

*Inside*

**Adventism's  
Official Embrace of  
Vaccination:  
A Blessing or Curse?**

*Page 4*

**Habits: Human Versus  
Divine - You Decide**

*Page 8*

**Fasting for  
Spiritual & Physical Health**

*Page 22*

**Iodine**

*Page 28*



**FATH** **ON THE LINE**

**DARE TO STAND**

## Good Soil

**A**s spring approaches, many of us turn to gardening. While choosing an area to grow our food with as much sunlight as possible, the quality of the soil is very important to consider also.

Rich soil full of minerals will provide for healthy and tasty food and will also ward off pest problems and disease.

Good quality food is real medicine to our bodies which will keep our immune systems strong.

Greens are one of the foods that are very beneficial to the body and should be grown in good quality soil. Greens contain phytonutrient which is not readily found in other foods. They contain chlorophyll which oxygenates the blood, enzymes which rejuvenate the body, and trace minerals that make the body alkaline.

We may think we feel healthy, but if we are not giving our bodies the essentials that it needs to maintain an alkaline diet, there is a strong possibility that disease is building. Every experienced gardener knows the secret to a great garden is building organic soil.

2015 has been designated International Year of the Soils by the Food and Agriculture Organization of the United Nations, so I can think of no better time to reintroduce this idea of supporting you with our "must have" Dr. Raymond Obomsawin series *Life Science Seminars International*, a set of 7 DVD's. I would like to point especially to the lecture "THE EARTH, FOUNDATION OF HEALTH" where Dr. Obomsawin teaches how to improve your gardening soil in a practical and meaningful way. (see page 6 for product information).

Start learning how to create minerals in your soil and grow organic chlorophyll-rich foods which will carry oxygen to your body and will make you feel wonderful.



Dagmar Goubej

**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.

### Volume 24 | Issue 2

*Faith on the Line* is published quarterly by Amazing Discoveries

### Managing Editor

Wendy Goubej

### Contributing Writers

Dan Gabbert, Victor Gill, Walter Veith, Joel Kratzke, Daniel Pel, Tammie Burak, Michael Fassbender

### Copy Editors

Tammie Burak

### Contact

2013-248<sup>th</sup> Street  
Langley, BC V4W 2B7  
Canada

PO Box 3140  
Blaine WA  
98231-3140  
USA

\* please note a **CHANGE**  
to our mailing address,  
effective April 1, 2013

### Tel

604-856-9457  
Toll Free: 1-866-572-9457

### Web

[www.amazingdiscoveries.org](http://www.amazingdiscoveries.org)

### Email

[editor@amazingdiscoveries.org](mailto:editor@amazingdiscoveries.org)

### Subscription

\$25/yr for US and Canada  
\$30/yr for International

Copyright 2015 Amazing Discoveries.  
Articles reflect the opinion of their authors.  
Permission to quote excerpts is granted  
where credit is given.



**Amazing  
Discoveries®**

in this issue:



**ADVENTISM'S OFFICIAL  
EMBRACE OF VACCINATION:  
A BLESSING OR  
CURSE? ..... 4**

Dr. Raymond Obomsawin

**HABITS: HUMAN VERSUS  
DIVINE –YOU DECIDE ..... 8**

Dan Gabbert



**WINNING THE RACE  
AND SEIZING  
THE PRIZE ..... 14**

Roy Davies



**CHRONIC HYPERVIGILANCE-  
YOUR WORN OUT  
ADRENALS ..... 16**

Janie Unruh



**FASTING FOR  
SPIRITUAL AND  
PHYSICAL HEALTH ..... 22**

Tammie Burak

**IODINE ..... 28**

Excerpts from a book:  
*Iodine - Why You Need It, Why You Can't  
Live Without It* by David Brownstein





## Adventism's Official Embrace of Vaccination: A Blessing or Curse?

Prepared by: Raymond Obomsawin Ph.D.

**M**any Seventh Day Adventists employ religious exemptions from vaccination for themselves and their children based on 1 Corinthians 6:17-20 which affirms that our bodies are God's property and temples of the Holy Spirit which are not to be defiled under threat of God's judgment. Manipulated, and exaggerated media coverage about a measles outbreak in southern California, has widely blamed an unvaccinated child for starting it without affording any evidence. In response as of mid-March 2015, there have mushroomed 110 bills across 36 states in the U.S. which are seeking to eliminate or unduly restrict vaccine exemptions, including religious exemptions. This is a well-orchestrated political maneuver to turn back the tide as millions of Americans are becoming alarmed and resistant to the medical

\* Note: Posted in response to the Adventist Review article entitled: *Adventist Church Adopts Stance on Vaccines* - dated: March 10, 2015 which was prepared by the Adventist Review News Editor.

establishment over the lack of efficacy and severe dangers that vaccination poses.

This "Official Statement" of the Seventh Day Adventist Church endorsing vaccination has far more to do with getting on a popularized political bandwagon, than with sound health science, and the genuine interests of its membership. Indeed, it represents an insult to and betrayal of the unnumbered thousands of well-informed members who intelligently reject the big-pharma vaccine promotion agenda. This sizable community of Adventists see vaccination as a violation of good science, and that it is in direct opposition to New Testament teachings, and to the true health message as given under divine inspiration.

It must be asked: Is the drug/vaccine industry really altruistic and trustworthy? Is it under the guidance of the Holy Spirit, or of an unholy spirit? In the past 5 years alone, major pharmaceutical companies have paid criminal and civil fraud penalties to the U.S. Government totaling \$19.2 billion. Despite their enormity, these multi-billion





dollar penalizations pale when contrasted with the \$1.5 trillion in global pharmaceutical income generated in the same time period. The vaccine market alone will skyrocket from 30 billion annually to a projected \$100 billion or more

within 10 years. A lucrative public-private business partnership has been forged between the U.S. government and the drug industry using tax-payer dollars to develop literally hundreds of new vaccines now in the pipeline.<sup>1</sup>

Because in the immunization procedure foreign pathogenic proteins and toxic adjuvants [aluminum, mercury, toxoids, Mycobacterium bovis, etc.] are placed directly into the body tissues and circulatory system, without censoring by the liver, this gives them accessibility to the body's vital organs and systems as well as the brain. *"Studies have linked neurodegeneration and a worsening of neurodegenerative diseases to systemic immune activation."* Science now understands the links between systemic immune activation with vaccines, brain microglial activation, and major depressive disorder and a worsening of neurodegenerative diseases. *"A number of studies have shown that live viruses used in vaccines can enter the brain and reside there for a lifetime... These viruses can trigger brain inflammation and degeneration - that is, there exist a chronic degeneration of the brain over years or decades. Because the resulting condition is so far separated from the time of administration of the original vaccine, physicians attribute the degeneration to old age or heredity."*<sup>2</sup>

The U.S. government employing a passive surveillance system has already paid out to claimants approximately three<sup>3</sup> billion dollars in vaccination damage claims (drug cartel companies are now legally exempt, so taxpayers foot the bill) and it is estimated that such claims at best fall in the range of only 1% to 10% of the physical damage and deaths which have actually been occurring. *"Significant adverse effects have been reported with every type of vaccine. These reactions may occur soon after vaccination or several months to years later. Delayed reactions are more in-*



*sidious and less obviously linked to vaccination..."*<sup>3</sup> In fact it is the case that *"Precise data on the risk and incidence of adverse reactions are relatively difficult to obtain."* Although the occurrence of "late" or long-term vaccine adverse events in some vaccines is incontestable, *"a major limitation of all the current approaches to monitoring... is the insensitivity or outright inability to detect events caused or initiated by vaccination which manifest more than 3-4 weeks after vaccination."*<sup>4</sup>

Is vaccination itself actually scientific sound and proven? Extensive epidemiological data shows that concurrent with progressively improved nutrition and sanitation, massive declines in life-threatening infectious diseases occurred historically either without, or far in advance of mass artificial immunization efforts for a wide range of specific diseases. These include inter alia: measles; diphtheria; pertussis (whooping cough); tuberculosis; influenza; and scarlet fever. This represents irrefutable evidence that vaccines are not at all necessary for the effective and sustained elimination of a very wide range of human infectious diseases.<sup>5</sup>

The Pasteur Institute has found that *"98% of the immune responses triggered at the early stages of infection are non-specific. These non-specific responses had been observed following different infections by viruses, bacteria, parasites and fungi."*<sup>6</sup> This means that the body's natural immune system affords 98% of the early response to any invasive infectious disease agent, while the adaptive or memory-based protective response that vaccination seeks to stimulate represents only 2% of early response. And to make it worse, a faulty theory underlies the skimpy 2% of *"learned response"*. Proof? University of Chicago biomedical researchers have found that Memory T cells are *"distressingly slow learners"*, requiring *"several generations"* of intensive stimulation to make a lasting impression on T cells *"No vaccine trial to date has been able to produce significant numbers of memory T lymphocytes..."*<sup>7</sup>

And since children in the U.S.A. are the most heavily vaccinated in the world, how has this impacted their health status? Dr. Gary Kohl

 continued on next page

<sup>1</sup> The Vaccine Culture War in America: Are You Ready? <http://www.nvic.org/NVIC-Vaccine-News/March-2015/the-vaccine-culture-war-in-america-are-you-ready.aspx>

<sup>2</sup> Blaylock, R.L., Vaccines, depression, and neurodegeneration after age 50 years: another reason to avoid the recommended vaccines, Medical Veritas, No. 5, 2008, pp. 1742-1747.

<sup>3</sup> Null, G., and Feldman, M., Vaccination: An updated Analysis of the Health Risks, 3 part series Townsend Letter, online Oct., Nov. & Dec. issues, 2007, [http://www.townsendletter.com/Oct2007/vaccinate\\_null1007.htm](http://www.townsendletter.com/Oct2007/vaccinate_null1007.htm)

<sup>4</sup> Ward, B.J., Vaccine adverse events in the new millennium: is there reason for concern?, Bulletin of the World Health Organization, Vol. 78, No. 2, 2000, pp. 205-207.

<sup>5</sup> McKeown T., The Road to Health, World Health Forum, Published by the World Health Organization, Geneva, Switzerland, Vol. 10, 1989, pp. 410 and 411.

<sup>6</sup> Pasteur Institute Press Release - Towards new vaccination strategies based on 'non specific immunity'; August 1, 2000.

<sup>7</sup> University of Chicago Medical Center; T-cell memory finding may provide key to cancer, AIDS vaccines; March 11, 1999; <http://www.uchospitals.edu/news/1999/19990311-tcell-memory.html>

writing for Global Research affords us with a good summarization:

*Today the CDC mandates 36 vaccines by the age of 18 months, 68 vaccines until age 12 and the rate of autism, chronic illnesses and other neurodegenerative diseases has predictably soared from 1 out of every 10,000 to 1 out of every 88 American children.*

*Fully vaccinated American children are already among the most chronically ill group of children in the world... [While] congruent with the autism epidemic, nearly 50% of Americas over-vaccinated children have vaccine-induced chronic illnesses such as diabetes (both type I and type II), autistic spectrum disorders, ADHD, conduct disorders, brain damage, food allergies, asthma, arthritis, immune deficiency disorders, mitochondrial disorders, inflammatory bowel disorders and cancer and are doomed to be permanent disabled patients, having to see doctors regularly and take prescription drugs for the rest of their lives."*<sup>8</sup>

**"Woe unto them who call evil good, and good evil; that put darkness for light, and light for darkness..."**  
Isaiah 5:20 **AD**

<sup>8</sup> What's Behind Big Pharmas Freak-out Media Blitz Over Measles? <http://www.globalresearch.ca/whats-behind-big-pharmas-freak-out-media-blitz-over-measles/5430542>

## About the Author



Dr. Raymond Obomsawin holds a MSc. and a PhD with concentrations in health science and human ecology. He has advised senior decision-makers in the public sector on various health, education, agriculture, nutrition, agro-forestry, and environmental projects. He has produced over 85 research papers and professional publications.

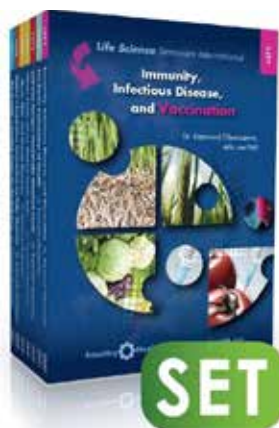
## Life Science Seminars International (7-DVD set)

In this 7-part DVD set, Dr. Obomsawin discusses important health topics ranging from vaccines to organic agriculture.

