

December 19, 2006  
Volume 1, Issue 2

## Northern Lights Health Education



**"...I wish above all things that you will prosper and be in good health..." 3 Jn 1:2**

### *The Early Days*

#### Speaking Schedule and ministry projects

- Team planning/meeting, Dec 18
- Manchester, NH Dec 30
- Camden, ME Jan 16-21
- Farmington, ME Feb 24

#### *Greetings and warm winter's happy holidays wish to all of you.*

So much has happened since we last wrote. We had the pleasure of having a friend and colleague come stay with us from Australia. Our dear friend Jenifer Skues is involved in assisting us with future development of presentations in the area of stress management and mental health. She is a Psychologist and works in an out-patient psychiatric hospital in Australia. She thoroughly enjoyed seeing the awesome New England fall we had this year and she especially enjoyed seeing moose in the Rangeley area. We also took her to Acadia National Park here in Maine, which is truly a beautiful place that everyone would enjoy to see.

Since our last newsletter, we have given week long presentations to St. Albans, Vermont; Laconia, New Hampshire; Charlestown, New Hampshire; Billows Falls, Vermont; Limington, Maine and Lincoln, Maine. At each location we stayed and lectured nightly for one week. It was wonderful and very inspiring. We had good attendance and everyone loved the information about health they were learning. Some locations were quite creative and had nightly drawings for free books of their choice (health topics, cookbooks, spiritual, etc). At every location we were warmly received and treated ever so kindly! At the most recent location it snowed quite a bit and we were blessed to have been able to stay in a cabin on a river. Julie and Connor made their first snowman and played with a sled while John went to the town library continuing to research, work and study. At every location, Norman would go out daily, canvassing, meeting people and inviting them to our meetings. Darlene would go and visit the local grocery and health food stores to see what was available so she was better able to help people know where to find foods for the recipes she would demonstrate. Each night Darlene and John started by showing and discussing how to prepare two different healthy dishes and then providing everyone with a small dish of the recipes just demonstrated. They also answered questions and John gave some interesting tidbits of information too when Darlene was quietly concentrating on mixing something up. Immediately following that, John would begin his lecture and end with a time for questions. Norman had two large tables of books for sale with lots of cookbooks, health books, reference type books on foods and herbs/plants, magazines on difference topics and more. We really had a lot of fun.

When we went to Charlestown that location actually had two meetings a day, one at midday and one in the early evening. The early evening meeting was held across the river in another town about 15 miles away (Bellows Falls). That was a lot of work, challenging for Darlene, but also a great time. While we were at that location, we were honored and blessed in meeting Anne and Lee Jamieson. Anne and Lee worked hard helping us for every meeting getting set up, greeting people and breaking down after we were through. They especially helped Darlene and Norman with cooking, moving all the food and kitchen gear and all the books for sale.



## The Early Days, continued from front page



It is now the middle of December and do you ever wonder where did the year go?!? John has been working ever so hard. He recently finished a talk on cancer since our writing the first newsletter. He is also making a professional DVD on the Bird Flu, which includes an in depth discussion of what the Bird Flu actually is, how to prevent getting it, and best of all is that it will include a step by step instruction of how to treat it. John researched what treatments were successful in helping people who contracted the Bird Flu of 1918 (aka Spanish Flu). He found that places such as Battle Creek Sanitarium and McFaddens Health Restorium were losing very few patients who came to them compared to other hospitals. Dr. John Harvey Kellogg published an article outlining the treatments they were using and with a bit more research John has put together a step by step instruction on what to do, how to do it and what you will need. The treatments include hydrotherapy and the use of charcoal. This would include charcoal ingestion, charcoal douches, charcoal poultices and charcoal fomentations. The hydrotherapy includes hot foot baths, heating leg packs, chest fomentations, contrast chest fomentations, cold abdominal packs and contrast abdominal packs.

John is also continuing to make all his presentations into professional DVD's. In the interim, there are some amateur videos available that were filmed on location in St. Albans, Vermont. If any of you would like copies of those, we will gladly send them to you upon request. We will endeavor to get those to you right away. The list of topics are on the back of the newsletter. The Bird Flu prevention presentation was filmed in St. Albans and that is available along with all the other topics, however the Bird Flu disease and treatment presentations have not yet been filmed but will soon be available as I mentioned above.

