

ADVENTIST  
**Review**

Jan 80

A silhouette of a person running is positioned on the right side of the cover, set against a vibrant sunset background with a large sun on the left and rolling hills in the distance.

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# Fit for Eternity

BY WILLIAM G. JOHNSON

**F**itness is one of the few aspects of life that everyone applauds. Republican or Democrat, Catholic or Protestant or Jew, White or Black or Hispanic, or whatever—people all want to feel well and have high energy. We want to look younger, roll back the years, find the secret of vibrant living.

Getting fit has become big business. Americans spend billions of dollars on eating and billions more on losing weight. Health gurus, clinics, seminars, workshops, camps, gyms, and clubs will take your money and promise you a better life.

Everywhere you turn you see people cycling, swimming, walking, running, counting calories, watching talk shows on health. Fitness has become a fad, a goal, an obsession. Books, magazines, and videos that tell you how—from Oprah Winfrey to Jane Fonda to Dr. C. Everett Koop—proliferate.

So why this issue of the *Adventist Review*? What's new or different about our treatment of health?

Three things.

First, this issue gives you information that has stood more than a century of test. No gimmicks, no fads, no quick fixes, but the facts about health. Not just theory, but practical ideas that will work for you if you follow through.

Second, Adventists keep on the cutting edge of health. All along we've been the people who not only help others to get well, but who have better health ourselves. In the late nineteenth century our Battle Creek Sanitarium in Michigan became a mecca for men and women from across North America and abroad who wanted to feel better and live longer. Today our Loma Linda University in southern California is likewise known nationally and internationally for its medical research.

Third, Adventists put a spin on health that you won't find anywhere else. We see health in a larger context—not just the body and the mind, but the spirit also. For us, God is the one who made us, wants us to be healthy, heals disease, and helps us to find vibrant life. He wants us to live forever with Him.

That's fitness—not just now, but for eternity.



**ROAD WARRIORS:** Marines they're not, but both Bill Johnson and Steve Chavez (coordinator of this issue) practice fitness as a way of life. They have both completed the Marine Corps Marathon.

PHOTO BY ANDY NASH



# *Fit for Longevity*

**G**od has blessed me with good health. During the winter I ski six days a week. We have 105 miles (170 kilometers) of manicured trails here in the Methow Valley, in northwestern Washington. In the summer, with my son and sometimes others, I climb the hills, walking the trails or going hopefully off the beaten track, one foot following the other. The snow-covered chain of the northern Cascades fills my soul with gratitude and praise.

I've never had major surgery, take no medication or supplements, have high bone density, and in less than two years will be 80 years old. I have wonderful plans for the years to come. And why not? I can do what I want and go where I want to go. "And as your days, so shall your strength be" (Deut. 33:25, RSV).

It's a mystery to me why so many head for the medicine cabinet for relief from headaches, indigestion, depression, insomnia, and other ailments. Exercise is a tranquilizer, sleep aid, diuretic, and laxative. It helps control diet, strengthens the immune system, increases the negative ions that help us relax, and helps to purify the blood. And it's all free!

We've been designed as a special kind of temple to house the living God. Shouldn't we keep this "building" in the best possible condition for His use? ■

---

*Charlotte Hamlin lives in Winthrop, Washington. The recently published book *Ride the Wind* is her story of adventure, health, and God's care while riding her bicycle throughout North America.*











# God's Way to Great Health

*Looking for a way to be fit and healthy without spending a fortune on health clubs and filling your home with a lot of gadgets?*

BY RICHARD L. NEIL

**T**URN ON THE TELEVISION any time of the day or night, and as you “channel-surf” from the comfort of your easy chair, you’ll notice an amazing number of infomercials touting the latest “discovery” for “melting fat,” “toning muscles,” or “becoming sleeker and sexier.” And you can have it all for six monthly installments of \$29.95, billed to your credit card and delivered to your door in five business days.

Fitness has become a national craze. If anyone kept such things, the statistics would probably reveal that most homes in America have some sort of gizmo designed to deliver fitness. And those statistics would likewise reveal that at least 75 percent of those miracle machines are somewhere gathering dust, until they can be put out with the rest of the junk at the next garage sale.

Yes, being fit (or appearing fit) has become for many an obsession. Yet it is estimated that more than 100 million Americans suffer from chronic illnesses such as diabetes, heart disease, or arthritis. The saddest part of this statistic is that more than 80 percent of those so afflicted are between the ages of 18 and 64.

God’s ideal for His creatures is clear in these few words: “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth” (3 John 2).

In actuality the body is a machine made of flesh and blood. As with any machinery, there are rules that apply if the body is to be maintained in its best condition. These rules are based on common sense, scientific research, and God’s laws. If followed, these precepts will keep the body functioning the way God designed it to function. And best of all, they’re free.

## Let's Get Some Exercise

Have you ever broken a bone? Maybe an arm or a leg? If so, you’ve experienced the process of having your bone set and placed in a cast. The process usually lasts about six weeks, during which time you’re unable to use the affected limb.

When the cast is removed, you notice that your arm or leg has actually shrunk in size. This loss of muscle size is called atrophy. Anyone who has been in a cast or in a wheelchair for any disability is frequently surprised at the fairly rapid loss of muscle size after only a few weeks of inactivity. There are more than 600 muscles in the body





and more than 200 bones. God has constructed us so that movement is one of our most important activities. Muscles and bones need activity to maintain power and size.

When you're looking for an exercise program to produce strong bones and muscles, keep in mind the following simple qualifications:

**Amount:** Exercising for at least three days per week, 20 minutes each time, will maintain good muscle tone and keep the body strong.

**Type:** Any kind of exercise that moves the large muscles in the arms, legs, and back, and requires extensive action will do. This includes swimming, walking, tennis, cycling, jogging, hiking, and gardening.

**Enjoyment:** In order for exercise to tone the mind as well as the body, it must be enjoyable. Exercise that becomes a drudgery loses much of its appeal and effectiveness.

**Location:** Because life itself demands large amounts of pure, clean air, it's important to do as much exercise as possible outdoors. Fresh air is vital for clear thinking. Even when not exercising, everyone should cultivate the practice of stepping outdoors to breathe deeply several times during the day.

Obtaining adequate sunshine is another reason to exercise outdoors. Sunshine produces the following benefits:

■ Sunlight absorbed by the skin produces vitamin D, which, among other things, is important in developing strong bones.

■ Sunlight has the ability to kill bacteria.

■ Sunlight helps keep us happy and vibrant. During the shorter days of winter, some people—especially those who live where the sun does not shine a lot—may develop a condition called seasonal affective disorder marked by severe depression. The cure is to move where the sun can be seen or to duplicate the beneficial effects of the sun with artificial light.

Daily exposure to the sun for 15 minutes is sufficient to reap the benefits coming from sunlight without being overexposed to the harmful effects of the



sun's rays. For just as we need a certain amount of sunlight to make life possible, too much exposure can produce problems, the most serious of which is skin cancer. Being out in the sun without protection for sensitive parts of the skin can, over the years, produce a very slow-growing type of cancer that can be fatal.

The best way to protect oneself is (1) to limit outdoor activities when the sun is high and hot; (2) wear sunscreen, a hat, and long sleeves when outside; and (3) beware of medications that may increase the skin's sensitivity to sunlight.

### Get Some Rest

It was only a few years ago that technology promised to put an end to long hours and boring chores with a variety of "labor-saving devices." Now it seems that technology has delivered a society in which we can be "beeped" any time of the day or night, in which we set a frantic pace to keep all our appointments, and in which at the end of the

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day we still have more to do than when we started.

Some resort to artificial or chemical stimulants to keep going day after day. God's prescription is much simpler, and as usual, it makes the most sense.

Rest and sleep are important to maintaining physical and mental health. Rest is a state in which physical activity is absent or minimal while a person is still conscious. Sleep differs from rest in that the person is actually in a more or less unconscious state, rebuilding his or her energy stores.

Although sleep is important for the mind as well as the body, scientists are not exactly sure what happens to the mind during sleep. Early experiments in sleeplessness showed that when subjects are forced to stay awake for more than 24 consecutive hours they begin hallucinating.

According to the National Sleep Foundation, one out of every three Americans has had insomnia in the past 12 months. Insomnia can be defined as trouble getting to sleep, trouble staying asleep, or trouble getting back to sleep after nighttime waking.

Insomnia can be traced to one or more of the following situations:

- Psychological pressures, such as stress
- Depression
- Shift work
- Jet lag
- Arthritis or other illnesses that cause discomfort
- Medications

Contrary to popular belief, sleep is not an uninterrupted period of inactivity. In fact, it's normal for the body and mind to be quite active during sleep. Healthy sleep patterns reveal that periods of wakefulness during the night are normal and expected.

There are several phases of the sleep cycle. During what is called the rapid eye movement sleep phase, the muscles tense and relax, the person may shift sleeping positions, there is rapid movement of the eyes, and the person's breathing and heart rate may change drastically. The person may even awaken for brief periods.

Most of the time we don't even realize that we awaken during the night. But in fact, people in their 60s may have a few seconds of wakefulness as often as 150 times during the night. If these periods are too long or too often, the person may feel tired on awakening in the morning.

In the quieter phase of sleep the breathing may be quite deep and slow, with the person in a totally relaxed position, much as is the case during anesthesia for surgery. The quality of sleep depends on normal amounts of these different phases. If the sleep pattern is not normal, it can affect the quality of work, the ability to concentrate, and even the ability to interact with people.

If you have trouble staying alert during boring or monotonous presentations, you may not be getting enough sleep. Increasing tiredness as the week progresses may also indicate a lack of sleep.

How much sleep is enough? On average, people need about seven hours of sleep a night. Of course, there are those who function quite well on five hours per night, as well as those who need 10 hours. It's up to each person to determine what is best for his or her needs. The goal is to get adequate amounts of sleep each night, in addition to frequent rest breaks during the day.

### Don't Forget to Drink

You know that most of the earth's surface is covered with water. But did you know that water is also the most

abundant substance in the human body, comprising anywhere from 50 to 70 percent of a person's total body weight?

Water has many uses for optimal health. Water is used to cool people with fevers as well as to warm those suffering from hypothermia. It is a solvent for many of the nutrients that are brought into the body, and it carries away many of the waste substances from the body and aids in lubricating the joints. Water is second only to oxygen in its importance to the body.

According to Nancy Clark, of Sports Medicine Brookline, drinking enough fluid is the key to maximum athletic performance and can make the difference between feeling great or feeling unduly fatigued after exercising. It is said that drinking enough water was instrumental in allowing Sir Edmund Hillary and Tenzing Norgay, the first conquerors of Mount Everest, to achieve the goal that had eluded so many others before them.

Most Americans do not drink enough water. One way to tell if you're getting enough water is to





check your urine. If the color is dark yellow, it may mean that more water is needed. Of course, certain foods, medicines, and vitamin preparations may dye the urine also, so be careful to check on the use of these substances before coming to any conclusion. Water also helps to prevent constipation.

How much water do we need? The food we eat and the digestion and metabolism of our nutrients provide most of the body's water needs. Above this, the average adult needs 64 ounces (eight cups) of water every day. This is best taken into the body as pure water during the course of the day—not in juices or soft drinks. It is difficult to get too much water, but very easy to get too little.

### The Best Fuel

Eating is one of the most important and enjoyable aspects of life. Food is more than just fuel for the body. In all cultures the acquisition and preparation of food have deep symbolic meaning, often with religious overtones.

For example, no birthday party is complete without cake and ice cream. For Christians, the Communion service, with its bread and wine, is a central part of worship. And for Muslims, the fast of Ramadan, when no food or drink is taken during the daylight hours for an entire month, has a very special significance.

But above all, the nutritional aspect of food makes it an enormous topic of interest. Either an overabundance or a lack of any of the basic nutrients (carbohydrates, fats, proteins, minerals, and vitamins) can create health problems.

In certain parts of the world starvation is rampant. However, in America we have a different problem. Our average diet contains so much fat and cholesterol that heart and blood vessel diseases have become primary causes of death and disability.

In the beginning God gave Adam and Eve their diet. Of course, wanting the best for them, He gave them the best diet. That diet—fruits, grains, and nuts—has been heartily endorsed by modern science as the safest, most economical way to avoid heart disease, obesity, stroke, and cancer.

In order to come up with a guide that will help all Americans eat well and avoid disease, the Food Guide Pyramid has been developed by nutritionists. At the base of the pyramid are carbohydrates



(cereals, breads, and pastas), which should constitute the largest part of our diet. At the very top are fats and sweets, which should be used sparingly, if at all.

According to the number of servings eaten, the pyramid looks like this:

(The consensus of scientific opinion is that the less animal fat and cholesterol we take into our systems, the better. In fact, this view is helping to promote the increase of vegetarianism throughout the world.)

According to a survey conducted by Opinion Research Corporation

for the Physicians Committee for Responsible Medicine, 70 percent of people with a college education eat more vegetarian meals than in the past. The survey also found that 11 percent of women between the ages of 18 and 24 say they avoid meat, poultry, and fish altogether.

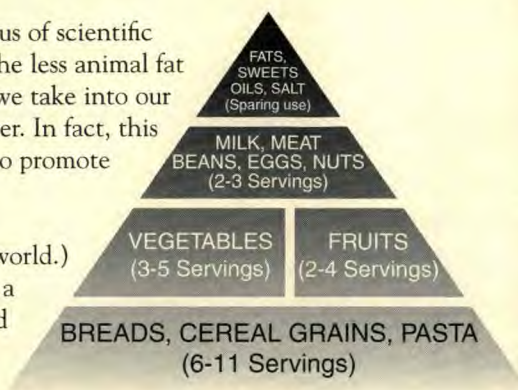
And there's another reason for tilting toward vegetarianism: it's less expensive than a meat-based diet. Vegetarians tend to have lower blood pressure than non-vegetarians, and less exposure to the food-borne illnesses caused by the bacteria found in meat and poultry products. They don't have to visit the doctor as often as those who use meat, and they're less likely to require medication to control high blood pressure or other illnesses.

Eating a variety of fruits and vegetables, limiting the intake of fats and refined foods (along with sugar and salt), and reducing the total amount of food eaten during the day

are the best ways to avoid obesity, heart disease, and certain kinds of food poisoning. It means eating the way God designed in the beginning.

### Take Control . . . and Give It to God

"Temperance" is a word that for





many arouses strange feelings. In the past it was associated with an element of society that sometimes saw itself as the nation's conscience. It evokes images of Carry Nation, the temperance pioneer who had an intense hatred of alcohol, wielding a hatchet as she chopped her way through a saloon, apparently hoping to drive out "demon rum" single-handedly. The United States was caught up in a battle of conflicting opinions as people for and against Prohibition fought to establish their vision of what the country should be. They debated (sometimes violently) the relationship of morality to alcohol.

But true temperance is more than just abstaining from alcohol and mind- and body-altering drugs. It really involves both restraint and moderation. It means checking the impulse to choose that which is not good, and making right use of that which has been chosen.

The Bible says, "If you find honey, eat just enough—too much of it, and you will vomit" (Prov. 25:16, NIV). Our society is defined by excess. Excess in food, play, "things," leisure, sensuality, self-aggrandizement. A French visitor, when asked what impressed him most about the United States, answered, "The size of your garbage cans."

