“And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth.”

REVELATION 14:6
Report From Panama

This is the latest communique we have received from our missionary workers in the country of Panama. “We were out distributing the tabloids again throughout the country from July to October and guess what… more flooding came over Panama. Hurricane Tomas that struck Cuba and Haiti directly, and sent us heavy rains for 4 days, while we were distributing the Three Angel’s Messages by the tabloids. In many cities and towns we have had the opportunity to talk with people in the central parks of the towns and many of them say aloud: “I want to know the truth!” So, we’ve been preaching to them, explaining what is written in the Bible, explaining history and giving the tabloids away and many of these persons take out Bibles from their pockets or hand bags and underline the texts and quotes while they say: “My pastor has never taught these things to me.” Then they question why, and we explain to them why. It has been amazing to see the Spirit work.”

“Days after these experiences, we received phone calls from Pentecostal pastors asking us for printed materials to distribute on their congregations. We can see the fulfillment of the prophecies about the people wanting to learn about the truth! We know that the National Ecumenical Council is annoyed and they will not delay in blaming us for the natural disasters that have happened recently in Panama, and I think we said to you that Panama’s President tried to change the work rest day to not be the Sunday exclusively but any day the worker would like to rest, because according to the national laws, every worker has the right to rest one day every 6 days and that if any worker does labor on Sunday, he or she must receive twice the payment of a normal day. Therefore, the president said that he will change that but then the Catholic See in Panama united with the Pentecostals and said, “No, you will respect the Sunday because it is the Lord’s day” then the president said: “OK, Ok, OK, never mind”, and that amendment was frozen instantly. This quote came to mind as we were evangelizing the cities and villages:"

“The precious time of probation is passing, and few realize that it is given them for the purpose of preparing for eternity.”
Hope International ■ www.hopeforhealthusa.com

Collating the tabloids for distribution. Since we have 10 different titles, we put World Crisis Foretold as the front cover.

Our brothers and sisters who participated in the distribution throughout the country in a 3-day journey.

A new precious soul receives baptism. This young lady with her baby decided to follow Jesus. Praise the Lord!

“Our Summer time began with a Summer Bible School that this year was achieved not only in our home town but in another place 20 miles away named La Victoria to reach children there. As you may know, our plan is to get in touch with non-Adventist children and therefore reach their parents with the everlasting gospel.”
The Summer Bible School let us visit the parents of the children who were then invited to a Bible Seminar on Daniel & Revelation as well as how to be healthy.

From this Bible seminar, we hope to have some precious souls prepared for baptism because one of our Bible workers has been studying with some parents, months before the seminar. God bless you all. We greet the whole Hope family and give our love to all!"

Here is another report!

Hello Brothers and Sisters, we made a visit to brethren in El Copé, a location within Panama (218 miles away from home). The next weekend we made another visit to brethren in Panama (280 miles away). The following weekend we visited brethren in Costa Rica (300 miles away) and one month later we had to return again to continue the work with them (the Costaricans). And less than three weeks later the Elder/Pastor in charge of the work up there in Costa Rica came with his family and some other brethren to be with us at our church and attend a Bible seminar on Daniel and Revelation.

We were distributing the tabloids in other regions of our country some two weeks before a violent riot exploded in the town we were distributing the Three Angels Messages. The people involved in that riot are part of a Labor Union and were complaining against the government for some laws they don’t want. The brethren in Costa Rica are distributing the tabloids we send them with the elder/pastor. We are coordinating that effort.

The radio program is still on the air, the present truth is covering via radio the South part of Costa Rica every Sunday morning. We don’t know for how long we’ll have the air time but won’t stop while we can do it.
This is a picture of our last Dry Season camp meeting for the youth, held on April 2010. The speaker at the moment of the picture is a 26-year-old Adventist man of our church that is talking to the teenagers about the necessity of putting our Lord as the First, the Last and the best in our lives. He is a lawyer that is working for the government in a project in connection with the youth support, for those in social problems as theft, drugs, and other situations.

Another speaker addressing to the youth and the adults that assisted.

As mentioned before, this is the place (3 hours and a mountain away from home) where we were distributing the tabloids about the Ten Commandments and the other titles. The man on the picture (one of our brothers) is standing on the parking place of the bank that was damaged by the riots some 2 weeks later.

This shows the burned vehicle and the streets full of stones. We can barely believe it could be in our own country because it seems more Rwanda or Somalia. That had NEVER happened before.
A couple of days later the riots were finished and the responsible leaders of the Labor Union were jailed. We think this is just the beginning of worse things that will happen in the near future all around the world.

These pictures show the work held in Costa Rica distributing the tabloids in a place near the Nicaragua-Costa Rica Border (about 500 miles from Panama). Less than a week ago we received at our church in Panama a couple of brothers from Nicaragua who asked us to make plans to visit them there. This work is growing very fast and may be before the end of actual quarter we will be driving to Nicaragua.

Oh my family! As you are seeing, there is a lot of work to do and it seems that our Lord is sending us farther every time to take the Earth’s Final Warning, not only Panama, but in neighboring countries as well. Thank you for supporting our ministry to take the work of the Lord ahead, and thank you for your prayers, God is replying to every one!

Maranatha!! Jesus is coming!!

