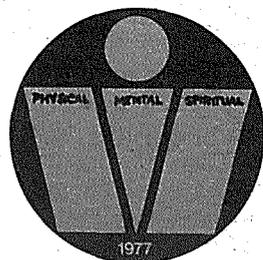


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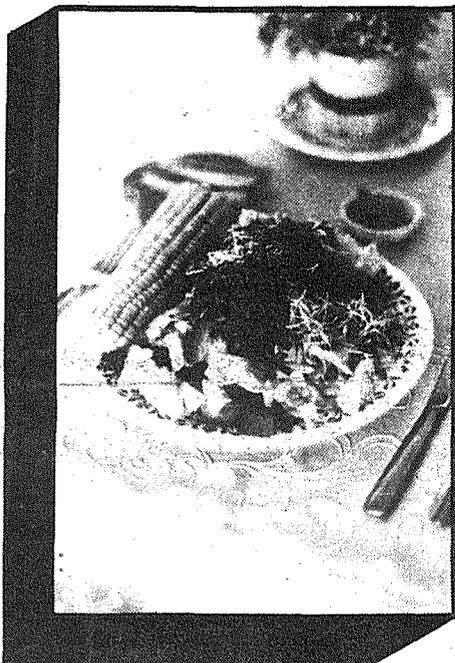
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Weimar Institute

Box 486 Weimar, CA 95736

June 1985

GO VEGETARIAN, SAFELY!



(This is a concluding portion of an article by Dr. Milton Crane, "Does Every Body Need Milk?," dealing with modern problems animal products are now creating for human beings. Here, Dr. Crane recommends safe ways a person can improve his diet to eliminate animal products and yet get all the nutrients vital to good health.)

With all the above arguments it hardly seems necessary to state that milk is not a desirable food for the adult under ordinary circumstances. It was designed primarily for infants and even that should best come from their own mother. There are situations such as economic hardships in which milk is the best source of protein and calcium available. However, even so, many people have given up milk because of one or more of the above hazards.

When milk from other animals is given up, what precautions should be taken to be sure of proper nutrition? The answer depends upon what types of foods are eaten in its place. If a total vegetarian diet is selected, free of animal products, the intake of certain nutrients should be insured for safety.

Protein?

An adequate intake of protein can be furnished by a combination of whole grains and legumes along with green, leafy vegetables. There are eight amino acids for the adult and nine for the child that are "essential" for the body. The body cannot make these amino acids, called "essential amino acids." Therefore, they need to be in the diet, not necessarily every day, but certainly on a regular basis. Most cereal grains, as currently grown by farmers, are low in one of these called lysine, except for a new variety of corn which is high in lysine. On the other hand, legumes are low in methionine (which is high in cereals), but they have plenty of lysine. Greens are low in protein, but the amino acid content is complete. Thus a variety of two or three whole grains along with greens and a legume should supply a good quality of protein in adequate amounts.

Calcium?

The availability of calcium is another major concern of people when they give up milk. However, our need for calcium in the diet diminishes as we cut down on the intake of protein.^{15,16} On the usual American diet, the capacity for the intestine to absorb calcium may be inadequate to keep pace with the large amount of calcium that the kidneys are obligated to excrete with our high protein diet from flesh foods, milk, eggs or meat substitutes. This high protein diet causes a gradual loss of calcium from bones which results in osteoporosis. However, calcium is available in adequate quantities from certain green, leafy vegetables, legumes, nuts, and grains. There is more calcium in a cup of cooked greens than there is in a cup of milk. The kind of greens, however, is important. The greens that are high in oxalate, such as spinach, chard, and beet greens, have very little available calcium. They may be a source of protein and vitamins, but not of calcium. Green, leafy vegetables such as turnip greens, mustard greens, kale, collards, radish greens, and broccoli are especially good for calcium. A sizeable helping of these daily is advisable for this purpose.

If these are not readily available, then one must insure adequate intake from other sources. Calcium supplementation by calcium lactate or dolomite up to 300 to 500 mg. of calcium per day may be needed. By far the best way would be to obtain all our nutrients from natural sources in so far as possible considering our environment, financial resources, and food availability.

Vitamin D?

Vitamin D from milk (fortified) can be manufactured by our bodies from cholesterol if we expose half of the face to the ultraviolet rays of the sun for fifteen minutes or so daily. The long ultraviolet rays needed for this vitamin formation cannot penetrate fog, smog, clouds, ordinary window glass, window screening, clothing, or deeply pigmented skin. The sun needs to be sufficiently high on the horizon to penetrate the atmosphere. In areas of the country with cloud cover much of the time or in the "canyons" of the big cities, one would need to obtain ultraviolet irradiation from a UV lamp source or take a vitamin supplement.

After the vitamin D is made in the skin, it is then further changed by the liver and kidney into the active chemical. It aids in the absorption of calcium in the gut and helps in the development of bones. Vitamin D helps to grow bones; vitamin A from carotene in foods helps to remodel them. The extra vitamin D can be stored in the fatty tissue for use later on so that daily exposure to sunlight is not needed.

Less vitamin D will be needed on a low protein diet since the obligatory loss of calcium in the urine has been removed. Those who are unable to get adequate sunshine for long periods of time because of weather conditions or occupations, should take 2 to 10 micrograms of the vitamin daily for safety sake since there is none in the strictly vegetarian diet.



Vitamin B12?

Vitamin B₁₂ is another constituent of the diet that is of concern on a total vegetarian diet. In brief, the details of vitamin B₁₂ are as follows: We are indebted to bacteria for our B₁₂. For the lacto-ovo-vegetarians milk is the major source of vitamin B₁₂. Eggs can no longer be considered a consistent source since the chickens may now live in closed quarters and be fed a type of food that does not contain vitamin B₁₂. When we give up animal products and fermented foods, we must make sure to obtain this vitamin, a by-product of bacterial action, from another source.

Continued on page 8

FEATURES

Ina's Story p.2
Fresh Air Values p.3
What Christ Does Now p.5
You! A Medical Missionary p.6

Weimar woman takes one-day, 50-mile stroll

By Tom Ish
Journal News Services

Not many 70-year-old people would dare venture beyond the corner market on an afternoon stroll. But Ina Canaday of Weimar completed a 50-mile walk in one day to show people how a change in lifestyle has changed her life.

The tour director of Weimar Institute — a health center and college located off Interstate 80 — Canaday said Sunday she hopes that by sharing her experience of renewed health that she can trigger some donations to defray some of the institute's debts.

Canaday and her husband, Ivan, 73, came to Weimar about a year and a half ago with severe arthritic problems.

Ina Canaday also had a bad heart and was still recovering from back surgery.

Through the healthful lifestyle they learned at Weimar, she said their lives have changed.

Her 50-mile jaunt began at 4:25 a.m. from Lincoln. She walked to Roseville and then continued down Pleasant Grove Road toward Sheridan.

She then headed back to Lincoln on Highway 65 and completed her walk by 7:25 p.m.

Canaday said she gained a few blisters and was a little tired, but early Monday morning she got up and walked her normal three miles before breakfast.

She said the cool day, her faith and the help of her husband insured her success.

He would drive ahead about 10 miles then walk back to meet her. They would then walk together to the car and repeat the process.

She estimates that Ivan put in a good 40 miles himself.

With lunch and rest stops taken out, Canaday figures she maintained a four-mile-an-hour pace most of the day.

The previous Sunday she set out from Weimar to walk to Sacramento, but by the time she reached Auburn, the downhill grade and heavy traffic forced her to choose a different route.

