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Northern Lights Health Education Board Members

John Clark: President; Jeni Skues: Vice-president, Norman Cropley: Secretary/Treasurer, Rick Kuntz: Advisor; Julie Clark: Bookkeeper & Editor

## *California, Maine and all in-between*



Happy winter everyone! It is sometimes difficult to believe this year is almost over but there is always something to look forward to. Whether we know it or not, we all are dearly loved by family or friends, neighbors or colleagues (co-workers) and I believe that in many instances, we really don't know just how much we are valued by others. The Creator of this earth is far beyond our comprehension and yet, if we look around we can find and see evidences of His love, His presence and His work all around us. The Bible says that God is love, but in our human experience this can be difficult to believe and understand. I assure you that if you truly want to know this Love and you search with all your heart, you will find Him; a Love you have never known before, one that transcends all understanding and gives great peace.

A smile in the heavens by birds!

In this newsletter we will have news and tales of travel, of lives being changed and the burden of our hearts to help everyone know the amazingly effective and yet simple ways to better health and happier lives. Since our last newsletter, we were called to many places: here are some of the highlights.

John was honored to be asked of Michael Tardif to run programs outreaching to the community of Bethel, Maine at the Taste of Eden Bakery and Deli which is health-food restaurant and store. There was good attendance for that small community and what was interesting was that they handed out a full meal to the participants to eat while they demonstrated how it was all made. John's health presentations followed the meal and we believe everyone enjoyed it. John gave four nights of programs for them and the hosts were most gracious! If you are ever in Bethel, Maine, stop in and have a bite to eat and meet Michael and Sonia. They would love to meet you.

John was asked to run a public service Bird Flu program in Machias, Maine which was followed up with a weekend health program for the Whiting Three Angels SDA Church nearby. Our hosts, Stan and Andrea Kotlow and the Simpson family had a lot of fun giving a cooking demonstration and luncheon to all that attended. The children that were there had a great time participating and especially loved the healthy dairy-free pizza, peanut butter cookies and fruit smoothies!! It was a lot of fun and yummy food!

John had the awesome privilege of lecturing at the prestigious Dartmouth/Hitchcock University Medical Center in West Lebanon, New Hampshire. Our hosts, Kevin and Ellen Busl took great care of us and the series was well attended. Many of the participants (as well as our hosts) became our good friends of whom we love to stay in touch with. The facility itself was state of the art and amazingly huge. The audio-visual equipment was the best John has had the pleasure to work with yet. While we were there we also had great joy seeing friends again of whom we had worked with previously the year before in community areas just south of West Lebanon. That was really a treat for us. Another exciting highlight about this week long series was that John was asked to talk to the students of the Estabrook School while we were there. John spoke there on two different days and the students loved it and wished John could have continued, they said they learned a lot and a few of them actually made changes in their own lives for the better (so the teacher tells us)



Our last major health presentation series before leaving Maine was in Augusta. In the American Legion building, John gave a week long series that was given with the evangelistic meetings of Pastor Rick Kuntz to follow. Our hosts Wayne and Mona McFarland were full of enthusiasm and the series was well attended. In this series the Ready, Set, Go Healthy team were the presenters of cooking classes and the food was exceptional giving international flavor in demonstrating dishes of India and the Middle East (Iranian) which were wonderful. Norman Cropley attended to provide the health education books, cookbooks and more each night. We always love working with Norman. John and I were also greatly blessed with organic produce everynight, given to us by one of our supporters who lives in that area, so we had nutritious meals at home for weeks!! (Thank you David!)

On a different note, here is other important news about our health ministry. Around the time of printing our last newsletter, we were in great turmoil, trying to figure out how we could travel to California and occupy there for a time, and still continue our health education work. We have family there that needs us and we felt that going to California was what we needed to do. All our health education work had been established in northern New England and in our limited perspective, we couldn't see how we could go to California and yet still continue this work.

After much, MUCH prayer things started to happen. We decided to go ahead and move, trusting that if it were God's will for us to continue our health education work, that He would open the doors and provide the means. We decided the most cost effective way to move would be to buy a box truck and sell it after moving. While we didn't have the money to purchase the truck, we decided we would borrow it and then pay it right back upon selling the truck. We found a truck for sale and gave a down payment on it but at that point we did not have the money to buy it.

*California, Maine and all in-between  
continued from page one*

What was miraculous was that the owner/seller of the truck needed the truck for his work contract for one more month and would be turning it over and collecting the balance of the money at that time. So, amazingly, donations came in that would cover the purchase of the truck. When it came time for the exchange of the truck from the owner to us, he (being a Christian we found out) said he felt impressed to lower the price for us! Nothing short of utterly amazing. Things just kept falling into place and always at the right time.

