EDITORIAL

Mission Minded

Your mission, should you choose to accept it... is to take the gospel to all the world. You will baptize them in the name of the Father and the Son and the Holy Spirit. You will teach them to observe all that Jesus has commanded, for without the love of Christ, this world will self-destruct...

Sound impossible? Not at all. The Bible tells us that God "is the bread of life" (John 6:48). "In Him is life, and the life is the light of men" (John 1:4). People need the Lord. It's a fact. The Bible also says that if we keep silent regarding our Lord, "the stones would immediately cry out" (Luke 19:40).

Mission Impossible? Heaven forbid. The Bible promises that we "can do all things through Christ who strengthens us" (Philippians 4:13).

The Amazing Discoveries Organization is mission-minded. And because it's helpful when embarking on a mission to know where you're going and from whence you've come, we've created the following mission statement:

"Amazing Discoveries is a lay-initiated, lay-organized, lay-led, and primarily lay-funded organization. Members of Amazing Discoveries are deeply interested in participating personally in evangelism, rather than merely being spectators. We seek a unique and dynamic method of approaching secular audiences, presenting Biblical truth as stated in the 27 Fundamental Beliefs of the Seventh-day Adventist Church, via lectures, Bible Correspondence courses, audio and video tapes, cooking schools, etc.

Our desire is that more and more lay members will become personally interested and involved in spreading the three angels' messages and that all people will come to know the Savior Jesus Christ, and be strengthened in the Truth in preparation for last-day events."

How about you? Are you mission-minded?

"...lay up for yourselves treasures in heaven..." Matt. 6:20
From the Mailbag: Correspondence Course Credits Keep Coming

Amazing Discoveries has mailed out over 650 enrollment cards for the Voice of Prophecy Bible Correspondence courses to everyone who attended the Walter Veith meetings and any other interest contacts. We currently have 30 students enrolled (as of this publication) and more are coming in every day. So far, Wendy Penner has been doing the colossal job of marking the lessons (Thanks, Wendy!) Students have been very faithful in turning in their lessons, many of them with extra questions. Some students even forego the circle answers sections and opt for essay responses instead. Clearly, the students are putting time and thought into their studies!! Please pray for the students as they search for truth and begin walking with Christ.

WANTED: Creative Thinkers

We need slogans and titles. We need catchiness. We need you. It's a contest. And it's open to anyone!

a. Slogan Wanted: We need a catchy phrase that embodies our entire mission statement (see editorial).

b. Book Title Wanted: We need a "grab-em-and-make-em-read" title for Dr. Veith's newest book, slated for publication in December. This new book covers all of his lectures on creation/evolution and the Bible, not including health issues. Book title deadline: Nov. 20. Get your ideas in now!

Please send us or fax us your ideas care of the address and fax number indicated on the bottom page of one of our newsletters.

PRIZES given for winning entries.

Be on the Look-Out!!

Have you seen our ad in the Messenger? Look for it in the November issue!
Milk Mustaches & Myths: The Truth About Osteoporosis

You've seen the ads—the latest, sexiest, smilenest Hollywood stars—all with milk mustaches! The underlying message in these dairy sponsored ads is that milk is good for you and makes you look good. If you want to be like those smiling, sexy models, drink milk. After all, that incredible bone structure could only come from adequate doses of calcium, necessary for the prevention of osteoporosis, and dairy products are an essential source of calcium, right? Right... and wrong.

Osteoporosis is a serious, debilitating disease that strikes many post-menopausal women. Getting enough calcium is a high priority in the prevention of osteoporosis because by the time osteoporosis is generally diagnosed, 50 to 75% of the original bone material has already been lost. But recent studies have shown that the dairy industry, with the support of the medical association, may not be giving the full story on osteoporosis.

