



“Great changes are soon to take place”



Our warm and loving greetings to all our friends and family around the world. John, Connor (our son) and I have been very busy since our coming to southern California late November last year. Although this temporary relocation has afforded us time to see much of our family on a regular basis, we also have met new friends, rekindled old friendships, and have been able to see old friends we left behind years ago. This has brought us much joy. We are enjoying the abundance of sunshine that southern California offers, getting plenty of Vitamin D

naturally ☺ and we discovered that the high desert (4,000ft above sea level) actually gets cold and has snow in the winter. We have coyote, jack rabbits, Pinon bluejays, and Gambel’s quail to name a few of the wildlife fauna around us.

On another note, we sure are seeing some major hard times and changes going on in the United States lately. The price of wheat has more than doubled since last November. The price of fuel continues to increase and the value of the dollar is plummeting. All around us is much worry, fear, stress and illness. If you consider that Bible prophecy describes all that we are seeing around us, there is good reason to have hope that there is a plan and a solution. If you want to know more about this we will be happy to send you more information, please feel free to call, write or email us.

We mentioned in our last newsletter that we were planning a trip back east for health work in the spring of 2008. As you can see by the Upcoming Speaking Schedule column to the left, our plans have providentially come together once again. All three appointments for New England and New York fell into place perfectly, then we received a call from a friend in Tennessee who asked John to speak at a Health Convention being held at Southern University. We were all thrilled that it fell right into place with travel plans we already had and that we were able to say yes to their request. Adding to that, our friends at Needles SDA Church asked us if we would be willing to come again for a weekend health ‘blitz’ on our way out of California. As of today we received another call from NW Massachusetts asking us about the possibility of our coming to their area in late April 08 but plans are not yet confirmed. If you want to know more about any of the speaking engagements John has, again, please feel free to email or call us.

**Dr. John Clark-
Upcoming Speaking Schedule
2008**

**Needles, CA Weekend Health Blitz
Seventh-Day Adventist Church
March 21, 22**

**Chattanooga, TN Health Expo
Southern University
March 27, 28 & 29**

**Lincoln, ME Week of Health
Seventh-Day Adventist Church
April 6 through April 12**

**Taunton, MA Week of Health
Seventh-Day Adventist Church
April 14 through April 20**

**Bath, NY Week of Health
Seventh-day Adventist Church
April 21 through April 27**

John has a new health presentation now developed entitled ‘Conquering Obesity Naturally’. This is part of the project we mentioned in our last newsletter of a program that John is developing which will be combined with John’s Diabetes presentation. John plans to make them into a program which will have six 30 minute multi-media presentations and a workbook for people who want to reverse and/or prevent Obesity and Diabetes naturally. John would also like to develop a health presenta-

Great changes are soon to take place, continued from front page

tion on auto-immune diseases as he meets many people suffering with such.

Since coming to California last November, we have met new friends and have had the privilege of organizing and participating in a local group effort to help the high-desert communities around us. We gave a free “Vegetarian Tasting” to the general public in January which was well attended. Free books on health were given

I am instructed to say to health-reform educators: Go forward. The world needs every jot of the influence you can exert to press back the tide of moral woe. 9T113

to each one that attended and from there we offered cooking classes, health presentations and Bible studies. I never dreamed I (Julie Clark) would be giving cooking classes, but now that I have given some, I love it. It truly is a lot of fun although it takes a lot of planning and I think I have a long way to go to learn how not to take ‘forever’ demonstrating something. (lol)

We want to encourage all of you to reach out to others in helping them and encouraging them with their health. Many people don’t know how or where to begin in talking to someone they don’t know. Ask them if there is anything you can do to help them. Be willing to help them where and how they need it. They might need yard-work done, or help cleaning their home, or an errand run, or maybe they just need a kind listening ear. Sometimes making them a pot of soup or giving them a nice loaf of bread can be enough to break the ice and warm their hearts. Most people take an interest in how to improve their health. Teaching someone simple and effective steps they can take to improve their health is one of the most loving and kind things you can do for someone and when we help someone else, when we ‘bless’ others, we too are blessed. Research has shown that there is substantial health benefits in helping others. John’s presentation on Health and Spirituality goes into this in great detail.

