, and vitamins needed by the human body. Use fresh, raw, without preservatives.

Alfalfa and Carrot Juice

Helpful in most troubles with the arteries and disfunctions connected with the heart. Helps growth of hair.

Beet and Carrot Juice

Builds red corpuscles of the blood. Cleanses liver. Heals menstrual disturbances. Combine with carrots till you are used to beet juice alone.

Carrot, Beet and Coconut Juice

Cleanser of the kidneys and gall bladder.

Carrot Juice

Normalizes entire system. It is a natural solvent for ulcerative and cancerous conditions. Helps prevent infections of the eye, throat, tonsils, sinuses, respiratory organs, dry skin, dermatitis, skin blemishes, ophthalmia, conjunctivitis, etc. It protects nervous system and increases vigor and vitality. Gives satin skin. It is used in the treatment of ulcers and cancers.

Carrot, Beet and Cucumber Juice

For gallstones, kidney stones and gravel in the gallbladder. In between, drink lemon Juice with hot Water. Gravel and stones will disappear in a few days.

Cabbage Juice

For duodenal ulcers and constipation.

Celery Juice

Restores nervous afflictions and degeneration of nerves.

Cucumber Juice

Promotes flow of urine, hair growth,

heals rheumatic ailments and skin eruptions.

Garlic Juice

Helps eliminate intestinal parasites. Dysentery and Amoebic Dysentery respond effectively.

Fennel Juice

Blood builder, helps menstrual disorders. -

From the book "Fresh Vegetable and Fruit Juices"

Oatmeal Patties

Ingredients:

Oats
Potatoes
Pumpkin
Carrots
Garlic
Salt
Coconut oil

Method:

Grind Oats.

Add salt in the ground oats.

Add water into oatmeal. The mixture should not be too thick or thin.

Grate carrots, pumpkin and potatoes, garlic and add into the mix.

Can fry in a frying pan and do shallow or deep fry.

Serve with vegetable salad, sweet potatoes or yam.

Mereani Tuivanuatani, Fiji

Salad for Breakfast

Ingredients

Tomato
Onion
Capsicum
Cucumber
Radish

Optional:

Roasted peanuts
1 tsp. coconut oil

1/2 Coconut - grated

Sprinkle salt.

Mr. Gabriel Simpson's compulsory dish for breakfast during the Health Retreat, which has improved everyone's complexion. The same salad is repeated for lunch. - Ellen

was also found if meat and dairy proteins were replaced by soy proteins. Casein also seems to have an adverse effect on insulin secretion, hormone levels, and calcium metabolism.

Does milk really provide the calcium we need for strong bones?

Find out the truth from our magazine: "Milk—For Health of Disease?", July-Sept. 2017, available at <http://independent.academia.edu/JohnEllen>. This magazine has two articles on 'Osteoporosis.'

Postmenopausal women may consume soy milk as an alternative to dairy products for the protection of osteoporosis. "Soy milk contains non-steroidal

phytoestrogens that studies have strongly suggested to have protective effects against age-related bone loss and other chronic disease. Doctors are giving wrong advise by saying not to use soya but to drink more dairy milk. It is dairy milk that is depleting calcium from your body. Drinking soya milk for just ten days will show marked improvement. It builds your bones, teeth, knee and hip joints and you will not need surgeries with rods in your body. Soya cleans cholesterol from your arteries and veins and you will have no pains in your body due to good circulation of blood. You may use soya in many ways. Check out our soya recipes in the magazine: "Milk vs Soya," available at the same website.Ω

NATURAL NEWS

• **5G Means Death of Humanity!** According to the LA Times, the US became the first country to allocate a large swath of airwaves for 5G. It even admits that 5G shows an increase in tumors in rats! And it gets worse! Even they admit they will need exponentially more transmitters because the signals don't travel as far. It is unclear how many smaller base stations would be needed for 5G service. But it is widely believed that there would need to be exponentially more because of the limited distance the signals can travel. One researcher estimated a station would be needed for every 12 homes in a dense urban area. Desiree Jaworski, executive director of the Center for Safer Wireless, said 5G signals will be harder for people to avoid. "Right now, you don't have to live next to a cell tower. If you're concerned about it, you can move away," she said. "But once they have these cell antennas everywhere, you won't be able to do that." Depending on how you are classified in their computers will determine how much damage they do to you! If you're a "problem"

they will try to target you more for mind control and to create illnesses! The people setting up this 5G have no idea what it is going to be used for ultimately. It will be controlled by a quantum control called Vesuvius in Bluffdale, Utah. If you answer your phone and nobody is there then that is the AI checking on you! If you say something, the people running things (less than 20), will cut your phone call!

