

# FATH

**ON THE LINE**

**DARE TO STAND**

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# EDITOR'S CORNER

**W**hy is blood the recurring theme of this issue? Because it's fascinating, controversial, and provocative.

Fascinating, because each tiny red blood cell performs thousands of miracles every day—miracles man cannot duplicate in the manner and speed in which these mighty little machines do it. Yet people insist they understand the workings of the body and the origins of life on Planet Earth.

Controversial because, in our ignorance, we invent diets and cures for what we don't even understand, like the evolution-based *Eat Right for Your Blood Type* deception that is so popular among naturopaths.

Provocative because it's a sight we don't like to see. Life *is* in the blood. We know it as we try to staunch the bleeding of someone hurt in a terrible accident. We know it as we donate it to be stored in little bags to give life to the dying, or, if unhappily, we be one of those very ones needing some donor's life-giving blood. We know it as we look at the Lamb slain from the foundation of the world, and whose blood was figuratively sprinkled daily in the sanctuary.

Are you covered by His blood? Have you received His life and death in the place of yours? Without it, in your own strength and merit, you can never be whole. Salvation is a miracle that needs to happen in your heart every day of your life.

*Wendy*

Our aim is to urge men and women to stand for truth and resist error. We pray that in times of serious compromise our ministry will equip you with solid information on current end-time issues and trends, and encourage you to live a life apart from worldly influences.

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**FAITH** ON THE LINE  
DARE TO STAND





Where Is He Really Going?

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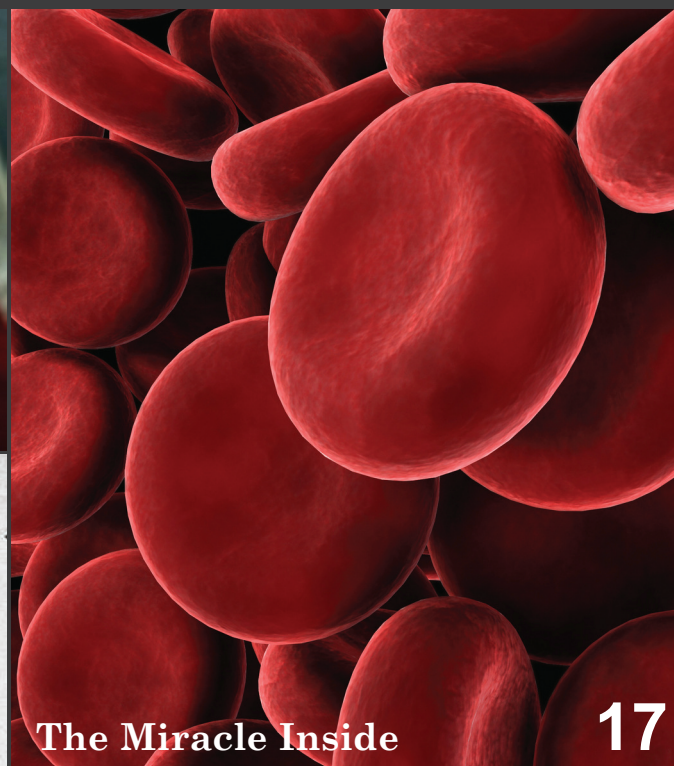
## The Day that Changed the World



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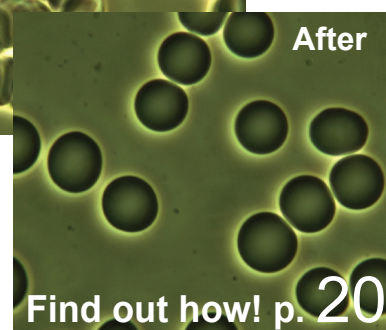
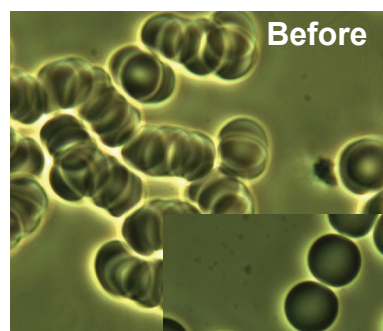


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# nothing but

BY JOHN TRIPLETT

**A**ll people search for peace. Peace from the whispers of a troubled conscience, peace from guilt and shame, peace from mistakes of the past, peace from uncertainty. The longing for inner peace is one of the common needs transcending all cultural backgrounds and societies.

But where did this longing for peace come from? Where did it begin? This battle for inner peace began in the Garden of Eden.

## **Sin and Separation**

Adam and Eve were created to live in harmony with God. They were to know nothing but peace, but they chose to sin, separating themselves from God and bringing shame and guilt upon themselves and all their descendents. Sin is war against God, His government, and His character. Adam and Eve's choice to sin eventually brought horrific war, mayhem, and chaos to this planet.

Since that terrible day in the Garden, humans have desperately wanted that peace that was lost. Most people throughout the ages have chased that peace in all the wrong ways. Philosophers have written tomes about how to find it, but in the end they have failed miserably.

So how does one obtain true peace? Does it come from the penance that sincere Roman Catholic Christians perform? Does it come from walking across coals of fire in pagan rituals? Does it come from doing good works within your own circle of influence? No. True peace cannot come through our own actions or intentions.

## **Atonement through Christ**

In politics, peace is often obtained through dialogue that leads to treaties and agreements. God goes about signing His peace treaty with us in a more intense and invested manner. Leviticus 17:11 says this about how God brings us peace:

*For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul.*

The two operative words in this verse are *blood* and *atonement*. Atonement means to make peace, or to bring into oneness. Because of sin, we have been separated from God. But it doesn't have to stay that way. The God of heaven has a revolutionary solution to bring us back into oneness with Him.

## **Peace through Blood**

Leviticus 17:11 says quite clearly that blood makes atonement. Notice what the verse does not say. It doesn't say that performing painful penances makes an atonement for the soul, or feeding the homeless make atonement for the soul. It is only by the blood that we are brought back into oneness with God.

The word blood in the aforementioned verse is connected to life. The blood is in reference to the life of the individual. The Old Testament talks about shedding the blood of animals as atonement. But are we saved by the blood of animals? Certainly not. The animals are simply a symbol that God used in order to teach His people a lesson about the Messiah who was to come (See 1 Peter 1:19).

The blood of Jesus, which symbolizes the life of Jesus, saves us. The only way that sin could be met is with the justice of death (See Romans 6:23). Jesus came to live a perfect life in your place, and to die in your place as a perfect substitute.

What are the implications of such a truth as that? What hits me when I read Leviticus 17:11 is that you, me, the famous movie stars, the presidents, the highest moral leaders, the homeless beggars on the streets, and the mass murderers on death row are all on the same level. We are all sinners destined for destruction without the blood of Christ that makes atonement.

Some may be inclined to think that they are on higher ground spiritually because of their good works. But to think in such a way is quite dangerous because we are actually on the same ground. We are all sinners and our best works apart from the blood (life) of Christ are void and meaningless. Perhaps this is why at the very end of time many professed Christians will be shocked to find out that they will not be among the redeemed.

*Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from me, ye that work iniquity (Matthew 7:22-23).*

We need to understand that everything we do amounts to nothing in comparison to what Christ has done for us. If we keep this thought ever



# the blood

before us we will be hard-pressed to think of ourselves more highly than we should. This will also help us to view every single person we come across as a very special person in the eyes of God, and a candidate for Heaven.

The good works we do are to show God that we love Him, to glorify Him and to share His love with others. They're not about us at all.

So, what can we learn by contemplating the concept of blood in the Bible?

We learn that, despite the seeming contradiction, blood brings peace to us and reconciles those who were once estranged to God.

Leviticus says "the life is in the blood". When we link that to the blood of the lamb shed in the sanctuary, we realize that that very blood that was shed was the life of God's Son lived in our stead and given in our place. Our life, our peace is in that blood. ■



*John Triplett, once an aspiring hip-hop artist and devout atheist, surrendered his life to Jesus Christ in 1997 through the study of the intricacies of secret societies. Since becoming a Christian, he has taught in North America and Europe the same Bible truths that changed his life. Because of his background, his passion is to expose current end-time deceptions and to lead others into a saving relationship with Jesus Christ.*



# 2008-2009 india REPORT

By Victor Gill

Have you ever felt drawn to do something you didn't want to do, or go somewhere you really didn't want to go? That's how I felt about India in 2008. But I couldn't find rest or peace in following my own inclinations, even though my dearest and closest friends were trying to persuade me not to go. However, on Nov. 25, 2008, I found myself at the Indian Embassy in Vancouver applying for a visa, as well as applying for my airlines ticket to Hyderabad. This would be my first time away from family and friends at Christmastime since my wife and I were married forty-seven years ago.

