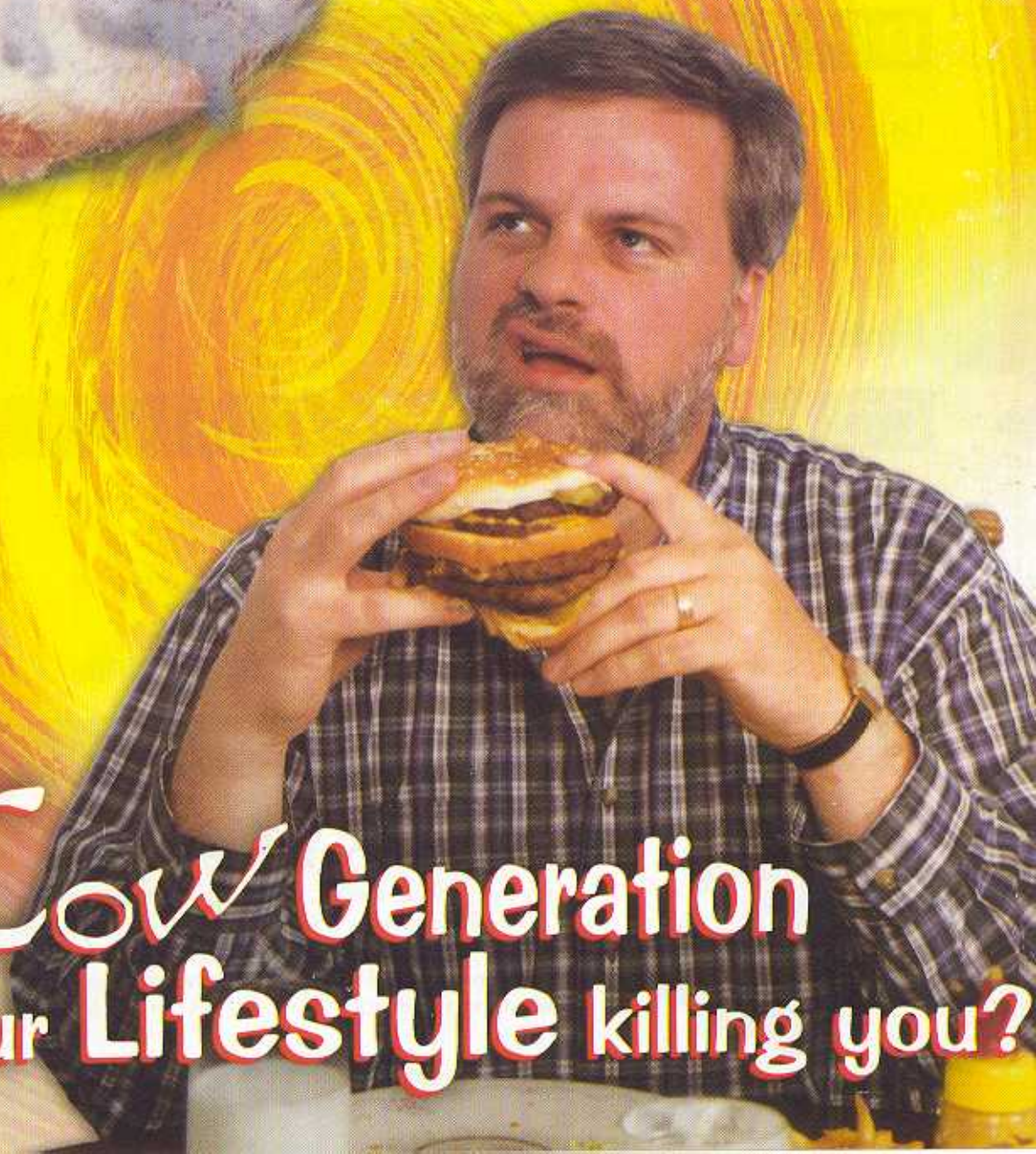
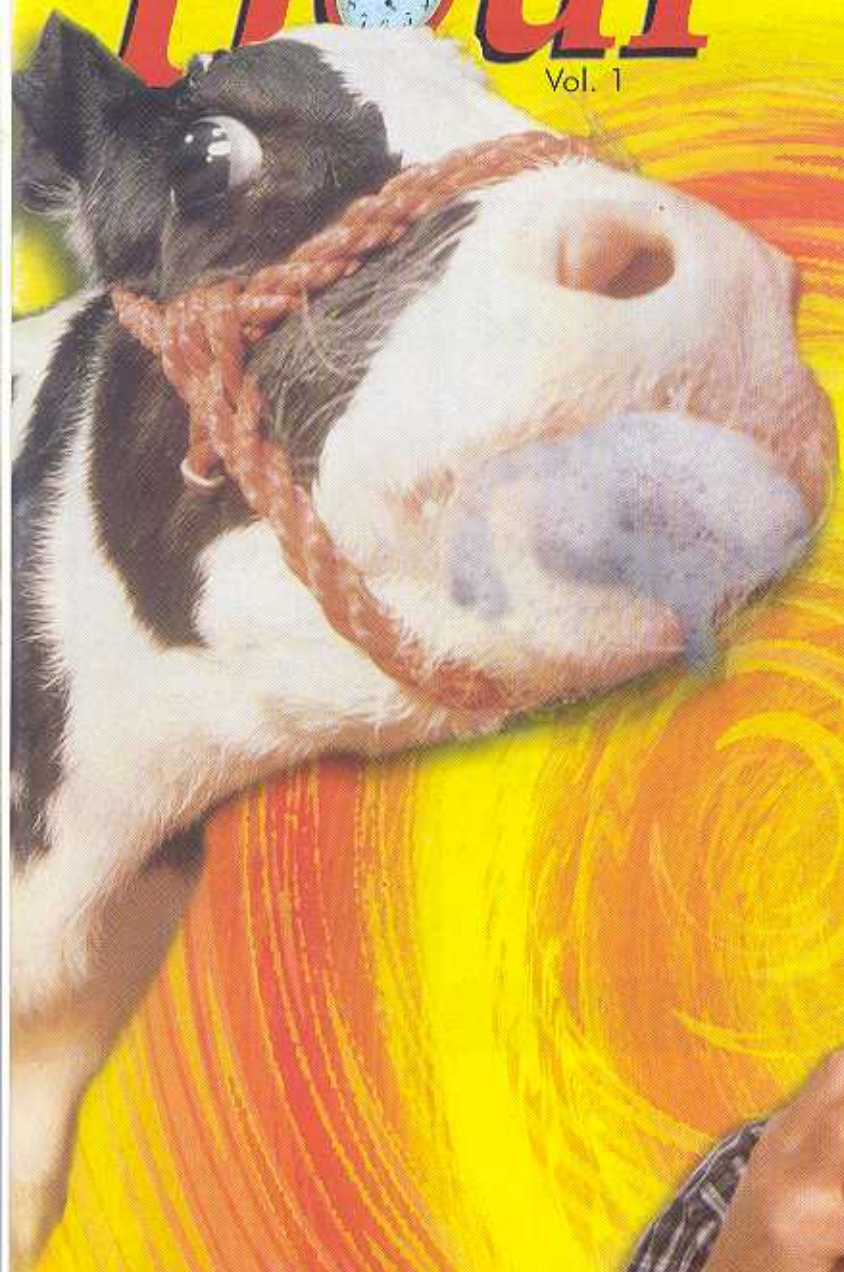


Hour Times

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Vol. 1

Issue 2



The
Mad Cow Generation
Is your Lifestyle killing you?

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Mad Cow Disease



COMING ISSUE



The Incomparable Jesus

Hurricanes, floods, famine, war, divorce, drug abuse, AIDS, violence! Where is God in all this pain and suffering? Experience the incomparable Jesus of the twentieth century and discover the ultimate solution to human misery and woe.

Our Mission:

Hour Times, published by Remnant Publications, a nonprofit organization, is produced for the sole purpose of leading individuals, families and society to "A Better Way of Life," as found through God's Holy Word, the Bible. We believe that the Bible is the inspired, infallible Word of God; its principles and counsel are as relevant and binding upon humanity today as they have been throughout the ages.



