



Northern Lights Health Education?

Our warmest greetings to all our friends and family! We can hardly believe that more than three months have passed since our last newsletter and we are amazed that summer is just about over! Wow, how time flies, eh?

Speaking and Activities Schedule

- Bangor, ME Aug 12-18th
- Bethel, ME Sept 6
- Whiting, ME Sept 12-16
- Bethel, ME Sept 20
- West Lebanon, NH Sept 23-29
- Bethel, ME Oct 4
- Lincoln, ME October 6,7
- Augusta, ME Oct 7-13
- Bethel, ME Oct 18

Our schedule is constantly being updated so check our website for the latest changes. If you would like more information and/or details, please email or call us.

work. The program, "Ready, Set, Go Healthy" is a half hour of vegan cooking, exercise, dining ambience and décor and a segment with a doctor answering questions on health topics. It is really a neat program and we hope this new ministry continues to prosper and go forward.

John also has been busy doing medical research for health talks, editing and refining of current talks and working on development of future health productions. John works on continuing medical education (CME) to keep up his medical licensing and he occasionally receives phone calls of people seeking his advice for specific health concerns.

In this edition of our newsletter, we have powerful true stories (testimonies) to share with you that I think you will find inspiring. The principals of health are very easy to learn and with desire and determination, great changes can be experienced, a whole new outlook on life can be had. Just yesterday a lady came to John and told him that she decided to get serious and make changes in her diet and lifestyle. She realized that Jesus had died for her and dietary changes were only a small thing she could do for Him and for herself. She reported happily that in only six weeks she had lost 30 pounds and what really made her happy was how good she was feeling not only physically but mentally! She said that this was only possible through a daily connection with God.

Since our last newsletter, in May this year, we went to 3 Angels Broadcasting Network (3ABN) in Illinois which was a truly inspiring and memorable experience. John was privileged to be a guest on the 3ABN Today Show with Shelly Quinn and David DeRose, talking about the Bird Flu and our project of sending over 6,000 DVD sets to all the North American Division conferences to be distributed to every Seventh-day Adventist Church. 3ABN later aired our Bird Flu series and we received many phone calls asking for more information. Boy was that an experience! John was also on several programs with David DeRose at 3ABN called Wonderfully Made which have since aired and will be played again in the future.

John has been speaking at various places over the summer; places such as Northern New England's Campmeeting; a community outreach project in Bangor, Maine; for a couple of churches in southern Virginia; giving week long health talks for the New York Conference Family Camp in upstate New York and most recently giving health talks twice daily for a week long program again in Bangor, Maine.

John remains busy when not publicly speaking and has been working hard in production of a DVD on the subject of Cancer. John has been helping another up and coming ministry with their filming and film editing for a program aired on the Time-Warner net-

Do you have email?
We would like to get your email addresses for being able to send newsbriefs in-between newsletters. So if you would, please email us at ClarkHealthEd@aol.com and in the subject line enter your name so we can identify which email address belongs to who. Thanks!

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In the past we have been very reluctant to ask for financial support. We firmly believe and claim the biblical promise found in Phil 4:19, "But my God shall supply all your need according to his riches in glory by Christ Jesus." Over the past year we have had many people coming to us with misconceptions about our support and after counseling with some friends we have come to the conclusion that we need to clear up these misconceptions.

There seems to be many people that believe John is an employee of the Northern New England Conference. While we work with ministers and our conference evangelist within the conference, John is not employed or paid by the conference. There was a trust fund set up for our support through the conference so that individuals could send in donations for our support and receive tax-deductible receipts for any contributions given toward our ministry.

The second point we would like to clarify is that John is not working in his medical practice and has not been since June 2006. During the past year John has been supporting his family solely by donations given to our health education ministry and not by any other means. Month by month we depend upon God's promises to provide for our needs, and we are very thankful for the support that His people have faithfully given. If you have any questions about our support or needs please feel free to contact us.

We now have obtained our own non-profit status and are officially a 501c3 with the IRS. We can issue tax-deductible receipts for donations given to our health education work. Our ministry name is Northern Lights Health Education and the address of where you can send donations to is located on the back page of this newsletter.

Our vision for this ministry is to produce television quality programming that teaches the basic laws of health for viewing at home, for reaching out to people in public settings and for airing on television and satellite networks. We would like to keep the cost of the programming/DVD's at little to no cost thereby making it accessible to anyone who wishes to have this information. This is a big vision, one that would involve many people contributing as well as helping us to achieve. We know there are a lot of health programs out there, but we want to see this information be able to get into the hands of anyone wanting it, even if they are not able to donate.

In closing we would like to tell you that we truly hope that you will value health and the simple but extremely effective principals that change lives for the better. There are many resources available now to learn about health. We are working toward putting a recommended reading section on our website along with the various ways of obtaining further health education.