(Your donations help support the Panama mission and many others around the world. The more we receive, the more we are able to help other missions. Thank you so much for your kindness and sacrificial giving!)
The Country of PANAMA

Full country name: Republic of Panama
Area: 29,700 sq. miles
Population: 3.3 million
Capital city: Panama City (pop 3,191,3193)
People: 70% Mestizo, 14% African descent, 10% Spanish descent, 14% Indian
Languages: Spanish (Official), 18% speak English, Indian languages
Religion: 85% Roman Catholic, 10% Protestant, 5% Islamic

The Republic of Panama is located between Costa Rica and Colombia and forms the narrowest and lowest portion of the Isthmus that links North and South America.
Shaped like an elongated letter “S”, which extends west to east some 420 miles, the country has a width that varies between 31 and 115 miles, and has a coastline of 490 miles on the Atlantic Ocean and 870 miles on the Pacific Ocean. The Canal, which joins the Atlantic and the Pacific Oceans, is about 50 miles long. Because of the lateral nature of its extension and its curved contour, directions are often surprising. A transit of the Canal from the Pacific to the Atlantic involves traveling not to the East but to the northwest; in Panama City the sun is seen to rise out of the Pacific.

The Isthmus of Panama was discovered in 1501 by Rodrigo de Bastidas and Vasco Nuñez de Balboa. In 1513, Balboa led an expedition, in Panama, that discovered the Pacific Ocean. Panama City was founded on August 15, 1519, almost a hundred years before Jamestown, the first permanent English settlement in North America was founded.

The population of Panama is approximately 3.3 million, about 52 percent of which is urban. (for comparison, the State of Connecticut has a population of 3.5 million) Spanish is the official language of the country, but many of the people in Panama City and Colón speak English.
More than 80% of the population over ten (10) years of age is literate. School attendance is compulsory between the ages of seven (7) and fifteen (15) or until the six grades of primary school have been completed.

The predominant religion is Roman Catholic. However, there is no prohibition against the practice of any religion, and churches of other denominations are to be found in the country.

Panama is the only city in the world in which a protected, tropical rainforest can be found within city limits.

Panama is a peaceful country with no military. Unlike many neighboring countries, personal security concerns are limited.

Panama is part of the South Central American Union Conference, along with the countries of Costa Rica and Nicaragua. The conference office is located in Montenegro, Costa Rica. The conference was recently organized in 2003. There are 647 churches and 270,643 members in the South Central American Union Conference, with 246 of those churches in Panama along with 93,874 of its members.
Fun Facts About the Panama Canal

- Ships traveling between New York and San Francisco save 7,872 miles by using the Panama Canal instead of going around Cape Horn.
- The Atlantic entrance to the Canal is 22-1/2 miles west of the Pacific entrance.
- More than four and half million cubic yards of concrete went in to the construction of the locks and dams.
- If material originally excavated to build the Canal were put on to a train of flat cars, it would encircle the world four times.
- The locks of the Panama Canal are seven feet thick.
- The average sea level for the Atlantic and Pacific entrance is virtually the same. But since the tidal variation at the Pacific entrance can be up to 18 feet, a sea level canal would be faced with the problem of a current running northbound when the Pacific tide was high and a current running south bound when the tide was low.
- More than 60,000,000 pounds of dynamite was used to excavate and construct the Panama Canal.
- The dam constructed across the Chagres River in Gatun created Gatun Lake, the largest man-made lake in the world at that time.
- Since 1904 due to accidents and health problems, 25,609 workers lost their lives constructing the Canal.
- Lowest paid fare to cross the Panama Canal: August 23, 1928 Richard Halliburton transited the Canal swimming, paying a toll of 36 cents since his weight was only 150 pounds.
- Highest paid fare: The cruise ship Disney Magic established a toll record on 1998 when it paid $313,200 to cross the canal.
- In 1963 the Panama Canal for the first time starts operating 24 hours a day, thanks to the introduction of high mass fluorescent lighting.
- The Panama Canal in 1974 raises the toll rates for the first time, since they were not breaking even.
- Excavation of the Canal was equal to digging a 10-foot deep trench by 55 feet wide from California to New York.
**ADDITIONAL INTERESTING FACTOIDs ABOUT THE PANAMA CANAL**

- First ground broken by French January 1, 1880
- Excavation by French (cubic yards) 78,146,906
- Amount of money spent by the French $260,000,000
- Number of lives lost during French control 20,000
- Amount United States paid French for their rights and property $40,000,000
- Canal Zone acquired by U.S. from Panama by treaty February 23, 1904
- Amount United States paid Panama for Canal Zone $10,000,000 Rental paid by U.S. to Panama beginning in 1913 per annum $250,000
- Work began by the United States May 4, 1904
- First ship through the Canal September 26, 1913
- Date of official opening August 15, 1914
- Length of Canal from Atlantic to Pacific 51 miles
- Time to transit Canal 8-10 hours
- Number of ships crossing daily 40
- Number of ships crossing each year 12-15 thousand
- Time of passage through locks 3 hours
- Maximum bottom width of the channel 1,000 feet
- Minimum bottom width of the channel 300 feet
- Number of locks in pairs 12
- Locks, usable length 1000 feet
- Locks, usable width 164 feet
- Amount of water filling each lock 52 million gallons
- Amount of excavation by Americans in cubic yards 232,353,000
- Total concrete for canal in cubic yards 5,000,000
- Weight of 1 cubic yard of concrete 1.5 tons
- Estimated cost of the Panama Canal built by U.S. $375,000,000
- Number of lives lost during United States control 5,609
- Amount of carloads of dirt removed daily by railroad 200
- Tide on the Pacific side 20 feet
- Tide on the Atlantic side 2.5 feet
- Average rainfall on Atlantic side 130 inches
- Average rainfall on Pacific side 70 inches
- Estimated cost for expansion of the Panama Canal $5.25 billion
- Estimated year of completion of expansion 2014
Panama Living

