



The Good News



Happiness, being valued, being loved, freedom of thought, freedom of choice, freedom to love. Trust, peace, contentedness. These are ours, there are choices we can make, there is always Truth to be found.

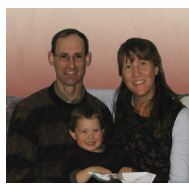
We are happy to present you with our two latest DVD's on Diabetes and Cancer. We hope you will be able to use these for showing to your friends and community, and helping people with these problems. If you put them in a computer there is additional support materials included on them, like handouts and advertising ideas. The Cancer DVD production was held up for a time but we are pleased it is finally finished! It not only has John as a presenter but also Amber Bell, who helped John in late 2006 with a DVD production on Avian Influenza (or Bird Flu). These have been made available thanks to you, supporters of our non-profit organization, (our ministry if you will) and we thank you all. These DVD's and our live health presentations are helping countless others because of the selfless giving by all those that wish to see others learn about health and healing. We hope that the information will go far and wide and we encourage it to be copied and distributed for non-commercial purposes.

In this newsletter, we have stories of better health, an article on the "7 Essential Stress Busters", our regular recipe corner and our health article on the back page is about trust and how this affects our health. We encourage you to read all and let us know if our effort is helping you in anyway.

Since the time of our last newsletter, we have been all over the country and back giving health seminars. We were blessed to have been able to see many old friends, and meet many new friends; finding lost friends (from Australia) and always learning new things along the way.

We began our journey in late March this year heading east toward Tennessee and spring was blooming all around. In Tennessee at Southern Adventist University, we met all kinds of interesting people at the Second Annual International Medical Missionary Convention. John taught there and was well received. We also had the opportunity to hear several others teach there. We were pleasantly surprised to discover an old friend from Australia at this convention and meet his new wife. We all were excited to meet and share our enthusiasm in the field of health instruction, hydrotherapies, natural therapies and medical missionary outreach.

From there, we traveled onward through Virginia, happy to see dear friends there and by chance running into the pastor who married us at a district conference meeting that we attended last minute. John was interviewed on a local radio show in Taunton, Massachusetts in preview of a week-long health series, which was very interesting. We went to Maine, New York, Vermont, Massachusetts (twice) and to Colorado in a seven week trip that was truly an amazing experience. In



John, Julie and Connor Clark

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Maine, we were privileged to be able to stay with a pastor friend of ours, who is 90 years old. This friend is still living on his own, is unbelievably healthy, strong in mind and body and still very active in sharing his faith. Much to my amazement, I awoke one morning to witness him go outside and jog around the neighborhood in 40 degree weather. This man is truly inspiring and our time there was precious.

Since returning back “home” in mid-May, John has been busy working on producing the two DVD’s that we have included with this newsletter. John is also now researching for a new presentation on auto-immune diseases, such as Lupus, Multiple Sclerosis, Inflammatory Bowel Disease, Rheumatoid Arthritis, etc. We continue to teach locally, giving monthly cooking classes, and health classes. Our latest personal endeavor is baking bread and sharing it with others locally, hoping to be of help to those nearby. We continue to receive calls and emails from many asking for help with health concerns and our influence continues to broaden. Recently we met a physician who is interested in our work and is spreading the news our work/ministry to many here on the west coast. We walk by faith, not by sight.

We hear of “wars and rumors of wars” and we see the instability of the economy. These are momentous times in which we live. Many people we talk to sense that things are changing and that there is no peace and safety in the world. We hope you will consider to get out of the cities and into the country where you can grow vegetable gardens and fruit trees, get fresh air and have a quieter and safer environment around you. In the Bible, the book of Daniel (Chapter 12) speaks about “a time of trouble, such as never was since there was a nation...” that is coming upon this world. We need to begin now, learning and deciding what we really trust in and what we believe. We need clear minds and healthy bodies to see us through all the stress of this day and age. We wish you all love, joy and peace and if we can be of help to you, please let us know.

Sincerely,

John and Julie Clark



Stories of better health!!

I have personally been on the program as presented by Doctor Clark in Bath. My health was good prior to his presentations. I have been a vegetarian for the last 38 years, but after listening to Doctor Clark I have thrown away my past diet and by God's grace and deliverance have followed Doctor Clark's recommendations for the last 3 months. I have lost 17 pounds without even trying and I have much more energy and stamina. I praise God for you and your rich ministry.

