

The LA BREA HERITAGE & HERALD

SEVENTH-DAY
ADVENTIST CHURCH

The La Brea Adventist heritage began 1912

HEALTH AND HAPPINESS



IF YOU THINK EATING
HEALTHY IS EXPENSIVE THEN
TRY SICKNESS

ALSO IN THIS ISSUE:

HELP FOR CUTTING
THE GUT

HOW TO GET
THE PROTEIN
YOU NEED

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Many of us take our health for granted until we're forced to deal with an uncertain reality of being faced with a life-altering disease that could've been prevented by a proper diet, exercise, and spiritual life.

It's time to fight the surgeons knife and raise your fist in the air and say you're not going to take it anymore. You want something better for your life, for your family, and your future.

EXTRACTED from Vibrant Life on overview of Magazine –Forks Over Knives

Edited by Lisette Chablal-Edmund

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Happiness

Happiness is a mental state of mind. It suggests achievement. It suggests that the person has his or her space under control. It suggests that even if all is not well in the state of Denmark, it is at an acceptable level where stress is minimal. So happiness is closely related to achievement. It is a results thing.

Many qualified mental and social specialists have documented empirical volumes on the processes to achieve happiness. As their faces differ so are their road maps to happiness. It is good to digest what they say on this matter our doctrine for information is power and their analyses and conclusions can help us assist many with their problems.

However, the Heritage and Herald, while not disputing the findings of these experts in their discipline, wants to put in its pinch of salt to help flavour the pot. We want to recommend the Holy Scriptures as the best manual on true happiness. While many confuse temporal happiness as true or real happiness, the Holy Bible is replete with many who were happy and the many ways one can truly find real happiness.

The Bible says for example, blessed or happy is the man who can avoid an ungodly or sinful environment. Psalm 1: It also says happy is the person who has a humble attitude (poor in spirit) who is merciful, who strives for peace etc. We call these pronouncements, the direct words of Christ himself, the beatitudes of Matthew 5.

Scripture also says happy is the man whose sin has been forgiven. Of course, if one knows the character of the one who forgives your sins, when the time comes, it becomes less stressful to confess and be confident that you are forgiven. It is as a child and a forgiving parent.

The wise man Solomon speaks a great deal about happiness also. This was after he had

his day in the sun of folly. He called all his human escapades vexation of spirit and vanity.

For this season of Christmas, businessmen are very happy for their profit margins increase while many, due to their socialisation and their cultural traditions stress themselves out to openly or silently compete with neighbours, friends and relatives for bragging rights. So they go to cliff hanger debts to feel good and acceptable and after the season they realise that their joys were temporal, for the credit they accumulated has added costs and all has to be paid, for the debtor is at their door.

Therefore, what can we do to find lasting happiness? One song writer in his simple prose gives us the answer. This answer gives us our exit strategy; it provides us with life's muster point. Listen to Ira F. Stanphill: "Happiness is to know the Savior, Living a life within His favour, Having a change in my behavior, Happiness is the Lord. Please note the action or doing words: know, live, change. You get the information, you internalise and practice it and the end result is a behavioral modification. So happiness, is a change agent.

This change called happiness, gives us good health, it eases the tension, it obliterates stress, it reduces hypertension, it cools the mind or the head or the heart. It augments wellness. It gives us peace. It is not an opiate, it is not a depressant, it is God-made. God in his wisdom and mercy has placed within man the urge to find happiness (and He being Creator and Redeemer God knows best). He has given us the roadmap, that GPS showing how and where to find true happiness.

Happiness also has this critical side. We must forgive others and ourselves in order to find true and lasting happiness. The Bible is filled with people who found happiness by not only being forgiven but by forgiving others. Our best examples are Jesus and Joseph. When one cannot forgive others, it becomes extremely difficult to be happy, for in your head are issues between you and the one with whom you have these unresolved problems. It is because of these undecided roadblocks or

hangovers from the past, people plan, plot and execute shafts and evil on others, be it gossip, lies, fatigues, murder, character assassination, provoke and pick on those we anxiously want to destroy.

For in this season where the world is celebrating the first advent of its Savior, it is instructive that we draw the line between temporal and lasting happiness. To do so, we should understand that without God as the given in our theorem of happiness we will have difficulty with congruency. All the gifts we give or receive, all the money we spend and the things we consume may give us temporal happiness and after the season is over we will be back to the issues we shelved away for this joyful period. Therefore, we cannot avoid or postpone the fact that without God in the picture, our happiness is just skin deep.

Let us not forget the twin sister of happiness—your health. Please remember what we eat, drink, inject and inhale affects our health because they become an important part of our bodies. So tobacco and other narcotic drugs are still dangerous for our health and their long term effects affect our happiness. So too the unhealthy foods we consume. Even too much of the good food is dangerous for our health. Temperance is the message here.

So the message for December 2012 is be happy, by adopting or following the biblical principles of happiness. May this season bring you lasting health and happiness.

On another positive note, this is the first anniversary of the Heritage and Herald. An article, Under The Microscope (Volume 7) is our critical review that we have done on ourselves but it is much better to hear from you. We need your critical observation.

Lastly, we hope to step up and have our own webpage for 2013. Again, we wish you the best for 2013. God be with you and your loved ones and Trinidad and Tobago. ●

Ellen G. White and Health

Adventists do not profess to be originators of the general principles of health reform, but they believe that Ellen White was guided in selecting valid principles from among various contemporary ideas.

BY E. W. NASH

The inspired health revelations as given through Ellen White came at a most propitious time. Epidemics and endemic diseases were sapping the vitality of Americans and other peoples. Malaria, dysentery, diarrhea were always present and were principal causes of death, as were pneumonia, influenza, and tuberculosis. Epidemics swept the land and took their toll of death and misery. Cholera, the most terrifying disease, broke out in the nation in 1832, 1849-1854, and 1866. In one New York hospital all the patients and nurses on one ward died during the night owing to the large number of severe cases.¹ In 1853 New Orleans was prostrated by a great yellow fever epidemic that produced between 30,000-40,000 cases.² Also, diphtheria epidemics took a large toll among the children.

Intemperate living was the order of the day and did its part to weaken resistance to disease. Nutritional understanding was meager, further contributing to the low state of health. The treatment available from U. S. physicians, moreover, was based on unfounded theories that often harmed the patient more than if no treatment had been given at all.

All the various "systems" or schools of thought in the field of medicine, were groping in the dark, since the science of bacteriology had not yet come into being. One of the misconceptions of medical procedure involved the method of disease diagnosis and classification. The physician focused on the symptom rather than on the underlying cause, and thus diseases were classified according to symptoms. For example, one group of diseases was designated eruptive diseases, with the same therapies being considered for all the diseases that produced eruptive

symptoms.³ Powerful agents, which would radically change the symptom state, were considered to be effective remedies and were prescribed in heavy doses. The heroic doses as often prescribed resulted in unnecessary deaths and inestimable damage to the health and well-being of the American populace.⁴

Therapy revolved around creating in the patient an unnatural condition in opposition to the existing one. The unnatural condition was often brought about by strong purgatives and emetics that were symptomatically demonstrative therapies "to cleanse the stomach and bowels."⁵ Calomel (mercury chloride) was commonly used as the drug of choice for the purging action. It was used for just about any sickness that came along, even though it produced disastrous side effects and had been recognized as a poison by the early Greeks.⁶ Tartar of antimony was used as an emetic or vomiting agent and could cause severe inflammation of the stomach, intestines, and even the lungs.⁷

If the patient lived through the purging and emetic steps of therapy, then a tonic was often administered. Several drugs were used as tonics, most of them being powerful poisons: nux vomica, strychnine, cinchona bark or quinine, and arsenic. The list of drugs commonly used in the mid-nineteenth century includes many poisons and has been rejected almost in its entirety by modern-day physicians. Also bloodletting, considered by nineteenth-century physicians as a remedy applicable in all cases, has since been proved harmful.⁸

Popularity of Opium

The public loathed the awful taste and drastic action brought on by the drugs usually administered. However, one drug that was popular with doctors and patients alike was opium, and by 1889 it was the most conspicuous article in the pharmacopoeia.⁹ The addictive qualities of morphine and opium preparations were not understood. Medical texts of the day did not warn about addiction; and if physicians had any reservations about the use

of opium and morphine, they certainly ignored them, because the two drugs were freely used as panaceas in treatment of disease.¹⁰

Opium was available in bottled alcohol drink or flavored medicine that appealed to the taste of the patient. Doctors found it easy to administer and would prescribe it for the most elementary problems. Crying babies were quieted with laudanum, an opium preparation.¹¹ There were no laws regulating opium, and so it was sold over the counter without prescription and was easily accessible to all. One physician reported that by far the majority of opium users first took it upon medical advice of a physician.¹² By 1900 the number of addicts per population was estimated to be higher than today, although no deviant addict subculture developed, and opium users were not subject to moral sanctions current today.¹³

Early pioneers in the fledgling Adventist Church were not immune to the health problems of the day. Their knowledge regarding sound health principles was no greater than that of the general populace. And so it was that sickness and ill health among the leadership became barriers to progress in the church. J. N. Loughborough was prescribed tobacco for a lung condition.¹⁴ He later gave up tobacco only to work himself to a complete breakdown. J. N. Andrews was often unable to perform his duties because of sickness.¹⁵ Uriah Smith suffered the consequences of general intemperance. Arthur Spalding, Adventist historian, notes: "James and Ellen White exceeded [the other leaders] in illness."¹⁶ At one time in 1855 so many of the Adventist leaders were ill that James White called for a day of special prayer in their behalf.¹⁷

It was into this climate of suffering and gross ignorance and irrational medical ineptitude that Ellen G. White was given a health vision showing the way for early Adventists to live balanced lives in accordance with the laws of health that would eventually lead to a health outreach that would encircle the globe.

The circumstances surrounding the vision were as follows: In early June, 1863, James and Ellen

White traveled by team and wagon to Otsego, Michigan, to attend some weekend religious meetings.¹⁸ At the beginning of Sabbath they assembled at the home of the Hillards for singing and prayer. It was during this worship hour that Ellen White was taken in vision.

Eyewitness Account

Martha Amadon, who was present, gives the following account: "Sister White was asked to lead in prayer at family worship. She did so in a most wonderful manner. Elder White was kneeling a short distance from her. While praying, she moved over to him, and laying her hand on his shoulder continued praying for him until she was taken off in vision. She was in vision about forty-five minutes. It was at this time she was given instruction upon the health question that soon after became such a matter of interest to our people."¹⁹

Up to this time only a few scattered articles and statements had been circulated by Adventist leaders regarding health subjects. The vision at Otsego was to add a new and important dimension to Adventist teachings. The concern for personal health and health education was now to be an integral part of the Adventist mission. In a manuscript dated June 6, 1863, the day of the vision, Mrs. White made this statement regarding the subject of the Otsego vision. "I saw that it was a sacred duty to attend to our health, and arouse others to their duty.

... We have a duty to speak, to come out against intemperance of every kind,—intemperance in working, in eating, in drinking, in drugging, and then point them to God's great medicine, water, pure soft water, for diseases, for health, for cleanliness, for luxury. ... I saw that we should not be silent upon the subject of health, but wake up minds to the subject."²⁰

In August of 1864 the health vision was published in volume IV of *Spiritual Gifts* (pp. 120ff), which soon became so popular among Adventists that it was difficult to meet the demand.²¹ The Adventist leaders were the first to change their living habits and adopt

the health principles. They in turn related the success they were enjoying to the church membership through sermons and written articles.

The vision opens with a concern for the tragic health conditions of the human race. The reason is given. Man since Adam's time has violated the laws of health. Then, one by one, the principles of health are presented so that the reader may understand both the negative and positive applications. Diet is first discussed, including the problems of eating animal foods and of eating and drinking intemperately. Although tobacco, tea, and coffee had been warned against in an earlier vision, they are once again mentioned, as is instruction regarding the evils of alcohol. Highly seasoned foods are referred to as



injurious. Eating irregularly is spoken against.