Beforeitsnews.com, Jan. 9, 2018

• **Cell Phone radiation effects brain.** Its radiation changes human brain glucose metabolism, cerebral blood flow and causes brain cancer. The bone marrow of a child's head absorbs 10 times more radiation than that of an adult. Radiation from mobiles may lead to brain damage.

Rong Wang, PhD; Environmental Health Trust; Harvard Health Publishing

NOTE: Do not hold a cell phone directly up to your head. Use a headset. Pregnant women should keep cell phones away from their abdomens. Do not allow children to play with or use your cell phone. Do not text while driving. Turn off at night. Eat green vegetables and get a good night's sleep to enhance natural

repair of DNA that may have been damaged by cell phone use. Drink 2 tsp. Activated Charcoal or Bentonite clay mixed in water to help remove radiation from your bodies and thus avoid cancer due to radiation.

- **6 Reasons to Say No to Vaccination:**

1. Pharmaceutical companies cannot be trusted. For example, hormone replacement therapy for women. The standard care for a menopausal woman for 40 years was HRT. Even women with no complaints were advised that this treatment was helpful as it reduced chances for a heart attack and cancer and made them feel younger. Were any of these claims true? No. Breast cancer risk doubled for women on HRT. 41% increased risk for stroke, 29% increased risk for heart attack, etc.

How about Vioxx? This drug caused thousands of deaths from heart attack and stroke and Merck agreed to pay \$4.85 billion to settle 27,000 cases.

Merck, the manufacturer of the MMR vaccine is currently embroiled in two lawsuits for falsifying data on the effectiveness of the mumps vaccine. One of these lawsuits was brought by two of its own scientists, an example of lying and fraud perpetuated by the drug companies with regard to vaccination.

2. All Vaccines are loaded with chemicals and heavy metals. Here is a list of the damaging ingredients in vaccines on the market today: Nagalase, Polysorbate 80, Squalene, Egg protein (found in influenza and yellow fever vaccines) Glyphosate (Roundup), E-coli, MSG, Antifreeze, Phenol (used as a disinfectant), Formaldehyde - cancer causing and used to embalm, Aluminum - associated with alzheimer's disease and seizures; Glycerin - toxic to the kidney, liver, can cause lung damage, gastrointestinal damage and death; lead, Cadmium, Sulfates, Yeast proteins, Antibiotics, Acetone - used in nail pol-

ish remover; Neomycin, Streptomycin; Thimerosal - more toxic than mercury, a preservative used in vaccines, can cause severe neurological damage as well as other life-threatening autoimmune disease. These vaccines are grown and strained through animal or human tissue, like monkey and dog kidney tissue, chick embryo, calf serum, human diploid cells (the dissected organs of forcibly aborted fetuses), pig blood, horse blood and rabbit brain. All of them are contaminated with heavy metals not declared in the product leaflets. In a vaccine testing conducted in Germany, all vaccines were found to be contaminated with mercury, toxic, carcinogenic nickel, uranium, arsenic, aluminum (Gardasil, Gardasil 9, Synflorix contain twice as much aluminum, 1000-6000 times safe limit, causing food allergies in children).

Can you imagine injecting this cocktail of poison directly into your child's tissues? If you ate these ingredients, your body would have a chance to detoxify and eliminate them before any permanent damage could be done. But to inject them deep into the body's tissues where the toxins are absorbed directly into the blood is the most damaging and lethal approach imaginable. How could anyone, especially a doctor possibly think this approach enhances immunity to infectious disease? More doctors are realizing the folly of shots as many pediatricians are declining or delaying shots for their own children. Therefore, please do not vaccinate your children. Giving vaccinations to healthy children is wrong.

3. Vaccinated children are the Unhealthiest, Most Chronically Sick Children. Vaccinated children are more chronically ill than unvaccinated children with rates for chronic illness, eczema, neurodevelopmental disorder, learning disabilities, allergic rhinitis, autism, ear infections, ADHD, asthma, mental illness and allergies as much as

30% higher than unvaxed children.

4. Other Countries are Waking Up to the Dangers of Vaccination. In 1975, Japan raised its minimum vax age to 2 years old. In Australia, the flu vaccine was suspended in April 2010 for children under 5. In the UK, they don't require the chicken pox vaccine because it causes so many health problems not only for children, but also triggers grave risk of a shingles epidemic for adults.

The shingles vaccine does not work, which is why the UK does not offer varicella vaccine to children.