**\$74.00** (set)

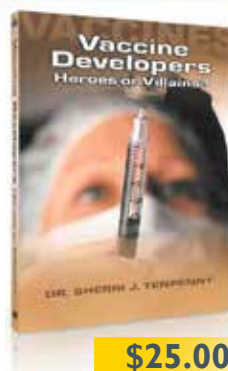
**\$14.00** (singles\*)

\* see our website for complete list of titles



# Vaccines:

## Documentaries by Dr. Sherri J. Tenpenny



**\$25.00**

### Vaccine Developers: Heroes or Villains? (DVD)

Vaccination has been declared one of the Top 10 Public Health Achievements of the Century and vaccine developers have been heralded as the heroes of the 21<sup>st</sup> century. But are they truly protectors and defenders of our health? Or, should we be more suspicious of their intent? In this scientifically documented presentation, find out answers to these and more questions. (1 hour)

### Flu and Flu Vaccines: What's Coming Through That Needle (2-DVD Set)

Explore the problems associated with annual flu shots:

- How influenza viruses are selected each year for the vaccine
- The low prevalence of influenza viruses in circulation
- The low number of deaths per year from the flu
- The reality of flu shot side effects and asthma
- Ingredients & adjuvants: animal cells, detergents, polysorbate 80, formaldehyde, gelatin, mercury, aluminum, squalene, etc.
- How to refuse flu shots (running time approx. 2 hrs)



**\$30.00**



**\$25.00**

### Vaccine Basics: What You Need To Know (DVD)

(2 hour DVD) In this compelling documentary, Dr. Sherri Tenpenny provides comprehensive, factual information on vaccines so parents and practitioners can make informed, health care choices. In this two hour presentation, you will learn the basics of vaccines:

### The Greater Good (DVD)

This film is a character-driven documentary that explores the areas where parenting, modern medicine and states rights clash with politics, group-think and Big Pharma. It highlights several powerful personal stories of vaccine tragedies to bring increased awareness to this important issue. (paper cover, 79 min)



**\$19.95**

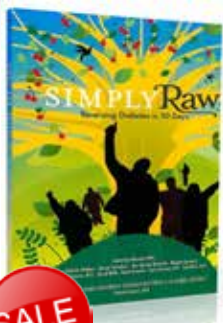


**Jorgensen - Springhead  
Development (DVD)**



**\$20.00**

**Simply Raw - Re-  
versing Diabetes  
in 30 Days (DVD)**



**SALE**

**\$22.00**

Reg \$25

**Doctored  
(DVD)**



**SALE**

**\$20.00**

Reg \$24.95

**Fat, Sick & Nearly Dead  
(DVD)**



**SALE**

**\$20.00**

Reg \$25

**A.Vogel  
bioSnacky®**

**3-Tier Germinator**

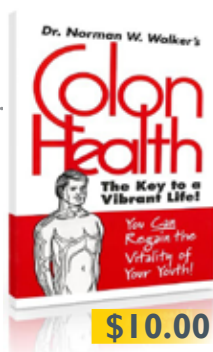


**A.Vogel® bioSnacky  
Original Seed Sprouter**

**\$31.95** + S/H

**Colon Health**

(book by  
Dr. Walker)



**\$10.00**



**Eucalyptus Oil**

V-VAX

Size: 2 fl oz (59.1 ml)  
Pump spray bottle.

**\$13.00**

**Pure, White and Deadly**

(book by  
John Judkin)



**\$16.00**



**Tea Tree Oil**

V-VAX

Size:  
0.5 fl oz. / 15 ml

**\$9.00**

## Dulse Seasoning

Dulse is a superfood because of its high iodine and potassium content, plus a long list of micro-nutrients and phytochemicals. Dulse has been used traditionally to improve thyroid function control, treat scurvy and parasites. Dulse is a scientifically proven antioxidant, a source of plant protein, and is suggested to correct hypothyroid issues. Low sodium Dulse Granules are presented in a sprinkle-on 1.5 oz shaker - a convenient way to get your sea veggies in the kitchen, at the table, or on the road.

**Available flavors::**

- Organic Dulse Granules
- Organic Kelp with Cayenne
- Organic Dulse with Garlic
- Sea Salt with Sea Veg



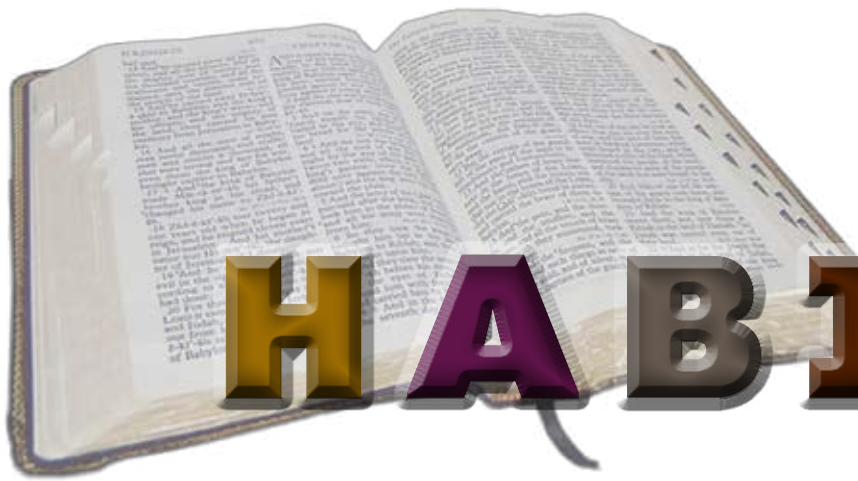
43 grams (1.5 oz)

**\$3.99 each**



To order visit: [amazinghealth.com](http://amazinghealth.com) or call 1-888-856-9472

NOTE: All prices are listed in American Dollars, please check our web store for Canadian prices. SALE PRICES VALID UNTIL MAY 30, 2015.



Copyright 2015 Dan Gabbert, MA, CWC

# HABITS:

## Human Versus Divine – You Decide

From unhealthy dietary tips to compromising lifestyle advice, it seems we are being flooded with a mass of misinformation as to what is really best for us. These messages can be confusing and subtly lead us to think that there may be some good even in dangerous practices. These kinds of messages lead us by degrees to accept what we ought to reject. Simply put: First we abhor, then we tolerate, then we embrace and defend.

Recently a magazine arrived in our mailbox carrying an article entitled, “The Good News About Bad Habits,” with the subtitle, “6 ways to make the best of your worst quirks, from binge-watching your favorite TV show to sharing gossip.”<sup>1</sup> Bless the author’s heart, the article was giving people what was considered to be healthier options to a few of the everyday habits (quirks) that people indulge in, i.e., obsessive TV watching, occasional outbursts of anger, gossiping, etc.

Most people carry personal opinions about modern society’s trends. God also has His personal view. Compromising behavior is not limited to certain age groups, or by our ancestry, education, financial status, or gender, but subtly corrupts the Lord’s work of healing and sanctification in our lives. Isaiah 5:20-23 succinctly describes God’s deep concern:

*Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter! Woe unto them that are wise in their own eyes, and prudent in their own sight! Woe unto them that are mighty to drink wine, and men of strength to mingle strong drink: Which justify the wicked for reward, and take away the righteousness of the righteous from him!*

I’m so grateful our loving Lord is willing to not only tell it like it is, but also let us know how valuable our bodies are to Him!

*What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s (1 Corinthians 6:19, 20).*

Amazing to think about, isn’t it? We don’t own the body we live in. We have been purchased by God! With what? With the life-blood of Christ! (See 1 Peter 1: 18, 19.) And our bodies are to be the eternal dwelling place for the Holy Spirit of God. (John 14:16.) Because of this reality, for anyone serious about being ready to meet our soon-returning Savior and Lord Jesus Christ in peace, there are a couple of very appropriate and valuable heart-searching requests to humbly place before God concerning the personal habits in our lives that we know to be damaging to our physical, mental, and spiritual health:

*Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting (Psalm 139:23, 24).*

*Lord, what wilt Thou have me to do? (Acts 9:6).*

I’m so thankful for God’s response to this type of heartfelt desire in Psalm 32:8:

*I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with Mine eye.*

Amazingly, His promised guidance in the care of our bodies and minds holds true even when it seems as if our lives are filled with nothing but darkness and difficulties. Isaiah 42:16 tells us:

*And I will bring the blind by a way that they knew not; I will lead them in paths that they have not known: I will make darkness light before them, and crooked things straight. These things will I do unto them, and not forsake them.*

Praise the Lord for His mercy and compassionate care for us! For whatever reason, many sincere Christians have not been instructed about the precious healing process

Most people carry personal opinions about modern society’s trends. God also has His personal view.





that God has provided to enable us to lay aside our fallen habit patterns and replace them with Christ's healing ways. (See Ephesians 4:22-24; Philippians 2:5; 1 John 2:5, 6; 3:2,3.) They have not been taught how vital this process the Bible calls "sanctification" is for our salvation – as vital as justification! In 2 Thessalonians 2:13, the apostle Paul states:

*But we are bound to give thanks alway to God for you, brethren beloved of the Lord, because God hath from the beginning chosen you to salvation through sanctification of the Spirit and belief of the truth.*

In fact, verse 13 of the same chapter tells us that we are called by the Gospel "to the obtaining of the glory of our Lord Jesus Christ." The

The spiritual "glory" of Christ is His character of love that we were originally designed to experience in all its healing, three-dimensional beauty.

spiritual "glory" of Christ is His character of love that we were originally designed to experience in all its healing, three-dimensional beauty. (See Genesis 1:27; Exodus 33:18, 19; 34:5-7; 1 John 4:8.) Our loving Savior and Guide lived and died to provide

a way for us, not only to be forgiven for the sins of our past (Romans 3:25), but also to be restored to His image. (See also Romans 8:29.) Listen to the call of 1 Thessalonians 5:23:

*And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.*

Now here's the crux of the matter: There are some people, including Christians, who have struggled with damaging lifestyles for years, precious individuals that may have lost the hope of ever gaining the victory over their distressing heavy-duty conduct. Perhaps they have even begun to wonder if it's really that important to confront and overcome damaging habits that have harassed their lives. If you are one of these people, do not despair. There is hope. Please do not accept the idea that you are trapped in circumstances beyond help or hope of experiencing victory over a life-damaging habit. **Nothing is too hard for God!** (See Jeremiah 32:17.) Even if there is only a glimmer of conviction in your heart that victory might be possible, cling to it! Jesus lived and died to provide a way for every one of us to be freed from every weight and sin! Why? Because He loves us with an everlasting love (Jeremiah 31:3). And He wants to spend eternity with you and me! (See Revelation 21:3.) Hebrews 4:15, 16 gives a little glimpse of the compassionate caring heart of Christ:

*For we have not an High Priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.*

He tenderly urges each of us in Hebrews 12:1, 2:

*Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us,*

continued on page 11

## Featured Books and DVDs

### Back to Eden

DVD

Back to Eden invites you to take a walk with Paul Gautschi as he teaches you sustainable organic growing methods that are capable of being implemented in diverse climates. Improve the yield and quality of your garden year after year. Simple, Sustainable Solutions for Organic Gardening Methods.

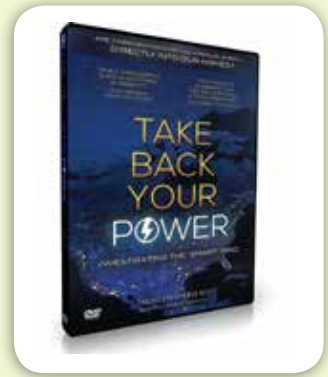
**sale: \$14.00**  
reg. \$15.00



### Take Back Your Power - Investigating the "Smart" Grid (DVD)

DVD - PAL and NTSC formats available  
A must watch award-winning documentary "Take Back Your Power" takes us on a journey to expose corporate and government corruption and erosion of rights in the name of "smart" and "green." What you'll discover will surprise, unsettle and empower you.

**sale: \$18.00**  
reg. \$21.95



### Scientists Under Attack

DVD

Film by Bertram Verhaag and Denkmal Films about Courage, Secrecy and Danger. 60 minutes, plus 30 minute bonus documentary: Monster Salmon.

**sale: \$15.00**  
reg. \$20.00



### The GMO Trilogy

2 disc DVD set plus 1 Audio CD

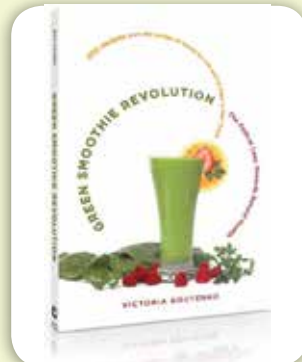
This set provides almost four hours of powerful information about GMOs and their impact on our health and the environment.

**sale: \$17.00**  
reg. \$22.00

### Green Smoothie Revolution - Book

Combining nutrition and know-how with recipes that pack a powerhouse punch, Victoria Boutenko reintroduces long neglected fruits, vegetables, and greens in a most persuasive style for our busy lives—with fast preparation and delicious results.

**\$14.95**



### The Quest for the Cures: The Truth about Cancer

7-DVD Set and Book

Do you want to be the hero in your life or someone you love by sharing the knowledge, tools, protocols, and success systems for preventing and beating cancer? The Quest for the Cures: includes 7-DVDs and full easy-to-read transcriptions book.

**\$99.00**



## Supplements



### NutriBiotic: Grapefruit Seed Extract

100 Tablets

Grapefruit Seed Extract tablets, containing the powerful Citricidal® concentrate, are an excellent infection fighter and nutritional support.

