EDITORIAL

Breaking New Ground

She'd lost one. Big deal. She still had nine. It was only one coin out of ten, but it meant a lot to her. So she put on all the lights and cleaned the house from top to bottom. If only she could remember where she'd put it. Where had she last seen it? She searched everywhere. Every nook and cranny. Nothing was left unturned. And then, when she had almost given up hope, she found it! Relief! Joy! Excitement! She was so thrilled about finding her lost treasure that she called all her friends and neighbours over to help her celebrate. What a party!

Luke 15:9 recounts this story and tells of the great celebration in heaven when one sinner, one precious soul, returns to God. We are precious in His sight.

His love and His words of truth are precious in our sight. Good health, peace of mind... these are some of the priceless treasures that can be found in God. Author and Lecturer, Dr. Walter Veith, is committed to uncovering the rare truths that can be found in nature and in the Bible. He broke new ground in the study of geology, archaeology, and evolution to bring forward some amazing discoveries about creation and the Creator.

And now... we are breaking new ground. We're bringing you the first edition of the official Amazing Discoveries' Newsletter. Like the woman in Luke 15, we want to celebrate our finds with our friends and neighbours! To that end, this newsletter will be a forum for new and exciting discoveries. Published quarterly, it will keep you up to date on future lectures, health discoveries, and evangelism resources. You'll hear inspirational stories of how people have found real treasure, and you'll find out how you, too, can be involved in the exciting work of evangelism.

It was only one coin. And she already knew about it. Imagine the excitement of uncovering new treasure. Amazing possibilities wait for us as with God's direction we break new ground.

"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." Matt. 7:7

Amazing Discoveries: P.O. Box 189, 7101C - 120th St., Delta, BC V4E 2A9
Call: (604) 572-9457 Fax: (604) 599-9949
CREATIVE EVANGELISM
Who's behind it?

Over fifty volunteers committed this time to make the January 1996 crusade a success. Many people sacrificed their time and effort to forward the great deal of money needed to make this crusade a success. The founding Amazing Discoveries lay members are deeply grateful to those volunteers and donors and believe in this project and for giving their support.

The Amazing Discoveries Committee is comprised entirely of lay people who are committed to evangelism and who truly believe that Jesus is coming soon. They believe that evangelism is a "spectator sport" and are deeply concerned about someone involved in helping people uncover precious Bible truths.

From the Letter Files:
"You're one of my inspirers, according to the Bible, the work of the righteous man avails much. Thanks bro!" - R.J.

From the Letter Files:
"You have showed me what God really is, and I'm glad I hung on even when I had uncertainties. It is sure good to have the truth and to have come for it." - H.M.

"I've been an Adventist since the 50s, but I thought going to church on Sabbath and church and home discipleship groups have made a difference in my life. My relationship and understanding of Jesus Christ is closer today than ever before. Thank you!" - Thanks for having finally found what she was looking for. She stopped working on Sabbath even though that meant a cut in pay. She bought all of the Dr. Veith videos and enthusiastically lent them out to friends as she began to share her new found faith. She also began Bible studies with Pastor Bob Peifer and was baptized by him on March 15, 1996.

Praise God! Romy has found treasure unparalleled in the simple truths of the Bible and the accompanying peace of mind. Now if only the rest of her life would unfold as pleasantly as she plans to do with her new personal hairdressing and facials this fall while she pursues her career in journalism and children's literature.

From the Letter Files:
"Dr. Veith, I thank our loving grandson for speaking through you, and for giving me a new start. Too many people are very dear to me who have made their commitment to Jesus and have made decisions in their lives. Thanks for your seminars. Praise God! Thank you very much!" - Carlene Grohman

CATCH OF THE DAY:
Fisherman's Family Finds Faith

When on earth, Christ sought out the fisherman to come and follow Him. He still seeks them.

