

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



Our Beginning

Greetings to all our friends, family and acquaintances: this is our first newsletter about our work to help others learn about health here in Northern New England.

To give an overview, we began our journey earlier this year when John felt increasingly impressed to leave his practice in Brunswick and make himself available full time to teach and reach people with a message of health. The dream of this work actually began over a year ago after just arriving to Maine from Iowa. We ran into Pastor Mike Ortel, the Northern New England Conference president, at Parkview Adventist Medical Center. He asked if John would be willing to help him with the conference Health Department. John was glad to help in anyway he could, but he didn't see how he could do much since he was just starting up a practice with Parkview Adventist Medical Center and on call every other day and weekend.



John immediately got involved giving health lectures with the Lifestyle Choices program that the hospital runs as well as giving public lectures around town. In doing this, John was thrilled with the response and found putting together health lectures very satisfying. Repeatedly people would tell him how gifted he is in giving presentations and how helpful and powerful his presentations are. John is especially talented in creating PowerPoint slides for his presentations.

A few months later, again Mike Ortel ran into John and asked him if he would help with the Conference Health department. John expressed his wish to do so, but didn't see how he could do much due to his practice. Not long after that, John felt that maybe he should talk to the conference evangelist, Pastor Rick Kuntz. John thought maybe he could take time off from his practice to give health talks in support of Pastor Kuntz' programs. When he met Pastor Kuntz, both Pastor Kuntz and his wife were very receptive and appreciative. They later told him that they and others had been praying for a doctor to get involved with health work in this conference. At that time Pastor Rick Kuntz was working in Portland. The next two locations for Rick were Bangor and Whiting in Maine. John offered to take time off work and help, giving health lectures prior to the Evangelistic meetings Rick would be presenting.

We went to Bangor in late February (19th-21st) and to Whiting April (8th - 11th). Just prior to those meetings, John was offered by the conference to attend the Health Summit in Orlando, Florida for further training in health. In between the meetings of Bangor & Whiting, John went to 3ABN in Illinois and was taped doing four shows with Don MacIntosh on a program called Health For A Lifetime. He also was asked to speak at the Waterville and Norridgewalk churches and those meetings were well received.

The first night of the Bangor meetings was actually given by Greg Penner, M.D. !! John was called into emergency surgery. Dr. Penner graciously accepted the call to help and went up to Bangor at last minutes notice and spoke on John's behalf. John was able to speak the next two nights and the attendance doubled by the third night, with around 45-50 people.

Speaking Schedule

- Topsham Church service Sept 2
- Elders & Health Directors Retreat. Camp Lawroweld, ME Sept 22-24
- Lifestyle Choices Program, Parkview Adventist Medical Center October 9-12
- St Albans Church, VT Oct 13-18
- Drewsville/Claremont Churches, NH Oct 29-Nov 4
- Limington Church, ME Nov 10-16
- Topsham Church service Nov 25
- Presque Isle Church, ME Dec 1-3
- Lincoln Church, ME Dec 5-9

Our Beginning, continued from front page



Norm and Darlene Cropley met us for the first time at the Bangor meetings. They love what John is doing and wanted to get involved. So when we went to Whiting Mr. & Mrs. Cropley and Jane Kuntz traveled together and met us there. We all fit together like a natural team instantly. Mr. Cropley is the conference director of literature evangelism and brings cookbooks, health books and other books to the meetings for people to purchase. He also goes out into the communities and canvases to inform people of the meetings and offer literature, bible studies and such. Mrs. Cropley used to own and run her own vegan/vegetarian restaurant and so she and Mrs. Kuntz give vegan/vegetarian cooking demonstrations and tasting. Mrs. Kuntz introduces John and also speaks about upcoming evangelistic meetings that are available to anyone who is interested.

So this brings us to the latest events and developments. John resigned from Parkview Hospital and closed his practice in late June. In July he spoke at the NNEC Campmeeting all week and an additional impromptu meeting was done on the last Sabbath, in the afternoon. Shortly after that, he was asked again to speak at the Pastors Retreat at Camp Lawroweld. Also an interesting request came about by Parkview Hospital to speak to food stamp recipients at the local food pantry for the poor. So for the month of August, John has been speaking once a week there in Brunswick. John will also continue to speak for the Lifestyle Choices program at Parkview and the next program will be in early October.

Recently, we had the pleasure of meeting and staying with Victor and Valerie Pohle and their daughters, to speak for the Drewsville church. This was in leading up to the week long series we will be doing for them in late October this year. It was very beautiful there in New Hampshire and the Pohle family were delightful. Working there with them will be very exciting as they want our team to do the series for two locations, giving meetings twice a day. We had the pleasure of meeting and talking with some church members and found that they are very excited to have our team come and plan to bring friends, neighbors and strangers alike to the meetings. They will be advertising in local newspapers also. We are very excited and looking forward to working there with them.

We have put our speaking schedule on the front of this newsletter. If you want or need any further information, please feel free to contact us. Our contact information is on the back of this newsletter. Many friends and family have asked us how we will be paid or earn money doing this kind of volunteer work. The answer is: God knows and we have faith in Him, we can't let that concern prevent us from doing this.