Protecting Your "Frontal Lobe"

By Jay Gallimore

The story of Phineas Gage is a sad one. In the fall of 1848, Gage was a successful construction foreman and a happily married family man. Unfortunately, all that changed when Gage suffered a serious head injury. An explosion gone wrong sent a one-inch rod under Gage's left cheekbone, through his brain, and back out again.

Amazingly, Gage survived with only the loss of sight in one eye and a scar on his cheek as physical reminders of his horrible accident. But while Gage retained his pre-accident level of intelligence, morally he was a changed man. Instead of a "pious and reverent churchgoer," he became irreverent and profane, without any interest in spiritual things. During the 13 years between the accident and his death, Gage lost his job, abandoned his wife and joined a traveling circus.

What had happened to Phineas Gage? Two scientists who studied his case (and fractured remains) concluded that Gage's injury was to the frontal lobe of his brain, the area responsible for moral reasoning and social behavior. Over the years, medical science has uncovered a number of detrimental effects of an impaired frontal lobe, including:

- impairment of moral principles;
- loss of love for family;
- lack of foresight;
- inability to reason abstractly and interpret proverbs;
- loss of empathy;
- tendencies toward boasting, hostility, aggression, and a general lack of restraint; and
- diminished ability for understanding math.

"So what does all this have to do with me?" you may be asking. You may even reason that chances of injury to your frontal lobe are really quite slim. But a closer examination will show that there are indeed many ways to damage your frontal lobe—and with it your power to make right moral choices—outside of a catastrophic injury such as the one that afflicted young Phineas Gage.

In fact, a series of wrong choices can be just as devastating to your frontal lobe as the injury that affected Phineas Gage. Lifestyle choices such as smoking, drinking, eating junk food, overeating and even watching violence all affect your ability to think clearly (e.g., your frontal lobe). In studying the brain structure of those who are or were hooked by these habits, scientists have shown that poor lifestyle choices do indeed have a definite and very detrimental effect. It's as if your brain is made up of thousands of tiny tracks. By making wrong choices, we can turn a track into a frequently traveled turnpike, which be-

comes increasingly difficult to close. Turnpikes (or habits) can also be formed as we make good choices.

Interestingly enough, some of the ideas science is just now documenting have been taught by the Bible for centuries. For example, medical researchers have confirmed a strong relationship between healthful habits and overall health.

We do not live our lives in a vacuum. We are responsible for what we do. We cannot escape the fact that we are the children of God Himself. These gifts of life, intelligence and freedom of choice, are His doing. God made us for a purpose, and He wants to commune with us through our minds as well as the five senses leading to our minds. But if our:

- mind is clouded with unhealthy practices, how well are we going to hear God's voice?
- self-control has been compromised with drugs or alcohol, how well will we develop Christian characters?
- blood is loaded with toxins, how well will it minister to the brain?
- circulation is stagnant and our oxygen content is low, how will it affect our decision making?

MEANT TO GLORIFY GOD

Our bodies are to be temples for God to live in. We are instructed that whatever we eat or drink or whatever we do, we should do it to the glory of God. (See 1 Corinthians 10:31.) The Scriptures tell us that a rich man shouldn't glory in his riches, or a strong man in his strength, or a wise man in his wisdom, but "he who glories, let him glory in the Lord." (1 Cor. 1:31, NKJV). This is the reason why Jesus died on Calvary's cross—so that we can know God. He not only forgave us of our sins, which separate us from God, but He empowers us to live for and with God.

The great goal of every born-again Christian is to develop a Christlike character. If we are going to become Christlike, we must cooperate with the forces of heaven by protecting our ability to think and reason. We must keep our minds clear, so that we may hear and discern the still small voice in these troubling times. We must follow the New Testament injunction to let this mind be in us, which was also in Christ Jesus. And that, my friends, means protecting our frontal lobes. ✂

For a complete discussion of the frontal lobe and the factors listed in this article, read the book *Proof Positive: How to Reliably Combat Disease and Achieve Optimal Health Through Nutrition and Lifestyle* by Dr. Neil Nedley. Medical facts from this article were drawn from Chapter 12 of *Proof Positive*, "The Frontal Lobe."

Lifestyle choices such as smoking, drinking, eating junk food, overeating and even watching violence all affect your ability to think clearly.

Hour Times

words of hope and encouragement

"Vegetarians generally have less cancer of all kinds than those who use animal products. . . . Breast cancer is 28% less for vegetarians in California than for other adult females in the same area."

—Agatha M. Thrash, M.D., and Calvin L. Thrash Jr., M.D., *Nutrition for Vegetarians*, 8.

Donating your time to a church, charity, or other organization can actually help you live longer! A study of adults over 65 showed that those who were involved in community service were up to 40% more likely to be alive at the end of the eight-year study than those who weren't volunteering. People who dedicated themselves to one cause gained the most benefit. "A sense of being useful is very positive for health," says Arnold Scheibel, a psychiatrist at the University of California at Los Angeles.

—Health Diary [note: this paragraph is not a quote—it was rephrased.]

"If you listen carefully to the voice of the Lord your God and do what is right in His eyes, if you pay attention to His commands and keep all His decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord who heals you."

—Exodus 15:26 (NIV)

"The condition of the mind affects the health to a far greater degree than many realize. . . . Courage, hope, faith, sympathy, love, promote health and prolong life."

—Ellen White, *The Ministry of Healing*, 241

"So much depends on the right choice of food. This human body in which we live is a superb machine. It is capable of operating smoothly for seventy or eighty years, provided that we treat it well. But if we fail to supply it with the materials it needs, the results may be well-nigh disastrous.

"Every time we open our mouths to eat we make an important decision concerning our future. What we choose to eat will either help to keep us strong

and healthy or it will leave us weakened and less prepared to meet the stress and strain of living. The kind of health and the length of life we enjoy probably depend more on the type and quality of foods we choose than on any other factor. The choice is up to us."

—Clifford R. Anderson, M.D., *ABC's of Feeding Your Family*, 5-6

"Exercise is the means to an alert, vigorous and lengthy life. Inactivity will kill you."

—Laurence E. Morehouse, Ph.D., *Total Fitness in 30 Minutes a Week*, 20

"God gave man a wonderful body with almost limitless possibilities. It has many delicate parts to care for. God made us, and He knows exactly what is necessary to keep our bodies healthy and operating at peak efficiency. We certainly want to follow His instructions!"

—Marjorie and Don Gray, *Open Secrets*, 236

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

We value the opinions and thoughts of our readers. Please share how *Hour Times* has made an impact on your life. Your feedback is essential to our success. Thank you.

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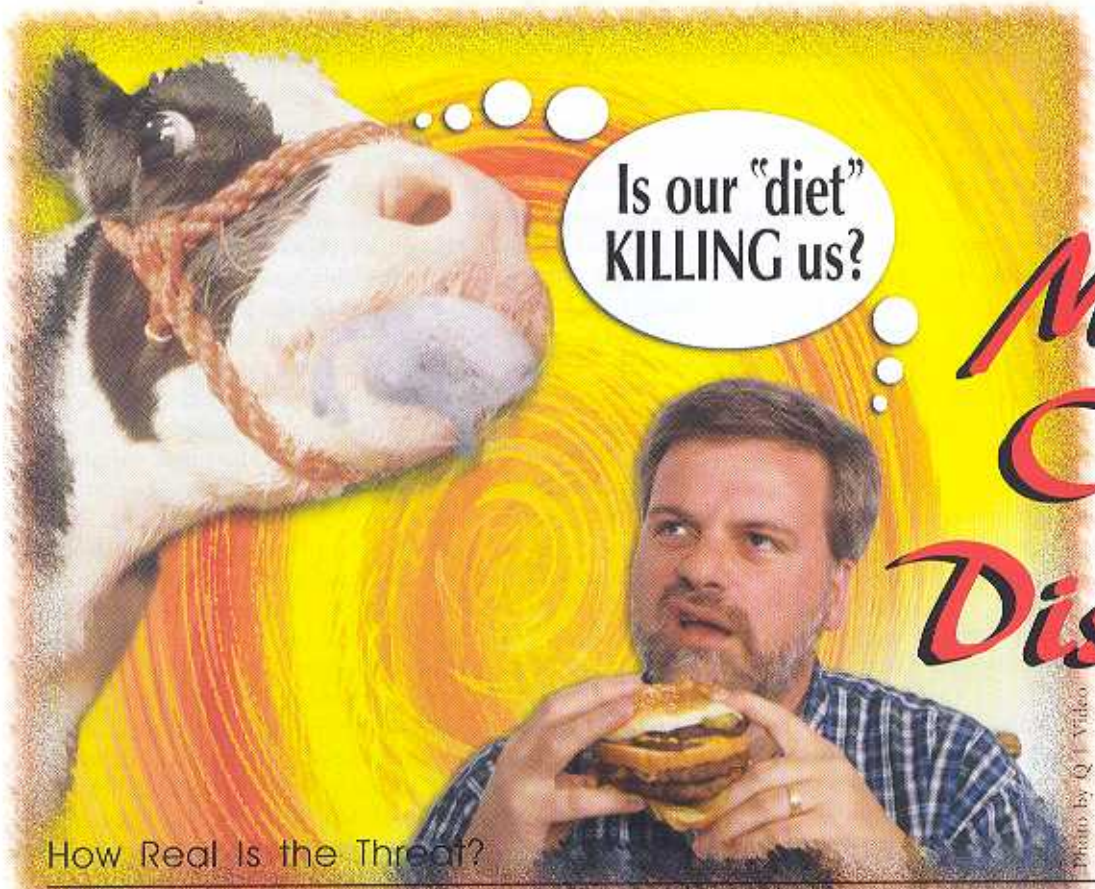