5. Numerous Vaccines Have Already had problems/Been Removed from the Market. Here is a brief list: (1) In Feb. 2002, GlaxoSmithKline removed the Lyme Disease vaccine from the market citing poor sales whereas people who received it reported symptoms worse than the disease itself such as incurable arthritis or neurological impairment. (2) The Rotavirus vaccine (Rotashield) was removed from the market in 1999 due to life threatening bowel obstruction or twisting of the bowl. (3) Second Rotavirus vaccine (Rotateq) in 2007 caused the same twisting of the bowel problem in 28 infants, 16 of which required intestinal surgery. This second vaccine has not been removed from the market yet. (4) Gardasil vaccine for adolescent girls. A few years ago, Merck recalled 743,000 shots that contained glass particles. Fainting, paralysis, slurred speech are a few of the reactions reported, yet doctors are continuing to recommend this shot. In Japan, citizens are permitted to sue vaccine manufacturers for damages. A class action lawsuit is pending against the makers of HPV vaccines.

6. You Can Always Get Vaccinated, but You Can Never Undo a Vaccina-



tion. The longer you delay to vaccinate, the better. You can detox a child from the vaccine's poison, but the damage done can never be 100% repaired. Homeoprophylaxis is another vaccine alternative. If your child deteriorates due to vaccination, do the emergency vaccine detox recommended by pediatrician Dr Mary Megson.

Sarah, The Healthy Home Economist
Watch Sherri Tenpenny's Youtube on this topic.

- **Judges in India's Supreme Court have demanded answers after children died during a controversial cervical cancer vaccine trial.** Funded by Bill and Melinda Gates, tribal girls as young as 9 who received shots of Merck's Gardasil 9 vaccine and Cervarix without their consent, died. Children were used as human guinea pigs. Judges expressed frustration that the country's government failed to provide answers and gave them a month to explain what action had been taken to investigate and what efforts had been made obtain the consent of those taking part in the trials. Whistleblower Dr. Anand Rai, 37, lifted the lid on the scandal of illegal drugs trials in Indore and how has been given an armed guard to protect him.

Gethin Chamberlain, Mail Online, Jan. 6, 2018

- **Confirmed: India's Polio Eradication Campaign in 2011 Caused 47,500**

Cases of Vaccine-Induced Polio Paralysis. The polio vaccine is causing a deadly polio-like disease in children. Researchers reported: while India has been polio-free for a year, there has been a huge increase in non-polio acute flaccid paralysis. In 2011, there were an extra 47,500 new cases of NPAFP. Clinically indistinguishable from polio paralysis but twice as deadly, the incidence of NPAFP was directly proportional to doses of oral polio received. Though this data was collected within the polio surveillance system, it was not investigated. The principle of 'first do no harm' was violated. Third world countries are using dangerous and outdated vaccines. Pakistan: over 3,000 children were given expired polio drops. Media is not giving the whole picture on the oral polio vaccine controversy. Polio vaccine has been linked to cancer.

Dr. Mercola, Jan. 6, 2018

Parents, do your homework before giving your children to any vaccine.

- **Study: Echinacea as Effective as Tamiflu.** A study published in the April 2015 edition of *Current Therapeutic Research* revealed that an herbal proprietary blend of concentrated echinacea root extract had a powerful effect on cold and flu. Researchers compared the herbal extract to Tamiflu, a common over-the-counter medication used to combat the symptoms of the influenza virus. Close to 500 people exhibiting flu-like symptoms were involved in the study, each randomly receiving either the echinacea extract or oseltamivir (Tamiflu). Statistical analysis following administration of the two therapies showed no significant differences among groups, and that the herbal extract was equal in effectiveness to Tamiflu in reducing symptoms. Efficacy is Not the Only Problem With Tamiflu. The main issue with Tamiflu, and most other store-bought medications, is that it has a higher risk factor compared with herbal ap-

proaches. Herbal approaches have been shown consistently to be equal in effect to many conventional influenza and cold medications. Side effects of Tamiflu include nausea, dizziness, insomnia, eye redness, and vomiting. One of the best ways to reduce the likelihood of developing a cold or the flu is to step outside in the sun. Ultraviolet light is a potent antiviral, and it's also helpful for producing immune-bolstering vitamin D. Getting enough quality sleep is an important factor for reducing cold and flu incidence, as is stress reduction. Increasing your intake of antioxidant-rich foods, like vegetables and small berries, also support immune health. Exercise is also a potent supporter for immune health that is often overlooked, so be sure you're getting plenty of physical activity throughout the day, no matter the season.