What an experience—one I shall never forget. Oh the joy it brought to my heart. When I left for India I did not have a clear picture of what I would be doing there. I just knew God was calling me. How often I have sung the hymn, "Where He leads me I will follow, yes my Lord I'll follow Thee" and here was my privilege to put it into practice. As soon as I arrived it became very clear to me what I would be doing. It was something new, something that had never happened before in India according to Elder Bob Robinson, Secretary for the Southern Asian Division.

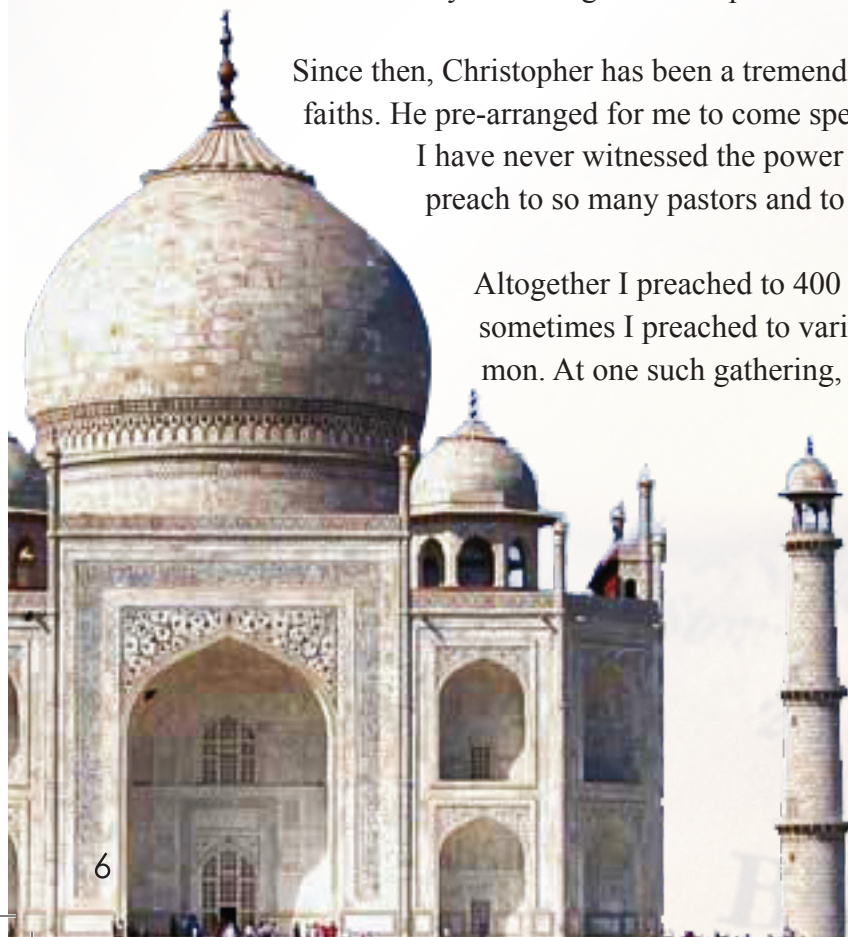
Three years previously, a group of us had gone to India to preach to the people in villages. Usually we would include about ten villages each, at times this would increase to twelve to thirteen in total. Barry Mills was one of our speakers that year and a lawyer of tremendous influence named Christopher Gad-dam came Barry's meetings and accepted the truth.

Since then, Christopher has been a tremendous witness among pastors and church leaders of other faiths. He pre-arranged for me to come speak to these groups of pastors in December of 2008.

I have never witnessed the power of God so strongly as when He gave me freedom to preach to so many pastors and to see them embrace the Truth so readily.

Altogether I preached to 400 or 500 pastors. During the Christmas season there sometimes I preached to various groups at night. Three to five hundred was common. At one such gathering, there were between two and three thousand people present, and a hundred pastors. The next day I was heading the newspaper with my picture on the front page, preaching to all these people.

During the day, I preached to the pastors three times a day—twice every morning and again once in the afternoon, for a total of twenty-one subjects. These included the Sabbath, the change of the Sabbath, the little horn, Daniel 7, the Mark of the Beast, and the USA in Bible prophecy. The pastors were spellbound.





They had never heard anything like it. Apparently, during their noon break, the pastors were talking among themselves and saying, “All our lives we have been in darkness, now someone has come from half way around the world and has brought us the light of Truth.” Praise God!

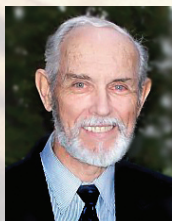
Now these pastors are asking me to come and preach to their people. Some of them pastor several churches with over 800 members in one church.

Truly the words of Jesus in John 4:35 are more true than ever! “Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest.” One person cannot do it all. Read Luke 10:2 and pray over it—and let me know if it moves you.

Plans are now in place for me to go to India again for another month, from the end of March till the end of April. I would have stayed another month when I was there, but I had to come back to do a series in Penticton. As soon as we are done in Penticton, I’m off to India again. Who knows what God will do. The harvest truly is great, it is ripe and God is anxious to gather in the sincere in heart. They are everywhere, especially in India right now. Thank you for your prayers and your support. ■

Yours and His,

*Victor*



*Victor Gill has served for twenty-two years as a well-loved pastor of various churches from Newfoundland to BC. Thirteen of those years were also spent in evangelism in both Canada and the Ukraine. Although now officially retired, Victor Gill is still involved in evangelism and revival ministry both in Canada and abroad, traveling with his wife, Nettie, to Ukraine and India on frequent evangelism and mission trips. Victor has a passion for God and His Word, and has most recently been strongly convicted of the urgency of the times and of the imminent return of Jesus Christ. His evangelistic series focuses on Bible prophecy and end-time events and has brought many to a saving knowledge of Jesus.*





# 1844 Chronicles

## THE DAY THAT CHANGED THE WORLD

By Walter J. Veith

Many would say that September 11, 2001, was the day that changed the world. On that day, the war on terror began and legislation was set in motion to limit American freedoms.

But was September 11 really the day that changed the world? Wasn't the world already moving in a direction of control? The events were certainly shocking, but the truth is that 9-11 was just a catalyst for plans that had been waiting in the wings all along.

The real date that changed history was not in 2001, but rather in 1844. To most, that year means nothing. But in 1844 multiple movements were birthed that were destined to change the world.

The year 1844 is familiar to Seventh-day Adventists as the year that a group of Millerites mistakenly expected the Second Advent of Jesus Christ. On October 22, 1844, these men, women, and children longingly expected to see their Saviour and their loved ones that had passed away. They waited for the signs of Christ's appearing. But as they watched the sun slowly slide below the horizon after a long day of waiting and watching, their hope slipped from them. As night fell, they faced their dashed expectations with bitter disappointment. Many turned their backs on God



when He didn't deliver on their understanding of Scripture. But some did not give up.

Little did those people realize the momentous times in which they lived. Four years later, in 1848, a group of people started coming together in what was known as the "Sabbath Conferences." They studied the Bible to correct the errors in their thinking and to discover what the prophecies were really all about.

Out of those Sabbath Conferences came a theology that was not new but resurrected—many of these doctrines had been discovered during the Reformation and forgotten.

Here are five fantastic discoveries that had been hidden

in the sands of time:

The **Sanctuary doctrine**—the whole plan of salvation laid out in type. As the people started unravelling this plan, they started understanding the ministry of Jesus and what had happened on the day of their disappointment.

Out of the sanctuary doctrine and the Great Disappointment, the great message of the **Second Advent** was formed, the **Sabbath** was discovered in all its beauty, the **state of the dead** was unravelled, and the **Spirit of Prophecy** was established.

These are the five pillars of Adventism, which make this denomination unique. It is also these points

that many of our members want to water down, because it's uncomfortable being different. These doctrines inspired the pioneers to recognize the Three Angels' Messages, and thereafter the Adventist Church movement was born.

Back in 1844, as all these events were happening, and Second Advent furor was spreading across the globe, was Satan sitting idly while the message went to the world? No, "the dragon was wroth with the woman, and went to make war with the remnant of her seed" (Revelation 12:17).

He devised a plan to confuse every kind of individual, from the one that doesn't want anything to do with God and is looking for a way out, to the one that does want to follow God.