Photo by Q + Video

How Real Is the Threat?

By Kay Collins, R.N.

- Staggering, agitated, mad cows in the United Kingdom!
- Mink farm epidemics of hyperactive then listless, dying mink in Canada and the United States!
- Deer, antelope and elk dying from a chronic, wasting disease in the midwestern states!
- Sheep, wild with agitation, scraping the very wool off their bodies!
- Teenagers and young adults with their whole lives ahead of them, dying a horrible, brain-deteriorating, fast-consuming death!

What do these scenarios have in common? The answer is *prions*—a new word for many of us, but one we must understand if we wish to fathom the risk of Mad Cow and its “sister” diseases.

What is a prion?

Some things are easier to define by saying what they're not—and prions are one of them. A prion:

- is not a virus or bacteria,
- has no genetic material (either RNA or DNA),
- cannot be eliminated by high temperatures or radiation, and
- goes undetected by both the immune system and blood tests.

“Prions work like wrecking bars,” wrote one researcher. “First they cozy up to a normal molecule and make it a wrecking bar also. Then these two can wreck other molecules, and so on and

on until the animal or the person is dead. The person dies from the top—the brain—down.”¹

Prion-caused diseases are baffling the scientific community and threatening the lives of millions. Autopsies of both animal and human victims of prion-related disease reveal a telltale, common element: brains riddled with holes and looking very much like a sponge. Prion-related disease has many

names, including:

- Kuru;
- Bovine Spongiform Encephalopathy (BSE), which is also known as Mad Cow Disease;
- Creutzfeldt-Jakob Disease (CJD) in humans;
- Mad Mink Disease; and
- Scrapies, or Mad Sheep Disease (among others).

Mad Cows in Britain

The first cases of Mad Cow Disease were documented in Great Britain in 1985. Since then, more than 168,000 cattle have fallen victim to the disease in Great Britain alone, and 120 new cases a week are still being found!²

Much research revealed the fact that mad cows in Britain had actually contracted the disease from sheep by consuming a scrapies-contaminated protein supplement of meat and bone meal. (Scrapies is the sheep equivalent of Mad

Mad Cow Disease

Prion-caused diseases are baffling the scientific community and threatening the lives of millions.

Cow Disease, where the maddened victims actually scrape themselves raw.)

Scrapies-infected sheep had been slaughtered, put through the rendering process, and then made into animal feed. When cows contracted the disease and died, their carcasses went through the same rendering process. Their infected remains were then made into animal food, which was, in turn, fed back to other cattle and other domestic animals. Thus the deadly disease was transmitted until it became an epidemic.⁴

The British Reaction

As research determined the cause of the epidemic, Britain took a number of decisive steps to curb the problem, such as prohibiting:

- the practice of feeding cattle-supplements derived from rendered sheep and cows;
- the consumption of milk from suspect animals by either animals or humans; and
- the use of certain bovine organs, such as the brain, for human consumption.

In addition, the British government destroyed thousands of cattle that may have been exposed to Mad Cow Disease.⁴ Thousands of British citizens became vegetarians overnight, while between 5,000 and 7,000 schools removed beef from their menus.

Could Mad Cow Disease, and its variants, possibly have spread to America?

Other nations reacted decisively to curb the epidemic as well by banning all imports of cattle and animal products from the United Kingdom and destroying cattle they believed to be at risk. In spite of these near-Herculean efforts, prion-infected cattle have been found in Ireland, France, Portugal, Switzerland, Germany and Italy, among other countries.⁵

From Species to Species

At first it was believed that the deadly disease could not be transmitted to other species. However, after a domestic cat named Max contracted the disease and died, 52 other British cats followed suit. When zoo animals such as monkeys, puma, cheetahs and

ocelots began dying of the same Spongiform Encephalopathy (as the disease is called), it became very evident that the deadly prion could be transmitted from one species to another.⁶

Wild game animals are apparently not immune to the disease, which has been detected in Wyoming, Colorado, South Dakota, Nebraska and Oklahoma. "Nevada Testing Deer, Elk, for Mad Cow-like Infection," read one newspaper headline.

But what about humans?

How real is the threat to our lives? According to the British government, the threat is significant. In 1996, the British House of Commons was informed that ten cases of a new form of Creutzfeldt-Jakob—the human equivalent of Mad Cow Disease—had been confirmed in Britain. The likeliest cause of this new variant, which, unlike its counterparts, followed no genetic or age-related patterns, was exposure to Mad Cow Disease. Of the ten new cases, three were teenagers, five were in their twenties, and the oldest was thirty-nine years old!⁷

This new variant was very similar to Kuru, a fatal neurological disease first discovered among a cannibalistic tribe in New Guinea. Unsteadiness when walking, difficulty in controlling the limbs, together with shaking and shivering, were the first symptoms observed.

Rapid mental deterioration, slurred then unintelligible speech, and violent and/or inappropriate behavior were the progressive symptoms, and those afflicted with Kuru

continued their downward slide to death within just a few months.

The Cannibalistic Connection

Research revealed that victims of Kuru had practiced the cannibalistic ritual of eating the brains of deceased relatives. Autopsies showed that Kuru victims had holes and lesions in their brains—similar to those found in victims of Creutzfeldt-Jakob Disease and mad cows in Britain. Like Mad Cow Disease, Kuru can be transmitted between species. In fact, Dr. D. Carleton Gajdusek was awarded the 1976 Nobel Prize in Medicine for transferring the disease to chimpanzees by injecting them with the infectious brain tissue of Kuru victims.⁸

What about the United States?

Surely, we should be the leaders in reform—banishing every practice that could possibly be a threat to our health and survival. How safe is the meat you are serving your family? Could Mad Cow Disease, and its variants, possibly have spread to America?

Mad Minks in Wisconsin

In 1985, a Wisconsin mink farmer reported that many of his animals were behaving abnormally, and some had died. The disease, which turned out to be the mink variation of Mad Cow Disease, persisted on the ranch for five months. In the final analysis, approximately 60% of the total breeding herd of 7300 adult animals developed the fatal neurological disease and died. These mink had been fed meat that included, among other ingredients, the remains of fallen and sick dairy cattle that were slaughtered and processed for animal food.

Later, two Holstein Steers each developed Mad Cow Disease within two years of being inoculated with portions of the mad mink brains. And the vicious cycle continued as researchers fed brain tissue from these two steers to well mink, which developed and died from Mad Mink Disease in less than one year. All this led Dr. R. F. Marsh, a noted specialist on Scrapies and Mad Cow Disease from the University of Wisconsin, to reach the unsettling conclusion that "there must be existing a previously unrecognized Mad Cow disease (BSE)-like infection in American cattle."⁹

The Case of the Downer Cows

The U. S. version of Mad Cow Disease seems somewhat different from the British disease—which could make an epidemic here much worse simply because it would not be recognized as easily. Instead of staggering and drooling, the two steers experimentally infected by Dr. Marsh died by simply collapsing. In the United States, this common cow ailment is called Downer Cow Syndrome.¹⁰ "Our country has thousands of downer cows each year and no means for routinely diagnosing their cause."¹¹ These downer cows are taken to a plant where they are slaughtered and processed for animal food!