God's Very Best To All of You
Charlie

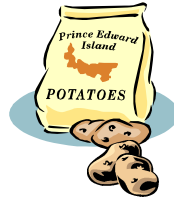
I wanted to let you know that we have a friend in Melbourne who visited us last year and had carpal tunnel syndrome. Of course doctors were considering surgery. Our friend was in such pain and disability, he was having to hire extra staff to do the work he was no longer able to do. He was certainly heading for surgery but thought he would ask me (us) about any possible alternatives. I showed him your interview with advice on 3ABN about carpal tunnel syndrome and he has faithfully been doing the exercises with excellent results. He does not have any problems with it now. His doctor was greatly impressed and wants to know more about these exercises so I will be copying your DVD to send back to Melbourne with him. Isn't this good news! Keep up the good work John.



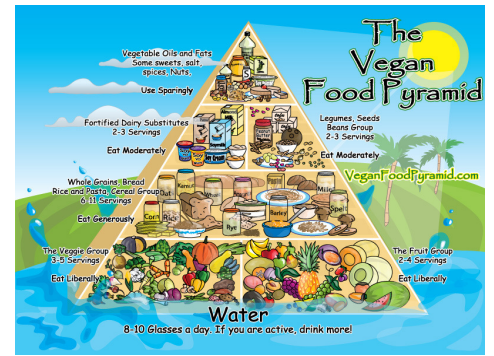
God Bless,
Jenifer (Australia)

Scalloped Potatoes

- 5 cups potatoes, washed and thinly sliced
- 1 cup sliced onions
- 2/3 cup "raw" (unroasted/unsalted) cashews
- 1/3 cup flour (may use any grain flour)
- 1 tsp salt
- 1 cup water (plus another cup later)



Preheat oven to 400° F. In a blender, combine cashews, flour, salt and water (1 cup) and blend for 1 full minute until very smooth and not grainy. Then add another cup of water and blend briefly (to mix). Spray casserole dish with a non-stick cooking spray. Layer the potatoes and onions in the casserole dish, then cover almost to the top of the potatoes with the cashew milk mixture from the blender. Cover and bake for 45 minutes, then uncover and bake for 10 additional minutes until slightly golden. This dish is always a well received in our home. Blessings!



The Vegan Food Pyramid is a wonderful tool as a poster in areas where dining takes place. We highly recommend it. At our local church, we teach a monthly cooking class and the large colorful and informative poster is enjoyed by all. You can purchase them at www.VeganFoodPyramid.com

Thanks Joshua!!

7 Essential Stress Busters

How can we reduce the 'causes' and 'impact' of stressors in our life? We can't live with too much stress or it will burn us out, yet we can't live without it or we wouldn't get anything done. With too much stress our adrenaline is pumping so we feel like we have racing cars in our veins, like our heart is going to jump out of our chest, our stomach is in our mouth and churning over, and our mind is making a mental snowball of all those negative thoughts which in turn can become like an avalanche.

Negative stress is our enemy and what we think is reflected in how we feel and in the things we do. So, what is the answer? Quick and simple stress busters can reduce the impact of stressors and help us deal more effectively mentally and emotionally with whatever is causing it, so try some of these:

1. Take a few deep breaths and slowly let them out with a sigh to stop the adrenaline pumping.
2. Try breathing evenly to the count of 3 or 4 on the in-breath and 3 or 4 on the out-breath for 5-10 minutes (this is how the experts stay calm as it calms the body and re-focuses those negative thoughts).

Do you have e-mail?

Please help us save postage costs and trees. Send your email address to ClarkHealthEd@aol.com and we will add you to our electronic newsletter mailing. Thank you!

If you prefer both paper and e-mail, we will be glad to do that also, let us know. ☺

3. Focus your mind on chewing your food thoroughly and slowly (it works wonders) and you even get to enjoy what you are eating.
4. If you don't have time for a hot bath use a bucket of water, add some bath salts with herbs like lavender or valerian and soak your feet; it's as good as a bath and the herbs help to calm the mind.
5. Exercise your sense of humor, a belly laugh a day is better than an apple a day to keep the doctor away, and have you ever seen anyone die laughing? Also take note of what you are thinking when you laugh and smile.
6. Exercise your body, a great adrenaline buster and mood booster, just a 15-20 minute walk (in the beauty of nature if possible) is enough to do the job. You'll keep your mind focused on more positive thoughts and you'll also sleep better at night.
7. Remember that you need to take your focus off yourself and your negative thoughts, so do whatever it takes!

Finally, make sure you HAVE FUN & ENJOY THE JOURNEY!