Some of the most significant problems we face come from the lack of self-control.

Drug usage is daily in the news. Words such as "pot" and "crack," formerly part of an underground vocabulary, are now household words. It seems that intemperance and gluttony are the norm.

Yet God is looking for people who will value their health and their bodies by practicing self-control. The apostle Paul wrote, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law" (Gal. 5:22, 23, NIV). And to show that these qualities are developed with some degree of self-denial, Paul continued, "Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires" (verse 24, NIV).

It is incumbent upon all Christians to look within to see where they are not temperate, and by God's grace, to overcome.

Even after having done all in one's power to achieve health, the result is not instant immortality. And frequently both mind and body do not respond to our best efforts. The psalmist wrote, "Direct my footsteps according to your word; let no sin rule over me" (Ps. 119:133, NIV). A close relationship with God is essential if we are to achieve the

best possible health on this earth.

Everything we do is for the benefit of the brain. It's the organ through which the mind functions. It's the facility through which God converses with us, impresses us, changes us. That's why the preceding principles are so important. Proper nutrition supplies the brain with the best nutrients for the life of the nerve cells. Fresh air sends pure, unpolluted oxygen to each of the neurons. Exercise quickens the circulation so the brain receives all the blood it needs. Sunlight helps keep us alert and happy. The brain is more than 70 percent water, so getting enough to drink maintains the brain's ability to function. And self-control is the guard that keeps us from taking into the body those substances that directly injure the brain and put the mind at risk of not being attentive to what God has to say to us.

The mind is not only the measure of the person; it is the measure of the value of the total being. While it is true that no amount of money can measure a person's value, it is also true that aside from the body itself, the true value of a person depends on the degree to which he or she fulfills the place that God has designed for him or her. And this can be achieved only when the mind is kept healthy, alert, and strong through obeying God's laws.

The psalmist was aware of our inability to achieve perfect health by following the preceding principles alone when he prayed, "God be merciful unto us, and bless us; and cause his face to shine upon us; that thy way may be known upon earth, thy saving health among all nations" (Ps. 67:1, 2).

Health, saving health, comes from beholding God's face in our daily lives. Realizing this allows us to put all these principles into perspective and relate to God, not as another adjunct principle, but as the point and focus of all healthful activities. Trusting in divine providence allows us to relax in God's care, realizing the peace that He came to give. It means utilizing the power of prayer to bring the mind into connection with its Creator and accepting whatever comes as a means of cooperating with Him in observing these rules of life. ■



*Richard L. Neil, M.D., M.P.H., is president of Rilenco Associates, a health and human resources counseling company in Redlands, California.*





# *Fit for Service*

**I** had been a heavy drinker since I was 16 years old. I could drink two cases of beer and a fifth of whiskey in one day. This continued for more than 20 years, resulting in acute pancreatitis, cirrhosis of the liver, and a variety of other ailments, including diabetes. I became unable to work. I couldn't walk a half block without getting a nosebleed. *Doctors gave me six months to live.*

That was almost 16 years ago. My recovery began when I started keeping all the Lord's commands. My health continued to improve as I began to alter my lifestyle by adhering to the dietary and health principles promoted by the Seventh-day Adventist Church. My doctors couldn't believe their eyes when they saw my progress.

Then in June 1995 my wife and I were guests at the NEWSTART® reconditioning program at California's Weimar Institute. At the time I weighed 210 pounds, had a 38-inch waist, and was taking 100 units of insulin every day for my diabetes (50 units in the morning, 50 units at night).

Today after one year of a total vegetarian (vegan) diet, my weight is 155 pounds, my waist is 32 inches, and I no longer take any medications. Instead, I run 10-20 miles a day and ride my bike up to 60 miles a week. I've also started my own business, Mr. T's Lawn Care. I work 10 hours a day without fatigue.

I'm grateful to God for leading me to His remnant church, which places such a high regard on all of God's commandments for life and good health. Now I'm better equipped to serve than ever before.

I know many suffer ill health because of poor lifestyle and diet choices. But since I adopted a total vegetarian diet, began exercising, and started observing God's commands, this "Model T" has had a Corvette engine under the hood, thanks to the Master Recycler. ■

---

*Tito Torres lives in Sacramento, California, where he owns his own gardening service. He is also president of the Sacramento Area Community Services Federation for the Northern California Conference.*







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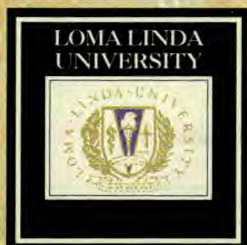
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# Getting in Gear

*Four lifestyle-enhancing steps to tug you out of the starting blocks—or the living room sofa*

BY ELMAR P. SAKALA

**M**EET 42-YEAR-OLD HANK, A self-confessed couch potato who looks admiringly at joggers but hasn't successfully maintained a fitness program. "I've tried so many times to get into an exercise program," he says, "but it just hasn't worked. Every new year I make resolutions, only to see them crumble like ropes of sand. What can I do?"

Meet 30-year-old Jenny. Thirty pounds overweight, she has dreamed for years about being trimmer but hasn't been able to keep the pounds off. "I guess I was born with a weakness for deliciously fattening foods," she rationalizes. "Every so often my conscience strikes me, and I go on a diet. I've actually lost up to 20 pounds. But it seems before I know it the entire amount—and more—comes back. What can I do?"

Do you know someone like Jenny or Hank? Do you see yourself in one or both of them? Your intentions are good. You try hard, but it seems you can never achieve your healthy lifestyle goals.

It's tempting to give up, but don't. Success can be yours. It won't be easy; it never is. But the following four steps have helped countless thousands change their lifestyle. They can get you out of your rut and started living the life you've always wanted.

## Step 1: Commitment to Change

Starting a fitness program—and sticking with it—may be one of the most challenging tasks you'll ever face. To be successful, you must commit to get fit. As a human being you are a creature of habit, resistant to change. Adopting a new and healthy lifestyle requires breaking old, ingrained habits and forging new and perhaps unfamiliar ones.

So the first step to a successful lifestyle change is a solid commitment. Many lifestyle change programs meet their Waterloo on this first step because they're based on emotional enthusiasm rather than a disciplined commitment. When the going gets tough (it will) and the emotional highs fade (they will), the strength of your commitment must carry you through.

■ **Make a personal commitment to change.** Decide that you will be a person of your word—with your reputation on the line. When you say you will do something, follow through. Put your resolution in writing and place it where you are continually reminded. Alex put his resolutions on the refrigerator door, on his bathroom mirror, and by his work telephone.

■ **Ask for divine strength to support you.** Remember that your body is the temple of the Holy Spirit. As you strengthen your physical body, He is better able to communicate with you spiritually. The Lord has promised His power to those who ask for it. Develop an awareness that He is beside you when the going gets difficult. Anita claimed God's promise in Jeremiah 30:17: "I will restore you to health and heal your wounds" (NIV).

■ **Ask others to help keep you accountable.** Make your decisions public. Private decisions are much easier to forgo when you're struggling. Marshall told his wife, Sharon, his children, and his friends about his commitment to get in shape. He asked them for encouragement in sticking with his goals—and it worked. Public pledges are difficult to break, because you don't want to let others down.

## Step 2: Planning the Change

Once you've made a serious commitment to be fit, put



some flesh on your resolutions. Whether or not your decision translates into success hinges on the thought you put into your plan.

■ **Have a definite plan, but avoid inflexibility.** Successful people have a well-defined structure to their plan. Clearly defining your daily fitness tasks will make it much easier to recognize success. Gina planned that in six months she would be able to walk two and a half miles in 45 minutes, five days a week. In addition, she planned that by the end of three months she would lose 15 pounds.

Still, schedules are not always predictable, and emergencies do arise. Living a healthful lifestyle should make you more pleasant and easier to live with rather than producing an obstinate, unyielding, healthy grouch. Just as you can be addicted to an unhealthy lifestyle, you can also get so hung up on a healthy lifestyle that it controls you. Have a plan, but avoid obsessive rigidity.

Formulate your plans in doable phases. Make modest initial goals. Gina aimed to walk only a quarter of a mile each day during the first week, increasing the distance by a quarter mile each week. Drastic changes may be necessary if serious health hazards need to be dealt with. But generally speaking, excessive goals set you up for failure.

■ **Make your plan a part of your daily life.** Your new fitness schedule should become as much a part of your life as showering and brushing your teeth. Make exercise an extension of the way you live (or want to live) your life. Your choice of exercise should fit your schedule, lifestyle, and preferences. Find something you can fit into your routine with minimal disruption. Marcus found that it was best to walk his two and a half miles immediately after devotions but before breakfast.

Avoid the "one size fits all" mentality. Tailor your goals to yourself, not to others. For example, men tend to be more successful in weight loss than women, but are less likely to maintain the loss. Younger people tend to lose weight more easily than older ones. Don't feel pressured into doing exactly what someone else is doing. Be yourself.

■ **Seek a comprehensive healthy lifestyle.** Incorporating both nutritional and fitness components into your plan will make achievement of your overall goals easier than focusing on weight control or exercise separately. Programs based on diet alone can result in weight loss from diminishing muscles and other lean body tissues at the same time as you lose fat.

When you lose muscle instead of fat, you decrease the number of calories your body will burn in the future. Adding regular exercise will help you lose fat while retaining muscle. This combination offers a tremendous advantage over traditional diets that focus only on cutting calories.

■ **Educate yourself about your plan.** Read, listen, and ask questions. Select one of the many inexpensive paperbacks available at your favorite bookstore. Barbara found a balanced approach to lifestyle change in *Losing*

*Weight With Dr. Art Ulene* (Ulysses Press, 1995).

The more you know and understand about your body and how God has created it to work efficiently, the better you will be to formulate a doable program. And the more you know about exercise and fitness, the less likely you will be injured or stuck in a rut.

■ **Recognize the role of stress in your bad habits.** Can you identify specific stresses driving your unhealthy lifestyle? Gary found that he was one of millions in whom stress triggers eating urges. He realized that successful change in eating habits would come only when he learned how to reduce the tensions and anxiety that stress produced in his life.

When Gary gets the "munchies" now, he practices basic deep-breathing techniques in which he closes his eyes and takes a few deep breaths slowly and gently. He's found such simple approaches calm his mind and body and cancel some of his tension and stress. Time thus invested will pay many dividends.

### Step 3: Implementing the Change

You've made a rational commitment, and you've carefully considered your goals; now you must implement the changes you've planned.

How can you enhance the likelihood of successfully staying with your program? Here are some suggestions.

■ **Expect progress to be gradual.** If your goal is weight loss, don't expect to achieve it immediately. Remember, you want to rebuild muscle at the same time as you lose fat; a combination of exercise along with dietary changes will accomplish this. However, since muscle tissue is heavier and denser than fat, you will lose weight at a slow pace. One or two pounds a week is optimal.

Severe calorie-restricted diets may bring initial rapid weight loss, but at the expense of muscle deterioration. Focus on long-term results rather than quick changes. It took years to put the weight on; it will take many months to get it off.

■ **Enjoy the process, not just the product.** Most healthful choices are not silver-bullet, one-shot decisions. Rather they are lifestyle decisions that will continue for the rest of your life. Find ways in which you can experience enjoyment with each step of the journey, rather than grimly enduring the pilgrimage.

As she adjusted to eating at a slower pace, Stephanie took time to enjoy the aromas, textures, and consistencies of foods. The more she concentrated on these sensory pleasures, the less she ate and the sooner she experienced the sensation of being "full."

Chad recruited his friend Tim to accompany him on his new lifestyle road. Now they encourage each other to stick to their program. A companion who exercises with you not only brings enjoyment but also makes it easier to keep your commitment.

■ **Don't be too hard on yourself.** No matter how strong



your resolve, you might occasionally lapse into your old habits. It could be a holiday party or a tempting item on a menu. Old habits die hard.

It took Loretta six months for her new diet to become part of her new lifestyle. She had to set aside her need to be perfect and accept her humanity. When Loretta experiences temporary backsliding, she determines to recover quickly. She doesn't wait until next week or next month to get back on track.

■ **Monitor your progress on a regular basis.** By keeping a daily log of his exercise program, Aaron makes his progress more concrete. He records how far he walks each day and how long it takes. Such methods help you chart your progress and evaluate what works and what doesn't. However, don't make your recordkeeping an obsession. It's reasonable, for example, to weigh yourself once a day, but weighing yourself several times a day can be discouraging.

■ **Make an appointment with yourself.** You intend to exercise, but before you know it, the day gets away from you. Solution? Cheryl sets aside a specific block of time for her fitness activities, and she schedules that "appointment" into her date book. Cheryl treats her fitness activities like any other appointment. You can too.

#### Step 4: Maintaining the Change

The commitment you made to better your lifestyle is still strong. Your planning and implementation have been successful. Nevertheless, dropout rates for those who begin an exercise program reach 50 percent or more by six months. You don't want to be one of those dropouts. What can you do to keep from being just another statistic? How can you sustain healthful habits for the rest of your life?

■ **Change the way you—and others—think about yourself.** Perhaps for years you've pictured yourself as an overweight couch potato. Start seeing yourself as a successful winner of the lifestyle challenge. Act as if you are a health-conscious person—it will help you *feel* as if you are. Picture yourself as the vital, lean, energetic person you are becoming. See yourself as successful, and you will *be* successful.

If family and friends keep referring to their old, overweight image of you, gently correct those impressions. Don't be afraid to help them see the progress you've made.

■ **Celebrate the anniversaries of your success.** After one month, three months, six months, or a year, celebrate your successful change of lifestyle. Mark and his wife, Judy, have a special night out. Tom and Louise go away for the weekend. Give yourself credit for your accomplishments.

Often change is so gradual that you won't see the

difference from day to day. Cheryl has bimonthly photos taken, which help her to see the changes.

■ **Think and act positively about your healthy lifestyle.** Shift your focus from *avoiding* unhealthy practices to *enjoying* healthy ones. This is a subtle but important shift. Focus on what you are *gaining* rather than what you are *giving up*.

Make exercise a treat, not a chore. The best exercise is the one you'll do. Find a form of physical activity that you anticipate, and you'll be more likely to stick to it.

Create variety. As you learn the basics, add new exercises and activities. Once your workout ceases to be challenging, add something new. Once you master the basic recipes of healthy cooking, try some new ones. This will keep your new lifestyle from becoming old and boring.

■ **Make it easier to keep on track.** Ann sets out her exercise clothes the night before. Jerry keeps a packed gym bag in his car. Make it easy to stick to your program by having everything ready to go . . . including you.

Sometimes people sabotage themselves by deciding at the last minute that they don't feel like

exercising. Lonnie made a deal with himself. He tells himself that after five minutes of exercise he is free to stop. But he always finds that after the first five minutes, he doesn't want to quit.

■ **Follow the 90/10 rule rather than the 100/0 rule.** For most people, rigid lifestyle goals with an "always/never" perspective don't work for very long. Miriam follows the 90/10 approach. She eats what she *should* 90 percent of the time. The other 10 percent she doesn't feel guilty if she is unable to resist a craving for foods she doesn't need much of anyway.

A healthy lifestyle is nothing more than a lifestyle that's balanced physically, emotionally, and spiritually—a lifestyle within the reach of all of us. If we commit to a healthy lifestyle—if we plan the changes we want to make and implement the changes carefully and then *maintain* the changes—our lives will take on a whole new vitality.