If you would like to be a full-time missionary in Panama, here is some information to help you in your decision. Panama is one of the easiest places to settle. It is also one of the most affordable. A mere $1,200 a month will buy you a comfortable living. You can take a taxi across town for a couple of dollars, see a movie for under $4, get a trim at the barbershop for $5... or have dinner for two with a bottle of wine (non-alcoholic of course) at one of the city’s trendy restaurants for just $30.

Panama’s pensionado program, designed to attract retirees, is arguably the best in the world. Qualified retirees can take 50% off entertainment like movies or concerts, 25% off airline tickets, 10% off prescription medicines, 50% off closing costs on a home, and more.

A Blue Rose

Having four visiting family members, my wife was very busy, so I offered to go to the store for her to get some needed items, which included light bulbs, paper towels, trash bags, detergent and Clorox. So off I went.

I scurried around the store, gathered up my goodies and headed for the checkout counter, only to be blocked in the narrow aisle by a young man who appeared to be about sixteen-years-old. I wasn’t in a hurry, so I patiently waited for the boy to realize that I was there. This was when he waved his hands excitedly in the air and declared in a loud voice, “Mommy, I’m over here.”

It was obvious now, he was mentally challenged and also startled as he turned and saw me standing so close to him, waiting to squeeze by. His eyes widened and surprise exploded on his face as I said, “Hey Buddy, what’s your name?”

“My name is Denny and I’m shopping with my mother,” he responded proudly. “Wow,” I said. “that’s a cool name; I wish my name was Denny, but my name is Steve.” “Steve, like Stevarino?” he asked. “Yes,” I answered. “How old are you Denny?” “How old am I
now, Mommy?” he asked his mother as she slowly came over from
the next aisle. “You’re fifteen-years-old Denny; now be a good boy
and let the man pass by.”

I acknowledged her and continued to talk to Denny for several
more minutes about summer, bicycles and school. I watched his
brown eyes dance with excitement, because he was the center of
someone’s attention. He then abruptly turned and headed toward
the toy section.

Denny’s mom had a puzzled look on her face and thanked me
for taking the time to talk with her son. She told me that most people
wouldn’t even look at him, much less talk to him. I told her that it
was my pleasure and then I said something I have no idea where it
came from, other than by the prompting of the Holy Spirit. I told her
that there are plenty of red, yellow, and pink roses in God’s Garden;
however, “Blue Roses” are very rare and should be appreciated for
their beauty and distinctiveness. You see, Denny is a Blue Rose and
if someone doesn’t stop and smell that rose with their heart and
touch that rose with their kindness, then they’ve missed a blessing
from God.

She was silent for a second, then with a tear in her eye she asked,
“Who are you?” Without thinking I said, “Oh, I’m probably just a
dandelion, but I sure love living in God’s garden.” She reached out,
squeezed my hand and said, “God bless you!” and then I had tears
in my eyes.

May I suggest, the next time you see a BLUE ROSE, don’t turn
your head and walk off. Take the time to smile and say Hello.
Why? Because, by the grace of GOD, this mother or father could
be you. This could be your
child, grandchild, niece
or nephew. What a
difference a moment can
mean to that person or
their family.

From an old
dandelion!

Submitted by
Reen Swindle
THE GREEN THING

In the queue at the shop, the cashier told the older woman that she should bring her own bags because plastic bags weren’t good for the environment. The woman apologized to him and explained, “We didn’t have the green thing back in my day.” The cashier responded, “That’s our problem today. The former generation did not care enough to save our environment!”

He was right, that generation didn’t have the green thing in its day. Back then, they returned their milk bottles, lemonade bottles and beer bottles to the shop. The shop sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled. But they didn’t have the green thing back in that customer’s day.

In her day, they walked up stairs, because they didn’t have an elevator in every store and office building. They walked to the grocery store and didn’t climb into a 300-horsepower machine every time they had to go two miles. But she was right. They didn’t have the green thing in her day.

Back then, they washed the baby’s diapers because they didn’t have the throwaway kind. They dried clothes on a line, not in an energy-gobbling machine burning up 220 volts - wind and solar power really did dry the clothes. Kids got hand-me-down
clothes from their brothers or sisters, not always brand-new clothing. But that old lady is right, they didn’t have the green thing back in her day.

Back then, they had one TV, or radio, in the house - not a TV in every room. And the TV had a small screen the size of a handkerchief, not a screen the size of Delaware. In the kitchen, they blended and stirred by hand because they didn’t have electric machines to do everything for them. When they packaged a fragile item to send in by mail, they used a screwed up old newspaper to cushion it, not polystyrene or plastic bubble wrap. Back then, they didn’t fire up an engine and burn gas just to cut the lawn. They used a push mower that ran on human power. They exercised by working so they didn’t need to go to a health club to run on treadmills that operate on electricity. But she’s right, they didn’t have the green thing back then.