A lengthy portion of the vision deals with the use of drugs to cure disease. Ellen White says: "I was shown that more deaths have been caused by drug-taking than from all other causes combined. If there was in the land one physician in the place of thousands, a vast amount of premature mortality would be prevented."²²

The vision goes on to cover the need for cleanliness and the importance of pure air and water. Prevention is advocated above cures. In the closing portions of the vision mental health is focused upon. Mental attitude is shown to be an important factor in health. The need for rest to rejuvenate the mental and physical

powers is recommended.

Following the revelation to Mrs. White in the Otsego vision, she found that there were many changes she had to effect in her life and household. She later testified as to the benefits in following sound health principles.²³ Critics have argued that the health principles found in Mrs. White's writings are not original, but had been introduced earlier by other health reformers and that she had no basis for claiming them as divine revelation. Adventists do not claim originality in regard to the principles found in the health revelations. After the health visions were written out, J. H. Waggoner wrote in the *Review and Herald* of August 7, 1866: "We do not profess to be pioneers in the general principles of the health reform. The facts on which this movement is based have been elaborated, in a great measure, by reformers, physicians, and writers on physiology and hygiene, and so may be found scattered through the land. But we do claim that by the method of God's choice it has been more clearly and powerfully unfolded, and is thereby producing an effect which we could not have looked for from any other means."²⁴

Out of Harmony With Mainstream Opinion

However, it must be remembered that the health principles elucidated by Ellen White were not in agreement with the popular mainstream "system" of medicine. One of the miracles of the health revelations is that Ellen White was courageously faithful in writing out the health principles as she saw them in vision, even though they were "offbeat," and found agreement with the ideas of but a few health reformers who were generally considered as "quacks" at the time. Such histories of medicine as: Shryock's *Medicine in America*, and Kelt's *The Formation of the American Medical Profession* clearly show that the hydropaths and other reformers received scant acceptance by the medical profession and others. They were considered out of the mainstream of medicine.

Yet, it is the "offbeat" groups that contain

certain similarities to the health revelations as written by Ellen White. It seems evident that God directed in her visions, since many of her health writings once considered "offbeat" are now recognized to be scientifically valid. Yet other "offbeat" ideas of the reformers of her day she did not pick up, and they have remained "offbeat" to this day.

Retrospective studies have shown that Adventists have greatly benefited from the steps they have taken in healthful living. This is certainly one miracle of the health visions and as such fulfills the goal of improving man's earthly existence.

In a broadened perspective the true goal of health reform was clearly set forth by Ellen White in 1890 in these words: "Let it ever be kept before the mind that the great object of hygienic reform is to secure the highest possible development of mind and soul and body. All the laws of nature - which are the laws of God - are designed for our good. Obedience to them will promote our happiness in this life, and will aid us in a preparation for the life to come."²⁵

- 1 W. G. Rothstein, *American Physicians in the Nineteenth Century* (Baltimore: The Johns Hopkins University Press, 1972), p. 58.
- 2 *Ibid.*, p. 60.
- 3 *Ibid.*, p. 41.
- 4 R. H. Shryock, *Medicine and Society in America* (New York: New York University Press, 1960), p. 111.
- 5 Rothstein, *op. cit.*, p. 49.
- 6 J. B. Beck, *Lectures on Materia Medica and Therapeutics* (New York: Samuel S. and William Wood, Publishers, 1851), p. 155.
- 7 *Ibid.*, p. 93.
- 8 *Ibid.*, p. 296.
- 9 Rothstein, *op. cit.*, p. 191.
- 10 *Ibid.*, p. 192.
- 11 E. M. Brecher, *Licit and Illicit Drugs* (Boston: Little, Brown and Company, 1972), p. 5.
- 12 *Ibid.*
- 13 *Ibid.*, p. 7.
- D. E. Robinson, *The Story of Our Health Afessage* (Nashville: Southern Publishing Assoon, 1943), p. 22.
- A. W. Spalding, *Origin and History of Seventh-day Adventists*, vol. 1 (Washington, D.C.: Review and Herald Publishing Association, 1961), pp. 339-341.
- Ibid.*
- Ibid.*, p. 281.
- Robinson, *op. cit.*, p. 66.
- Mrs. Martha D. Amadon, *Ellen G. White Publications, Document File No. 105*, as quoted in Robinson, *op. cit.*, p. 66.
- 20 Robinson, *op. cit.*, p. 67.
- 21 *Review and Herald*, Aug. 23, 1864. Cited in Robinson, *op. cit.*, p. 82.
- 22 *Spiritual Gifts*, vol. 4, p. 133.
- 23 *Ibid.*, p. 153.
- 24 *Review and Herald*, Aug. 7, 1866. Cited in Robinson, *op. cit.*, p. 69.
- 25 *Counsels on Diet and Foods*, p. 23.

Plain Talk: If You Think Eating Healthy Is Expensive Then Try Sickness

Seventh-day Adventists believe that the doctrine of health is not merely an intellectual exercise. We preach and ought to live health. Seventh Day Adventists operate the largest private healthcare system in the world with a heavy emphasis on preventative, curative and research medicine. We emphasize proper diets, exercise, stress free minds and dependence on God.

BY MICHAEL SCOTT

I knew of a few men long ago who were very frugal. They were so meager minded that they sacrificed their physical health for economic wealth. They all died wealthy but very sick. Many suffered from ulcers of the stomach and malnutrition. Then there were those who died poor, but had eaten healthy. Still, there were those who ate and drank any and everything. They became ill at very young ages from lifestyle diseases such as heart, hypertension, diabetes, kidney/renal and other organ breakdowns.

Yet, God's desire for us concerning our health is not only found in Leviticus 11 but also in the New Testament. First, Paul talks about temperance in all things, that is, a moderate use of the good and abstinence from the unhealthy things in life including impure water. ¹ John crowns the gospel of health in 3 John verse 2 when he said that he desired or wished that we all be prosperous and healthy.

The SDA Bible commentary on this verse is interesting. On pages 694-5 the note says that God is interested in our physical condition and wants us to enjoy the best of health. "The Lord is not unmindful of our temporal as well as our spiritual affairs. A good Christian should be a good businessman or workman, since in addition to natural ability he may also

enjoy the blessings of the Lord whilst fulfilling his daily duties." It continues thus: "God is interested in our physical condition, and wants us to enjoy the best of health. Because of the close connection between mind and body, when the soul or the character prospers, the body is better able to be healthy. Conversely, when the health of the body is neglected and bad physical habits are established, the religious life also suffers." Citing Gaius' health problems, the SDA Commentary highly recommends balance when it stated that 'balance is essential to successful living. We



have to be aware that Satan understands the need for balance and sets to drive earnest Christians into extreme positions. The combination of a balanced health programme with genuine spiritual advancement will prepare us to overcome the temptations of modern life and help us to meet the high standard set for the entrance to heaven"

The H&H cannot teach bona fide Seventh Day Adventists about health. We have been counseled and we proclaim that the health gospel published in the documents by this church is the right arm of the gospel of Jesus Christ. A confidante is your right arm. It's your real buddy. That right arm is an integral part of your activities. So the health message of the church is a very critical ingredient in the proclamation of the second advent of Christ.

Therefore it is no wonder that Seventh Day Adventists have many publications on

health: The Ministry of Healing, Counsels on Health, Counsels on Diet and Foods and our various magazines as Vibrant Life and the thousands of empirical and authentic research documents done by many SDA's both at SDA institutions and other similar places which document the validity of those health counsels.

We have gone a step further. Besides the regular hospitals, we have the many wellness centres scattered around the world which concentrate on specific lifestyle and chronic health problems. Let us remind ourselves about a few of them. We have the NEWSTART and the Reversing Diabetes Programme. We have the FULL PLATE DIET and the RAINBOW DIET for instance.²

We have the most health and cooking seminars in the world compared to other religious groups. Yet, many of our members are chronically ill and debilitated. Let us face the facts. We have it all on the issue of health information. What more could this church do to get its members in a state of better health? We know the problem.

Let us face the facts right on.

We are sick and suffering because we are retarded in our attempts to put into practice, all this good news on health that we know to be true. We get mental paralysis when we have to move to the next step. As Paul, we too, have a war within. Our taste buds and our cultural legacies of starchy foods conspire with the persuasive North Atlantic advertisements to keep us from moving forward onto a better and healthier lifestyle. So, many do not obey the laws of health. Instead we kick down the doors of Burger King, KFC, Pizza Hut, Church's Chicken, all those BBQ stalls and all those fast food places as the donut and ice cream parlours.

Some argue that we do not believe the health reform that we preach because belief is a doing or action word. And this is where we are paralysed. We have great difficulty converting knowledge into action. So our foods are too salty, full of fat, grease, sugars and thus, acidic. We do not have an alkaline diet. Let me further state that bacteria, the cause of disease, cannot live in an alkaline environment.

For example, our main course of our meal is the same thing – rice, white flour, macaroni pie, -with butter, egg, animal milk and cheese, provision and meat. When we take a bite into that macaroni pie, cooked oil and grease can be seen running down the sides of our mouths. The meat we eat is either fried with oil, refined flour, baked with butter, stewed or broiled as BBQ on smoked grills. Our liquids are white sugar based and synthetic-'aides', be they Kool or Gator. If perchance we use a natural fruit as soursop, it has large quantities of condensed milk and white sugar. In short, we have too much meat/fish, sugars and starches in our diet.

Our chicken and beef supplies are injected with hormones so we have 3 month old full-grown chickens! Our fish is caught in oceans and lakes where chemical and human wastes are deposited by water and man. So although the fish passes the biblical criteria with its scales and fins, their habitat is contaminated, and the food they eat is contaminated, and so we eat contaminated fish. Ever heard of lead and mercury tuna from the Canadian lakes of the Laurentian Shield? So, conventional wisdom tells us, we have to find an exit strategy to escape even from the Bible's stated clean meats/fish.

Our green and leafy and vegetables as tomatoes and spinach are sprayed with chemicals as gramoxone and paraquat to kill insect pests. What kills the pests will kill man eventually. Therefore, you have to grow your vegetables chemical free or wash them with vinegar and water or Condi's crystal and water to get rid of the chemical residue. Then you will find that patchoi is one of the sweetest raw vegetables to be eaten. Please note by observation: If vinegar can nullify or destroy poisonous chemicals think what it can do to the thin lining of the stomach. Other people add alcohol, tobacco and opiates to their stomach so they have a steeper hill to climb.

Some argue that eating healthy is expensive. Let us stop talking rhetoric, but instead do some analysis. When we do that, we will realise that this theory is false. Our food import bill is too high, be it imported wheat, meat (tin and salted fish), t-bone steaks, boneless beef, lamb, chicken parts or whole

etc), liquids, beans and peas. The solution is to grow as much local food as possible be it in tires, concrete blocks, barrels or on the earth. The good thing about it is that our green and leafy vegetables and our seasonings could all be grown in our backyard. There are many of us who almost worship our plants. We can divide some of that time to grow- box culture and grow some food. Eating healthy in Trinidad and Tobago is not expensive if we sit down and put as much effort into our plans for our food menus as we do other things.

What we need to do also, is to reduce the large quantities of carbohydrates, sugars and meat from our food. Please remember, that fish is meat with fins and gills.

Instead our foods should be filled with the dark, leafy vegetables preferably raw or steamed. Our starches /our carbohydrates should be our smallest portion in our diet. This is one of the great tests for all of us who are descendants of people who survived on a plantation diet, who now do more sedentary work. The advice is that the starches should be as cement in concrete, the smallest quantity in our food. The nutritionists say, use large amounts of dark green, yellow, orange, purple and red vegetables.

We eat too much protein, mainly of the flesh variety. This too, is due to our history of poverty where meat was scarce and so, reserved for the big Sunday lunch. Instead, we should use a variety of beans and peas as substitutes for flesh foods. Check the Full Plate Diet CD given to you one year ago.

The advice here is that we should move past the stage of knowledge and information. Let us dust off the documents on health and do the practical. Let us live it. Let us make a resolution to eat and live healthy. When we have moved from the realms of theory to the reality of living healthy, then the health reform that we have been taught and internalized will be practical in our lives, we will be living examples of the God of health and so we will not be guilty of the condemnation found in Testimonies To The Church Vol.6Pg.371, and it will not be on our shoulders. For those of us who are unfamiliar with the reference, we will publish

the subsection and the related paragraphs.