We had been asked by Pastor Joel Nephew early in 2007 to come to Wichita, Kansas to run a Bird Flu program along with other media projects for the Three Angels SDA Church. Neither Joel nor we could get our dates to work and we finally came up with a tentative date in December this year. At the time of our decision to move we called Joel up and told him we were wondering if they would have us come in early November instead explaining that we were moving and could stop on our way through Kansas. They agreed and told us it would work out great for them. Two days later (out of the blue) the church of Needles, California called us and asked if we would be willing to come to their church. They wanted us to come right at the EXACT TIME that we would be passing through their town on our way out to southern California!! Mind you that call could have come from anywhere in the United States at anytime, so the chances of that happening were astronomical. (We see it as purely providential) Not long after that, we received another call from Pastor Roger Curtis with the Corning and Bath, New York churches who asked John to give sermons for the two churches for the Sabbath we would be in the area enroute to California. Now how is that for amazing? Certainly a confirmation for our hearts that God was with us in our plan to go to California.

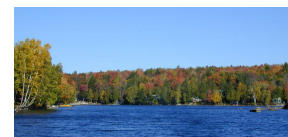


The sermons were well received in New York and in fact, they asked us to return to run a week-long health series sometime. (More on that later) and the programs at Wichita, KS went very well also, and was well attended with over fifty people attending. We had the pleasure of meeting and staying with Dr. Kevin and Sherilyn Bryant and we met new friends there too which we hope to see again. It was awesome to see such a large active church and our time with Pastor Joel Nephew was inspiring also.

In Needles, California we were welcomed with open arms, made new friends yet again, and the health meetings were well received. Our new friend Norma Howard, the teacher of the small school there, invited John to speak to the students and they seemed to enjoy the health talks too. It was so nice to connect with new friends there in Needles, who immediately felt like old friends, we know we will see them again.

So now we are currently in California for the time being. John is developing a new Diabetes and Obesity series. This series will be different in that it will have six 30 (thirty) minute programs and a workbook which will be able to be used as an outreach program or for people to do on their own at home. Our cancer project has had to be put aside until we find a production studio. All of our health presentations apart from the Bird Flu are ready to be made into professional productions for DVD's but we need people that can help us with the production. We are praying about this and looking to see how the Lord leads. We still have our old health DVD's available, but they were filmed long ago on location and the quality is lacking. Additionally John has updated the material and refined the presentations so the DVD's really need to be re-made. We believe finding a production studio will be forthcoming within the next couple of months and we ask you to keep this in prayer and let us know if you have any ideas. We also will need to cover the costs of the studio work, unless we find one willing to help us free of cost.

We've been in California for about four weeks now and we are already working with the churches in our area planning health programs to begin in early January. In our local church John gave the sermon last week of which was really a blessing, many conveyed to us how much so! We mentioned earlier in the newsletter that the churches in Corning and Bath, New York asked us to return and give a week-long health series sometime. We also are being asked to do the same for a church in Lincoln, Maine and another in Taunton, Massachusetts so we are planning a trip back to New England in April 2008 and are hoping that all three calls will work out to run one after the other. We are still in the planning phase for that trip and in our next newsletter we will let you know the more of those details.



We are still working on the mind-body connection material with Jeni Skues who lives over in Australia. We mentioned the mind-body connection project a couple of newsletters ago and wanted you to know that more information on this subject will be coming soon.

About our friends "Ready, Set, Go Healthy". They are getting their new website up this week, so by the time you receive this newsletter you should be able to go to it and see how great it is. They tell us it will have many, many recipes on it and there is a place for you to "Ask the Doctor" of which the questions will come to either Dr. John Clark or Dr. Melinda Skau, giving people the choice to ask questions of either a male or female doctor. ([www.ReadySetGoHealthy.com](http://www.ReadySetGoHealthy.com))

We pray for each and everyone of you that receive our newsletter, hoping you and your loved ones are all in good health and have true happiness. Thank you for your continued support of our ministry and thank you on behalf of the countless others you are helping by supporting this work of health education. We love to hear from you so please don't hesitate to call, write or email us anytime.

God Bless, Julie Clark



Ready, Set, Go Healthy

(the main team members from left are)  
Sue Wallen, Mona McFarland, Dennis & Cheryl Farley and Jeff  
Chase See their website: [www.ReadySetGoHealthy.com](http://www.ReadySetGoHealthy.com)

**Darlene's Cranberry Sauce/Salad**

1-12oz package of cranberries  
 2 apples  
 1 orange (peeled)  
 1 1/2 cup dates  
 1 cup walnuts (optional)

All ingredients need to be well chopped using a food processor or grinder or even a blender if you can. The dates I find are too sticky, so I use scissors and cut them up by hand. Mix all ingredients together, chill to allow flavors to blend and serve.  
 Happy Holidays :)

**Apple Nut Salad**

1/2 cup cold soy milk    1 tbsp cornstarch  
 1 tbsp honey            1/2 tsp vanilla

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3 apples (cored) (green is not preferable)  
 1/2 cup raisins  
 1/2 chopped walnuts

Mix top four ingredients well, put into saucepan and heat, stirring constantly until thickened. Set aside to cool (refrigerate if possible). After the custard sauce is cool, dice or chop in a food processor the 3 apples and combine with raisins and walnuts, then add the cooled custard sauce into the mixture, mixing well. We love this for breakfast with toast.



