

**Greetings:** We hope and pray for each one of you receiving this newsletter that you are in good health and have an abundance of love, joy and peace. So much so that it overflows to others automatically. Isn't this what we all want and need? Absolutely!! God bless your precious souls!

We have had so many amazing things going on in the past 7 months, hence we have not had time to put this newsletter together. Now that it's finally done, we hope you are blessed by the good news we share.

**Announcements:** We are excited to announce that we are in the process of putting our health education programs on our website for viewing. By the time this newsletter goes to print and reaches you, the presentations will already all be on the website ready for viewing. Quite a few have been updated, so have a look and share it with others! We are also happy to tell that we have a new recipe section on our website; full of healthy recipes to try out, many of which are our personal favorites. We will be adding new recipes from time to time. And, we are also happy to announce that we have two new health presentations available on "The Cholesterol Story" and "Alzheimer's, Stroke & Parkinson's".

**Currently:** We are currently on the road giving live presentations, and have already been to locations in the states of Arkansas, Alabama, Georgia, South Carolina, North Carolina and Florida. Next on our schedule are locations in Virginia, Maryland and Arkansas again (back by popular demand to speak at a conference campmeeting). We are currently scheduling for locations in Delaware, New York, Vermont, New Hampshire, Maine and more. We invite you to look at our schedule on our website and see if there are any locations we will be at that might be near you, your family or your friends. If there are,

### We are happy to announce:

Our health presentations are now available to view online on our website (streaming video)! Also our website has a new section of healthy recipes to try, and we have two new health presentations available on Cholesterol and Alzheimer's, Stoke & Parkinson's (you can view online and/or request the DVD).

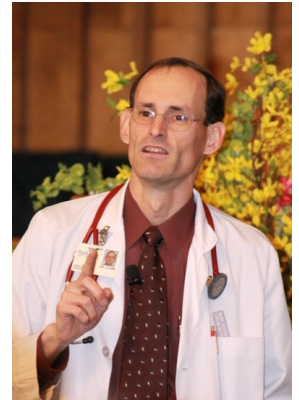
we hope to see you there or for you to let your family or friends know so they can come and benefit from our health presentations. The flyers with information about where, when and what presentations will be held are posted on our speaking schedule section of our website. You can print them out and give them to others or give them the website link for more information. These flyers also provide a local phone number for any further information that might be needed.

We had the wonderful pleasure of going to South Carolina recently where John had the privilege of doing live

programs on the radio for the listeners of WBAJ Christian Talk Radio (890AM) in the greater Columbia area and beyond. We were able to work with several churches in the area and also provided health education programs to the school children. It is always a great joy to teach children and we take every opportunity available. We were very excited to meet the people that run the radio station there and learn of the exciting impact this station is making. As we say in Australia, "Good on ya Gary and Lynn!

**A miraculous story:** If you are interested, we would love to share with you how a truck and trailer was provided for us and our work. In our last newsletter (September 2009) we had shared our need of a truck and trailer to be able to keep up with the requests for health education seminars. At that time, we began praying about and looking for a truck since we thought that would be the first thing to obtain before looking for a trailer. We did not have enough money to buy what we needed but we couldn't see any harm in looking and we were excited to see what the Lord could and would do on our behalf. (Ask, seek, knock... Matt 7:7 ) After searching for weeks, we met a gentleman who ended up being only 5 miles away from where we were with a truck that is very rare and very difficult to find (a 5 speed Dodge Cummins Diesel Ram 3500). When we saw it, we told him we sincerely wanted to buy it from him but we explained that we did not have the money to purchase yet. In talking with him, we found out that he too is a Christian and that he had been a missionary to the indigenous peoples of Mexico using trucks and 5th-wheels for many years. He then told us that his truck was ours and to simply let him know when we were ready to buy it. Isn't this kind of response unheard of? We began to fund raise for the first time and the funding for the truck arrived within 3 weeks (miraculously). Not only did our new friend sell us his truck, he also gave us a hitch for a 5th wheel to go along with it, free of charge! (Is that amazing also?) Additionally, he pointed out a 5th-wheel that was advertised for sale, recommending it to us for what we needed. Excited at what had just happened (in obtaining the truck) we decided to go have a look at the 5th-wheel in spite of the fact that we did not have the money to purchase it.