The Church And Health Reform

There is a message of health reform to be borne in every church. There is a work to be done in every school. Neither principal nor teacher should be entrusted with the education of the youth until they have a practical knowledge of THIS subject. Some have felt at liberty to criticise and question and find fault with health reform principles of which they know very little by experience. They should stand shoulder to shoulder, heart to heart, with those who are working in right lines.

The subject of health reform has been presented in the churches; but the light has not been heartily received. The selfish, health-destroying indulgences of men and women have counteracted the message that is to prepare a people for the great day of God. If the churches must expect strength, they must live the truth which God has given them. If the members of our churches disregard the light given on THIS subject, they will reap the sure result in both spiritual and physical degeneracy. And the influence of these older church members will leaven those newly come to the faith. The Lord does not NOW work to bring many souls into the truth, because of the church members who have never been converted and those who were once converted but who have backslidden. What influence will these unconsecrated members have on new converts? Would they not make of null effect the God given message which His people are to bear?

Let all examine their own practices to see if they are not indulging in that which is a positive injury to them. Let them dispense with every unhealthy gratification in eating and drinking.

As we read the rest of this sub chapter we read the following:

1. They change climate but they are still sick.
2. They should bring their lives in harmony with nature's laws and they may be a better influence.
3. Perverted appetite is at war with our spirituality.

4. Our habits MUST BE BROUGHT into conformity to the will of God.



5. God is there with us to help us reform our health habits.

If you think eating healthy is expensive, look at the public and private hospitals and what it costs government to finance CDAP and what it costs citizens for dialysis and bypass surgery, strokes and other ailments. Think about the lost man hours to all. Think about the headaches for your family and loved ones. Think about the impediments to yourself. Think man, think.

We Are In This Together

Just as Daniel identified himself with Israel's prodigality as found in Daniel 9: verses 5-11, the H&H identifies with the problem of health reform and it does see it as a collective issue. So we are not pushing anyone under the truck, throwing the kitchen sink at them or throwing the baby and the bathwater away. The point is that God desires that we be healthy, but we need to face certain facts. Just as one cannot repeatedly do the same thing and expect different results, we are saying that we have to take a tough stand and make an honest attempt to practice healthier life styles. We should do whatever it takes within the Christian sphere to help

us reach that goal. Prayer and fasting should not be sidelined or ruled out in this matter. ●

1. Simply Google the names of the various programmes mentioned and you will get all the details.

Diet Vs. Exercise

BY CONRAD THEODORE

To stay slim and trim, John runs five miles almost every day. Because of his vigorous workouts, he feels he's earned the right to eat whatever he wants. His wife, Sue, however, would rather read the fine print on the insurance policy than get anywhere near a treadmill or gym. Her solution to weight control is carefully selecting what she eats. That's why you're more likely to see her reach for a piece of fruit instead of a cookie or slice of cake.

So which one has the more effective approach to staying slim? Well, a lot depends on whether your weight goal is short- or long-term. If your objective is to reduce body fat and keep your weight at a healthy, comfortable level, research has confirmed that regular exercise is the most important factor for long-term success.

You can lose weight without exercising. People do it all the time. "But the ones who manage to keep off lost weight for at least a year are involved in a regular exercise program," says nutritionist Bonnie Freedman. "By comparison, a substantial number of people who lose weight through diet alone gain it back after a year."

There are several factors as to why. For many people, dieting for an extended period of time is just too difficult. It's like treading water—you can do it for a while, but pretty soon you're going to sink. In dieter's terms, that usually means ending up frustrated, unhappy, and even more inclined to overindulge.

"Also, exercise is a very effective and lasting way to shed pounds because it changes the energy equilibrium in your body—your

metabolism—by increasing the amount of energy you expend in an average day,” Freedman says.

Exercise helps your body burn calories more quickly. “And people who exercise on a regular basis tend to be more physically active throughout the remainder of the day, adding to their calorie expenditure,” Freedman adds.

Most important, exercise increases muscle mass by increasing the size of muscle fibers. Calories from fat stores are needed and burned to maintain these fibers. In other words, the more muscle you add, the higher your metabolism rate will be.

Even so, if you’re looking to shed some weight, you’ll have to be patient if you’re going to do it by exercise alone. A pound of body fat contains about 3,500 calories. In order to lose a pound you’ll have to cut 3,500 calories from your diet, or burn 3,500 extra calories through exercise.

If you’re truly interested in losing the weight, you should consider combining exercise with a program of caloric restriction, since you may be surprised by the modest numbers of calories you actually burn in the exercise you do. Although there are many other benefits to exercising, such as clearing your head and relieving stress, it does require a lot of time for the relatively small reduction of daily calories.

For example, a typical breakfast muffin could contain about 500 calories. “Burning off 500 calories could take a couple hours on a stationary bike. That’s a lot of effort for a five-minute indulgence,” says John Joyce, fitness director at Bally Total Fitness.

So where do you begin? As an incentive, many people use an upcoming event, such as a wedding, holiday, or family reunion, to reach their ideal weights. That’s fine as long as you are realistic and allow yourself plenty of time before the occasion.

“The general ‘rule of thumb’ should be to lose about half a pound a week. This slow-and-steady plan will keep you from cutting back too dramatically on your food intake. Not eating enough will not only cause you to

be hungry and grouchy all the time, but will actually lower your metabolism,” Joyce says.

A great way to trim some calories from your diet is to add more vegetables and fruits to your meals because they’re low in calories but full of water and fiber. So you’ll feel full without taking in the extra calories.

The same holds true for snacks. Instead of eating a 200-calorie bag of chips or a candy bar in the middle of the afternoon and then needing a 45-minute walk to burn it off, how about an 80-calorie apple followed by that walk? Now we burned an extra 120 calories instead of breaking even. Plus, the apple actually contains some nutritional value.



With the sophistication of today’s workout equipment, it’s fun and motivating to watch exactly how many calories you’re burning right down to the minute. But don’t let all the excitement these electronic gadgets provide encourage you to attempt more than your body is currently capable of safely enduring. If you’re a beginner, you’ll last about 30

seconds if you crank up the machine to its max. And you'll likely burn out or risk injury.

There's a better approach to calorie burning. First, choose something you enjoy doing yourself, or with a family member or a friend. You don't want to dread the activity after just a few workouts. Also, choose an activity that you can sustain for a while—say, 20 to 30 minutes. For example, running will burn more calories than walking. But if running wipes you out after the first block or is hard on your knees or ankles, you're better off with the lower-impact approach of power walking.

After the first few weeks you'll be amazed at how much better you'll feel during and after each workout. But after several months of basically doing the same thing, you may plateau and not make much additional progress with your same workout. If you don't have the time to increase your workout routine slightly, you may opt to conservatively increase the weight and/or repetitions in your strength-training program.

Just when everything is going right and the results are starting to pay dividends, you might be plagued by an unfortunate injury. It may not be anything more serious than a twisted ankle, but it could be enough to sideline you from any weight-bearing exercise for a while.

Does this mean you're going to blow everything you've worked so hard to achieve? Well, not necessarily. But you will have to make some adjustments, especially if you've relied strictly on exercise to lose weight. The days of a vigorous workout followed by the reward of whatever you want to consume are over—at least until you get back on your feet.

To keep the pounds off while you're nursing yourself back to full strength, make sure you eat a healthy low-fat diet and stay away from calorie-rich snacks and sweets.

If it's a foot injury, you can still remain healthy, lean, and toned. You might not be able to do aerobic exercises right now, but you can work out with abdominal exercises and seated weight training. You may also look for videotaped workouts that offer floor

work and stretching moves on a mat. For more serious injuries, a doctor or physical therapist may be able to provide exercises that are suited specifically for your needs.

Losing weight doesn't have to be grueling. You just need patience to work off the pounds and inches at a realistic, healthy pace. Remember, you didn't pack it on overnight, so you might not take it all off right away, either.

And if you get your spouse and children involved in eating right, and exercising on a regular basis, your new healthy lifestyle can improve the way your whole family looks and feels—a change you all can enjoy. ●

*Conrad Theodore writes on health topics from Lake Forest, Illinois.
January 12, 2010 Vibrant Life*



Help for Cutting the Gut

BY DIANA FLEMING

The technical term for this is abdominal adiposity. But we all know it as the gut, the beer belly, the tubby tummy, middle age spread, and the list goes on... Whatever we call it, we don't like it as it complicates buttoning our pants and skirts. Not Just About Looking Good

But this is about way more than just looking good. Abdominal fat, also called visceral fat, is a BIG health problem because the fat lies deep within your abdomen wrapped around your internal organs. Not a good thing.

This increases your risk of: heart disease, type 2 diabetes, high blood pressure, stroke, gallbladder surgery, sleep apnea, breast cancer, colorectal cancer,

osteoporosis, dementia, depression and, if that's not enough, early death

When's the Belly Getting Too Fat?

That may seem like a ridiculous question. After all, for those of us wanting to look good, any belly fat is too fat, right? But there's actually a measurement you can take to determine when the gut is getting big enough to cause big problems.

It's Easy to Do

Just measure your waist. Anybody can do that, right? But hold on. There's a correct way to do it, so let me explain.

1. Place a tape measure around your bare waist, which is generally just above the navel.
2. Pull the tape measure until it fits snugly around you, but doesn't push into your skin.
3. Make sure the tape measure is level all the way around, not higher in the back or front.
4. Now relax, exhale and measure your waist without sucking in your belly.

The Moment of Truth

It's time to get serious about cutting the gut if:

You're a woman and your waist is 35 inches or more

You're a man and your waist is 40 inches or more

The Good News

The good news is that we can cut the gut. Want to know the two things you can do?

It's a Small World After All

There are two things we can do to help cut the gut, and they just happen to be two things that help us lose weight...and reduce our risk for most chronic diseases.

1. Fibre to the Rescue

A recent research study suggests food with soluble fibre can help decrease abdominal

fat. What foods have soluble fibre? You guessed it: fruits, vegetables, beans, whole grains. Hmm.... Sounds vaguely familiar. That means, as we fill our plates with strawberries, to lose weight, we're helping cut the gut at the same time! Sweet.

2. Get Moving

You can tighten up those abdominal muscles with crunches or other targeted abdominal exercises, but, alas, those moves don't blast belly fat. Sigh. But aerobic exercises do. Yeah! I'm pretty sure you've heard the "get moving" mantra before, but if you want a flatter stomach, you've got to do more than just hear it. Do whatever aerobic exercises or physical activity you like and do it as often as you can. If you're out of shape or have a medical condition, be sure to get your doctor's approval before you get started.

You Can Do This

You can cut that gut, but remember it didn't pop up in a week, so you've got to keep on keeping on until that mountain becomes a mole hill.

(Reference: Kristen G. Hairston, Mara Z. Vitolins, Jill M. Norris, Andrea M. Anderson, Anthony J. Hanley, Lynne E. Wagenknecht. Life-style Factors and 5-Year Abdominal Fat Accumulation in a Minority Cohort: The IRAS Family Study. Obesity, 2011)
Diana Fleming, PhD, LPN, co-author of The Full Plate Diet, has been passionate about healthy eating long before she got her PhD in nutrition from Tufts University. Since then she has helped scores of people understand the joy of eating fibre-rich food.
source: Full Plate Diet.15 and 22nd October 2012

GUEST EDITORIAL

Some Thoughts for the New Year

BY ELLEN G. WHITE

The old year, with its burden of record, is fast passing away. The new year, with all its possibilities, will soon be ushered in. What advancement have we made in the knowledge of Christ during the past year? Are we prepared to show, more decidedly than ever before, that we are on the Lord's side? At this time, when the nations of the world are wavering between infidelity and idolatry, are we prepared to stand as faithful ambassadors for Christ? Shall

we not, at the beginning of this new year, give ourselves and all we have to God? Shall we not listen to His voice, which calls us to a renewed contest, to a more thorough consecration of ourselves and our intrusted capabilities to His service?