And there's no better time to start than now. ■

*Focus on long-term results rather than quick changes.*

Elmar P. Sakala, M.D., M.P.H., is an associate professor at the Loma Linda University School of Medicine. He is also the writer/speaker for the daily 60-second broadcast *Got a Minute for Your Health?* This program of health pointers is heard on 250 radio stations in the continental United States and Canada.





# *Fit for Activity*

**I**n August 1991 I was a 20-year-old athlete playing basketball for Columbia Union College. My life revolved around staying in shape. I felt I was at my athletic peak, and nothing could stop me from achieving my goals.

Then a head-on automobile collision severed my aorta. The blood supply to my spinal cord was cut off, leaving my legs paralyzed. When I woke up in the hospital, I said, "Please, God, take anything but my legs." I couldn't imagine life without the use of my legs.

Several people came to tell me how many things one can do in a wheelchair. But even the thought of trying to compete in a wheelchair made me nauseous. Being active had always given me a feeling of self-worth and confidence. I didn't like the way I felt as a person who could no longer be active in athletics.

Two years later I found a sport in which I could be competitive. Tennis gave me a whole new outlet for being active again. And being physically active brought joy back into my life.

Now I participate in such sports as skiing and waterskiing, racquetball, bungee jumping, swimming, motorcycle riding, bicycle riding, and weight lifting. Yet tennis is where I've found success in playing other people in wheelchairs. I'm currently ranked the number one "A" division wheelchair tennis player in the nation.

Being active has given me a whole new outlook on life. I'm enjoying life again, taking care of my body. I used to expect things to come to me. But now I realize I have to chase my dreams if I want them to happen. And nothing is going to slow me down.

There are two things I look forward to in life. One is waking up every day with my beautiful wife, and the second is knowing that God has a plan for me—and that I can move mountains if it is His will. ■

*Van Williams lives in Colton, California. He is a husband, physical therapist, and basketball coach at La Sierra University.*









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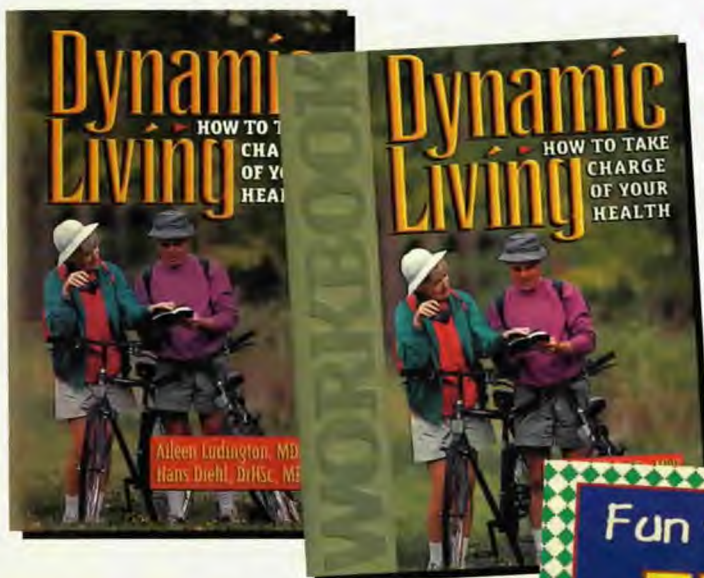




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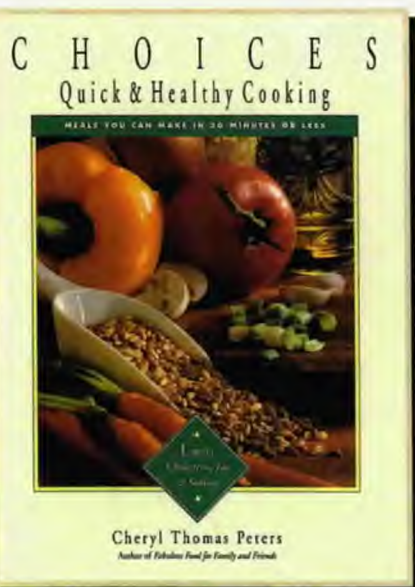
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# *The Faith Factor*

*Maximize your body by exercising your soul.*

BY DEWITT S. WILLIAMS

**I**F YOUR HEALTH club membership and your latest diet haven't rewarded you with the vibrant life you're seeking, perhaps you need a spiritual checkup. Scientific data is rapidly confirming that Christians are healthier than the general population and that there is a definite relationship between spiritual faith and physical health.

At Purdue University medical sociologist Kenneth F. Ferraro gathered responses from 1,473 people nationwide on such health-influencing factors as age, income, and education. Respondents were asked how often they pray, whether they consider themselves strong in faith, how often they attend synagogue or church services, and whether they read religious literature.

Two times more nonpracticing than practicing subjects reported health problems. Nine percent of those in the nonpracticing category reported poor health, while only 3 percent in the practicing category reported poor health.



Also, while 26 percent of those who never attend worship reported excellent health, 36 percent of the weekly attenders reported excellent health. "Whether or not people are actively involved in their religion makes the biggest difference in health status," Ferraro says.

So what makes the faith factor good medicine?

## **Standing Together**

To begin with, people who nurture their faith by attending religious services tend to have strong networks of friends who look out for them and make sure they get proper medical care. This family or

community can be a real benefit when real family support gets thin. Lisa Berkman and Leonard Syme, of the University of California at Berkeley, examined 7,000 randomly chosen residents of Alameda County, California, over a nine-year period. The study showed that the more groups one belonged to, the healthier a person was.

The Christian community is a caring, loving, ever-present



family. A 9-year-old girl once said, "I don't know exactly what a family is, but I do know one thing: your friends can go off and say they don't want to be your friends anymore, but people can't just go off and say they don't want to be your family anymore."

The love that leads to healthy, vital life is a circular kind of thing. "Beloved, if God so loved us, we also ought to love one another" (1 John 4:11, RSV). We Christians realize that with all our weaknesses, failures, and sins we are still greatly loved by God. Thus we can have a healthy sense of self-worth and turn around and love all the people of the human family.

The book *Toxic Faith* shows how important the group is in healing addictions. "If a person is to recover . . . it will be done with the assistance of a group of caring individuals. *It cannot be done alone.*" It goes on to say: "True love, the experience of unconditional positive regard, is an extremely healing force. The experience of true love from the group enables addicts to love themselves, God, and others."<sup>1</sup>

### Standing for Principle

Committed Christians believe the Bible is divinely inspired, and we take seriously the texts that say that the body is the temple of the Holy Spirit (1 Cor. 6:19, 20). Created in the image of God, we do all we can to preserve this divine image in our bodies. Thus we are less likely to smoke, drink alcohol, use illicit drugs, and have other unhealthy habits.

The Bible gives a great deal of information about our physical health. And it's preventive medicine. It's much easier to prevent illness than reverse it. For example, the original Edenic diet was a vegetarian diet (Gen. 1:29; 3:18). For an increasing number in our society, vegetarianism is economically, ecologically, and physically superior to the high-fat, cholesterol-laden diet of those who eat meat and other animal products.

Science confirms some of the health information given in the Bible. The eating of foods high in cholesterol is condemned in this Old Testament command: "You must not eat any fat or any blood" (Lev. 3:17, NIV). The benefits of a balanced and well-developed sense of humor are highlighted in the proverb "A merry heart doeth good like a medicine: but a broken spirit drieth the bones" (Prov. 17:22).

### Standing in His Power

A *Time* magazine cover story (June 24, 1996) asked, "Can prayer, faith and spirituality really improve your physical health?" Dr. Elisabeth Targ, clinical director of psychosocial oncology research at California Pacific Medical Center in San Francisco, concludes that studies are sufficiently encouraging to warrant a larger follow-up study.

*Reader's Digest*, March 1996, reports on a very convincing study done by cardiologist Dr. Randolph Byrd.

A computer assigned 393 patients at the coronary-care unit of San Francisco General Hospital to one of two groups: one that was prayed for by prayer groups, and one that was not. No one knew which group the patients were in. The prayer groups were simply given the patients' first names along with brief descriptions of their medical problems and asked to pray each day until the patient was discharged from the hospital.

When the study was completed 10 months later, the prayed-for patients were five times less likely than the unremembered group to require antibiotics. They were two and a half times less likely to suffer congestive heart failure and less likely to suffer cardiac arrest. The article's author, Larry Dossey, M.D., said, "If the medical technique being studied had been a new drug or surgical procedure instead of prayer, it would probably have been heralded as a breakthrough."

Even hard-boiled skeptics such as Dr. William Nolen, who has written a book questioning the validity of faith healing, acknowledged, "If this is a valid study, we doctors ought to be writing on our order sheets, 'Pray three times a day.' If it works, it works."

I once conducted a Breathe Free stop-smoking program at the University of Maryland. One woman mentioned that she had tried everything to stop smoking—hypnosis, acupuncture, saturation. "Now I want to try your church and your prayers," she said. She successfully completed the program.

One year later my telephone rang. It was the woman who had "tried everything." She wanted us to know that she had not touched a cigarette for a whole year, thanks to the Breathe Free program, the Seventh-day Adventist Church, and the power of prayer.

God helps people adopt a healthy lifestyle. He helps people lose weight, throw away the bottle, and quit smoking.

### Standing Ready to Serve

Christianity also fosters a "reach out and touch somebody" service philosophy. We actually improve our own health and the health of those around us when we practice simple kindness, benevolence, and service to others.

Allan Luks, in his book *The Healing Power of Doing Good*,<sup>2</sup> says that when people volunteer to help those around them, they get a rush of good feeling he calls a "helper's high," which can sharply reduce stress and release the body's natural painkillers, the endorphins. This initial "rush" is then followed by a longer lasting period of improved emotional well-being.

Those who regularly visit in the hospitals to pray, to take flowers, and to sing can get this helper's high. Nearly eight out of every 10 volunteers said the good feelings of the healthy helping syndrome returns, though in diminished intensity, when the helping act is remembered. Just thinking



about it seemed to produce the helper's high.

The obstacle most frequently cited that keeps the average person from doing good is finding the time. Most of us are already too busy. How can we find time to help others?

Most Christians observe a special day for worship and reflection—for Seventh-day Adventists, the Sabbath—which provides a weekly opportunity for doing good.

### Standing on the Promises

Christians who place their trust in divine power have a totally different outlook on life. A person's mental health is largely subjective and determined by personal interpretation and perception. How we see and interpret an experience, rather than the experience itself, seems to determine our well-being.

Years ago Ellen White wrote: "Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here."<sup>3</sup> Good health is not all eating and exercising and taking vitamin pills. She wrote elsewhere: "In order to have perfect health our hearts must be filled with hope and love and joy."<sup>4</sup>

Scientists are now saying that a major contributing factor to heart disease, stomach ulcers, tension headaches, rheumatoid arthritis, and various skin disorders is stress. Those who put their trust in divine power and decide to be thankful in all circumstances will have found the secret to overcoming stress. "Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise,"<sup>5</sup> wrote Ellen White.

A 1995 study at Dartmouth-Hitchcock Medical Center found that one of the best predictors of survival among 232 heart surgery patients was the degree to which the patients said they drew comfort and strength from religious faith. Those who did not had more than three times the death rate of those who did.

A 1996 National Institute on Aging study of 4,000 elderly persons living at home in North Carolina found that those who attend religious services are less depressed and physically healthier than those who don't attend or worship at home. Numerous studies have shown that nonchurchgoers have a suicide rate four times higher than regular church attenders.

I love the story of Joseph: hated by his brothers, sold into slavery, falsely imprisoned. Yet by trusting in the One who had a plan for his life, Joseph was able to let go and let God. He was able to forgive those who had wronged him and tell them that "God meant it unto good, . . . to save much people alive" (Gen. 50:20). He didn't allow the stresses of life—rejection, revenge, remorse, sadness, problems, obstacles—to get the best of him. He maintained a divine trust and a divine connection.

Mark Finley tells an interesting story. "A few years ago, several medical researchers were studying the effect of the

shocks of life on the central nervous system. They took a lamb and placed it in its pen alone. They then hooked up electric shock devices around the pen. As the lamb wandered to one side of the pen, the researchers threw a switch, and the lamb was shocked. Immediately it twitched and scampered to another part of the pen. Soon the researchers shocked the lamb again. Again he ran.

"As the research continued, the scientists discovered that the lamb would never return to a place where previously he had been shocked. After a series of shocks, the little lamb just stood in the center of his pen quivering. He had no place to run, and nowhere to hide. The shocks were everywhere. Completely overcome emotionally, filled with anxiety and stress, his nerves gave way.

"The researchers then took this lamb's twin and placed it in a pen. This time, they put the lamb's mother in with him. Presently, they shocked him. Again the lamb ran, but this time he ran to his mother and snuggled up to her closely. Evidently she reassured him, because he left her side to begin eating again. The researchers threw the switch again, and once again the lamb ran to his mother. Reassuringly she consoled him again. The researchers then noticed a remarkable difference in the two lambs. The second lamb had no fear of returning to the spot where he received the shock. To the utter amazement of the researchers, future shocks no longer disturbed him. He showed none of the symptoms of nervousness, stress, and anxiety that his twin showed under the same circumstances. What made this remarkable difference? He had the assurance of someone to flee to in stress. He had confidence and power in someone outside of himself to cope with the stress." Finley ends by saying, "True rest is found in a loving trust relationship with our Creator."<sup>6</sup>

A lot of otherwise healthy people miss out on being completely healthy—physically, emotionally, spiritually—because they neglect to appreciate and nurture the faith factor. Yet science is now supporting what many of us have known for years: our physical, emotional, and spiritual well-being is greatly enhanced when we dedicate ourselves to trusting in God's power and living lives of service for Him and each other. ■

<sup>1</sup> S. Arterburn and J. Felton, *Toxic Faith: Understanding and Overcoming Religious Addiction* (Nashville: Oliver-Nelson Books, 1991), p. 284.

<sup>2</sup> Allan Luks and Peggy Payne, *The Healing Power of Doing Good* (New York: Fawcett Columbine [Ballantine], 1991).

<sup>3</sup> *Testimonies for the Church*, vol. 5, p. 444.

<sup>4</sup> *Counsels on Health*, p. 587.

<sup>5</sup> *The Ministry of Healing*, p. 251.

<sup>6</sup> "2000 and Beyond," *The Journal of Health and Healing* 19, No. 4: 34.

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is the director of the Health and Temperance  
Department of the North American Division.





# The Mental Edge

*A simple menu for living as a Christian in an uncivilized world.*

BY KEITH A. WOOD

**T**HE PARKING LOT IS PACKED. YOU'RE waiting patiently for a driver to back out so that you can park your car. Your blinker is on, but just before your way is clear, another car, coming from the opposite direction, pulls into the just-vacated parking place.

Now what?

Does your idealized Christian personality just shrug off the incident with a casual "Don't worry, be happy"? Or do you resort to a more deliberate "Turn the other cheek"? Should you feel guilty if for a moment you are consumed with a desire to ram the offending vehicle out of the treasured spot? Should you at least be obliged to inform the other driver that since you are the rightful heir of that parking place, he or she should pull out and let you have what is rightfully yours?