We drove nearly two hours to go see the trailer and found that it was absolutely perfect for what we wanted and needed. Not only that, it was in pristine condition for it's age (1996) with new tires, a nearly new propane generator and all the features we wanted and needed. After looking it over, we told the young couple selling it that we would like to purchase it but that we did not have any money for it.....yet. They looked at us like we were a bit crazy and they possibly were a bit both-



Dr. John Clark speaking March, 2010

ered that we might have been wasting their time but we quickly went on to explain who we were and what we do and why we needed their 5th-wheel. We went on to explain how the Lord had just miraculously provided the funds for the truck and we believed he would do the same for the trailer. We asked if we could give them a small deposit and if they would be willing to hold it for us while until the rest of the funds arrived, having no idea when that would be. They declined our request, explaining they needed to sell it as soon as possible, but they were agreeable to let us know if they sold it. We told them we would be praying and would let them know of our fundraising efforts via emails.

**Amazing result:** Within 8 days of meeting them and seeing the trailer, just over half the funds needed for it had come in. We were corresponding via email almost daily with the trailer owners. Within 11 days the young couple emailed us letting us know that they received an offer for the full amount they wanted for their trailer from someone else. We quickly responded with sincere congratulations and thanked them for letting us know, telling them that we were greatly excited for them. *Amazingly*, they



The new truck and trailer, December 18, 2009

emailed us back within a few hours and told us that they had declined the other person's offer and told us that they had decided we should be the ones to have it. They offered to

accept a deposit and gave us an additional 2 months to raise the remaining funds needed. We ask you, is this kind of response unusual? We certainly think so; we thought it to be miraculous and we praised God with amazement and deep joy in our hearts. The rest of the funds needed for the trailer were received within 5 weeks. Our new friend who had sold the truck to us, offered to help us retrieve the trailer, showing us all "the ropes" of this new "rig". Incredible, don't you think?

We are deeply thankful to Jesus Christ and to all our friends and family who share in our passion to help people learn about the many facets of a healthy lifestyle and preventing and reversing disease. (Thank you again!) We are in awe of the faithfulness of the Lord in providing for our needs. It is very amazing and humbling to see how things work out as we trust the Lord and continue going forward, in faith.

**Book Project:** We are currently making arrangements to provide a small cookbook for all the folks that attend our health presentations. It is especially important that people have healthful food preparation instruction and we want to be sure that they have this tool in their hands to take home. People need something practical to take away that will help them identify good choices in eating and how to prepare it. The cookbook is by JoAnn Rachor called "Of These Ye May Eat Freely" and is the best cookbook of it's size and cost that I have ever seen. It is very simple, full of information and has lots of recipes for just about anything a person would want and need. It also comes with an order page in the back of the book to enable people to further their knowledge with additional cookbooks and health books. We will be giving one per household to those who attend our health seminars around the



country. If you want to help us with this project, please mark your donation with the word 'cookbook project'. If you desire to have this little cookbook yourself, please send a donation and mark it for the cookbook. We will also send you our latest DVD with our presentations on "The Cholesterol Story" and "Alzheimer's, Stroke & Parkinson's".

**Healthy:** There is truly a great blessing in helping others. The joy it brings is not only wonderful for our mind and heart, it actually has measurable health benefits that are found in published medical studies. We love to help others and share stories of those benefiting from the information. "Success stories" and getting better health always encourages others. The blessing of better health is within the reach of all. As our new friend JoAnn Rachor says, "You can do this!" The principals are easy to understand and follow. The more you hear and re-view our health education materials, the easier it will become for you to put good choices into action and practice it in your own life. Incorporate one thing at a time and build on that. Work toward your goal(s), whatever that may be: (e.g. reducing high blood pressure, weight loss, quitting smoking, reversing diabetes, getting more exercise, drinking more water, etc).

**Going forward:** We are always looking for ways to better ourselves and our outreach to others. We thank you for helping us in this process. We have learned much in the past four years of doing this ministry and we look forward to learning much more. If you have anything you would like to share with us (testimonies, stories, suggestions/ideas) we would appreciate hearing from you. Your feedback is always helpful. We have a very full year ahead and look forward with anticipation as to what is in store. We trust the Lord will guide and direct our steps as we ask for His help and guidance. We pray that you also will trust the Lord to help and guide you as you seek Him and His help. Fighting the good fight of faith isn't easy, but it's worth every effort. God be with you till we meet again.

That thy *way* may be known upon earth,  
thy *saving health* among all nations. Ps 67:2

***News we received recently:***

"Recently I suffered a case of acute pancreatitis and was hospitalized for two weeks. I was told that I would need my gall bladder removed. I contacted Dr. Clark and what an experience I got! I have been on the program he suggested, and not only do I feel much better, but I feel better than I have in YEARS! I am not done with the program yet, so still get very tired, but that is nothing compared to what I went through.

I look forward to many years of having a healthy gallbladder! I would strongly recommend contacting him with any health issue you may have. From cancer to diabetes, to simply feeling tired or depressed, there is something he can offer that will help. There are many doctors and programs that he can refer us to that are natural, and very easy to understand."