They drank from a fountain when they were thirsty instead of using a cup or a plastic bottle every time they had a drink of water. They refilled their writing pens with ink instead of buying a new pen, and they replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull. But they didn’t have the green thing back then.

Back then, people took the trolley or a bus and kids rode their bikes to school or rode in the school bus instead of turning their mums into a 24-hour taxi service. They had one electrical socket in a room, not an entire bank of sockets to power a dozen appliances. And they didn’t need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest Pizza Hut.

But isn’t it sad that the current generation laments how wasteful the old folks were just because they didn’t have the green thing back then?
**Why Did God Made Moms**

Answers given by 2nd grade school children to the following questions:

**Why did God make mothers?**
1. She’s the only one who knows where the scotch tape is.
2. Mostly to clean the house.
3. To help us out of there when we were getting born.

**How did God make mothers?**
1. He used dirt, just like for the rest of us.
2. Magic plus super powers and a lot of stirring.
3. God made my mom just the same like he made me. He just used bigger parts.

**What ingredients are mothers made of?**
1. God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean.
2. They had to get their start from men’s bones. Then they mostly use string, I think.

**Why did God give you your mother and not some other mom?**
1. We’re related.
2. God knew she likes me a lot more than other people’s mom like me.

**What kind of a little girl was your mom?**
1. My mom has always been my mom and none of that other stuff.
2. I don’t know because I wasn’t there, but my guess would be pretty bossy.
3. They say she used to be nice.

**What did mom need to know about dad before she married him?**
1. His last name.
2. She had to know his background. Like is he a crook? Does he get drunk on beer?
3. Does he make at least $800 a year? Did he say NO to drugs and YES to chores?
Why did your mom marry your dad?
1. My dad makes the best spaghetti in the world. And my mom eats a lot.
2. She got too old to do anything else with him.
3. My grandma says that mom didn’t have her thinking cap on.

Who’s the boss at your house?
1. Mom doesn’t want to be boss, but she has to because dad’s such a goof ball.
2. Mom. You can tell by room inspection. She sees the stuff under the bed.
3. I guess mom is, but only because she has a lot more to do than dad.

What’s the difference between moms and dads?
1. Moms work at work and work at home and dads just go to work at work.
2. Moms know how to talk to teachers without scaring them.
3. Dads are taller and stronger, but moms have all the real power cause that’s who you got to ask if you want to sleep over at your friends.
4. Moms have magic; they make you feel better without medicine.

What does your mom do in her spare time?
1. Mothers don’t do spare time.
2. To hear her tell it, she pays bills all day long.

What would it take to make your mom perfect?
1. On the inside she’s already perfect. Outside, I think some kind of plastic surgery.
2. Diet. You know, her hair. I’d diet, maybe blue.

If you could change one thing about your mom, what would it be?
1. She has this weird thing about me keeping my room clean. I’d get rid of that.
2. I’d make my mom smarter. Then she would know it was my sister who did it not me.
3. I would like for her to get rid of those invisible eyes on the back of her head.

Submitted by Georgine Olson
The Law Of The Wild says kill only when you are hungry

Photographer Michel Denis-Huot, who captured these amazing pictures on safari in Kenya’s Masai Mara in October last year, said he was astounded by what he saw:

“These three brothers (cheetahs) have been living together since they left their mother at about 18 months old,” he said. “On the morning we saw them, they seemed not to be hungry, walking quickly but stopping sometimes to play together. ‘At one point, they met a group of impala who ran away. But one youngster was not quick enough and the brothers caught it easily’."

These extraordinary scenes followed.
“... and then they just walked away without hurting him.”

Isaiah 65:25 “The wolf and the lamb shall feed together, and the lion shall eat straw like the bullock: and dust shall be the serpent’s meat. They shall not hurt nor destroy in all my holy mountain, saith the LORD.”
How To Plant Your Garden

First, you come to the garden alone, while the dew is still on the roses.

For the garden of your daily living, plant three rows of peas:
1. Peace of mind
2. Peace of heart
3. Peace of soul

PLANT FOUR ROWS OF SQUASH:
1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

PLANT FOUR ROWS OF LETTUCE:
1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

NO GARDEN IS WITHOUT TURNIPS:
1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:
1. Thyme for each other
2. Thyme for family
3. Thyme for friends

WATER FREELY WITH PATIENCE AND CULTIVATE WITH LOVE.

HOW IS YOUR GARDEN GROWING?

Thank Offerings

$20.00 – Thank Offering – J.O.
$20.00 – Thank Offering for “Good News” newsletter – M.M.

There is the story of a pastor who got up one Sunday and announced to his congregation: “I have good news and bad news. The good news is, we have enough money to pay for our new building program. The bad news is, it’s still out there in your pockets.”
WHERE ARE YOUR THOUGHTS?

The radio played in the background as I drove home and thought about my day. Suddenly a quote caught my attention. I missed hearing to whom it was credited, but it was good: “No one is born a winner or loser, but each one of us is born a choosers!”

“How true,” I thought as I maneuvered through the traffic. I was a chooser... in every area of my life. Oh, I may not always choose my circumstances, but I would always be in charge of choosing my responses to those circumstances.

God gently nudged my heart and I began to reflect on some of the thoughts I was choosing to entertain about circumstances and people that day—rather negative, critical, impatient thoughts. He reminded me that: A response in life always begins with a thought!!