While the idea of using rendered animal products in animal feed seems rather unwise, it's actually a very com-

mon procedure. According to a September 1, 1997, issue of *U.S. News & World Report*, "Some 40 billion pounds a year of slaughterhouse wastes like blood, bone and viscera, as well as the remains of millions of euthanized cats and dogs passed along by veterinarians and animal shelters, are rendered annually into livestock feed—in the process turning cattle and hogs, which are naturally herbivores,

"We cannot exclude the possibility that milk may also carry disease-inducing prions."

into unwitting carnivores."

"Think how many dead cows that represents and the amazing potential for the transfer of diseases to livestock and humans," wrote Dr. Carl G. Osborne, a veterinary doctor and expert in the field. "We know that infectious diseases in animals and humans are increasing in epidemic proportions. As a Preventative Medicine and Public Health epidemiologist, I am concerned. Infectious disease specialists and the CDC (Center for Disease Control) are alarmed. We can stop this rising epidemic by discontinuing feeding cancerous, diseased animals to animals that are used as food for humans."¹² You see, it is the *dead*, the *dying*, the *diseased*, and the *disabled* animals that are being processed and recycled!

The danger to humans is compounded by recent laboratory evidence that prions from mad cows are exactly the same strain as those causing the death of those ten Creutzfeldt-Jakob disease victims in Britain.¹³ In addition, the disease seems to be highly contagious. "More than 20 people who have worked with prions have already gotten dementia and died. This includes pathologists, tissue technicians, and assorted professionals. So...beware!"¹⁴

Humans may also be able to contract prion-related diseases through milk. "We cannot exclude the possibility that milk may also carry disease-inducing prions," wrote one researcher. "Many may recall how some years ago assurances were given that a mother could not pass HIV to her child by nursing. Of course, we now know that HIV

can be transmitted in breast milk."¹⁵

"Granted, prion diseases are vastly different from HIV. The risk from milk does appear to be much smaller than from eating beef or cattle organ tissues. Nonetheless, a British BSE expert has pointed out that at least one human case suggests passage of prions in milk. A Japanese woman dying of CJD was found to have the infectious agent in her colostrum (the type of breast milk made in the initial days following delivery). The United Kingdom banned the sale of milk from BSE-infected cattle in 1988. The milk was to be destroyed in addition to the cow that produced it."¹⁶

Is Alzheimer's Related?

While the relationship between Alzheimer's Disease and Creutzfeldt-Jakob is still being studied, there does seem to be a connection. "The experience of a couple of dementia research neuropathologists left me with a reasonable guess that anywhere between 1 in 50 to 1 in 200 who are clinically diagnosed with Alzheimer's really have unequivocal autopsy evidence of CJD," writes Dr. Neil Nedley in his book *Proof Positive*. "Currently, some 4 million Americans have Alzheimer's Disease. According to a Harvard medical report, the estimates are that by 2050 the number will be over 10 million. If even one in 100 diagnosed Alzheimer's patients had CJD, this would translate into 40,000 cases currently and 100,000 by the middle of the next century."¹⁷

Another and even more startling report found "spongiform changes in the brains of 50 out of 66 patients with Alzheimer's disease." Scientists in that study said these changes were "virtually indistinguishable histologically (meaning, under the microscope) from the spongiform change characteristics of Creutzfeldt-Jakob disease (CJD)."¹⁸

A Reason for Hope

Yet while there is much to be concerned about, there is also reason for hope. Intelligent prevention *can* stop prion-related diseases in their tracks. For example, stopping the cannibalistic practice of eating brains has nearly brought an end to the dread disease of Kuru in New Guinea. In addition, prion disease in the mink population was controlled

by no longer feeding animal feed containing downer cows and scrapies-infected sheep to the mink. And the epidemic of Mad Cow Disease has been considerably cut by an FDA order to stop feeding slaughterhouse wastes to cows. This is, indeed, good news!¹⁹

Steps You Can Take

Here in America, in this Mad Cow Generation, what steps should you and I be taking to preserve our families? May I suggest the following:

- Attend a vegetarian cooking school and learn how to provide your family with delicious and nutritious food without the taint of deadly prions and bacteria like *E. Coli*, *Campylobacter*, *Listeria* and *Salmonella*.

- Stop eating flesh food NOW—cattle, sheep, deer, elk, pigs, fish and chicken.

- Act wisely and prudently—and don't panic.

- Place your trust in your loving Heavenly Father. ☩

(1) Bernell E. Baldwin, Ph.D., Can Mad Cow Disease Kill People?, *The Journal of Health & Healing*, Volume 19, Number 4, Pg. 4, PO Box 109, Wildwood, GA 30757-0109, Page 4 (Tech Box) Oct. 1996.

(2) Ministry of Agriculture, Fisheries and Food (MAFF), United Kingdom (UK): BSE: 12 Month summary of developments. <http://www.maff.gov.uk/animalh/bsc/bsesum.htm>. Updated to Feb. 28, 1997.

(3) Virgil Hulse, M.D., MPH, FAACPM, MAD COWS AND MILK GATE, Marble Mountain Publ, PO Box 668, Pleasant, OR 97535, page 14, 1996.

(4) Fact Sheet Bovine Spongiform Encephalopathy, USDA APHIS, July 1991—MAD COWS AND MILK GATE, page 14.

(5) Pratt K. *Bovine Spongiform Encephalopathy Update*, Animal and Plant Health Inspection Services (APHIS), US Department of Agriculture, 1996 p.1.—PROOF POSITIVE, page 215, (pg. 8).

(6) *The Journal of Health and Healing*, Vol. 19, Number 4, Pg. 3, Oct. 1996.

(7) *The New Yorker*, Dec. 2, 1996.

(8) *Ibid.*

(9) *The New York Times*, October 8, 1991—MAD COWS AND MILK GATE, pages 27-28.

(10) *Ibid.*, pages 27-28.

(11) Marsh, R. E., Bessen, R. A., Lehmann, S., Hartsough, G. R.: Epidemiological and Experimental Studies on a New Incident of Transmissible Mink Encephalopathy. *Journal of General Virology*, 1991. Pp. 72, 589-594 (Quoted in MAD COWS AND MILK GATE, page 30).

(12) *Ibid.*, page 32.

(13) *The Journal of Health & Healing*, Vol. 19, Number 4, page 7, Oct. 1996.

(14) Taylor, D. M., *Dispense to, and Investigation of the Unconventional Agents That Cause Transmissible Degenerative Encephalopathies*, Ch., Baker and Ridley, p. 106-117, 1996. (*Ibid.*, page 5).

(15) Dr. Neil Nedley, M.D., *Proof Positive*, Pg. 218.

(16) Tamai Y, Kojima H, et. Al. Demonstration of the Transmissible Agent in Tissue From a Pregnant Woman with Creutzfeldt-Jakob Disease. *N. Engle J Med* 1992, August 27; 327 (9):649.—*Ibid.*, Pg. 218-219.

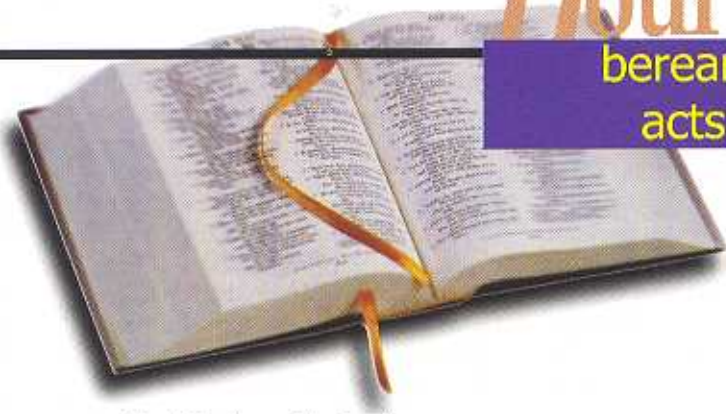
(17) *Ibid.*, page 218.

