



We hope that this newsletter finds it's way into your hands and heart; finding you growing stronger in health not only of body, but also of spirit and mind. We pray for each of you that we send this newsletter to. God bless you as you work toward better health.

We have great news! This year we have been privileged to go and give health programs all over the United States. We have been visiting the sick and dying, teaching cooking classes, teaching health classes to children in summer camp and we filmed and produced a new DVD on stress management; a two-hour workshop with Jenifer Skues, psychologist from Australia. The Stress Management Workshop DVD is a great resource now available. Like most of our other DVD's there are handout articles on the disk that are downloadable with your computer.

Endeavoring to save costs for postage and materials, John re-mastered our DVD's so that each disc has two or three health topics rather than only one. We also were greatly blessed this summer to have friends of Northern Lights Health Education donate funds for a video camera while we were in Baltimore. John re-filmed the Back Pain DVD of which was originally made years ago in very poor quality and it was suggested to us to make our cancer DVD in lecture format so John has done that too and we are pleased to announce their availability. We are happy about all these accomplishments. Another project of ours is to post a new section on our website for recipes and meal planning ideas. We get a lot of requests for that and are working to get that available on our website as soon as possible. Our website is always a work in progress.

This health ministry is growing and we are finding definite need for health education out there. Most people who have seen our live health education presentations and/or DVD's are excited that they have found a resource that is easy to understand and provides them with afford-

able information that they can share with their families and friends.

We now have over 27 locations on a waiting list waiting for us to come and give health programs for their community and church. Going from location to location giving health education is very demanding work. John frequently gives health presentations twice a day and when he isn't speaking, he often visits people who are sick or those who ask for personal time with him. We make all our DVD's ourselves so while we are on the road, we have to duplicate, print and package the DVD's that are requested of us, as well as keep up with all the requests we continue to receive via email, postal mail and phone calls from around the world. Working on location challenges us in other ways

also such as: having to learn a new house and kitchen each week; having to keep track of all our belongings; having to pack up and move each week. John and I both love this work. I would like to be able to facilitate cooking schools to accompany the health presentations but we have come to the conclusion that in order for us to continue and be able to do more, we now need a larger vehicle and a small travel trailer to accommodate all this work. We have been camping in our tent while travelling in-between locations to keep accommodation costs to a minimum, but we now see that having a travel trailer with a strong vehicle to tow it will enable us to avoid the diffi-

“My people are destroyed for lack of knowledge.” Hosea 4:6

Your financial help is needed to help others with health education ministry.



culties of having to relocate our belongings weekly and provide us with the same place for meals and sleeping. This will be a tremendous benefit for our ministry, for our health and for our peace of mind; this is essential.

We are now actively fund raising for these needs. So far we have raised \$6,000 toward this. We need to find people who can donate a towing vehicle and travel trailer or those who can donate funds. We ask that you consider donating to this worthy cause. All donations whether financial or a vehicle or trailer are tax-deductible. If you know of anyone that is able to donate a truck or SUV or a small travel trailer, we would greatly appreciate

Over 3,700 DVD's have been freely given so far this year to people who requested health education materials.

We are growing!

your help in letting them know of our great need. In advance, we thank you for your consideration and for all those who have supported this health education work, we thank you greatly. Those helping this ministry have been helping countless others obtain valuable health education that encompasses the physical, mental and spiritual.

We hope that you will share the simple means in

On behalf of countless others, thank you to those that support this health education ministry. Your support is directly putting health education materials into peoples hands who otherwise would not have it.