**sale: \$15.00**  
reg. \$17.95



### GreenManna Chlorella

Zip Pouch of 250 grams (8.8 oz.)

The Highest Nutrient Dense Whole Food on the Planet! Chlorella removes heavy metals, leaving you feeling better with more energy.

**\$55.00**



and let us run with patience the race that is set before us, looking unto Jesus, the Author and Finisher of our faith. . . .”

*Bible Echo*, April 15, 1893, par. 5, makes this very important observation concerning our efforts to cooperate with the Lord’s work to bring healing to our bodies and minds:

*We shall often fail in our efforts to copy the divine pattern; we shall often have to bow down to weep at the feet of Jesus, because of our short-comings and mistakes; but we must not be discouraged; pray more fervently, believe more fully, and then, with greater steadfastness, abide in Christ and grow into the likeness of our Lord. As we distrust our own power, we shall trust the power of our Redeemer, and render praise to God, who is the health of our countenance.*

With some of the identical wording, *Steps to Christ*, page 64 adds more insight into this vital topic:

*We shall often have to bow down and weep at the feet of Jesus because of our shortcomings and mistakes, but we are not to be discouraged. Even if we are overcome by the enemy, we are not cast off, not forsaken and rejected of God. No; Christ is at the right hand of God, who also maketh intercession for us. Said the beloved John, “These things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous.” 1 John 2:1. And do not forget the words of Christ, “The Father Himself loveth you.” John 16:27. He desires to restore you to Himself, to see His own purity and holiness reflected in you. And if you will but yield yourself to Him, He that hath begun a good work in you will carry it forward to the day of Jesus Christ. Pray more fervently; believe more fully. As we come to distrust our own power, let us trust the power of our Redeemer, and we shall praise Him who is the health of our countenance.*



O thank you, Lord! . . . but I feel so guilty about my tenacious habit. Help!

Dear friend, why not consider the freedom you have to exercise thankfulness for this guilt. 1 Thessalonians 5:18 reminds us of our need to express our gratitude:

*In everything give thanks; for this is the will of God in Christ Jesus concerning you.*

Why do I share such a brash idea? Well first off, you might consider this guilt to be evidence that you have not yet committed the unpardonable sin. The unpardonable sin is what Jesus calls “blaspheming the Holy Spirit,” where a person can no longer sense any conviction that he’s doing something wrong when he is actually sinning against God. (See Matthew 12:31 and John 16:8-11.) The sin against the Holy Ghost is the sin of persistent refusal to respond to the invitation to repent.

Secondly, the fact you are keenly aware of your sin is also “evidence that Satan’s delusions have lost their power; that the vivifying influence of the Spirit of God is arousing you” (SC, 64).

The sin against the Holy Ghost is the sin of persistent refusal to respond to the invitation to repent.

Precious friend, please do something with these inspired convictions of a better life. Instead of pushing them away with an excuse, or blaming someone else that you’re feeling this way, or ignoring and masking them with the escape techniques of indulgence like busyness, food, entertainment, etc., rather, settle in your mind, that with the Lord’s guidance through His Word (Psalm 107:20), and in the power of His grace (2 Corinthians 9:8), you’re going to learn and practice the victorious healing ways He has provided through His Word to empower each of us to “lay aside every weight, and the sin which doth so easily beset us, and run with patience the race that is set before us” (Hebrews 12:1).

Just now, by faith, take hold of the strengthening messages of Psalms 34:19 and 1 Corinthians 10:13 and expressed in *Desire of Ages*, p. 528:

*To all who are reaching out to feel the guiding hand of God, the moment of greatest discouragement is the time when divine help is nearest. They will look back with thankfulness upon the darkest part of their way. “The Lord knoweth how to deliver the godly,” 2 Peter 2:9. From every temptation and every trial He will bring them forth with firmer faith and a richer experience.*

Knowing this dear friend, regardless of what anyone else in your family or church are presently choosing to say or do, and even if it is for the umpteenth time you’ve done so, in the quietness of your mind, I encourage you to make the decision, to learn and diligently practice Christ’s healing ways in your personal life. Jesus will help you. He has promised!



... him that cometh to Me I will in no wise cast out” (John 6:37).

Wherefore He is able also to save them to the uttermost that come unto God by

Him, seeing He ever liveth to make intercession for them (Hebrews 7:25).

For in that he himself hath suffered being tempted, he is able to succour (aid)

them that are tempted (Hebrews 2:18).

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of My righteousness (Isaiah 41:10).

I leave you with this inspired and empowering statement from *My Life Today*, p. 99:

*The child of God will not rest satisfied until he is clothed with the righteousness of Christ and sustained by His life-giving power. When he sees a weakness in his character, it is not enough to confess it again and again; he must go to work with determination and energy to overcome his defects by building up opposite traits of character. He will not shun this work because it is difficult. Untiring energy is required of the Christian; but he is not obliged to work in his own*

*strength; divine power awaits his demand. Everyone who is sincerely striving for the victory over self will appropriate the promise, “My grace is sufficient for thee.”*

*Through personal effort joined with the prayer of faith the soul is trained. Day by day the character grows into the likeness of Christ. . . . It may cost a severe conflict to overcome habits which have been long indulged, but we may triumph through the grace of Christ. . . .*

*If we are true to the promptings of the Spirit of God, we shall go on from grace to grace and from glory to glory until we shall receive the finishing touch of immortality.*

Take courage, precious reader! I am “...confident of this very thing, that He which hath begun a good work in you will perform it until the day of Jesus Christ” (Philippians 1:6). “Faithful is He that calleth you, Who also will do it” (1 Thessalonians 5:24).

Jesus loves you with an everlasting love! (Jeremiah 31:3) All the way to His inevitable and soon return, He is well able to keep anything and everything you commit to Him and His victorious, sanctifying ways! (See 2 Timothy 1:12.) **AD**

Dan Gabbert is a speaker, author and a mental/spiritual health coach practicing Biblical Response Therapy®. He has a degree in Christian Counselling.

<sup>1</sup>\*All emphasis in the quotes of this article are the author's.

<sup>2</sup> Helmer, J., *The Good News About Bad Habits*, AARP, vol. 58, No. 1B; pp 18,19; December 2014/January 2015.

.... more by Dan Gabbert



### Lecture Titles:

7401: The Original Design for the Heart of Man  
7402: The Reality of God's Love - Understanding My Value  
7403: The Reason for Existence - Why I Was Created  
7404: The Other Side of Grace  
7405: The Role of Conscience  
7406: The Kingly Power of Choice  
7407: Faith is the Victory  
7408: Repentance  
7409: Healthy Mental and Spiritual Warfare  
7410: The Laws of the Mind and Heart

## God's Healing Way to Mental and Spiritual Health

(19 DVD Set, lectures can be purchased individually)

In this 19-part series with Dan Gabbert, we investigate different ways in which God can heal us mentally and spiritually. In this life we will encounter many difficulties, and many people choose to deal with their troubled lives in earthly ways. Learn how we can choose God's way and to respond to challenges the same way that Jesus did. We will evaluate how we were originally designed by God. Let us delve into the many sound reasons we have to trust in Christ. He has a plan for all of us, and knows us all intimately. Through this series we will grow to understand God's healing way to mental and spiritual health.

7411: The Power of the Plan - What Salvation Includes  
7412: Beyond Forgiveness  
7413: Guilty or Not - How Can I Tell?  
7414: Prayer - A Heavenly Key  
7415: Responding to Difficulties God's Way  
7416: Problems - Why?  
7417: God's Design for Victory  
7418: Forward, Not Backward to Heal  
7419: Thankful, Even Though...

To order visit: [amazingdiscoveries.org](http://amazingdiscoveries.org) or call 1-866-572-9457



NOTE: All Prices are listed in American Dollars, please check our web store for Canadian prices.



## Avocado Crème Pie

(Makes 8-10 servings)

Although this recipe may sound bizarre at first, it makes a lot more sense when you remember that avocados are actually fruits! They work just as well as, if not better than, many other fruits nestled into a sweet crust – you wouldn't think twice about a banana crème pie, right? Unlike any other mix of flavors I can think of, this is one that you'll just need to taste and experience for yourself. Since avocados are one of the first things on the market when the calendar announces that spring has arrived, this vividly colored pastry is an excellent dessert to kick off the season.

### Graham Cracker Crust:

- 1 ½ Cups Graham Cracker Crumbs
- 5 Tablespoons Margarine or Coconut Oil, Melted
- 1 Tablespoon Lemon Juice
- ½ Teaspoon Lemon Zest
- ½ Teaspoon Vanilla Extract
- 1 8-Ounce Container Vegan “Cream Cheese”
- 1/3 Cup Brown Rice Syrup
- 2 Tablespoons Coconut Oil, Melted
- ¼ Teaspoon Salt
- ¾ Cup Granulated Sugar
- ¼ Cup Plain Non-Dairy Milk
- 2 Tablespoons Arrowroot

### Avocado Filling:

2 Medium Avocados, Peeled and Pitted

- Preheat your oven to 350°F and lightly grease and flour a 9-inch pie tin.
- Combine the graham cracker crumbs and melted margarine thoroughly so that there are no dry patches, and pour all of it into your prepared pan. Bake for about 15 minutes, until set and lightly browned around the edges.
- Set aside and let cool.
- Pull out your blender or food processor, and first puree the avocado with the lemon juice.
- Once completely smooth, add in the zest, vanilla, “cream cheese,” rice syrup, coconut oil, and salt, and pulse to combine.
- Place the sugar, nondairy milk, and arrowroot in a medium saucepan over the stove on moderate heat.
- Whisk thoroughly to break up any lumps of starch.
- Cook to a rolling boil, at which point the sugar should be completely dissolved and the liquid significantly thickened.
- Stream this syrupy mixture into your machine while it's running, and blend until the mixture is entirely homogeneous, pausing to scrape down the sides as needed.
- Pour the filling into your crust, and chill in the refrigerator for at least 6 hours before serving, or until firmed up enough to slice cleanly.



From book **Vegan Desserts** by Hannah Kaminsky, coming to amazingheath.com in June 2015 (\$14.95).

## Green Smoothie Ice Cream

(Makes about 1 ½ quarts)

Ice cream made with kale? Yes, it's true, and it's truly delicious, too! Super-powered whole food ingredients mean that this ice cream isn't a guilty indulgence in the least, but manages to bridge the gap from health food to comfort food. The key is to blend those greens very thoroughly, unless you plan on flossing your teeth with those plant fibers later on. This ice cream may sound like a wild stretch of the imagination, but the sum of these austere elements just might create a whole new health food craze.

- 6-8 Ounces Fresh Greens such as Spinach, Pea Shoots, Kale, Collards, Chard, etc.
- 2 Large, Ultra-Ripe Bananas (About 1 Pound with Peel)
- 1 ½ Cups Full-Fat Coconut Milk
- 1 Cup Plain, Non-Dairy Milk
- 1 Tablespoon Cornstarch
- ½ Cup Diced Pineapple, Fresh or Frozen and Thawed
- ¾ Cup Light Agave Nectar

- Having a high-speed blender isn't strictly necessary, but it certainly makes things much easier for this recipe. Blending greens down to a smooth consistency can be tricky even with a sturdy standard model, so be prepared to blend for up to ten minutes and strain very carefully after processing if you go a lower-tech route.
- Toss all of the greens, bananas, and 1 cup of the coconut milk into the contained of your machine, in that order. It may seem like a ton of vegetation, but I promise it will blend down to a more manageable volume.
- Puree on high speed, pausing to scrape down the sides of the container as needed, until completely smooth.
- Then blend for another minute or so, because those fibrous greens always look much smoother than they feel on the tongue.
- Pass the mixture through a fine mesh sieve and set aside.
- In a medium saucepan over medium heat, combine the remaining coconut milk, non-dairy milk, and cornstarch, whisking vigorously to combine and break up all possible clumps of starch.
- Add in the pineapple pieces and agave and bring to a boil.
- Cook for two more minutes; then turn off the heat.
- Transfer the mixture to your cleaned blender, and puree.
- Let cool completely before whisking both liquids together, mixing until homogeneous.