Many factors influence how we feel and respond to life's varying situations. Seventh-day Adventists believe that at our core we negotiate between inherited tendencies passed on to us

through our parents, what we understand to be right from our experiences, and what we've been taught.

This negotiation usually takes the form of a battle between our "natural self," which protects and gratifies us, and our "ideal self," which is the standard we accept as the way we *should* be. For Christians this is the struggle between the natural tendency to sin (Ps. 51:5) and taking on a sinless life of being clothed with the robe of Christ's righteousness.

So what we feel, think, and do when someone dashes into "our" parking place is a struggle between our "instinctual inclination" to claim and protect what is ours and our "converted perceptions" of the ideal. The latter is usually ascertained by asking, "What would Christ do in this situation?"

While we believe that inviting Christ into our lives is more powerful than inherited tendencies, we can reduce both the desire and the impulse to do the wrong that often seems so natural.

## Eat Smart

There's no doubt that what we eat and drink affects our





emotional state. And how we feel, think, and behave influences the way we communicate with others and God.

From its beginnings the church has advocated abstinence from things that directly or indirectly excessively depress or excite the emotions and the ability to function rationally. For this reason alcohol and other chemical depressants, caffeine, tobacco, and other chemical stimulants are absent from most Adventist diets. Sugar and certain combinations of foods are used sparingly.

Depressants such as alcohol are associated with sadness, lethargy, and negative views of oneself and others. While under its influence, many lose some control of their impulses and end up having (and causing) serious accidents, acting out aggressive behavior, even becoming suicidal.

Less intensive but similarly depressive effects occur when we consume excessive amounts of heavy, fatty foods, especially when mixed with liquids that can ferment in the stomach. Eating just before bedtime makes it even worse.

On the other hand, stimulants such as caffeine and tobacco often effect a false sense of excitement. Many individuals use stimulants to counter the effects of the depressants they used earlier, such as using dessert, coffee, and possibly a cigarette to counter the effects of eating too heavy a dinner.

Another problem with stimulants is that they make a person more hyper than they would otherwise be. The result is an increase of irritability, agitation, suspicion, and impulsivity. In addition, stimulants keep people from enjoying much-needed, restorative sleep.

Many children and adults who consume high amounts of stimulating foods, drinks, or chemicals are often psychiatrically diagnosed with behavioral disorders that require treatment. A change to a less stimulating diet frequently results in a more calming behavior.

Adventists have also refrained from eating certain (unclean) meats, and recommend abstaining from all meats and meat by-products. It appears that the blood and flesh of animals can elicit certain "animalistic tendencies" such as aggression, heightened sexuality, physical abuse, and rage. Some boxers eat raw meat before a big fight to help them "devour their prey" in the ring.

How we react to an offending driver in a parking lot in some ways depends on what we've taken into our systems. If we're weighted down with depressants, we might be more likely to feel sorry for ourselves and focus on the bad things that happen. If we're elevated with stimulants, we might have an increased tendency to jump out of the car

impulsively and threaten the other driver with a lawsuit. If we're influenced by barely cooked meat, we might feel compelled to run into the other car or get out and assault the other driver.

To feel better and have more control, the Adventist approach recommends eating modest amounts of simply prepared food two or three times a day, and when not eating, drinking plenty of water.

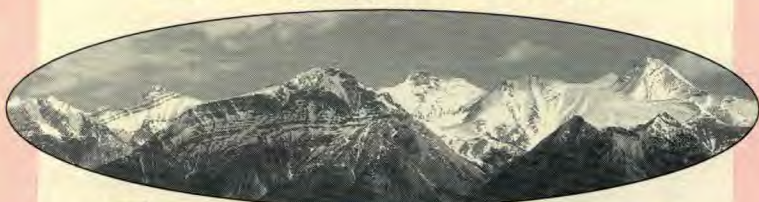
### Exercise Wisely

A stagnant lifestyle is a dangerous lifestyle. That's why Adventists have always recognized the benefits of physical activity for emotional as well as physical well-being.

Living a stagnant lifestyle increases the likelihood of having depressing thoughts, feelings, and behaviors. A major symptom of depression is diminished interest in, and energy for, physical activity. By increasing physical activity, some depression is automatically decreased.

The human body responds to moderate amounts of exercise by producing endorphins, substances in the brain that produce a brighter, happier personality and a general sense of well-being. Some individuals report a "high" that comes with

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certain sustained exercise activities. Exercise is an excellent vehicle through which stress and worry are released.

Many individuals with irritable, cranky interactive personalities become more pleasant after engaging in some form of physical exercise. Something as simple as a daily walk can help rid the mind and body of anxiety-producing tension. Exercise is essential to maintaining optimal mental health. That's why Adventists recommend a daily routine of constructive physical activity.

So perhaps when the disturbing driver intrudes on our space, we may quite logically decide that we need some refreshing, therapeutic activity. By parking a little farther from our destination and having a little walk, we'll feel better for it.

### **Sensible Sunshine**

There's a direct relationship between sunshine and emotions. People who live in regions where it is dark much of the time are more likely to become depressed, irritable, and difficult to work with. Exposing such individuals to high-intensity light therapy (phototherapy) for a few hours a day relieves them of these symptoms and helps them get back to a more delightful life.

It appears that moderate amounts of sunlight interact with our bodies to produce chemicals that help us resist depression and brighten the personality. Sunshine also powers the process of converting energizing nutrients to fuel our minds and bodies.

If in our example we had spent some time earlier exercising or working in the sunlight, the intrusive driver might seem less intrusive. Instead of getting upset, we might actually chuckle at the whole experience.

To open your mind and improve your disposition, get outside and get some sunshine every day.

### **Sleep Soundly**

A lifestyle that's emotionally balanced ensures and protects adequate amounts of time for restorative sleep. Preparation for this important activity includes calming one's mind and body hours before going to bed. Thus stimulants in diet (food and drink), viewing or thinking (television, books, or magazines), or stimulating behavior (exciting activities or social interactions) should be avoided.

Sleep is the vital phase of the sleep-wake cycle when the mind is renewed. To maximize its benefit, a regular biological rhythm should be developed and maintained. When such rhythms are off, a person is more susceptible to mental abnormalities.

It appears that many psychological and psychiatric difficulties are at least partially attributable to disrupted and inadequate sleeping patterns. Excessive sleep loss leads to depression, irritability, disorganized thinking, lethargy, and in extreme cases, hallucinations and delusions. Many

individuals suffer from sleep-related emotional difficulties because of being too stimulated by the chemicals, gadgets, and devices of an industrialized society.

If we're sleep-deprived when the driver of the other car pulls into our parking place, we may suspect that it was part of some cosmic plan to ruin us.

It's important to develop and maintain a regular, daily schedule that prepares for and protects adequate time to sleep.

### **Meditation and Relaxation**

The importance of taking time to focus on spiritual things and not on survival and personal accomplishments is a key Adventist tenet. For us this "vacation from the world" occurs every week during the weekly Sabbath. It may be one of the most vital ingredients of complete mental health. Coming away, taking time to dispose of worries and anxieties, and focusing on a spiritual level can be a powerful healing tool.

Recent medical findings support the effectiveness of meditation and relaxation in dealing with the stress of daily living. Carving just a few moments out of our busy schedules—morning and evening—does wonders in keeping us focused on larger eternal issues, as well as helping us to keep the events of the day in perspective.

But the Sabbath, in particular, is a form of personalized mental therapy. Avoiding stress-related anxieties, worries, and obsessions during the 24 hours of the Sabbath makes it easier to let go of disturbing thoughts and events that happen throughout the week.

Which brings us back to the parking lot. We know that at the end of the week, basking in the glow of God's love and forgiveness can help us easily forgive a rude driver and be fortified to respond with grace when it happens again. (And it will happen again.)

**R**ecognizing the significant relationship between the body and mind has been a major contribution to the field of mental health from the Seventh-day Adventist Church. Having a clear mind is essential to having clear communication with God.

Adventists have been trailblazers in addressing the connection between the physical, emotional, and spiritual aspects of an individual's well-being. Diet, exercise, sunlight, sleep, relaxation, and meditation have been staples of Adventist philosophy for more than 100 years. With increased pressures, tensions, and stresses in society, our message of emotional health is a message our world desperately needs to hear. ■

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*Keith A. Wood, M.D., is a clinical psychologist at Emory University in Atlanta, Georgia. He is married and has two children.*







# Homemade Health

*Sweeten the health message for your family.*

BY KAY KUZMA

**D**O YOUR CHILDREN KNOW THE HEALTH message? When they sample this lifestyle, does it “taste” good? Do they know the sweet rewards of more energy and less illness? I’m convinced that our children need to be as attracted to the health message as bears are to honey. They should be motivated by the benefits of healthful choices, not hit over the head with guilt, criticism, and fear of morbid consequences should they reject it.

And, as bears are drawn to honey, they will want more!

## What a Difference!

Although I grew up Adventist, we didn’t know much about the “health message.” A sportsman, my dad filled our freezer with fish and, depending on his “luck” during hunting season, elk, venison, or antelope.

Mom was an ice-creamaholic. At Watts Hardy Dairy she would buy a case of ice-cream cups for after-school snacks and fill the remaining freezer space.

For Friday nights Mom baked a rich chocolate cake with thick fudge frosting. After attending Missionary Volunteer meeting at church, we celebrated with cake and ice cream smothered with hot homemade chocolate sauce.

Our typical breakfast was fried eggs, beef bacon, and hot chocolate. For special occasions we had homemade cinnamon or orange rolls dripping with hot butter and frosting. The candy dish on the coffee table was always full of jelly beans, gumdrops, or peppermints. On Halloween we made gooey popcorn balls; at Christmas it was homemade fudge and divinity; and when the fair came to town we had

cotton candy. Dad had a pop machine at his manufacturing plant with a jarful of quarters so we kids could help ourselves. We did. I became addicted to Dr. Pepper.

Not until my freshman year of college did I become convicted of the health message, specifically, the benefits of a vegetarian lifestyle. I gave up meat “cold turkey.”

In fact, when I came home for Christmas and refused even to sample my mom’s golden brown roast turkey, it nearly broke her heart. I wish now I hadn’t been so dogmatic. My rejecting her food made her feel I was rejecting her. The health message should never do that!

Feeding us rich food was Mom’s way of saying “I love you.” This is true for many families. Because love is all mixed up with sugar-filled, high-cholesterol, fatty foods, it’s very hard to change to a more healthful diet.

But it doesn’t have to be that way. If we think about it, rather than restricting us, the health message frees us—it frees us from discomfort and disease.

And for all those who want a closer walk with God, it stands to reason that the healthier we are, the better able we’ll be to discern God’s voice and His leading.

As Mom grew older, she learned more about the health message and changed her diet significantly—except for an occasional ice-cream sundae. I just wish my mom and dad had imposed a healthier diet on us kids when we were young and accepting. Maybe I wouldn’t have had a lifelong struggle with my own taste buds.

Although I knew more about health than my mother did, I have some regrets about how I reared my own children. Too often I let my childhood habits influence me,



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**5.** The TNC eliminates the tedious hours required to peel tomatoes and remove tomato seeds for canning or cooking.

**6.** The TNC cooks white sauces and cheese sauces, with absolutely **no scorching, curdling or lumping**.

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**8.** The Vita-Mix TNC chops 2 pounds of potatoes into South-ern-style hash browns in **only 2 seconds!**

**9.** The TNC converts tomatoes and other fresh vegetables into nutritious health cocktails.

**10.** The TNC turns pumpkins into pie fillings, muffins and ice creams as fast as you can say, "the frost is on the pumpkin."

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**12.** The TNC turns honeydews, nectarines, oranges and strawberries into delicious **cold fruit soups in seconds!**

**13.** The TNC cooks unbelievably **delicious soups from scratch in about 4 minutes** (it makes eight—8 ounce servings). Use tomatoes, broccoli, cauliflower, mushrooms, potatoes, onions, etc. You will absolutely love the *Cheese-Onion-Tomato Soup* recipe.

**14.** The TNC turns tomatoes, peppers, chiles and onions into delicious salsas and picantes. You can process a 1/2 gallon in **5 to 10 seconds**.

**15.** The TNC will puree fruits and vegetables up to **4 times faster** than your blender—and in most cases twice the volume. It saves lots of time when making fruit leathers and baby foods.

**16.** The TNC turns cucumbers and other garden-fresh vegetables into delicious salad dressings and dips.

**17.** The TNC makes a dozen flavor-packed, frozen fruit bars in **2 minutes**. Make a variety of low-calorie flavors: strawberry-banana, choco-banana, peach, etc.

## A word about consuming whole fruits & vegetables—including the peelings & the pulp (fiber).

**1.** Using the pulp and peelings of produce makes your food **2 to 9 times more nutritious** compared to methods that discard the edible pulp and peelings.

**2.** The Surgeon General, The American Heart Association and The American Cancer Society all recommend more fruits and vegetables to increase the body's need for soluble and insoluble fiber.

**3.** Whole foods produce a **nutritional synergy** that is destroyed by peeling and extracting. If you remove just the letter "u" from the alphabet, that would eliminate over 2900 words from our vocabulary—including the words: juice, you, nutrition, etc. In other words, when you throw away an edible part of a food, what's left can no longer produce the same nutritional benefits for your body.

**NOTE: If you try using the Vita-Mix Total Nutrition Center's time-saving recipes in a blender or food processor, 3 things can happen:**

**1.** The volume and viscosity would in many instances overload, stall and damage other appliances.

**2.** The consistency of the fruits and vegetables would have a gritty texture and contain unsightly pieces of peeling.

**3.** Food processors and blenders can't cook or freeze, the TNC can! In fact, it performs 35 food processes without attachments.

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rather than providing a table filled with the very best in natural foods.

Today I realize that the really loving thing for parents to do is to help their children develop healthy hearts, strong immune systems, and the willpower to shun other temptations.

### **What I Could Have Done Differently**

Now that the kids are gone . . .

■ I wish I had learned how to cook without milk and eggs. It seemed like a lot of extra work. Now I realize that substitutions can be made quite easily if you just know how, and many times your family won't even detect the difference.

■ I wish I hadn't bought so much candy. The temptation to nibble is far less when it's not around. Dried papaya, pineapple, or apple slices, or a nut-filled prune or date, can be very satisfying to a sweet tooth.

■ I wish I hadn't served so much cheese. I was aware of counsel that cheese could be a problem food,<sup>1</sup> but I rationalized that things have changed since 1905. They have: both cheese and milk are handled under more sanitary conditions.

But I now realize that the high-fat, high-protein, and high-sodium content, along with the aging process, which doesn't kill viral and bacterial agents, does make cheese a very unhealthful food.

(If you're a cheese lover, learn how to make Mock Cheddar Cheese. Try the recipe in the sidebar.)

■ I wish I hadn't served soda drinks. I knew there was nothing nutritious about these drinks, but I now realize that the chemicals in sodas (and the aspartame in the sugarless ones) simply don't do us any good. Some of these additives interfere with bone metabolism and set us up for osteoporosis later in life. I could just as easily have served a glass of pure water seasoned with a little lemon.

### **Good Health Is More Than a Good Diet**

As I've watched others successfully teach their families to practice a healthy lifestyle, I've observed a few things.