Left alone, these thoughts would surely spiral me down and impact my responses in the same way. The choice was mine!!... mine! God’s Word came to my mind. “We take captive every thought to make it obedient to Christ” (2 Corinthians 10:5b). God is so good to remind us that we need to take stock of our thoughts.

Thoughts are the seeds in our lives that result in actions and responses! We choose to let them stay or to take them captive and throw them out. I realized I had been allowing seeds of thought in my mind and heart that I did not want growing in my life. God used that quote on the radio to remind me that I was a chooser. I knew the kind of responses I wanted in my life and these thoughts would not get me there.

God’s Holy Spirit is our Helper. He draws us on to be what we, in our own strength, cannot be. He helps us toss aside the bad seeds that would bear sour fruit if left unattended.

Where are your thoughts today?

Being aware of what you are choosing to dwell on puts you in a proactive position. Before thoughts of irritation and frustration grow into angry, bitter roots, choose to ask God’s Holy Spirit to help you take those thoughts captive and to respond to your circumstances with His grace, love and wisdom.

Submitted by Peter Laurin
We complain about the cross we bear but don’t realize it is preparing us for the dip in the road that only God can see and we can’t.

Whatever your cross, whatever your pain, there will always be sunshine after the rain...

Perhaps you may stumble, perhaps even fall; But God’s always ready to answer your call...

He knows every heartache, sees every tear, a word from His lips can calm every fear...

Your sorrows may linger throughout the night, But suddenly vanish by dawn’s early light...

The Savior is waiting, somewhere above, to give you His grace and send you His love...

God promises a safe landing, not a calm passage.

Submitted by Georgine Olson
There is a strong correlation between the pH of the body’s internal environment and that of the urine and saliva: urine and saliva become acidic when the body’s internal environment becomes acidic. You can discover the pH of these fluids by using Alkalive pH Strips! These test strips are made specifically to test saliva and urine, and are the most accurate and economical test strips on the market!

Christopher Vasey, N.D., author of The Acid Alkaline Diet has this to say about pH Strips, “pH testing is very important in order to gauge the health of your internal environment. I used to recommend using pH paper, until I discovered these excellent pH strips. They are a lot more effective in helping one determine precise pH measurements. I advise all of my clients to use Alkalive pH Strips.”

IS YOUR PH BALANCED? FIND OUT BY TESTING

To maintain good health, the body is constantly seeking to get rid of the excess acids that irritate the tissues and deplete them of minerals. One of the principal systems it uses for this purpose is the renal system (kidneys). The normal rate of acid excretion through the kidneys gives urine a pH that falls between 6.75 and 7.25. By testing the degree of acidity of the urine, you can determine whether your body is eliminating a normal quantity of acids. If the acid excretion rate is higher than normal, the urinary pH will be more acidic. This low urinary pH is also an indication that the body is saturated and therefore in an acid state.

Another indicator of the overall pH balance in your body is the pH of your saliva. When your body has the mineral reserves that it should, the abundance of minerals will show up in a saliva pH test as a pH reading of 7.0 to 7.50. A low saliva pH reading indicates that the mineral reserves in your body are low, and are being used to buffer acids elsewhere in the body.

SUGGESTED USAGE: In order to gain full insight into the pH of your body fluids, it is recommended to test both urine and saliva.

SALIVA: Take a saliva reading before and after meals. The alkaline levels of your saliva should be greater after meals because there is an abundance of alkaline-rich minerals in saliva. Then test your saliva 60 minutes after a meal. If the pH level is lower than 6.75, then your alkaline mineral reserves are low.

URINE: For best test results, test your second urination in the morning. You will likely see urine pH become more alkaline as the day progresses. Test frequently during the day, and determine an average.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to prevent, diagnose, treat, or cure any disease.
Diet and Disease Part 1: pH and You

Everywhere we look, we see sickness, suffering, disease, and death. Currently, many of the hottest political issues surround the intricacies of our health care system. It seems that everyone is sick. Although the outlook seems bleak, standing at the helm are our faithful scientists and drug companies, zealously searching for and promising a cure – a cure that is... just around the corner. Cures that allow you to simply pop a pill (without doing anything else whatsoever) making all your troubles melt away.

Waiting for a wonder drug
So we (most Americans) sit, waiting patiently, to be prescribed this new cure. Yet, each time we find a new “wonder drug”, it’s only a matter of time until we find out about a deadly side effect, lawsuits, finally a drug recall, and then it’s back to the drawing board - mixing chemicals in beakers, trying desperately to find the next miracle pill.

As nice as it sounds in theory, so far, it hasn’t happened. With all of the advances in science and medicine, people just seem to be getting sicker (and at a younger age, no less). Why is this happening? Are there truly any “cures” to disease?

In the holistic approach to healing, the “whole” person is treated
This is where natural, holistic medicine differs. In holistic medicine, we look at the “whole” person. We try to treat the problem, rather than the symptoms of the problem. While this method is extremely effective, it is much more difficult than simply popping a pill. It takes time, dedication, education and willpower. When we counsel people on health, one of the first things we address
is diet. Why is this important? Are that many health problems really related to what we eat? How can changing the diet affect the body on so many levels and be the answer to such various diseases? Why will simply taking a pill never be the answer?