To God we owe all we have and are. In Him we live and move and have our being. We have not been forgotten by Him. In His book each human being has a page, on which is recorded his whole history. Constantly and untiringly God is working for our happiness. The treasures which He has placed within our reach are numberless. "The Lord is good to all; and His tender mercies are over all His works. Thou openest Thine hand, and satisfiest the desire of every living thing." He is the Father of mercies and the God of all comfort. The earth is full of His goodness. Creation proclaims, with myriad voice, the forbearance, love, and compassion of the Almighty.

Through all the ages God has manifested for the human race a love that is without a parallel. He so loved man that He bestowed on him a gift that defies computation. That the abundance of His grace might be revealed, He sent His only-begotten Son to our world, to live a man among men, to spend His life in the service of humanity. In our behalf the Son of the Infinite God was numbered with the transgressors. Christ was the channel through which the Father poured into the world the rich stream of His grace. God could not give less than the fulness, nor was it possible for Him to give more. "Herein is love, not that we loved God, but that He loved us, and sent His Son to be the propitiation for our sins."

God has made us His stewards. To everyone He has given some talent, which is to be improved and returned to Him. Every one is the possessor of some trust. Time, intellect, reason, money, the tender ministry to which some are adapted,--these are the gifts of God. From the lowliest to the highest, all have been entrusted with the goods of heaven, and all are called upon to make a return to the Giver.

The first thing we are to do is to give ourselves to the Lord. Life, with its endowments and privileges, is God's gift. Let us remember

that it comes from God, and is to be wholly consecrated to Him. Let us say with Paul, "I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord; for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ, and be found in Him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith."

When we have given ourselves to God, we shall be willing to give Him what He has given us. All we have and are is to be laid at Christ's feet. We have been bought with a price which cannot be estimated, and we should count it a privilege to co-operate with God by denying self, by giving of our earthly possessions to make it possible for those in the darkness of error to hear the truth. Each soul saved is worth more than a world; for he is saved unto eternal life. Those who invest their means in this work double their talents.

Whether or not we give mind, soul, and strength to God, it all belongs to Him. God speaks to each human being, saying: "I have a claim on you. Give me your zeal, your capabilities, your energy, your means." He has a right to ask this; for we are His, redeemed by His boundless love and by the agony of the cross of Calvary from the service of sin. On no account are we to devote our powers to self-serving. Day by day we are to return to the Lord that which He has entrusted to us. And we are to ask Him, not only for temporal blessings, but for spiritual gifts. He who asks in faith, believing that God will fulfill His word, and who acts in accordance with His prayer, doing God's will in all things, will receive rich blessings from on high. And as he receives, he is to impart to those who need help. ●

From Signs of the Times, January 2, 1901

Grape Seeds

BY WINSTON J. CRAIG

Powerful antioxidants provide protection

People all over the world have enjoyed grapes (*Vitis Vinifera*) and grape products

for centuries. Grapes are commonly grown in many regions of the world and are a popular fruit in many cultures. The unfermented juice of the grape is also very popular as a refreshing beverage, while many cultures utilize the fermented juice (wine) with their meals and social occasions.

There are more than 50 kinds of table grapes currently grown. Fresh table grapes come in three basic colors: green, red, and blue-black. Each variety possesses its own distinct color, flavor, and texture. Juice that is made from green grapes is called white grape juice. Grapes are most commonly available in late summer and during the fall season.

Grapes in History

In the nineteenth century John Harvey Kellogg used grapes to cure his patients with high blood pressure. Since the leaves of the grape plant have astringent properties, they have been used historically to treat varicose veins, diarrhea, and other ailments. Dried grapes, or raisins, have been a long-time favorite to sweeten cereal and bakery products, and are also used as a snack food.

Recently it was discovered that red grape juice contains compounds that inhibit blood clots. Because of this property grape juice has been recommended for people at risk for heart disease. The pharmacological properties of grape juice come from resveratrol and other flavonoids such as quercetin and catechin. The health-promoting substances in grape juice originate mostly from the skins of grapes, especially red grapes. These compounds also help fight cancer and possess anti-inflammatory properties.

Grape Seeds Are Active Too

The seeds of grapes have recently become very popular as a dietary supplement. The seeds contain high levels of proanthocyanidins, the major polyphenolics in the grapes. These flavonoid compounds can bind to each other, producing small polymers called oligomers.

Commercial preparations of grape seed extract are usually standardized on the basis of their proanthocyanidin content.

These compounds are strong antioxidants, scavengers of free radicals, and they inhibit the oxidation of lipids. Grape seed extract was found to be a more effective antioxidant and free-radical scavenger than either vitamin C, vitamin E, or beta-carotene.

Grape seed extract reduces capillary permeability and fragility and is used for the treatment and prevention of vascular or circulatory disorders such as venous insufficiency, peripheral vascular disease, and varicose veins. Persons at risk for heart attack

or stroke have also sought protection from cardiovascular disease by using grape seed extracts.



Grapes and grape products contain high levels of antioxidants that protect LDL cholesterol against

oxidation, and protect the lining of the blood vessel walls. When fed to rabbits or mice, grape seed proanthocyanidin extract (GSPE) significantly improved cardiac function, attenuated the development of atherosclerotic lesions, and reduced cardiac tissue damage. In a human clinical trial GSPE supplements significantly reduced LDL oxidation in subjects with elevated cholesterol levels. Grape seed extract appears to be a therapeutic tool in promoting cardiovascular health.

Other Effects

A number of European trials have shown grape seed extract to effectively reduce circulatory problems and improve venous tone. One study also found that grape seed extract may be beneficial for improving night vision. Another suggests that grape seed extract may prevent cataract formation. Claims have been made that grape seed extract is beneficial in the treatment of diabetic retinopathy.

Animals treated with grape seed proanthocyanidins have a reduced incidence of skin tumors. Additional tests show that grape seed extract inhibits human breast cancer cells as well as lung and stomach

cancer cells. Grape seed extract impairs angiogenesis, a major factor regulating tumor growth. Grape seed proanthocyanidins also have anti-inflammatory and antiviral activity.

Relation to Pycnogenol

The active ingredients of grape seed extract are similar to those found in the extract of the bark of the French maritime pine, *Pinus pinaster*. The pine bark extract is commercially marketed as Pycnogenol. Cranberries, blueberries, almonds, peanuts, cocoa, and some other nuts and berries also contain the health-promoting proanthocyanidins.

Usage and Safety

While reliable information is fairly scarce, grape seed extract appears to be safe to use. It has a low toxicity, and side effects have not been reported. It is not recommended for use during pregnancy or during breast feeding. No interactions with food or other herbal supplements are known at this time. The therapeutic effectiveness of grape seed extracts may vary considerably, since the absorption of proanthocyanidins appears to vary widely among subjects.

For general health purposes the typical dosage of grape seed extract is about 50 to 200 milligrams a day, providing a daily dose of up to 150 milligrams of proanthocyanidins. The extract is available in the form of either capsules or tablets. Commercial grape seed products are often labeled as containing OPCs-oligomeric proanthocyanidins.

Remember: Herbal products and dietary supplements can have pharmacological effects, may produce adverse reactions in some people, and could interact with over-the-counter and prescription medications you may take. Discuss with your physician your decision to use any herbal product. Anything mentioned in this article is not intended to diagnose, prescribe, or treat any ailment. ●

Winston J. Craig, Ph.D., R.D., is a professor of nutrition at Andrews University, Berrien Springs, Michigan. July 1, 2003

Heart Protecting Herbs

BY WINSTON J. CRAIG

The list is long and impressive: garlic, turmeric, psyllium, flaxseed, artichoke leaf extract, and lemon grass—all have demonstrated, in well-controlled studies, the ability to lower blood lipid levels in patients with elevated cholesterol. But one herb stands above the rest when it comes to guarding the health of the heart.

Glorious Garlic

Garlic demonstrates a greater potency than any of its close relatives; including leeks, onions, shallots, and chives. Harvested garlic cloves can; be used fresh, dried, or powdered. The cut cloves have a pungent odor and strong flavor due to the presence of alliin (a sulfoxide that is a natural constituent of fresh garlic) which breaks down to a host of active sulfur compounds.



Studies have shown that garlic effectively reduces the risk of heart attack and stroke, while lowering blood cholesterol levels. On average, one-half to one clove of garlic per day can reduce elevated blood cholesterol and triglyceride levels by about 10 percent. The failure of some recent clinical trials to significantly reduce elevated cholesterol levels resulted from the researchers using an inactive garlic preparation.

Too much haste in heating garlic inactivates

it and destroys the ability of alliin to produce useful sulfur compounds. Studies reveal that 60-seconds of microwave heating or 45 minutes of oven heating eradicates the important enzyme alliinase. Allowing chopped or crushed garlic to “stand” for 10 minutes is essential before applying the usual heat treatment.

Pressure and Plaque

Garlic may lower blood pressure levels in some persons due to its vasodilator (blood vessel widening) properties. It’s also successfully used to inhibit the formation of blood clots.

In a well-controlled clinical study with elderly participants, high-dose garlic powder significantly reduced the growth of atherosclerotic plaque by almost 20 percent and even achieved a slight regression over a four-year period.

Garlic powders best represent the composition of fresh garlic cloves than any other processed



garlic. In studies with aged garlic extract, it took about six months to lower blood lipids, while garlic cloves and standardized garlic powder showed significant decreases after one to two months.

Coated pills can be used where odor control is desirable. To maintain good health, it’s recommended that a person consume about one clove of fresh garlic a day.

Blood-friendly Onions and Ginger

Like garlic, ginger and onions contain compounds that inhibit thrombosis (blood-clot formation) and are considered useful

blood thinners. Onions are natural anticlotting agents since they possess substances that suppress platelets from clumping together. Persons taking coumarins (a parent compound in anticoagulant agents) and other anticoagulants should use onions cautiously.

The consumer trend to purchase less pungent, milder onion varieties may not be wise, since onions with a stronger flavor—and more potent astringency—have the highest level of antioxidants and superior health-promoting properties.

Ginger boasts a characteristic odor and taste. Its diterpenoids lower the risk of blood clot formation and, hence, increase bleeding time. These powerful diterpenes are as active in inhibiting blood clots as the sulfur compounds in onions.

A Taste for Turmeric

The warm, spicy taste and bright gold color of turmeric adds a richness to mashed tofu, rice, and curry powders.

The bright pigment is curcumin, a powerful anti-inflammatory compound and phenolic antioxidant that protects against cardiovascular disease by inhibiting myocardial infarction, lowering serum cholesterol levels, inhibiting LDL oxidation, and preventing blood clot formation.

Seeds of Health

An extract of the seeds of grapes contain high levels of proanthocyanidins: potent flavonoid compounds that act as antioxidants and are more effective than either vitamin C or E. These compounds inhibit the oxidation of LDL cholesterol, protect the lining of the blood vessel walls, and improve venous tone.

Grape seed extract reduces capillary permeability and fragility and is used for the treatment and prevention of vascular or circulatory disorders such as venous insufficiency and peripheral vascular disease. Persons at risk of heart attack or stroke have also turned to grape seed extract for protection.

The active ingredients of this extract are similar to those found in pine bark extract, commercially marketed as pycnogenol. Cran-berries, blueberries, and other berries also contain these health-promoting proanthocyanidins.

Flaxseed is very rich in mucilaginous fiber, while its oil is very high in omega-3 fat. Flax-seed flour is commonly added to breads, cereals, and bakery goods to increase their nutritional and health benefits. Ground flaxseed is useful for lowering serum cholesterol levels due to its soluble fiber content and very low levels of saturated fat.

Proof Positive

When 15 patients with elevated blood cholesterol levels were fed 15 grams of flaxseed meal and three slices of flaxseed-containing bread daily for three months, they experienced about a 10 percent decrease in LDL cholesterol levels. They also enjoyed a substantial decrease in risk of blood clots, while their HDL "good" cholesterol and triglyceride levels remained stable.