P.D. Massachusetts, USA

**More news from friends:**

Dear Dr. Clark,

Thank you so much for sending the DVD's. My husband and I have decided to follow the diet of raw vegetables and oats in the morning. Within 9 days my husband had no more neck pain nor shoulder pain and was off his pills. He plans to stick with the diet. I am so happy that God has worked out things this way...I have been trying to help him get on a better diet for a long time. I have shared the good news with many people.

R.B. Texas, USA

**Northern Lights Health Education and My Recovery Story**  
by N. E. Oliver 04/22/2010

I would like to begin my story with heartfelt thanks to Dr. Clark and his family. Through their unselfish dedication and ministry, I have been given the knowledge to embark upon my journey of recovery and health.... So here's my story...

I used to be a runner. More than a weekend athlete, I juggled family, a career, a daily running schedule and all the normal demands of modern life. But I especially liked the quiet time of being out on the road running and the self discipline of training for marathons or whatever distance I had as a goal. Somewhere along the way, stress set in and I didn't notice it, or maybe I just got used to it. And although I thought that I maintained a healthy diet, it was filled with foods that I didn't even realize were causing me harm.

In 2006 I was diagnosed with Grave's Disease, an auto-immune disorder of the thyroid and my running was sidelined. In 2008 I was diagnosed with ulcerative colitis, another auto-immune disorder, and the only running that I was doing was to the bathroom 8 to 10 times a day.

I lost 20 pounds and couldn't sleep for more than 2 hours at a time since I was literally running the 15 feet it took to get to the bathroom every 2 hours or so. Of course I followed the orders of my gastroenterologist and took the 9 pills a day for my condition, but nothing was working. Immodium became my good friend. After 2 years of treatment and colonoscopies, there was no improvement under conventional treatment. That treatment included low-fiber... no fresh fruit or vegetables or nuts...everything had to be cooked until soft and mushy. I didn't enjoy it at all.

Then a running buddy of mine and good friends for 25 years from Massachusetts suggested that I speak with Dr. Clark, who was a good friend of theirs. They explained that his health ministry and program had produced amazing results for many others and sent me his information.

After exchanging e-mails with my detailed information and watching his CD presentation on auto-immune disorders "When Self is the Enemy", I spoke to Dr. Clark over the phone. His wisdom and kindness really impressed me. I could tell that he truly loved his calling. He asked me if I was ready for a total reinvention of my lifestyle. The program he recommended flew in the face of conventional medicine, but I figured that the other had not been working, so, yes, I was ready.

He advised me to start on a program of fresh foods, mostly fruit and vegetables, and no processed foods. Part of the program has me drinking a quart of water with fresh lemon every morning. I take my charcoal daily, and have adopted a vegan gluten-free lifestyle of eating. My husband makes fresh hummus for me and prepares wonderful salads. There are various aspects of the program that have contributed to my well-being and he recommended the most effective combination for me. At first I thought it would be difficult, but within 2 weeks it became second nature...everything came naturally, as it should be!

**(continued from first column)**

Within 5 days of starting Dr. Clark's recommended program, **ALL OF MY SYMPTOMS DISAPPEARED**. Please allow me to repeat myself...everything for which I had been taking all those pills for almost 2 years went away! I started to walk on the treadmill for 15 minutes at a time then started to venture out on the road after a week on the treadmill...just to be sure that I could leave the vicinity of the bathroom without fear!

I'm running again. It's been over 3 months and I'm starting to train for a marathon which I will run with my friend Renita later this year. Most importantly, I'd like to end my story with thanks to God for the strength to persevere, the love of my wonderful husband, and all of the prayers from family and good friends. And again, I thank Dr. Clark who has given me the knowledge to make good decisions for my own health and reminded me that I possess the tools to promote healing. I believe the most significant tool is the one of faith in Our Father and giving to Him all my worries and stresses...He knows what's good for me much better than I do! I am truly blessed.

Sincerely,  
N.E.O. Sarasota, FL



**OUR MIND-BOGGLING MIND**  
By Jenifer Skues, Australian psychologist

Did you know that in the first few weeks of foetal development the brain is already developing and being hard-wired with your potential habits and personality traits? By the time you are born you have trillions of neuronal (brain cell) pathways waiting to be activated. Twin studies have shown that approximately 50% of these pathways will be activated and retained after birth, while the other 50% will die and be eliminated from your body. The 50% retained are the building blocks that develop into 100% of your habits and personality patterns during your lifetime. It is your life experiences, the bonds you make, and the role-models you have that stimulate the brain pathways development to make up the complexity of your mind. Fortunately you can modify and change both your habit patterns and personality that are either learned or inherited at any time. All you have to do is identify what you want to change; then you can reprogram the physical brain to change your mind.