Canaday said she plans to publish the story about her changed life so perhaps more people can follow in her footsteps.

Reprinted by permission from the Auburn Journal, Tuesday April 23, 1985.



Wasn't it Edgar Guest who wrote, "Somebody said it couldn't be done. But he with a chuckle replied that maybe it couldn't but he wouldn't be the one to say so till it was tried. So he buckled right in with a trace of a grin on his face. If he doubted, he hid it. He started to sing as he tackled the thing that couldn't be done, and he did it."

There were a few times in the thirteen hours of walking that I wasn't

sure if Edgar Guest had reference to a lady approaching 71 and going on a 50 mile jaunt even if there had been exhaustive preparation.

Let me go back a year and a half. My husband and I had been at Weimar Institute only a few days when we realized how much we needed what Weimar was teaching. I had had back surgery for a ruptured disc three months before. Arthritis plagued us both. And exercise, especially uphill, would cause my heart to misbehave. This gave me a strange feeling in my chest and I'd have to cough. Well, we decided to begin following the Weimar lifestyle and stayed on it strictly. And day-by-day it became more enjoyable. We were seeing what it could do. I can now say that I cannot remember when I have felt as well as I do now. I walk between 5 and 25 miles a day.

A year ago the president of the Institute called all the staff and "family" together and appealed to us to do what we all could to help pay off the Institute mortgage, as \$17,000 alone has to go out every month just for interest on the loan.

For a year now I've been wishing I could do something — but what?

Then one day a thought began to form in my mind. I didn't have money but I had this marvelous health the Lord had given me by our following His plan for health. Why not give of that?

So I chose the idea of a Walk-a-thon to demonstrate to our world the benefits the eight natural remedies have been to me and to provide opportunity for many of you to share in my venture to help the Institute. I truly believe I have one thousand friends out there who know the wonderful work Weimar is doing and who would be willing to donate \$2.00 a mile or \$100 toward the liquidation of this debt. Often walk-a-thons are done with the arrangement, "I'll do this if you do."

But with the strength God has given me, the feat has already been accomplished, as you can see from the newspaper story. Along with what has been pledged by business firms, your help in this personal way could spell success this year for Weimar.

May the Lord richly bless you. I'll be looking forward to seeing your name on my list. Write me today. Ina Canaday, P.O. Box 486, Weimar, CA 95736.

NEWSTART Controls Diabetes

B.C.K.

(Tom and Shelly McClean, NEWSTART guests March 31 to April 25).

For Tom and Shelly McClean NEWSTART has been a family affair. Having along their five month old son, Bobby, has added to the joy of learning principles of healthful living.

"I had an industrial accident which worsened my diabetes and increased my stress," Tom mentioned. "My diabetes then went totally out of control." His wife Shelly also had health concerns before coming to Weimar. "I was overweight and my blood pressure had been getting increasingly higher," she stated.

The McCleans discovered NEWSTART through their doctor. "We knew we needed a place to go to straighten out our medical problems," they said. "Our doctor suggested this program." Tom and Shelly

have themselves begun to recommend NEWSTART to others. "We have already told an aunt and five or six more friends."

Since being here Tom has laid aside his oral diabetes medication. Before arriving at Weimar his morning fasting blood sugar level was 280 (optimum glucose below 120 mg/dl), but now without medication "160 is the highest it gets." He has lost 20 pounds and his blood pressure has dropped dramatically.

One of the greatest differences between NEWSTART and the conventional American lifestyle is the diet. "The first week we thought the food was very bland, but now we really enjoy it. The vegetables have so much more 'taste' to them now." Shelly added, "I think there is a re-adjust-

ment of your taste buds when you stop eating all of the heavy spices, salt and pepper."

Concerning their continuation of the program at home the McCleans said, "The physicians' lectures and especially the cooking classes will make it easier to convert over to cooking this way." They also appreciated other helpful hints that have been presented. "We have been shown some shortcuts such as how to arrange one's kitchen and which foods can be cooked in advance to be ready for a quick meal." Tom and Shelly concluded, "We have not only been through NEWSTART, but we have been shown how to take it home."

Apply for
your own

"NEWSTART"

below.

1985 NEWSTART Program Dates and Details

1985 NEWSTART Schedule

May 26 - Jun. 20	Session V
Jun. 23 - Jun. 29	ALUMNI WEEK
Jul. 7 - Aug. 1	Session VI
Aug. 4 - Aug. 29	Session VII
Sep. 8 - Oct. 3	Session VIII
Oct. 6 - Oct. 31	Session IX
Nov. 3 - Nov. 28	Session X
Dec. 1 - Dec. 19	19-DAY Maxi-session

Sessions include:

- Physician's examination & consultation
- Full blood work
- EKG and stress testing
- Hydrotherapy treatments
- Lectures, demonstrations, cooking classes

NEWSTART Costs

- Full patient \$3,500
- Spouse patient \$2,650
- Spouse companion \$1,200

Reduced rate for short sessions.

We encourage the spouse to attend so he/she can help the patient continue the program at home.

Approximately 20%-30% of total cost can be covered by insurance if your policy pays for "outpatient costs."

We are covered under medicare B.

Reserve a place for me in the _____ program.

My need is in this area:

- | | |
|--|---|
| <input type="checkbox"/> health education and disease prevention | <input type="checkbox"/> cancer |
| <input type="checkbox"/> heart disease | <input type="checkbox"/> kidney disease |
| <input type="checkbox"/> high cholesterol or triglycerides | <input type="checkbox"/> arthritis |
| <input type="checkbox"/> hypertension | <input type="checkbox"/> allergies |
| <input type="checkbox"/> diabetes | <input type="checkbox"/> obesity |
| <input type="checkbox"/> cerebrovascular disease | <input type="checkbox"/> other |

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Put Air To Work For You!

By George Chen, MD

"Air, air, the precious boon of heaven, which all may have, will bless you with its invigorating influence if you will not refuse its entrance. Welcome it, cultivate a love for it, and it will prove a precious soother of the nerves... The influence of pure, fresh air is to cause the blood to circulate healthfully through the system. It refreshes the body, and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect and induces sound, sweet sleep."¹

Air is approximately 21 per cent oxygen, 78 per cent nitrogen, 1 per cent argon, helium, carbon dioxide and other miscellaneous gases. An adequate supply of oxygen is important for the proper function of every cell in the body. Lack of oxygen is thought to be a factor in the cause of all degenerative diseases such as atherosclerosis (hardening of the arteries, with its resultant heart attacks and strokes, arthritis, hypertension, diabetes mellitus, glaucoma, cataracts and cancer, etc.)