which they can better their health and in turn better their lives. We encourage you to make copies of our DVD's and/or presentation handout articles and share them with your family, friends and neighbors. The enemy of souls is trying to make us believe that this life is so complicated so that many of us become discouraged and confused. If we get back to basics and simplify, there is great benefit. Old adages we all know such as the need to drink water, the need for regular sleep, the need for exercise, the need for fresh air, for sunshine, for good nutrition, for staying away from things that harm (like alcohol, cigarettes, etc), the need to stop worrying and regretting and learn how to forgive....these things are what we need and require in order for our immune system to operate optimally. Our bodies were created with the innate ability to heal itself of sickness and disease. Granted we are assaulted constantly by temptations and environmental affects that hinder and hurt us, but it's up to us to do our upmost to build strong immune systems and overcome temptations and thereby avoid preventable sickness and disease. What lies outside our ability is where our need of faith enters. What faith is, and what the purpose of life is, is a question most of us think about at some point in our lives. God has said to us "You shall seek me, and find me, when you search for me with *all your heart*." (Jeremiah 29:13). This is a sure promise. It's quite alright to tell the Lord, "Lord, please help me to search for

You." In this day and age, we all have so much to think and worry about but there is good news. I can tell you without any uncertainty that the word of God is true and worth every effort to look into, and there truly is peace and joy in knowing Jesus Christ. If you want to know more, please let us know and we will be happy to send you more information.

We also encourage you to consider your preparedness for any disasters. There are very real threats in this day and age for problems to arise whether they be natural disasters, infectious diseases such as a pandemic flu or worse yet, terrorism. We are very quick to forget how problematic things can be when the things we take for granted are no longer working: things such as the city water supply, electricity, grocery stores and the like. For those who have experienced disasters and others who have been blessed to be spared of them, we all agree that it is good to be prepared. Those who have a plan and those who are not prone to panic usually fare much better in emergency situations. We encourage you to consider relocating out of the cities into more rural areas and learn how to be more self-sufficient. An excellent new website worth looking at, with links to many great resources is found at www.futurefortress.com

We wish you love, joy, peace and wisdom for the coming months ahead and we look forward to hearing from you.

God bless,

Julie and John Clark

A letter we received last month:

" I just wanted to update you on how everything was going with the charcoal treatments and my Ocular Rosacea. First I want to say THANK YOU THANK YOU THANK YOU! I have been doing the treatments since the day after we talked and I feel almost normal again. Every morning for the past two months I have woken up with my eyes bloodshot and burning and swollen. I had been putting lubricant eye drops in my eyes for weeks now to control the burning but that really didn't do me any good. It's been three days and I haven't put any eye drops in my eyes because they just haven't been burning. As far as the walks go in the morning, I was dreading getting up that early but now am starting to look forward to that time to myself to think about the day and thank God for feeling so much better. I have also noticed that the skin on my face is so much softer and less irritated and dry, possibly from the berries and such. Just in general, I feel so much better! I just kept praying that God would help me find the right person to ease the burning, itching, swelling, and irritation that I felt everyday for all those weeks. Two months of medicine and steroid cream did nothing compared to how good I feel now. I will keep you posted. Again that you so much for your time and knowledge!

J.C. Maryland, USA

Ministry needs:

- **Ongoing funds for blank DVD's, envelopes, postage, newsletter paper, ink, etc.**
- **A SUV or truck capable of towing up to 8,000 lbs.**
- **A 22 to 24 foot travel trailer. *Thank you!***



Charcoal - God's Humble Doctor

(From: *CharcoalRemedies.com The Complete Handbook of Medicinal Charcoal & Its Applications* © 2005)

By John Dinsley

Why all the growing interest in charcoal as a medicinal? Isn't it just part of what's left over when our campfire goes out?

Charcoal is all around us. It is a cleaning agent for our water, food, air, and the environment. Medically, it is just as versatile. Medicinal activated charcoal is one extraordinarily simple super natural home remedy. The medicinal uses of charcoal are as ancient as the pyramids of Egypt and as modern as the most sophisticated Emergency Room of the 21st century.

Why? Why use a simple benign home remedy like charcoal as a first choice instead of drugs and hospitals?

According to the *JAMA* (July, 2000) the 4th leading cause of death in America (106,000+ cases per year) is from properly prescribed drugs in hospitals. Plus, 100,000 people die each year in hospitals from infections they contracted during a hospital stay. On the other hand the FDA lists medicinal charcoal as "Safe and Effective" – there are no reported adverse side effects.