Dealing with stress is a balancing act. The Bible gives us the best stress buster of all in Romans 15:13 when it says, "Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope, through the power of the Holy Ghost." I guarantee this will help over-ride your negative thoughts.

Jenifer Skues, BA, GradDip., MAPSc Psychologist

Northern Lights Health Education

Contact information:

John Clark, M.D., Julie & Connor
Email: ClarkHealthEd@aol.com
Phone: 909-435-0066

Tax-deductible donations are much
needed and thankfully received at:

Northern Lights Health Education
P O Box 721043
Pinon Hills, CA 92372-1043

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 isn't feeling well, it is very hard for them to be happy and to have hope. 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 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 our public health presentations are made available **free of charge**. If you would like to help us to help others, tax-deductible

contributions can be sent to

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Trust & Health, What's The Connection?

Does trust affect your health? In whom or in what do you trust, or do you trust at all? The dictionary defines trust as having confidence in; to depend or rely upon; to believe; to expect confidently; to hope. Synonymous with trust is certainty, belief, faith, assurance and security. Trust does in fact affect our health in very profound ways. How you deal with stress, tragedy and life generally is directly affected by your trust, or lack thereof. Do you trust that things will be ok; that you will be ok or do you worry and stress, frequently blow up in anger, have bitterness and resentment or become irritable because things and people in life are unfair, wrong and infuriating? What happens to you when your mind does not find trust and/or peace?

The opposite of trust is distrust, doubt, suspicion, unreliability/unpredictability. Suspicion is doubting the trustworthiness of appearances and therefore believing that one has detected possibilities of something unreliable, unfavorable, menacing, or the like. When you find yourself in a constant or frequent state of stress, worry, fearfulness, anger, resentment, bitterness, anxiety, etc., you have physical manifestations that very literally make you sick. Insomnia, headaches, migraines, nausea, indigestion, back pain, chest pain, high blood pressure just to name a few and the list goes on. All these are symptoms of suffering lack of trust, lack of peace and feeling out of control. Having no trust (and no peace) can also cause anxiety and/or depression and is directly responsible for throwing your bodies hormonal balances off, directly affecting your mind and body. Negative thoughts and feelings also lowers your immune system, thereby making you susceptible to illness, infections and other problems.

Another problem is that a majority of people (is this you?) seek relief from their thoughts and feelings in the form of alcohol, pills, entertainment, illegal drugs, or other addictions to escape and/or alleviate discomfort and while many may think that the only reason they do these things is for enjoyment, they actually are dependant and/or addicted to them and would become quickly distressed without them.

There is very good news about the health benefits of trust. When a person finds trust and peace, stress and it's negative effects are drastically reduced if not eliminated. The immune system is strengthened and you have a great increase in protection against heart disease and cancer.

The Lord is good, a strong hold in the day of trouble; and he knows them that trust in Him. Nahum 1:7

You may be thinking....trust, what trust? You may trust that you have a good job; you trust that you will be ok; you trust that your family, your spouse or your children will take care of you if you were in trouble. You trust that your health insurance and/or your doctor will be able to fix/cure you should you become ill or hurt yourself. You trust that you have enough money to get by, or to retire comfortably. But here is the key question: if calamity were to strike would you still feel the trust and have peace that all will be ok? In the face of great uncertainty; with the imminent threat of financial collapse; the fear of being diagnosed with cancer; receiving the news of a loved one dying tragically, suddenly, unexpectedly; these are the times when the heart instinctively cries out, "Oh God, help!"

We are living in momentous times not only here in the United States but in the world. Almost instinctively people sense that great changes are coming and that the world is not trustworthy. I highly recommend to you that the Creator of earth and the heavens above is trustworthy and has a plan. This is a plan to save us from anguish and despair, to give us hope and an anchor deep within our soul, that will enable us to hold together when bad things happen, when seeming uncertainty surrounds us. The prophecies of the Bible foretell that the time is coming when there will be great distress on earth and there is a controversy between good and evil, between darkness and light. There is a real war going on. We have so much media now; easy access to a seemingly endless amount of information that gives many people in the developed world a false sense of security. But the truth is in the reality of what you have, do you have love, joy and peace deep within your soul? Do you know what happens to you when you die? Do you have assurance and true happiness, contentment and hope for the future? I offer you a small little easy to read book called Finding Peace Within that will help you to find and know a God worth trusting and peace that is beyond comprehension. If you would like this little book, please write or email us at the addresses above ♥
Julie Clark