By slightly increasing the oxygen concentration in the air breathed by experimental animals, a decrease in blood cholesterol and triglycerides was noted, and even reversal of hardening of the arteries was found.² The best results were obtained using a low fat diet in combination with an increase of oxygen in the air.³

As the fat (triglyceride) content in the blood increases, the amount of oxygen in the tissues decreases. The fat causes the red blood cells to become sticky and clump together, thereby blocking the very fine blood vessels. This blockage results in a decrease of oxygen delivered to the tissue. This clumping has been seen through the microscope looking at the fine blood vessels covering the white of the eye.^{4,5}

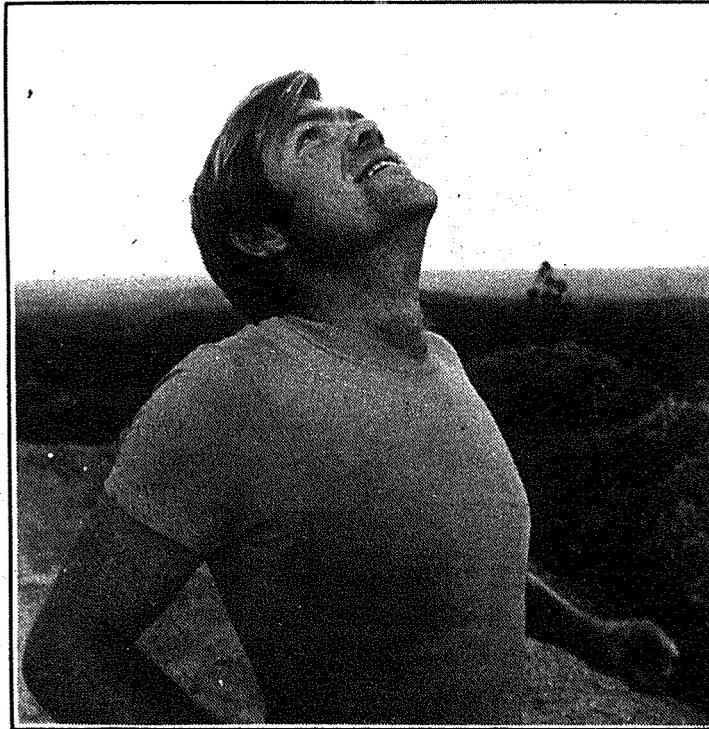
No wonder Americans with their high cholesterol and fat blood levels are developing and dying of the aforementioned degenerative diseases, whereas the people in "primitive cultures" who subsist on a simple, natural diet have virtually none of these afflictions.

"And work performed in the open air is tenfold more beneficial to health than indoor labor."⁶

"The heated oppressed atmosphere, deprived of vitality, benumbs the sensitive brain. The lungs contract, the liver is inactive."

Ellen White, an inspired health educator living at the turn of the century, made a distinction between pure, fresh outdoor air and heated indoor air. Is there a difference? Modern science has found that there is indeed a difference.

Air has been found to be ionized. There are negatively charged oxygen molecules and positively charged carbon dioxide molecules. The more negatively charged the air, the healthier. This charge in the outdoor air is obtained from the natural ionizing effect of radio active particles in the atmosphere and in the earth's crust.⁸ It also occurs from sunshine and from the break up of water droplets as found in the vicinity of waterfalls or ocean surf.⁹ We all know how exhilarated we feel when near a waterfall, or by the ocean. In the mountains, where an abundance of negatively ionized air is present, resorts and vacation spots flourish.



Negative ions have been called "happy ions" whereas positive ions are dubbed "grouchy ions." Air pollution and smog decreases the amount of negative ions present in the air we breathe.¹⁰ Indoors, the negative ions are lost rapidly by adhering to the walls, air conditioning ducts and fabric materials. Much has been said in over 5,000 articles written in world medical literature on this subject.

Effect of Air Ions on Health

Dessauer found the small negatively charged air ions give a feeling of exhilaration and apparent improvement of health. Inhalation of positive ions results in headache, dizziness, nausea, and a feeling of fatigue. The positive ions increased the respiration rate, basal metabolism and blood pressure. Negative ions decreased these functions.¹¹

Robles, Gorriti and Medina repeatedly exposed 30 hypertensive patients for 25-minute sessions to negative air ionization. Twenty-four treated exclusively with this physical method showed an average reduction of systolic blood pressure of 39mm of mercury.¹²

Negative air ions effect the breathing mechanism by dilating the wind pipe (trachea) and causing the cilia lining to move faster in order to make a more effective cleansing of the area. Positive air ions cause constriction of the windpipe and a decrease of the cilia motion. At times paralysis of the cilia occurs as during cigarette smoking.¹³

Marked relief of hayfever symptoms was noted in two-thirds of the patients exposed to artificially ionized negative air. There was also some relief noted in those with asthma in the study by Kornblueh and Griffin.¹⁴

Tumor growth was decreased to 1/2 in spontaneous as well as benzopyrene-induced carcinomas when animals were placed in a negative ionized environment.¹⁵ Puck and Sagik reported that viruses must carry certain electrical charges to be able to attack and invade living cells. Assuming that cells and viruses have the same negative charge, the viruses are repelled and made incapable

of breaking the protective barrier. The presence of positive ions seems to inhibit or neutralize cellular resistance, allowing the virus to enter and pursue its work of destruction.¹⁶

The above is evidence of how fresh, clean air (with high negative ion content) is able to purify, destroy or render inactive bacteria and viruses as well as other harmful substances. It gives a reason for the benefits of thoroughly airing out the bedding and ones clothing.

Climatic conditions effect the amount of total air ionization as well as the amounts of negative and positive ions present. When hot, dry winds blow, such as the Santa Ana wind, positive ions are generated. These positive ions also occur as a storm builds up. As the storm cloud passes, it sweeps away the positive ions. Lightning discharges large amounts of negative ions into the air, returning the air to normal again.

Negative air ion generators are now commercially available and are probably of benefit in air conditioned buildings where one is unable to open windows. However, if at all possible, we should get our negatively ionized air from fresh, outdoor air.

Suggestions

1. Eat a natural diet to keep cholesterol and fats low in the blood for good tissue oxygenation.
2. Exercise regularly to circulate oxygen to the tissues.
3. Practice deep breathing (diaphragmatic) until it becomes a habit.¹⁷
4. Air out bedding and clothing.¹⁸
5. Open windows! In cold weather windows in bedrooms should be open some. Use sufficient bedding for warmth. Close bedroom door to conserve heat in home.
6. Be out of doors as much as possible. (For those in cities where smog and air pollution are bad, stay indoors during the worst times of day. Air-conditioned air, though devoid of negative ions may be cleaner than the polluted outside air at those times.)

"The strength of the system is, in a great degree, dependent upon the amount of

pure air breathed."¹⁹

Let's take advantage of this natural remedy God has ordained for us to use, and praise Him for His free gift of heaven — pure, fresh, negatively charged outdoor air.

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KEYS TO HEALTH
God's Eight Natural Remedies

NUTRITION 🍏🍏🍏

EXERCISE 🚶🚶

WATER 💧💧💧

SUNSHINE ☀️☀️☀️

TEMPERANCE 🍷🍷

AIR 🌬️🌬️🌬️

REST 🛏️🛏️🛏️

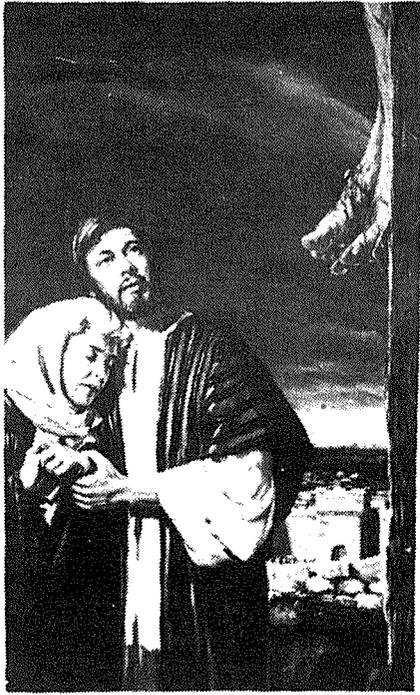
TRUST IN GOD 📖

Acronym by Design by
Bill Dawson Terry Zeyen

Reference: E. G. White, The Ministry of Healing, p. 127.
(Pacific Press Publishing Association, Boise, ID, 1905).