- **Diet change could reverse diabetes.** About 50 million people suffer from diabetes in India, sometimes referred to as 'diabetes capital of the world'. Now, research on animals has shown the condition could be treated with what is called 'very low calorie diet' (VLCD). Dr. Mamen Wilson says it is very easy to treat diabetes: "You eat your way into it and you eat your way out of it."
- **Artificial sweeteners are depopulation poisons and they must be avoided at all costs.** Artificial sweeteners are chemicals and have no place in our food and drinks. They are manufactured in chemical plants. They are not grown in fields. Nothing about them is natural. *Watch Kevin Galalae's Youtube.*
- **India moves towards treating disease by targeting not just causes but also symptoms.** New programmes are being set up based on evidence that early palliative care improves patients' survival and quality of life. *Priyanka Vora*
- **Time for health revolution under the aegis of Ayurveda: Modi.** The gov-

ernment is working towards setting up an Ayurveda hospital in each district of the country, Prime Minister Narendra Modi said on Tuesday, October 17, 2017 and asserted that time had come for a “health revolution” under the aegis of the traditional medicine system. “The AYUSH Ministry is working swiftly in this direction, and in more than three years, more than 65 Ayush hospitals have been developed,” Modi said.

Noting that the world was heading “back to nature and wellness”, Mr. Modi described Ayurveda as India’s strength and urged those working in the sector to revive it. He also asked experts from the field to find medicines which can, like allopathy, give immediate relief to people but without side-effects. Noting that people across the world were getting attracted towards good health as well as wellness, the Prime Minister suggested that time was ripe for an “atmosphere of Ayurveda”. He also batted for better and modern packaging of ayurvedic medicines. The Prime Minister urged private players to use part of their corporate social responsibility funds to help strengthen Ayurveda. “We have seen the IT revolution in last 30 years. Now, time has come for a health revolution under the aegis of Ayurveda. Let’s pledge to strengthen, revive Ayurveda,” Mr. Modi said. The Prime Minister suggested a relook at the existing Ayurveda syllabus and underlined the requirement for standard guidelines and treatment in the medicine system so it is not overpowered by allopathy. Mr. Modi pitched for awarding certificates after the completion of each level of Ayurveda education. Terming swachhata (cleanliness) a simple preventive healthcare mechanism, he said the Union government had built more than five crore toilets in three years. “People’s perception about cleanliness has changed which is reflected in the fact that some people have started referring to toilets as ‘izzat ghar’”. According to the Prime Minis-

ter, efforts were allegedly made to destroy “India’s strengths” and its traditions such as Yoga and Ayurveda were belittled during the “era of slavery” (pre-independence period). “Attempts were even made to reduce the faith that Indians had on them. However, after getting freedom from slavery, there was hope that whatever was left would be preserved. “But it did not become a priority. Things were left to fate. Those nations who leave their heritage behind are destined to lose their identity,” he said. He said the Ayush ministry in collaboration with the Ministry of Skill Development should develop short term courses for students and farmers. The farming of medicinal plants will generate new employment opportunities. Modi added that the Ministries of Ayush and Agriculture could guide farmers on how to sow medicinal plants in their fields. This would also help farmers boost their income in line with the government’s plan to double their income by 2022, when India attains 75 years of independence. The Ayurveda institute, the prime minister said, would work in collaboration with the AIIMS, Indian Council of Medical Research and some international organisations. He expressed the hope that it would turn into a main centre of inter-disciplinary and integrative health practices.

The Hindu, Oct. 17, 2017

• **Human Gestation and the Feasts of the Lord.** Zola Levitt discovered an amazing correlation between the Seven Feasts of the Lord and the gestation of a human baby, from conception to birth. “On the fourteenth day of the first month, the egg appears.” This is the date of Passover. “The egg must be fertilized within 24 hours, or it will pass on.” This is the Feast of Unleavened Bread, which happens on the day after Passover. “Within two to six days, the fertilized egg attaches itself to the wall of the womb and begins to grow.” The Feast of First fruits is observed anywhere from two to six

days after Passover! The seed or grain, that “falls into the ground and dies,” produces a harvest, the first fruits of which are presented to God. At 50 days, the embryo shows arms, hands, fingers, legs, feet, toes, a head, eyes, etc. Around the fiftieth day, the embryo takes on the form of a human being. That is Pentecost! That is the day the Israelites confirmed their covenant as the people of God. So with us, we are not complete in Christ, until we receive His Holy Spirit. The embryo at seven months: On the first day of the seventh month, the baby’s hearing is developed. For the first time, it can hear and distinguish sounds outside the womb. That is the date for the Jewish Festival of Trumpets. “On the tenth day of the seventh month, the hemoglobin of the blood changes from that of the mother, to a self-sustaining baby.” That’s the Day of Atonement, when the blood was taken into the Holy of Holies! “On the fifteenth day of the seventh month, the lungs become fully developed. If born before then, the baby would have had very difficult time breathing.” That’s the festival of Taber-

nacles, a time of celebrating the Temple, home of the Shekinah glory or Spirit of God.” In the New Testament, the Greek term pneuma, normally translated as “breath,” is applied to the “Holy Spirit. Birth takes place on the tenth day of the ninth month. Eight days after birth, in Jewish families, a son is circumcised. The eight days of Hanukkah are celebrated, nine months and ten days after Passover. There is a remarkable correlation between gestation period and the Seven Feasts of the Lord, as was given to Moses by the Lord Himself. Nothing designed by our Creator is an accident. Everything fits into a design or pattern.