(18) Smith, TW, Aniswer U, et. Al. Vascular change in Alzheimer's disease. *Arch Neurol* 1987 Dec, 4 (12): 1225-1228. *Ibid.*, Pg. 218.

(19) *The Journal of Health and Healing*, Vol. 19, Number 4, page 7, Oct. 1996.

Hour Times

berean corner
acts 17:11



Study to show thyself approved . . . rightly dividing the word of truth. 2 Tim. 2:15.

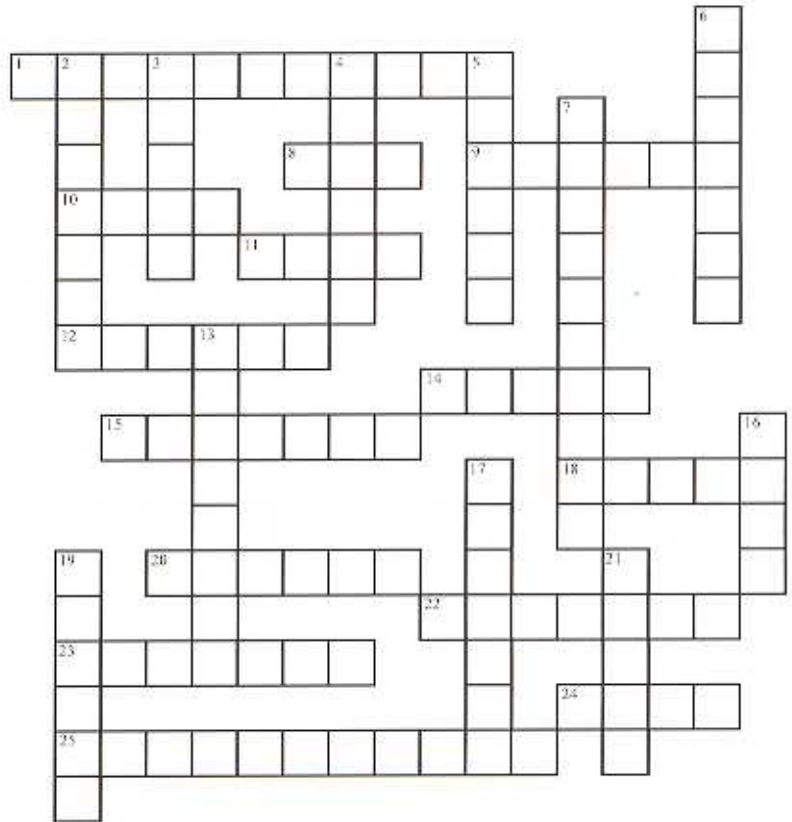
Use King James Version for answers.

Across

1. Be patient in _____ (Romans 12:12)
8. Sea where Solomon had his fleet (1 Kings 9:26)
9. Age Jesus began public ministry (Luke 3:23)
10. Garden guarded by flaming sword (Genesis 3:24)
11. "For He shall _____ His people from their sins" (Matthew 1:21)
12. Jewish maiden who became queen of Persia (Esther 2:17)
14. Man after God's heart (Acts 13:22)
15. Person Jesus raised after being dead for four days (John 11:43, 44)
18. Mount where Moses received the ten commandments (Exodus 31:18)
20. Better than jewels (Proverbs 8:11)
22. Day of the week manna never fell (Exodus 16:26)
23. Town where Lazarus lived (John 11:1)
24. First king of Israel (1 Samuel 11:15)
25. "He that believeth on me hath _____ life" (John 6:47)

Down

2. "It is more blessed to give than to _____" (Acts 20:35)
3. Place where language was confounded (Genesis 11:9)
4. Number of Goliath's fingers (2 Samuel 21:20)
5. Prophet who reproved King David (2 Samuel 12:7)
6. Where Daniel was taken captive (Daniel 1:1-6)
7. Occupation of Caiaphas (Luke 3:2)
13. His life was lengthened 15 years (2 Kings 20:5-6)
16. "Whoso findeth a _____ findeth a good thing" (Proverbs 18:22)
17. Country Solomon obtained cedar from (2 Chronicles 2:8)
19. Sign on cross was written in Greek, Latin, and _____ (John 19:20)
21. Harlot of Jericho (Joshua 2:1)



Answers

1. PATIENCE 2. TAKE 3. BABEL 4. TEN 5. AMOS 6. BABYLON 7. PRIEST 8. PHENICUS 9. THIRTY 10. EDEN 11. SAVE 12. ESTHER 13. SEVENTEEN 14. DAVID 15. THOMAS 16. RUBY 17. TYRE 18. SINAI 19. HEBREW 20. GOLD 21. RAZA 22. SATURDAY 23. BETHANIA 24. SAUL 25. EVERLASTING

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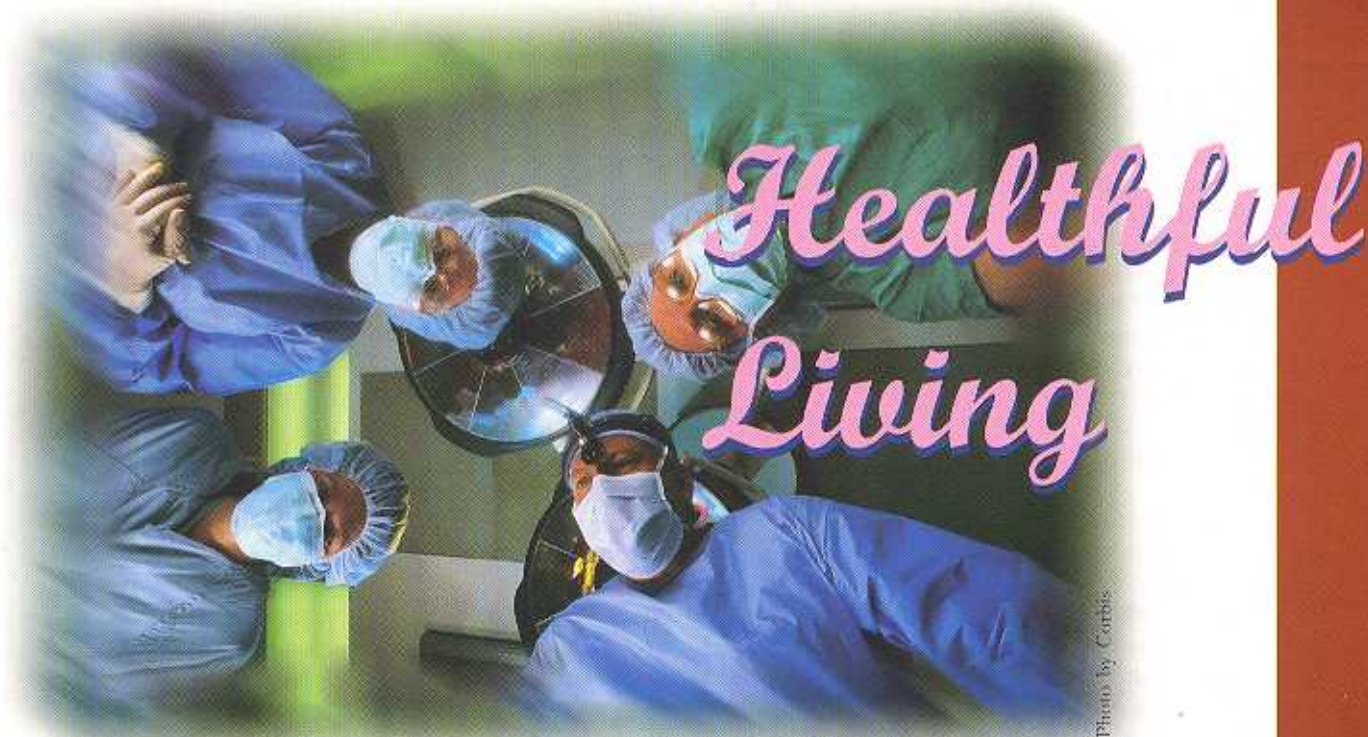


Photo by Corbis

The Ultimate Healing Remedy

By Bruce Hyde, M.D.