True health comes from within – starting at the very cellular level

Each cell and is designed to work together flawlessly, like intricate cogs in an elaborately beautiful wheel. When you begin to understand this, you can see why just one cog not doing its job efficiently can affect the entire body. How does diet play a role? One of the specific ways is in your body’s pH.

All the time you hear people talking about “alkalizing your body” to prevent disease and degeneration of the body. It sounds like there might be some value to it, but is it really as important as they say? What is “pH” anyway? Can it really make that much of a difference? Is it really that big a deal?

WHAT IS PH?

pH is the measure of the acidity of a substance. Pure water, which has pH of 7, is neutral. Substances with a pH less than 7 are considered acidic and substances with a pH greater than 7 are considered basic (alkaline). Technically, pH is a measurement of the number of hydrogen ions compared to the number of hydroxide ions in a solution, with a pH of 7 being neutral (meaning an equal number of hydrogen ions and hydroxide ions). “pH” is an abbreviation for “potential hydrogen”. Substances are considered acidic when they break down into more hydrogen (H+) ions than hydroxide ions when placed in a solution. Substances are considered alkaline or basic, when they break up into more hydroxide (OH-) ions than hydrogen ions when placed in a solution. You may need to re-read that, but we’ll be coming back to this.
Explaining the pH scale...
The pH scale ranges from 0 to 14. It’s important to note that on the pH scale, each number represents a tenfold difference from adjacent numbers; in other words, a pH of 6 is ten times more acidic than a pH of 7, and a pH of 5 is one hundred times more acidic than a pH of 7. For instance, most carbonated soft drinks have a pH of about 2.5-3, making them about ten thousand times more acidic than pure water with a pH of 7 (remember this the next time you think about drinking a can of soda).

Acidosis vs. alkalosis
The normal pH of blood is about 7.35-7.45. In order to be healthy and disease/problem-free, and for all cells to function properly, the human blood must stay within this very narrow pH range. If the pH of your blood falls below 7.35, the result is a condition called acidosis, which leads to central nervous system depression, and when severe, can lead to a coma and even death. If the pH of your blood rises above 7.45, the result is alkalosis, which causes the nerves in your body to become hypersensitive and over-excitatable, resulting in muscle spasms, nervousness, and convulsions, and when severe, can also lead to death.

So in order to understand how to maintain a healthy pH, you need to know how you’re getting a buildup of acid in your body to begin with. There are basically two ways.

Where does the acid come from?
The first way is through metabolic activities. Every day when your body moves and breathes and carries out various other necessary processes, it produces a continuous supply of acids. As your cells produce energy, the end products of this energy are many different acids being formed and released into your body fluids. As long as your body is alive, this is unavoidable.

Dietary intake affects the pH
The other way is directly related to what you put in your body. When you ingest any substance (foods, liquids, drugs, etc.) it affects your body’s pH. Keep in mind, the acid or alkaline-forming tendency in the body has nothing to do with the pH of the food itself. It’s the end products of your body digesting and assimilating the nutrients. For instance, most fruits and vegetables have a low (acidic) pH because of their acid content, so you would think they would lower your pH. However, the acids of most, but not all, fruits and vegetables are broken down during digestion, and once digested most fruits and vegetables actually raise
pH due to their high potassium content (since potassium is highly alkaline-forming). Likewise, most meat and dairy foods measure as alkaline themselves, but when they are digested, they lower the pH because of their high protein content. Protein breaks down into amino acids and is very acid-forming. Since calcium is alkaline forming, some dairy products raise pH due to their high calcium and potassium content, outweighing their acid-forming protein content. Generally, the pH of non-foods, like colas and baking soda, affect the body the same way they measure for pH (so the cola that measures 10,000 times more acidic than water is actually much more acid-forming in your body than water).

Ok to recap: there are two main forces at work on a daily basis that can cause the pH of your body fluids to become acidic – these are:

1. The acids that you generate through regular metabolic activities (which you cannot really control)
2. The acid or alkaline-forming effects of foods, liquids, drugs, etc. that you ingest (which you can control).

One single food will not send your pH spiraling out of control

If we cannot control the acids that form from bodily processes, that leaves us with looking to our diets to make sure we’re maintaining a healthy pH. Don’t throw your hands up in the air quite yet. It’s actually not as hard as it sounds!

Does every single food you eat cause your blood to become more alkaline or acidic? Well, yes and no. While each food has a small acid-forming or alkaline-forming effect, one food is not going to send your pH spiraling out of control killing you instantly. Why? Since the slightest variation can make a huge impact on your health, your body was created with complex systems that tightly regulate the pH of your blood. Our bodies were designed to work continuously to keep our pH within the healthy range. Pretty cool, huh? But if our bodies were made to naturally take care of themselves, why is everyone always talking about alkalizing the body? First we must understand how your body does this job of regulating the acid-alkaline balance on a moment-to-moment basis.

THE “BUFFER” SYSTEMS

A “buffer” keeps something where it should be. It buffers adverse swings. It guards, cushions and protects. Your body has multiple buffer systems at work at all times to help keep your pH within a safe range. Simply put, the three primary pH “buffering” systems in the body help prevent acidosis or alkalosis by regulating
the **hydrogen concentration** in the body fluids (remember, hydrogen molecules come from the breakdown of acids).