Marriane’s Page at <https://heavenawaits.wordpress.com>

- **Dengue:** A study finds that it is possible to forecast the outbreak of the disease. Given its close link with both temperature and rainfall, it is possible to forecast the outbreak of dengue. Scientists have reached this conclusion after evaluating the relationship of climatic factors to the spread of dengue in different climatic zones in India. *The Hindu.* Ω

Section II

How to Live

By Ellen G. White

Our gracious heavenly Father sees the deplorable condition of men, who, some knowingly but many ignorantly, are living in violation of the laws that He has established. And in LOVE and pity to the race, He causes the light to shine upon health reform. He publishes HIS LAW and the penalty that will follow the transgression of it, that all may learn and be careful to live in harmony with Natural Laws. The Lord has made it a part of His plan that man’s reaping shall be according to his sowing. Let it be made plain that the way of God’s commandments is the way of life. To transgress

His law, physical, mental, or moral is to place one’s self out of harmony with the universe, to introduce discord, anarchy, ruin. The same power that upholds nature is working also in man. The same great laws that guide alike the star and the atom, control human life. The laws that govern the heart’s action, regulating the flow of the current of life to the body, are the laws of the mighty Intelligence that has the jurisdiction of the soul.

The Cause of Disease

Many marvel that the human race has so degenerated, physically, mentally, and morally. They do not understand that it

is the violation of God's constitution and laws, and the violation of the laws of health, that has produced this sad degeneracy. This state of things is not the work of providence, but the work of man; it has been brought about by wrong habits, and abuses, by violating the laws that God has made to govern man's existence. Since the fall in Eden, the race has been degenerating. Deformity, imbecility, and human suffering have been pressing heavier and heavier upon each successive generation since the fall, and yet the masses are asleep as to the real cause. They do not consider that they themselves are guilty, in a great measure, for this deplorable state of things. The human family have brought upon themselves diseases of various forms by their own wrong habits. They have not studied HOW TO LIVE healthfully, and their transgression of the laws of their being has produced a deplorable state of things. The people have seldom accredited their sufferings to the true cause - their own wrong course of action. In order to live a perfect life, man must live in harmony with those Natural laws which govern his being. Therefore it is of the greatest importance that he knows HOW TO LIVE so that his powers of body and mind be exercised to the glory of God. Disease never comes without a cause. The way is first prepared and disease invited by disregarding the laws of health. Sickness is caused by a violation of the laws of health. There is a divinely appointed connection between sin and disease—sin and disease bear to each other the relationship of cause and effect. When Christ healed disease, He warned many of the afflicted ones, Sin no more lest a worse thing come upon thee! Thus He taught that they had brought disease upon themselves by transgressing the laws of God, and that health could be preserved only by obedience. It is a sin to be sick, for all sickness is the result of transgression. A careful conformity to the laws which God

has implanted in our being will insure health and there will not be a breaking down of the constitution. God has pledged Himself to keep this machinery in healthful condition if the human agent will obey His laws and cooperate with him. There are divinely appointed rules, which, if observed will keep human beings from disease and premature death. Christ has been the guide and teacher of Ancient Israel, and He taught them that health is the reward of obedience to the laws of God.

The Great Physician who healed the sick in Palestine had spoken from the cloud telling them what they must do, and what God would do for them. If thou wilt harken to the voice of the Lord thy God, 'He said' and wilt do that which is right in His sight, and wilt give ear to his commandments I will put none of these diseases upon thee—for I am the Lord that healeth thee! Ex.15:26. Christ gave to Israel definite instructions in regard to their habits of life, and He assured them, "The Lord will take away from thee all sickness." Deut.7:15. When they fulfilled the conditions, the promise was verified to them. There was not a feeble person among their tribes.' Psalms 105:37.

These lessons are for us. There are conditions to be observed by all who would preserve health. All should learn what these conditions are. The Lord is not pleased with ignorance in regard to his laws, either natural or spiritual. We are to be workers together with God for the restoration of health to the body as well as to the soul. And we should teach others how to preserve and recover health. For the sick, we should use the remedies which God has provided in nature, and we should point them to Him Alone Who can restore.

