

## Danger!

There is a major problem for nearly all of us that causes cancer and other serious diseases (migraines, diabetes, neurological disorders, chronic fatigue, insomnia, miscarriages, seizures and more) with exposure to electro-magnetic fields (EMF's) and compact fluorescent lightbulbs (CFL's); the causes of what is being called "dirty electricity" and "electrosmog". Dr. Magda Havas PhD toxicologist and researcher with Trent University in Ontario, Canada is an associate professor of Environmental & Resource Studies at Trent University where she teaches and does research on the biological effects of environmental contaminants. Her research deals with the health effects of non-ionizing electromagnetic energy at the extremely low frequency range associated with electricity (60 Hertz) and at the radio frequency range commonly associated with wireless telecommunication. She received her Ph.D. from the University of Toronto, completed Post-Doctoral research at Cornell University, and taught at the University of Toronto before going to Trent University in Peterborough, Canada.

For a wealth of information about this extremely important health issue see this link [www.magdahavas.com](http://www.magdahavas.com)

## Fructose is a toxic chemical!

Agave nectar sold in health food stores and some grocery stores is manufactured fructose. Research shows that this kind of fructose (like high fructose corn syrup) is very bad for your health. Many people (including us until recently) have believed that agave nectar sold in stores was simply the natural nectar from the flower of the agave plants. In fact, agave nectar is really just like corn syrup but instead of using corn to make the sweetener, they use agave roots. (This is the same plant from which tequila is made...a "hard" liquor) There is nothing natural about how they process the agave plant roots and the process actually forms a sweetener that is highly toxic to the liver and causes all kinds of health problems. Synthetically made fructose is much different than naturally occurring fructose found in fruit, honey and in some vegetables. The best sweeteners to use are dates or honey. Organic "raw" sugar cane (turbinado) is second best but with all sugars, we need to use as little as possible in order for our immune systems to be strong.

## Information to consider?

Here are some quotes from an extensive article written by Donald Miller, M.D.

"There is growing evidence that Americans would have better health and a lower incidence of cancer and fibrocystic disease of the breast if they consumed more iodine. A decrease in iodine intake coupled with an increased consumption of competing halogens, fluoride and bromide, has created an epidemic of iodine deficiency in America."

"More than 4,000 patients in this project take iodine in daily doses ranging from 12.5 to 50 mg, and in those with diabetes, up to 100 mg a day. These investigators have found that iodine does indeed reverse fibrocystic disease; their diabetic patients require less insulin; hypothyroid patients, less thyroid medication; symptoms of fibromyalgia resolve, and patients with migraine headaches stop having them. To paraphrase Dr. Szent-Györgi, these investigators aren't sure how iodine does it, but it does something good."

Link to the article referred to above:

<http://www.lewrockwell.com/miller/miller20.html>

Note: We have not verified this research. We generally do not advocate supplements, but we do advocate natural sources of vitamins and minerals. Kelp is a natural source of iodine.

## Cheesecake (no bake, dairy free)

Made with cashews and pineapple.

An excellent desert.

### Base:

¾ cup unsweetened coconut

½ cup flour (whole wheat or oat) (place oatmeal in blender and blend into flour)

½ cup nut meal (almond is best) (place almonds in blender or food processor and blend into meal)

½ cup crushed breakfast cereal (cornflakes, etc)

¼ cup honey, 1/4 cup sunflower oil, 1/4 tsp salt

— Mix all dry ingredients in a bowl., then add honey and oil and mix all together very well. Press firmly into a greased pie dish. Bake for 10 minutes at 350 degrees Fahrenheit or until golden brown.

### Filling:

1 cup cashews, 1 can unsweetened crushed pineapple

½ cup water, 1/2 cup honey, 1/2 cup lemon juice (fresh),

3 or 4 Tbsp cornstarch and 1/2 tsp salt

½ tsp salt

— Blend cashews and water until smooth then add the rest of the ingredients in blender until very smooth. Place in a saucepan and heat on stove slowly, stirring constantly. Heat until mixture turns thick. Remove from heat and allow to cool until warm. When cooled, pour into cooked base and refrigerate.

### Topping:

1 can fruit

2 Tbsp cornstarch

1/8 cup water

— Place contents of can of fruit (blackberries, raspberries or any berries are best) in a saucepan and heat. Mix up cornstarch and water in small bowl or measuring cup and add to saucepan when fruit is hot. Gently continue to heat mixture until mixture thickens. Once thick, turn off heat and allow to cool down greatly. Put on top of cheesecake and allow to chill in refrigerator for at least 3 hours to "set".

Will keep in the refrigerator for about one week. Everyone we have made this for loves this desert and we hope you do also.



Northern Lights Health Education

- We love to hear from you. Please share with us if your health has improved due to changing your lifestyle and diet. It inspires us and encourages others.
- We have recipes on our website and continue to add to them. Check it out and see if there are healthy delights you might like. <http://www.rev14.com/pages/Recipes.html>



*We all need some rest; good sleep and restoration.*

**Rest:** It makes good sense that we all need regular rest; we all agree to that. But many do not realize how rest and regular sleep have profound effects on our health depending on how much sleep we get and how we get it.

**Regularity** is a key. Our bodies run on a “clock” referred to as the circadian rhythm. Studies show that disruption of this rhythm is associated with accelerated growth of malignant tumors. We will do much better if we go to bed and awake at the same time daily rather than changing the schedule. Also the production of melatonin is negatively affected when you go to sleep later in the evening rather than earlier. The bodies production of the hormone melatonin is dependant upon our circadian rhythms. Light at night suppresses melatonin production and increases cancer cell growth rates and if we go to sleep later than midnight, our bodies don’t produce any melatonin which is vital for many functions needed for health. People who do shift work suffer the greatest and often fall victim to auto-immune disorders due to the disruption of the circadian rhythm of their body.

**Getting regular rest/sleep is very beneficial to your health. Our bodies have an internal clock called the circadian rhythm which regulates our hormones and is ur best source of melatonin; absolutely vital for serious disease prevention**

**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.<sup>9</sup> Eating meals late at night also interferes with sleep and is found to reduce melatonin production.

**Weekly rest:** A study in Georgia discovered that Seventh-day Adventists have higher levels of immune stimulating antioxidants.<sup>8</sup> The study showed that it was because Adventists always rest from work one day a week. The day of rest spoken of in the Bible is the 7th day of the week commonly known as Saturday. Taking this special day off and truly resting and enjoying creation with the Creator is a great blessing of health that only comes from experience. We encourage you to try it sometime and see if you don’t receive a great blessing.

**T**here are lifestyle changes you can make that will help you to get good sleep. Avoiding caffeine and nicotine top the list, as well as avoiding other harmful substances. Exercise is also very helpful to induce better sleep (but not right before you want to go to sleep). Making sure you get good nutrition with foods high in magnesium and calcium and B vitamins.

**W**e hope this will inspire you to think about the amount and quality of rest in your life and consider the benefits of sleeping well and being as consistent as possible in your daily routine of life. Good rest and sleep 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. Our Creator knows each one of us and promises to help us and comfort us if we turn to Him for help.

Take care and sleep well..... :) (smile) Julie Clark

**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:**  
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**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

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