**God placed special “leveling” systems within our bodies**

For the sake of time, we aren’t going to cover all the ins and outs of the buffering systems – you may already feel like you’ve been in science class all morning and I don’t want to bore anyone. It’s actually exciting to me to learn how the body works. To know that even though foods that we eat and processes in the body create potentially harmful acids, God already thought of that before He created us, and put special systems in place to help prevent these factors from pushing the pH of your blood outside of the 7.35 to 7.45 range.

**The phosphate buffer system**

If you’re thinking, “Great! Now I don’t have to worry about what I eat, my body takes care of it all!” think again. I’m about to explain how this system works and what happens if you overwhelm it and give it too many acids to deal with. The system we’re going to deal with today is the “phosphate buffer system”. This process watches the pH very carefully and if it starts to become too acid or too alkaline, it **immediately** counteracts the excess acid or alkali in order to prevent excessive changes in the hydrogen concentration. (Note: because of the standard American diet, the problem is typically too much acid, not too much alkaline).

**Minute by minute your body is neutralizing acids**

The way it does this is by using different phosphate ions in your body to **neutralize** the strong acids and bases. So if your blood is becoming too acidic, this system
takes phosphate ions from your body to bring the pH back up. This is done minute by minute in your body without you even knowing it. It is a very effective system, so effective in fact, that you can continue eating bad foods for years and years without even noticing a difference. Amazing, right?

But here’s where we get to the bad part…

About 85% of the phosphate ions that are used in your phosphate buffer system come from calcium phosphate salts, which are structural components of your bones and teeth. So if your body fluids are regularly exposed to large quantities of acid-forming substances, your body will draw upon its calcium phosphate reserves to neutralize the acid-forming effects of your diet. (Just like throwing water on a fire). But these phosphate ions weren’t just extras lying around waiting to be used. They already had a place and a purpose! They helped keep your bones and teeth strong. So while you won’t notice anything right away, when you eat a diet high in acid-forming foods, over time it can weaken your bones and teeth resulting in cavities, loose and broken teeth, fractures, osteoporosis, etc.

Your increased risk of developing kidney stones

So while you consume these acid-forming foods and drinks, your body pulls out phosphate ions to neutralize the acid, and then they have to go somewhere. They can’t all stay in the body, so they are eliminated via the urinary system. But what happens when you’re ingesting too much and you’re eliminating all this excess calcium phosphate? That’s right, with all of this calcium being pulled from your bones and teeth and being processed through the urinary tract, it substantially increases your risk of developing calcium-rich kidney stones.

So based on only one of these buffering systems, you
can see how your diet plays a key role in the pH balance, and how taking in too many acid-forming foods, drinks, etc. can result in weaker bones and teeth and possibly even painful kidney stones.

*Your buffering systems can be over-taxed*

While these systems were put in place to safely maintain the pH at a healthy level, they weren’t intended to be sanitation workers that would continuously pick up as much trash as you can throw at them. This is just one example of how your buffering systems can be over-taxed to a point where you experience negative health consequences. Keep in mind that these systems already have to work constantly to neutralize the acids that are formed from everyday metabolic activities (the unchangeable ones we mentioned before), so the acid-forming foods you’re eating are only creating more work for your buffering systems, requiring more calcium (and other nutrients) from your bones and body.

Unfortunately we’ve run out of time for today, but tune in next month for “Diet and Disease Part 2: Alkalize or Die” where we will give you a list of acid-forming foods versus alkalizing foods. If you want to change your diet and improve your health, give one of our health counselors a call at 309-343-5853. We can’t wait to help you on your path to better living!

Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having always wanted to help people, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.
The health benefits of Coral Calcium are as diverse as they are numerous: from relief from muscle spasms and asthma to a general balancing of moods, from cholesterol and blood pressure benefits to treatment of hiatal hernias and even periodontal improvement. Such diverse benefits of Coral Calcium can be explained by its abundant supply of every mineral found in the human body.

CALCIUM AND WEIGHT LOSS
A recent review of studies by the U.S. National Institutes of Health shows that one of the benefits of calcium may be weight loss. In these studies, those who were overweight tended to eat small amounts of calcium. Those who lost a lot of weight ate the most calcium. And people who ate lots of calcium lost the most fat in the mid body area. So if you’re trying to lose weight, consuming more calcium may help with your weight loss.

BONE LOSS AND CORAL CALCIUM
Calcium and minerals are needed for every vital function of your body, from pumping your heart, to cell division, to DNA replication. If you’re not eating enough minerals to fuel these functions, your body steals it from your bones! It’s an automatic self-preservation mechanism. It saves your life – but results in osteoporosis!

WHAT IS CORAL CALCIUM? Simply, Coral Calcium is just calcium; however, it has an advantage over other types of calcium - marine Coral Calcium has a wide range and optimal mix of major and trace minerals. It actually contains every mineral, in similar proportion, found in the human body. This is vitally important because some trace minerals are entirely missing from our food supply and supplements, yet these minerals occur in the human body - and are necessary for vibrant health!

DO I NEED CALCIUM? Almost everyone knows that calcium is needed for healthy bones and teeth. But did you know that it’s also needed for healthy muscles, nerve function, and is by far the most abundant mineral in our bodies? To live and function with optimum health, every cell in your body requires a complex interaction of dozens of minerals. Calcium, in particular, is vital to almost every cell and every function: heart cells, brain cells, liver, kidney, and bone cells - all require calcium. If they have the appropriate level of calcium and minerals, they all function well, and you feel great! If not, pain, disease, and premature death occur.