### Counter Strategy

Knowing that he had to destroy this message of truth, Satan developed counter-strategies. His first strategy was a **counter-theology**. But he knew that a counter-theology would only offer two opposing theologies. Anyone could use the Bible to decide which theology was correct. He needed another plan. He needed to **pervert truth and present lies as truth**. Let's look at his strategies in more detail:

The Sabbath Conferences were Bible-based, so Satan initiated strategies that were not Bible-based.



### Marxism

In August of 1844, Karl Marx and Friedrich Engels met in Paris and started a lifelong association. On November 19, 1844, Engels wrote to Marx, "We are at present holding public meetings all over the place to set up societies for the advancement of the workers...By a huge majority everything Christian was banned from the rules."<sup>i</sup> Marx had already written the book *The Essence of Christianity*, where he called religion "the opium of the people," so Engels and Marx were very pleased with the ban. Engels also wrote to Marx, "The criticism of religion is the prerequisite of all criticism and we are working for the abolition of religion and for real happiness." And we see how much happiness the Marxist system has brought to its citizens.

This strategy still operational today. The trade unions of the world run on Marxist strategies. The sickle and hammer are their symbols, and they have kept the same old rhetoric since the beginning.

The strategy of Marxism satisfied the underdog. The next strategy—atheism—targeted the intellectual.

### Atheism

In the same year, 1844, Charles Darwin wrote the first draft of *The Origin of Species* and sent it out to all his colleagues for evaluation. How much of the world has trodden into that cesspool? Satan was very successful with that ideology. We see it everywhere now—in universities and textbooks and even on buses, and we have the arduous task of presenting counter-arguments to something so stupid as this belief.

The great professors of the world—such as Dawkins—sit in the chairs of Cambridge and Oxford and belong to a

society that calls themselves "the Brights."<sup>ii</sup> Dawkins writes, "God almost certainly does not exist." There is probably no more pathetic statement than that—either He exists or He doesn't, but He certainly cannot "almost certainly not exist." Dawkins is scared of something.

These counter-strategies negate God and soothe the carnal mind in the belief that we can be happy without God. But not everyone will fall for such a strategy, so Satan had to also begin a campaign of perversion of truth.

### Perversion of Truth

#### Dispensationalism

In 1844, John Nelson Darby came up with a doctrine called **dispensationalism**—a method of interpreting the Bible that divides history into distinct eras or "dispensations" in which God deals with people in a distinctive way and, in some cases, in which God's ethical standards change. The dispensationalist doctrine spread through the world like wildfire. Ninety-five percent of the Christian world today is dispensationalist. In other words, when you walk into any

mainstream Protestant church, you'll hear dispensationalism preached.

Dispensationalism is a Jesuit doctrine. Roman Catholic sources say that the founder of dispensationalism was the Jesuit priest Manuel Lacunza (1731-1801). Born in Chile and posing as a converted Jew under the pseudonym Juan Josafat Ben-Ezra, he wrote a large apocalyptic work in Spanish entitled *The Coming of the Messiah in Glory and Majesty*. It remained virtually unknown for many years. Then an enterprising man named Edward Irving translated it into English. Is it just coincidental that modern speaking in tongues started in Irving's church.

Darby took this doctrine and modernized it, after which Roman Catholic cardinals added a touch or two about the Antichrist coming from the tribe of Dan. They fed it to Christianity, which ate it hook, line, and sinker.

Not only did Satan bring in dispensationalism, he also brought in **antinomianism**—going so far as to say that it is sinful to keep God's law. That's really turning the Gospel on its head.

Satan also added a few extra twists in his perversion of truth:

#### Quakers

Satan wanted counterfeit religion to flourish, so in 1844, the Quakers start quaking, and the Holy Spirit was "quaked" into world.

#### Rapping

In 1844, the rapping also started in a certain house, which a few years later, would be occupied by the famously occult Fox Sisters.

#### Mormon Movement

In 1844, Joseph Smith started the Mormon movement, claiming to be divine and of the order of Melchizedek.<sup>iii</sup> On June 27, 1844, Smith was martyred. Mormonism became a megamovement of counterfeit Christian ideology.

#### Spiritualism

The spiritualistic secret society Delta Kappa Epsilon also began in 1844 at Yale, ensuring that the universities were accessible for New Age error.

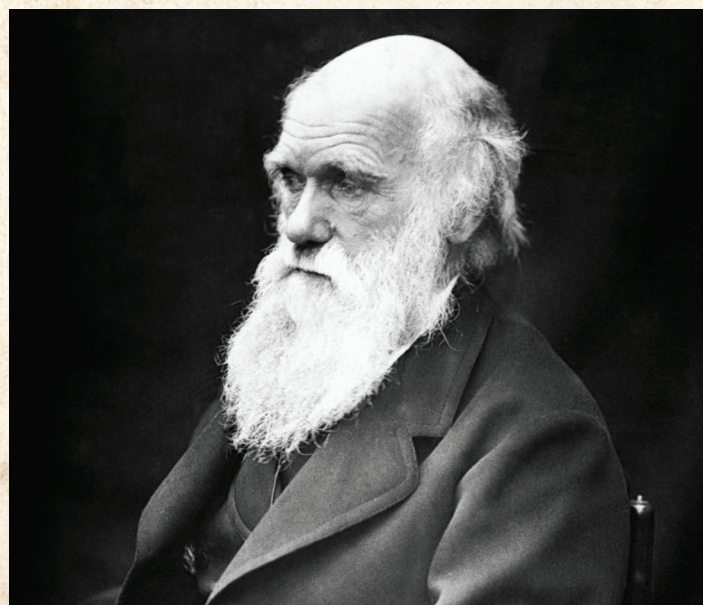
#### Babism (the Bahai Faith)

Siyyid 'Ali-Muhammad rose in 1844 to say "I am the Bab," starting the Bahai movement. Ultimately, the movement for the unification of all religions under one umbrella began.

#### Feminism

In the same year of 1844, the rise of the feminist movement began, inverting Genesis 1 and putting the doctrine of God on its head.

Every single one of these movements started in 1844, so that Satan could prepare the world for his deception.





But in the same year, God was quietly working to set up a truth which would stand for all eternity.

In 1844, a Seventh-day Baptist lady, Rachel Oakes, challenged a Millerite preacher, Frederick Wheeler, to keep all the commandments of God. He preached his first sermon on the Sabbath in March 1844, and the Sabbath was re-established in that year.

In 1844, the noble preacher Charles Fitch accepted the Biblical teaching of soul sleep and another important truth surfaced.

In 1844, we also see the emergence of the Spirit of Prophecy. Why are we so scared of the Spirit of Prophecy? I've heard some say that we are waiting for a new prophet, because God certainly won't do anything without bringing a prophet at the end to take us through to the kingdom. But typology tells us not to wait for another prophet. One has already come. The testimonies have already been written and the health message is already there.

But what's the use of a message without the means to broadcast to the world? God's hand was over the creation of a system whereby this message could go to the world. In 1844, Samuel Morse, a mega-protestant who wrote more about the Bible than he did about telecommunications and was a fervent student of Daniel and Revelation, created the Morse code.

On May 24, 1844, he sent the first message from the Capital in Washington to the B&O Railway in Baltimore. The first words to run across the wire were, "What hath God wrought?" And from those humble beginnings, technology exploded.

Even the Columbus and



Zinnia railroad was chartered on March 12, 1844. In that year, there were great advances in technology, transportation, and information. God had a message for the world, and Satan has a counter-message.

This counter-strategy was very successful with believers. But it was still not enough, because those who know their God and who have experienced the first love are not going to fall for lies. Satan's third strategy was to create a state of **spiritual tauper** in those who present the message. This plan worked marvellously and is still working today.

#### **Spiritual Tauper**

Satan's greatest weapon was, and continues to be, the creation of a state of tauper. His efforts are directed to the remnant to silence their witness, to submerge them, and to make them go to sleep.

"As the Lord's people show their determination to

follow the light God has given them, the enemy will bring all his powers to bear to discourage them, but they are not to give up because of the difficulties that arise when they try to follow the counsels of the Lord."<sup>iv</sup>

If you desire to pursue the truth, you must set your face like flint. Satan has a counter-strategy against you and your desire to follow God and stay faithful. But say to yourself, "I will not be moved."