So that is our "beginning" of the health work. We are so happy to be able to help others learn about health and the eight laws of health. We will endeavor to have our newsletters distributed bi-monthly. Bear with us, we are new to this type of thing. :)

In our next newsletter, we will have a feature article on the Bird Flu. A must for everyone, share it with friends.



Recipe corner

Granola

10 cups rolled oats.
 1 cup soy flour
 1 cup wheat germ
 1 cup sunflower seeds
 1 cup coconut
 1 cup sliced almonds
 ½ cup honey
 ¼ cup molasses
 ¼ cup maple syrup
 1 cup water
 1 cup unhulled sesame seeds
 ½ cup flax seeds
 1 tbsp vanilla

Blend together until smooth: honey, molasses, maple syrup, water, sesame seeds, flax seed and vanilla.

Mix blended ingredients together with first six dry ingredients in a large bowl.

Divide in two large roasting pans and bake at 180 for 6 hour stirring as needed for even dryness.

Eat with fruit and soymilk to taste, enjoy.

Helping people

A lady friend of ours, in her late forties decided to get serious and do something to get her cholesterol and weight down, and to improve her high blood pressure. Here is what she did.

She started on March 6, 2006 cutting out all fats, oils and butter from her cooking. She made all her own meals, not using any store bought already made foods. She cut all sugars and sweeteners and used Stevia instead to sweeten with. For two months straight she consumed one cup of Oat Bran Daily. She increased her diet of legumes (beans) and raw vegetables, making sure to include celery and lettuce. She ate BIG breakfasts, large lunches and a light fruit supper. She did not eat between meals. She did not suffer hunger between meals (probably due to the increased fiber intake). She drank 80 to 90 ounces of water every day. She took supplements of red rice yeast (capsules), niacin and chromium. She exercised, walking 30 minutes a day and doing 100 abdominal crunches over a 10-15 minute period of time. After three months in May this year, she was rechecked by her physician and this is what he noted:

Her weight decreased from 229 lbs to 195 lbs.

Her blood pressure decreased from 140/90 to 124/70

Her blood sugars stabilized, being 90-114 before the program and was 90-92 during the program.

Her blood test results in mid May were as follows:

Cholesterol went from 201 to 143
Triglycerides went from 237 to 108
HDL from 46 to 44
LDL went from 108 to 78
Ratio went from 4.4 to 3.5

She said of her success,

"It's not work, once you're on the right diet it just happens."

and she also noted that her grocery bill was cut in half, and the doctor, well...put it this way, he was very surprised and a bit skeptical but had to admit by evidence that whatever she was doing, it was working.

Yahoo!! You go girl!

Another fellow John interacted with had low back pain since age 17. He is now 53 years old. He attended one of John's talks on Low Back Pain and decided to start drinking water and exercising more. He saw John approximately two months later and told him that his back pain is now gone. Says that when he sees a sale on bottled water, he backs up his truck and buys a truckload! It is always a pleasure to hear that someone's health has improved and they are happier for it.

Alright!!

Another couple called us one late evening. He is a middle aged man and was experiencing severe burning pain upon urination. He thought maybe he had a kidney infection and had secured a prescription for an antibiotic from his physician. The antibiotic didn't help the symptoms so he called John for any advice John could offer. John suggested he do sitz baths, a charcoal anal pack and obtain a herb Buchu from a healthfood store and take it. A week later his wife reported he felt much better and was back doing heavy work around the farm.

Glad to hear it!!



Keep trying no matter how often you "fall", every step is progress!! Don't give up

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

Northern Lights Health Education

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To support John in his work to help others, a tax-deductible donation can be made to:

Clark Health Education Trust
C/o NNEC
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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 seminars on topics such as Diabetes, Osteoporosis, Arthritis, Low Back Pain, Health & Spirituality, Longevity, 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. So far, we are making ourselves available to the Northern New England area. We do this work full time and are being funded solely by the donations of the people who believe in what we are doing and want to help.

Health Promotion : Drink more water!



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Water is a vital element and one of the eight laws of health that can transform your life!

Water is a natural healer and second only to oxygen as a primary need of the body. Not drinking enough water affects every aspect of your body and health, even right out to your skin. It lubricates your body joints and is used for virtually all bodily functions including carrying nutrients and oxygen within the body. Copious water drinking can increase blood volume by 6%. Not only does water increase perspiration but the perspiration has increased concentration of waste products. On the average, most people need eight to ten glasses of water each and every day. Drinking a glass of water one half hour before each meal can reduce hunger and thereby assist in weight loss. Headaches are often a symptom of dehydration. Drinking lots of water can greatly reduce low back pain and other painful joints. A hospital we know of actually reduced their health insurance utilization two years in a row by providing filtered and bottled water to their employees free of charge. Where most establishments are not just staying the same but increasing their insurance utilization, this reduction actually caught the attention of the governor of the state of whom investigated what the hospital was doing to have such a rare and money saving trend going on. He wanted to find out so he could implement it elsewhere and thereby save costs and have happier healthier employees.

So remember to drink your water, upon rising in the morning, one half hour before meals (it's not good to drink liquids with meals) and two hours after meals. You will feel better for it and be much more healthier too.