The Action of Disease

There was much published on the cause of disease and the results of using drugs. The simplicity of God's methods for cure and the principles of the power of the

will as an aid to gaining health. But the greatest fact presented was the revelation of the cause and purpose of disease action itself; a truth discovered and brought out by others, but made so plain by the inspired pen of Mrs. White.

Dr. Trall had written in 1851. "Disease is the life principle at war with an enemy. It is the defender and protector of the living organism. It is a process of purification. It is an effort to remove foreign and offensive materials from the system, and repair damage the vital machinery has suffered."

Mrs. White taught that the cause of disease was the violation of natural law. And that "Satan triumphs in the ruinous work he causes by leading the human family to indulge in habits which destroy themselves. Sickness, suffering and death are the works of an antagonistic power. Satan is the destroyer: God is the restorer."

Gospel in Illustration

Though sin is the transgression of the law, (Satan tempts to sin) and the wages of sin is death, Jesus came to save us from the penalty. The medical missionary work is the gospel in illustration.

Satan tempts man to indulge his appetites and passions thus bringing sickness upon himself, by violation of the laws of health that God has ordained. Yet in love God saves us from the results of our transgressions by an effort of our vital powers to remove impurities through the various channels of depuration. The disease itself is "an effort of nature (or God) to free the system from condition that results from a violation of the laws of health. Christ is life itself. He is the Source of all vitality. In Him we live and move and have our being.

Christ the Healer

The scripture says, "I am, the Lord, that healeth thee." Exodus 15:26 "He it is who healeth all thy diseases" Psa. 103:3. God is the restorer. God ALONE is the

one who can heal. Those whose minds and bodies are diseased are to behold in Christ the restorer. Jesus came to destroy the works of the devil. "Because I live," He says "ye shall live also." This is the life we are to present to the sick telling them that if they have faith in Christ as the restorer, if they cooperate with Him, obeying the laws of health - He will impart to them His life. This is the true science of healing for body and soul. The risen Christ, who is now set down on the throne at the right hand of the Father, is the mighty Healer. Look to Him for healing power. Christ is the same compassionate physician now that He was during His earthly ministry. In Him there is healing balm for every disease, restoring power for every infirmity.

Traditions and customs have become so interwoven with the belief of the medical profession that physicians need to be taught the very first principles of the way of the Lord. The physician ministers to the body in healing, yet all the work is the Lord's. Connection with God is everything. What the physician aims to do, Christ accomplishes in the fullest sense. The physician labors with Zeal to prolong life. Christ is the giver of life. Who has endowed the physician with reason and intelligence? He who is the truth and the life. He applies the balm in Gilead. He is the great restorer. Through the agencies of nature, God is working, day by day, hour by hour, moment by moment, to keep us alive, to build up and restore us. When any part of the body sustains injury, a healing process is at once begun; nature's agencies are set at work to restore soundness. But the power working through these agencies is the power of God. All life giving power is from Him. When one recovers from disease, it is God who restores him. He works through the laws of nature, using them as His instrument. They are not self acting. Nature in her work testifies of the intelligent presence and active agency of a being who moves in all

things according to His Will. God has laws that He has instituted, but they are only the agencies through which He effects results. The power working through these agencies is the power of God. Nature is God's physician. Let the physician teach the people that restorative power is in Nature.

Nature's Effort

Nature bears abuse as long as she can without resisting then she arouses and makes a mighty effort to rid herself of incumbrances, and evil treatment she has suffered. Then come chills, fevers nervousness, paralysis, and other evils too numerous to mention. Impurities are taken into the blood, and forced upon the internal organs. Nature, to relieve herself of poisonous impurities, "makes an effort" to "free the system," which effort produces fevers, and what is termed `disease. Powerful remedies are often administered which fetter nature in her friendly efforts to recover the abuse the system has suffered. Nature alone possesses curative powers. Medicine has no power to cure, but will most generally hinder nature in her efforts. She after all must do the work of restoring. Nature alone possesses restorative powers. She alone can build up her exhausted energies and repair injuries she has received by inattention to her fixed laws.

The "Hidden Artist":

As one physician so ably put it, "and thus, the healing power of nature and disease turn out to be one and the same thing. The healing principle is always in the living system itself. All living organisms are self-constructing, and self-repairing. The only power that can heal is the power that repairs; the only power that can repair is the power that produces, the power that now produces, repairs, heals, etc., is the power that originally produced. The power that pro-

duced the organism is in it to maintain it. The `HIDDEN ARTIST' that made and fashioned the organism is always on hand to continue its work in growth and repair and in function. Disease is a process of purification and reparation. It is not an enemy of the vital powers but a "struggle of the vital powers," themselves in self defense. Disease is not the thing to be removed, expelled and destroyed, or killed. It is not a thing, but an action; not an enemy, but a process; not an enemy at war with the living organism, but a remedial effort—an action to be cooperated with.