Ken Takahashi, a Stevenson, Richmond area fisherman, heard the call. Says Ken, "I guess I could say I was destined to a great group. We all drank and swore. But things have changed." (A LOTT) says his wife, "We are happy. He really clapped it off." And where was Ken during all this time? Well, this rough and tough fisherman wasn't very anxious to join a Bible study, but last August, his family coaxed him into it. He had to do it with his wife who was already attending. He soon learned the beginning of Dr. Veith's lectures. He usually attended and was impressed. He really appreciated that Dr. Veith didn't use the Bible, Scripture, not personal opinion. Ken had met some SDAs in Port Hardy but never really connected with them, so his own search for truth. He had always thought it very odd that they would pay $100,000 for a fishing license only to pass up on good fishing if it happened to be a Saturday. Now he stressed, "The Sabbath is far too grander than a boatload of fish!!"

This fall, Ken filled his boat with a load of salmon on March 30 by Pastor Lynn Baerg. They were anxious to share their fish with other family members.
HEALTH NUGGET

Avoiding a Baaaaa-d Sleep

Having trouble sleeping at night? Counting sheep isn’t helping? Maybe you should avoid eating them! And cows. And chickens. And fish. And anything else in the animal kingdom!

It turns out that a diet high in animal proteins often leads to problems of sluggishness, heartburn, ulcer formation and a host of other problems guaranteed to play havoc with your peace of mind... if not your sleep. Just what is the correlation between meat eating and health concerns?

Well, protein is digested by two kinds of enzymes, exopeptidases which work from the outside in and endopeptidases which operate from within the protein. Two of the latter’s more common enzymes are pepsin and trypsin. Pepsin is secreted in the stomach in an inactive form. It is activated by hydrochloric acid which is also secreted in the stomach. Pepsin will only be activated if the pH drops below pH 6. Hence, protein digestion in the stomach only takes place in acidic conditions. The type of protein to be digested influences the pH at which pepsin operates. Animal proteins are digested at lower pH levels (hence more acid) than plant proteins. Eggs, for example, require a pH of 1.5 which is considerably lower than the pH optimum of pepsin and much lower than pH requirements for plant protein digestion.

The fact is, a diet high in animal proteins will require longer periods of stomach digestion, at lower pH levels, than plant proteins. Longer stomach retention encourages fermentation and this, in combination with higher acid levels, contributes to the yucky sluggish-heartburn-ulcer conditions mentioned before.

To recap:

-You eat meat.
-Meat is a protein.
-Protein needs acid for digestion.
-Meat protein needs more acid than plant protein.
-Meat protein stays in your tummy longer and starts to rot.
-Rot & acid cause tummyaches, etc.
-Your tummy hurts; you don’t sleep.

Things get even more complicated. Animal products have a high free-fat content. Fat isn’t digested in the stomach, so it just floats around coating the food in slime and inhibiting the water-soluble pepsin from operating efficiently.

Fat isn’t digested in the stomach, so it just floats around coating the food in slime.

You can further complicate this already complex digestion process by drinking lots of fluids with your meals. Liquids consumed during the meal dilute enzyme concentrations in the stomach and, therefore, slow down the rate of protein digestion. Water should be taken before or after the meal—not during it.

So, next time counting sheep just isn’t working for you, consider eliminating them and other meat proteins from your diet. You might find yourself sleeping better. At the very least, it could cut down on your mad cow disease nightmares!

NOTE: All scientific data in this health nugget was gleaned from Dr. Walter Veith’s newest book: Diet and Health. Southern Publishing Association, pg. 16, 17.

Exciting new plans and announcements in the upcoming newsletter!!!!

Look for the next issue in early fall!!!!

HUMOUR UNEARTHED!

It seems there were a few technical difficulties with some of the video tapes sold during the January 1996 Walter Veith Meetings.

The Amazing Discoveries Committee sent a letter of apology to all the purchasers and urged them to exchange the video tapes for new ones.

A typo in the letter inadvertently shed some light on the creation / evolution debate. It said: Please return all defective apes. Defective apes?

TOOLS OF THE LAY EVANGELISM TRADE:

Videos, audios, and the book Diet and Health are still available from Amazing Discoveries. Call (604) 572-9457 for the NEW CATALOGUE and order form. Or fax us (604) 599-9949 or mail us:

PO Box 189
7101C - 120th Street
Delta, BC
V4E 2A9

The new book, From Atheism to Creationism, which features summarized articles on each of Dr. Veith’s lectures, including graphics and references will be available in the fall of 1996!

Look for its arrival in the next Treasure Uncovered!!!