THE CREATOR HONORS PARENTS

By
Buddy
Kruger



There He hung tortuously twisted, nailed to the beams by wrists and ankles, a victim of political assassination, scapegoat for bigoted religious authorities, defenseless target for rabble rocks, sticks and rotten vegetables, consigned to die at the hands of demons, human hatred and exposure. Hung "alone" between Earth and Heaven; rejected by man, forsaken by God, Jesus Christ gave up Himself, a substitute to bear the curse sin brings for every human being (2 Corinthians 5:21; Galatians 3:13).

Our weakened perceptions fail to grasp or sense his agony, His terror, His horror of spirit! Whatever possessed Him to buy a second chance for man this way: to suffer the accumulated result of broken lifesustaining relationships, to show us all how terrible sin was and what it will finally do to every human who doesn't enter into a saving love-faith dependency upon Him? How big was this selfless love to drink such a cup of bitterness to His own destruction? What was sin anyway to wring out such a cost from God Himself?

He caught His breath in spasmic, choking gasps because of the red-hot burning pains in knotted forearms, thighs and chest. Vision swam before his eyes then

cleared a moment. Below, to the side, about fifteen feet away, leaned His mother on two of her friends. John, His follower, stood there, too. Christ spoke in a hoarse voice, "Mother, here is your son," "And John, here is your mother."

The adoption consummated, His final honor as a son bestowed, He soon died (John 19:25-30).

This scene is amazing to me! I am amazed at Him! How could He do that? How could He even have presence of mind enough to think of His mother's needs at such an hour? I'm amazed at the strength of His selflessness! Even excruciating torment of every body sense and suffocation of breath could not silence Him from expressing tender provision for His mother. His last work of earthly life was to do good in caring for another — to honor His mother. He gave her a son to take His place. I'm amazed, awed and ashamed all at once: awed to realize something of the importance to Him of God's law; "Honor your father and your mother..." (Exodus 20:12). I'm ashamed I've failed so much to copy Him with my own parents.

It's inspiring to consider this ancient but up-to-date principle Christ lived and died by and to see its importance for our lives today.

Psalm 119:52

— I remember your ancient laws, O Lord, and I find comfort in them.

First, let's hear the Word of God more fully on this matter:

— Honor your father and your mother so you may live long in the land the Lord your God is giving you. Ex. 20:12.

— Each of you must respect his mother and father. Lev. 19:3.

— Listen to your father, who gave you life and do not despise your mother when she is old. Prov. 23:22.

— Children obey your parents in everything, for this pleases the Lord. Col. 3:20.

— Rise in the presence of the aged, show respect for the elderly and reverence your God. Lev. 9:32.

— Children should learn first of all to put their religion into practice by caring for their own family and so repaying their parents and grandparents, for this is pleasing to God. 1 Tim. 5:4.

— The eye that mocks a father or scorns obedience to a mother will be pecked out by the ravens of the valley, and eaten by the vultures. Prov. 30:17.

Last month we saw how God's fourth commandment about keeping His Sabbath holy is the summary and climax of a person's faith-relationship with the true God. The fifth commandment is similar. But it summarizes all the second half of God's law. It reveals the best of love-relationship with our fellow human beings.

It's not a coincidence that part of the highest honor we can pay to our parents is to faithfully live out the principles of commandments 6-10, not to mention 1-4. To do so creates a son or daughter of such outstanding moral quality and of such high, positive worth to society that the parents are automatically exalted or honored by being related. Also, as they behold and admire the excellence of virtues in their offspring they tend to draw closer to God in praise and become more like Him themselves. There are other outstanding benefits of observing this 5th commandment which we'll mention later, but first what was God's plan behind the principle of this command? And how does it show us His beautiful and perfect character? For every law from His lips describes Himself and His own life.

Psalm 119:15

— I meditate on your precepts and consider your ways.

Before the beginning of humankind on Earth, the great Creator Family whom Christians call the Father, the Son, and the Holy Spirit, (Matthew 28:19) lived in a wonderful harmony. Thinking only of the good of one another and living to benefit the worlds of angels and beings they had created, eternal peace and ecstatic happiness pulsed throughout their Universal Home. In God's great household, (Ephesians 3:14, 15), the family members of the universe worked and shared and gave to better each member's quality of life. None thought of themselves and lived to be consumers. All were givers, unconscious of self, unconcerned with their own needs. All were conscious and concerned only for the others' honor, for their comfort and progress. When our Creator began to make Earth and the human race, He wanted it to reflect His life and special love (1 Cor. 13:4-8; Eph. 5:1,2) in a new way, more like the God-Family, a closer way, a creative way. But how? How would He put the Infinite onto a finite level? He couldn't, except through a partnership of human beings with Him. Thus divine infinite life could flow through finite man under man's free choice, and man could experience God's abundance in human relationships. So He created man as male and female, and the human home (Gen. 1:26, 27; 2:18-24). This arrangement was then to be a laboratory in life, a visual aid center where man and woman and offspring might study ever more deeply the mystery and satisfactions of the selfless intimate relationships God wanted humans to experience — His own total love, trust, submission, and serving heart (Eph. 5:22-23; 6:4). He would work it among them — a miracle of His presence in this circle. Husband, wife, Father, Mother, children, grandparents, etc. (Ps. 127:1). They would portray in a new dimension the Divine-Family life.

So, God has been responsible from the beginning for the whole concept of parenthood and family. It's His idea, His will, His own beautiful way but obviously something far different than most experience today.

Sin perverts and destroys God's plan to bless man. It introduces a different principle of relationships growing out of a deceptive self-love. When man turned away from his Creator then husbands and wives began establishing their married union upon what they were going to get (good feelings, security, recognition, etc.) individually out of the relationship instead of upon what they could give to it and the other. Then as parents they began to demand respect, recognition and elevation from their kids. And when they didn't get it, they had to prove they should have it, by force. Because of their position as the "authorities" in the home, they had the greater physical power and wisdom and would force, trick or coax respect out of their offspring. So "family" became a center for what to get instead of what to give. In that Dad and Mom became selfish in their approach to "family" the kids soon followed the example and began to demand attention, recognition, and position too. If they didn't get it they found how to make Dad and Mom miserable enough to regret it. And when they grew older they could even over-power their parents, reject their standards and discard them altogether as not needing their continuing attention and care. Such selfish attitudes fragment and destroy life and society-supporting relationships. Men and women came to reflect Satan's image instead of God's.

God ignores all of this plaguing heritage from our past, comes into human history Himself through Jesus Christ and demonstrates His better way, His own fifth commandment law.

Christ lived on the original plan for man: dependent and submissive to the Words and Spirit of our Heavenly Father. He listened to no other voices if they conflicted with this divine Word. He honored His earthly father and mother, treating them with deepest respect and kindness. His childhood and youth were unusual in selfless devotion to Joseph and Mary's good, in obedience and virtue, loyalty and patience. Never once in all His 33 years did He stop to find fault, blame or condemn them. He never mentions their sins. He overcame any evil with good words, kind acts and faith. At last He also died for them.

If God, Himself, put Himself into the hands of human, weak parents, sat respectfully at their feet as a learner and made provision for their future comfort and support, cannot I do the same without feeling degraded and embarrassed? I can and you can if we'll believe that God will do what He says and ask Him (Hebrews 11:6, 10:15, 16). He promises us a change of heart and mind so we can think and feel like He does and carry out His abundant, selfless life (Ezekiel 36:25-27). Living in continuing communion with Him through His Word and prayer, we'll find it a delight to copy Him.

Psalm 119:48

— I reach out my hands for your commandments, which I love, and I meditate on your decrees.