Please join us in helping others learn more about health and healing. We pray this work will progress and that many will be helped.

Sincerely yours, Julie Clark

True Stories

In October 2005, the start of a very traumatic medical experience occurred with my eyes. I was diagnosed with Pars Planitis or Panuveitis, an auto-immune disease that is an inflammatory disorder. I was sent to have blood work done and an MRI to rule out many different auto-immune diseases. I spent much time visiting different doctors, the whole experience was so scary. Other than the dangerous inflammation throughout my eyes, no other problems were found. I was started on steroid eye drops and during the first year after having been diagnosed, I ended up having to take additional eye drops due to the side effects of the steroid eye drops. Over Christmas 2006, my eye pressure spiked to a very dangerous level. My eye specialist gave me a prescription for Methotrexate, a form of chemotherapy that can cause serious or life-threatening side effects and can cause hair loss. I had prayed so many times before that God would heal me, I knew at this time that I had to either begin this dreadful medication or suffer the damage to my eyes that could very well cause permanent vision loss. I cried out to God for a new direction, another option, but I had no idea what. The very next day (miraculously) I was on the phone with Dr. John Clark thanks to the help of another dear friend of mine, Amber Bell.

Dr Clark explained to me hydrotherapy and charcoal treatments to do, along with dietary changes to make. Dr. Clark's prayer for me over the phone kept me going through those first few days. The first week required me to "turn" the whole thing over to God and trust my eyes to Him. I was not on any prescription medications for the first time in over a year and my eye disorder had been in a crisis state when I started the natural treatments and lifestyle/diet changes.



Ministry needs:

- Postage, envelopes, blank DVD's, paper, etc
- Professional DVD production equipment
- Acquisition equipment
- Editing work station
- Green screen
- Studio cameras and lighting

“Sun” Burgers

4 1/2 cups water
 1 chopped onion
 1/2 cup Bragg's Liquid Aminos or soy sauce
 1/4 cup nutritional yeast flakes
 1/2 cup sunflower seeds (raw unsalted)
 1/2 Tbs Basil
 1/2 Tbs Oregano
 5 cups rolled oats

Put all ingredients except the rolled oats into a saucepan

or pot and bring to a boil. Immediately turn off the heat. Add oats slowly while stirring and mix well. Set aside to cool and stir occasionally while cooling, will take a while, up to one hour. When cool enough to touch, using your hands, make mixture into burger shaped patties. (Wet hands to prevent sticking). Place burger patties onto an oven baking sheet and bake in the oven at 350 degrees fahrenheit or 180 celcius for 30 minutes then turn the patties over and bake another 30 minutes. These Sun Burgers can be used just like hamburgers, making a sandwich with them. They are also nice served with vegetables and gravy. My two year old son loves them! Take care, and enjoy.



Recipe corner

True Stories continued from page 2

Week after week I visited the eye specialist and we found my eyes were slowly improving!! The doctor(s) however were not convinced. After a short while I was sent to see a top eye specialist in Boston and was told that “the beast is gone” The interesting thing is that the particular doctor I saw was the head of one of the largest research institutes of Uveitis and he didn't want to know anything about what I had done. On my last visit to my local eye specialist, he told me that he thought I was taking the Methotrexate!! I was shocked!! I also learned that they had planned for me to take it for two years! I am praising God! I am so thankful to Amber Bell and Dr. Clark. Dr. Clark's ministry of teaching (God's) health principles has left me feeling great and with an intense desire to share what I have learned with anyone who will listen. My prayer for those experiencing similar challenges is that you surrender your life completely over to God and follow His leading.

Amanda S.-Maine, USA

Since childhood I have struggled with my weight. I hit my highest weight in my late 20's, which had me weighing over 320 pounds. I tried using prescription drugs and lost just over 40 pounds in 3 months. The medication was then removed from the market due to major side effects. Around that time I was also diagnosed with gallstones and was convinced by multiple doctors that I would have to have my gallbladder surgically removed. I did so reluctantly and wish I knew then what I know now, that in many cases gallbladder disease can be reversed with lifestyle and dietary changes. I found that the weight I had lost came creeping back within months.



My turning point came when I found myself in a failed relationship of 12 years and weighing over 320 pounds, I began looking to God for help. God lovingly brought people (like Julie Clark) into my path that helped me to learn about lifestyle and diet changes I should make. I also began learning that sometimes my eating habits were directly related to my stress and emotional needs. Over a two year period I learned to eat right, to exercise, to drink water instead of coffee, soda's and juice and I continued to pray a lot. I lost over 140 pounds. I now eat two meals a day, try to get at least 30 minutes of exercise 4 or 5 times a week and I am finding that even though it often is a daily battle to get outdoors and exercise or to fight my emotional eating, I know that God is helping me everyday. Once I get outdoors to exercise I do enjoy it and feel much better afterwards. It can be a battle of the mind to overcome old habits but I am finding that the power of prayer to God is something that can change lives, it certainly has changed mine.