Recently, our ministry team got together and spent half the day discussing and planning for 2007. We are very excited about our plans thus far. Rick and Jane Kuntz will be getting more involved with us so as to provide continuity for people who want to attend Rick's evangelistic series which generally follow our health presentations.

Hippocrates is known for having said, "Let food be thy medicine and thy medicine shall be thy food." There are laws of nature, health laws or principles that if followed will give the body what it needs to live well and to restore health where illness has resulted from nonobservance. These principles are easy to learn and understand. Our newsletter back page will cover each principle, one at a time, and our presentations expound these principles in a very excellent way that I know you will enjoy and benefit from.

We welcome hearing from you via mail, email or phone anytime. We hope you are doing well and pray that you are blessed with health and prosperity.

*God Bless,* Julie Clark



Recipe corner

### Fruit Salad w/nut cream

- 1 apple cored and chopped
- 2 bananas chopped
- 1 pear cored and chopped
- 1 kiwi fruit peeled and chopped
- 1 cup cored and chopped pineapple
- 1/2-1 cup berries (any of your choice)
- 1/3-1/2 cup raisins
- 1/3-1/2 cup chopped walnuts

#### Dressing:

- 1/8 cup sunflower seeds
- 1/8 cup pumpkin seeds (pepitas)
- 1/8 cup almonds
- 1/8 cup flax seeds
- 1/8 cup walnuts
- 1/4 cup cashews

- 1 1/4 cup soymilk or water
- 1 1/2 tbsp honey or 4-5 large dates (soaked)

Prepare & combine all salad ingredients into bowl. In a blender add all ingredients for dressing & blend until smooth. If blender isn't strong enough, use a coffee/nut grinder first to grind the nuts & seeds into meal before putting into a blender, then blend with the liquid & sweetener. If it is too thick, add water one tablespoon at a time until it is a thick creamy consistency. Pour over fruit salad, mix then serve. This is a meal unto itself but adding some cereal or granola for breakfast is also great. A most nutritious and delicious way start to your day. Use any fruit, recipe listed is only fruit suggested. Experiment and enjoy!

## Bird Flu

The Avian Influenza (Bird Flu) could potentially kill 2 million Americans. Since its 1997 emergence in China it has killed half of the people infected. Much Like the 1918 influenza epidemic which killed 675,000 Americans when the US population was only 80 million, it is projected that 30% of our population (or 90 million) could come down with the disease, up to 10 million would require hospitalization, and the whole ordeal could rack up a bill of over \$166 Billion. Forty percent of the work force could be out, leaving essential services and supplies we depend on unavailable. Those it did not kill would be at significant risk for neurological disorders later in life like Parkinson's disease.

To bring it a little closer to home, I visited a cemetery near Canton, ME where I discovered the tomb of Frank DiPalma, Born January 13, 1893, Died Camp Devens September 27, 1918. An obvious 1918 bird flu casualty in our own back yard emphasizing the fact that this flu, unlike the yearly super cold, killed the young more than any other group.

Are Vaccines the answer? A recent bird flu vaccine test revealed that one shot was not enough and after two shots only 50% of those inoculated became resistant to the H5N1 Bird flu. Are Antivirals the answer? Reports from the Far East warn of growing resistance and treatment failures. Will there be adequate supplies of either vaccines or antivirals? Many medical professionals and government officials say, No.

Primary prevention involves careful hand washing, limited interaction with others—maintaining a 6 foot "social distance", and doing all you can to cover your mouth and nose when you cough.

Thirty percent of people could become ill, but what about the other 70%? Why and how do they escape even catching the dreaded disease? What do I need to do to make sure I am a survivor? These and other questions will be answered in presentations by Dr. John G. Clark in Camden, ME, January 16th, 20th and 21st.

In brief, boosting the immune system, your first line of defense against any infection, is the most promising option. Also avoiding hurting your immune system. The immune system is invigorated by fresh air and food, and getting adequate sleep just to name a few. On the other hand, pollution, sugar, smoking and stress can lower your resistance.