#### **1. Do it yourself.**

You can't say "No Snickers" to your kids and then eat one when you think no one is watching. The most important way to mold your children's health habits is to model what's healthy.

Do your children see you putting on your jogging shoes and heading out into the brisk morning air? Do they see you choosing an apple instead of a piece of pie for dessert? Do they see you drinking water instead of a soda? Pray that God will give you the willpower to act on your beliefs.

#### **2. Know your reasons.**

Your resolve to live healthfully will fall apart unless you yourself are convinced that your life depends on it. Don't initiate change without some really convincing reasons for it.

Learning about the immune system convinced me. When our immune system is compromised, we become vulnerable to all types of diseases, from the common cold and flu to cancers and other viruses. A healthy immune system even helps fight the AIDS virus!

Your body may come into contact with cancer viruses 25 or 30 times a day, but a healthy immune system sends killer cells out to destroy them.

What keeps our immune systems working at peak performance? The eight natural remedies Ellen White outlined so many years ago: proper diet, exercise, water, fresh air, sunlight, rest, not smoking or drinking, and a healthy mental attitude, which includes trusting in God.<sup>2</sup>

Children need to be taught that eating a sugar-glazed doughnut, staying up late at night, and negative thinking lower their resistance to disease. Teach them to say no to "pleasures" that can compromise their health. When possible, provide healthy substitutes. Explain the reasons for saying no. The health message should make sense.

#### **3. Provide satisfying substitutes.**

We must make a healthy lifestyle attractive and delicious. Many people wrinkle their noses when someone mentions the complete vegetarian diet, because it sounds plain and unappealing. Good vegetarian cooking is an art. Some natural food cooking courses can teach us some surprising things—such as how to make lemon chiffon pie without sugar, eggs, or milk! (See sidebar.)

Or how to make cheeseless pizza that is so tasty the kids won't even ask "Where's the cheese?" Or how to make "milk" of blended pears or nuts—or to try some of the delicious new soy and rice milks now available.

In making changes, move slowly. Don't force. Give your family a chance to experience how tasty the vegetarian way of life is, and chances are they'll be asking for more. If this doesn't happen immediately, don't get discouraged. Hang on to the "winner" recipes and continue experimenting.

#### **4. Involve the family in decision-making.**

When family members take ownership in making health-conscious policies, they are more motivated to follow them. Here are some policies you could talk over:

■ Get fresh air and sunshine each day. You could declare a "ban" on homework until everyone has had at least 30 minutes of good outdoor exercise. (Kids should like that one.) If the children resist, go outside with them.







Have fun together.

■ Exercise a little after each meal. Children often delight in walking or bicycling around the block with Mom and Dad—even in the dark. When there's enough light after supper, have a family ball game or shoot baskets. Evening activities go much more smoothly when the whole family gets a little exercise first.

■ Don't sit for more than 30 minutes without some exercise. If you are watching TV, make it a policy that your family is not allowed to sit still during commercials. Get up; jog in place; do push-ups and jumping jacks.

■ Drink six to eight glasses of water each day. Start with two glasses of water before breakfast, two glasses in midmorning, and two in midafternoon. (The size of the glass should correspond with the size of the family member!) Serve it with a little lemon or as hot herb tea.

If your children balk, tell them that six to eight glassfuls are what their body needs to take a good internal bath. With less, it's like taking a bath with a cup of water rather than a bathtubful.

■ No snacking between meals. God created cows to graze—not people. Food added to undigested food slows down the whole digestive system. The easiest way to avoid snacking is not to have snacks around the house—and to stay out of the kitchen.

Most of the time when we feel hungry between meals, our bodies are asking for water instead of food—but the feeling is the same. If children come home from school and are hungry and it's a long time until supper, a piece of fruit can be very satisfying.

■ Whenever possible, eat fresh food. This helps us get more nutritional value out of our food. Cooking kills enzymes and often decreases vitamins and other nutrients; frying turns even healthy olive oil into oil that clogs the system.

The exception is grains. Cooking grains makes more nutrients available to our digestive systems.

■ Don't eat anything that once had a mother—or came from a mother. This is an interesting way to tell children to eat a plant-based diet.



## Recipes I wish I'd had when my children were growing up!

### Lemon Chiffon Pie

Blend 1½ cups pineapple juice, ½ cup honey, 1 tablespoon orange juice concentrate, 1 teaspoon vanilla, ¼ teaspoon salt, ½ cup cornstarch, ¼ cup lemon juice, and 1 teaspoon grated lemon rind. Cook over medium heat until thick.

Keep stirring so it won't burn or scorch. Let it sit at room temperature for 10 minutes, then mix in 1 cup of "dreamy cream whip" and pour mixture into baked pie shell and chill.

(Make the "dreamy cream whip" by blending 2 cups soft tofu, ½ cup canola oil or raw cashews, 2 tablespoons vanilla, ½ cup honey, 2 tablespoons lemon juice, and a pinch of salt, with only enough water to keep mixture moving in blender.) Top with coconut or more "dreamy cream whip."

### Mock Cheddar Cheese

Assemble ½ cup sesame tahini, ¼ cup lemon juice, 4 tablespoons nutritional yeast flakes, 4 ounces pimento, 1½ teaspoons salt, 1 teaspoon onion powder, ½ teaspoon garlic powder, and 3 tablespoons unflavored Emes gelatin dissolved in ½ cup cold water.

Bring an additional ½ cup of water to a boil. Place all ingredients, including the dissolved Emes gelatin and the ½ cup of boiling water, into a blender. Blend thoroughly until mixture is smooth and creamy. Pour it into a mold, chill, and let it set.

When it's thoroughly chilled and set, turn it out onto a dish. It slices beautifully, and it melts, too!

**Note:** I got these incredible recipes from *Sure Word Productions* by calling 1-800-453-8732. You'll find more in any good natural foods cookbook.

Read some of the latest scientific literature that discusses milk and eggs. The best source I've found is Dr. Attwood's *Low-Fat Prescription for Kids: A Pediatrician's Program of Preventive Nutrition* (New York: Viking Penguin, 1995). Or see the new video *Mooooove Over, Milk*, which features Dr. Attwood. (Call 1-800-453-8732.)

■ Bedtimes should be regular—that goes for Mom and Dad too. At least seven or eight hours of sleep are usually necessary for adults. Children need more.

Let the children choose their "regular" bedtime. If they are tired in the morning or have a hard time getting up, have them add 15 minutes to their bedtime each night until they hit upon the sleep time their bodies need to regenerate.

If they still resist bedtime, explain what happens when they sleep. Tell them that they are the day guard, and the medical rescue team refuses to work when the day guard is on duty. But as soon as the guard goes to sleep, the medical rescue team starts its nightly tasks, careful not to awaken the guard. Soundlessly a central control system orders the crew to various places to work. They bring in supplies and medicines and quietly repair the ravages of the day's battles. All workers operate skillfully, efficiently, and without interruption, for they know their time is limited.

Hopefully, when the clanging of the alarm clock arouses the day guard, the medical rescue team members will have finished their assigned tasks. Sleep is the only way to keep the day guard healthy. Without it the immune system is seriously suppressed.

### 5. Be flexible.

Don't be so health-conscious that you make your family miserable. Don't be so concerned about what you put into your mouth that you forget to watch what comes out in terms of criticism and faultfinding.

Get your priorities straight. Relationships are more important than what you eat or whether you exercise or get enough sleep. (But it is easier to have healthy relationships when you follow a healthy lifestyle.)

If your children have generally consistent habits, their bodies can take the occasional ice-cream cone when Grandma comes to visit, a piece of cake at a birthday party, or a late night to enjoy a family celebration or a school event.

### 6. Keep a balanced perspective.

I've discovered that the best health principle of all is found in 1 Corinthians 10:31: "Whether you eat or drink, or whatever you do, do all to the glory of God" (NKJV)—not self-glory in knowing you are living to the letter of every law of health, but doing all for the glory of God. ■

<sup>1</sup> *The Ministry of Healing*, p. 302.

<sup>2</sup> *Ibid.*, p. 127.

Kay Kuzma, Ed.D., child development specialist, is president of *Family Matters*, host of the daily radio-broadcast *Got a Minute for Your Family?* and author of more than a dozen books, including her latest, *Easy Obedience and Creating Love*.





# *Fit for sharing*

**D**uring my college years I became acquainted with several of the healthful habits recognized by the church. It is now clear to me that even then the Holy Spirit was preparing me to accept the Adventist faith (including the health message) and pursue a career quite different from the one in marketing management I had planned.

After I became familiar with Adventism, my reception of its Bible teachings was aided by including the health principles I had adopted as well as by understanding that God is a truly trustworthy benefactor.

Several years after becoming a church member I attended a medical missionary/lifestyle counselors' training program. It was then that I began to live all the principles at one time. Wow! I experienced an explosion of health benefits. I began to see spiritual, physical, mental, and social improvements almost immediately.

My vocation has since changed, and my ministry of health education is now my avocation as well. My devotions, Bible studies, and prayers are fuller, richer, and more satisfying. My perception is clearer; concentration, memory, and alertness are enhanced because my brainpower is enhanced.

Relationships with family, church members, friends, and acquaintances are purer and more meaningful, because I understand God's will more keenly.

My complexion is clearer, vitality and stamina are heightened, my joints move more easily, and after six years my weight remains at an ideal level (after I lost more than 40 pounds). In every way my body is healthier and operates more efficiently.

Am I bragging?

I'm merely refreshing my soul by recounting God's blessings and giving Him the glory, honor, and praise He so rightly deserves. ■

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*Juanita A. Alexander operates a small catering and bakery business. She also conducts cooking schools and volunteers as the Chesapeake Bay area coordinator for the Adventist Health Ministries Department of the Allegheny East Conference.*







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*More and more, society is getting on the bandwagon  
that Adventists have been riding for a long time.*



# The Adventist Advantage

BY JAMES A. PETERS

**E**ACH YEAR IN NORTH AMERICA ABOUT 2 million people die from all causes. Seventy-five percent of these deaths are from chronic diseases: heart disease, cancer, diabetes, liver disease, and chronic obstructive lung disease (emphysema and chronic bronchitis).

Chronic diseases are illnesses that develop slowly over decades and usually have many factors that predispose a person to getting a given disease. Some of these risk factors can be modified, such as diet, exercise, and whether or not one smokes or drinks alcohol. Factors that cannot be changed include genetic predisposition, gender, and age.

The more risk factors a person has, the greater the likelihood that disease will develop. It has been noted that if Americans took appropriate action to decrease or eliminate only one of the modifiable risk factors for each of the chronic diseases listed above, there would be a 47 percent decrease in yearly mortality.<sup>1</sup>

Clearly, what and how much we eat, how much we exercise, and what we breathe (in short, how we live) have a direct effect on our health.

## It Was There All the Time

American health practices of the nineteenth century were an odd assortment of superstitions, "old wives' tales," and theories masquerading as science. Those were the days when doctors prescribed smoking as a cure for tuberculosis, and phrenology (the study of the bumps on one's head) was used to describe a person's personality type.

Into this setting stepped a remarkable woman with an unusual and useful gift of prophecy. Ellen White helped steer a course between health practices that spanned the spectrum from radical (and dangerous) to merely silly. At the time her counsels garnered underwhelming support. Many of the "scientists" of the day produced "evidence" that contradicted White's recommendations. Yet now, more than 130 years later, society is rushing to embrace some of the simple principles that Adventists have been practicing for generations.

Still, it's useful to review our health message from time to time—if only to see how modern science is validating some of the guidance that many of us grew up with.

First, a disclaimer: our Adventist health message is not some legalistic set of rules that must be followed, or some exalted standard that makes us better than others. To adopt and follow our health principles is to adopt a lifestyle that is really for our own good. When followed, these principles not only help prevent many common diseases; they improve health and thereby enable us to better experience the "more abundant life" that Jesus offers all of His followers (John 10:10).

## So Simple, We Can't See It

The first and most important element needed for good health is fresh air. In the beginning God breathed into the first man the breath of life, and Adam became "a living being" (Gen. 2:7, NIV).

More than 100 years ago Ellen White, the inspired messenger to the Seventh-day Adventist Church, instructed people in the importance of filling the lungs with fresh, pure air. Again, remember that these counsels came at the height of the Industrial Revolution—when factories and foundries in all the major cities in North America belched smoke with high concentrations of particulates and harmful gases indiscriminately into the atmosphere.

In addition to crusading for breathing clean air, Ellen White issued warnings against the dangers of breathing tobacco smoke. Long before the U.S. surgeon general's report on the hazards of smoking, Adventists resisted society's acceptance of tobacco and urged people to quit the habit.

In the early 1960s the church developed the Five-Day Plan to Stop Smoking, and later its successor, Breathe Free: The Plan to Stop Smoking, two of the most widely used tools to enable people to quit smoking. Since their inception these programs have saved countless lives around the world by helping people quit smoking and reduce their risk of developing chronic lung diseases known primarily to smokers.

Still, in North America there are nearly a half million premature deaths that are directly related to cigarette smoking each year. Lung cancer is the leading cause of cancer deaths in both men and women, and smoking is the primary cause. Tobacco smoke is also the primary cause of emphysema and chronic bronchitis, as well as a major risk



## Key Findings From the Adventist Health Study

■ Regardless of previous smoking history, eating fruit three or more times a week reduced the risk of lung cancer by two thirds as compared to those who rarely ate fruit.

■ Eating beans, lentils, pears, raisins, dates, or dried fruits at least three times a week markedly reduced the risk of pancreatic cancer.

■ Eating meat foods more than once a week was associated with doubling the risk of bladder cancer, regardless of smoking history.

■ Men who ate dried fruits three or more times a week decreased the risk of prostate cancer by 40 percent.

■ Eating nuts four to five times a week decreased the risk of suffering a heart attack by almost 50 percent.

■ Eating red meat once a week or more dramatically increased the risk of cancer of the large bowel.

■ Frequent eating of beans, lentils, fruits, and vegetables reduced the risk of colon cancer.

■ Those who ate whole-wheat bread, as opposed to white bread, had a 40 percent decrease in the risk of heart attack—even after accounting for differences in exercise habits, obesity, nut consumption, previous smoking history, and diabetes.

■ Regular and vigorous exercise (at least 15 minutes at a time) was associated with a 50 percent decrease in the risk of heart attack.

factor for the other leading cause of death: heart disease.

The first rule of health is to obtain and breathe the freshest air possible, 24 hours a day. It's something we've known for a long time.

### Good for You

After breathing life into the first man, one of God's first instructions to His creatures concerned dietary counsel: "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food" (Gen. 1:29, NIV).

If God made nutritional instruction a priority, there must be some food choices that are necessary to obtain the best of health. Unlike the animals, which require no dietary instruction to learn what they must eat, God gave His people instructions on what to eat, as well as what to avoid.

It seems, then, that we would be wise to follow God's instruction and make an effort to select foods that best promote health and strength. Obviously, any food is better than none, but when there is a variety of foods to choose

from, selecting the best food for our nourishment is a requirement for good health.