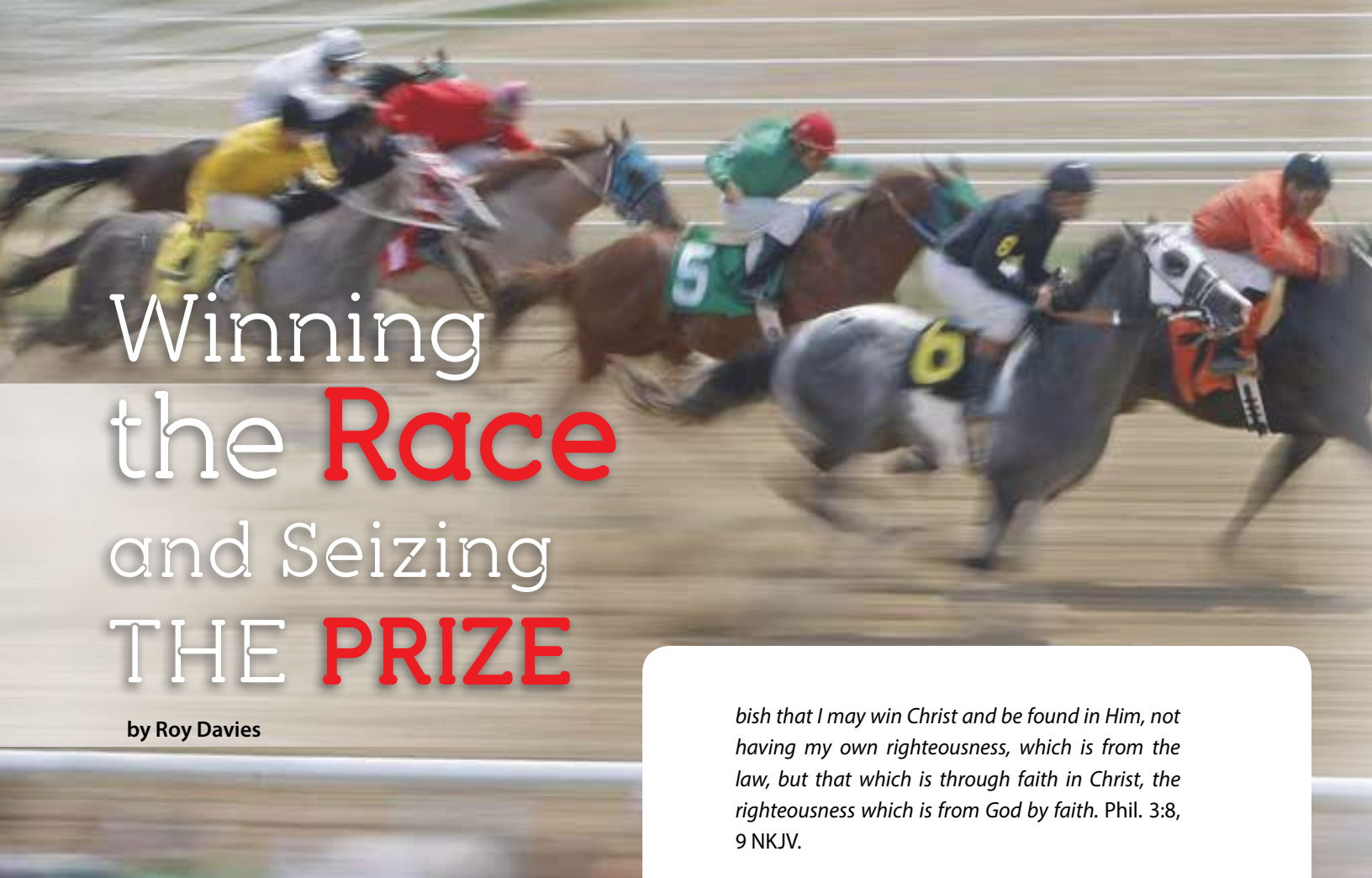


- Chill thoroughly in your refrigerator before churning.
- One ice-cold, churn the base in your ice cream machine according to the manufacturer's recommendations.
- Transfer to an airtight container when finished, and let rest in the freezer for at least three hours before serving.



From book **Vegan à la Mode** by Hannah Kaminsky, available at amazingheath.com  
See page 21 for more information.





# Winning the Race and Seizing THE PRIZE

by Roy Davies

*bish that I may win Christ and be found in Him, not having my own righteousness, which is from the law, but that which is through faith in Christ, the righteousness which is from God by faith. Phil. 3:8, 9 NKJV.*

## His Eye on the Prize in Christ

**In this glorious race all may win this incorruptible prize.**

**T**he Apostle Paul in chapter 9 of 1 Corinthians likens the Christian experience to a race. The Apostle was acquainted with the Olympic games that originated in Greece even before he was born. He knew that although many entered the race, only one contestant would win the prize at the end. He goes on to explain that the contestants do this vigorous training for a corruptible crown, but as Christians we compete for an incorruptible one, but in this glorious race **all** may win this incorruptible prize. Paul knew what this incorruptible crown was that lay before him.

*Yet indeed, I also count all things lost for the excellence of the knowledge of Jesus my Lord for Whom I have suffered the loss of all things and count them as rub-*

The Apostle had his eyes on the prize and would not be discouraged in following Christ. His losses were gains that he might win Christ. What did he forsake to follow the Savior? He was honored by the Jewish general conference of his day (the Sanhedrin). This was the highest authority in the Jewish nation. To become a follower of the meek and lowly Jesus would receive automatic disfellowshipment from the synagogue and loss of his membership in the Sanhedrin. Nicodemus and Joseph of Aramathea were very reluctant to admit their identity with Christ and His teachings. Only when Christ had died did they come forward and reveal their true allegiance. What a blessed privilege they lost when they could have been one of the disciples of Christ for those 3 ½ years of His ministry. Sadly, the honor of men and the pride of life was more important to them. But, then again, they came forward when all the disciples had fled except the beloved John, and took care of the body of Jesus after the crucifixion.

After Paul's conversion on the road to Damascus, he was ever after consumed in evangelistic service for Christ. He used every opportunity to share his faith with everyone who would listen. Mars Hill is a classic example. His life work and his labors of love for the infant church is an



example of true sanctification. None of the other disciples could match the fervor of his faith and the extent of his loving service for his Master.

In Chapter 9 of Corinthians Paul reveals to us the secret of his success in running the spiritual race of faith. "Every man that striveth for the mastery is temperate in all things." One of the temptations that Paul must have conquered was that of appetite. That was the test given to Adam and Eve in Eden. The 40 day fast of Christ in the wilderness was an example for us that this powerful temptation can be overcome as we trust Christ daily for victory. This wonderful promise is given to us by the servant of the Lord:

*The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character.* CODF 163.

All works of the flesh (Gal. 5:19-21) must be overcome by those who are running the race and seeking holiness in the fear of the Lord. Those who are preparing for translation at Christ's second coming must overcome the world, the flesh and the devil. (TM 445)

Our habits of eating and drinking show whether we are of the world or among the number whom the Lord by His mighty cleaver of truth has separated from the world. For those who are waiting for the coming of the Lord, meat eating will eventually be done away with. Nuts, fruits and grains must be the diet of those who will be translated from earth to heaven.

Ellen White has this interesting comment about our heavenly diet. "Will the people who are seeking to become holy, pure, refined, that they may be introduced into the society of heavenly angels, continue to take the life of God's creatures and enjoy their flesh as a luxury? From what the Lord has shown me, the order of things will be changed, and God's peculiar people will exercise temperance in all things." CDF 381. Sad to say, this order of things has not changed even by some ministers today – even the pastor who baptized me was not a vegetarian, but he was a powerful evangelist.

*We are not to be mastered by our appetites but to master our appetites by the grace of God. We are to strive for the mastery over self, our greatest enemy, because left to our own ways we are exceedingly selfish.* Jer 17:9

The incorruptible crown that awaits the overcomer is the righteousness of Christ imparted to every believer who strives for the

mastery over every temptation in Christ's strength. "The one who stands nearest to Christ will be he who on earth has drunk most deeply of the spirit of his self-sacrificing love, – love that vaunteth not itself, is not puffed up, ...seeketh not her own, is not easily provoked, thinketh no evil (1 Corinthians 13:4,5) – love that moves the disciple, as it moved our Lord, to give all, to live and labor and sacrifice, even unto death, for the saving of humanity. This spirit was made manifest in the life of Paul. He said,

*For me to live is Christ; for his life revealed Christ to men; and to die is gain..." - to Christ; death itself would make manifest the power of His grace, and gather souls to Him. "Christ shall be magnified in my body," he said, "whether to be by life or by death" Phil 1:20,21. D.A. 549.*

The triumphant words of the Apostle Paul comes ringing down the centuries to our time, "I have fought a good fight, I have finished my course, I have kept the faith: henceforth there is laid up for me a crown

of righteousness which the Lord, the righteous Judge, shall give to me at that day: but not to me only, but unto all them also that love His appearing." 2 Timothy 4:8. They that love His appearing will be privileged to receive the seal of God and the latter rain that fits them for translation. TM 445; 1T187; 5T216.

What a race and what an immortal crown to win! Let us all run the race with certainty and seize the prize, is my prayer for His church. **AD**

Roy Davies is a layman who has a strong passion for writing articles about Jesus Christ. He was born in Australia but has spent most of his life in California, where he worked as a literature evangelist and a maintenance person.





# Chronic

By Janie Unruh, BSN, MPH, RN, CDE

## How You Get to Adrenal Fatigue

In today's fast life, the norm for most people is chronic hypervigilance. This means that your adrenals think you are being chased by a hungry tiger day in and day out without any rest. Your body does not know the difference between a real hungry tiger or a virtual hungry tiger, which may just be fighting traffic to get to work on time, rushing to meet one deadline after another, worrying about the economy, striving to keep up with a demanding job, too much homework and studying for exams while working full time, current news media stress, family stress, late nights, the busyness of keeping up with after-school activities for your children, and the continual juggling of everything that vies for your time which leads to poor sleep, little to no down-time during the day and poor nutrient intake.

In this chronic state of stress, the adrenals are overworked as your body tries to cope with one acutely stressful event after another. The result of constant stress is a cycle of events within the body that begins with stimulation of the adrenal glands to release more epinephrine and cortisol than should normally be required. The non-stop circulation of epinephrine and cortisol in the blood stream disrupts the normal circadian rhythm creating high blood sugars, blood pressure, and heart rate and reduced digestion and blood flow to the organs. This disruption in the circadian rhythm lasts longer than the stress itself. Despite adequate daily rest after a stressful event, it takes almost a week for the adrenals to recover.<sup>1</sup>

Sixty to 80% of people suffer from adrenal fatigue and symptoms of stress are the number one reason for doctor visits.<sup>2</sup> If you wake up with the need to indulge in sodas, coffee, caffeinated teas, high sugar foods, sugary juices,

# Hypervigilance-

## Your Worn Out Adrenals

chocolate, processed carbohydrates or any of an assortment of quick-fix foods or beverages to get and keep you going through the day, you may have adrenal fatigue. A healthy individual bounces out of bed in the morning with vigor and life, full of vitality and energy without the need of outside stimulants.

### Two Tiny Organs with Big Responsibilities

We have two tiny adrenal glands, one sitting on top of each kidney. Each adrenal gland looks like a three-sided hat, measuring only a few inches. Despite their tiny size, they have one of the richest blood supplies of all the organs and they store and use more vitamin C than any other organ or tissue in your body.<sup>3</sup>

The adrenals produce a surge of power by triggering the release of temporarily stored energy for fight or flight

The adrenal glands have a huge responsibility. Each adrenal has two divisions: a smaller, inner medulla and a larger, outer cortex. Each part secretes separate stress hormones. The medulla secretes the “fight or flight” hormones which are the front-line

first responders to stress or unrest of any kind. The medulla works quickly and efficiently, instantly producing the steroidal hormones adrenalin, noradrenalin and androgens as needed. The adrenals produce a surge of power by triggering the release of temporarily stored energy for fight or flight.<sup>4</sup> The adrenal medulla hormones are the ones that allow a frantic mother to lift a car off her trapped two year old child and allow a hiker to walk out of the woods despite a painfully fractured hip. In an instant, the adrenalin quickens the pulse and constricts the blood vessels in order to raise the blood pressure, dilate the pupils for visual acuity, increase muscle contraction for activity, and the raise blood sugar for immediate energy.

If the acute stressors continue and become chronic, the adrenal cortex kicks in and produces cortisol<sup>5</sup>,

which is the second responder. Cortisol is longer acting than adrenalin. Cortisol does not produce the typical jitters or shaking that comes with a rush of adrenalin because it gets its energy from protein stores, resulting in a slower conversion of energy which is more sustaining but over the long term is eventually damaging. Chronic stress fatigues the adrenals, lessening our ability to handle more stressors and uses larger than normal amounts of vitamin C, leaving the rest of the body without.<sup>3</sup>



### Adrenal Fatigue Creates Hormone Imbalances

The adrenal hormones are manufactured in an algorithm fashion starting with cholesterol at the top. Cholesterol gets converted to pregnenolone, the precursor or raw material for all the other adrenal hormones (6). Pregnenolone then gets converted to either progesterone, cortisol, or DHEA, depending on what the body needs. DHEA leads to the production of sex hormones and is converted into estrone, estriol, testosterone, estradiol and others, again depending on what the body needs. But in times of stress pregnenolone is not converted to DHEA because cortisol is grabbing it all to manage the stress. DHEA is only manufactured in times of calmness.

 continued on next page



If DHEA is not being manufactured, then neither are the sex hormones and you may experience a low sex drive, premenstrual syndrome, and menopausal symptoms. Other signs of the underproduction of DHEA include:

- sleep disturbances due to high cortisol,
- sleeplessness at 3 a.m.,
- fatigue,
- irritable bowels,
- dizziness upon standing,
- salt cravings,
- excessive thirst and urination,
- difficulty gaining muscle and losing belly fat,
- depression,
- light sensitivity,
- dark circles under your eyes,
- thin, dry, falling out hair,
- cold intolerance,
- frequent illness,
- anxiety, and
- a wired-and-tired energy pattern which makes you want to go to bed at 9 p.m. but you are still up at 11 p.m.