*Recipe corner*

## True Stories

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We had the wonderful pleasure of meeting a new friend along the way that came to John complaining of a viral illness that had left her with constant pain and numbness on one side of her face, including her eye and her head, and she also suffered general weakness and fatigue and a very tender or sore spot in her abdomen that never went away. The doctors had told her that she had permanent damage to her nerves due to Shingles, a herpetic virus in her system and the only thing they could offer her was medication, which she found gave her unpleasant side effects and inadequate relief. They also could not diagnose (figure out) the problem causing the abdominal pain, even after a colonoscopy and radiological testing. After talking things over with John, she and her husband decided to completely cut out all dairy and eggs from their already vegetarian lifestyle. She had a problem with mildew in her house, that had taken residence in all her towels and linens and possibly even her clothing so she found a way to fix that problem also. She recently conveyed to us that her life has changed dramatically.

Within five to seven days of making the changes, along with eradicating the mildew problem, she had a majorly great improvement in her nerve symptoms and a vast decrease in her pain. It has now been only ten (10) weeks and she tells of incredible changes that are amazing her and thrilling John and I as well. The pain in her abdomen has completely vanished, she feels much more calm, not as agitated and wound up after working all day. She used to suffer a great "brain fog" in the early morning upon waking and has found that she now wakes up with complete mental clarity. She has found that she is not as forgetful, feels more connected and is retaining much more details mentally. She has much more energy, is much happier generally and she has noticed that she is sleeping much better also. Her husband has lost 15 pounds and she has lost 7 but what excites her too is that the cellulite on her body (which really bothered her but she never mentioned it to John) is now gone as well. She says that 2 inches has vanished from the area where the cellulite used to be. She admits that she hasn't done anything else, telling us that she hasn't exercised (yet) but wanted to share with us (and others who may read this) that she is just so happy and thrilled about the great improvement in her wellbeing, she hopes that others will seriously consider making changes in their lifestyle and diet that she knows first hand can change a persons life!

Wishing to remain anonymous, we are rejoicing with our friend....as we say in Australia, "Good on ya mate!"

I JUST COULD NOT HANDLE THE JOB, LOADING AND UNLOADING THE SEMI'S BY HAND EVERYDAY WAS JUST MORE THAN MY BODY WAS CAPABLE TO ADAPTING TO. I THOUGHT THAT EVENTUALLY I WOULD GET IN SHAPE BUT DAY AFTER DAY I CAME HOME TOTALLY BEAT. I WAS ONLY 29 YEARS OLD AND I FELT AS IF I WAS ALREADY GETTING OLD. THEN DR. CLARK CAME TO TOWN AND GAVE HIS LECTURE SERIES PROMOTING AMONGST OTHER THINGS A PLANT-BASED DIET. MY WIFE AND I DECIDED TO TRY TO MAKE A FEW CHANGES INCLUDING ADOPTING A MORE PLANT-BASED DIET. WHAT A CHANGE!! I STARTED REALIZING THAT I STILL HAD ENERGY AT THE END OF THE DAY. LOADING AND UNLOADING TRUCKS WASN'T AS DRAINING ANYMORE AND I ACTUALLY BEGAN TO ENJOY MY WORK , FEELING THAT I WAS MASTERING THE PHYSICAL DEMANDS OF THE JOB. FOR THOSE OF YOU WHO ARE ALWAYS LOW ON ENERGY AND DON'T SEEM QUITE ABLE TO KEEP UP WITH THE PHYSICAL DEMANDS IN YOUR LIFE, I HIGHLY RECOMMEND TAKING ADVANTAGE OF THE POWER TO BE FOUND IN A VEGETARIAN DIET.

A GENTLEMAN WHO ATTENDED ONE OF OUR LECTURES CONVEYED THIS TO US.