Although after the Flood God allowed His people to eat meat, He later commanded that they "eat neither fat nor blood" (Lev. 3:17). Notice Ellen White's comment: "Both the blood and the fat of animals are consumed as a luxury. But the Lord gave special directions that these should not be eaten. Why? Because their use would make a diseased current of blood in the human system. The disregard of the Lord's special directions has brought a variety of difficulties and diseases upon human beings."<sup>2</sup>

That comment was made decades before cholesterol and lipoproteins became the subjects of magazine articles and television documentaries. Yet note this 1982 statement from the National Research Council's Committee on Diet, Nutrition, and Cancer: "Of all the dietary components studied, the combined epidemiological and experimental evidence is most suggestive for a *causal relationship* between fat intake and the occurrence of cancer."<sup>3</sup>

And the United States surgeon general's report on nutrition and health has stated: "Substantial epidemiologic and animal evidence supports a relationship between dietary fat and the incidence of both breast cancer and colon cancer. Indeed, a comparison of populations indicates that death rates for cancers of the breast, colon, and prostate are directly proportional to estimated dietary fat intakes."<sup>4</sup>

Favoring fruits, grains, vegetables, beans, and nuts as the main nutritional source in our diets gives us a health advantage. Almost 200 published research studies are "extraordinarily consistent in finding" the protective effects that fruit and vegetables have on "at least 15 different cancer(s)."<sup>5</sup> It is estimated that 80 percent of cancers are potentially preventable by the right diet and healthy lifestyle practices.<sup>6</sup>

Dr. Stavric, writing in the medical journal *Patient Care*, stated: "Returning to a predominantly plant-based diet may be the single most important thing we can do, as a group, for our health."<sup>7</sup>

Following the principles of the Seventh-day Adventist health message does result in noticeably better health. "Seventh-day Adventists [are] acknowledged as the healthiest people in America. Studies show that Adventists not only live longer, but experience fewer of the debilitating diseases that affect most Americans."<sup>8</sup>

The Adventist Health Study followed 34,000 non-Hispanic, White Seventh-day Adventists in California from 1977 to 1988. The results have yielded an abundance of health data (see sidebar).

We now know that Adventist vegetarians live four to five years longer than nonvegetarian Adventists. We also know that those who eat the most natural, unrefined foods enjoy a three-year advantage compared with those who eat more



highly refined and processed foods.<sup>9</sup> Ellen White was right on the mark with this observation: "If we wish good health, we must take special care of the health that God has given us, deny the unhealthy appetite, eat less fine food, eat coarse [high-fiber] food free from grease."<sup>10</sup>

Cardiovascular disease is the major killer in the United States. The Adventist population suffers almost half the number of heart attacks and strokes compared to the general population, with vegetarian and exercising Adventists experiencing the fewest heart attacks.

An interesting finding from the Adventist Health Study was the relationship of the eating of nuts on heart disease. Those who consumed a serving of nuts four to five times per week reduced the risk of heart attack by nearly 50 percent.<sup>11</sup> A follow-up study by researchers at Loma Linda University showed that moderate quantities of walnuts in the diet decreased total cholesterol levels in normal men, and this occurred without a change in total dietary fat intake.<sup>12</sup>

It is becoming clear that monounsaturated fats, the major type of fat found in nuts, olives, and avocados, have desirable health effects. Monounsaturated fats lower the total cholesterol and the "bad" LDL cholesterol, while keeping the "good" HDL cholesterol up. Regulation of blood sugar in diabetics also improves with monounsaturated fat compared with polyunsaturated or saturated fat consumption.<sup>13</sup>

Back in 1905 Ellen White wrote: "When properly prepared, olives, like nuts, supply the place of butter and fresh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat."<sup>14</sup>

Research studies have also demonstrated that the risk of dying from diabetes in Seventh-day Adventists is approximately half that of the general population. Vegetarian Adventist males had a substantially lower risk of diabetes-related causes of death than the nonvegetarian Adventist men.<sup>15</sup>

## Just Do It

"Action is a law of our being," wrote Ellen White.<sup>16</sup> Yet a sedentary lifestyle is characteristic of the majority of Americans. About 40 percent of the population get no exercise; another 40 percent get some exercise, but not enough. And only about 20 percent of the general population in North America get enough exercise to be beneficial.<sup>17</sup>

Activity is an important contributing factor in reducing the risk of heart disease, diabetes, and obesity. Physical fitness is associated with lower overall mortality and significantly related to less heart disease and death.<sup>18</sup> The Adventist Health Study showed a two-year life span advantage for those who exercised regularly, and this same longevity advantage has been found in other studies.<sup>19</sup>

Regular physical activity reduces the incidence or is otherwise beneficial for those at risk for elevated blood fats and cholesterol, obesity, adult-onset diabetes, osteoporosis, depression, colon cancer, stroke, and back injury.<sup>20</sup> The American College of Sports Medicine and the recent United States surgeon general's report on physical activity and health recommend: "Every U.S. adult should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week." Typically, walking for exercise is sufficient for most health benefits.

## A Great Way to Live

When one reviews the current medical research, the findings consistently support all the recommendations given to humanity originally in the Garden of Eden and again in our health message more than 100 years ago. It's reassuring to know that God didn't just create us and turn us loose to figure out by trial and error the best way to live the abundant life.

Rather He says, "If you listen carefully to the voice of the Lord your God and . . . pay attention to His commands . . . , I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord who heals you" (Ex. 15:26, NIV). He also told His people, "Walk in all the way that the Lord your God has commanded you, so that you may live and prosper and prolong your days" (Deut. 5:33, NIV). ■

<sup>1</sup> *Morbidity and Mortality Weekly Reports*, Oct. 18, 1991.

<sup>2</sup> *Manuscript Releases*, vol. 7, pp. 423, 424.

<sup>3</sup> National Academy Press, Washington, D.C., p. 478.

<sup>4</sup> United States Department of Health and Human Services, 1988, p. 194.

<sup>5</sup> *Journal of the National Cancer Institute* 85 (1993):846, 847.

<sup>6</sup> *Ibid.*, 48, No. 4 (1977):825-831.

<sup>7</sup> Nov. 15, 1995, p. 36.

<sup>8</sup> *Saturday Evening Post*, January/February 1992.

<sup>9</sup> *Cancer* 64 (1989):570-581.

<sup>10</sup> *Selected Messages*, book 3, p. 274.

<sup>11</sup> *Archives of Internal Medicine*, 1992; 152(7):1416-1424.

<sup>12</sup> *New England Journal of Medicine* 328 (1993):603-607.

<sup>13</sup> *New England Journal of Medicine* 319(1988):829-834.

<sup>14</sup> *Counsels on Diet and Foods*, p. 350.

<sup>15</sup> *American Journal of Public Health* 75 (1985):507-512.

<sup>16</sup> *The Ministry of Healing*, p. 237.

<sup>17</sup> *Journal of the American Medical Association* 261 (1989):3590-3598.

<sup>18</sup> *New England Journal of Medicine* 328 (1993):533-537.

<sup>19</sup> *Cancer* 64 (1989):570-581; *New England Journal of Medicine* 314 (1986):605-613.

<sup>20</sup> *Morbidity and Mortality Weekly Reports* 39, No. 32 (1990):541-544.

James A. Peters, M.D., Dr.P.H., R.D., R.R.T., is a board-certified physician specializing in preventive medicine. In addition to owning and operating the Nutrition and Lifestyle Medical Clinic in Calimesa, California, he is an associate professor in the Schools of Medicine, Public Health, and Allied Health Professions at Loma Linda University.





# *Fit for Speed*

**I**t was only a few years ago that I was collecting autographs from some of my favorite professional cyclists. Now I'm competing against them.

Back then reaching the top level of cycling competition had not even entered my mind. Yet now I've had the opportunity to race with the U.S. National Cycling Team in Malaysia, Japan, and China against people from all over the world. Following the Adventist lifestyle has helped me accomplish these achievements, and I'm convinced it'll help me reach my future goals.

I have to put in long, hard hours of training. To push myself to the limit I have to be well rested and mentally focused. I refrain from using drugs or alcohol, because I know that would keep me from performing at my best. Cycling's not the only reason for my decision; in addition I don't want to alter the body God gave me.

A well-balanced diet is also an important part of my training. I have to have plenty of energy to perform the tasks I'm asking of my body.

And having a relationship with God has given me the mental capacity to stand up for my beliefs and the energy to strive to reach my goals.

Through cycling I've met many people and made many new friends. Seeing other life perspectives has allowed me to assess my own values and beliefs. It has also allowed me to share some of my experiences with others. Without the support and companionship of my friends and family, it would have been next to impossible to reach my goals.

Now wherever my cycling takes me, I know God will go with me. ■

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*Norman Carter is a health science major at La Sierra University. He lives in Redlands, California, where he trains three to five hours a day to stay in shape to compete with the U.S. National Cycling Team.*







# One Day in the Journey Toward Health

*Sometimes the path to health begins back at the beginning.*

BY RICKY SEILER

**D**iabetes, heart disease, and high cholesterol were controlling Mary O'Neill's life. One day she saw an ad for the Lifestyle Center of America in a national magazine for victims of diabetes. The ad contained endorsements from people who had regained control of their lives by changing their lifestyles. Mary decided to inquire about the center and its programs. After reviewing the materials she received, she signed up for the 19-day lifestyle program designed for people with clinically diagnosed coronary artery disease, diabetes, or hypertension.

This comprehensive live-in program, lasting nearly three weeks, is similar to several Adventist-owned and -operated health treatment centers throughout North America.\* The centerpiece of each program is a lifestyle based on a simple but tasty diet, a regimen of sensible exercise, and personal consultations with physicians and counselors designed to highlight and balance the physical, emotional, and spiritual keys to wholeness.

On the next few pages we follow Mary through a typical day at the Lifestyle Center of America.

\* See directory beginning on page 59.



**7:34 a.m.** On day 11 of Mary's 19-day stay, Mary is up at 6:00 a.m. for light stretching exercises at 6:15 in the fitness center. After freshening up in her room, she's off to breakfast, where she enjoys a delicious, heart-healthy meal of scrambled tofu, potatoes, bread, and fresh fruit. While Mary eats, Heather Guhl, a registered nurse, monitors her blood pressure. Each guest is treated to a personalized approach to his or her specific health concern.





**8:07 a.m.** After breakfast LCA employees Rob Davidson and Lisa Shaw lead out in songs with a spiritual emphasis. Each weekday morning finds staff and guests mingling during this brief devotional period that features music and messages of Christian joy, hope, and peace.



**8:42 a.m.** LCA physical therapist Calvin Hartman helps Mary adopt a physical strengthening program tailored to her particular needs. Here Mary learns how to get the most out of her floor exercises.



**9:34 a.m.** Massage and hydrotherapy help to improve Mary's circulation, enhance her immune system, and relax tense muscles. Today Mary begins her treatment with a 10-minute whirlpool in water heated to 102° F. She is monitored by the center's chief hydrotherapist, Amy Steinwig.



**10:54 a.m.** Mary and fellow guest LoLo Smith, from Bermuda, watch Kathryn McLane, R.N., add some tasty herbs to a cheeseless vegetarian pizza they'll be eating for lunch. Cooking class instructor McLane gives hands-on training in how to plan, shop for, and prepare healthy meals. Each weekday's 90-minute sessions cover the latest in low-fat, vegan (no animal products) cooking.

**12:17 p.m.** During her 19-day stay at the center, Mary will attend 30 lectures presented by a variety of health professionals. Today Dennis Blum, D.P.H., president of LCA, presents a lecture about stress. Helping each guest understand his or her personal health needs and how to achieve a balanced lifestyle is one of the most important aspects of the program. These practical lectures are delivered in an easy-to-understand format that encourages group interaction.





**1:13 p.m.** At lunchtime Mary and fellow guest Larry Martin feast on the pizzas they made in cooking class. The center's approach to meals helps guests understand the importance of proper food selection and gives them a new appreciation for how tasty and diverse a nutritious, plant-based diet can be.



**2:12 p.m.** After lunch Mary and other guests take a walk to aid the digestive process. The center is located on 1,700 acres that offer breathtaking views and an abundance of natural wildlife for the guests to enjoy on either a one-mile rustic path or a paved walking area that circles the center.

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**3:46 p.m.** Mary is learning how important an ongoing exercise program is to a balanced lifestyle. Her daily exercise workout has been tailored to her specific health and fitness needs. Harold Mayer, exercise physiologist, monitors Mary's progress and helps her design a program she can continue when she goes home. In addition to outdoor walking, the center features a full-size indoor swimming pool and a large selection of aerobic and muscle-toning equipment.





**2:38 p.m.** Mary meets with program physician Zeno Charles-Marcel, M.D., to review her progress. Mary is excited about the improvement she's seen over the first 11 days at the center. Dr. Charles-Marcel has slowly reduced Mary's insulin injections during her stay, and today he is replacing her injections with an oral medication. The health team at the center communicates daily to review each guest's progress.



**4:25 p.m.** Back in her room Mary pauses to take her blood sugar reading. Now that she is reducing her medication for diabetes, she closely monitors her blood sugar level four times a day to ensure that she won't have an adverse reaction. She reports her levels to a nurse, who makes them a part of Mary's personal medical records.



*At the end of each day's activities, Mary reports, "I slept well."*



**6:37 p.m.** Following a health lecture on arthritis and osteoporosis at 4:30 p.m. and group exercises at 5:30 p.m., Mary has supper in the dining room. Consisting of soup, crackers, bread, and fruit, supper is the lightest meal of the day. By eating lightly Mary will have her meal completely digested by bedtime, and she will lose weight easier by limiting her calorie intake in the evening.

After less than three weeks at the Lifestyle Center of America, Mary noticed the difference in the way she felt before she came and when she went home. "My back wasn't so sore; my heart was behaving. I was on 46 units of insulin a day; now I take one tablet—it was a remarkable change."

Mary continues to practice the lifestyle principles she learned during her visit, aiming to lose a half pound to one pound each week until she reaches her ideal weight. "The Lifestyle Center of America gave me practical, hands-on help," she says. "LCA is a godsend." ■

Ricky Seiler is director of marketing and public relations for the Lifestyle Center of America, located in the Arbuckle Mountains of southern Oklahoma.





# *A Legacy of Hope and Healing*

*What Jesus did with a touch, modern-day scientists are doing with years of research. In both cases the results are miraculous.*

BY DICK SHAEFER

**I**N THE PAST FOUR YEARS CAROLYN TARTER had lost four inches in height. She was in constant pain from osteoporosis, spending most of her days lying on the floor. At age 69 she was pessimistic about her chances for ever leading a normal life again.

Then Carolyn learned about the Osteoporosis Research Center at the Loma Linda University Medical Center. Two months after treatment began she was walking every day without constant pain. After six months Carolyn had resumed her daily household routines, was traveling extensively, and even managed to enjoy Disneyland with her grandchildren. Now she is physically active, working out regularly at a fitness center, and able to do everything she did 15 years ago.

The Adventist legacy to American health care over more than 130 years has been pronounced. From the Western Health Reform Institute, founded in Battle Creek, Michigan, in 1866, to the worldwide system of hospitals, clinics, and medical schools, Adventist health-care providers have encapsulated Jesus' mandate "to preach the kingdom of God and to heal the sick" (Luke 9:2, NIV).

The scientific knowledge of those early Adventist practitioners was microscopic by today's standards. Still, the desire to serve, combined with the search for better, more effective treatments, comprises the spirit in which today's health-care providers carry out their commission to bring wholeness to their communities.