A FAVORITE RECIPE



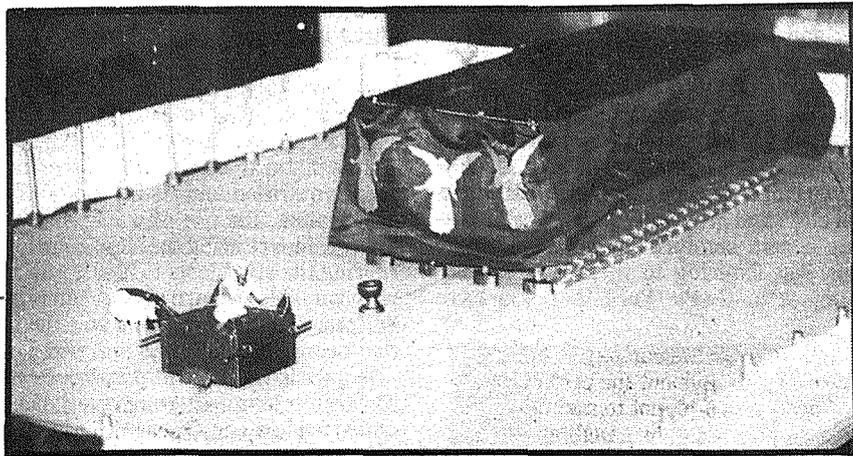
Scalloped Apples

2 c. soft bread crumbs
1/4 c. nuts, chopped
3 c. apples, chopped
1/2 c. dates, chopped
1/2 c. water

Simmer dates in water until soft.
Mix with other ingredients.
Put in baking dish.
Bake for 30 minutes at 350.

(Note: this delicious recipe is not intended for daily use, but rather as a treat once in a while.)

Where Christ Works Today



The picture on this page shows a model of the Old Testament Hebrew sanctuary constructed by Dr. and Mrs. Carl Anderson with the help of the students in the old Sacramento Church School 48 years ago. The Andersons recently took the model out of storage and refurbished it to be an interesting teaching device for the guests attending the New Start program at Weimar Institute.

The model was built to scale, thirty-two times smaller than the one Moses erected in the wilderness so many centuries ago. The materials used simulate those actually mentioned in the Bible.

The students who helped build the model would go to surrounding churches and give programs, displaying the model, reciting passages from the Scriptures by memory revealing the lessons from the sanctuary, and singing appropriate songs at various intervals. Three of those original 22 students still live today not far from Sacramento.

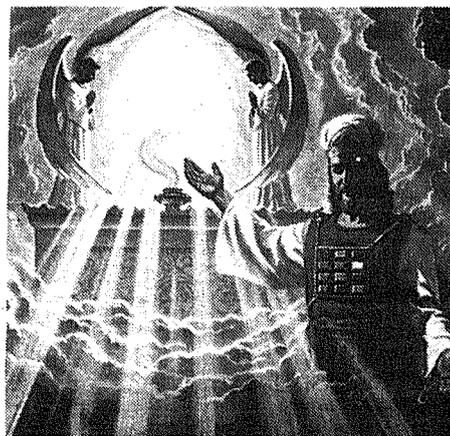
Dr. Anderson currently serves as Chaplain for the New Start Center and puts the model together and explains its meaning to the guests of each program. He feels the lessons of the Sanctuary have relevance to people today because they reveal what Christ is doing in Heaven now.

By using Bible passages from the book of Revelation Dr. Anderson illustrates with the model the progress of Jesus' priestly ministry in the heavenly sanctuary. The earthly sanctuary Moses constructed was patterned after this one in heaven (Hebrews 8:5) which was seen by John in the Revelation.

For example, he points out the vision in Revelation chapter one of Jesus walking among the candlesticks of the sanctuary, dressed in the typical garments of a priest, performing a ministry for His people from the time He ascended to heaven until He returns to Earth again. The year was about 96 AD when John was shown Christ there in the holy place of the heavenly temple. Also, in chapters four and five a work of judgment like pictured in Daniel 7 is seen in the heavenly throne room with the Father, twenty-four elders, and hosts of angels. Next, John sees activity beside the altar of incense in or near the second area of the sanctuary called the most holy place. Revelation chapter 8 shows the importance of Jesus' ministry with the prayers of His people. Again in chapter eleven is a glimpse of the temple: a measuring of it and its worshippers going on (vs. 1) and a view of the ark of the covenant in the most holy place, the sacred chest where God's Ten Command-

ment law is treasured. (vs. 19). Chapters 12 through 22 reveal Christ directing the final events of Earth's history in the war between sin and righteousness. He does this from His temple in Heaven as high priest of His people and coming king of the universe.

As Dr. Anderson concludes, "In light of the developments now taking place on Earth, it is highly significant to understand that the work in Heaven is also rapidly drawing to a close. As Jesus is about to complete His ministry of intercession it would be well for His followers on earth to be pleading for the cleansing power of the Holy Spirit to make their own body temples (1 Cor. 6:19; 2 Cor. 7:1) what they should be in Heaven's sight.



This cooperative endeavor on the part of heaven and earth ends, we believe, very soon with the announcement from the heavenly sanctuary:

"He that is unjust, let him be unjust still; and he which is filthy, let him be filthy still; and he that is righteous, let him be righteous still; and he that is holy, let him be holy still. And, behold, I come quickly; and My reward is with Me to give every man according as his work shall be." (Revelation 22:11,12)

Such are the lessons that can be learned even from a little model of the wilderness sanctuary constructed by two teachers and their students almost half a century ago.

Weimar Bulletin

Weimar Institute is a multi-phased ministry whose keynote is SERVICE. Working in harmony with the basic tenets of the Seventh-day Adventist Church, the Institute is comprised of physicians, educators and other laymen. Our primary goal is to uplift God's character as the One who restores His image in His people on earth. Weimar Institute ministers to the physical, the mental and the spiritual aspects of humanity. We desire that the free gift of God's righteousness, as revealed in the person of His son Jesus Christ — our only source of salvation — shall become more believable to others because of this service to which we have been called.

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Lester McSherry.....Director of Work Education
Preston Wallace.....Director of Community Services

NEUWSTART HEALTH CENTER

Milton Crane, MD.....Medical Director

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Buddy Kruger.....Editor

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Weimar Institute is a non-profit organization operating under section 501 (c) (3) of the Internal Revenue Code. Tax deductible receipts will be issued for cash donations and in acknowledgement of material gifts. The Institute may be named to receive a bequest by will. The appropriate designation should be: Weimar Institute, Weimar, California 95736. Deferred gifts by will or trusts will be gratefully received.

OFFICE HOURS

Monday through Thursday: 8:00 A.M. - 5:00 P.M.
Friday: 8:00 A.M. - 4:00 P.M.
Sabbath and Sunday Closed
Telephone: Business line (916) 637-4111 or 878-7222

ADDRESS CHANGE

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VISITORS

Due to the rapid growth of the "Weimar family" we have extremely limited guest facilities. PLEASE, if you plan to visit Weimar overnight make advance reservations. Otherwise, we cannot guarantee accommodations. Thank you for this consideration.

We do not conduct Sabbath services at Weimar Institute. If you plan to join us for Sabbath meals, please make prior arrangements for meal tickets.

A casual walk through the campus? Most anytime you want! A meeting with the President or other staff members — please write or phone ahead to confirm an appointment.

By Dick Winn

TEACHABLENESS AND PERFECTION

"The Lord God has opened my ear, and I was not rebellious, I turned not backward." Isaiah 58:5, RSV.