The basic principals of health are easy to understand and teach and they truly make all the difference to a persons state of health. Principals like: eating more fruit, vegetables , whole grains, legumes/beans, nuts and seeds and avoiding foods high in fats, cholesterol and sugar; drinking 8-10 glasses of pure clean water each day and avoiding other types of beverages; getting adequate sleep of 7-8 hours every night; getting outdoors to get both fresh air and sunshine (for Vitamin D); getting regular exercise and avoiding substances known to harm, such as alcohol, tobacco, drugs and caffeine. The last principal of health is one of the mind and heart. The Bible says “A merry heart doeth good like a medicine: but a broken spirit drieth the bones.” (Prov 17:22) Medical research has proven this to be absolutely literally true! Another verse is this “Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare. Give ear and come to me; hear me, that your soul may live...” (Isa 55:2) The Creator of the universe is loving, forgiving and rich in goodness and truth. This Creator helps us to know and understand what forgiveness really is and helps us to forgive others, which is something we all desperately need. As science continues to study the mind/body connection, it is more than evident that our thoughts and emotions directly tie into our state of health and wellbeing. Take a look at page 3 of this newsletter for more on this. The recommended reading at the end of the article is truly valuable and worth looking into. Sadly, many people live in denial and/or are not even aware that they may be stressed and emotionally out of balance. This truly is a major factor in the roll of illness and disease.

We hope this newsletter finds you all well, improving in health and prospering. Again we always love to hear from you and welcome your stories, news, ideas, emails, etc. We are amazed of how God is blessing us to “go forward” and help others. We encourage you to do the same. We continue to receive emails and calls from around the world requesting help and information. We thank you for your support both financially and in prayer. In these times of great turbulence, uncertainty, sickness, death, loneliness and sadness, please consider the possibility that there is a plan, there is hope and there is and a solution of Divine origin. We keep each one of you in our prayers.

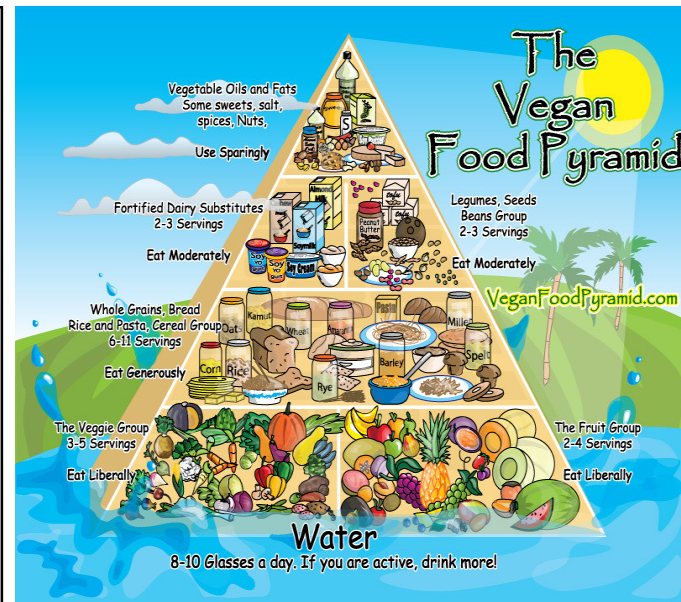
Your friend, Julie Clark

We found a great little website: www.veganfoodpyramid.com see page 3 of this newsletter. The website owner is a young adult who plans to go out into the mission field and has a terrific heart for serving God and helping people. We highly recommend his nutrition pyramid chart and support him in his desire to serve in the mission field. The website offers the book Ministry of Healing of which we think is a powerful book.

Easy Healthy Waffles

3 1/3 cups old fashioned oats (uncooked) 4 cups water
 3/4 cups rinsed raw unsalted cashews 1 1/2 tsp vanilla
 3 or 4 dates (pitted) OR 1 Tbsp honey
 3/4 tsp salt

Put all ingredients in blender and blend really well. Prepare waffle iron with cooking spray oil such as PAM Organic Olive Oil and turn on heat. When hot, pour waffle mix into waffle iron and cook for 12-14 minutes depending on size of your waffle iron. Top with fresh fruit made into a sauce or apple sauce warmed up. We also use almond butter or other nut butters instead of margarine or butter. These waffles can be cooked in large batches (double or triple the recipe) and store the cooked waffles in the freezer in a zip-lock baggie. When ready to eat them, just put them in the toaster for a super quick yummy breakfast. This is our one of our very favorite breakfasts. To make a fresh fruit sauce, just cut up fruit you like and put into blender and make a sauce out of it to top your waffles. Be creative. Enjoy!