Probably no nation has developed and deployed as many high-tech and even higher cost weapons in its own self-defense than the United States. The Stealth Bomber, self-guided missiles and a thousand other weapons all testify to one thing—this nation is committed to defending both its people and boundaries.

But while we as a nation stand well prepared for potential military attacks, our defenses on a different battlefield have been far less effective. In the frontlines of our personal lives, where we (and not the government) make daily decisions affecting our personal health, a host of poor choices have infiltrated our ranks. So much so, in fact, that eight of the ten leading causes of death in this country are related to unhealthy lifestyle factors. In other words, the majority of deaths in America are preventable (or at the very least, “delayable”)! Here, for your review, are some of the grim statistics:¹

- Five of the leading ten causes of illness and death are associated with diet (coronary heart disease, cancer, stroke, diabetes, and arteriosclerosis).
- Another three have been associated with excessive alcohol intake (cirrhosis of the liver, accidents and suicide).
- These eight conditions accounted for nearly 1.5 million of the 2.1 million total deaths in 1987.

- Dietary excesses or imbalances also contributed to other problems, such as high blood pressure, obesity, dental diseases, osteoporosis, and gastrointestinal diseases.

- In 1990, poor diet and/or lack of exercise were the underlying factors in 582,000 deaths, while tobacco and alcohol accounted for another 468,000 and 107,000 deaths, respectively.

- It is now clear that diet contributes in substantial ways to the development of these diseases and that modifications of diet can contribute to their prevention and control.

A NATIONAL TRAGEDY

Could it be, that while we as a nation have prepared well for assaults from the outside, we have neglected our own personal defense against the ravages of disease? It certainly seems so.

Of course, for many Americans there is still time to “snatch victory from the jaws of defeat.” By focusing on health and making positive changes in our way of living, we may reverse or even conquer many of the lifestyle-related diseases threatening us today.

“HOW CAN I BE HEALTHY?”

But “How can I be healthy?” you may ask. To answer this question is to answer the question “How should I live?” For the way we live

is, without question, the most significant factor affecting our health.

"But what about heredity?" you may ask. "My family has a history of heart disease, or cancer, or diabetes. Am I not destined to have the same?"

The truth is, genetics plays a very small role in determining your general level of health. "Heredity loads the gun, but environment pulls the trigger"—a time-honored teaching I learned in medical school—is still very true today. The way you live is the primary factor in determining your health.

Often we go to the doctor asking for a remedy, and our hope is that through that remedy we will recover our health. But while the many and various remedies available today may certainly have benefit, a "benefit" cannot remove the problem! In fact, it's impossible to achieve true healing without addressing the cause of the problem.

HITTING OURSELVES WITH A "HAMMER"

Imagine hitting your knee repeatedly with a hammer. Your knee hurts, so you ask your doctor for some prescription pain medication. But you don't stop hitting yourself with the hammer. And you soon find that while the medication does provide some relief, the pain inflicted by the hammer exceeds the power of the medicine.

"How ridiculous!" is the obvious response. Yet so often, the "hammer" of lifestyle is the basis for our disease. And we need to stop hitting ourselves with that hammer, which is really unhealthful living in all its many forms.

In the equation of health, unhealthful living plus a healing remedy simply do not add up. Rather, healthful living is the healing remedy that can establish a basis for healing. Our bodies were designed by the Creator to heal—and when we cooperate by living healthfully, healing happens!

HEALTHFUL LIVING DEFINED

The next obvious question might be, "What is healthful living?" In her book *The Ministry of Healing*, writ-

ten in the early 1900s, Ellen White defines the elements of healthful living as:²

- pure air,
- sunlight,
- temperance,
- rest,
- exercise,
- proper diet,
- the use of water, and
- trust in divine power.

These components are described as the true remedies. Of course, implementing these remedies requires a personal commitment, or sense of responsibility—which may or may not be desired. This is a common problem, and one that Ellen White recognized, for she wrote about it on the very same page:

"The use of natural remedies requires an amount of care and effort than many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of lustful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind."³

PROOF POSITIVE?

Nearly 100 years later, many of the health principles described by Ellen White have been proven by medical researchers and scientists. In his thoroughly and scientifically documented book *Proof Positive*, Dr. Neal Nedley validates healthful living as the ultimate healing remedy. In one chapter, Dr. Nedley reviews the famous Breslow study comparing lifestyle factors with longevity. In this classic study involving approximately 7000 Californians, seven lifestyle factors were identified that influenced how long people lived:

1. sleeping 7 to 8 hours each day,
2. no eating between meals,
3. eating breakfast regularly,
4. maintaining proper weight,
5. exercising regularly,
6. moderate or no use of alcohol, and
7. no smoking.

Those who practiced all seven habits lived the longest. In addition, as the number of practiced health habits decreased, there was a direct decrease in life span, or a direct increase in actual health age. Notice the following revealing statistics⁴:

As you can see, a thirty-year-old man practicing only three health habits would really have a health age of

Relation of Longevity to Healthful Habits			
Age-adjusted death rate			
Men		Women	
No. of health habits practiced	Percent dead in 9 years	No. of health habits practiced	Percent dead in 9 years
7	5.5	7	5.3
6	11.0	6	7.7
5	13.4	5	8.2
4	14.1	4	10.8
0-3	20.0	0-3	12.3

Health Age Related to Lifestyle Habits						
For men and women						
Age	Habits 0-2	Habits 3	Habits 4	Habits 5	Habits 6	Habits 7
20	+14.3	+7.4	+0.5	-1.1	-4.2	-9.4
30	+16.9	+9.1	+3.0	-0.6	-4.7	-11.1
40	+19.4	+10.7	+5.4	-0.1	-5.2	-12.9
50	+22.0	+12.4	+7.9	+0.3	-5.7	-14.7
60	+24.5	+14.0	+10.4	+0.8	-6.2	-16.4
70	+27.1	+15.7	+12.8	+1.3	-6.8	-18.2

39.1 years of age. In contrast, a 30-year-old man practicing all seven health habits would really have a health age of 18.9 years. Talk about turning back the clock—healthful living really is the fountain of youth!

A FOCUS ON SYMPTOMS

Unfortunately, the primary strategy in health care has focused, and still is focusing, on treating the symptoms rather than the causes of disease. I have seen these principles in action—both during my residency in Family Practice and when my medical practice expanded into Lifestyle Medicine.

Current standards of medical care are important for they can and do significantly reduce pain and suffering. However, I learned early on in my medical practice that treating symptoms cannot and does not treat the underlying causes of disease. Yet stopping at this point in the therapeutic process is all too common. As a result, the diseases are managed (instead of cured) as they progress.

IS THERE HOPE?

Lifestyle Medicine goes a step farther than current medical practice, promoting what should actually be the first step in medical care. Of course, that first, all-important step is proper lifestyle, or healthful living.

When healthful living is emphasized as the ultimate therapeutic objective, healing results. I have observed people recovering from a wide range of lifestyle diseases through healthful living, such as:

- coronary artery disease;
- hypertension;
- adult-onset diabetes;
- obesity;
- arthritis;
- asthma;
- allergies;
- depression;
- irritable bowel syndrome; and
- many other conditions, including diseases resulting from immune system dysfunction.

While these results are unparalleled, they occur because of positive

lifestyle changes—not chance.

A HEALING HISTORY

More than a hundred years ago this “lifestyle” philosophy of health care rose to worldwide prominence in Battle Creek, Michigan. Under the direction of Dr. John Harvey Kellogg, the Battle Creek Sanitarium served literally thousands of patients, in the process teaching them many of the healthful principles that are recognized as being so effective today. Although the doors

When healthful living is emphasized as the ultimate therapeutic objective, healing results.

of the “San” closed some time ago, its legacy of care has circled the globe, bringing blessing to millions. Many health centers and hospitals have joined that “circle”—by purposing to advance healthful lifestyle as the major principle of healing. And now the message of Ellen White, Dr. Kellogg, and so many others has come full circle—back to Battle Creek, Michigan!

The Battle Creek Lifestyle Health Center, which was established in 1999, provides the healing-remedy experience of healthful living in its two-week programs. As a result, scores of individuals have already experienced dramatic transformations in both health and quality of life. As hope is restored and healing realized, blessings flow out to encourage others.