Soluble fibers, such as those found in psyllium, can augment the cholesterol-lowering effect of a low-fat diet. Psyllium can be consumed either as a powder, or part of a fortified cereal. Food products containing psyllium are permitted to claim that its fiber is useful for decreasing the risk of heart disease. ●

Winston J. Craig, Ph.D., R.D., is professor of nutrition at Andrews University, Berrien Springs, Michigan. July 1, 2008

How to Get the Protein You Need

BY WINSTON J. CRAIG

Although non-vegetarian diets typically provide more protein over all, vegetarian diets are well able to meet and exceed the recommended daily intake. Beans, lentils, and tofu are rich sources of protein, and breads, grains, and nuts provide significant amounts. Even a serving of green vegetables has a few grams of protein.

About 40 percent of the calories in asparagus and broccoli are protein.

Food protein is important because it contains the amino acids necessary for life. The body puts these building blocks to work on such tasks as making skin, nails, hair, muscle, bone, and connective tissue, as well as the synthesis of vital hormones, important brain neurotransmitters, antibodies, and digestive enzymes. Also, protein can be used as an alternate energy source when other reserves are in short supply.

Every protein in both plant and animal foods has its own unique structure, composition, and properties with special amino acid patterns. Of the 20 different amino acids needed for human life, nine are classified as essential since the body cannot manufacture them in sufficient quantity for normal body functions. This means that the nine must be obtained from the diet. Optimal health depends upon the adequate supply of these essential amino acids.

How do you get the right balance of protein in a vegetarian diet?

The quality of a protein depends upon the relative amounts of each one of the essential amino acids it contains. Animal proteins usually



have a better balance of the amino acids than do plant proteins. However, a mixture of plant proteins can provide a similar balance. In other words, a relative deficiency of an amino acid from one plant protein can be made up by the amino acids from another plant protein. In fact, the intake of the nine essential amino acids by vegetarians is normally well above the recommended dietary intake for each of the amino acids.

For example, cereals tend to be low in the amino acid lysine but adequate in the amino acid methionine. Legumes provide adequate lysine but are low in methionine. The amino acid profiles of cereals and legumes complement each other so that a cereal-legume combination provides high-quality protein. But take note: It's important that whole grains be used rather than refined grains because the protein quality of a food is significantly reduced when refined. The protein quality of white flour is 22 percent less than that of whole-wheat.

What are some examples of good protein combinations?

Many cultures around the world rely on a cereal-legume combination to provide a major portion of their energy. Examples include maize and beans in Latin America, millet and ground nuts in the African Sahel, rice and soybeans in Southeast Asia, wheat and garbanzos in the Middle East, rice and dal in India, and corn bread and black-eyed peas in the southern United States.

For different types of protein to complement each other, they should be eaten during the same day, but not necessarily within the same meal. This allows for flexibility in food preferences and removes the concern about whether each meal contains properly balanced protein sources.

Is soy a good protein source?

Soy is a good source of protein. Experiments in Boston, Massachusetts, with young college students who were fed diets containing different protein sources showed that soy protein is of high nutritional quality and is capable of providing adequate amounts of

all essential amino acids. It was clear that the quality of soy protein compares favorably to animal proteins, and soy does not have to be supplemented with any other plant proteins.

In addition, soy protein contains the isoflavonoid genistein and similar substances that act as phytoestrogens to inhibit tumor growth, lower blood cholesterol levels, decrease the risk of blood clots, and diminish bone loss. This translates into a lower risk of heart disease, stroke, cancer, and osteoporosis. Consuming one to two servings of soy products a day will help you achieve the optimal benefits.

How much is enough?

Protein requirements depend on many factors, including a person's body size, age, rate of growth, and the quality of the protein they eat. Pregnant and lactating women require additional protein because of the growth and development of their child.

The recommended protein intake for adult men and women is only about two ounces (46-56 grams) per day. This can easily be met by simple, nutritious everyday foods.

The protein in cereal grains such as wheat, oats, and rice is about 10 percent of the total calories of these foods, while legumes average about 20 to 30 percent of their calories from protein. As long as your diet contains enough calories, a diet based on a variety of cereal-legume combinations clearly provides adequate protein.

Are there advantages to plant protein instead of animal protein?

There are a number of advantages to plant proteins:

1. An excess of protein is unhealthy. The lower protein intake of vegetarian diets may be beneficial since an excess of protein—especially animal protein rich in sulfur amino acids—can cause unnecessary losses of calcium through the urine. This may increase the risk of osteoporosis. Also, excess protein can negatively impact kidney function in individuals with previous renal disease.

Furthermore, a high-protein diet increases the requirements for some vitamins and minerals. Also, the use of animal protein (with its typically high content of saturated fat and cholesterol) increases the risk of cardiovascular disease.

2. The use of plant protein is good for the environment. Present methods of meat production harm the environment. Overgrazing can produce soil erosion, while runoff from livestock fattening pens and chicken farms can contain fecal waste that seriously contaminates the water supply.

Feeding grains and legumes to animals to produce beef, pork, and other animal proteins involves large losses of protein and energy. For example, only 4 percent of the calories consumed by beef cattle are returned in beef, while 15 percent of the energy consumed by dairy cattle shows up in the milk they produce.

A plant-based diet with an emphasis on whole grains and legumes also conserves land, water, and energy resources. It takes only one tenth as much land to feed people plant foods rather than animal products.

3. Plants are a safer source of protein. Fresh beef, chicken, pork, fish, and other animal foods are highly perishable, while grains and legumes can be stored and easily transported with little spoilage. The risk of bacterial contamination and food poisoning from animal foods is several orders greater than from plant foods. Every year hundreds of Americans become sick and die from animal products contaminated with Salmonella, E. coli, Campylobacter, Listeria monocytogenes, and other organisms. In some parts of the world mad cow disease is a concern, and the fear of contracting bovine spongiform encephalopathy (BSE), a deadly neurodegenerative disease, leads many to choose a plant-based diet.

4. Plant protein is much more economical than meat. Pinto beans, tofu, or lentil soup are considerably cheaper than beefsteak. Furthermore, in the United States the direct medical costs attributable to meat consumption is estimated to be between

\$30 and \$60 billion annually. These greater health-care costs result from the increased prevalence of hypertension, heart disease, cancer, diabetes, obesity, and foodborne illnesses among meat eaters.

A Healthy Option

You can be sure that a plant-based diet is able to meet the protein needs of healthy individuals, provided that the diet contains an adequate level of calories and includes a variety of unrefined grains, legumes, and vegetables.

Dietary surveys confirm that vegetarian diets contain both the quantity and quality of protein necessary for optimal health. In fact, plant protein provides an additional bonus. Legumes and whole grains contain a variety of substances (such as phytosterols, unsaturated fat, soluble fiber, isoflavones, saponins, ferulic acid and other polyphenolics) that help lower blood cholesterol and triglyceride levels and lower the risk of diabetes and various cancers.

Plants were created to sustain human life. Science is proving every day that plant foods are a major contributor to optimal health. ●

Winston J. Craig, Ph.D., R.D., is professor of nutrition at Andrews University, Berrien Springs, Michigan. Vibrant Life, June 30, 2010

The Power of the Health Message

BY PHIL MILLS

Since the successful establishment of the Battle Creek Sanitarium, Seventh-day Adventists have been best known for two distinguishing characteristics, the Sabbath and an interest in health.

The Adventists' positive approach was not simply to condemn society's habits of life, but to offer something better. We made our original health outreach well known through health journals and books, public temperance lectures, and, under Dr. John Harvey Kellogg's leadership, the development of a worldwide chain of sanitariums.

With Dr. Kellogg's apostasy, the sanitarium

work began to decline. World War I and then the depression accelerated the slide, but Adventist health outreach continued nevertheless on other fronts. The pioneering work of evangelist J. N. Tyndale combined health lectures with public evangelism and drew large, enthusiastic crowds. The College of Medical Evangelists (CME) trained physicians, nurses, and other health professionals. Its story is well known, and we won't repeat it here.

For a short time CME offered a quick training for those interested in giving simple treatments and health lectures. One native-American graduate of this innovative program, W. D. Frazee, went to Utah. Combining health lectures with lectures on the sanctuary and prophecy, he became the first to draw crowds and gain significant numbers of converts in this Mormon stronghold. He went on to establish Wildwood Sanitarium which through the years has remained strongly committed to health education and promotion.



In later years among the sophisticated, reserved, and secular citizens of Boston, Harvard graduate student Mervyn Hardinge drew large crowds with his lectures on health and the Bible. Subsequently in Southern California he again drew large crowds with these lectures. Dr. Hardinge became the Dean of the School of Health at Loma Linda University and, along with others on the faculty, deeply influenced scores of health professionals concerning the importance of health evangelism.

In the early 1960s Dr. J. Wayne McFarland and Elder E. J. Folkenberg worked together as a very successful doctor-minister team in Southern New England. I remember these men well. I was just a boy, but they were our neighbors and I often had the opportunity to go with my dad to visit them. I will never forget listening with interest as they studied and prayed together to devise more effective ways to help victims of tobacco addiction. The final result of their prayers and study was the internationally acclaimed Five-Day Plan to Stop Smoking.

Over the years many other successful public health promotion programs have followed. Dr. Scharffenberg's Heartbeat program has been well received. Weimar's NEWSTART has been effective worldwide. Many other people, institutions, and programs could be mentioned. Most recently Dr. Hans Diehl's CHIP program has proven effective in reaching the secular mind.

The uniform experience of decades of worldwide Adventist outreach confirms that medical missionary work is the most effective entering wedge to gain access to the people. Ellen White's prediction has certainly proven true: "Health talks will be given, publications will be multiplied. The principles of health reform will be received with favor; and many will be enlightened. The influences that are associated with health reform will commend it to the judgment of all who want light; and they will advance step by step to receive the special truths for this time. Thus truth and righteousness will meet together" (Counsels on Diet and Foods, p. 442).

..... Jesus is the model for a sensitive and loving approach to others. He teaches us not only to preach it, but much more importantly to live it. While He "accepted invitations to feasts and gatherings, He did not partake of all the food offered Him, but quietly ate of that which was appropriate for His physical necessities, avoiding the many things that He did not need. His disciples were frequently invited with Him, and His conduct was a lesson to them, teaching them not to indulge appetite by overeating or by eating improper food. He showed them that portions of the food provided could be passed by and

portions chosen. Christ went to these feasts because He wished to show those who were excluding themselves from the society of their fellow men how wrong their course of action was. He wished to teach them that truth was given to be imparted to those who had it not. If they had truth, why keep it selfishly to themselves? The world is perishing for want of the living Truth" (Manuscript Releases, 7:412).

We are to do as Jesus did. "While the principles of health reform should be presented, let the teaching be backed by example. . . . We must practice what we teach. When sitting at a table where meat is provided, we are not to make a raid upon those who use it, but we should let it alone ourselves, and when asked our reasons for doing this, we should in a kindly manner explain why we do not use it" (Counsels on Diet and Foods, p. 462). ●

10 Things I've Learned as a Vegetarian



A vegetarian diet has so many incredible health benefits that we've devoted an entire issue to the topic. From cover to cover you'll find compelling reasons to rethink your diet, practical tips from the pros, and recipes to get you started. Here are just a few things I've learned as a vegetarian:

1. Tofu has gotten an unfair bad rap. So have leafy greens. Actually, a lot of healthy

foods are much better than the cynics would lead you to believe. Never tried kumquats or quinoa? Well, what are you waiting for?

2. There's a lot of vegetarian junk food. Sure, doughnuts and Doritos are meat-free, but the goal is to be a vegetarian who actually eats vegetables.

3. Fill your diet so full of good foods that it crowds out the worse foods. (See number 2 above.)

4. The desire for meat goes away. Over time your cravings actually will change, and you will delight in a vegetarian meal.

5. "Eat food, not too much, mostly plants." Author Michael Pollan popularized that seven-word food philosophy, and those words have guided me many times while I stood with my refrigerator door open, wondering what I should eat.

6. Sorry, devoted meat eaters, but it's not sound reasoning to say, "If God didn't want us to eat animals, why did he make them out of meat?"

7. As a vegetarian, you will be asked, "How do you get your protein?" almost as often as "How are you doing?" (**For the answer see the article 'How To Get The Protein You Need' above.**)

8. "Let food be thy medicine and medicine be thy food." Hippocrates, a notable figure in medical history, offered that advice more than 2,000 years ago.

