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## “Growing”

Once again, our warmest and loving greetings to all our friends, family and acquaintances alike. We pray this newsletter finds you keeping warm and strong in health in this new year of 2009. If you have wondered why there was a delay of this newsletter since our last one in late August 2008, we would love to share with you what has been happening in this ministry.

Late last summer we began to receive many calls for us to come and teach live health presentations all over the eastern United States and Colorado. We ended up going on a three month trip across the United States and before leaving, we thought it best to put things in storage and find another place to stay when we returned. We went all over the place, to such places as Binghamton, NY; Bennington, VT; Foxborough, MA; Milo, ME; New Haven, CT; Frederick and South Carroll, MD; Dryden, VA; Loveland, CO; Copper Mountain, CO; and Montrose, CO. We returned just before Christmas, having to find another place to stay, and get set up again for a while.

We learned quite a few things while living on the road for such an extended period of time. In regard to our newsletters, correspondence and donation receipts, we now realize that we absolutely need a portable printer and mobile internet access while travelling. We found too that we need something like a fifth-wheel or a small motor-home to better accommodate our family and ministry as we travel. This would save costs on hotels, meal expenses and would give us the space we need to work, rest and carry all our equipment. A more complete list of things we are needing is listed in the box to the left. We are sincerely praying about this and ask that you would join us in prayer.

We praise God for our call to ministry. We praise the Lord that some of you have been called to be a part of this blessing. For the last three years our only support has come through donations. People who want to help this ministry have asked us to publish a list of our ministry's needs.

The things our ministry currently needs to maintain and advance it's effectiveness include:

- “5th Wheel” travel trailer and truck.
- Audio-visual equipment.
- Video equipment.
- DVD copy equipment.
- Presentation equipment.



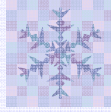
We welcome your support. In 2008 we were away from home travelling, doing health education ministry with live presentations and private personal consultations for over 6 months. The rest of the year was spent doing ongoing health research, producing and providing DVD's, health articles/handouts, giving phone consultations, private personal consultations and writing newsletters. Our monthly operating budget is over \$9,000. By God's grace and with your help all our services and materials have been provided free of cost. We pray the Lord will continue this.

**New DVD's available:**

- Auto-Immune Inflammatory Disease: When Self Is The Enemy.
- Ideal Weight: Achieving It Naturally.

**Updated & Improved DVD's available:**

- Healthy Hundred: Breaking The Age Barrier.
- Arthritis: Joint Health & Lifestyle Medicine.
- Osteoporosis: No Cracking Up Please.
- Bible Topics: Health & Spirituality, Glorify God In Your Body, Sanctuary Health.

**Other DVD's available:**

- Pandemic Influenza (prevention and treatment).
- Cancer: What's Eating You.
- Diabetes: The Butter With The Sweet.
- Low Back Pain.

These DVD's are available for the asking. Donations are always welcomed, but not required. We encourage people to copy and distribute these DVD's to friends and family, but not to use for sale. Another idea for helping others is to share these with local public broadcasting television stations or show them to your church and/or using them as an outreach tool. Many of the DVD's have health articles/handouts that can be viewed and printed out with a computer and they are also available on our website.

John has been working on our website, as time allows. We now have the ability to receive donations via our website. John has posted all his health articles/handouts on the website, all our previous newsletters and our speaking schedule too. We plan to continue to develop and enhance our website as time allows.

During our last ministry trip, we were blessed to see wildlife, such as elk, turkeys and bighorn sheep in Colorado. We braved camping with tent and sleeping bags a few times to keep accommodation costs down which was interesting, but a little bit on the cold side, being in autumn. We saw absolutely stunning fall colors in Colorado and Vermont. We find that one of the more difficult parts of our work is to meet new friends and then have to say farewell. Truly that is difficult, espe-

cially for me (Julie) as I love meeting new friends and want to spend more time than I am able to with many special people we have met along the way. (I hope you all know who you are ☺). John has been especially extending himself in providing talks to school children and one on one counseling with anyone and everyone that desires his help. In one location, the local pastor arranged for John to speak to the staff of a hospital as in-service several times one week, including residents, nurses and dieticians. We are always thrilled to see how average local people work hard and creatively to reach out to their communities, neighbors and friends; teaching people about better health with Lifestyle and Preventative Medicine. We receive a lot of positive reports of peoples health improving. As we all know, life can be very unhappy and difficult when illness is present and we always pray that people will learn and apply the principals of health to their lives and reap the benefits.