If you have sex hormone problems, the key may be to take low doses of pregnenolone and allow your body to manufacture what it needs from the raw material, but talk to your functional medicine doctor or other root-cause practitioner for a blood work up.

## Testing for Adrenal Fatigue

Testing for adrenal fatigue is a simple non-invasive saliva test and can be done with a health care provider's order at Diagnos-Techs, Inc. if you are in the USA. Cortisol levels change throughout the day so it is necessary to provide a saliva sample four times throughout the day at 6:00-8:00 a.m., 11:00 a.m.-1:00 p.m., 4:00-5:00 p.m., and 10:00 p.m.-midnight. Cortisol should be highest around 6-8 a.m. to get you going in the morning, then as the day continues the levels should drop off by evening time so you are able to sleep well. The saliva test shows which of the seven phases you are in, though typically, in the literature, there are three stages: alarm, resistance, and exhaustion. There are also adrenal assessments that ask several pages of questions, with each question being assigned a numerical value and you end up with a score. That score gives you your level of adrenal fatigue.

## Big Changes, Big Results: The Restorative Lifestyle

In addition to managing stress and having a healthy peace of mind, changing your lifestyle and dietary habits are key in restoring healthy adrenals. Your attitude toward a healthy lifestyle should not be "all-or-none" but consider it a process and a journey rather than a destination. From the list of adrenal support recommendations below, choose all the ones that you can change immediately and make those a part of your daily routine. Once you've incorporated these changes into your routine, start to look at other items and change those things that are next easiest until they become routine and so on, until you have accomplished the list within a reasonable amount of time. Of course, the further along you are in the disease process, the faster changes ought to be made.

In addition to managing stress and having a healthy peace of mind, changing your lifestyle and dietary habits are key in restoring healthy adrenals.

Healing is in the causes. Our body has a hierarchical way of healing itself and the proper course of healing needs to be taken, so you cannot jump into healing the adrenals without first addressing other higher-priority issues. There are foundational lifestyle principles that must be incorporated to help the body jumpstart the healing process regardless of which disease you have or are trying to prevent. These principles are timeless.

## Foundational Principles

The foundational principles of the restorative lifestyle include:

- A whole-foods, plant-based, vegan diet with 50-80% raw foods;
- Daily exercise;
- Drinking 6-8 glasses of clean, fresh water;
- 20 minutes of sunshine per day;
- Temperance in all things that are healthful and abstaining from those things that are hurtful;
- Getting outside to take in the fresh air;
- Taking moments of rest during the day;
- A day of rest each week;
- 7-9 hours of sleep every night;
- Getting to bed no later than 10 p.m. (9 p.m. is ideal);
- Trusting in God for our daily needs;
- Wearing proper clothing; and
- Having a positive outlook.

Once the foundational principles are in place, you can start digging deeper into what additionally may be hurting the adrenals. Obesity, poor quality and quantity of sleep, poor nutritional intake, injuries, toxins, and stress all hurt the adrenals.

## The Toxic Environment

The adrenals are sensitive to toxins of all kinds.<sup>7</sup> Beyond the foundational lifestyle principles, the next step is to remove the barrage of toxins in, on and around the body, which includes standard lotions, cleaning supplies, hair products, environmental toxins, detergents, air fresheners, soaps, stale indoor air, toxic and processed foods, toxic thoughts, and dental amalgams (6). Look for healthier non-toxic cleaning and personal care products at your local health food store or make your own. Do not put anything on your skin that you would not eat.

To heal the adrenals, it is also necessary to get the toxic foods out of your diet. That includes artificial sweeteners (such as aspartame, Ace-K, saccharin, sugar alcohols); trans fats; ingredients with names that you can't pronounce; ingredients you can't purchase as whole foods; processed sugars; gluten; dairy; meat; products made from refined flour; foods with pesticides, preservatives, and plasticizers, which are endocrine disruptors; vegetable oils; regular table salt; coffee; tea; alcohol; tobacco, and too much cooked food. Start inching your way up to a minimum of 50% raw diet and if you are already at 50%, inch your way up to at least 80%. There are a myriad of delicious, fresh, raw food recipes online and in recipe books, filled with life-giving enzymes to take the place of enzyme-less cooked and dead processed foods.

## Healing Your Digestion to Heal the Adrenals

The next rung on the hierarchical healing pyramid is digestion, a foundational source of all ill health. We are not only what we eat but what we assimilate. Digestion-related problems include allergies, food intolerances, candida, parasites, inflammation anywhere in the body, hay fever, and any autoimmune disease, Crohn's disease,

colitis, diverticular disease, indigestion, constipation, diarrhea, and flatulence. During the hectic, stressful day of the average person, the digestion works sub-optimally so it is necessary for you to reboot and relearn how to structure your day to include moments of relaxation, even if only for a minute or two several times a day.

Digestive imbalances also come from improper chewing and consuming foods you may be allergic to or have an intolerance to. The top food allergens and intolerances are gluten, dairy, chocolate, peanuts, tree nuts, wheat, soy, corn, eggs, strawberries, citrus, and shellfish.<sup>8</sup> Genetically modified (GM) foods are also known to cause gastrointestinal problems (9) and in a position paper, the American Academy of Environmental Medicine called on "physicians to educate their patients, the medical community, and the public to avoid GM food...and to consider the possible role of GM foods in the disease processes of the patients they treat".<sup>10</sup> To date, unless certified as organic or otherwise labelled as not GM, you may assume the following crops to be genetically modified: alfalfa, corn, sugar beets, soy, canola and cottonseed, papaya from Hawaii or China, zucchini and yellow crookneck squash (9). Other GM foods are on their way as well, like GM salmon, meat and potatoes. Some produce, such as tomatoes have also been experimented on and may be in your grocery store. Eliminating these foods will be good medicine for your adrenals and the rest of your body.

## Controlling Blood Sugars to Heal Your Adrenals

If you have adrenal problems then you most likely have blood sugar imbalances, which is the next rung on

To heal the adrenals, it is also necessary to get the toxic foods out of your diet.

 continued on next page



the hierarchical healing pyramid. You may not even realize you have blood sugar problems, especially if you eat a vegan diet, are of normal weight, drink plenty of clean water, and exercise. If you are not on a vegan diet, are overweight, don't drink enough



The more nutrient dense and alkaline the food, the more restorative it will be for the body.

water or get enough exercise, the chances are even greater that

you will have insulin resistance. To check for blood sugar abnormalities, you may want to purchase an inexpensive glucometer and start checking your blood sugars. Check them first thing in the morning and at 15 minute intervals for up to 2 hours after eating. Your blood sugar should not go above 120, 100-110 is even better.<sup>11</sup>

Keep a food and blood sugar journal and see which foods increase your sugars. Be especially careful to note blood sugar levels after consuming grains (especially gluten-containing grains), dairy, processed foods (even the "healthy" ones), starches and fruit. Temporarily eliminate anything that increases your blood sugars above 120 until you eliminate the toxins in your life and your gut and your adrenals are healed. If you have adrenal problems, most likely you have thyroid problems too, as they often go hand in hand.

## Foods that Hurt the Adrenals

Eliminate things that hurt the adrenals. Not surprisingly, coffee, non-herbal tea, caffeine, sugar, and alcohol are adrenal stressors and create a similar effect in the body as outside stress does. Eliminate gluten and the top food allergens: milk, eggs, peanuts, tree

nuts, fish, shellfish, soy, wheat, sesame seeds, soy, and sulfites.<sup>12</sup> Gluten intolerance is not a fad; it is a real issue. If you have any health problems at all and already bypass dairy products, gluten may be the next suspect as there are over 200 symptoms associated with gluten sensitivity or gluten intolerance.

## Foods that Heal the Adrenals

Hippocrates said, "Let food be thy medicine and thy medicine food," which is good advice for relieving adrenal fatigue. The foods we choose to eat play a very important role in giving the adrenals and the rest of the body what it needs for restoration. The more nutrient dense and alkaline the food, the more restorative it will be for the body. The more nutrient depleted, the more damaging its effect will be. It is as simple as that. Ideally, your goal should be to eat 50-80% fresh, raw foods, the more the better and 80% alkaline. After all, the original diet in the Garden of Eden was fresh, raw, local, in-season food.

Foods specific to adrenal restoration include omega-3 rich foods such as flax seeds, hemp seeds, chia seeds, and walnuts and probiotic foods such as homemade sauerkraut and cultured nut, seed and coconut yogurts, kefir and rejuvelac (13). These are inexpensive and very simple to make. Other highly recommended foods for the adrenals are adaptogenic mushrooms such as cordyceps, chaga, shiitake and reishi and sea vegetables such as kelp, bladderwrack, nori, and dulse. Adaptogenic herbs and foods create homeostasis, peace and calmness. Green leafy vegetables and fresh sprouts are loaded with protein and they contain the micronutrients so often missed in the mainstream diet. The goal would be between a half pound and 2 pounds of leafy greens and sprouts per day.<sup>13</sup> Onions, garlic, lecithin, Brazil nuts, coconut, vegetables and low-glycemic fruits (that is, cherries, grapefruit, pears, plums, green apples and berries) are also excellent for daily eating, but check your blood sugar to make sure it remains normal. If any of these raise your blood sugar levels, they will need to be eliminated for a time until further healing occurs.

## Adaptogens and Other Support

Once on a clean diet and lifestyle, additional support with vitamins and herbs to help heal the adrenals may be needed. Find a local naturopath, functional medicine doctor or lifestyle practitioner who can help you on your path. Following are some further sugges-



tions. At the top of the “additional support” list would be vitamin C. The adrenals use more vitamin C than any other organ and when under constant pressure and stress, they use even more to the point of depleting the body of vitamin C. You may need to take 2-6 grams per day, depending on bowel tolerance. You may also want to add high quality liquid vitamin B5, B6, trace minerals and magnesium.

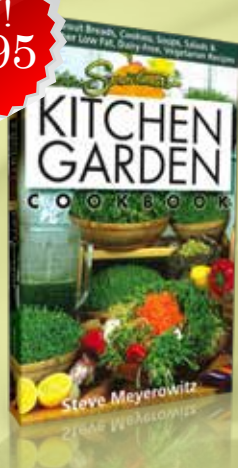
You can also make smoothies, an elixir drink, or tea with ashwagandha, astragalus, maca, holy basil, shilajit, Korean ginseng, Siberian ginseng, rhodiola rosea, the adaptogenic mushrooms, the above-sea vegetables, chamomile, eleuthero root and others.<sup>14</sup> When a combination of adaptogens is used, significant improvements are seen in the reduction of fatigue and stress (14). To make an elixir, start with a teaspoon of herbal healing tea such as holy basil and steep it in 2 cups boiled water for 10-30 minutes, or overnight for maximum benefit. Pour the tea into the jar of a high-speed blender. Then add ½-1 teaspoon of each adaptogen and sea vegetable, 4 Brazil nuts, 1 tablespoon of walnuts and 1 tablespoon coconut butter or dried coconut (13). Add carob powder for a pleasant chocolaty, richer flavor. To make a smoothie, simply add low glycemic fruits and some greens to the above listed ingredients and blend till smooth. Experiment with different combinations and maybe even have 2 or 3 recipes that you can change up each day.