Andrea R.-Wales, UK

John recently did a week long set of meetings where he ran into a woman who explained that her father had met John some two years previous. This gentleman was about to go on dialysis for kidney failure and had asked John's advice on how he could avoid having to go on dialysis. His daughter who attended John's recent meetings told John that her father had been doing everything that John had told him to do and that he has been able to avoid dialysis for the past two years. John recalls telling him to put a lot more fibre in his diet, including trying to put 1/2 cup oat bran into his diet daily. John also told him to practice caloric restriction, (to eat less food) and to bathe regularly, scrubbing his skin to open the pores to help eliminate toxins in the body. He also told him that the moderate use of olive oil is beneficial and to avoid foods that were created by fermentation such as vinegar. We were thrilled to hear that this man is doing better and has avoided having to go on dialysis.

People are always inspired and encouraged to hear other peoples stories of healing, hope and triumph aren't you? Please consider sharing your stories with us so we can share them with others.

Northern Lights Health Education

Contact information:

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Email: ClarkHealthEd@aol.com
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Tax-deductible donations can now be made to:

Northern Lights Health Education
111 Whiskeag Road
Bath, ME 04530

We love to hear from you! Please write us and let us know how your health is changing for the better and why, how God is working in your life and how we can pray for/with you.

We at Northern Lights are a full time non-profit health education ministry.

OUR MISSION : To teach the laws of health and create quality health programming that can be aired on television and/or viewed at home.

When someone is ill, it is very hard for them to see a loving God. Jesus' ministry was healing. Much sickness is the result of a lack of familiarity of the laws of life. You may not be able to go to Africa or Asia as a missionary to help people, but if you can help us with necessary funds, we make DVD's on health topics available for YOU to share with your family, friends, neighbors and co-workers. All our DVD's are made available free of charge on a donation basis. If you would like to partner with us financially, tax-deductible contributions can be sent to Northern Lights Health Education at 111 Whiskeag Road, Bath, ME 04530.♥

Our last DVD project involved producing over 6,000 DVD sets on the Bird Flu—it's prevention, treatment and survival. These were sent out free of charge to all Seventh-day Adventist Churches in North America via Conference offices. We also make these available upon request to individuals who wanted to share this information with family, friends, neighbors and co-workers. Our current DVD project is on Cancer, the problem and its solution. Watch for the announcement of its availability.

Rest and Restoration

Rest: A law of health that has profound effects on our health. Society today generally disregards its gravity. Many believe it doesn't really make that much difference. Our bodies natural defense, the immune system depends on it.

Regularity. Do not disturb the sleep wake cycle. You would do better to go to bed at the same time and get up at the same time everyday, as much as possible. It is better to go to sleep earlier and wake earlier rather than going to bed later and waking up later because of melatonin production. Disrupting the sleep wake cycle disrupts your circadian rhythms. Disruption of circadian rhythms is associated with accelerated growth of malignant tumors.^{3,4} The bodies production of the hormone melatonin is dependant upon our circadian rhythms. Evidence now links exposures to light at night to elevated breast⁶ and colorectal cancers in night workers.⁷ Light at night suppresses melatonin production and increases cancer cell growth rates.

Weekly rest: A study in Georgia discovered that Seventh-day Adventists have higher levels of immune stimulating antioxidants.⁸ The study showed that it was because Adventists always rest from work one day a week.

Here are some facts:

- People who sleep well have significantly better immune function than people with insomnia.¹
- Getting between 7 and 8 hours of sleep each night significantly reduces the risk of dying from cancer and other diseases.
- Sleeping 6 hours or less, or 9 hours or more, increases the risk of dying by 70%.²

Melatonin :

- * Anti –cancer hormone
- * Strong antioxidant
- * Production suppressed by light at night
- * Protective

Fasting is another form of rest, giving the organs of digestion a break from constant work. People who eat two meals a day, had less colon cancer than those who ate three meals a day, and people who ate more than three times a day had a dramatic increase in cancer.⁹ Eating meals late at night also interferes with sleep and is found to reduce melatonin production.

We hope this will inspire you to think about the amount and quality of rest in your life and consider the benefits of sleeping well, consistently. Recharge your 'batteries'!. Sleeping well also helps with stress and the mind, lending to a more relaxed way of life. If you find yourself worrying, reading the Bible and praying also can bring great relief and comfort. Take care and sleep well..... :)

If you want the references for this article, please email us and we will be glad to get them to you.