When improper foods are used "the system is not able to resist disease, in its original God given power as a healer. It is God who has made the provision that nature shall work to restore the exhaustive powers. The power is of God. He is the great Healer.

Christ's Methods Cleanse

Shall physicians continue to resort to drugs which leave deadly evil in the system, to destroy that life which Christ came to restore? Christ's remedies cleanse the system. Disease being the cure, what folly to use drugs to stop the cure. God's method is to aid nature in her work by the "common blessings of heaven," pure air, water, etc. "In the case of sickness, the cause should be ascertained, unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her efforts to expel impurities and to reestablish right conditions in the system. The Lord will be the helper of every physician who will work together with Him in the effort to restore suffering humanity to health, not with drugs, but with nature's remedies. Christ is the great physician, the wonderful Healer. He gives success to those who work in partnership with Him.

Drug medication should never have been introduced into our institutions. There

Disease is an effort of nature to free the system from conditions caused by a violation of the laws of health.
EGW

was no need of this being so, and for this reason; the Lord would have us establish an institution where He can come in and where His grace and power can be revealed. "I am the resurrection and the life," he declares. There is no necessity to search for some mysterious science to soothe the sick. We already have the science that gives real rest—the science of restoration, the science of a living faith in a living Saviour. The Lord has marked out a way in which his people are to carry forward a work of physical healing. As our work has extended, and institutions have been multiplied, God's purpose in their establishment remains the same.

Many physicians in our world are of no benefit to the human family. The drug science has been exalted, but if every bottle that comes from every such institution were done away with, there would be fewer invalids in the world today.

The true method for healing the sick is to tell them of the herbs that grow for the benefit of man. Scientists have attached large names to these simplest preparations, but true education will lead us to teach the sick that they need not call in a doctor any more than they would call in a lawyer. They can themselves administer the simple herbs if necessary. To educate the human family that the doctor alone knows all the ills of infants and persons of every age, is false teaching, and the sooner we as a people stand on the principles of health reform, the greater will be the blessing that will come to those who would do true medical work. There is a work to be done in treating the sick with water and teach-

ing them to make the most of sunshine and physical exercise. Thus in simple language we may teach the people how to preserve health, how to avoid sickness. This is the work our sanitariums are called upon to do. This is true science.

There are those entering the medical missionary work who are in danger of bringing into it the objectionable sentiments received in their former education. They need to practice the principles laid down in the word of God, else the work will be marred by their preconceived ideas. When we work with all the sanctified ability that God has given us, when we put aside our will for the will of God, when self is crucified day by day, then good results are seen. We move forward in faith, knowing that our Lord has promised to undertake the work entrusted to Him and that He will accomplish it; for He never makes a mistake or a failure."

Drug medication must be left out of the question if the human physician would receive the diploma written and issued in heaven. There are many physicians who will never receive this diploma unless they learn in the school of the great Physician. This means that they must unlearn and cast away the supposed wonderful knowledge of how to treat disease with poisonous drugs. They must go to God's great laboratory of nature, and there learn the simplest methods of using the remedies which the Lord has furnished. When drugs are thrown aside, when fermented liquor of all kinds is discarded, when God's remedies--sunshine, pure air, water, and good food--are used, there will be far fewer deaths and a far greater number of cures." Ω

Natural Remedies for

Throat Cancer

Abnormal and uncontrolled multiplication of cells in the body is termed as cancer. These abnormal cells usually form

a tumours. Throat cancer is a collective term for cancers that occur in the voice box, the vocal cords, tonsils, orophar-

ynx or other parts of the throat. Throat cancers contributes to 3-6% of all cancers in India. More men than women are affected. It is the seventh most common cancer in India. More than 60,000 cases of throat cancer are diagnosed every year.

Risk factors

Tobacco is by far the most common cause of throat cancer. Both smoking and 'smokeless' tobacco (tobacco chewing) increases the risk of throat cancer. Heavy alcohol use and diet low in fruits or vegetables are the other factors associated with the development of throat cancer.

Throat cancer has several potential causes and affects the voice box, vocal chords and other parts of the throat.

Symptoms

- A persistent cough.
- Changes in your voice, such as hoarseness as not speaking clearly.
- Difficulty swallowing.
- Ear pain.
- A lump or sore that doesn't heal.
- A sore throat.

- Weight loss.

Causes

- Prolonged use of alcohol and tobacco.
 - Tobacco.
 - Food which has been infiltrated by pesticides.
 - Repeated inhalation of poisonous fumes.
 - Frequent straining of the vocal chords.
 - Unhealthy, spicy, non-vegetarian diet.
- Air pollution.