9. As my vegetarian mother says, "A nice guiding principle in food selection is '**Never eat anything that had a mother.**'"

10. Life is ironic. The money earned by my father who raises beef cattle has paid for countless veggie burgers for his vegetarian wife and children, not to mention the education that equipped me to work on a special vegetarian issue of Vibrant Life. (Thanks, Dad . . . and, well, thank you, too, beef industry.) ●

This article was extracted from VIBRANT LIFE MAGAZINE, posted July 1, 2010 by hquintana

6 Medical History Questions You Should Ask Family

If your uncle died as a result of a heart attack, or your grandmother had been diagnosed with breast cancer, pay close attention. Knowing your extended family history can provide important clues for your ongoing health. In fact, many physicians highly recommend that people make a health chart of their family tree listing relatives on both sides: mother, father, brothers, sisters, aunts, uncles, and grandparents. On that family tree list health conditions you are aware of for each individual and the cause of death for relatives, particularly those who died at younger ages. If you don't have this information, begin gathering it by asking relatives who are approachable and informed. Start by asking such questions as these:

1. Who in the family was diagnosed with a life-threatening illness?
2. At what age did they receive that diagnosis?
3. Were any family members diabetics?
4. Is there a history of heart disease in the family?
5. Has there been a diagnosis of mental illness? If so, what was the condition and who has been diagnosed with it?
6. Have family members been struggling with other issues such as asthma, high blood pressure, alcoholism, or other substance abuse?

Don't feel that you've completed your task once you know this information. That's an important step, but it's only the beginning. After you identify patterns in your family's medical history, find ways to break the cycle. Learn what lifestyle changes you can make to avoid receiving the common diagnoses in your family. In addition, be sure to share family medical history information with your personal physician. ●

July 19, 2011 Vibrant Life

TELL IT TO THE WORLD

The Power Of Food

BY CHARLENE CHABLAL

How much do you already know about healthy eating? Before you begin reading this article let's put your knowledge to the test!

1. How many portions of vegetables and fruits should we be eating each day for better health?
 - a) 1 if you can
 - b) 5 or more
 - c) About 3
2. What's the best way to cook most vegetables?
 - a) Boil then until soft
 - b) Steam them



- c) Roast them in oil
3. We should always try to enjoy a balanced diet, which includes mostly:
 - a) Animal foods: red meat, white meat, dairy
 - b) Plant foods: vegetables, fruits, cereals, grains, pulses
 - c) Fats and sugars: found in cakes and

biscuits

4. Healthy eating should be combined with what for better health?

- a) Physical activity and stress management
- b) Maintaining a healthy body weight
- c) Not smoking/not drinking alcohol
- d) All of the above

Food is a basic necessity-it's the fuel that keeps us going every day. But it also offers us many other benefits. Certain types of food, such as healthy fats, vegetables, fruits and other plant foods, stand out in the nutritional crowd because they have special properties that make them unique in terms of how beneficial they can be to our health. The nutrients contained in these foods can assist with many of the body's natural functions such as digestion, boosting the immune system, strengthening bones, and even helping to protect against cancer.

Red and orange sweet peppers are an excellent source of vitamin C- just half a red pepper provides you with all the Vitamin C you need in one day. Oranges and kiwi are also good sources of Vitamin C. However, their levels are much lower per 100g. They are also useful sources of flavonoids and beta carotene essential in protecting against cancer.

The rosy red colour of tomatoes is due to the mighty antioxidant lycopene. It protects against cancer particularly prostate cancer and reduces the risk of heart disease.

Tomatoes contain Vitamin C and E, flavonoids and potassium which help to regulate blood pressure. Spinach, broccoli, carrots and apricots also contain Vitamin A which help to maintain healthy eyes and skin and supports the immune system.

Brazil nuts are rich in the mineral selenium, which has antioxidant effects and protect against cancer. Just a few of these little gems should be enough to meet your daily needs. Selenium can also help to keep the immune system strong.

Sweet potatoes make a delicious dish packed with nutrients. They contain carotenoid antioxidants, alpha and beta carotene with Vitamin E to protect against cancer and keep the skin healthy. Other foods such as wheat germ, nuts and seeds and their oils, avocado and wholemeal bread are also a rich source of Vitamin E.

Vitamin B1, B2, B3, B6 and B12 are essential for the formation of healthy blood cells, maintenance of a healthy nervous system and release of energy from food. These are found in whole grains, eggs, pulses, nuts, seeds and vegetables.

Iron is needed for healthy red blood cells and prevention of anaemia. Found in beans, lentils, dark green leafy vegetables, dried fruit such as raisins and prunes, it is also supported by Folic Acid. Should be taken ideally with Vitamin C to boost its' uptake.

Folic Acid is necessary for the absorption of nutrients and prevention of anaemia and may reduce the risk of heart disease and spinal deformity of the foetus during pregnancy. Again, **dark green, leafy vegetables**, beans and lentils, brown rice, wheat germ and eggs provide adequate amounts.

Early morning sunlight for 15mins a day can synthesize Vitamin D needed for the absorption and use of calcium, for healthy bones and teeth. Calcium can be attained from tofu, green, leafy vegetables, fish where the bones are eaten and dairy.

Our immune system and skin need **Zinc to promote and health**. Pumpkin seeds, green leafy vegetables, beans, lentils, eggs and dairy provide this essential mineral.

What have you to lose by trying these micro-nutrients with their macro-benefits? The only way to prove them is to try them. So why not start now!

Answers: D B 4. B 3. B 2. B 1.

My Brother Joe

BY MICHAEL SCOTT

I am the only child of my mother. I know very

little of my father's family so as far as I am concerned I have no siblings. My grandparents especially my grandmother, did an immaculate job. My mother, uncles and aunts were all excellent in raising me. Even the rural villages where we grew up and my 'godmother' Iona Tracey were great.

Then one day I met my brother Joe. He became the brother I never had or knew. I look up to him for he has taught me how to deal with many of life's crucibles. Meeting the brother or sister you did not know brings a certain degree of excitement. You want to know him or her and about him and vice-versa. Incidentally we met when I had my family and my little son and I were sharing children's bible stories. The first meeting set the tone for all other togetherness. I am still learning from lessons he taught me. I am so happy we met, and wished we had met before.

My brother and I had many long, joyful and relaxed sessions. There were times we spoke of random things in general, about this and that, but there were other times we had long and serious discussions especially when I needed a shoulder on which to lean.

He told me many stories about his life, including the everyday ups and downs about his job and they strengthened me a great deal. Then one day he opened the flood gate and told me this story. It moved me to tears. I will try to give the gist of it. Please note I will try.

He said he was one of 12 sons of his father from 4 wives and 10 hated him because of his daddy's special care, preferences and over protection of him and his little brother. The situation was bad. They scorned him because they also believed that he reported on their truancies and deep down they felt that one day he would be their boss. They wanted to kill him but settled for making him a chattel.

He became a stranger in a new home and a new land. It took him some time to accept his fate and he decided to do his best. Eventually he became the supervisor where he worked. Then his troubles began. His boss' wife developed a fatal attraction towards him. It started as simple favours and requests but

then it progressed to her making very strong sexual advances towards him. Of course she was a beauty and younger than her husband and she knew how to turn on the pressure. It was too close for comfort. While he was relating this part of the story my mind drifted and thought, the typical man would have said, "what an opportunity to have- everything free? Who wants to let this pass? Who wants an escape in this situation? Think about all the benefits." But my brother knew better than that and he did do better and the end result was he was accused of attempted rape.

He was jailed and sentenced to a long prison term. While in incarceration he languished and lamented that he was not with his father and smallest brother. He helped many in jail with their problems. They promised to help him petition the authorities, but they forgot him 'clean'. A promise's a comfort for a fool?

As he related his narrative the song writer James Cleveland's lyrics came to my mind. Cleveland wrote: "If I can hold out, if I can do my best... if I can pass the test in God's own time my change will come". My brother's time had not yet come and he had to hold out just a little longer as Cleveland said. He did just that.

I stopped him and inquired if he ever related his life story before. He told me a book called Patriarchs and Prophets (pg. 219) has some reference to him. Little did he know that I had that book and this is what I found in it. "The hope that had kindled in his heart gradually died out and to all other trials was added the bitter sting of ingratitude. But a divine hand was about to open the prison gates." He said he was pardoned, released and promoted and appointed to the highest political office. My brother became the Prime Minister. Now he was monarch of all he surveyed. He was now in the driver's seat. When he said come, people ran to him.

He said to me, you think the woman was temptation? That was joke. That was small. The epitome of all tests came when some half starved, tired, sun burnt nomads, many of them half brothers, children of a tired old man appeared before him. This was it he said,

when the rubber hit the road. He recognized them instantly, his brothers, who had made him a chattel, but they did not recognize him. I asked him what he did and how he handled the situation when he had them in his hands to destroy them. While I waited for an answer, I said to myself, what an opportune moment to get even. What would I have done in that situation? All this time he was quiet with his faced turned away from my eyes and when our eyes met again, I realized his were flooded and as he tried to speak, he was choked up.

All that he dreamt about was reality. He said they were before him giving him full respect bowing and doing all the protocols. They spoke in their local dialect and were ignorant that he understood every word. They wondered that he had them sit according to their ages yet, they did not know it was him. To them he was dead long ago.

Death Sentence And Royal Reprieve

By now you have realized that my brother Joe is Jacob's son. The story ends with him weeping privately and before his brothers. Then came the words "I am Joseph doth my father yet live"? (Gen 45:3). If they had laser augers they would of piled themselves to the depths where we find oil and gas on the seabed in Trinidad and Tobago.

What a death sentence! They sentenced themselves to death for the Bible says, "His brethren could not answer him, for they were troubled by his presence". They were shaking in their boots and their hearts were pounding. In local dialect, these mischievous brothers may have said, "Now we dead".

But while they were waiting for the final rights to exit the world, they heard these words in a loving caring voice, "Come near to me I pray you... now therefore be not grieved nor angry with yourselves that you sold me hither for God did send me before you to preserve your life... so it is not you that sent me hither but God." (Gen. 45:4-7). What a reprieve! Full pardon! He had every reason to get even and he offered the olive branch, what an ideal lesson of forgiveness. What a lesson in the proper use of power and authority. What a

contradiction to the typical human response. In many ways Joseph practiced the Jesus model.

In Patriarchs and Prophets pg. 230 E.G White makes this profound statement regarding the revelation that Joseph the only man with food in that desert land was the brother they hated and sold when she said: "His brothers stood motionless, dumb with fear and amazement. The ruler of Egypt their brother, whom they had envied and would have murdered, and finally sold as a slave!" They remembered how they had despised his dreams and had labored to prevent their fulfillment. Yet, they had acted their part in fulfilling these dreams; and now, they were completely in his power. He would, no doubt, avenge the wrong that he had suffered." His captors had become the captives as they thought about their situation.

The SDA Bible commentary Vol.1 pg 463, reinforces what she said. "The new turn in events was too much; the men were speechless. They were terrified; not because of Joseph's greatness but by the recollection of the former crimes against him". In simple words, they replayed all the evil they did to Joseph. "So far they had been conscious only of divine retribution for their act, and had not feared human punishment in as much as their crime was not known to anyone outside of their own small circle". Now however, they stood in the presence of the one they had so deeply wronged. No wonder they cringed in alarm before him thinking that now, the hour of recompense for their deeds at Dothan had arrived."

Lessons, Lessons And More Lessons

The Bible's records are more than mere documentation. They are lessons for us as human beings showing how God has worked in the affairs of man for man's own good and God's glory. Let me itemize some of them.

1. Many of us are treated as Joseph, maybe in the home, the church, yes the church, on the job, the community, the press. For example, it seems as though the press takes delight to identify any error by Seventh Day Adventists compared to what it says or has written of

other members in other religious groups. How many times have we been ridiculed, our characters tarnished, bypassed for promotion, denied our just due as a job, a contract, medical attention and even qualifying for an HDC house? And the list goes on. How many times?

2. Sometimes we are so hurt that we are forever remembering the injustice and it builds up hate and acrimony. We end up storing it in our sub-conscious. We end up living for vengeance and settling scores. The end result is that valuable time and opportunities are wasted on the past and we become unbalanced, sick, stressed and we build up anger and evil wishing. The advice is, do not allow anyone but Jesus a free apartment in your head.