LEARNING YOUR WAY AROUND

Imagine finding yourself in an unknown city without directions or even a map. This would be very frustrating—until you learned your way around by personal experience. Once you have been there, you know the way.

The same is true for healthful living: experience is the key. Hearing the directions and landmarks may have little value until the experience is your own.

MAKING GOOD CHOICES

Healthful living requires a commitment to, and participation and cooperation with, the lifestyle principles we have discussed in this article. And we can rest assured that when we make healthful choices, we are following the will of God.

The whole idea of healthful living has its origin with the Creator God, for the Bible establishes the foundational principles of healthful living for the whole person. And upon this foundation, scientific validation provides compelling evidence to strengthen faith and commitment.

In various places the promise is given that God’s love has provided a basis for forgiveness of sin, even cleansing from all unrighteousness, and healing from all diseases. Precious promises! He redeems our lives from destruction! But we must respond. By faith we must believe and act.

“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 His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee.” Exodus 15:26.

This promise purposes our complete restoration physically, mentally and spiritually. This is God’s will for our lives, and by doing our part to live healthfully, we can help bring to pass the heartfelt wish of our God and Savior: “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 2. ☒

Bruce R. Hyde, M.D., Medical Director,
Battle Creek Lifestyle Health Center

1 The following points and statistics were taken from the book *Proof Positive*, by Dr. Neil Nedley, pages 2, 3.

2 *The Ministry of Healing*, Ellen G. White, page 127.

3 *Ibid.*, page 127.

4 *Proof Positive*, Dr. Neil Nedley, pages 3, 4.



THE GREAT PHYSICIAN AND HIS MANUAL

By Vicki B. Griffin, Ph.D., MACN, Author, Lecturer, Researcher

WHY LOOK TO THE BIBLE FOR HEALTH LAWS?

We learned in the last issue that true science, the Bible, and common sense will always be in agreement because God is the author of them all! Well, if there is a God, and if the natural laws that govern our beings are His, then it is logical to assume that He wants us to not only learn, but obey those laws. We have called the Bible God's Owner's Manual. But why not try to find health and lifestyle principles in some other book, perhaps more modern, more up-to-date?

GOD'S OWNER'S MANUAL CAN'T BE IMPROVED

It is important to understand that the Bible is entirely different from other books that give good ad-

vice. There are three reasons why:

First, in the sacred books of other religions, people talk about their concepts of God. But in the Bible, God talks to us personally about Himself and His plan for humanity, and that is as great a difference as there is between heaven and earth! His Word declares, "All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness [right living]; that the man of God may be perfect, thoroughly furnished unto all good works." 2 Tim. 3:16, 17.

Second, God Himself gives us instruction for living and commands us to diligently listen to and follow what He has written. "When thou goest, it shall lead thee; when thou sleepest, it shall keep thee; and when thou awakest, it shall talk with thee." Prov. 6:22. This instruction is given not only in broad, general principles but in a personal, specific, caring, and loving way. Speaking as a watchful shepherd would over his vulnerable lambs, the Lord declares: "I will instruct thee and teach thee in the way which thou shalt go; I will guide thee with mine eye." Psalm 32:8. This does not present a picture of a cold, heartless Being who, having made a set of rules, then sits back and watches to see which of the miserable, hairless bipeds He has created can manage to figure them out and follow them! No, a personal God has written a personal Owner's Manual for the subjects of His love and grace.

Third, God's Word has power. One Chinese sage, Mencius, wrote this: "Instruction can impart knowledge, but not the power to execute." Here is a vital point! The Bible promises not only instruction but the power to execute those instructions! "Now unto Him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us." Eph. 3:20. And that power is for you now!

INTRODUCING: THE GREAT PHYSICIAN

In Old Testament times, when the Jewish people

Fast Facts

- **"The average life of a meat-eater is 63. I am on the verge of 85 and still work as hard as ever. I have lived quite long enough and am trying to die, but I simply cannot do it. A single beef steak would finish me, but I cannot bring myself to do it. I am oppressed with a dread of living forever. That is the only disadvantage of vegetarianism." Notable quote from George Bernard Shaw, 1856-1950.**
- **"A diet low in magnesium-rich green, leafy vegetables and high in sugary soft drinks may weaken bones. Consumption of fructose-sweetened drinks appeared to reduce the levels of calcium and phosphorus in the body." USDA Proc., Human Nutrition Research Center, Spring 1999.**

turned away from God to follow their own ways, the prophet Jeremiah rebuked them in despair: "Is there no balm in Gilead; is there no physician there? why then is not the health of the daughter of my people recovered?" Jer. 8:22. It was because they did not feel their need of a Savior and Guide. Jesus Himself is the Great Physician. (See Lk. 5:31-32 KJV.) He is also described as "Wonderful, Counsellor" in Isaiah. 9:6. He wants to commune with you, heal you, give you instructions for living and power to obey!

HOW LONG HAVE YOU HAD TO WAIT TO SEE A DOCTOR?

Ever rush to make a doctor's appointment on time? I think we all know what it is like to experience the mad rush through traffic, the sprint through the parking lot, the squeeze through the crowd in the waiting room to register your name on the appointment list. You made it on time—but where's the doctor? You hurried, but now you wait—and wait—and wait some more. One hour later you are ushered into a room and interviewed by a nurse (but you wanted the doctor!). This

Jesus Himself is the Great Physician

is finally followed by a brief but expensive visit by the physician!

THE GREAT PHYSICIAN IS WAITING FOR YOU TO MEET HIM

Did you know that you have a standing appointment with your Physician, Jesus Christ, every day? You don't have to press through crowds or wait in line to visit with Him, and He is not looking at His watch when He comes. You have His undivided attention—does He have yours? He says, "Come, let us reason together." He challenges us to think about our relationship to Him, our course of action in life, and to consider the results of unwise lifestyle decisions: "Can one go upon hot coals, and his feet not be burned?" Prov. 6:28. "He that diggeth a pit shall fall into it; and whoso breaketh an hedge, a serpent shall bite him." Eccl. 10:8. What stronger "hedge" of protection can we break than the violation of either the moral or physical laws that God has given? In the next ten issues of *Hour Times* we will be taking a look at ten of God's natural (and free) "doctors," which He has given us as a hedge of protection in a sinful world! ☒

recipes

LUSCIOUS LENTIL SOUP

Ingredients:

- 1 16 oz. package dry lentils
- 2 Cloves Garlic, minced
- 2-4 Tb Olive Oil
- 1 Medium onion, chopped
- 1/2 C Celery, diced
- 2 C Baby carrots, or diced carrots
- 3 Tb Tomato paste
- 2 Medium potatoes, peeled and cubed
- 2 Bay leaves
- 3/4 tsp Oregano
- 1/4 tsp Savory
- 1/4 C Parsley
- 1 12-oz. can Tomatoes, chopped
- Salt to taste (Vegetable salt or regular)

Directions:

- Cook lentils according to package instructions.
- Reduce heat to medium.
- Add potatoes and simmer until tender.
- Add the rest of the ingredients; simmer for 20 minutes.
- Add more water to desired consistency.

Serving Suggestions:

- This soup is delicious by itself with baked corn chips crushed on top.
- It is also wonderful on a potato, a bed of rice, or just poured over toast for a quick, wholesome, tasty meal.