Natural Remedies

- Drop all processed foods, flesh, dairy and sugar from the diet.
- Eat a lot of fruits and vegetables; broccoli, cabbage, leafy greens, soyabeans, whole wheat, garlic, turmeric, avocados, tomatoes, oranges, apples, ginger and garlic, etc.
- No moldy foods or pickles.
- 1/2 an hour walk every morning.
- Do a 4-day detox at the start of treatment.

Gabriel Simpson, Director, Three Angels Med. Missionary College, Fiji

Editorial

We currently have the Medical Missionary Team from Fiji on our campus who are conducting a three month Medical Missionary Training program or Health Retreat for India. They will be here for another six weeks.

A medical person in TN had asked Mr. Gabriel Simpson, the Health Retreat Director, how to treat Gallbladder stones, and Mr. Simpson said that they do a 4-day Detox program and on the fourth night, the patient needs to sleep on his right side for four hours, after which he could turn on any side. In the morning, when he goes for elimination,

he should hold a strainer and he will pass all the stones: all Gallbladder and Kidney stones.

Kumar suffered with Chrones's disease for the past seven years. He even got admitted at Zindal and they were afraid to treat him lest he collapses. But he says that this Fiji team is tremendous. While one gives spiritual talk, and the other does counselling, the third person is doing the treatment and that in two days, he found so much improvement and he stopped using Cannabis by 90 percent on the second day itself. The vegetable juices, hydrotherapy and massage are healing his intestines, he says.

Mr. Ravi has Diabetes and high BP and got admitted for a four day detox. After

four days, he was able to get off all his insulin injections, feels energetic and has no muscle pains anywhere in his body.

Bikram Singh, had a surgery for enlarged prostate gland last month, and even after the surgery, he was not able to pass urine. Post four days of the treatment, with natural remedies, he was able to pass urine without difficulty for the first time and came with a smile. And other symptoms of water accumulation in the body are not seen.

So much excitement is on the campus from the trainees as well as the patients after one week of treatments only. And three women are expected to get admitted this week with gangrene, arthritis, high sugar and over-weight problems. Those of you who had wanted to enroll for this training but did not, are missing out on valuable training.

In Fiji, Mr. Gabriel Simpson is the Director of Three Angels' Medical Missionary Training College and Sanitarium for the past 10 years and in their sanitarium, they have treated more than

7,000 patients. People from UK, USA, Canada and Europe get admitted in their Sanitarium. They have even treated former Prime Minister of Fiji. They have thousands of success stories to share. The secret to their success, they attribute, to following the eight laws of health as given by our Creator God.

Those of you who are interested to join to learn their treatment methods, are welcome to join us for a month for the training. Fee is Rs.5,000 per month. And the sick are welcome to visit them for consultation, between 4-6 pm, Sunday to Thursday and for treatment. Fee will vary according to the cost per ailment and the time duration. Therefore, consultation is necessary. Please call Cell No. 9986653256 to fix an appointment.

Training and treatments will continue on our campus. Training for the second quarter will begin on March 1, 2018. and will last until May 31, 2018. Fees: Rs.5,000 per month. Those who wish to join may enroll. — Ellen Prasad Ω

Patients' names have been changed.

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Herbs

Herbs For Heart

Hawthorn, Garlic, Motherswort, Arjuna (bark),

Ashwagandha, Guggul, Gotukola, Shankhapushpi, Ginger, Triphala.

Herbs for Stroke

Turmeric, Gingkobiloba, Garlic, Ginger, Turmeric, pigweed, Willow, Bilberry, Astragalus, Calamus, Horsetail, Kavakava, Pinebark.

Respiratory

Eucalyptus, Longwort, Oregano, Plantain, Elecampane, Lobelia, Chaparral, Peppermint.

Diarrhea

Ginger, Fennel powder, Psyllium.

For Liver

Bitter root, black cohosh, bloodroot, fen-

nel, Plantain, dandelion, turmeric, lobelia, magnolia, milkweed, sage, self-heal, wild yam, gentian root, hops, red clover flower, sarsaparilla, Bhringraj, moringa.

For Stomach

Chamomile, hawthorn berry, lemon balm, mint.

Intestinal Problems

Fennel, dill seed, chamomile, garlic. Essential oils: lavender and clarysage to be used in massage oil.

Hemorrhoids

Witch hazel, comfry ointment, horse chestnut salve.

A warming rub for chest and throat infections (cough):

2 ounces of any of the following: Peppermint, thyme, rosemary, sage, lemon balm, angelica. Ω

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