We can expect strange things as we near the end of time. Every single wind of doctrine will be blowing. There will be a complacency that we cannot believe, but typology says we are to repeat the history of Israel. We would do well to study that history. What God did to the people of Israel in the desert is exactly what is happening to us—only we are worse, because we have much more light. We understand the issues of the Messiah, and the workings of the plan of salvation.

They had a type, we have an anti-type. We would receive every blessing if we were to stay separate from the world, but are we?

Consider the story of Balak and Balaam: "Please curse Israel, Balaam," pleaded the pagan king. "I cannot curse them. I can only bless them." "Well then, says the king, "Let's get those ladies with the mini dresses, the beautiful ones, and let's dance around them, and then we've got 'em" (Numbers 22,25).

We need a revival and a reformation, but reformation without revival is dead and revival without reformation is also dead. We're all praying "Lord, pour out your Holy Spirit," but if we don't do what the Lord requires, how are we going to receive that blessing?

We are the bearers of that glorious message that was rediscovered in 1844. What are we doing with it? Are we proud of it? Or are we trying to excuse, apologize for, and cover up the noble beliefs that make us different? Such cover-ups are futile.

In eternal terms, the glorious truths of this Church will long outlast our petty attempts to blend in. Those of us who are embarrassed by these truths will find ourselves divorcing ourselves from these truths, and others taking our place.

Stand strong in the Spirit and in truth. We have nothing to be ashamed of, but everything to cherish and proclaim with strength and joy.

i. [http://www.marxists.org/archive/marx/works/1844/letters/44\\_11\\_19.htm](http://www.marxists.org/archive/marx/works/1844/letters/44_11_19.htm)

ii. <http://the-brights.net/>

iii. <http://www.gnosis.org/ahp.htm>

iv. Ellen White, *This Day with God*, 309.1 ■



## Charis' Testimony—When the Spirit Moves...In Hollywood

**T**here is no measure possible for the enormous amount of gratitude that I have for Professor Walter Veith and his great work in bringing people to God and to the truth!

I spent many years learning about, teaching, and perfecting the application of new age occult religion/philosophy. After years of my protesting against anything having to do with "church" and the Christian's understanding of God, my mother who is a very dedicated Christian, finally got me to watch a video by Professor Walter Veith. I was floored. After it finished I couldn't wait to watch another and another!

I have now seen them all and am in the process of re-watching them and showing them to whoever will watch them. Not only was I impressed by his personal testimony in that he spoke of many things which I could relate to, but I was even more impressed by his demeanor, humor, intelligence, his practical style, and well researched and humble presentation of the subject matter.

He comes across as a real person—someone one might like to meet! It was so refreshing and such a departure from the many dramatic and lofty characters you might see sometimes on TV who seem more interested in getting you to donate to their ministry than with telling you the truth with the Bible alone as its own interpreter.

I have to give much credit and more thanks than imaginable to my mother (for her patience with me and for the many prayers she prayed for me and asked from her friends on my behalf), to Professor Walter Veith, and to the Holy Spirit which I'm sure helped to open my eyes that day when I watched that first video by Professor Veith.

I have since been baptized, read the Bible (and continue to study it), and have read *The Great Controversy* by EW. I look forward to continuing my studies and ask for any prayers that can be offered for my husband who I am trying to win to God as well as any prayers that can be prayed for my many friends who are still following the teachings of occultism or man-led religion. I have told many of them about what I have learned and about Walter's videos which are available for free viewing (thank God for that wonderful blessing in this economy!), but sadly many of them have ignored me, are disinterested, or think that I have simply lost my mind and live in a "good vs. evil Star Wars" or "invisible Santa Claus" fantasy world.

I live in Hollywood, California and there is a huge lack of understanding about the true character of the very real living God and his Son here. If anything, people here have turned the character and understanding of the Christian God into Satan and the character of Satan into God and walk further and further away from God and his truth each and every day.

Please pray a special prayer for those people who live here in Hollywood so that they may find the path to the truth as we all really need it (I know I did). And may God bless and protect Professor Walter Veith and his wonderful service. May he continue to do the tremendous work that he does for God until his eyes either close from ripe old age or until Jesus returns. Also may God bless and lend strength to anyone involved in helping bring others to the truth about God as it is not always an easy task.

Please do not give up on anyone no matter how disinterested they seem (keep praying for them) as there are many stubborn people like me who reject the truth over and over and over until it finally clicks! I also want to offer many thanks to God and his Son for what they have done for me and continue to do for me and for sending the Holy Spirit to me who opens up my eyes daily to the beauty of God's perfect character and to the righteousness of His wonderful law! ■

C.M.—Actress



# HOLLYWOOD



# WHERE IS HE REALLY GOING?

BY KEITH KING

**W**here exactly does President Obama stand concerning faith. What are the religious influences, if any, in the Oval Office?

In 2006, Obama gave the keynote address in the Call to Renewal faith conference. He said, “Whatever we once were, we are no longer just a Christian nation; we are also a Jewish nation, a Muslim nation, a Buddhist nation, a Hindu nation, and a nation of nonbelievers. And even if we did have only Christians in our midst...which passages of Scripture should guide our public policy? Should we go with Leviticus, which suggests...eating shellfish is abomination?... Or should we just stick to the Sermon on the Mount—a passage... so radical...it's doubtful that our own Defense Department would survive its application?”<sup>1</sup> Obama admits being skeptical of organized religion. He says, “My father...was born Muslim but...became an atheist. My mother...one of the most spiritual and kindest people I've ever known...grew up with a healthy skepticism of organized religion...As a consequence, so did I.”

Obama's skepticism has led to a secular attitude. He says, “this is going to be difficult for some who believe in the inerrancy of the Bible...But in a pluralistic democracy, we have no choice. Politics...involves the compromise, the art of what's possible. At

some fundamental level, religion does not allow for compromise... If God has spoken, then followers are expected to live up to God's edicts, regardless of the consequences. To base one's life on such uncompromising commitments may be sublime, but to base our policy making on such commitments would be a dangerous thing.”

It is true that “religion does not allow for compromise.” The book of Revelation says, “If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, The same shall drink of the wine of the wrath of God...” (Revelation 14:9-10)

Clearly compromise is impossible. Dire consequences fall on those who ignore the Lord's warning. Will we “keep the commandments of God, and the faith of Jesus,” (Revelation 14:12) if we compromise because democracy is pluralistic?

## Obama and the Papacy: Friction or Friendship?

Obama's secular approach appears to conflict with the Catholic Church. For example, Cardinal Francis George of Chicago (president of the USCCB) wrote an article warning Obama that his pro-abortion policies would alienate millions of Americans and not achieve the unity he claims to desire.

<sup>1</sup> June 28, 2006 Call to Renewal Keynote Address “Complete Text available from the website: <http://obamaspeeches.com/081-Call-to-Renewal-Keynote-Address-Obama-Speech.htm>





Pergamon



Barapolis

Also, the Catholic Church appears at odds with Obama's support of FOCA, the repealing of DOMA, and the repealing of the Mexico City Policy.

However, the Catholic Church has a great influence on the White House. Consider these examples:

1. **Joseph R. Biden, Jr.**, (Vice-president) received an honorary degree (1976) from the University of Scranton, a Jesuit University. Wikipedia reports he is the first Roman Catholic Vice President.
2. **Jon Favreau**, Obama's chief speechwriter, graduated from the College of the Holy Cross (Association of Jesuit Colleges and Universities).
3. **Major General J. Scott Gration**, Senior Military and Foreign Policy Advisor, earned his degree from Georgetown University (Association of Jesuit Colleges and Universities).
4. **Dan Pfeiffer**, Deputy Communications Director, also trained at Georgetown University.
5. **Mike Strautmanis**, senior legal counsel to Obama's presidential team, attended St. Ignatius College Prep (a Jesuit Institution).

These are not the only Catholic members of the government. *The National Catholic Reporter* states that "a whopping 52 members of the 111<sup>th</sup> Congress...are alumni of [Catholic]...institutions. <sup>ii</sup> Is Obama following his own agenda surrounded by Jesuit "advisors"?

Things are clearly not what they appear. What are the papacy's real objectives concerning the United States?

The Global Poverty Act, initiated by Obama in 2007, was promoted at an interfaith conference "...organized by the Lane Center for Catholic Studies and Social

Thought at the Jesuit-run University of San Francisco." <sup>iii</sup>. "Eliminating...the world's worst poverty within a decade would become a principle of U.S. foreign policy...under a Catholic-led legislative push gathering force with a growing interfaith alliance."