How Can Emotions Affect My Health?

Jenifer Skues, BA, GradDip., MAPSc Psychologist

Your body responds to the way you think, feel and act which is often called the “mind/body connection.” When you are stressed, anxious or upset, your body tries to tell you that something is wrong. For example, after a stressful event such as the death of a loved one, your blood pressure might be high, you can have too much acid in your stomach and you might end up with digestive problems and a stomach ulcer. The stressed mind and intense emotions with such an event have impacted the physical body.

Research for example, now shows that poor emotional health can weaken your body’s immune system, making you more likely to get colds and other infections during emotionally difficult times. Also, when you are feeling stressed, anxious or upset, you may not take care of your health as well as when you were feeling more mentally and emotionally balanced. You may not feel like exercising, drinking enough water, getting enough sunlight and fresh air, getting enough quality sleep or eating nutritious meals. Abuse of alcohol, tobacco or other drugs is also an indicator of poor emotional health these days.

The following list may be physical signs that your emotional health is out of balance:

- Back pain (especially lower back and neck)
- Stiff neck
- General aches and pains
- Headaches
- Change in appetite (can increase or decrease)
- Weight gain or loss
- Blood sugar problems (too high or too low)
- Heightened anxiety – high adrenaline levels
- Chest pain – anxiety and panic attacks
- Upset stomach
- Constipation or diarrhea
- Dry mouth
- High blood pressure
- Insomnia (trouble sleeping)
- Extreme tiredness (even though sleeping)



- Lightheadedness
- Can’t think straight – confused thinking
- Palpitations (the feeling that your heart is racing)
- Shortness of breath or hyperventilating (over-breathing)
- Sweating
- Hormonal imbalances
- Weakened immune system
- Addictions

As early as 1872, Ellen White, when inspired by God stated that “the brain is the capital of the body, the seat of all the nervous forces and of mental action. The nerves proceeding from the brain control the body. By the brain nerves, mental impressions are conveyed to all the nerves of the body as by telegraph wires, and they control the vital action of every part of the system. All the organs of motion are governed by the communications they receive from the brain” (Mind, Character, and Personality Vol 1, p72). Modern science outlines this process and calls it the mind/body connection that can result in psychosomatic illness.

The Bible also comments on the mind/body relationship and tells us that “A merry heart doeth good [like] a medicine: but a broken spirit drieth the bones” (King James Version). “Drieth the bones” in today’s terms, relates to osteoporosis, very much a stress related illness.

So, what is the answer to the mind/body connection and better health outcomes? Certainly reducing our stress levels, having positive thoughts and feelings and good lifestyle habits will make a positive difference. However, the Bible in Philippians 4:8 couldn’t state it any better than this “whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.” Your mind is the key to good health spiritually, mentally, emotionally and physically so be careful as to what you are thinking and what you focus on. It is literally a matter of changing your mind.

Highly recommended reading: “Who Switched Off My Brain?” by **Dr. Caroline Leaf** (www.DrLeaf.net) and “Deadly Emotions” by **Don Colbert, MD**. Both books are written from a Christian perspective.

Northern Lights Health Education

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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 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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A New Body, Literally!

Do you recall ever being told or hearing the old saying "You are what you eat"? Many of us today acknowledge that we have indeed heard that statement, but if you stop to really think about it, that statement is quite profound and somewhat mysterious. If we truly are what we eat, then we ought to take this old saying very seriously, unless of course we don't care about ourselves or what we are. Then there are the ones that jokingly try to take this saying literally just to prove it cannot be true because 'I am not a tomato' and 'I am not a chicken'. Most people however, only start getting serious about their health when they lose it; when they find themselves in trouble physically. We all know that when we suffer physically, we suffer emotionally; it is never a happy thing to be sick and most people do not take illness and disease lightly. There are others too who truly don't comprehend the fact that what they eat (and for that matter, what they do) really does make a **vital difference** to their health and subsequently their outlook on life. There are many people who might never know that they could feel better than they currently do until they try something different. Many people have been surprised because they never knew how bad they really felt until they made changes and started to feel better.