We like to always ask and encourage people to email or write us with their findings of better health in their lives, or the lives of their loved ones. We like to share stories of hope and inspiration with others.

As always, we are truly thankful on behalf of others and ourselves to be able to help people learn and grow in knowledge of what lifestyle practices promise health and wellbeing. In the Bible, the Lord promises good health if we will follow his instructions of what to do and how to keep well. Medical science is only now finding that what was written in scripture thousands of years ago actually works in preventing illness and restoring health.

We pray for every one of you who receives this newsletter and hope that this in this new year you will find true health, happiness and peace in your hearts. We look forward to hearing from you. We ask that you will bear with us in delays of response and future newsletters as we are growing.



God Bless,  
John and Julie Clark



## Creamy Potato Soup

- 4 1/2 cups water
- 4 cups chopped potatoes
- 1 large chopped onion
- 1 large onion for blender
- 2 tsp salt
- 1 cup chopped celery
- 1 1/2 cups cashews (unroasted, unsalted)
- 2 cups water (\*for blending)
- 4 Tbsp parsley flakes
- Cilantro and green onions optional

Directions: Put potatoes, celery and onion in a large pot, add salt, parsley flakes and cover with the 4 1/2 cups water. Turn on medium heat and simmer until potatoes are tender. In a blender put cashews, water and an onion chopped in quarters and blend very well until smooth consistency. Add blended ingredients to the cooked ingredients in the pot and heat well, but do not boil. The soup will thicken with heat and will continue to thicken as it cools. Enjoy, great in winter!

## Coconut Tapioca Pudding

- |                                |                 |
|--------------------------------|-----------------|
| 1 can coconut milk/cream       | 1/2 cup soymilk |
| 1/4 cup tapioca                | 1/4 cup honey   |
| When cooled, add 1 tsp vanilla | 1/4 tsp salt    |

Directions: Soak the tapioca in soymilk for 30 minutes prior to cooking in a medium-sized saucepan. ("Minute tapioca cooks faster than regular tapioca) Add the remaining ingredients except vanilla and slowly heat, stir frequently to avoid burning and slowly bring to a boil. (Tapioca is done cooking when it is no longer white, but rather clear) Remove from heat and add vanilla when a little cooler (4 or 5 minutes). Pour into a dish or bowl and cool in fridge. May be eaten warm also if preferred. Enjoy, this is a well received desert. ☺

## Don't Wait!!!!

It was October, 1989. I was driving my car and didn't feel well. When I arrived back home, I asked my husband to take my blood pressure. It was 230/120. I felt like my head was going to explode. He took me to the hospital immediately. At the emergency room a blood pressure pill was placed under my tongue. This did not bring it down. A second one was placed under my tongue and this did not bring it down either. A third time did not reduce my blood pressure. An IV had to be placed into my vein and blood pressure medication administered.

The problem was that I was overweight. Did I learn from this experience? No. I kept living the same lifestyle, eating too much dairy and sweets. In May 2005, my knees began to hurt me. I could not get up in the morning without grabbing on to the furniture because the pain was excruciating. While grocery shopping, I would get as far as the second isle and then have to learn over the shopping car to take pressure off my knees. I saw an orthopedic surgeon and he gave me celebrex and a cortisone shot and then I felt great. But....I had to make a decision: Was I going to treat the symptoms by taking medication or get to the root of the problem by losing weight?