This interfaith alliance, "from Christian, Jewish and Muslim faiths as well as the Shinto and Wiccan religions," fits Rome's desire to bring all religions under the control of the Vatican. According to *WorldNetDaily*, the Global Poverty Act "commits the U.S to adopt the United Nations Millennium Development Goal." <sup>iv</sup>

The Pope strongly supports the UN Millennium Development Goal, because these goals enforce Vatican economic plans for the entire planet.

### Fascinating Coincidences

Obama's strong relationship with the Papacy was clearly proven on November 5, 2008. Pope Benedict XVI blessed and congratulated Obama, and "...assured him of his prayers that God would help him with his high responsibilities for his country and for the international community." <sup>v</sup>

The Pope also prayed that "the blessing of God would sustain him and the American people so that with all people of good will they could build a world of peace, solidarity and justice." Solidarity? With all people of good will?

This was the first time in US history that a president has received such a powerful blessing from a Pope. Students of Bible prophecy should not think lightly of such goings-on.

Let us dig a little deeper yet and read between the lines. During Obama's presidential campaign, his campaign logo was the rising sun. And he was known as



<sup>ii</sup> <http://ncronline3.org/drupal/?q=node/3169>

<sup>iii</sup> <http://www.the-tidings.com/2008/022908/poverty.htm>

<sup>iv</sup> <http://www.worldnetdaily.com/index.php?fa=PAGE.view&pageId=70308>

<sup>v</sup> <http://www.catholicnews.com/data/stories/cns/0805616.htm>

the change master—his slogan being “Change we can believe in.” But change from what and to what? From war politics to peaceful politics? Or from one system of government to another? Are we finally moving to that point in history where the kings of the world give their power to the Beast?

Let’s take a look at Obama’s presidential inauguration. The backdrop of the stage, called “The Barapolis” by many, is believed by experts to be a replica of the Pergamum Temple of Zeus, despite claims by Obama’s campaign staff that it was a mix between the US Capitol and White House West Wing. Students of the book of Revelation know that the city of Pergamum was rebuked as Satan’s throne (Revelation 2:13). Rome is the Beast to whom the Dragon gives “his power, and his seat, and great authority” (Revelation 13:2).

One other previous dictator of fascism in history used Pergamum’s Temple of Zeus in his own inauguration—Adolf Hitler. We know that Rome’s political system is fascism, as was Adolf Hitler’s. Is Obama leading the US to fascism? Fascinating coincidences indeed!

Obama’s inauguration prayer was led by Rick Warren, a controversial evangelist and leading opponent of gay marriage. There was much debate before the inauguration as to whether Rick Warren would pray in the name of Jesus. It is interesting to note that Obama and his distant cousin, Dick Cheney, are both members of the Council of Foreign Relations. And surprisingly enough, so is Warren.

Warren’s brilliant prayer used terminology of Messianic Judaism, which does not have a personal Saviour but a national

Saviour that acts on the public domain rather than the private domain of the heart. *USA Today* reported that Warren’s prayer used a Jewish-Christian mix. “Warren’s invocation began with a fundamental Jewish prayer that declares the ‘Lord is one.’ He also alluded to a description of God as the ‘compassionate and merciful’ one that opens almost every chapter of the Quran, said historian R.B. Bernstein, who teaches at New York Law School.”<sup>vi</sup>

The Jesus of Rick Warren’s prayer satisfies all the religious aspirations of the world. Also interesting is that the benediction was offered by Joseph Lowery, who supports gay marriage.


Is Obama playing both sides of the fence? It certainly appears so. It seems he is working to unite the world together under one religion and one god, something that plays perfectly into the UN/Papacy’s New World Order agenda. ■




<sup>vi</sup> [http://www.usatoday.com/news/religion/2009-01-20-warren\\_N.htm](http://www.usatoday.com/news/religion/2009-01-20-warren_N.htm)

(See *Total Onslaught* #221 “A New World Order,” #224 “That All May Be One” & #226 “The UN and the Occult Agenda” for more information about some points discussed in this article.)

*Keith King has worked as a seminar speaker, radio announcer, hospital chaplain, and teacher throughout his lifetime. He became a Seventh-day Adventist after hearing Dr. Walter Veith speak in Penticton, BC and now writes for Amazing Discoveries.*





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# Unwanted Witness

By Sue Bennett

**W**hat do you do with a box of unknown and unwanted videos? This was our dilemma. A while back, a friend of mine gave me a large box of videos to pass on to a mutual friend. Despite numerous phone calls, my family and I were never able to get the box to him. Eventually, he called us to say he had ordered new DVDs and asked us to pass on the videos to someone who would appreciate them.

We didn't have a video machine and didn't know what the videos were about. Many of them were by a Professor Walter Veith. Who was he? Did he preach the truth? Was there error in the videos? We didn't know and had no way of finding out. But we did not want to throw them away when they might contain solid truth. We prayed about it, and decided to pass them on to my mother-in-law Joy with instructions to throw them away if they weren't good. After watching the first video, she was hooked, and I mean *hooked*.

Joy kept telling us how clear Professor Veith was in his preaching. She mentioned the videos in church. She talked about the videos to us and anyone else who listened. After watching the videos many times, Joy decided to pass them on to someone else who might benefit from their teaching and come to know Christ as a result. She prayed about who this person would be.

Unbeknownst to Joy, her neighbour Weider would be the perfect person to share these videos with.

Weider believed strongly in Sunday as the day of rest, and faithfully went to church with her husband every week. She had met Joy many times as they both had moved to the neighborhood on almost the same day. Joy loved to talk about Jesus and had mentioned Him many times when she had stopped to chat to Weider.

Weider found out that Joy went to church on Saturday. She believed Joy was wrong, and that time would eventually make the truth come out. But Weider's son was searching for the truth as well, and one day he determined that Sunday was not the Biblical day of worship. He telephoned his mother to tell her that Joy was in fact right—Saturday was the Sabbath.

Weider was convinced that Sunday was the right day, but she also wanted to know the truth, no matter what the cost, so she asked Joy if she had any resources that would explain the truth. And Joy did have something—lots of videos! But Joy didn't want Weider to have spiritual

indigestion, so Joy gave Weider just three videos to start, telling her that she could come back for more later.

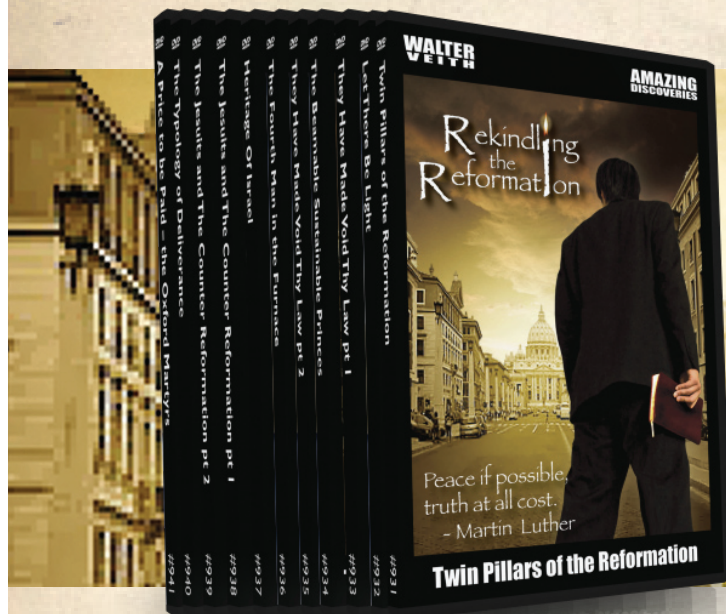
Weider watched each video several times, and went back to Joy for more. Eventually Weider asked Joy if she could come to church with her, because she had accepted the Sabbath. Joy was thrilled.

Weider found some things hard to accept at first—foot washing, for example. After reading *Desire of Ages*, however, her doubts melted away. After watching *Udderly Amazing* by Dr. Veith, Weider stopped eating dairy products.

Weider has now been to church with Joy every Sabbath for several months, and is getting to know people in the congregation. Her husband is taking his time to accept things, but Weider prays that he will eventually join her.