Consider some of the following advances made by Adventists in one health-care setting:

## **Hope for the Elderly**

Osteoporosis, an age-related condition, is often deadly among the elderly. It's the most common of all metabolic bone conditions, and is characterized by an abnormal loss of calcium and phosphorus from the bones.

Osteoporosis destroys the body's skeletal structure, leaving bones porous, brittle, and weak. Even simple activities, such as walking, can result in disabling fractures. It is estimated that the disease contributes to three fourths of all upper-leg fractures in elderly persons. Osteoporosis is the eighth-leading cause of death in the elderly, affecting 20 million women and several million men in the United States at an annual cost of around \$10 billion.

"We're talking about a major health problem," says David J. Baylink, M.D., professor of medicine and orthopedic surgery and biochemistry at Loma Linda University School of Medicine. "Osteoporosis, contrary to popular belief, is not only a preventable and treatable disease, but also can be accurately diagnosed."

Treatment for osteoporosis was once limited to arresting its progression. But a treatment developed by Dr. Baylink has actually *increased* bone density in some patients, restoring bone tissue that had been wasting away. The bone density of one of his patients doubled in three years. She has had no new fractures.

Baylink directs an ambitious, multidisciplinary, basic science research laboratory that is influenced by the problems observed in his clinical patients. He helped to develop monofluorophosphate slow release (MFPSR2), which he believes is 90 percent effective in treating patients



with osteoporosis. His findings have been recognized by bone and mineral disease scientists around the world.

### Hope for the Newborn

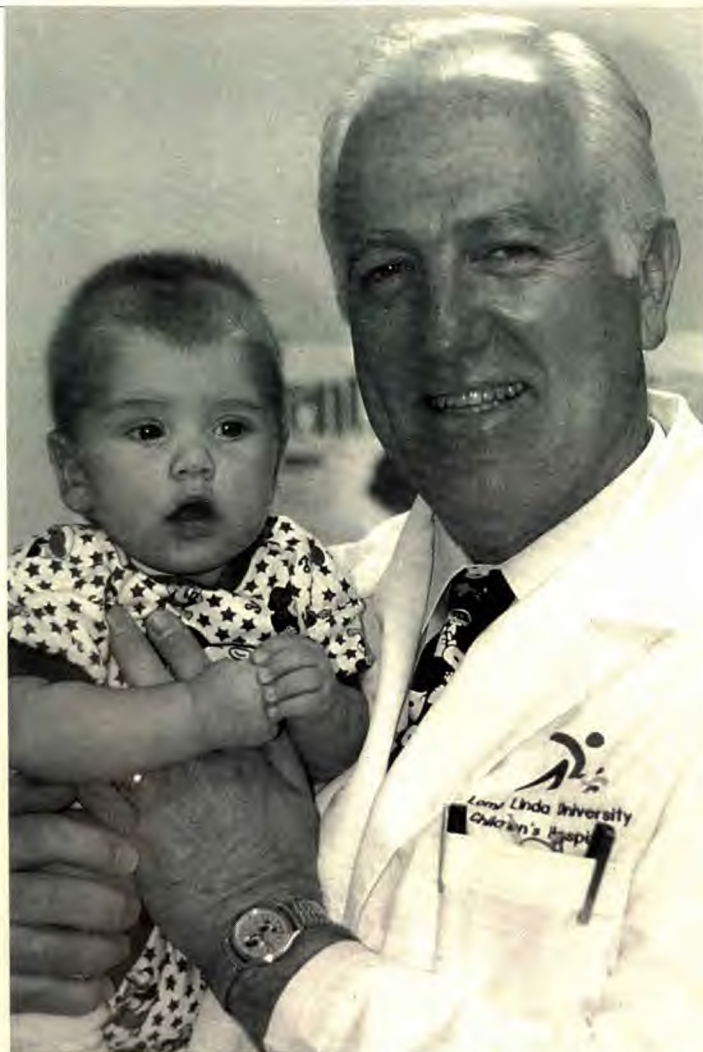
Newborn Robbie Shinn was dying from kidney failure. He had been born with an underdeveloped heart and a rare B-positive blood type. The southern California baby needed a heart transplant to survive. A donor heart with matching blood type and size to save his life might be impossible to locate in time.

As days passed and the baby's condition deteriorated, Robbie's parents, Charles and Renee Shinn, were devastated. "You expect to take your baby home in two days," said Mr. Shinn. "We found out not only that our son was sick, but also that he may be dying."

The Shinn's shared their concern with friends and co-workers. Charles, a police officer with the Westminster Police Department, received support from fellow officers, who began an awareness campaign to find a donor heart. They began wearing baby-blue ribbons under their badges, next to their hearts, in an effort to attract the public's attention. The news media gave the story widespread publicity.

Finally, on the eleventh day of Robbie's downward spiral, word was received that an acceptable donor had been found. The Shinn's were overwhelmed with gratitude, relief, and anticipation. The donor was a baby who had died from sudden infant death syndrome (SIDS). The heart was donated by parents who were able to see briefly through their own grief and turn their personal tragedy into something good.

Robbie was flown by helicopter from Children's Hospital of Orange County to Loma Linda University Children's Hospital, where he became the 142nd infant under 6 months of age to receive a heart transplant. The surgery, using a heart



**BIG HEARTS, LITTLE PATIENTS:** Dr. Leonard Bailey and one of the scores of babies who have received new hope from a new heart.

that weighed about one ounce, took four and a half hours.

The surgeon for Robbie Shinn's transplant, Leonard Bailey, M.D., entered a four-month surgery-research rotation as part of his medical education shortly after the first successful human heart transplant was performed in December 1967 by Dr. Christiaan Barnard in South Africa.

Later, after a residency at the Hospital for Sick Children in Toronto, Ontario, the largest children's hospital in the world, Dr. Bailey specialized in pediatric cardiac surgery. He concentrated his attentions on congenital heart deformities in the very young, an ambitious pursuit that requires precise technical expertise.

The surgeon dedicated much of his career to finding a solution for a tragic birth defect, hypoplastic left-heart syndrome (HLHS), a lethal underdevelopment of the left

side of the heart, causing otherwise perfectly formed babies to die shortly after birth. In such babies the left side of the heart is usually unable to pump sufficiently to sustain life for more than a few days. To Dr. Bailey the solution seemed simple—just exchange the baby's heart.

With this dream Bailey pioneered a procedure that has captured the fascination of the world, both in the scientific community and the public.

"Few life events on earth exceed the realization of love, the miracle of conception, or the emotion of birthing," says Dr. Bailey. "Babies are naturally embraced by hope, by reflection of what can be, and by promises to keep; that is, unless the heart within a baby's breast is so poorly developed that life cannot go on. I have been driven by the notion that heart disease should not end the promise of a newborn infant. Heart transplantation restores the hopes and dreams surrounding these babies, and hence ranks right up there with the best of life events on earth."

"Every time we look into the eyes of those little babies who have new hearts in them we're convinced



we're on the right track. When a baby dies, it just doesn't seem fair. Death never seems quite fair. But to begin your life with death . . . is a terrible tragedy."

Loma Linda University Children's Hospital has performed heart transplants on 208 babies under 6 months of age. Seventy-five percent of them are still alive. The youngest patient in the world to undergo successful heart transplantation and thrive was delivered by cesarean section when a donor became available and went to surgery at the age of 3 hours. Paul Gabriel Bailey Holc, affectionately known as the "Incredible Holc," is now 9 years old.

### Hope for Victims of Cancer

And now something we *love* to do here at 20/20," said coanchor Barbara Walters, "and that is to bring you news of medical advances that might directly affect you and the people you care about. Tonight an alternative to surgery, a truly *amazing* new technique that's allowing doctors to perform potentially lifesaving procedures *without ever cutting the patient*. Dr. Timothy Johnson will show you what believers have dubbed 'the beam of hope.'"

Dr. Johnson: "Eight-year-old Stephanie Miller is entering the door to the latest in high-tech radiation treatments, which involves three-story-high electromagnets that can aim powerful proton particles into precise cancer-killing beams. Four hundred tons of equipment, costing \$85 million, is all coming together to treat Stephanie's tumor."

In 1990, after almost 20 years of research, Loma Linda Medical Center, in cooperation with Fermi National Accelerator Laboratory and the Proton Therapy Cooperative Group, opened the world's first hospital-based proton-beam accelerator, dedicated to the treatment of patients with cancer. Though not a cure for all forms of cancer, it promises to be a major advancement in the treatment of "localized cancer," a malignant tumor that is still in its original site and has not yet spread.

"In order for cancer radiation therapy to advance," says James M. Slater, M.D., director of radiation medicine, "we needed to improve our ability to focus a beam inside the body. The proton accelerator does that."

In 1971 Dr. Slater began assembling a team that would explore the possibilities of using charged particles from a machine designed to treat cancer, instead of using conventional radiation. In theory, charged particles could be more effective in delivering desired doses of radiation to



**CLOSING IN ON A CURE: A patient undergoes a new noninvasive treatment for cancer with the proton accelerator.**

tumors without harming healthy tissues.

Protons are subatomic, positively charged particles found in the nuclei of atoms. As they go through a patient's body and stop at a point called the Bragg peak, they release most of their energy. By focusing the Bragg peak on a patient's tumor, the deadly radiation causes most of its damage to the tumor. The superior

controllability of the proton beam has allowed for the delivery of higher radiation doses than is possible with conventional radiation and promises, therefore, better results. With up to 250 million electron volts, protons traveling up to 442 million miles per hour penetrate up to 15 inches—enough to reach deep tumors.

Opened October 23, 1990, the Proton Treatment Center has now treated more than 2,000 patients from 18 countries and almost every state in the U.S.A. The facility has been in full operation since the summer of 1994 and is now capable of serving up to 100 patients a day.

### Hope for a Cure

The patient's hands and arms shake violently. Then the tremors stop instantly. A patient from Rochester, New York, shuffles into the medical center with one-inch steps and walks normally out of pallidotomy surgery.

A young man arrives from Brazil, bobbing and weaving from the waist up, arms flailing uncontrollably. His wife walks 10 paces ahead. Following a stereotactic pallidotomy for Parkinson's disease, the couple leave the hospital side by side.

Parkinson's disease is a progressive central nervous system disorder affecting possibly 1 million Americans. It was originally called "shaking palsy" when it was identified by James Parkinson in the 1800s. It occurs mostly in people over 50 when the brain stops producing a chemical neurotransmitter called dopamine, and can eventually lead to complete helplessness.

Without dopamine some brain cells become overactive, creating classic Parkinson's symptoms, including weakness, unstable or twisted posture, muscle rigidity, tremors, and impaired voluntary movement. In advanced stages it might cause a vacant, expressionless stare in patients. They may be unable to swallow or even blink. The symptoms are caused by an overly active neuronal pathway in the brain, but the basic cause of Parkinson's disease is unknown.

A medicine called L-dopa, designed to calm the overactive cells, is the single most effective drug available for Parkinson's disease. It can suppress the symptoms for



several years by trying to replace the dopamine in the brain. But as the disease progresses, it overcomes the drug's ability to control it, producing less benefit and sometimes its own negative, painful side effects.

Thanks to recent research and the refinement of neurosurgical techniques by Robert P. Iacono, M.D., associate professor of neurosurgery, pallidotomy makes hopelessness in Parkinson's patients a thing of the past. Dr. Iacono has taught more than 30 senior neurosurgeons from across North America how to perform the delicate neurosurgery. He has made significant refinements with more than 800 pallidotomies, more than any other neurosurgeon in the world. The beneficial results are often called "miraculous."

During the procedure a small hole is made in the top of the skull. The patient is under a local anesthetic and is able to converse with the surgeon and observe what happens. Dr. Iacono places a thin, Teflon-coated probe with caution and extreme precision into the *globus pallidus* of the brain. He then electronically stimulates the tiny area to test the accuracy of the probe's location.

When he is satisfied that the target has been reached, Dr.

Iacono heats the tip of the probe, creating a small, pearl-sized lesion in the brain. This two-millimeter lesion blocks the abnormal signals that are responsible for the symptoms of Parkinson's disease. The patient is able to see the improvement immediately—as it happens. The almost always immediate relief appears to be long-lasting, and it is hoped that this relief will be permanent.

Major contributions to world medicine are helping to return men, women, and children to useful, productive lives. On the east wall of the main lobby of Loma Linda University Medical Center hangs Sallman's famous painting *Head of Christ*, the Great Physician. After His example, the institution chose for its motto "To Make Man Whole," to emphasize its Christian philosophy that the human body is the temple of God (1 Cor. 6:19). ■

Dick Schaefer is director of community relations for Loma Linda University Medical Center in Loma Linda, California.



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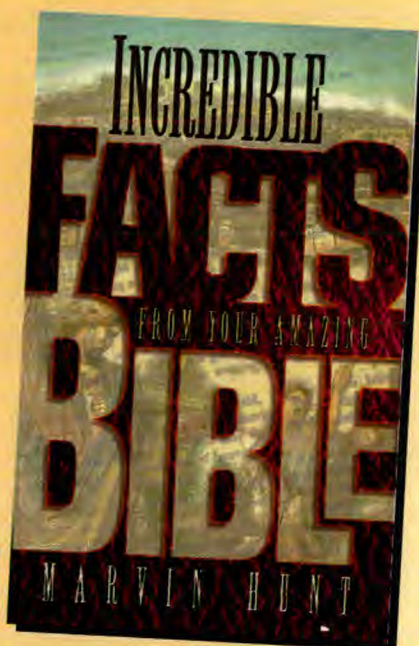
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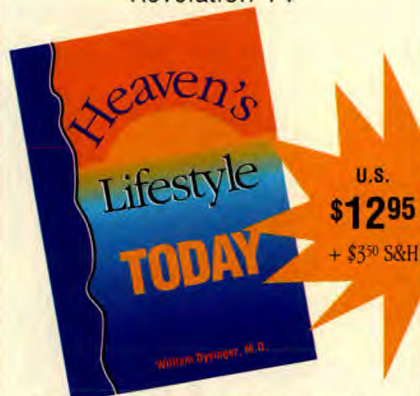
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# Directory of Health

Adventists operate one of the most comprehensive systems of medical and treatment centers in North America. Listed below are some of the facilities and the types of services offered. The list of services is not exhaustive. For more information, please contact the institution directly by using the numbers listed.