Throughout your life brain cells will grow and die, and it works on a use it or lose it principle. Science has found that the brain is neuro-plastic, which means it is not static but just like plastic in that it can be shaped and moulded. This is good news because you can change anything about yourself that you want to; all you have to do is consciously use your mind to stop using an old habit pathway and put something better in its place. If you practice the new habit for 21 days it will be reprogrammed in your mind.

Science does not fully understand the human mind, although with today's technology it is making some amazing discoveries. It seems that most people only use between 1-5% of their brain function at any one time, whereas the genius uses up to 15%. It makes you wonder what the rest of your brain is doing.

Proverbs 23:12 has provided us with good advice when it says to "apply your mind to instruction and your ears to the words of knowledge". In other words with the right input, your mind can grow and mature in a positive way. As science is now demonstrating, physically changing your brain will literally change your mind, all you have to do is put your mind to it.



## *Sunshine, blessed sunshine* 🎵

Your skin is your largest organ of the body. When sunshine, ultraviolet rays to be exact, strikes your skin the ergosterols, which are stored in tiny oil glands called sterols, is converted to vitamin D, which helps create strong bones, teeth, and nails. Sunshine also helps treat bacterial infections. Sunlight on the body decreases blood cholesterol, and increases white blood cells. It will lower your respiratory rate, and will cause your breathing to be slower, deeper, and even easier. Your resting heart rate will decrease, and after exercise it will return to normal quicker. Sunlight increases the capacity of the blood to carry more oxygen and take it to your body tissues. Beneficial effects of sunlight are heightened if a person combines sunbathing with a regular program of physical exercise.

**Sunlight lowers cholesterol, lowers high blood pressure, lowers blood sugar, strengthens the immune system, prevents cancer and has many other benefits for good health.**

The strength of the heart is steadied and deepened. The pulse rate is lowered because the heart muscle is pumping more blood at each beat. Sunbaths alone will lower blood pressure by an average of 8%; combined with exercise, it is lowered 15%. It lowers blood sugar in exactly the right proportion. Sunlight

on the body both calms the nerves and increases adrenalin. Fungus infections on the feet and toes are especially helped by sunlight. Sunlight strengthens the body's immune system. Those on the standard high-fat diet should stay out of the sun and protect themselves from it, but at the same time, they will suffer the consequences of both the high-fat diet and the deficiency of sunlight. Frequent sunlight on your body, but not too much at a time combined with a good diet (high in fiber, low in fat, cholesterol and sugar) will give you the healing sunlight you need with little likelihood of skin cancer.

~ Quoted with permission from Clarks Bakery at Stone Cave, Dunlap TN "Health Nugget"

### John's 'Savory Fruit Salad'

2-3 Avocados cubed  
3 tomatoes chopped  
1 medium cucumber peeled and chopped  
1 can or 2 cups black beans (cooked & rinsed)  
1 cup hommus

Mix and serve.

Tasty alterations of this recipe: Try adding olives or replace the black beans with garbanzo beans or your favorite bean. Add chopped bell pepper or sunflower seeds or salsa for zest, etc. It's always fun to try new combinations.

If you don't like hommus, this salad goes great with the "Good For You Dip/Dressing" or the "Basic Salad Dressing" recipes found on our website: [www.NorthernLightsHealthEducation.com](http://www.NorthernLightsHealthEducation.com)

**OUR MISSION** : To advance the principals of lifestyle & preventative medicine, the laws of health that promise healing and good health. We teach why disease occurs and how to make changes that will prevent, reduce and in many cases reverse and/or eliminate disease, all supported by citing medically researched studies that give the evidence. Our education includes information on nutrition, exercise, hydrotherapy, sunlight, water, fresh air, temperance and spirituality.

Our health seminars and DVD's are available for you to share with family, friends, co-workers and neighbors on a donation basis. Let us know how we can help. Our health education service is funded solely through donations by people who share our desire to help others. We invite you to support this vitally needed ministry.

**Tax-deductible contributions can be mailed to:**

Northern Lights Health Education  
4 Cote Street Skowhegan, ME 04976. ♥

**Online donations are accepted through our website:**

[www.NorthernLightsHealthEducation.com](http://www.NorthernLightsHealthEducation.com)

**Northern Lights Health Education** is a full-time non-profit health education service, supportive of the Seventh-day Adventist Church.

### Northern Lights Health Education

#### Contact information:

*John Clark, M.D., Julie & Connor*

*Email: [ClarkHealthEd@aol.com](mailto:ClarkHealthEd@aol.com)*

*Phone: 909-435-0066*

*Mailing Address: 4 Cote Street  
Skowhegan, ME 04976*



Watch our presentations, read the presentation handout articles and try new healthy recipes, all found on our website!