Weider is sharing the videos with her children, especially the presentations on the state of the dead, and dairy foods. Her son has accepted the Sabbath, so mother and son have many phone conversations where she is able to discuss with him what she is learning. She is also asking the neighbours to come watch the DVDs and is busily handing out copies of *The Great Controversy*. We will not know until we stand on the sea of glass how far-reaching her efforts will be. But let's praise the Lord — a box of unknown and unwanted videos is bringing forth fruit for Jesus. ■





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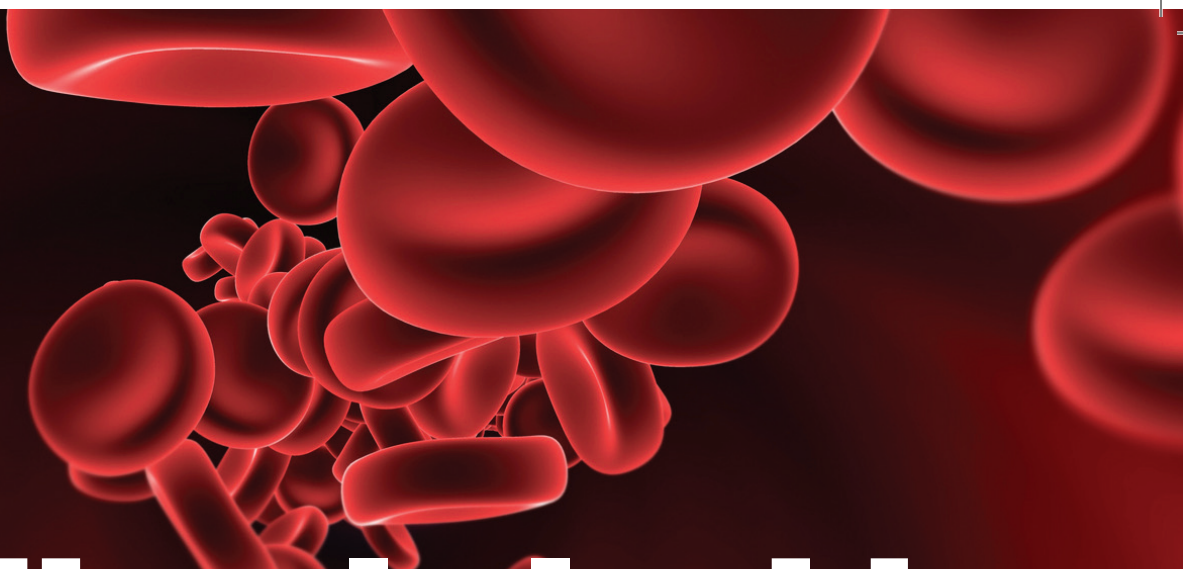
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# The Miracle Inside

BY WENDY GOUBEJ

**E**very millisecond, amazing miracles are taking place in your body. While people carry about their daily activities—speaking, thinking, breathing, moving, the 30 trillion cells in their bodies are producing a feat that should silence any atheist or evolutionist.

Each cell in your body is like a car motor: it burns fuel with oxygen, gets hot and needs cooling, gives off exhaust gas, and performs work. Take a breath in—this is the intake of your motor. Breathe out—this is the exhaust.

Consider how complicated an 8-cylinder car motor can be. It requires fuel in the tank, oil in the crankcase, water in the radiator, oxygen through the air intake, and an electric current for spark from the ignition. Each of these separate functions has a separate supply system.

Now consider our bodies. God has designed something more wonderful—something an automotive engineer would say is totally impossible. Each separate function in our body is combined in one single system, the bloodstream.

Each blood cell is a tiny motor that must be fueled continuously throughout your entire life. The bloodstream carries sugar, fats, chemicals, and minerals from processing plants to delivery points throughout the body. It carries loads of refuse material and waste to salvage yards and disposal plants, and skilled mechanics hurry to replace worn out or damaged parts in the cell motors of the body. All

these things travel through a complex traffic control system with stop-and-go signals at every byway and intersection. The entire system is controlled by an electronic brain so that every pickup and delivery is made at the right place and time.

If an intruder enters, ghostly giants (white blood cells) who repel the invader come through the capillary wall without making a hole. This police force, 35 billion strong, keeps the peace and resists invasion.

One of the most amazing miracles in our bodies is the red blood cell's contribution to our respiratory system. The blood can carry more than 75 gallons of oxygen per hour during cardiovascular activity. But oxygen can't be carried in the bloodstream as a gas. Gas in the bloodstream causes a fatal vapour lock that stops the heart. To solve this problem, God created a complex molecule called hemoglobin ( $C_{3032}H_{4812}N_{780}Fe_4O_{872}S_{12}$ ). Tucked away inside this marvelous molecule are four atoms of iron that our lives depend on. The blood cell picks up oxygen from the lungs and converts it to a solid by the instant rusting of those four iron atoms. And the process is reversible. The oxygen is carried to a cell in the body where it then unrusts just as quickly, converting it back to a gas.

On the return trip, the blood picks up extremely harmful carbon dioxide ( $CO_2$ )—the exhaust gas from cells. This gas is much more difficult to handle than oxygen, because  $CO_2$  needs specific treatment to be harmless. The red blood cell snatches the carbon dioxide from the tissues and hydrates it to convert it to carbonic acid ( $NH_2$ ). But even as carbonic acid, it is still too toxic for the body. And so the red blood cell neutralizes the acid with one of the best acid



**God has designed something more wonderful—something an automotive engineer would say is totally impossible.**

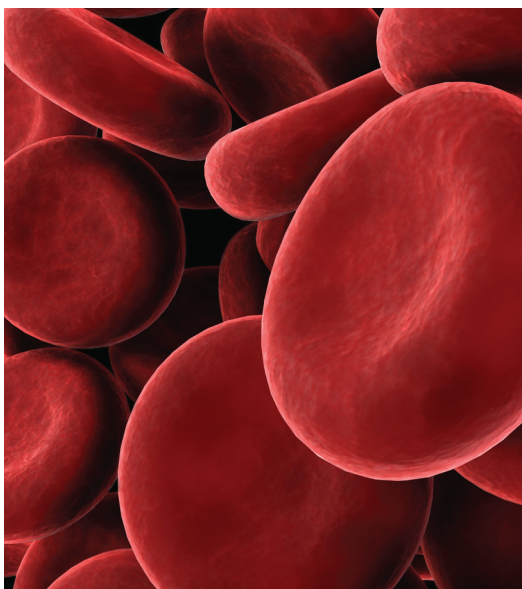
fighters known to chemists—potassium. The blood cell then dumps the carbonic acid into the bloodstream where it mixes with plasma and salt to form ordinary baking soda, of all things.

It is then carried back to the lungs through the veins, and in a split second, the whole process is reversed. The baking soda is converted back into  $\text{CO}_2$  for exhaling in the lungs, and the red blood cell picks up a new supply of oxygen, converting it to a solid. This chemical miracle is equivalent to asking a man to engrave the Lord's Prayer on the head of a pin as he is shot out of a cannon.

Now what about the design of the red blood cell? Some people have said this peculiar biconcave shape is a cross between a donut and a pancake.

To most of us, a sphere would seem the simplest and most logical design. It carries more volume, is the strongest of all shapes, and would pass through the cells with greatest ease. The problem with a sphere, however, is that absorption would be rapid at first and then slow down significantly. Flattening the sphere would be the next logical attempt, which would solve the problem of inadequate absorption, but it wouldn't have enough volume.

The trick would be to find a shape that combines maximum speed, maximum volume or absorption, and maximum durability. Scientists have studied the shape of the red blood cell, and using laws of gas and fusion, combined with principles of advanced



calculus, have determined that the biconcave shape is in fact the best shape for the purpose of the red blood cell.

To believe that these wonderful processes of our bodies all came together by chance is a huge leap of faith, not to mention intelligence. Design seems to be the only option, especially as we know more and more about genetics and the problems that field poses to the theory of evolution. But whose intelligence is involved? Certainly not ours. If we want to believe in God, we have 30 trillion good reasons

pulsing through our veins.

Throughout history, people have misunderstood the blood. For almost 2000 years, the tremendously popular medical practice of bloodletting was performed as a cure for a great many illnesses and diseases. This practice has for the most part been extremely harmful to patients. But if people had only read the Bible and believed what it said, countless lives might have been saved that were instead sacrificed through ignorance and superstition.

The Bible tells us in Leviticus 17:11 that life is in the blood. Despite this, otherwise intelligent men and women believed in and supported bloodletting, a practice that took the lives of thousands. Even up to George Washington's day, this practice that today would be considered negligent if not criminal, was still in vogue.