3. We have to remember that we are the crown jewels of God's creation. We are the main attraction in this cosmos, we are the prize of the Armageddon, we are the centre of this historical conflict between good and evil. We still have to love those who become our enemies, do good to and for them. Give them every opportunity to escape with their dignity intact. That baggage of the negative past is waste material. Please get rid of it.

4. Many have elevated themselves from the many clutches of poverty. Instead of helping those who assisted us when we were down, we behave like the Godfather, and destroyed them all. That is not Christ like. We have the example of Joseph. We have the example of Jesus. We will be much better off if we use that paradigm. Make God smile. Take up the challenge.

5. Remember the Bible says that we wrestle not against flesh and blood but principalities and powers and spiritual wickedness in high places Ephesians 6 verse 12. Although it is difficult to accept, we have to see other contrary forces working in and through humans to subdue us. These people who attack us need help and we, who know better, ought to help them, as difficult as it seems.

6. There is an old idiom which says "to

whom much is given much is required." Joseph lived this statement. We need to take a chapter out of his book, even a page, and follow his footsteps. Share the gospel, share the gospel, share the gospel in whatever way it has been bestowed to you. All of Egypt knew how Joseph treated his brothers. We do too. Surrender the desire to settle scores. Turn new pages; start a new inning.

7. Taking a cue from James Cleveland. Our duty is to keep the faith, do what we ought to and have to do – run the race, and wait on the Lord – for as with Joseph "in God's own time our change will come". God is reliable. Our change will come. He will do it again this time for you. As I said before, I am happy that I met my brother Joe. ●

Healthier Holiday Traditions

This article is taken from Vibrant Life, Nov 21st, 2011. The original menu was replaced and placed in a local setting to help make it more pointed.

In Trinidad and Tobago public and personal holidays are the norm. Once it's a holiday, we in T&T plan, and eat and eat. We also drink, and drink, and drink. We also add new menus to our cook books. In Tobago we have the Blue Food Festival and many more creative heart stoppers. In Trinidad any animal or bird that we classify as wild meat, alligator included, is dead meat for the carnivore called man. We have Pan, Pork and Parang too. Then we have the shell fish family such as Crabs, Shrimps, snails and Oysters. Many a man is fooled, believing that oysters have instant potency. So we consume large quantities of oysters on an annual basis. People travel to Maracas just to get bake and shark. We do not forget the river lime or the menu for international cricket at the Oval. Weddings, birthdays and even funerals are opportunities to eat- pies of all types and frosted cakes and drink. When we are feting on food anywhere in T&T fruits are banished.

What are the results of our taste buds becoming diseased - Obesity, and all the



relative ailments. Young men and women and even children are diabetic, hypertensive, heart and kidney diseased hospitalized, dead or on medication. And, it's all, our fault!

What can we do? **CHANGE OUR DIET AND ADD EXERCISE AS A LIFE STYLE.** Let us start now. Read what Vibrant Life an SDA Health Magazine has to say.

Do This

- Eat a salad or soup before the main entrée.
- Make events about relationships and people—not about food.
- Increase your exercise. Even in winter weather you can bundle up for an outside walk or head to the mall for an indoor walk.
- Eat smaller portions.
- Park farther away from stores.
- Scan over all the food options before filling your plate, especially at a buffet or potluck.
- Savor the food, and chew slowly. If you tend to eat even when you're not hungry, get your mind off food by talking to someone, going for a walk, chewing gum, brushing your teeth, or doing a holiday activity.

- Have a snowball fight. Go skiing or sledding. Just be active.

Don't Do This

- Don't go to a party hungry. Have a healthy snack before you go, so you won't be ravenous when you arrive.
- Don't eat extra servings or desserts just because they are there. Make your splurges things that are really worth it to you.
- Don't skip out on your sleep just because you have time off work or school.
- Don't choose fattening items when there are healthier alternatives. For example, change up whole milk for almond milk.
- Don't sit on the couch after dinner. Take a stroll or play with the kids.
- Don't eat all your gifts of chocolates, cookies, and cake. For portion control, share them with others.
- Don't stress over event planning. Meditate in prayer, exercise to take your mind off things, relax by slowing down, or get a massage.
- Don't drink extra sugary drinks. Calories add up fast with each swig, and most people serve themselves far more than is healthy. ●

Sara Rowe is a writer and editor who lives in Wilmington, Delaware. August 31st, 2012 - Vibrant Life

Take a Weight Off Your Mind

Weight loss is usually perceived as a body issue: what you put into your body, how it processes it, and how your body looks as a result. But have you ever considered why it is that you eat the way you do or feel the way you do about your body? An understanding of how the mind works and your personal relationship with food is a key part of the weight-loss journey. Lindsey Smith, nutrition coach and author of *Junk Foods and Junk Moods*, believes that it is key to recognize "the physiological connection between what we eat (food) and how we feel (thoughts and emotions). It serves as a guide to living a

healthier lifestyle by bringing awareness to the root cause of our eating habits and cravings.”

The reason many diets and weight-loss programs don't work in the long run is that they address only what you eat. Before you even start thinking about what to eat and what not to eat, identify how you can change the way you think about food and your body.

1. **Get to the root of your eating habits.**

Are you an emotional eater? Do you use food as a reward or to cope with stress, sadness, or frustration? Do negative thoughts cause you to reach for junk food? Did you grow up in a household of overeaters? Being aware of why you eat the way you do can help you find healthier ways to cope with life's ups and downs.

2. **Change your view of food as the enemy.**

“It will actually digest quite differently if you practice loving and appreciating it,” says Smith.

3. **Change how you perceive yourself and your physical body.**

Poor self-esteem and body image can actually make it more difficult to lose weight. Laura Fenamore, a weight-release coach who lost 100 pounds, says, “It's only when you choose to love yourself and deal with the mental and emotional reasons behind weight gain that you will see real, lasting results in your physical appearance. . . . [You must] remove the shackles of indecision and self-abuse that allowed excessive weight gain to happen in the first place.”

4. **Start replacing negative thoughts and messages with positive ones.**

Using affirmations such as “I love and respect my body,” even before you completely believe they are true, can start to shift the way you think about yourself.

5. **Don't go it alone.**

A strong support system is crucial to rebuilding your mental relationship with food.

You might want to seek out the services of a professional, such as a weight-loss coach, personal trainer, nutritionist, or counselor who can help you identify and work through your attitudes and baggage surrounding food and your body image. And finding other people dedicated to losing weight the right way can provide encouragement and accountability.

6. **Create a positive mental picture.**

The mind's power can be harnessed to visualize the result that you would like to achieve. Physical trainer and life coach Sandi Berger says, “The mind thinks in pictures, and our words describe those pictures. Change those incantations, and you change your mind pictures. Then follow up with creating an actual vision board of how you would like to look and feel; and look at your vision board daily.” ●

August 31, 2012 Vibrant Life

Living Longer and Better: Health Benefits from the Vegetarian Diet

BY CLIFFORD KORF

Since the beginning of time, man has searched for the secret of youth or how to become a healthy functioning centenarian. Ponce de León's quest for the “fountain of youth” is one of the classic stories of man's search for eternal youth and health. More recently, stem-cell research has attempted to find a key to preventing aging or illness.

However, long before man attempted to discover or invent ways to prolong life, God gave us the “formula” for preventing the common diseases that plague mankind today. In 2 Chronicles 7:14 we are told, “If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land” (emphasis mine).

Exodus 15:26 adds another component to maintaining health and preventing diseases such as were put upon the Egyptians. Speaking to His people, God said, "If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all of his statutes, I will put none of these diseases upon thee, which I have put upon the Egyptians: for I am the Lord that healeth thee" (emphasis mine).

This leads us to one of the very first provisions that God made for us. Genesis 1:29 describes how things were when God made them "perfect." "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat [food]."

Fruit. In the perfection before sin destroyed God's perfect plan, He gave us fruit to eat. When God restores perfection, He will again provide food in the form of fruit—twelve fruits, to be specific. Revelation 22:2 reveals,



". . . and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations."

Ellen White wrote, "The people have seldom accredited

their sufferings to the true cause—their own wrong course of action. They have indulged in intemperance in eating, and made a god of their appetite" (Counsels on Diet and Foods, p. 121). She also noted, "Many persons bring disease upon themselves by their self-indulgence. Others have disregarded the laws of health in their habits of eating and drinking, dressing, or working" (The Ministry of Healing, p. 227).

Moral Power. "The controlling power of appetite will prove the ruin of thousands,

when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character. The continual transgression of man for six thousand years has brought sickness, pain, and death as its fruits. And as we near the close of time, Satan's temptation to indulge appetite will be more powerful and more difficult to overcome" (Testimonies for the Church, 3:492).

As man returns to a Garden of Eden diet, a vegetarian diet, scientific research confirms that this diet is responsible for the prevention, regression, or even the reversal of many of the diseases present in our society today. This gives credence to dietary truths found in the Bible and in Ellen White's writings.

The medical literature reveals that large vegetarian populations have been studied. As a rule, they live approximately eight healthy years longer, with lower rates of the most common medical problems such as hypertension, diabetes, heart disease, and numerous cancers. The studies are numerous and impressive. I will survey some of them here, to show the kind of confirmation that exists today for the dietary program the Lord showed His people long ago.

Scientific Confirmation. The American Dietetic Association's position paper on vegetarianism states, "Scientific data suggest positive relationships between a vegetarian diet and reduced risk for several chronic degenerative diseases and conditions. . . . [I]t is the position of the ADA that appropriately planned vegetarian diets are healthful, are nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases. . . . [V]egetarian diets low in fat or saturated fat have been used successfully as part of comprehensive health programs to reverse severe coronary artery disease."¹

A 1997 symposium at Lake Buena Vista, Florida, called "Summit on Cholesterol and Coronary Disease," was published in The American Journal of Cardiology. The Symposium concluded that "Vigorous cholesterol lowering with diet (especially a

Vegetarian diet), drugs, or a combination of diet and drugs has been shown to slow, arrest, or even reverse atherosclerosis."²

The British Medical Journal (BMJ) concluded in 1994 that those who do not use meat and who avoid the consumption of a high-protein, high-fat diet were not as likely to develop diseases such as cancer, heart disease, and osteoporosis.³

The New England Journal of Medicine reported that following a plant-based diet (i.e., fruits, vegetables, and whole grains) with low use of animal products was most important in preventing or recovering from atherosclerosis (hardening of the arteries).⁴

A 1999 study in The American Journal of Clinical Nutrition followed 34,192 California-based vegetarians, all Seventh-day Adventists, and found an overall healthier life and lower risks of diabetes mellitus, hypertension, and arthritis among them, compared to non-vegetarians.⁵

Concerns. Neal Barnard, President of The Physicians' Committee for Responsible Medicine, in a letter to the Secretary of Agriculture in 1996, expressed concerns about the validity and value of the Food Pyramid as it is today. A few of the cosponsors of the letter included notables such as Dr. Benjamin Spock, Dr. Charles Atwood, Dr. William Castelli, Dr. Hans Diehl, Dr. Caldwell Esselstyn, Jr., Dr. Dean Ornish, and Dr. John McDougall, to name a few. All of these have authored numerous books and articles in the mainstream scientific literature and are well respected in their areas of practice.

Following are excerpts from Dr. Barnard's letter. "Heart disease, cancer, stroke, hypertension, obesity and other serious illnesses are epidemics in America . . . Dietary factors play an important role in the etiology and course of these diseases . . . Dietary changes that go further are both feasible and timely, and can potentially save many lives.

"The scientific literature clearly supports dietary guidelines which encourage the use of vegetables, fruits, legumes, and grains. In

contrast, diets based on meats, dairy products, and added vegetable oils are linked with a variety of chronic degenerative diseases. To the extent that more Americans adopt plant-based diets, a reduction in the prevalence of chronic disease and of the costs associated with them is likely."⁶

Dr. William Castelli, former director of the world-famous Framingham study in Massachusetts, has stated on numerous occasions that for every 100 mg of cholesterol eaten per day, there is an increase in the blood cholesterol by 5 mg%. Cholesterol is only found in animal products and animal by-products. Hypercholesterolemia is also known to be a significant risk factor in the development of atherosclerosis and coronary heart disease. Therefore, it is necessary to examine diet more seriously in order to further reduce cholesterol and thereby reduce the incidence and progression of atherosclerosis.