**"You are what you eat?"
People often wait to make
changes until after illness
or disease. Why not start
now?**

Let's think about this for a moment. A poor but effective example is that of a car. If we put into the car the wrong substances, it will not work. Example, if we put sugar into the gasoline tank, the engine will stop. However it still remains a car just the same, structurally. The car needs oil, water and gasoline (or diesel) in order to run. The body however is a machine of much higher complexity and consequence. Firstly, it is a living thing, constantly building up new cells and eliminating old damaged ones. In reality, our bodies are in constant change, they are more like a flowing river than something static or unchanging. Our bodies are literally replacing themselves around the clock, one cell at a time. In fact did you know that your skeleton replaces itself once a year and the muscular lining of our stomach and intestines is replaced every three to four days!! Your gums in your mouth are replaced every two weeks, we have a new covering of skin every four weeks and your liver is made new every five months!! Incredible isn't it? And these are only a few examples. Hundreds of millions of cells are quietly being released from our bodies every hour and subsequently hundreds of millions of cells are being made to replace the old eliminated ones. Every cell in your body has been replaced many times over. (Whew, that is a lot of work going on!)

Our bodies must have materials from which to build and replace all these cells, as well as for the energy to do all this work! Speaking of elimination, this process is greatly enhanced by drinking plenty of water, regular bathing and also brushing your skin; either with a brush or with a rough towel. Our skin is the largest organ of our body. It has been said that it is our third lung and our third kidney (we actually breathe through our skin and excrete much toxic waste through the skin by sweating). But...back to the subject. We all know that if we don't give cars what they need to run, they simply will not run, however our bodies are much more superior and complex. We are blessed that our bodies continue to run in spite of the bad substances we put in them at times. Our cars don't fix themselves, but our bodies, if given the right fuels and conditions, will fix themselves!! (Wouldn't it be nice if our cars did that?) In contrast, when we don't give our bodies the right fuels and conditions, they will function poorly, deteriorate, get sick and eventually quit working. This is why it is so very important to give our bodies what they need to perform optimally and to avoid deterioration, disease and premature death. The quality of cell replacement within our bodies is completely dependant on what fuel we put into it and as always be sure to drink plenty of water. Most people tend to be dehydrated and aren't even aware of it.

Trying new foods can be fun, interesting and life changing. Taste preferences are not inherited, they are learned.

So now, the question is....what is the fuel or food that our bodies need for optimal health and what is the best way to get it in? Volumes of books, medical studies and history has been written on this subject. Loads of information can be found in libraries, the internet and local bookstores. This is a summary of the research we have done, highlighting the major points of optimal nutrition. Science now has an abundance of evidence that a plant based diet, loaded with plenty of fresh fruits and vegetables and includes grains, beans/legumes, nuts and seeds is the best for our health. This provides super nutrition, antioxidants, vitamins, minerals and minimizes the risk of cancer, heart disease, diabetes, and many other chronic health problems; also giving the best probability of longevity. The key to a healthy plant based diet is to vary your food; not eating the same things repeatedly. Each fruit, grain, bean, nut, seed and vegetable is unique, high in certain vitamins and minerals, hence the need for variety. Go for variety in color, size and shape. Invest in cookbooks and/or videos to learn from. There are many out there and if you want suggestions, email us, we have many to recommend. Keep your meals simple, too many foods at one time hinders digestion. Less is more. It is better to eat twice a day and eat well, than to eat three or more times a day, unless your work/activity is highly physically demanding. Make breakfast a habit and your largest meal of the day. Make lunch a little less in size than breakfast. If your going to eat a third meal or a meal later in the day, be sure to make it a light meal such as fruit and crackers, making sure that you eat at least three hours before going to bed. The stomach needs rest between meals, aim for 5-6 hours between meals. Eat regularly; be consistent with your meal-times. Avoid eating fruit and vegetables in the same meal as this causes great indigestion. Eat fats and oils sparingly and in their most natural state; cooked and processed fats are very bad for health. Snacking is bad for the stomach, for the digestive process as well as for weight control, contrary to popular belief that many small meals a day are preferable. Vitamins and supplements are always inferior to obtaining them in their natural state (in food). What you eat, drink and do with your body directly impacts your health, physically, mentally/emotionally and spiritually. It is something we all should think more about and look into. Make changes steadily and try to learn more continuously, it is worth it!! ♥