In September 2005, I was developing yet another problem: Diabetes. My A1c test was 6.3 and my doctor told me that if I did not change my lifestyle I would become a diabetic. It did not take me long to decide then to lose weight. I lost 20 pounds but could not lose anymore. I became discouraged. In 2006, I heard Dr. Clark's health presentations. I obtained his DVD's and listened to them several times and decided to switch to a total vegan diet. The other 30 pounds I needed to lose came off very quickly after the change to the vegan diet. I now don't have to worry about diabetes anymore and my knees are pain free. What a relief!!! I started to drink 8 glasses of water a day. As a result, my blood pressure, cholesterol and other blood tests showed a dramatic drop as well. I do aerobic exercises for an hour three days a week (at a gym) and now have great opportunities to tell my friends how to change their lifestyles. I also go for walks.

My sickness was self-inflicted because I wanted to eat certain foods that were slowly destroying me. I could have avoided all of this agony. God never intended for me to suffer needlessly. If you are having health problems, **DON'T WAIT!!!!**

~~~~~ The above story was emailed to us last year from a woman John met some time ago. She wishes to remain anonymous to our many newsletter readers but hopes that her testimony will inspire others. It isn't that better health is difficult, it's just a matter of making decisions and incorporating healthy alternatives and lifestyle; one step at a time, one day at a time.

### TIPS FOR OVERCOMING ADDICTIONS

1. Know and remember you reasons for quitting: Learn about the reasons why you want to quit. Focus on the positives ie: it will improve my health, overcoming will free me from expense and shame, etc. Write your reasons down and post them somewhere where you can review them often. This helps to reinforce in your mind and strengthen your will.
2. Use a healthy substitution: Learn what things you can do or use to substitute for the things that you want to quit. Ideas: Go for a walk, get outside and do deep breathing of fresh air, Sit or lie down for 10 minutes and focus on relaxing. Drink a big glass of water. Take a bath or shower. Clean your room, house or desk. Call a friend or loved one who supports you in your effort to change.
3. Wait for the craving to pass: Most physical cravings and withdrawal symptoms will pass over time, usually within 15 minutes. Try to distract yourself and remind yourself that the feelings will pass. Leave your environment if need be, if around smokers, get away while they are smoking, if tempted by food, leave the bakery, or kitchen and remember tip number 2.
4. Be patient with yourself, don't give up, keep trying: Many people believe they can't overcome their addiction. This is a lie. If you find yourself falling for the temptation, forgive yourself and try again. Go over tip number 1 and find books or stories of others who have been able to stop their addictions. Know that you can do it, and that sometimes it takes time and a battle to finally conquer.
5. There is power in outside help: Many people with addictions find they cannot stop their addictions without help. Many recovery programs teach that there is power in reaching "outside ourselves to a higher power". The power of prayer has been proven in many trials. There is a Creator that cares for you personally and wants to help you, but will not force you or do anything without your consent. It's up to you to ask for help. Reading the first few books of the New Testament of the Bible has helped countless millions. It is worth trying.

## *“No thank you, not right now.”*

or another, so I might as well enjoy life while I can.” Sadly, many think that what they enjoy doesn't really affect their health very much, but the truth is it very much does. Most people don't want to continue doing the things they know are bad for them, the problem is that they don't know how to change.

It is often true that only when someone is sick, they take notice of the status of their health. Poor lifestyle choices and diet eventually “catch up” with us, negatively affecting our health. Here is some good news: we find time and time again that when the average person begins to make better choices and changes in their diet and lifestyle, they are very surprised to find how much better they feel and how much more energy they have due to making those changes. We witness countless numbers of people who turn their health and lives around for the better, ridding themselves of sickness and serious diseases simply by applying the principals of health.

There are basically eight areas or principals of good health. Simply stated they are: good nutrition (diet); getting outdoors for fresh air, walking and exercise; drinking water and keeping clean with water (baths/showers); getting sunshine/sunlight; having regular quality sleep; giving up things that are bad for health and finding out how to handle stress by learning about love, trust, and forgiveness, and building a relationship with our Creator.