There is probably no word in theological circles that can start an argument more quickly, or raise blood pressure more surely, than the word "perfection." Too often perfection is viewed as a level of performance which one must achieve, beyond which there is no more need for growth. That challenging goal, however, always seems to be just beyond the reach of even the most earnest. And this is where the controversy arises. Should one keep on striving? Or should one just claim forgiveness...and rest content?

Any concept of perfection which focuses upon our performance, or holds to some plateau of goodness which then earns God's approval, is bound to run into these conflicts. In seeking for a more adequate (and thus more trouble-free) understanding of this nebulous goal of Christian growth, I have been impressed with Isaiah's assertion that God has opened his ears to hear truth: Isaiah, in turn, is then entirely free from resistance or rebellion; Isaiah is teachable!

God has so many things to teach us — about Himself, His plans for us, His paths of blessing. Since truth is the means God uses to draw us back to Himself, our response to that truth becomes an extremely vital issue.

What is more, God intends to keep on telling us the wonders of His character, of the plan of salvation, and of the mysteries of nature throughout the ceaseless ages of eternity. What better preparation for heaven than to become the kind of person right now who will eagerly be open to the Divine Teacher?

Furthermore, When God knows that it is time to work on the next "round" of character development, He will find the task either easy or difficult (or even impossible), depending on whether He finds us to be teachable. Those who, like Isaiah, can say, "I was not rebellious," will find growth into His likeness to be both rapid and accurate.

But "teachableness" is not something one simply chooses to wear, like a grin. It isn't a matter of one casually saying, "I think that today I shall become teachable." To be teachable means to trust the Teacher! It means trusting that He will not lead us into a life of drudgery. It means experimenting in our lives with what He has taught us, seeing that it is very good, and returning for more. It means knowing Him!

You! A Medical Missionary to Your Community

This last article in a three part series on medical missionary work is for you who read the first article and are interested in working as Christ did, relieving suffering and comforting the discouraged. You may be unable to take advantage of Weimar's two years training program described in the second article but are not sure how to start where you are, or don't feel adequately prepared for this work. Don't give up! The majority of God's work in this world can be done by those with no formal training. Perhaps with a few ideas from this and future articles we can show you how to begin in your local church and community, because the world needs today what it needed nineteen hundred years ago — a revelation of Christ.

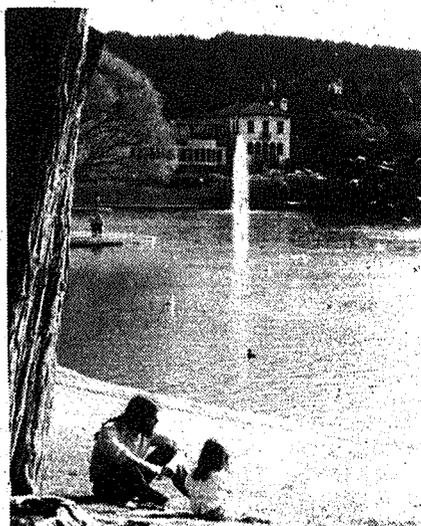
But, you ask, how can I reveal Christ? It is by doing the simple works He did. Let's look at some and see which ones you could do.

He mingled with the people as one desiring their good, showing sympathy and ministering to their needs. Spend time with people, put yourself in places where people are, in homes, malls, parks or next door. Watch for needs where you can show sympathy and benefit people by "good turns" or simple deeds of kindness.

Christ relieved the poor, cared for the sick, comforted the sorrowing and bereaved, instructed the ignorant and counseled the inexperienced. But you ask, Am I rich to help the poor? Am I a doctor to care for the sick? Am I a professional counselor to comfort? Knowledgeable to instruct the ignorant, or experienced to counsel the inexperienced? Neither was Christ by the standards of His day. But we can use whatever talents we have. They are often more than what is necessary to meet most needs. Those who have neither great talents nor extensive education may minister acceptably to others. God will use people who are willing to be used. God accepts the wholehearted service and will Himself make up the deficiencies. The Lord will bring them into connection with those of more marked ability, to fill up the gaps that you may leave.

You say, "I'm waiting for my church to start some Medical Missionary programs." Often there is a tendency to substitute the work of organizations for individual effort. But the gospel needs individual responsibility, individual effort and personal sacrifice.

The work begins with you, and the preparation begins in your own heart and life as well. If our work is to reveal Christ then we must get to know Him, spending time in the Bible and other material such as *Desire of Ages* by E. G. White which is a beautiful biography of the life of Christ, impressing on our minds His character,



actions and source of strength. As we do this, "beholding the glory of the Lord" we will be "changed into His likeness from one degree of glory to another." This is essential for effective medical missionary work, and is the first work to be done in your preparation.

The second step is to develop a support group, those in your church who have similar interests, it is vital that you accept and draw strength from others. Begin to meet on a regular basis, to at first study how God wants you to go to work in this area. A couple of good books to use in this study are *Welfare Ministry* and *Ministry of*

Healing. Later you will be able to share with each other what you are doing and how the Lord is blessing.

The third step is to begin right where you are, and begin small. Get to know your fellow church members, discover their needs, especially in the areas of physical and spiritual health. Use the skills you have even if they seem inadequate to do what you can to care for the sick, even if all you can do is wipe their forehead with a cool cloth and pray with them. When a tragedy occurs comfort the sorrowing, perhaps just listening to them and sharing promises in God's Word that you have



gained strength from in the past. In "instructing the ignorant" some people just need some sound advice and if you pray for God's wisdom and use the Bible as your guide, your advice can often be more valuable than even a professional counselor. Counseling the inexperienced, is not dependent on age. You can share what Christ has done in your life. This often will bring a ray of hope to the most discouraged. You could help them see the real priorities in their life this way.

The fourth step is to begin helping your neighbors and the neighbors of the other church members with practical needs. Be-

lieve me, once you start looking for needy people and match up their need with your (God's loaned) skills, you will have plenty of opportunities to relieve the sufferings of Christ in His children.

Yes, there are things you can do with skills you have now, but you should also continue learning to be a better worker, such as in learning how to use God's simple natural remedies. These include proper nutrition and its relation to health and healing, the use of water and hydrotherapy for relieving the sick, knowing and sharing the eight laws to health. Also, it is very valuable to learn all you can from the Scriptures and be able to share the truths that bring peace of mind and real joy.

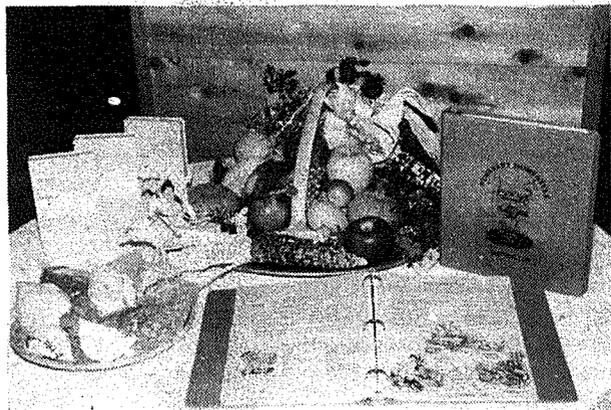
In a desire to learn new and better skills of service many of you have been frustrated not knowing where to turn to get this information. Many come to schools such as Weimar College for an education in these areas, but many are dependent on learning materials they can study at home or on local training programs in their area. We at Weimar would like to meet your needs where possible, giving you the knowledge and the tools to do this great work of medical missionary work in your local area, but we need you to tell us what your needs are for materials and training opportunities. What are the subjects where you need more knowledge? What type of training seminars would be most helpful for you? Even, what type of student should we train to help you in your church?