**To believe that these wonderful processes of our bodies all came together by chance is a huge leap of faith, not to mention intelligence.**

On the morning of December 13, 1799, George Washington complained of a sore throat. The day had been rainy with sleet and chilly wind. In the afternoon, he went out to mark trees that he wanted cut down on his property. That night, he complained to his wife of what he believed was a touch of “ague” (fever). The physician was dispatched early the next morning, as the President was gravely ill. Nearly a pint of blood was taken. Later on in the day, another pint was taken, but all to no avail. Towards the end of the day, another attempt was made at bloodletting after which George Washington breathed his last.

No wonder this man died, considering how much blood he lost—over a simple case of the flu. All the while, as he lay on his sickbed, the Bible lay beside him on his night table. If he had read and believed the clear statements of the Word of God—statements that have been there for hundreds of years—his life could have been saved.

The blood that sustains life through its instantaneous and complex work in the body, that transports life-giving elements to the organs and muscles of the body, was drained out of the patient as though it were some evil poison. The death of so many as a result of this foolish procedure truly proves the Bible correct when it repeats in Leviticus 17:14, “the blood of it is for the life thereof.”

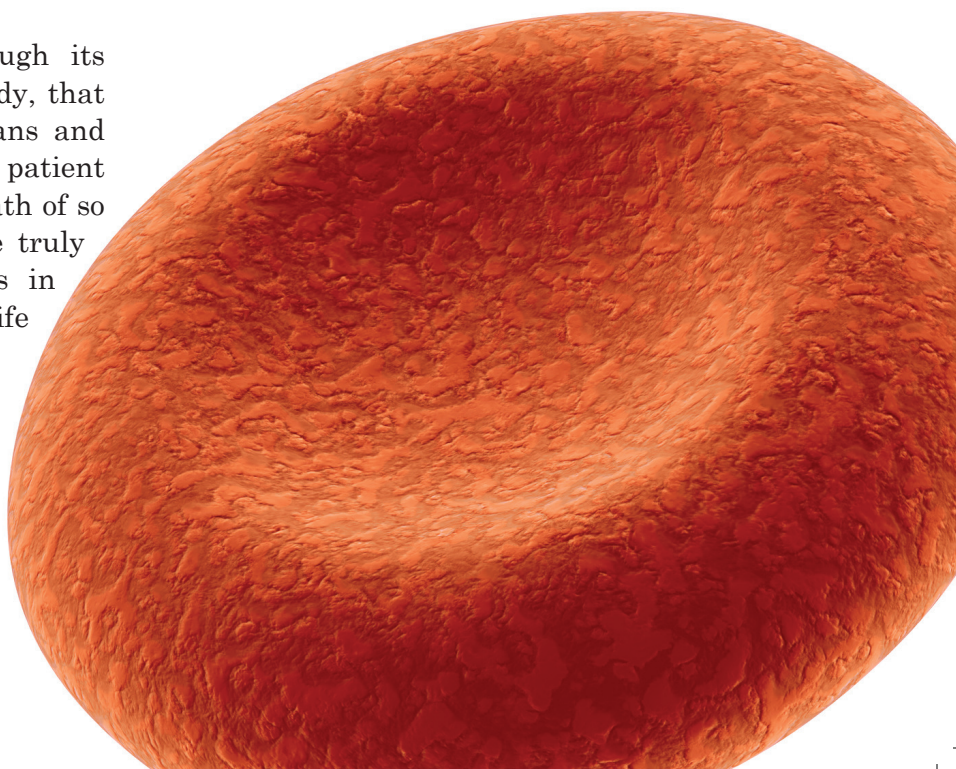
The importance of blood to the spiritual life is no less important than to the physical life—not our blood, but God’s—His blood shed for you and for me. The Bible tells us that “without the shedding of blood, there is no remission of sins” (Hebrews 9:22). It is the blood

of Jesus Christ that cleanses us from all sin. Our eternal destiny hangs on our acceptance or rejection of that fact.

So, each time you take a breath, whether you are running or resting, remember the miracle of your bloodstream and the One who designed it. ■

—Adapted from the video *Red River of Life* by Moody Institute.

*Wendy Goubej works as a freelance communications consultant and is the communications coordinator at Amazing Discoveries. She strives to communicate the loveliness of God’s truth and to clarify Satan’s deceptions that lead so many astray.*





Is it possible that there are vegetarians who would do better consuming animal products? Are there some people who should be consuming more dairy products than others? Are some of us, because of our blood type, not meant to be vegetarian?

# DIFFERENT DIETS FOR DIFFERENT BLOOD TYPES

By Rudy Davis, ND

The book *Eat Right For Your Type*, by Dr. Peter J. D’Adamo is based on the premise that different blood types require different diets in order to be healthy.<sup>i</sup> The dietary recommendations vary from meat-based to plant-based. They are based on the four human blood types: A, B, AB, and O. The book raises questions, especially for some vegetarians who are told they are in a blood group that requires a flesh-food diet. It also raises a question for those who follow the vegan “Genesis 1:29” diet, which is the original diet that God gave to humans.

Is it possible that there are vegetarians who would do better consuming animal products? Are there some people who should be consuming more dairy products than others? Are some of us, because of our blood type, not meant to be vegetarian? And, if this is true, then why did God originally give the human family a plant-based diet?

Although the Bible says nothing about blood types or about different diets for different blood types, it does contain principles that can help us answer these questions. The Bible indicates that we should “ask now the beasts, and they shall teach thee” (Job 12:7). Let’s take a look at the beasts and see if their existence can help us unravel this dietary dilemma.

Have you ever noticed how all cattle in a field eat the same thing? If they all have the same blood type, then the *Eat Right for Your Type* diet may have some solid ground on which to base its theory. However, cattle have eleven different blood groups: A, B, C, F, J, L, M, R, S, T, and Z, according to Drs. M.E. Davis and H.C. Hines (directors of the Animal Genetics Lab at Ohio State University). The B group alone has sixty different antigens.<sup>ii</sup>

Cattle not only have more blood types than us, but also more complicated blood types. Each bovine system comprises factors (between 1 to 35 +) which are combined to produce phenogroups.<sup>iii</sup> One thousand phenogroups have thus far been observed, and these phenogroups, according to Davis and Hines, can be combined to produce over 10 billion blood types in cattle.

Considering the amazing amount of different blood types in cattle, and how they all eat the same foods, Dr. D’Adamo’s theory seems incorrect. But let’s gain some more insight before drawing solid conclusions.

What about other animals such as horses? Horses have eight different blood types, and all horses eat the same foods. In fact, throughout all nature, animals of the same species eat the same foods and they all have many different blood types within the same species. “Ask now the beasts, and they shall teach thee.”