## ALABAMA

### Uchee Pines Lifestyle Center

30 Uchee Pines Road, No. 75

Seale, AL 36875-5702

Phone: 334-855-4764

Fax: 334-855-9014

E-mail: [www.tagnet.org/uchee\\_pines](http://www.tagnet.org/uchee_pines)

Types of programs offered: *treatment of lifestyle-related disorders, including obesity, diabetes, heart disease, hypertension, stress, substance abuse, and chronic diseases. Lifestyle modification includes an emphasis in hydrotherapy, herbs, and faith in God.*

Live-in and walk-in sessions

Accreditation and professional associations: *physicians are board-certified. Adventist-Laymen's Services and Industries, OCI.*

Costs: \$\$\$-\$\$\$\$

## BRITISH COLUMBIA

### Silver Hills Guesthouse

Rural Route 2

Lumby, British Columbia

Canada V0E 2G0

Types of programs offered: *21-day lifestyle program featuring hydrotherapy, exercise, massage, cooking lessons, etc. Designed for people suffering from arthritis, diabetes, overweight, heart disease, etc.*

Live-in session

Costs: C\$\$\$\$

## CALIFORNIA

### Desert Spring Therapy Center

66705 East Sixth Street

Desert Hot Springs, CA 92240

Phone: 619-329-5066

Fax: 619-251-6206

E-mail: [DSTC@GNN.COM](mailto:DSTC@GNN.COM)

Types of programs offered: *smoking cessation, weight reduction, addiction recovery, muscular and skeletal disorders.*

Live-in and walk-in sessions

Costs: \$\$\$

### Feather River Hospital

5974 Pentz Road

Paradise, CA 95969

Phone: 916-877-9361

Fax: 916-876-2152

Types of programs offered: *childbirth education, breast-feeding classes, pediatric life support, blood pressure screenings, breast cancer early detection, weight control, diabetes education, smoking cessation, healthful cooking, health insurance counseling, immunizations.*

Walk-in sessions

Accreditation: *Joint Commission for the Accreditation of Healthcare Organizations.*

Costs: 0-\$\$

### Loma Linda University

#### Center for Health Promotion

Evans Hall

Loma Linda, CA 92350

Phone: 909-824-4594

Fax: 909-824-4838

Types of Programs Offered: *health and risk evaluation, international travel clinic, weight management, nutritional counseling, community health lectures, corporate wellness, addiction recovery, smoking cessation, stress management, exercise and fitness, lifestyle multirisk reduction, asthma control.*

Live-in and walk-in sessions

Costs: 0-\$\$

### Loma Linda University

#### Medical Center

Loma Linda, CA 92350

Phone: 909-796-7311

Fax: 909-824-0800

Types of programs offered: *grief recovery, divorce rebuilding, spiritual journeys, relationships are my teachers, family of origin, trauma intervention.*

Live-in and walk-in sessions

Costs: 0-\$\$

### Pacific Health Education Center

5300 California Avenue, Suite 200

Bakersfield, CA 93309

Phone: 805-633-5300

Fax: 805-633-0108

Types of programs offered: *smoking cessation, weight reduction, stress management, breast-feeding classes, parenting classes, vegetarian cooking classes, health education training seminars.*

Live-in and walk-in sessions

Costs: 0-\$\$

### Paradise Valley Hospital

2400 East Fourth Street

National City, CA 91950

Phone: 619-470-4321

Fax: 619-470-4124

Types of programs offered: *smoking cessation, infant/child CPR, prenatal (Lamaze) courses, Alcoholics Anonymous, Narcotics Anonymous, senior health, weight management, controlling hypertension, stress management, back care, nutritional counseling, blood pressure screening, flu shots, exercise classes, etc.*

Walk-in sessions

Accreditation: *Joint Commission on Accreditation of Healthcare Organizations, Commission on Accreditation of Rehabilitation Facilities.*

Costs: 0-\$\$

### St. Helena Hospital and Health Center

650 Sanitarium Road

P.O. Box 250

Deer Park, CA 94576

Phone: 707-963-3611

Fax: 707-963-6461

Types of programs offered: *smoking cessation, chemical addiction recovery, weight control, Brainworks Unlimited, personalized health programs.*

Live-in and walk-in sessions

Accreditation: *Joint Commission for the Accreditation of Healthcare Organizations.*

Costs: 0-\$\$\$\$

### Sonora Community Hospital/Adventist Health

1 South Forest Road

Sonora, CA 95370

Phone: 209-532-9150

Fax: 209-532-9134

Types of programs offered: *nutrition, diabetes control, grief recovery, phone service for latchkey kids, mobile wellness van.*

Walk-in sessions

Accreditation: *Joint Commission for the Accreditation of Healthcare Organizations.*

Costs: 0-\$

### Weimar Institute

20601 West Paoli Lane

P.O. Box 486

Weimar, CA 95736

Phone: 916-637-4111

Fax: 916-637-4408

Types of programs offered:

*NEWSTART® lifestyle education, reversing diabetes, cooking schools, health screenings, blood pressure screening.*

Live-in and walk-in sessions

Professional Association: *Adventist Laymen's Services and Industries.*

Costs: 0-\$\$\$\$

### White Memorial Medical Center

1720 Cesar E. Chavez Avenue

Los Angeles, CA 90033

Phone: 213-268-5000

Fax: 213-265-5083

Types of programs offered: *support groups*



(diabetes, domestic violence, strokes, Narcotics Anonymous, etc.), women's and children's services, classes (nutrition, weight management, asthma, diabetes, aerobics, smoking cessation, etc.), senior events, referral services.

Walk-in sessions

Accreditation: Joint Commission on Accreditation of Healthcare Organizations, California Medical Association Department of Health Services, Commission on Accreditation of Rehabilitation Facilities, American Association of Blood Banks.

Costs: 0-\$

## COLORADO

Eden Valley Lifestyle Center

6263 North County Road 29

Loveland, CO 80538

Phone: 800-637-9355

Fax: 970-677-1742

Types of programs offered: 7-day, 14-day, and 17-day lifestyle programs designed for smoking cessation; stress management; losing weight; controlling high blood pressure, diabetes, arthritis, allergies, etc.; using diet, herb remedies, hydrotherapy, and massage therapy.

Live-in and walk-in sessions.

Professional Associations: American Massage Therapy Association; Outpost Centers, Inc.; Certified Myopathic Therapy.

Costs: \$\$\$-\$\$\$\$

## FLORIDA

East Pasco Medical Center

7050 Gall Boulevard

Zephyrhills, FL 33541

Phone: 813-788-0411

Fax: 813-715-6607

Types of programs offered:

NEWSTART® 21-day lifestyle change institute, support groups (arthritis, bereavement, cancer, etc.), seminars (depression, healthy cooking, smoking cessation, etc.), screenings (blood pressure, hearing, glaucoma, etc.).

Live-in and walk-in sessions

Professional Associations: Weimar Institute

Costs: 0-\$\$\$\$

## HAWAII

Castle Medical Center

640 Ulukahiki Street

Kailua, HI 96734

Phone: 808-235-8737

Fax: 808-236-1119

Types of programs offered: smoking cessation, weight reduction, stress/anger management, CPR/first aid, medical self-care, vegetarian nutrition, corporate health screenings, mobile health museum/clinic, aerobics and fitness, prenatal and parenting, mental health and addiction recovery.

Live-in and walk-in sessions

Accreditation: Joint Commission for the Accreditation of Healthcare Organizations.

Costs: 0-\$\$\$\$

## MAINE

Parkview Memorial Hospital

329 Maine Street

Brunswick, ME 04011

Phone: 207-729-1641

Fax: 207-725-8484

Types of programs offered: adult/infant CPR, baby-sitting, sign language, smoking cessation, grief recovery, lifestyle choices, prenatal and parenting classes, vegetarian cooking, weight control, diabetes control.

Walk-in sessions

Costs: 0-\$\$

Poland Spring Health Institute

226 Schellinger Road

Poland, ME 04274

Phone: 207-998-2894

Fax: 207-998-2164

E-mail: 71041,2216@compuserve.com

Types of programs offered: 7-day, 14-day, and 21-day coronary heart reconditioning and general health programs.



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## MARYLAND

### Shady Grove Adventist Hospital

9901 Medical Center Drive

Rockville, MD 20850

Phone: 301-279-6000

Fax: 301-340-7102

Types of programs offered: healthy cooking, pediatric safety, smoking cessation, nutrition counseling, asthma management, stress reduction, maternity classes, physician lectures.

Walk-in sessions

Accreditation: Joint Commission on

Accreditation of Healthcare Organizations.

Costs: 0-\$\$

### Washington Adventist Hospital

7600 Carroll Avenue

Takoma Park, MD 20912

Phone: 301-891-7600

Fax: 301-891-5991

Types of programs offered: exercise classes, maternity classes, physician lectures, CPR, healthy cooking, stress reduction, diabetes management, pediatric safety, smoking cessation, support groups.

Walk-in sessions

Accreditation: Joint Commission on

Accreditation of Healthcare Organizations.

Costs: 0-\$\$

## MASSACHUSETTS

### Boston Regional Medical Center

5 Woodland Road

Stoneham, MA 02180

Phone: 617-979-7000

Fax: 617-665-5235

Types of programs offered: exercise classes, stress management, weight control, smoking cessation, support groups, baby-sitting classes, prenatal and parenting classes, first aid/CPR.

Walk-in sessions

Accreditation: Joint Commission for the Accreditation of Healthcare Organizations.

Costs: 0-\$\$

## NEW JERSEY

### Hackettstown Community Hospital

651 Willow Grove Street

Hackettstown, NJ 07840

Phone: 908-852-5100

Fax: 908-850-6822

Types of programs offered: addiction recovery, baby-sitting basics, breast cancer awareness, first aid, healthy heart, medication awareness, nutrition, smoke stoppers, stress management, 15 different screenings.

Walk-in sessions

Accreditation: Joint Commission for the Accreditation of Healthcare Organizations.

Costs: 0-\$\$

## OHIO

### Kettering Medical Center

3535 Southern Boulevard

Kettering, OH 45429

Phone: 513-298-4331

Fax: 513-296-4226

E-mail: [www.ketthealth.com](http://www.ketthealth.com)

Types of programs offered: addiction recovery, stress management, surviving domestic abuse, elder care, CPR training, screening for heart attack/strokes, cancer support and screenings, arthritis support, grief recovery, sleep disorders, childbirth and parenting seminars.

Walk-in sessions

Accreditation or professional associations: Joint Commission for the Accreditation of Healthcare Organizations, CARF, American Health Association, Ohio Health Association, Interhealth.

Costs: 0-\$\$\$

## OKLAHOMA

### Colonial Health and Education Center

18750 NE. Sixty-third

Harrah, OK 73045

Phone: 405-454-6653

Fax: 405-454-6166

Types of programs offered: five-day, 10-day, and 21-day live-in lifestyle change programs, food allergy testing, organic rotation diet, health education, natural health laws, home hydrotherapy, nutrition, food preparation/cooking schools.

Live-in and walk-in sessions

Costs: \$\$-\$\$\$\$

### Lifestyle Center of America

Route One, Box 4001

Sulphur, OK 73086

Phone: 800-213-8955

Fax: 405-993-3902

E-mail: [life@brightok.net](mailto:life@brightok.net) OR

<http://www.lifestylecenter.com>

Types of programs offered: one-day, three-day, seven-day, 10-day, 12-day, 19-day residential, physician-supervised, lifestyle education specializing in the prevention/reversal of heart disease, diabetes, and hypertension; weight reduction; smoking cessation; stress-related illnesses; corporate physicals; group wellness retreats.

Live-in and walk-in sessions

Accreditation or professional associations: physicians are board-certified.

Costs: \$\$-\$\$\$\$

## ONTARIO

### North York Branson Hospital—

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Willowdale, Ontario

Canada M2R 1N5

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## OREGON

### Adventist Medical Center

10123 SE. Market Street

Portland, OR 97216

Phone: 503-257-2500

Fax: 503-251-6843

Types of programs offered: *grief support, vegetarian cooking, diabetes self-management and support, first aid, stress management, effective communication, financial management, cancer support, smoking cessation, aerobic exercises, maternity and parenting classes, senior health seminars.*

Walk-in sessions

Accreditation or professional associations: *Joint Commission for the Accreditation of Healthcare Organizations and Oregon Association of Hospitals and Healthcare Systems.*

Costs: 0-\$\$

### Tillamook County General Hospital

1000 Third Street

Tillamook, OR 97141

Phone: 503-842-4444

Fax: 503-842-3062

Types of programs offered: *smoking cessation, low-fat cooking, employee wellness, In Pursuit of Excellent Health, childbirth preparation, maternity support.*

Walk-in sessions

Accreditation or professional associations: *Joint Commission for the Accreditation of Healthcare Organizations and Oregon Association of Hospitals and Healthcare Systems.*

Costs: \$\$

## PUERTO RICO

### Bella Vista Hospital

Apartado 1750

Mayaguez, PR 00681

Phone: 787-834-2350

Fax: 787-831-6315

Types of programs offered: *smoking cessation, alcohol and drug education, diabetes control, prenatal and parenting classes, nutrition, natural remedies, sexually transmitted diseases.*

Walk-in sessions

Professional Associations: *College of Professional Nurses of Puerto Rico, American Association of Diabetes Education.*

Cost: 0-\$\$

## SOUTH DAKOTA

Black Hills Health  
and Education Center

HC89, Battle Creek Road

P.O. Box 19

Hermosa, SD 57744

Phone: 800-658-5433

Fax: 605-255-4687

Types of programs offered: *wellness program provides 13- or 20-day live-in assistance for diabetes, heart and vascular diseases, obesity, smoking, depression, allergies, arthritis, fatigue, etc.*

Live-in sessions

Professional Associations: *Adventist-Laymen's Services and Industries.*

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## TENNESSEE

### MEET Ministry and Our Home Health Center

Route 4, Box 180-A

Huntingdon, TN 38344

Phone: 901-986-3518

Fax: 901-986-0582

Types of programs offered: *21-day lifestyle program for weight management, smoking cessation, stress management, arthritis, diabetes, high blood pressure, cancer prevention, etc.; medical missionary training programs and workshops.*

Live-in sessions

Costs: \$\$\$\$

### Takoma Adventist Hospital

401 Takoma Avenue

Greeneville, TN 37743

Phone: 423-639-3151

Fax: 423-636-2374

Types of programs offered: *smoking cessation, prenatal health education, skilled nursing unit.*

Live-in and walk-in sessions

Cost: 0-\$\$\$\$

## TEXAS

### Huguley Memorial Medical Center

11801 South Freeway

P.O. Box 6337

Fort Worth, TX 76115

Phone: 817-568-5312

Fax: 817-568-1292

Types of programs offered: *fitness classes, smoking cessation, weight control, stress management, addiction recovery, health risk assessment.*

Live-in and walk-in sessions

Professional Associations: *Association of Hospital Health and Fitness.*

Costs: \$\$-\$\$\$

## WASHINGTON

### Walla Walla General Hospital

1025 South Second Avenue

P.O. Box 1398

Walla Walla, WA 99362

Phone: 509-525-0480

Fax: 509-527-8225

Types of programs offered: *body fat assessment, weight management, exercise classes, cooking healthfully, adult CPR, grief recovery, smoking cessation, help for headache sufferers, managing diabetes, becoming an organ donor, cancer screening, employee wellness, pregnancy testing, child CPR, preparing for childbirth, baby-sitting classes.*

Walk-in sessions

Accreditation: *Joint Commission on Accreditation of Healthcare Organizations.*

Costs: 0-\$\$

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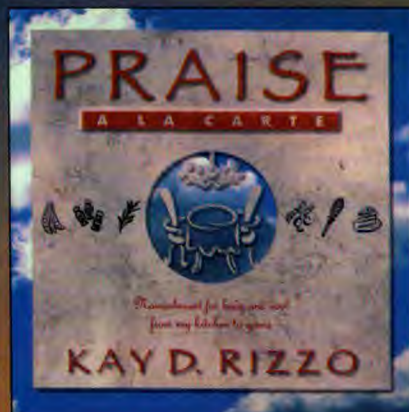
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