Perhaps you have found helpful resource material or training programs elsewhere that we could recommend to others. Please let us know. You may be a person in need yourself and can share that need with us. We may not be able to meet your need personally but we may be able to train students to meet those needs in others they meet here.

We can't promise to provide all that you request, but by finding out the needs of our readers we can serve you better.

It is our desire that no one, wishing to do this personal work would say, "there was no one to show me how to begin," and that all who want to may minister to others.

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HELP THE MISSION PROJECT OF YOUR CHOICE

IOWA CAMPS FOR CHRIST

Summer can be dangerous for kids with little to do, especially kids in the Midwest too young to hold jobs. Many small towns, few existing outreach and activities programs for youth, and the increasing pressure to do crime and drugs, have stirred a group of Weimar students into action. They have developed a unique plan to help these young people living in the rural areas of Iowa this summer. As Dick Winn, Weimar's president, noted, "We believe that one of the finest educational experiences a young person can enjoy is that of learning to minister and to serve others. For this reason we are eager to see this particular project be a success."

Twelve Weimar Academy and College students and four staff will travel to Iowa communities to set up and conduct two-week long summer camps. Sharing their convictions about Christ through wholesome recreation activities, Bible and Nature lessons, healthful lifestyle, and

planned practical helps projects to community people, the student team expects to see many Iowa juniors and earlites drawn into commitment to the Savior. Already excitement is building in the four hand-picked towns as local Christians alert their neighbors and friends about the coming programs for their children. The Iowa/Missouri conference has also responded enthusiastically to the plan. Please pray for the team's success and safety, as only God can insure them.

Not wanting to charge the youth who attend these camps for the expenses, nor charge the committee who host them, the taskforce team decided to forfeit salaries and trim possible costs down to cover just the bare necessities. This is a faith project relying on the gifts of interested friends and relatives. They invite your participation by sending a contribution to:

Summer Camps for Iowa, c/o Weimar Institute, P.O. Box 486, Weimar, CA 95736.



Iowa Mission Team

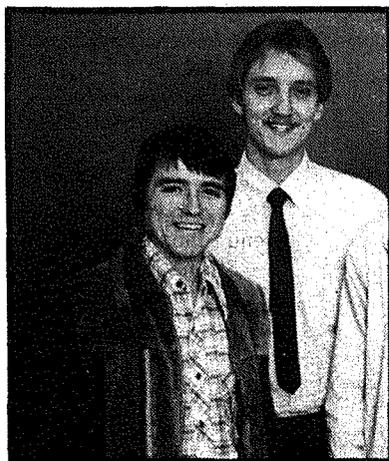
LF. to RT.: Linda Holder, Sandy Kuniyoshi, Jan Armstrong, Jeralyn Whitehouse, Shirley Wallace, Johnna Kruger, Mike Norton, Bob Dieter, (Not shown: Randy and Vickie Allen, Richard Bonilla, Pat and Mary Frey).

MEXICO CONSTRUCTION PROJECT

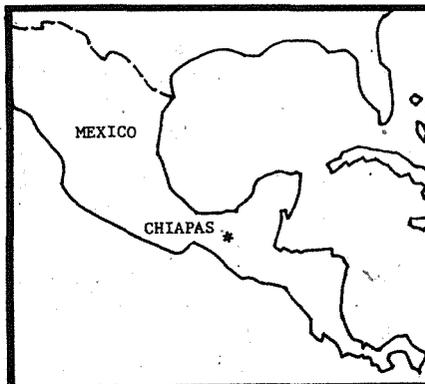
Weimar Institute students Rodney Davis and Roger Gustafson will spend one month—beginning June 16—on a special mission project. Responding to the appeal, "Come over to the jungles of Chiapas and help us," their summer school services will be for Colegio Linda Vista, a Seventh-day Adventist High School in Chiapas, southern Mexico. Our students will be doing construction work, and presenting health seminars on nutrition and simple remedies. Bible and conversational English classes will also be given. Being a mission school, Colegio Linda Vista has a large number of non-Adventists in its summer school program.

A total of \$2500 is needed to make the trip (expenses include construction materials). Your financial gift to help this project will be greatly appreciated. Mark your donation:

Mexico Mission Project
P.O. Box 486
Weimar, CA 95736



Mexico Mission Team
Rodney Davis, Roger Gustafson



THE YUKON RIVER QUEST

The Yukon River, in the state of Alaska, flows in a great 2,000 mile arc from its headwaters near White Horse, Canada, up to the Arctic Circle and back down into the Bering Sea. It channels more fresh water into the oceans than any other river on earth, except the Amazon. More importantly, it is the home of approximately 8,000 Athapaskan and Eskimo peoples scattered along its vast shoreline in small villages inaccessible by road. As far as we know, the last time this isolated gospel field was entered by Christians with present truth was in the 1930's by a Seventh-day Adventist colporteur.

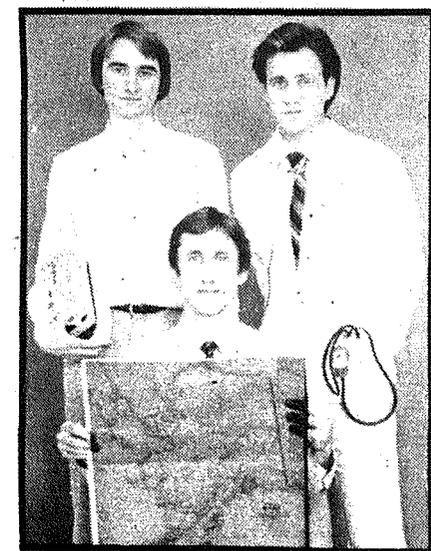
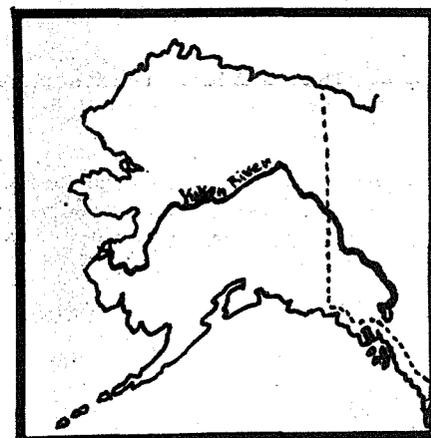
This lone population is precious in the sight of Christ. The health and spiritual needs of these people have drawn three Weimar College students to sense the call of God to a summer ministry adventure: Tom Lewis (a Metropolitan Ministry sophomore with experience of Jail-Guard duty in Naknek, Alaska), Will Marcoux (a Health/Science/Religion Junior with experience of riverboat ministry in Belize, Central America) and Gary Martin (a Religion Major Senior with experience of extensive student missionary work in Indonesia). Their time spent in Weimar Institute's health-missionary outreaches along with previous individual experiences has helped prepare them, but they need and request your prayers for God's presence, peace, and power as they undertake this faith journey. They have purposed to provide opportunity to as many as possible along the Yukon River to obtain the books; "The Holy Bible," "The Ministry of Healing," "Christ's Object Lessons," "The Great Controversy," and "The Desire of Ages." In conjunction with the book sales (the proceeds received go towards Weimar Institute's mortgage reduction) they plan to do blood pressure testing and present Sabbath programs for the native children. The three plan to camp along the river as they travel the 1,200 mile, four month journey from village to village.