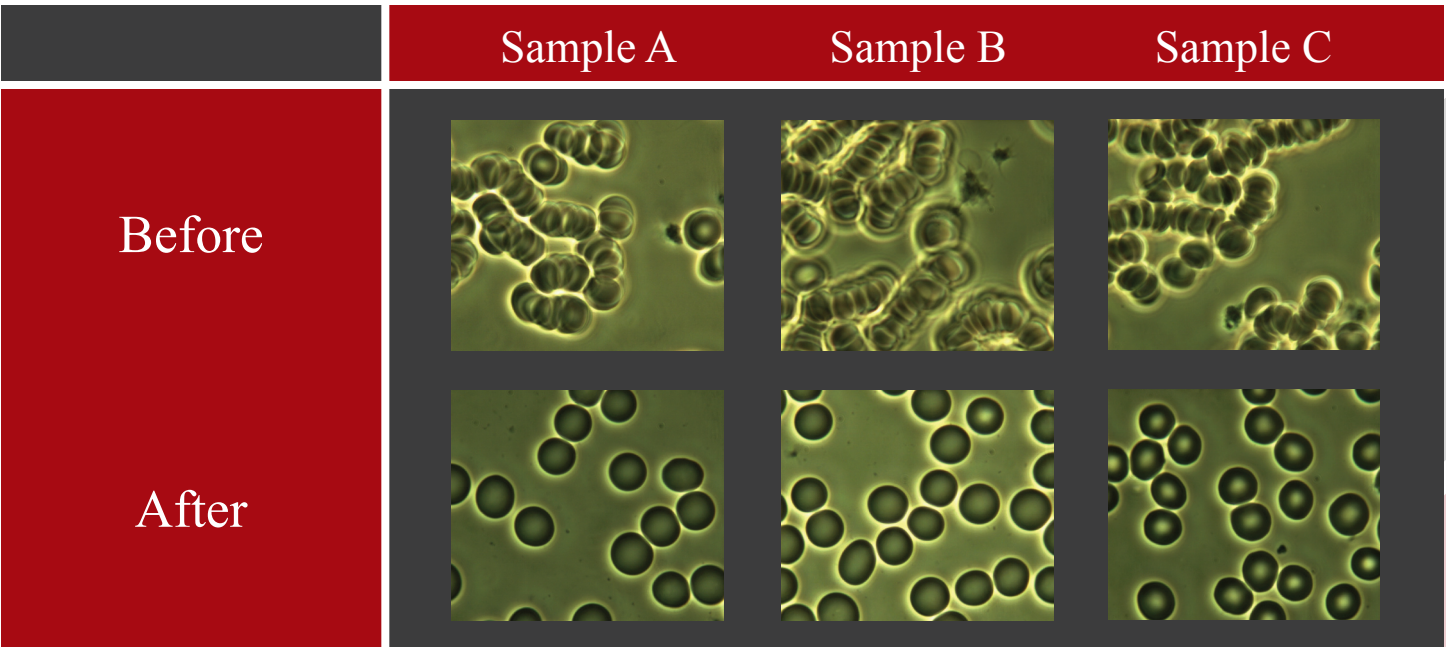
## My Own Lab Experience

In my office, I have examined all the different blood types in humans and have had to deal with all of the common diseases that afflict North Americans. I have given them all the same plant-based diet, and as they have followed my recommendations (based on Genesis 1:29), I have watched them go from sick to healthy in a relatively short time period.

Notice the pictures I have enclosed, which I took myself. All of these photos were taken before and after adopting the Genesis vegan diet from an animal based diet. The time span between each photo was just ten days. In order for the blood to be healthy and keep the body healthy, it has to flow freely



# ETS IT BLOOD TYPES?



throughout the whole system. As you look at the “before” photos in each set, you will see that the blood cells are sticking together due to the kind of diet (animal products and highly processed foods). These are not isolated incidents, but rather a mere few from hundreds and hundreds of personal case studies including every human blood type, and the results are the same. Notice how singular the blood cells have become in the “after” pictures of each set. This means that the person’s circulation and blood health has greatly improved. “Perfect health depends upon perfect circulation.”<sup>iv</sup>

We must understand that the *Eat Right for Your Type* diet is not based upon the Word of God, but parallels Darwin’s

theory of evolution. The book promotes the premise that we have descended from the “O” type blood group.

On page 14 D’Adamo states, “The blood types were not a hit or miss act of random genetic activity. Each new blood type was an evolutionary response to a series of cataclysmic chain reactions, spread over ions of environmental upheaval and change.”

Dr. Michael Klaper, MD, a world renowned health authority and promoter of the vegan dietary lifestyle, had this to say, “In my opinion, D’Adamo has spun an evolutionary fairy tale that leaves many unanswered questions.”



**“Life without God becomes very complex, confusing, stressful, and unexplainable.”**

Scripture clearly states that in the beginning, God gave a plant-based diet to all humankind. As a Christian, I believe that God, seeing the end from the beginning, knew what would be best for His children. He considered our health in a disease-filled world at the end of time and chose the food that would be best for us.

“Woe to the rebellious children, saith the Lord, that take counsel, but not of me” (Isaiah 30:1).

Life without God becomes very complex, confusing, stressful, and unexplainable. To live outside the acknowledgement of God and His wisdom is to live in search of something that will protect you from the inevitable results of disobedience to His life-giving laws. This can only lead to wrong conclusions and eternal ruin.

A dead-end street can wind in many directions and even seem like it is going somewhere. In the absence of God’s instruction, life becomes a series of dead-end streets, some longer than others. All of them end in confusion, as we have seen with the *Eat Right for Your Type* theory.

With God there are no dead-end streets, for His ways go on forever with no end. All of God’s ways are found in His Word. When theorists don’t consult Scripture, they are merely creating more dead-end streets. Proverbs 16:25 says, “There is a way that seemeth right unto a man, but the end thereof are the ways of death.”

“Beside Me there is no Saviour” Isaiah 43:11.

Just as God, in His wisdom, designed one diet for all types



of blood, God, in His sacrificial love, designed only one remedy for all types of sin. That remedy is Jesus Christ.

If you are searching for peace and truth, try God’s path. The diet He gave to our first parents produces the greatest health of any diet in human history. This shows us that His laws were created with life in mind. I have come to trust the directions and truths contained in the Bible, for they really are “a lamp unto my feet, and a light unto my path” (Psalm 119:105). ■

i Peter D’Adamo, *Eat Right For Your Type*, (Putnam, 1997).

ii Antigen: all cells, whether foreign to or part of the body, carry an antigen, or marker, which identifies the cell (such as a kidney cell or lung cell). Antigens on cells that are normal body cells are called autoantigens. Antigens on all other cells that are not normal body cells are called foreign antigens.

iii Phenogroup: a group of alleles that are always inherited in groupings of two or more. An allele is one member of a pair, or series of genes, that occupy a particular position on a specific chromosome.

iv *Christian Temperance and Bible Hygiene*, p. 90.

*Rudy Davis spent thirty years in the entertainment business and has given all of his writing and musical talents to the Lord for His use. Currently, Rudy is a blood analyst and Professional Body Cleanse Specialist with a creative streak.*





# Reformation of a Greens Water

I know health is important, but the truth is, I don't exercise enough, I don't always make the best dietary choices, I often stay up too late, and I don't always have time for slow, natural remedies for headaches. Is there anyone out there remotely like me? I am notorious for drinking my mother's fresh green kale smoothies with my nose pinched shut, a scrunched up face, and loud dramatic wails and sighs. I hate greens and I love easy time-saving solutions when it comes to health.

But something has finally gotten through to me and I have finally acquired one beneficial health practice. In fact, I am so excited about it that I've decided to share it here with you. In the past, whenever I felt rundown, I used to head to the local supermarket to buy a health drink—*Happy Planet's* "Extreme Green" or "Abundant C" are the ones I usually chose.

But recently I found out that a colleague of mine makes her own green smoothie every morning. Turns out my friend is smarter than me when it comes to taking care of her health. So, in the spirit of the Reformation, I'm starting a reformation of my own. Green drinks, here I come. No more running to the supermarket either. It's as easy as can be to make it yourself, is a lot cheaper, and, because it's fresh, has many more nutrients than the plastic packaged drinks that have sat on the grocery store shelves for a week—not to mention a lot tastier too.

Packed with delicious greens, the drink will give you an extended burst of energy, lots of nutrition, and make you feel good inside (unbelievable as it may sound, it actually really tastes GOOD.) Here's how:

**In a blender**, start with a base of liquid (about 2 cups). Water isn't the tastiest, especially for whiners like me, so try a **100% unsweetened fruit juice**—mango, guava, pineapple, and apple are ones I've tried and all of them taste great. Tomato juice is also an option if you don't want the sweet taste. I fill the blender up halfway with juice because I personally like to drink my drinks, rather than eating them with a spoon. However, you may enjoy them thicker and chewier, so experiment and make it your way.



Next put in **romaine lettuce**, and lots of it. At least 8-10 leaves. Romaine lettuce is loaded with vitamin K, A, and C, folate, manganese, chromium, and potassium, as well as smaller amounts of minerals, fiber, vitamin B, iron, fatty acids, protein, and calcium, and all for just fifteen calories!

Next, put in equal amounts of 2 or 3 **other greens**: spinach and kale are both excellent option, but when using kale you'll want to separate the leaves from the stems or you will be eating stems with your drink. Try collard greens, mustard greens, nettle, dandelion greens, boc choy, parsley, or alfalfa sprouts. To ensure that you have variety and all the nutrients available, alternate **three different greens each week**.

If you don't like the taste, add a **banana or apple** to sweeten the drink and enhance the flavor.

Add a spoonful of Udo's Oil 3,6,9 with DHA to the drink to enhance its nutrients.

**Blend thoroughly and drink to your health!**

If you think the drink is too thick, add less greens. It should be the consistency of a medium thick shake. Have one at breakfast and one at lunch. Drink this before eating your other food. This is a great meal replacement, and you may find as I do, that this shake nicely curbs your hunger for the day.

Your smoothie can be stored in the fridge for a day or two, but note that the longer it sits in your fridge, the faster it loses nutrients. If you wait too long, you might as well have gone to the supermarket anyways.

I think you'll find this drink an awesome way to begin the day. Soon you may even begin craving it as this reforming greens drinker is starting to do. I don't agree with the politics of the new "green" push towards climate change, but this way of becoming "green" suits me just fine! ■

—*Drinking Greens in Vancouver*



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