This article is about the principal of health that some call temperance: learning what substances, foods, and habits are bad for our health and then eliminating them from our lives. It's about learning to moderate our lives in a healthier direction, continually building a better lifestyle and improving our habits. There are foods, drinks, drugs and bad habits (such as smoking) that most people know are not good for their health, yet we take, eat, or do these things anyway. It is almost universally known now that smoking is bad for health. Alcohol is another one that is commonly known to be harmful. Illegal drugs are, of course, known to be extremely harmful and very addictive. The largest, most socially acceptable, legal drug we now use is caffeine in the form of coffee, colas or soda pop, tea and chocolate. Many argue that caffeine is not only harmless but in fact is good for us but that is the furthest from the truth. Research has shown that many foods such as cheese and sugar are very addictive and just as hard to quit as drugs, alcohol or tobacco because of the effect they have on brain hormones. Another epidemic, which is not greatly spoken of, is the abuse of prescription and over the counter medications.

We can take the initiative and try to learn what things are good and what things are bad for us, but when it comes to actually making the changes in our lives, this is where we struggle. It often boils down to addictions: physically, mentally and emotionally. Basically much of the battle in life is that of addiction. By nature, we all respond similarly to the things we find pleasurable, we want that to continue, but what is better and wise to do, is to find out if the pleasure is actually helpful or harmful to us. Not all that “feels good” is good for us and good common sense begs to reason this is true.

Here is a testimony that may be helpful. “I had many serious addictions; addictions to illegal drugs, alcohol, cigarettes, coffee, junk food and others. At first I had to be convinced that what I was taking/doing/eating was actually bad for my health. Then I had to ask myself if I really cared and contemplated how my current lifestyle and habits might be affecting myself and others around me. Once I was able to admit to myself that I had addictions that were hurting me, I then had to make a decision of whether or not I wanted to change, to quit, etc. Once I made the decision, I soon realized that I was too weak to actually make the changes and quit the things that were bad for me. This is where the struggle was most intense. Making changes did not happen overnight. I ended up having to quit smoking tobacco twice, I had to learn finding happiness in life outside of what I used to think was pleasurable. The hardest addiction for me has been giving up eating things that are bad for me. Certain foods are bad for health (like we all know donuts are really not good for us). Eating is not something a person can just quit. It is a constant test of exercising self-control and I believe this test is the hardest of all. This principal spills over into many aspects of life: controlling emotions, controlling appetite, controlling thoughts and keeping my mind focused on things that are good, happy, uplifting, true, honest, pure, loving, praise worthy, etc. In my personal experience, belief in God and praying to Him has helped me the most, it's certainly a good starting place when nothing else works and I've met many others that have found this to be true as well. Try starting with God. I've now learned to say with ease, “No thank you, not right now....” to the things I used to think that I could not live without, and the best part is, I feel much better now....in so many different ways.”

Some ask, “Why should I change?” It basically depends on what motivates a persons life; what they value and live for. Many people have said “We're all going to die from one cause

and that is the one that we really affect their health very much,

**Most people don't want to continue doing the things they know are bad for them, the problem is they don't know how to change.**

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

**OUR MISSION** is to advance the principals of Lifestyle Medicine and laws of health that promise thriving health. This education includes information on nutrition, exercise, hydrotherapy, sunlight, water, fresh air, temperance and spirituality. We teach why disease occurs and how to make lifestyle changes that will prevent, reduce and in many cases reverse and/or eliminate disease, citing researched studies that give the evidence.

Our health seminars and DVD's are available for you to share with family, friends, co-workers and neighbors and made available free of charge. This health education ministry is funded solely by people who share our desire to help others. Some of the diseases and health topics we educate on are Diabetes, Osteoporosis, Arthritis, Cancer, Obesity, Longevity, Autoimmune Inflammatory Diseases & Pandemic Influenza.

Let us know how we can help.

***Tax-deductible contributions can be mailed to: Northern Lights Health Education***

***P O Box 721043, Pinon Hills, CA 92372. ♥***

***Donations can be made ONLINE at:***

***www.NorthernLightsHealthEducation.com***



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***Our educational resources help all those who want to know how they can improve their health and understand Lifestyle and Preventative Medicine. Your support of our ministry directly helps countless others, who otherwise would not have free access to this kind of information. Thank you.***