At first it may seem overwhelming to make so many changes, and in the beginning it is more work. But after a while it just becomes your natural lifestyle and the benefits are well worth the effort. **AD**

- <sup>1</sup> Opstad, K. (1994). Circadian rhythm of hormones is extinguished during prolonged physical stress, sleep and energy deficiency in young men. *Eur J Endocrinol*, 131:55-66.
- <sup>2</sup> Head, K. & Kelly G. (2009). Nutrients and botanicals for treatment of stress: Adrenal fatigue, neurotransmitter imbalance, anxiety, and restless sleep. *Alternative Medicine Review*, 14(2), 114-140.
- <sup>3</sup> Patak, P., Willenberg, H., & Bornstein, S. (2004). Vitamin C is an important cofactor for both adrenal cortex and adrenal medulla. *Endocrine Research*, 30(4), 871-875.
- <sup>4</sup> Wikipedia.org. Epinephrine. <http://en.wikipedia.org/wiki/Epinephrine>
- <sup>5</sup> Wikipedia.org. Cortisol. <http://en.wikipedia.org/wiki/Cortisol>
- <sup>6</sup> Lam, M., Schmitt, W., Wilson, J. The Adrenal Glands: Endocrine support products. [http://tuberoase.com/Adrenal\\_Glands.html](http://tuberoase.com/Adrenal_Glands.html)
- <sup>7</sup> Food and Nutrition Information Center. National Agricultural Library USDA. (2010). Food allergies and intolerances resource list for consumers, December 2010. [www.nal.usda.gov/fnic/pubs/bibs/allergy.pdf](http://www.nal.usda.gov/fnic/pubs/bibs/allergy.pdf)
- <sup>8</sup> Samsel, A., & Seneff, S. (2013). Glyphosate, pathways to modern diseases II: Celiac sprue and gluten intolerance. *Interdisc Toxicol*, 6(4): 159-184.
- <sup>9</sup> Institute for Responsible Technology. (nd). GMO Education: Health Risks. <http://www.responsibletechnology.org/health-risks>
- <sup>10</sup> Dean, A. & Armstrong, J. (2009). Genetically modified foods. *American Academy of Environmental Medicine*. <http://www.aaemonline.org/gmopost.html>
- <sup>11</sup> Christiansen, J. S. (Sept 13, 2006). What is normal glucose? Continuous glucose monitoring data from healthy subjects. Diabetes Management: From Today's Standards to Tomorrow's. Presented at the Annual Meeting of the EASD, Copenhagen, Denmark.
- <sup>12</sup> Food & Drug Administration. (January 2009). Food allergies: Reducing the risks. Consumer Health Information. <http://www.fda.gov/downloads/ForConsumers/ConsumerUpdates/UCM170952.pdf>
- <sup>13</sup> Loscalzo, Ritamarie. (nd). Correcting Adrenal Fatigue and Exhaustion. <http://www.vibrantlivingmembers.com/cafe/part3/>
- <sup>14</sup> Stansbury, J., Saunders, P., Winston, D. (2012). *Journal of Restorative Medicine*, 1, 1. pp76-82(7). Supporting adrenal function with adaptogenic herbs. <http://www.restorativeformulations.com/Library-Adrenal-Metabolism/Supporting-Adrenal-Function-with-Adaptogenic-Herbs>

## NEW Cookbooks

**NEW!**  
**\$14.95**



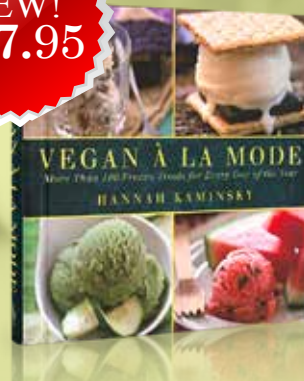
### Vegan Diner

Classic comfort food for the body and soul!

**NEW!**  
**\$19.95**



**NEW!**  
**\$17.95**



### Vegan A La Mode

More than 100 frozen treats for every day of the year.

**Kitchen Garden Cookbook**  
Sprout breads, cookies, soups, salads & 250 other low fat, dairy-free, vegetarian recipes.

To order visit: [amazinghealth.com](http://amazinghealth.com) or call 1-888-856-9472

NOTE: All prices are listed in American Dollars, please check our web store for Canadian prices.

A close-up photograph of several pink cherry blossoms with yellow centers, set against a soft, out-of-focus background. The blossoms are in various stages of bloom, with some showing more petals than others. The overall tone is gentle and serene.

by Tammie Burak

# FASTING

*for Spiritual and  
Physical*

# Health

## PART 1

### Fasting and Spiritual Health

Throughout history and even today, fasting, the abstinence from food and sometimes water, has been practiced in a religious context and there are many references to fasting in the Bible. Some fasts in the Bible were total abstinence from food and water, for example when Esther required all Jews in Shushan to neither eat nor drink for three days. But there are also examples of partial fasts, as in the case of Daniel when he “ate no pleasant bread...neither flesh nor wine” (Daniel 10:3). In addition, the Bible provides examples of a range of motivating factors for fasting, such as grief or defeat in war or to show repentance.

Does it make  
any difference  
to God whether  
we fast or not?

### Fasting in the Bible

Why did people fast during Bible times? Perhaps you’re wondering whether Christians should fast today. Does it make any difference to God whether we fast or not?

Does fasting change us in any significant way? The Bible can provide insight and answers about Christian fasting.

### Forty Day Fasts

Perhaps the earliest reference to fasting involved Moses while he was in the presence of God on Mount Sinai “forty days and forty nights” (Exodus 24:18), during which time, we’re told, “he did neither eat bread, nor drink water” (Exodus 34:28). Moses had been called on an errand by God. God had told him, “Come up to me into the mount, and be there: and I will give thee



tables of stone, and a law, and commandments which I have written; that thou mayest teach them" (Exodus 24:12). God miraculously sustained Moses while they met together. When God calls a person to some special job, we can be sure that God will sustain them, even in a miraculous way.

## Repentance

Often, we see in the Bible people fasting as a sign of remorse and repentance. For example, Samuel called a corporate fast when "all the house of Israel lamented after the LORD" and returned to Him following the time of their idolatry (1 Samuel 7:2). After ridding the land of their idols, they gathered to Samuel at Mizpeh "and fasted on that day, and said there, We have sinned against

the LORD" (vs. 6). Ahab (1 Kings 21:27-29), the people of Israel (Nehemiah 9:1) and even Israel's enemies at the preaching of Jonah (Jonah 3:5) fasted to show their sorrow for sin and deep repentance. Christians may do the same today. When we become aware of the awfulness of our sins and humble our hearts in repentance, fasting may increase our sense of our need and dependence upon Christ for all our righteousness, though fasting can never add to the free gift of salvation that Christ has bought for us.

## Fasting on the Day of Atonement

God Himself appointed a fast for the Day of Atonement, in which He required soul-searching and repentance while atonement was being made for the people.

*And the LORD spake unto Moses, saying, Also on the tenth day of this seventh month there shall be a day of atonement: it shall be an holy convocation unto you; and ye shall afflict your souls, and offer an offering made by fire unto the LORD. And ye shall do no work in that same day: for it is a day of atonement, to make an atonement for you before the LORD your God (Leviticus 23: 26-28).*

Here, we see that the people were called together to

1. Fast or "be afflicted,"
2. Make a sacrifice by fire, and
3. Rest from their labors or keep a sabbath.

In Israel, the fast on the Day of Atonement was a time set aside from worldly cares to examine the heart for lurking sin, making full repentance to God and contemplating the work of redemption that He would complete on behalf of believers. Matthew Henry commented that

*The humbling of our souls for sin, and the making of our peace with God, is work that requires the whole man, and the closest application of mind imaginable, and all little enough. He that would do the work of a day of atonement in its day, as it should be done, had need lay aside the thoughts of every thing else (Matthew Henry's Commentary on Leviticus 23: 26-28).*

Laying aside food preparation along with eating and digesting food can free the mind to concentrate upon repentance and reformation.



Unfortunately, too often fasting during the Day of Atonement was done without deep soul-searching and repentance. The act of fasting, like so many other religious rituals, became an end in itself, replacing true repentance. God rejects that kind of spiritually-barren fasting. When the people of

Isaiah's day accused God of paying no attention to their fasting, God rebuked them for their hypocrisy, their pride instead of



humility and their lack of repentance. He said,

*Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.*

*Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?*

*Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? (Isaiah 58:3-7).*

Ellen White commented,

*A legal religion can never lead souls to Christ; for it is a loveless, Christless religion. Fasting or prayer that is actuated by a self-justifying spirit is an abomination in the sight of God. The solemn assembly for worship, the round of religious ceremonies, the external humiliation, the imposing sacrifice, proclaim that the doer of these things regards himself as righteous, and as entitled to heaven; but it is all a deception. Our own works can never purchase salvation (DA, 280).*

## Prayer

The Bible, both in the Old Testament and the New, has many examples of fasting combined with earnest prayer. Further, there are examples of individuals fasting for personal reasons, for example when Hannah fasted and prayed that God would give her a son (1 Samuel 1:7-8), when David fasted and prayed for the healing of his infant son (2 Samuel 12:16), or when Darius fasted and prayed for Daniel's survival in the lions' den (Daniel 9:3).

There are also incidents of corporate fasting, as when, in 2 Chronicles 20:3, King Jehoshaphat proclaimed a fast as the nation prayed for deliverance from their enemies, when Esther proclaimed a fast as she and her people pleaded for deliverance from Haman's evil plot of destruction, or when Ezra called for fasting and prayers as they sought direction and protection from God concerning their return to Jerusalem from Babylon (Ezra 8:21-23).

Because proper fasting, not abstemiousness to the point of weakening the body, tends to clear the mind, it can prepare us to better receive God's guidance through the Holy Spirit's communication with our minds. Combined with a humble attitude of submission to God's will, fasting and prayer can prepare us to "receive more of the Spirit of God," as we can see in the following quote:

*Instruction was given me in the night season that I must bear a decided message to this people. You greatly need*

*to experience a deeper heart work. It is your privilege to receive more of the Spirit of God, as you engage in fasting and earnest prayer. (Advent Review and Sabbath Herald, 13 January 1910, 22.*

## In Grief

David and his people fasted and mourned when they heard that Saul and Jonathon were killed in battle (2 Samuel 1:12), the people of Israel mourned and fasted over their defeat by the tribe of Benjamin (Judges 20:26) and Nehemiah fasted and mourned when he heard that the Jews remaining in Jerusalem were "in great affliction" and the city lay in ruins. It is appropriate to "mourn with those who mourn" (Romans 12:15). Even more, it is appropriate to "sigh and...cry for all the abominations that be done" in the Christian church (see Ezekiel 9:4) and fasting can be a part of this as we humbly submit our wills to God.

## Jesus' Example

Jesus Himself set an example for us through fasting. We're told in Matthew 4:2 that Jesus "fasted forty days and forty nights" and then faced His tempter. Ellen White, in *Desire of Ages*, explained that Jesus fasted to strengthen Himself for the difficulties that lay ahead. "By fasting and prayer He was to brace Himself for the bloodstained path He must travel" (DA, 114).

Ellen White also wrote that Christ began His work of redemption by overcoming at the very point where Satan gained his first victory – with appetite. We're told that "For our sake He exercised a self-control stronger than hunger or death. And in this first victory were involved other issues that enter into all our conflicts with the powers of darkness" (DA, 117). Can fasting strengthen us against Satan's temptations, then?

## What Jesus Said About Fasting

Jesus Himself had something to say about fasting and seemed to suppose that fasting was an ordinary part of the devotional life for believers. Jesus spoke the words of Matthew 6: 16-18 during His Sermon on the Mount when "the multitudes" had gathered to hear Him and "his disciples came unto him" (Matthew 5:1). Look carefully at the following verses:

*Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly (Matthew 6:16-18).*

Consider Jesus' comments and instructions about fasting.

- Fasting is a normal part of spiritual practice for believers. First of all, notice that Jesus said, “when” you fast. He expected believers to fast. So obviously there are times which are appropriate for believers to fast.
- Fasting is primarily an inward attitude, not an external sign. Jesus taught that fasting for selfish reasons is useless. He used the proud Pharisees as an example of how not to fast. If you fast so that others will think you’re very spiritual, that’s of no value, He said. But if you fast “in secret” then God will reward you.

Interestingly, Jesus talked about fasting right after teaching His disciples the Lord’s Prayer. This perfect example of prayer comes from a peaceful submission to the will of God and a humble acceptance of His sovereignty over the believer’s life. This kind of true inward humility is a requirement for meaningful fasting.

Consider also an incident that led Jesus to recommend fasting to His disciples. Jesus had chosen three disciples to be with Him at His transfiguration. Meanwhile, the remaining nine were facing a crisis. A man who had a demon-possessed son came to them and asked them to cast out the demon. They couldn’t. Later when they asked Jesus why they couldn’t cast the demon out, He told them,

*Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you (Matthew 17:20).*

Apparently, it was the disciples’ lack of faith that cast up a roadblock against their ability to oust the demon. Then Jesus added these often misunderstood words: “Howbeit this kind goeth not out but by prayer and fasting” (vs. 21). What did Jesus mean?

First, Jesus said their unbelief prevented them from casting out the demon. Then, He told them the demon could only be cast out by prayer and fasting. Did Jesus mean that certain demons are too strong to be cast out without prayer and fasting?

Since Jesus once said that it was by “the finger of God” that He cast out devils (Luke 11:20), it must have been by the same “finger of God” that the disciples cast out devils. Obviously, God’s “finger” is not strengthened by our fasting, but something happens within us **through** fasting.

Obviously, God’s “finger” is not strengthened by our fasting, but something happens within us through fasting.

Prior to this, Jesus had foretold His death and the nine disciples were sorrowing over His words; so they were discouraged. On top of that, the nine were jealous of the three that had been chosen to accompany Jesus to the mount. Their hearts weren’t right with God, “For where envying and strife is, there is confusion and every evil work” (James 3:16). In that context, they unwisely engaged Satan in battle. Ellen White sheds additional light upon this incident.

*In order to succeed in such a conflict they must come to the work in a different spirit. Their faith must be strengthened by fervent prayer and fasting, and humiliation of heart. They must be emptied of self, and be filled with the Spirit and power of God (DA, 431).*

Shortly after this event, in the very next chapter of Matthew, we read, “At the same time came the disciples unto Jesus, saying, Who is the greatest in the kingdom of heaven?” (Matthew 18:1). Obviously, they missed the point about the need for humility and Jesus reiterates, “Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven” (vs. 3). So when He said, “Howbeit this kind goeth not out but by prayer and fasting,” He was pointing out the disciples’ own personal need for spiritual renewal and real humility.