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Packaged In Beauty

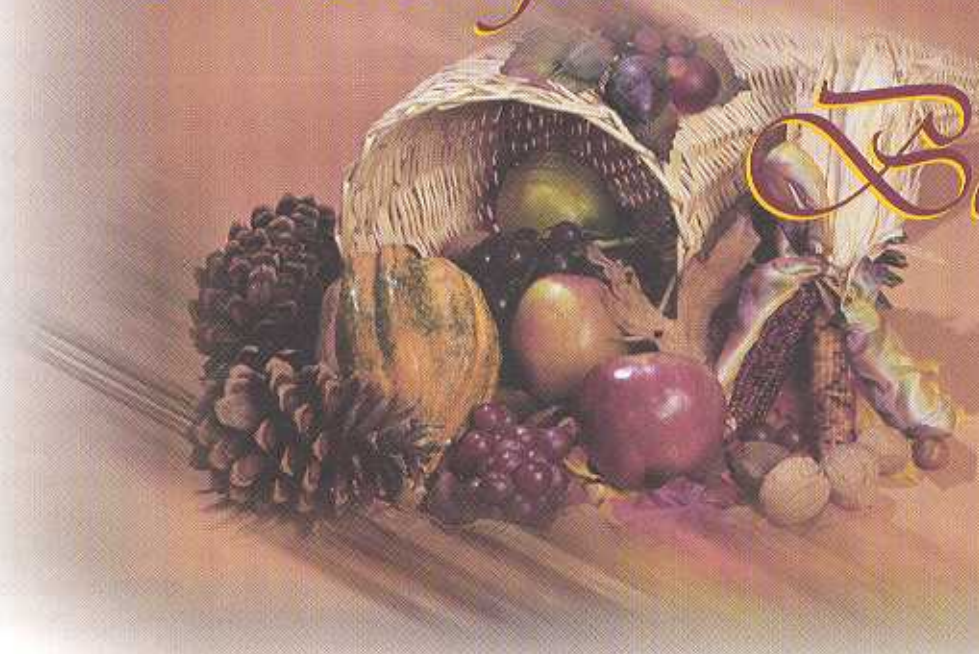


Photo by Corbis

Packaged in Beauty

By Kay Collins, R.N.

At the end of creation week, God walked Adam and Even through their beautiful garden home. It was lush with gorgeous flowers of every variety, and trees and vines bowed down with fragrant, colorful fruit. As the couple gazed upon the beautiful fruit, 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]." Gen. 1:29.

The Creator knew what food was best for His creation, and He gave them fruits, grains and nuts in abundance. Later, when the ground was cursed because of their sin, God included the garden vegetables as part


of Adam and Eve's cuisine. Having to leave their home in the paradise of Eden, they were no longer able to eat of the Tree of Life to perpetuate their existence; therefore, our merciful God gave them His second best menu. All wrapped up in this natural vegetarian diet was every nutritious substance needed to sustain life for more than 900 years! Methuselah, who died just before the flood, lived to be 969 years old! (See Gen. 5:25-27.)

Today, scientific evidence is supporting and reaffirming the original diet, which a loving Creator God gave to His people. God's way is always the best way and He never asks us to give up anything that is good for us. Today, He is gradually and progressively bringing His children back to the Eden diet. He has even packaged His antioxidants and phytochemicals in beauty! Some of their benefits can even be arranged by color. Let us look at some of them more closely and discover the health-building properties they contain:

The Creator knew what food was best for His creation, and He gave them fruits, grains and nuts in abundance.

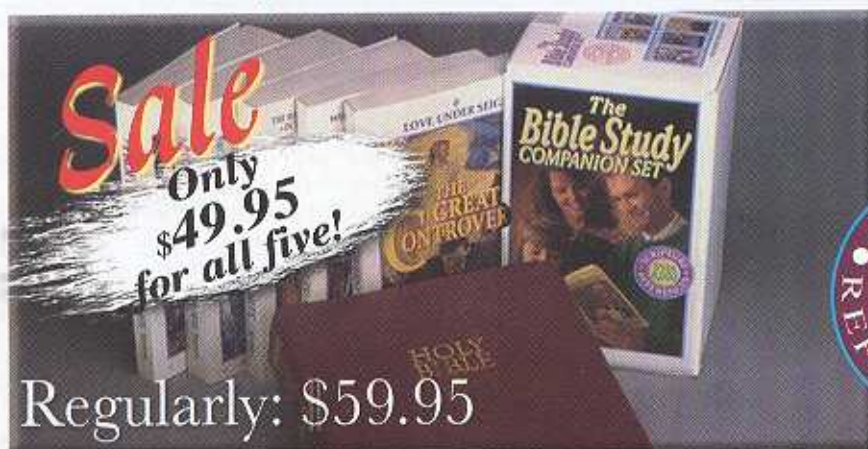
Colors	Examples	Benefits
Dark Orange Dark Green	Sweet potatoes, carrots, squash, pumpkin, spinach, kale, collard greens, cooked broccoli, dried/raw apricots, peaches, cherries, papaya, mangoes, cantaloupe, pink grapefruit, kiwi, okra, and collard greens	<ul style="list-style-type: none"> • Beta carotene, which may cut risk of cancer, cataracts and heart disease • Kiwi ranks among the top 5 sources of vitamins A, C, and E, among other nutrients • Daily consumption of steamed, lutein-rich foods such as kale, okra, collard greens and spinach may prevent macular degeneration
Blue and Red	Pink grapefruit, guava juice, watermelon, tomatoes, and tomato juice Blueberries, cranberries, strawberries and black currants	<ul style="list-style-type: none"> • Contain Lycopene, which may cut the risk of colon, stomach and prostate cancers • Blueberries top all other foods in antioxidants (vitamins A,C,&E) • Cranberries and blueberries are very beneficial in warding off bladder infections • Blueberries and strawberries seem to protect the brain from free radical aging damage • Blueberries and black currants aid in the destruction of E. coli, which causes diarrhea
Brown	Whole grains, legumes and nuts	<ul style="list-style-type: none"> • Contain valuable fiber and numerous minerals, vitamins and phytochemicals • Reduce the risk of heart disease and cancer • Excellent food for diabetics • Soybeans and/or tofu seem to prevent breast cancer and also lower LDL cholesterol • Garbanzo, pinto and kidney beans and lentils are rich in protein and low in fat • Brazil nuts contain high levels of selenium, a powerful antioxidant • Flax seed can lower cholesterol, and flax seed oil is one of the richest sources of omega-3 fat. Flax also has an anti-inflammatory effect, which makes it useful for treatment of lupus, arthritis, allergies and weak immune systems.
Yellow and Orange	Oranges and grapefruits	<ul style="list-style-type: none"> • Rich in vitamin C, folic acid, potassium and pectin • Contain a host of health-protecting phytochemicals (there are more than 150 phytochemicals in an orange) • Inhibit inflammation, tumors and blood clot formation • Contain strong antioxidants, which protect our hearts, eyes and brains
Purple	Grapes and grape juice	<ul style="list-style-type: none"> • Help reduce the risk of blood clots • Two cups of red or purple grape juice daily were as effective as taking an aspirin in a scientific study—and much safer than drinking fermented red wine • 3-4 ounces of raisins daily (Thompson's seedless grapes) help prevent heart disease and cancer
White	Garlic and onions	<ul style="list-style-type: none"> • Decreases risk of blood clots and cancer • Significantly lowers cholesterol

OTHER IMPORTANT ELEMENTS OF GOOD NUTRITION:

- Flavenoids extend the activity of vitamin C, act as antioxidants, inhibit formation of blood clots, and fight against inflammation and tumors. Rich sources of flavenoids include red and yellow onions, kale, broccoli, red grapes, cherries, French beans, apples and cereals.
 - Calcium helps to prevent osteoporosis, breast cancer, colon cancer and high blood pressure. Great sources of calcium include dried figs, broccoli, greens, lambs quarters (464 mg./cup), quinoa and amarantha grains.
 - Vitamin C is a powerful antioxidant that heals wounds and cuts the risk of cataracts, cancer and heart disease. Good fruit sources of vitamin C include cantaloupe, grapefruit, oranges, kiwi, papayas and strawberries. Vegetable sources include broccoli, brussel sprouts, cauliflower, kale, peppers and potatoes.
 - Boron may improve immune system function and help lower the risk of osteoporosis. Great sources of boron include apples, cherries, grapes, broccoli, cabbage and cauliflower.
 - Magnesium helps protect against osteoporosis, asthma, heart disease and strokes. Great fruit sources include bananas, pineapple, raisins and Indian dates. Vegetable sources such as artichokes, avocados, lima beans and spinach also provide rich sources of this valuable mineral.
 - Fiber helps prevent colon cancer, constipation, diverticulosis, hemorrhoids, breast cancer, heart disease, high blood pressure and high blood sugar. Good sources include apples, blueberries, grapefruit, oranges, pears, raspberries, kiwi, broccoli, brussel sprouts, green peas, onions, potatoes and spinach. Extra virgin olive oil and olives are also excellent for gastrointestinal health. 

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