It's true that dairy products contain fair amounts of calcium, but, and that's a big but, the animal proteins in dairy products pose a greater risk to the absorption of calcium than would plant originated proteins. This is because much of the calcium in milk is combined with casein (milk caseinate), and this culprit helps cause the very calcium in your milk to be eliminated or lost in the urine.

Here's how the contradiction unfolds:

1. Most people in the industrialized countries eat far more protein than the recommended daily allowance.
2. Excess proteins cannot be stored as proteins in the body, as the body is only geared for storing fat or carbohydrates. Hence, excess protein is metabolized into another form, one of the byproducts of which is ammonia.
3. Ammonia is highly toxic to the system, so the body transforms it into urea which is then eliminated by the kidneys. The more protein you eat, and thereby the more harmful waste products you produce, the more problems are created in the body, among which are cancer, kidney stone formation, progressive deterioration of kidney/renal function, and osteoporosis.
4. Sodium and calcium are reabsorbed into the body at various sites in the kidney excretion system. Animal proteins usually have more sodium than do plant proteins. So if you eat high sodium foods such as animal proteins, the amount of calcium that can be reabsorbed will be decreased (the kidneys can only handle so much volume). Reduced absorption means calcium loss.
5. Animal proteins have higher concentrations of sulphur-containing amino acids, as well, which also cause calcium loss. As the body metabolizes these sulphur-containing amino acids, the acidic excretions in the kidneys increases and this acid stress prevents the reabsorption of calcium, leading to calcium loss.
6. If calcium is lost because of high protein intake, the body will call on the reserves in the bones, thus laying the foundation for osteoporosis.

It shouldn't be surprising then that osteoporosis seems to be more common in countries where the consumption of dairy products is high. Oddly, vegan diets are often criticized on the grounds that they will lead to severe calcium depletion. There is, however, no evidence that this is true. In fact, studies have shown the exact opposite to be true. And if you're thinking that calcium supplements will do the trick, sorry, there is no clear evidence that dietary calcium supplements will slow the rate of bone loss in post-menopausal women either.

What to do then? Listening to the milk-mustached dairy ads could land you in a vicious cycle; you eat dairy products to obtain calcium, only to lose it because of the high rate of animal protein and its harmful effects on your body, so you eat more dairy products to make up for the loss, only to lose more. The best way to stop the cycle is to find other good sources of calcium and a variety of plant proteins rather than animal proteins. Plant protein sources such as tofu and soya milk do not cause calcium loss and are therefore excellent protein sources for restoring the calcium balance in your body. If you are looking for alternate sources of calcium, without the animal protein found in dairy products, here are some ideas:

- whole oats (this excellent grain source has the highest fat content & 2nd highest protein content of the grains)
- citrus fruit (an excellent source...surprise, surprise!)
- soy products (also an excellent source of protein)
- parsley (exceptionally rich in calcium)
- broccoli (1 of the richest veggie sources)
- figs (excellent source)
- macadamia nuts

Sesame seeds
- sunflower seeds
- currants
- cherries
- prunes
- dates
- kiwifruit
- raw chick peas
- olives
- garlic
- papaya
- green beans
- parsnips
- onions
- okra (very rich source)

So go ahead, snack on some figs and macadamia nuts. Make yourself a tabbouli salad with lots of parsley and bulgur...and smile. You're working at keeping dem bones looking good.

NOTE: Information for the Health Nugget was gleaned from Dr. Veith's book, Diet and Health, New Scientific Perspectives.

Staking a Claim

Do you want to be a member? Do you want to find out more about the Amazing Discoveries Organization? Amazing Discoveries provides opportunities for anyone to have an active role in evangelism and to reach out to secular society using unique methods. If you want to be involved, just fill out the following form and fax it to 599-8949. Or cut it out and send it to Amazing Discoveries, PO Box 189, 7101C - 120th St., Delta, BC V4E 2A9.

I would like to be a part of the Amazing Discoveries Association and help others discover more. Please send me a membership application.

Name:__________________________
Address:_______________________
Phone:_________________________