# Northern Lights Health Education

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## Tax-deductible donations can be made to:

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

## OUR MISSION is:

**To advance the laws of life that promise thriving health.**

**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 China 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 and public health presentations are made available free of charge. If you would like to partner with us financially, tax-deductible contributions can be sent to Northern Lights Health Education at P O Box 721043, Pinon Hills, CA 92372. ♥**

**"Give and it shall be given unto you..." Luke 6:38 "It is more blessed to give than to receive" Acts 20:35**

## To move is to live



According to the "Good Health Practice Study" on sixteen thousand (16,000) Harvard alumni, physical activity is the best predictor of longevity. Why is exercise so beneficial? Exercise has been shown to boost the immune system, helping the body fight off infections and cancer and to slow the biological aging process. Not only that, exercise improves enjoyment of life, maintains muscle mass and strength reducing frailty, physical impairment and functional dependence on others in old age. Exercise also reduces the risk of developing chronic debilitating diseases such as coronary heart disease, type II diabetes, cancers of breast, ovary, uterus, prostate, colon and lung, high blood pressure, obesity, osteoporosis, depression, stroke, peripheral vascular disease and constipation.

Many people do not realize that exercise is essential for cartilage nutrition and health. Cartilage is the tissue in joints and the discs of your spine. Cartilage has no blood supply; it depends on cyclic weight bearing to pump/squeeze nutrients in and out of its sponge like matrix. Walking in the open air and sunlight is very beneficial for cartilage health; the walking pumps the cartilage, the open air increases the oxygen in the blood stream and the sunlight improves mental outlook, and vitamin D levels as well as breaking down the cholesterol in the body. Osteoporosis is another debilitating disease on the rise and one third of people who break a hip die within one year of the fracture. In one study, regular exercise reduced the risk of hip fracture by 55%. Women are at the greatest risk of osteoporosis leading to hip fracture. In one study, women who did not exercise lost bone at a rate of 6% per year. In the same study, those who exercised regularly, thirty (30) minutes a day, completely cut losses and actually gained a little bone mass each year.

High levels of physical activity reduce the incidence of breast cancer by 66%. Cancers of the ovary, uterus, colon and lung are all reduced by regular exercise. One major cause of the rise of cancer in our society is due to hormones and hormonally active substances in our environment. Exercise significantly reduces serum hormones, thus reducing the risk of cancer. Another reason that exercise reduces cancer is the effect it has on the immune system. As individuals age, their immune system declines; being physically fit helps to slow this decline. Natural killer cells respond positively to moderate exercise in both number and function. Exercise also causes the body to produce endorphins which elevate your mood, combat depression and is nature's natural high, acting like morphine, reducing pain and giving a general sense of well being.

It has been found that the risk of diabetes can be reduced by 46% simply by engaging in regular exercise. Exercise lowers the blood sugar and lowers the insulin need, helps control weight which is one of the biggest risk factors for diabetes and improves mental outlook.

The CDC and NIH (Center for Disease Control & the National Institute of Health) recommend thirty (30) minutes of moderately intense physical activity on most, and preferably all, days of the week. Strength and flexibility training protects against back pain and injuries, maintains bone mineral content and strength, prevents the loss of muscle mass, improves your figure or physique, and prevents disability in older age. Aerobic exercise gets your heart pumping faster, improving cardiovascular health. It also improves your bodies physiological response to stressful situations. People who are "out of shape" have a much more exaggerated response to danger, their pulse raises more rapidly and to a higher rate and takes longer to return to normal than people who are cardiovascularly fit, thus stress is not as stressful to the people with healthy heart and lungs.

If you cannot do thirty (30 minutes) exercise at a time, try three ten (10) minute sessions and work up to thirty minutes. Keep in mind that a little exercise is better than no exercise at all. While exercising, it is important to sufficiently protect the arms and legs from cold. If the extremities are cold, the blood draws back into the head, abdomen and pelvis, making it harder for the immune system to work. Tight clothing can have a similar effect, reducing blood flow and stagnating it in undesirable places. Comfortable clothes that allow for the free use of the arms and legs is the most valuable and perfect health depends on perfect circulation.

### "The benefits are immediate"

Walking is one of the best exercises there is. If you can't find time for exercise, you will have to find time to be sick. You now have plenty of good reasons to motivate you to get up and get going! We often just don't feel like exercising, but we and countless others find that once you get up and get going and do exercise, the benefits are immediate; you feel better right away. Many people find that they sleep better too. Exercise also aids in proper, more efficient digestion of food. Get outdoors if you can and walk, garden, hike, run, jog, bicycle, or go swimming. Stretch and move around in your living room, in your back yard, in your den, in your bedroom, feel your body move and appreciate that you can move. They say "if you don't use it, you lose it" so go, go, go! We wish you the best of health and happiness.

Sincerely, John and Julie Clark

**"It has been found that the risk of diabetes can be reduced by 46% simply by engaging in regular exercise."**

**"thus stress is not as stressful...."**

**...reduces pain and giving a sense of well being....**

**Only thirty (30) minutes a day..."**