With an intense desire to work for the salvation of others, these men understand that they need the support of others who want to see people find Christ. God has promised a rich harvest when His children give to His work. Realizing this, they present their needs:

1. 15-24 ft. flat bottom boat or smaller V-hull
2. 55 hp motor-short foot
3. 350 gallons of fuel
4. building materials for a shelter on boat
5. light weight portable table and chairs
6. propane or gas stove and lantern
7. blood pressure and hydrotherapy equipment
8. three jacket-style life preservers
9. first-aid kit
10. dried food rations
11. camera and film - 35mm

Many other items have already been donated to initiate the organization of the trip. The Weimar family of staff, faculty and students support this mission with the hope that it will become a continuing ministry in the future. With this support, and the opportunity given for you to help us as well, these three men heed the call to tell the wondrous story of a living Savior. Any donations, whether informatively, materially, or financially should be addressed to Weimar College care of "The Yukon Quest."

"For this service you perform not only meets the needs of God's people, but also produces an outpouring of grateful thanks to God. And because of the proof which this service of yours brings, many will give glory to God...And so they will pray for you with great affection because of the extraordinary grace God has shown you. Let us thank God for His priceless gift!" 2 Cor. 9:12-15 TEV



Yukon Mission Team:
LF. to RT.: Tom Lewis, Will Marcoux, Gary Martin

MURDOCH MEMORIAL FUND ESTABLISHED

Dr. Warren F. Murdoch, Ms., Ph.D., professor of Chemistry for Weimar College the last three years, succumbed to cancer April 8, 1985. Funeral services were held at Weimar Institute, Wednesday, April 10.

Mrs. Murdoch requests that memorial gifts be placed in a fund for the continued beautification of Weimar Institute grounds with trees and flowering shrubs, a project Dr. Murdoch gave much time and effort to.

You may send gifts for Warren's memory:

c/o Art Reeves
P.O. Box 486
Weimar, CA 95736

NEWSTART ALUMNI HOMECOMING 1985

June 23-28, 1985

We are looking forward to seeing you and renewing old friendships and times.

Beforehand, we need to hear from you with your reservation and \$50 deposit so we can reserve a room for you. Reservations are coming in fast, so don't put it off.

Mark your calendar and send in your deposit today to New Start Alumni, PO Box 457, Weimar, CA 95736.

Opportunities For Service

The personnel director announces the following openings for dedicated, qualified, Seventh-day Adventist Christians: Send or call for an application from the Personnel Director, Weimar Institute, P.O. Box 486, Weimar, CA 95736 (916) 637-4111.

Printer

Secretary

Bakery Manager

Agriculture Supervisor
(Truck Gardens)

Nurse

Female Physician

Male Physician

Maintenance
Supervisor

Continued from page 1.

To be absorbed, vitamin B₁₂ must be combined with intrinsic factor, a compound made by the lining of the stomach. In this form the vitamin can be absorbed by the last few feet of the small intestines. There is plenty of vitamin being formed by bacteria in the small intestines but it cannot be absorbed without being combined with the intrinsic factor in the stomach.

B12 Sources

There are three groups of vegetarian sources: the fermented soybean products, Tenpeh, Natto, and Miso; the single cell proteins, Spirulina, Chlorella, Scenedesmus, and unfortified yeasts; and the sea vegetables, Kombu and Walkame. Patients who wish to avoid fermented foods and milk for their allergies would be wise to take 50 to 200 micrograms of vitamin B₁₂ once a week by a tablet.

The liver is able to store adequate quantities of vitamin B₁₂ to last up to three years. With our present-day life style of thoroughly brushing our teeth, washing our farm produce thoroughly with much water, practically sterilizing our plates and eating utensils, refrigerating our food, and discarding all spoiled produce, we could hardly expect to get much bacterial residue such as B₁₂ into our mouths. We are

not advocating a change in these modern food techniques, but a diet free of animal products results in blood levels of B₁₂ which are below 150 (normal 180-960) in over 60% of persons who have been off milk for three years or more.

Added Inspiration

Seventh-day Adventists have some additional insights. Ellen White has made several important statements in regard to milk in the diet as well as other comments on our dietary needs. We read, "Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing."¹⁷ And another, "In grains, fruits, vegetables and nuts are to be found all food elements that we need."¹⁸ But we must put those together with another statement by the same author, "Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds, make, with milk or cream, the most healthful diet."¹⁹ We also read, "The time will come when we may have to discard some of the articles of diet we now use, such as milk and cream and eggs; but it is not necessary to bring upon ourselves perplexities by premature and extreme restrictions. Wait until the circumstances demand it, and the Lord prepares the way for it."²⁰

The disease in animals seems to be the major factor in milk. "If milk is used, it should be thoroughly sterilized; with this precaution, there is less danger of contracting disease from its use."²⁰

There are some individuals who are unable to get their proper nutrients without milk or eggs. Ellen White told one physician, "We appreciate your experience as a physician, and yet I say that milk and eggs should be included in your diet."⁸ He was told that he needed these to make "good blood."

Now Is The Time

Evidence indicates that now is the time to give up milk and eggs because of their effect on cardiovascular diseases.

We have plenty of scientific understanding now how we can give up all animal products, including milk, and with proper selection of foods obtain optimum protein, vitamins, and minerals. Fifty micrograms of B₁₂ once a week at two cents a tablet is a much more sensible approach than running the risk of permanent nerve damage from its lack. The B₁₂ from bacteria in a pill is the same molecule as that grown by bacteria in our food or on an unwashed plate. One word of caution should be mentioned. Vitamin B₁₂ can be converted from B₁₂ to antivitamin B₁₂ in a multivitamin-mineral capsule by the catalytic action of a mineral or trace element.

Cassette Tape Sale

LIFE MANAGEMENT SKILLS FOR THE HOME

STRESS, WEIGHT CONTROL & LIFESTYLE CHANGE; to meet those challenges you need all the help you can get. This month, choose from four sets just loaded with the "idea tools" & techniques you need to put your good intentions into practice, all at discount prices.

PRINCIPLES OF STRESS-FREE LIVING 13 tapes in an album \$35.00.

Four doctors cover a wide range of topics related to stress management, including:

Time Management
Guilt
Physiological Aspects of Stress
Depression
Marriage

and more. Get a grasp of some ideas you probably never heard before.

ROSEVILLE STRESS SEMINAR 6 tapes \$16.00

A unique series of lectures presented at a local community hospital covering such unexpected topics as: Sensory Bombardment by Dr. Paul Hawks; The Beauty of Balance by Drs. Standish and Bittings; and more.

WEIGHT CONTROL SEMINAR 16 tapes in an album \$45.00

Learn all you can about Christ-centered weight control! This series covers all the bases: physical, mental and spiritual. This could be a life-changing set for you.

NEWSTART WORSHIP TALKS 7 tapes \$20.00

Three weeks' worth of inspirational messages delivered to guests of the NEWSTART health center. Chaplain Hollis Morel explains and develops the Biblical principles essential to those embarking on a life-style change program. His own personal testimony of renewed health is included.

The best approach would be to get the vitamin B₁₂ in a tablet, in which it is the sole ingredient or as a multivitamin without minerals.

The produce that we get now after 6000 years of deterioration of the soil and plants is none too good. Suboptimal distribution of elements in the soil, improper handling of the produce, unripened or frozen or dehydrated or otherwise altered groceries, make it difficult for nature to supply us with all the necessary elements. We should not only thank the Lord for truth as it is revealed to us by Inspiration, but we should also be grateful that He has given us access to laboratory tools to help us to understand the physiology and chemistry of the body so that we can avoid disease.

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