Historically charcoal was used to control wound odors and intestinal gas (1500 B.C.). Cleopatra used it as a beauty aid, while Hippocrates recorded the use of charcoal for epilepsy, chlorosis (severe iron-deficiency anemia) vertigo, and anthrax (A.D. 50). Europeans discovered North American Indians eating charcoal for indigestion and gas (A.D. 1500's). Charcoal was used routinely in naval, military, and civil hospitals in the mid 1800's

"Charcoal mixed with bread crumbs or yeast, has long been a favourite material for forming poultices, among army and navy surgeons. The charcoal poultice has also obtained a high character in hospital practice as an application to sloughing ulcers and gangrenous sores, and recently, this substance has afforded immense relief in numerous cases of open cancer, by soothing pain, correcting foetor, and facilitating the separation of the morbid structure from the surrounding parts. It is unnecessary to mention other instances of its utility; for in this form Charcoal is now admitted into the London Pharmacopoeia, and it is in general use in all naval, military, and civil hospitals." James Bird (British Surgeon - Royal Glamorgan Militia, 1857)

Charcoal tablets were sold in the 1908 Sears & Roebuck catalogue:

"Every person is well acquainted with the great benefit derived from willow charcoal in gastric and intestinal disorder, indigestion, dyspepsia, heartburn, sour or acid stomach, gas upon the stomach, constant belching, fetid breath, all gaseous complications and for the removal of the offensive odor from the breath after smoking."

Today, hospitals around the world depend on charcoal in Emergency Rooms for accidental poisoning, drug overdose, and attempted suicide. It is also used in hospitals in wound dressings, ostomy bags, hemoperfusion cartridges, kidney and liver dialysis units, scavenging systems to capture laser plume and anesthetic gases, as a marker in breast cancer, to treat anemia associated with cancer, pruritis, to control wound odors,...

Home use of charcoal includes indigestion, heartburn, acid reflux, nausea, vomiting, diarrhea, insect bites, pink eye, infection, pain, diabetic ulcers, poison ivy, infant colic, Candida,and to treat the sick house syndrome.

Missionaries use charcoal to treat dysentery, cholera, tetanus, typhoid, infection, boils, diphtheria, poison snakebites, hepatitis, wound infection, gangrene, and more.

Modern Research has reported that charcoal used superficially is able to draw toxins from deep tissue and deep organs (*The Lancet*, Sept. 30, 1980) and it is able to reduce total cholesterol as much as 43% and triglycerides by 76% (*The Lancet*, Feb., 1986). Charcoal adsorbs Tetanus and Diphtheria toxin, and endotoxins released by *E-coli* and *Vibrio cholerae* (*Activated Charcoal in Medical Applications*, Cooney, 1995). Studies are being conducted to confirm the large anecdotal evidence of charcoal's benefits for Crohn's sufferers.

Who uses charcoal? Doctors, babies, truck drivers, nurses, chemists, musicians, housewives, ministers, children, tourist guides, veterinarians, farmers, missionaries, artists, businessmen, pilots, submariners, writers, your neighbor next door... and your ancestors. Isn't it about time you tried it yourself!

Charcoal is **SAAFE**: Simple, Affordable, Accessible worldwide, Free from adverse side effects, and Easy to use.

John & Kimberly Dinsley
308-665-1566

For real life testimonies go to:

<http://www.charcoalremedies.com/stories>

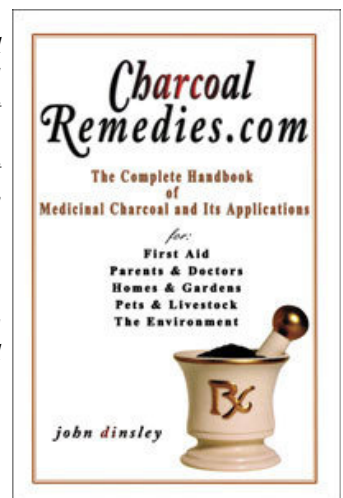
To purchase Medicinal Grade Charcoal go to:

<http://www.buyactivatedcharcoal.com/medicinal>



Comment: "Charcoal has been found to reduce viruses in the body as well as adsorb the toxic by-products that viruses produce in the body. It is wise to always have charcoal on hand, it can literally save a life. We highly recommend John Dinsley's book, Charcoal Remedies.com, it is excellent. Their purchasing website (above) has many excellent products in addition to high quality activated charcoal. We don't go anywhere without it!"