## Fasting as a Symbol

As a symbol of the humble position of the heart, Christians kneel in prayer to God. In a similar way, fasting should be a physical demonstration of the believer’s humble submission to God’s will and his or her utter dependence upon Him. Fasting is as appropriate now as it was in Jesus’ day.

According to Ellen White, fasting is actually even more important now than ever. Writing about the earth’s



last days, she said,

*We are living in the most solemn period of this world's history. The destiny of earth's teeming multitudes is about to be decided. Our own future well-being and also the salvation of other souls depend upon the course which we now pursue. We need to be guided by the Spirit of truth. Every follower of Christ should earnestly inquire: "Lord, what wilt Thou have me to do?" We need to humble ourselves before the Lord, with fasting and prayer, and to meditate much upon His word, especially upon the scenes of the judgment. We should now seek a deep and living experience in the things of God (GC, 601; emphasis added).*

Furthermore, Ellen White comments that, when done in the right spirit and for the right reasons, fasting and prayer are tools God can use to accomplish His work in us. "In the hand of God they are a means of cleansing the heart and promoting a receptive frame of mind. We obtain answers to our prayers because we humble our souls before God" (CD, 188).

Ellen White comments that, when done in the right spirit and for the right reasons, fasting and prayer are tools God can use to accomplish His work in us.

In summary, believers fast for a number of different reasons, but to reap spiritual benefits from fasting it should be accompanied by true repentance and humility. In addition, fasting can bring spiritual revival and can put us in a proper mind frame to better receive the things of God.

## PART 2

### Fasting and Physical Health

Throughout the ages, people have also used fasting to strengthen or regain physical health. Fasting is truly an ancient cure, although the practice may be considered extreme in contrast to this age of fast food and overindulgence.

The rationale behind fasting is that by withholding food from the body, energy normally spent digesting food can be invested instead in repairing the body's cells, organs and tissues. The result is rejuvenation and an overall sense of well-being, which is why some people incorporate regular fasting as a part of a healthy lifestyle. Keep in mind that fasting should always be monitored by a health professional and that fasting is not recommended for people with certain medical conditions.

#### Just Water?

Some health clinics offer supervised fasting programs in which patients drink only water for 2 – 3 weeks or longer. Remarkable cures have been documented on this type of fasting program including Type II diabetes, high blood pressure, sinusitis and even deafness. During a lengthy

water fast, the body quickly burns up its stores of sugar then switches to fat-burning for energy. By God's design, toxins are kept safely out of circulation by storing them in fat cells, so as fat is broken down and metabolized during a fast, toxins are released and removed from the body. This fat-burning during fasting has a significant detoxifying effect. As more and more toxins are released and removed, symptoms that may have been present for years begin to be eliminated. Typically, water fasting follows this pattern:

- **Days 1 – 2:** Blood sugar and sugar stored in muscle tissue is burned.
- **Day 3 and beyond:** Fat is burned, ketones are released and feelings of hunger disappear; signs of inflammation (pain and swelling) are gradually eliminated.

#### Detoxifying Juices

Water fasting is not the only type of fast that brings physical benefits. Freshly made vegetable and fruit juices along with cleansing herbal teas can assist the body in its rejuvenating process during a fast. There are many books available on juice fasting that may be helpful in planning a juice fast. Preferably, use organic fresh, raw fruits or vegetables for juicing. You can add spirulina to increase nutrient content and fiber such as ground psyllium to aid bowel movement which supports the detoxification process. Juices made from leafy, green vegetables are excellent for detoxifying the body.

#### Length of the Fast

Metabolic detoxification doesn't really begin until the second or third day of fasting, but even fasting for one day can be beneficial in that it allows the digestive organs to rest and recuperate. You may want to go on a one day juice fast from time to time simply to rest the digestive organs while still supplying vital nutrients with freshly made juices.

Preferably, use organic fresh, raw fruits or vegetables for juicing.





Dr. James and Phyllis Balch, in *Prescription for Nutritional Healing* state:

*A three-day fast helps the body get rid of toxins. A five-day fast starts the healing process. A ten-day fast should take care of most problems before they arise – a fast this long is good twice a year. Do not fast on water alone! Fasting over three days should be supervised by a qualified health professional*<sup>i</sup>

If you are planning to fast, you should work with your health-care provider to determine the length of your fast. Regarding the length of a fast, Dr. James and Phyllis Balch make these recommendations<sup>ii</sup>:

If you are planning to fast, you should work with your health-care provider to determine the length of your fast. Regarding the length of a fast, Dr. James and Phyllis Balch make these recommendations<sup>iii</sup>:

Fast until

1. The tongue is cleared of its coating,
2. The breath is sweet,
3. You are very hungry.

## Conditions Improved by Fasting

Fasting enables the body to return to normal functioning and regain its vitality. A number of positive benefits from fasting include<sup>iii</sup>:

- Weight loss: this becomes especially apparent after the third day of fasting.
- Risk factors decrease: high blood pressure, excess weight and metabolic disorders improve.
- General health improves.

<sup>i</sup> James Balch and Phyllis Balch, *Prescription for Nutritional Healing* (Garden City Park, New York: Avery Publishing Group Inc., 1990), 324-325.

<sup>ii</sup> *Ibid.*, 325.

<sup>iii</sup> Ernst Schneider, *Healthy by Nature: The Healing Power of Natural Agents* (Madrid, Spain: Editorial Safeliz, 2008), 309-310.

## When Not to Fast

Severe cardiac disorders or severe organ diseases rule out fasting and can actually be harmful. Check with your health practitioner before undertaking a fast. However, you can still benefit from the detoxifying principles employed in fasting by incorporating in your diet an abundance of fresh, unprocessed raw vegetables and vegetable juices.

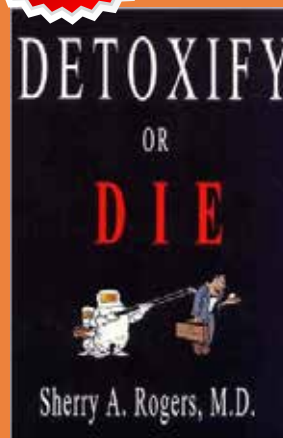
**Fasting has both spiritual and physical benefits which can lead us to a greater realization of our dependence upon God. He alone is our only source of health and salvation.**

*Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's (Psalm 103: 2-5).* AD

NEW!  
\$20.00

## Detoxify or Die

by Sherry A. Rogers



This book is for anyone dealing with a serious illness, or that wants to avoid a serious illness. The books explain in an easy to understand style how to deal with the causes of disease using up to date medical knowledge, technology and testing.

To order visit: [amazinghealth.com](http://amazinghealth.com) or call 1-888-556-9472

NOTE: All prices are listed in American Dollars, please check our web store for Canadian prices.

Watch for **new 5-DVD series** coming this summer!

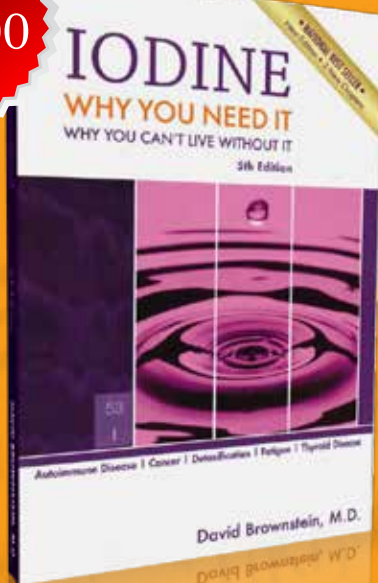


## Finding the FOUNTAIN OF YOUTH

with **Doctor Diane M. Burnett**

Check our website for announcements

\$18.00



# IODINE

**IODINE IS THE MOST MISUNDERSTOOD NUTRIENT.**

It is *impossible* to achieve your optimal health if you do not have adequate iodine levels.

See how iodine can help: **breast cancer, FIBROCYSTIC BREAST DISEASE, DETOXIFICATION, FATIGUE, GRAVES' DISEASE, AND HASHIMOTO'S DISEASE.** Fine out why iodine deficiency may be the root cause of thyroid problems including hypothyroidism and thyroid cancer. Discover how to get iodine in your diet and improve your immune system.

*Dr. Brownstein is the Medical Director of the Center for Holistic Medicine in West Bloomfield, Michigan. Visit [www.drbrownstein.com](http://www.drbrownstein.com) to learn more.*

## Introduction to Iodine

Steven, a 55-year-old photographer, complained of losing his creative abilities. "I can't see the pictures like I used to. In fact, I have no motivation to even work. I feel like I am in a fog," he claimed. Steven was diagnosed with depression three years earlier and treated with antidepressant medications. Although he felt some improvement from the antidepressant medications, he found that he was having difficulty being productive at work. "My business was going down the tubes. Clients were leaving me left and right," he claimed. When I saw Steven, he had many of the signs of hypothyroidism including poor eyebrow growth, slow reflexes, puffiness under his eyes, and very dry skin. Steven's blood tests showed low-normal thyroid function tests and a very low basal body temperature (96.6 degrees Fahrenheit – normal 97.8-98.2 degrees Fahrenheit). Steven's iodine-loading test showed a low iodine level at 23% excretion (normal is >90% excretion). The iodine-loading test will be explained in Chapter 2). He was initially treated with 50mg/day of iodine/iodide (Iodoral®). His blood and hair tests revealed nutritional deficiencies that

were contributing to his problems. He was prescribed a combination of vitamins, minerals, and unrefined salt (Celtic Sea Salt®), in addition to the iodine. At a two-month follow-up visit, he reported, "I am so much better. It is like night and day. My creative level is tremendously improved. I can now see things at work. You either have the eye for photography or you don't. Now I have it again. I feel like I am 20 years old. At work, my phone won't stop ringing. The only bad thing is that I am getting too busy."

Update (2nd Edition) on Steven's case: Steven has been taking 50mg/day of iodine for two years. His recent iodine loading test has improved to 85% excretion.

New 5th Edition Update: Steven's iodine loading test now is normal (>95% excretion). He recently reported, "I feel great. The iodine has truly changed my life and changed it for the better. I am grateful to feel this good."

Steven's story is not unique. The human body is a wonderful thing. If you give it the proper nutrients, it can perform optimally. Conversely, when the raw materials (vitamins, minerals, hormones, enzymes, amino acids, etc.) are lacking or imbalanced, it sets the stage for poor health and the onset of disease. At the present time, iodine deficiency is occurring in epidemic proportions. This book will explore the causes and treatment of iodine deficiency.

## What does Iodine do?

For over 100 years, iodine has been known as the element that is necessary for thyroid hormone production. However, it is rare to see any further mention of iodine's other effects in the body. Iodine is found in each of the trillions of cells in the body. Without adequate iodine levels, life itself is not possible.

Iodine is not only necessary for the production of thyroid hormone, it is also responsible for the production of all of the other hormones in the body. Adequate iodine levels are necessary for proper immune system function. Iodine contains potent antibacterial, antiparasitic, antiviral, and anticancer properties. Iodine is also effective for treating fibrocystic breasts and ovarian cysts. Table 1 lists some of the many benefits of iodine and some of the conditions that would benefit from adequate iodine supplementation. This book will review the many therapeutic aspects of iodine.

Approximately 1.5 billion people, about one-third of the earth's population, live in an area of iodine deficiency as defined by the World Health Organization. Iodine deficiency disorder can result in mental retardation, goiter, increased child and infant mortality, infertility, and socioeconomic decline. Iodine deficiency disorder is the most common preventable form of mental retardation known.

iodine because seaweed has the ability to concentrate a large amount of iodine from the ocean water.

Iodine is not very abundant in the earth's crust. It is estimated to be about 0.3-0.5 parts per million. In fact, it is in the bottom third of the elements in terms of abundance.

If the soil has adequate iodine levels, the crops grown on that soil will contain adequate iodine levels. Conversely, deficient iodine levels will be found in crops grown on iodine-deficient soil.

There are naturally occurring non-radioactive and radioactive forms of iodine. Radioactive iodine can be used in medicine to diagnose and treat certain illnesses, particularly illnesses of the thyroid gland.

Commercially available non-radioactive iodine primarily comes from several sources: Chilean saltpeter, seaweed, and brine water in oil wells. The action of the waves from the ocean can make iodine gas. Once airborne, iodine can combine with water or air and enter the soil. Non-radioactive iodine can enter our food system in a variety of ways. First, plants can take up iodine from the soil. Second, airborne iodine can land on fresh water supplies and, finally, airborne iodine can land on the ground, combine with salt, and become iodized salt.