What is so bad about the "bird flu"? Progressing beyond the aches, pains, fever, and sore throat of the common flu, the avian influenza causes shortness of breath leading to a blue coloration of the skin over the whole body with blood tinged foamy fluid coming up out of the lungs. The headaches and body pain far surpass the common flu, and the heart and brain become involved as well. Most ominous by far is the propensity to bleed from almost any body opening; i.e. mouth, nose, rectum, ears, eyes.

With national hospital bed counts currently down due to the way medicine is practiced, medical preparedness for a pandemic looks worse than it did in 1918. Yet in 1918, there were those who succeeded in their fight to rescue victims from this deadly disease. Compared to conventional methods of the day where 7% of influenza patients admitted for medical care died, treatments using hot and cold water, and maximizing the immune system as employed at ten water treatment centers of the day reduced deaths to only 0.5%. The up coming Bird Flu presentations by Dr. Clark in Camden, ME will be looking at all aspects of the flu to help you better understand the threat you are up against and what you can do to prepare in the event of such a catastrophic pandemic.



*A much longer more comprehensive article written by Dr. John Clark on the Bird Flu is available. If you would like the full article, please contact us and request the Bird Flu article and we will be happy to send it to you.*

**Our presentations are now available on DVD, however bear in mind these are amateur productions. These are available for the asking, just email or write to us, to our home address on back page.**

## Northern Lights Health Education

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**A tax-deductible donation can be made to:**

**Clark Health Education Trust  
C/o NNEC  
91 Allen Street  
Portland, ME 04103**

We are a health education organization associated with the non-profit organization Northern New England Conference. Our mission is to lead people to healthier lifestyles; to help them have a better understanding of the foundational mechanics of healing and health. John Clark, M.D. and his family started this ministry in June, 2006. We offer to give presentations on topics such as Cancer, Diabetes, Osteoporosis, Arthritis, Low Back Pain, Health & Spirituality, Longevity, Bird Flu, Prevention and Treatment, and others. We are continually developing new topics. We have friends who also help and are a part of our "team", giving cooking demonstrations and providing literature on health, cookbooks other books for well being. Our website is under development. We do this work full time and are being funded solely by the generous donations from people like yourself who believe in what we are doing and want to help.

## *Get Outside!! The Benefits of "Fresh" Air*



Fresh air, is absolutely vital to life as most are aware. But did you know some of these facts? Fresh air is actually chemically different than recirculated indoor air. High quality fresh air is actually electrified. The life giving oxygen molecule is negatively charged or "negatively ionized". Many studies have been done and the effects of breathing this "fresh" air has been found to do many profoundly good things. For one thing it causes tranquilization and relaxation and gives an improved sense of well-being. It improves the function of cilia in the lungs. It lowers body temperature and resting heart rate. It actually kills bacteria and viruses in the air and it increases the rate and quality of growth in plants and animals. In one study, normal children and those with learning disabilities showed measurable improvements in brain function in getting more fresh air. It was found to significantly reduce pain. Negatively ionized air is destroyed by recirculating air in buildings, tobacco smoke, city smog, and other pollutants. One way to counteract being indoors for long periods of time, especially in winter, is to have houseplants. Houseplants have been found to reduce indoor air pollution (formaldehyde), and create negative ions to the air. Negatively ionized air is found in abundance in natural outdoor environments, especially around evergreen trees, beach surf, or after a thunderstorm. So with all these wonderful benefits of fresh air, what are you waiting for? Get outside and breath deeply, and better yet, go for a long walk. Get yourself some plants for your home and office and open the windows when you are able to. Breathe fresh air and feel better!

<http://www.clark.org/101010101>

*Prag/Povine, by Neil Hedley, M.D.*

*Journal of the Mississippi Academy of Sciences 40(2):99-105; Journal of Environmental Healthcare; 1996, 14(2): 97-100.*

*Atmospheric Environment; 1996, 30(14): 2565-2568*

We want to hear from you! If you are blessed by our ministry or have any suggestions or ideas, please share with us.