Researchers observed 11,000 British vegetarians in a seventeen-year study to investigate the association of dietary habits with mortality, especially as relating to heart disease and certain cancers. During the study, the vegetarians died at a rate nearly 50% less than that of the general population.⁷

The American Heart Association recommends reducing fat intake to less than 30% of one's daily calories, mostly by eating "lean" meats within a balanced diet. A study evaluating the results of this diet discovered that 79% of the people on it developed more atherosclerosis despite reducing their LDL cholesterol. This study, entitled "The Lifestyle Heart Trial," was one of the first randomized clinical trials to see if we could stop or reverse coronary atherosclerosis without using lipid-lowering drugs.

Another group in the study, the "intensive lifestyle change" group, followed a diet of only 10% fat and less than 5 mg of cholesterol. They included aerobic exercise, stress management training, smoking cessation, and group psycho-social support. For comparison, the control group ate a diet of 26% fat and 250 mg of cholesterol. After one year the "lifestyle" group had a 37.2% reduction in LDL,

a 91% reduction in symptoms of angina, and a 2.2% overall regression of atherosclerosis. The control group had a 6% reduction in LDL but a 165% increase in anginal episodes and a significant progression of atherosclerosis.⁸

A 1998 study compared mortality rates of more than 76,000 vegetarians and non-vegetarians over about a decade, adjusting for age, gender, and smoking. Compared to the non-vegetarians, the vegetarians had a 24% reduction in mortality from ischemic heart disease. In addition, the non-vegetarians died significantly younger. The authors concluded that vegetarians have a lower risk of dying from ischemic heart disease than non-vegetarians have.⁹

Blood pressure as well as cholesterol responded well to the vegetarian diet. When non-vegetarians with elevated blood pressure were placed on a diet rich in fruits, vegetables, and cereals for only eight weeks, their blood pressure (both systolic and diastolic) declined by 12.2 mmHg. Similar participants on the Standard American Diet (SAD) experienced no change.¹⁰

The Oxford Vegetarian Study selected 6,000 vegetarians and 5,000 non-vegetarian control subjects in the United Kingdom between 1980 and 1984 and followed them for 12 years. The vegans—those using no animal products at all—had lower total cholesterol and LDL-cholesterol and a lower mortality rate. The most striking results revealed the association between eating animal fats and the risk of dying from ischemic heart disease. Such heart disease was 57% less frequent in life-long vegans than in those who ate meat.¹¹

Cancer. In general, populations around the world who eat a very low-fat vegetarian diet have the lowest rates of cancer. Those who live on a diet higher in fat and cholesterol have the highest rates of cancer.

Substantial scientific evidence shows that certain foods can enhance the body's immune function while other foods can impair it. According to a recent German study, vegetarians have more than twice the natural killer cell activity than is found in those

who consume meat. This study suggests that vegetarians may have much more power to kill cancer or to keep it in check. The greater immune strength likely comes from the vegetarians' diet with low fat content, higher fiber, and an abundance of phytochemicals, antioxidants, and other nutrients that enhance the immune system.¹²

A study of more than 122,000 American nurses reported that women who ate meat daily were twenty-five times more likely to develop colorectal cancer than those women who ate meat less than once a month.¹³

We know that dietary changes are a key factor in reducing total mortality. Current recommendations call for adopting many of the attributes of a vegetarian diet.¹⁴

Research has also linked dairy foods to cancer. There appears to be a direct relationship between the amount of dairy products consumed and the risk of cancer. Consuming two glasses of milk per day increases your risk of cancer by 20%. More than two glasses per day increases a man's risk of prostate cancer by 400%. A U.S. study compared a state by state use of dairy products with the overall rate of breast cancer. The more dairy products (milk) a state consumed, the greater the risk the people had of dying from breast cancer.¹⁵

Chemicals in the diet are affecting both men and women; research is shifting now to see if the hormones that the cattle industry uses are completely safe for everyone. Hormones seem to stimulate the start of cancer by acting on chemical, physical, or viral agents and promote the growth and metastasis of tumors once they have started.¹⁶

Other Reasons. Beyond health reasons, many choose the vegetarian lifestyle for humane, ecological, and religious concerns. But the vast majority of vegetarians follow this diet out of concern for their health. They are willing to change their diet to prevent medical illnesses. What they do, basically, is eliminate animal products from the diet and reduce the percentage of saturated fat they consume. These people want better health and longer life and they want to feel good.¹⁷

A substantial amount of solid research confirms the power of a vegetarian diet to reduce dietary risk factors. Literally a thousand and more such articles in print, from all segments of study, confirm this information. Dr. David Heber from UCLA Medical School feels "this is a wake-up call to all doctors who prescribe a dietary program far too modest to affect the disease process." For doctors to ignore the facts is irresponsible. It is well-known that physicians, physician assistants, and medical personnel can influence patients to adopt a very low-fat vegetarian diet. The reverse of this is also a known fact—patients can be "discouraged" from following a program if they are not encouraged by their health care providers.

In conclusion, sufficient information in the Bible, Ellen White's inspired writings, and the scientific literature supports the vegetarian diet as very beneficial in the prevention, regression, and even the reversal of the conditions discussed in this article.

In the context of this discussion, a motto that we health professionals have been taught and think about almost every day of our practice is appropriate: "Above all else . . . do no harm." When we know that a proven practice is beneficial for our patients and we do not recommend it to them, then we are actually "doing harm" to them. This matter becomes imperative when we realize that "the controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character" (Testimonies for the Church, 3:491, 492).

I challenge the readers of this article to study the vegetarian diet. Objectively evaluate how it affects health and wellness, incorporate it into their personal lives, and then recommend it to their church family, friends, family members, and co-workers. It can help us all toward living longer and better. ●

Clifford Korf, Clinical Director, Physician Assistant Program Union College. Does the vegetarian diet really make a difference? Adventist Affirm Vol.15.#2.

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EVEN THE ANGELS MUST HAVE LAUGHED

A **very obese** man struggled up the six threads of the steps to the doctor's office. There were no patients so he was ushered in to see the medicine man. He was still breathing heavily and sort of panting for air. After examination by the doctor, he was told that he was grossly overweight. I will put you on a diet right away the doctor said. He gave him his diet sheet. The man struggled and left the doctor's office. About 30 minutes later, he knocked on the doctor's office and told him 'Doc I am glad that I had only reached at the bottom of the stairs when I read this diet sheet. I find it very short he said."6 biscuits with only water three times a day for one month and drink only water when I am thirsty? But doctor, you did not say if this was before or after meals?"

LA BREA GIRL AND CASHEW NUTS

Shurnelle De Verteuil is an sophomore of University of the Southern Caribbean majoring in Human Resource Management. She is a member of the Trinidad and Tobago under 21 Netball Team. She also plays tenor pan in the La Brea SDA District Steel Orchestra.

Patrick Roy a past member of T&T National B Cricket Team, past Tech Voc. Teacher and Elder Of the La Brea SDA Church is an ordained minister currently employed with the South Caribbean Conference Of SDA.

MAKE THIS TRY THAT

We are reproducing our local Christmas Recipes by Hazen Ann Issac. Why because it is the best we have received for the Christmas Holidays within the context of our health principles of no alcoholic based cakes and all the details of recipes. We are also going local for this year.

RECIPES BY HAZEL-ANN ISAAC

Pastelle

Ingredients:

Banana Leaves for wrapping; ¼ lb margarine or cooking fat; 1lb beef, chicken or minced soya chunks); 1 bundle of chive, finely minced; 1 green sweet-pepper, chopped; 1 clove garlic, chopped; 2 tbsp capers; 1tsp Worcester sauce; ¼ cup ketchup; 1-1/2 cups yellow cornmeal; About ¾ cup warm water (or read recipe on packet)

Method:

Wilt banana leaves over flame and grease with oil or margarine. Season filling with chive,

Sweet-peppers, garlic, onion, lime juice, salt and black pepper. (Thyme if desired).

Steam filling except soya. Brown in oil. Add raisins, olives and capers. When using soya, place in hot boiling water for 15 mins. Drain, season and cook as above. Add quarter cup ketchup and 1 tsp Worcester sauce. Put cornmeal into separate bowl with 2 oz butter, salt

and enough warm water to knead. Form into 12 balls. Put one ball between leaves and roll to 1/8" thickness. Place about 2 tbsp of filling in middle of flattened corn-meal circle and fold corn-meal to enclose filling. Press edges to seal. Wrap patty in leaf. Secure and tie with string. Steam for 45 minutes over low heat. Yield: 1 dozen

Note:

You can also wrap with foil paper after wrapping with leaf to store in refrigerator for up to 6 months. Foil rectangles can be used instead of banana leaves. Banana leaves can be cut in squares. You can use a Pastelle Press, greased rolling pin or hands to press ball.

Basic Sponge Cake

Ingredients:

1 cup butter or margarine (½ lb) 8 oz; 2 cups granulated sugar or brown; 4 eggs; 3 cups sifted flour;

3 tsb baking powder; ¼ tsp salt; 1 cup milk or juice; 2 tsp vanilla

Method:

Cream butter and sugar until light. Add eggs one at a time and beat well. Sift dry ingredients together and add alternately with milk or juice to creamed mixture, beginning and ending with flour mixture. Add vanilla.

Bake at 350o F in one 10" tin for about 40 - 50 minutes (or two 8" greased tins for about 25- 30 mins)

Remove from tins and cool on wire rack.

Variations:

Use 1 tsp orange rind plus ½ cup orange and ½ cup milk instead of all milk for orange sponge.

Mix about 4 tbsp of batter with approximately 2 tsp sifted cocoa powder. Drop by table spoon in remainder cake and swirl with butter knife.

Non-Alcoholic Trinidad Black Christmas Cake

Ingredients:

Day before: Chop and mix well the following. Leave to soak.

1 lb prunes; 1 lb raisins; ¼ lb mix peel; ½ lb cherries (mar chinos cherry); ¼ chopped almonds;

1 bt Cranberry Juice (crangrape Ocean Spray juice) Put in pot under low heat and add juice

Method:

Cream butter (1 lb) and sugar (1 lb). Add eight (8) large eggs one at a time.

Add 1 tsp lemon essence (optional), 2 tsp lime rind, 2 tsp almond essence and 2 tsp vanilla essence.

Mix and sift dry ingredients- 1 lb flour, 4 tsp baking powder, 2 tsp mixed spice and ½ tsp grated nut meg. Add gradually to creamed mixture. Mix in fruits and 1/3 cup browning. Put in greased tins doubly lined with brown paper or foiled. Bake at 250° F for 2 - 3 hours or until down.

Note:

For fruit cake raise baking temperature to 350 o F for 45 minutes – 1 hour or until done.

To grease the pan use cookeen, then add foil. Put the foil on the less shiny side and then grease with cookeen.

Shortcomings

As amateurs in the kitchen, some get over excited with new ideas as recipes. We thank Hazel-Ann Isaac for going the extra mile by walking us through this unfamiliar journey of making our own delicacies for the first time by highlighting the problems and causes of such.

Problems

Causes

Crust too dark

Too much heat/excessive sugar

Cakes too small	Insufficient baking powder/ too much heat, batter too warm, aged baking powder, unbalanced recipe, insufficient batter in pan
White specks on cake	Sugar too course, Insufficient liquid
Cake falls during baking	Insufficient Flour Under-baking
Shrinkage of Cake	Improper mixture Thin Batter
Cake Burst on top	Improper mixing, Stiff Batter, Too much heat
Crust to thick	Insufficient Heat
Heavy Texture	Insufficient sugar, Too much flour, Insufficient margarine, Unbalance recipe, Insufficient Liquid
Sinking of fruit	Too much baking powder, Thin batter, Fruit not drained properly, Unbalance receipt
Poor Keep ability	Too much heat, Insufficient sugar, Insufficient egg, Insufficient margarine, Unbalanced recipe

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