Radioactive iodine can enter the air from reactions in nuclear power plants or explosions of nuclear materials. Radioactive iodine has been associated with certain types of cancer including thyroid cancer and certain blood cancers. Children are more susceptible to radioactive iodine since they have smaller thyroid glands, and they will receive a proportionately larger radioactive dose than an adult when they are exposed to radioactive iodine. Radioactive iodine damage can be prevented by the ingestion of non-radioactive inorganic iodine.

The meltdown of the Fukushima nuclear reactor in Japan should give us all pause. It is best to ensure iodine sufficiency-for both health and safety issues. If we are ever confronted with a Fukushima-like event, iodine sufficiency would be a protective factor minimizing problems with radioactive iodine exposure.

## How do you Ingest Iodine?

Iodine, unlike vitamins and minerals, is not present in adequate amounts in most foods. Specific plants absorb iodine when it is



THERAPEUTIC ACTIONS	CONDITIONS TREATED WITH IODINE
Antibacterial	ADD/ADHD
Anticancer	Atherosclerosis
Antiparasitic	Breast Diseases
Antiviral	Dupuytren's Contracture
Elevates pH	Excess Mucous Production
Mucolytic Agent	Fatigue
	Fibrocystic Breasts
	Goiter
	Hemorrhoids
	Headaches and Migraine Headaches
	Hypertension
	Infections
	Keloids
	Liver Diseases
	Nephrotic Syndrome
	Ovarian Disease
	Parotid Duct Stones
	Peyronie's
	Prostate Disorders
	Sebaceous Cysts
	Thyroid Disorders
	Vaginal Infections

Table 1: Therapeutic Actions of Iodine and Conditions Iodine can Treat

Iodine is a relatively rare element, ranking 62nd in abundance of the elements of the earth. Iodine is primarily found in seawater in very small quantities and solid rocks (usually near the ocean) that form when seawater evaporates. Iodine can also be found in sea organisms, such as seaweed. In fact, seaweed is one of the most abundant sources of



present in the soil. Iodine is found in many ocean foods, such as fish (cod, sea bass, haddock, and perch) and sea vegetables (seaweed). Iodine can also be found in many other food products either by adding iodine to animal feed or by adding iodine to the food source.

Iodine has also been added to salt products (i.e., iodized salt). The U.S. government determined that the most cost-effective way to prevent goiter of the thyroid gland was to add iodine to the salt supply. Ingesting iodine through the use of iodized salt costs pennies per day. Although the addition of iodine to the salt supply has lessened the prevalence of goiter, it is inadequate to supply the body's need for iodine. This will be more fully explained in the rest of the book.



*"In the first five weeks of taking the iodine, I lost five pounds. The weights that I have been able to use on practically all of my exercises have increased between 15-25%. My recuperation time between workouts seems to be steadily improving. It seems as though I have been waking up on time much more consistently than ever before. I am awake and energized at about 6:00 a.m., which has never been the case before in my life! Additionally, I feel as though my energy level is much more stable throughout the day. Since I have been taking the iodine, my need for caffeine in the morning has disappeared. Overall Dr. Brownstein, I feel much better than I did before starting the iodine therapy."*

**Paula**, age 42, suffered with severe headaches for over ten years. "I almost learned to live with the headaches. They just became a daily part of my life," she said. Paula was being treated for hypothyroidism with Armour® thyroid and noticed the thyroid hormone improved her headaches by approximately 40%. Paula said, "I was happy to get some relief, but I wasn't satisfied. It is not fun to wake up most days with a vice around your head." When Paula was checked for iodine levels, her serum iodine levels were zero (below the detectable limits of the test). The low iodine levels were confirmed with an iodine-loading test which was extremely low at 17% (normal >90%). Paula was placed on 37.5mg of a combination of iodine and iodide (Iodoral®) and noticed an improvement in her headaches within two weeks. "I couldn't believe it. I started to

actually have headache-free days. After four weeks on the iodine, my headaches were over 95% better. Even if I did get a headache, it was not nearly as severe. As I started to feel better, I began to realize how much the headaches were impacting my life," she claimed. Paula ran out of the iodine two months later and all of her symptoms began returning. Paula reported, "it took about two weeks off of the iodine before the headaches started to return. All of the same symptoms I was suffering with began to come back. Again, after I started the iodine, the headaches began to go away. I feel like the iodine has given me a new lease on life. My husband and my children thank you."

## Final Thoughts

Iodine deficiency is, unfortunately still with us, and is occurring at epidemic levels. Iodine deficiency is associated with a plethora of illnesses (see Table 1). The rest of the book will show you how to properly measure iodine levels and will educate you on the mechanisms of action that iodine has in our bodies. Furthermore, you will learn that iodized salt is not only an inadequate source for providing sufficient amounts of iodine to the body, it is a toxic, devitalized substance that is best avoided.

## Hypothyroidism

The thyroid gland controls the metabolic activity of the body. When there is adequate thyroid hormone available of the cells of the body, there is a normal metabolic activity present. By contrast, in a hypothyroid state, the metabolic activity of the body is lowered. Table 4 lists some of the signs and symptoms related to hypothyroidism.

The main thyroid hormones, T4 and T3, require sufficient iodine in order to be produced. In an iodine-deficient state, hypothyroidism is the expected outcome as thyroid hormone will not be manufactured. My research has shown that iodine levels need to be investigated in all hypothyroid individuals. If iodine is found to be deficient, many times, supplementing with iodine can improve or even cure the hypothyroid condition without the use of exogenous thyroid hormone.

Iodine and thyroid hormone have synergistic action in the hypothyroid patient. When it is indicated, it is more effective to use iodine along with thyroid hormone to achieve the best results.

**Karen**, age 50, suffered with hypothyroidism for 15 years. Her symptoms included fatigue, mental confusion, puffiness, and hair loss. I diagnosed Karen with hypothyroidism three years ago and began treating her with Armour® thyroid as well as a combination of vitamins, minerals, and herbs. She noticed a significant improvement in her symptoms when she began taking Armour® thyroid. "I feel like I got my life back. I could think much more clearly and my energy level started to improve," she said. Karen's daughter, Lisa (22 years old) had similar symptoms and was diagnosed with hypothyroidism, two years ago. She had similar positive results with thyroid supplementation. Four months ago, the laboratory tests showed both Karen and Lisa had iodine deficiency. Three months after starting iodine supplementation, I received a letter from Karen that said in part, "Lisa and I take Armour® thyroid and we have had much success with that, but adding iodine really made a difference. We have more energy and it is much easier to get up in the morning the muscle stiffness I occasionally experienced is gone. As you know, I spent three weeks in California with my mom who had undergone surgery for colon cancer. I was in a bed other than my own and I was on a different time schedule. I wasn't getting much sleep and the stress level was very high. In the past, a situation like that would have exhausted my body and I would be aching all the time. Not this

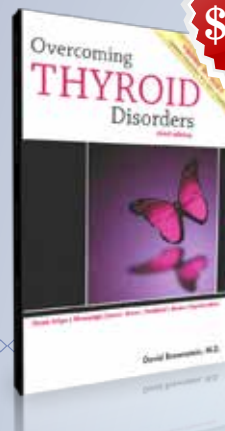
time! In spite of everything that was going on, I felt great. I attribute that to the iodine, because it is the only change I have made since being in California. Lisa's experience has been similar. She is in college and has a very irregular schedule. Since she started taking iodine, I have noticed a big difference in her energy level. She actually wakes up on her own and has much more energy during the day and night." After two months of therapy, I had asked Karen and Lisa to reduce their iodine dosage slightly and they did not feel as good. "When Lisa and I cut down our dosage of iodine, we gradually noticed we did not feel as well. At your recommendation, we increased the dosage and began to feel as good as we were before," Karen wrote. Karen and Lisa's experience is very common for many of my other patients. As is the case with Karen and Lisa, optimal thyroid function is dependent on having adequate iodine ingestion. **AD**

### Signs and Symptoms of Hypothyroidism

Brittle nails	Hypotension
Cold hands and feet	Inability to concentrate
Cold intolerance	Infertility
Constipation	Irritability
Depression	Menstrual irregularities
Difficulty swallowing	Muscle cramps
Dry skin	Muscle weakness
Elevated cholesterol	Nervousness
Essential hypertension	Poor memory
Eyelid swelling	Puffy Eyes
Fatigue	Slower heartbeat
Hair loss	Throat pain
Hoarseness	Weight gain



## Books by Dr. Brownstein



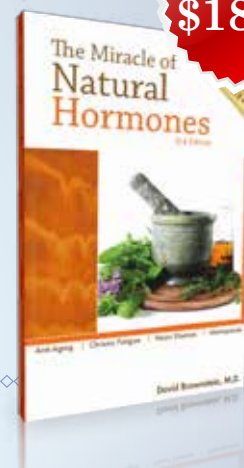
**NEW!**  
**\$18.00**

### Overcoming Thyroid Disorders

Dr. Brownstein will show you why there is so much misinformation about thyroid disorders.

### The Miracle of Natural Hormones

This book will show you how natural, bioidentical hormones will help you overcome chronic illness. Dr. Brownstein will guide you on a plan to improve your energy, detoxify, and achieve your optimal health.



**NEW!**  
**\$18.00**



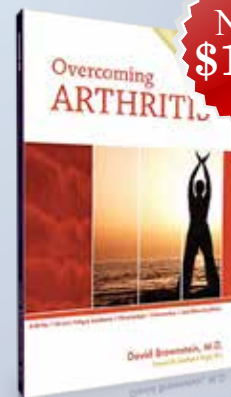
**NEW!**  
**\$18.00**

### Iodine: Why You Need It

After 20 years of practicing medicine, David Brownstein, M.D. can say that it is impossible to achieve your optimal health if you do not have adequate iodine levels.

### Overcoming Arthrities

Dr. Brownstein's book, *Overcoming Arthritis* will show how to treat many chronic conditions including: Arthritis, Chronic Fatigue Syndrome, Fibromyalgia, Autoimmune Disorders and many other chronic conditions.



**NEW!**  
**\$18.00**

To order visit: [amazinghealth.com](http://amazinghealth.com) or call 1-888-856-9472

NOTE: All prices are listed in American Dollars, please check our web store for Canadian prices.



# Dr Wheatgrass®



...helping every body.



## Applications:

- |  |   |  |   |
|--|---|--|---|
| <ul style="list-style-type: none"> <li>• Conjunctivitis</li> <li>• Painful Red Eye</li> <li>• Acne</li> <li>• Earache</li> <li>• Nosebleeds</li> <li>• Split Lips</li> <li>• Tempo-mandibulitis</li> <li>• Nail Disorders</li> <li>• Nail Infections (Paronychia)</li> </ul> | <ul style="list-style-type: none"> <li>• Painful, inflamed, stiff joints</li> <li>• Trigger Finger</li> <li>• Anal Fissure</li> <li>• Hemorrhoids</li> <li>• Achilles Tendinitis</li> <li>• Hip Bursitis</li> <li>• Ingrown Toenail</li> <li>• Leg &amp; Foot Ulcers</li> <li>• Plantar Fascitis</li> </ul> | <ul style="list-style-type: none"> <li>• Stress Fracture</li> <li>• Bites &amp; Stings</li> <li>• Bleeding Wounds</li> <li>• Bruising &amp; Abrasions</li> <li>• Burns &amp; Contractures</li> <li>• Dry Skin</li> <li>• Shingles</li> </ul> | <ul style="list-style-type: none"> <li>• Psoriasis</li> <li>• Shingles</li> <li>• Steroid-dependant Eczema</li> <li>• Sunburn</li> <li>• Sunspots &amp; Other Skin Cancers</li> <li>• Wound Healing</li> <li>• X-radiation Burns</li> </ul> |
|--|---|--|---|

## Antioxidant SuperShots

Dr. Wheatgrass® SuperShots (5.07fl.oz)  
30 shots in the bottle



\$32.00

## SuperBalm (120ml)



\$42.00



\$32.00

## Antioxidant Skin Recovery Gel (85ml)



\$32.00

## Antioxidant Skin Recovery Cream (85ml)



\$33.00

## Antioxidant Skin Recovery Spray (5.07 fl. oz)

NOTE: All prices are listed in American Dollars, please check our web store for Canadian prices. SALE PRICES VALID UNTIL MAY 30, 2015.

Amazing Health®

ORDER NOW!

Top selling Silver product!

# SILVER BIOTICS®

10 PPM NANO SILVER SOLUTION



\$19.95



Convenient size 4 oz bottle with a spray nozzle. Take it anywhere you go! Doctor recommended!

Your Daily Immune System Support



## OTHER SILVER PRODUCTS AVAILABLE:

NEW! \$29.99

## ASAP OTC™ Wound Dressing Gel (4 oz/118 ml)



NEW! \$7.99

## ABOUT SILVERSOL® TOOTH GEL family friendly gel toothpaste (4 oz/118 ml)



\$19.95

## ASAP365™ SILVER GEL Ultimate Skin or Body Care Gel (4 oz/118 ml)



\$41.95



## Silver Biotics® Mouthwash Bottle

(16 oz / 472ml)

ph: 604 856 9472 toll free 1 888 856 9472  
www.amazinghealth.org