John and Julie Clark





Recharge your batteries with fresh air!

Have we forgotten or maybe many of us are not aware, but the fact is that stagnant indoor air does not help us at all, in fact it is simply bad for our health. Pure, fresh air is a wonderful stimulant to the immune system. It is vital for good health and is one of the natural laws of good health we all need.

So what is pure fresh air, you may wonder? Good quality fresh air is outdoor air, Fresh air is higher in oxygen and is charged with negative ions. It has long been known that negative ions are very beneficial for our health. Air gets its negative ions from being in the environment of wind, trees and plant foliage and in contact with water (Oceans, rivers, lakes, clouds, etc). Fresh air (negative ions) significantly decreases the incidence of cancer by enhancing natural killer cell activity. Studies have found that fresh air, rich with negative ions give an improved sense of well being, improved lung cilia function, lowers body temperature, lowers resting heart rate, improves learning and decreases survival of bacteria and viruses in the air.

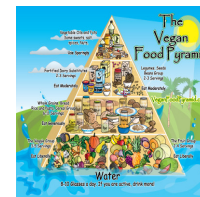
Many studies show that fresh air is life giving, relaxing, refreshing and necessary for good health of body and mind!

One way of counteracting being indoors for extended periods of time is to have plants growing indoors. They "clean" the air and revitalize room air with oxygen. Of course ideally it is best to get outdoors as much as possible. It is better to have extra blankets on the bed and sleep with the windows open (when cold outside) and generally have the windows open as much as possible while indoors.

Now, go outside and get some fresh and be well! Better yet, go for a walk in the sunshine too. God bless



As we have featured before, we highly recommend this vibrant colored excellent poster for your home, workplace, school, church, friends, family and others. We especially recommend it for **children!** See Joshua Wold's website at www.veganfoodpyramid.com or email him at veganfoodpyramid@gmail.com God bless you Joshua.



Millet Pudding for breakfast or desert

4 cups water 1 can pineapple (cubed or sliced)
1 cup millet 2-3 tbsp lemon juice (fresh is best)
2 tbsp honey 1/2 tsp sea salt
1 tsp vanilla (optional)

Directions: Bring water to a boil and add millet, turn down to simmer and cook until water is gone, usually about 35 minutes depending on heat. While the millet is cooking, drain off the pineapple juice into a glass to be used later.

In a blender, blend briefly the pineapple to make it well chopped then pour into a large bowl or casserole dish that will hold 6-8 cups.

Place the pineapple juice, lemon juice, honey, salt and vanilla into blender then add the cooked millet into the blender and blend very well until very smooth. Pour blended millet mixture into the bowl or casserole dish with the chopped pineapple and stir. Allow to cool for 5 minutes and serve warm. Great to serve with fresh fruit and/or granola.

Other options/flavors. Try using other juice and fruit in place of pineapple (such as apple juice and cherries). When experimenting, I recommend omitting the lemon juice. I have also tried this with a can of coconut milk and bananas for the fruit. Be creative, it is good for the mind and heart.

Happy healthy eating!

OUR MISSION : To advance the principals of lifestyle & preventative medicine, teaching the laws of health that promise healing and good health. We teach why disease occurs and how to make changes that will prevent, reduce and in many cases reverse and/or eliminate disease, all supported by citing medically researched studies that give the evidence. Our education includes information on nutrition, exercise, hydrotherapy, sunlight, water, fresh air, temperance and spirituality.

Our health seminars and DVD's are available for you to share with family, friends, co-workers and neighbors on a donation basis. Our health education service is funded solely through donations by people who share our desire to help others. We invite you to support this vitally needed service. 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. ♥**

**Online donations are accepted through our website:
www.NorthernLightsHealthEducation.com**

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

Northern Lights Health Education

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**Watch our website updates.
We will be creating a page with recipes and meal planning ideas soon.**