WHY CORAL CALCIUM? You know you need calcium. The problem is that minerals, especially calcium, can be very difficult to get into the bloodstream. No matter how much calcium you take, it won’t do any good if it doesn’t get into your blood. The calcium and 73 other minerals and elements found in coral are naturally “ionized” (nature’s smallest form, 1000 times smaller than colloidal) allowing for almost total ‘bio-availability’ and have the inherent ability to rapidly enter the blood stream. ‘Bio-availability’ means how much of the calcium you take actually becomes available to your body to use.

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APPEARANCES CAN DECEIVE

Appearances can be very deceiving. Green grass may cover the ground where dead men’s bones lie. A healthy-looking tree may be ready to fall, a victim of its own rottenness within.

Sweet manners may be only skin deep; and if you should prick the skin, you would be spurted with bitterness. A broad face does not necessarily mean a broad mind. A clean body cannot be equated with a clean life. A praying mouth does not always signify a praying heart.

It is not the cloth that makes the minister. Clothes change only the looks - not the person.

Submitted by Peter Laurin


It Is Easy To Be Pleasant

It is easy to be pleasant when life flows by like a song.
But the man worthwhile is the one who will smile,
When everything goes dead wrong.
For the test of the heart is trouble,
And it always comes with years.
And the smile that is worth the praises of earth,
Is the smile that shines thru tears.”

Submitted by Ron and Julia Hornback


Quotes to Live By

“We plant the seed of faith, and God brings the harvest.”
“If your dreams don’t come true, maybe you’re sleeping too much.”
“Worry is like a rocking chair - it keeps you busy but doesn’t get you anywhere.”
“Prayer should be the key of the day and the lock of the night.”
“Life can’t be sweet if you’ve got a sour disposition.”
“The Lord washes away our faults with a soap called Forgiveness.”

Hope International ■ www.hopeforhealthusa.com
When we gather as a group for morning worship, one of the things we enjoy is praising God for all of the everyday things that He does for us. We strive always to take nothing for granted, and note every blessing! For instance, it has been very hot and muggy, what a blessing that our office and homes have air conditioning! Many people do not, they can only hope to find a bit of shade to provide some relief. Everyday our maintenance team is using equipment, climbing on roofs, doing all types of risky tasks, and yet no injuries, nothing worse than a bug bite! On the weekends many of our staff are traveling either for Hope business, or personal trips, we are in cars and planes, everyone has returned safely! Thousands of miles traveled without serious incident, we keep our angels busy!
We just celebrated the 4th of July; do you thank God each day for the freedom we enjoy in this country? Do you pray for our leaders every day that the Spirit will lead them in the decisions they make? I praise God that I have the freedom to work at a ministry where we do not suffer persecution by the people in our surrounding community; in fact just the opposite, they help us, and admire our work! I have the freedom to own as many Bibles as I want, not to mention a full library of Ellen White books!

Every day thus far, we still draw breath, we still have food to eat, water to drink, clothes on our back, and most likely a wonderful selection of clothes, winter coats, and summer wear, with more than one pair of shoes for most of us! I sit at a desk enjoying all the advantages of the tech age, from this computer, to a multi-line phone, to a calculator, and a multitude of software programs. All of these gadgets allow me to do my job faster, and more efficiently; in years past the ministry would have needed to employ three people to complete all of the tasks now done by one person!

My Grandson is turning two today, he just recently learned to tell me he loves me, what a joy this is to hear! Praise the Lord that we have people in our lives that care about us, the clerk at the store that has a ready smile, or the neighbor across the street who always waves, or dear family and friends, who love us. I talk to many of you on the phone, I have never met you, and yet the sound of your familiar voice is a comfort, a blessing each day as I do my work.

Do you enjoy a chuckle each day? This is another every day blessing to never take for granted, the pure joy of a light-hearted moment! The silly antics of animals, or children, can give much needed relief from the stresses of life. Joe Olson just came in my office and caused me to have a giggle just now as I was typing this article. A shared smile or laugh is the perfect remedy to forget your cares for just one moment, what a wise Creator we have who gave us this ability!

Life at Hope International serving the Lord, and serving you is as close to Heaven as we will know before the Lord returns! For those of you who may not be in situations that seem like Heaven, we pray that you will still find blessings, that praises will ever be on your lips, that you will remember that we pray for you, and count on the Spirit to guide you, and comfort you now and always!
Did you ever wonder, “Where has all my energy and mental clarity gone?” Have you lost your spunk and vigor? Are you tired, lifeless, and unable to lose weight? Increase and sustain your energy levels all day long, with no more ups and downs, by taking Living Green Energy! Just one tablespoon in the morning mixed with 8 oz. of juice or water will kick-start your day like never before.

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- Stevia Extract (leaves)

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Answers from Christian Crossword published in the May-June 2011 issue of Good News

The Book of Exodus - KEY

Across
2. What other name did the sanctuary have? [TABERNACLE]
5. What stone was the last stone in the twelve stones representing the tribes of Israel? [JASPER]
8. What rested upon the tabernacle at night? [FIRE]
9. What time of year was the sanctuary ‘heared up’? [NEWYEARS]
12. What mountain had the burning bush? [HOREB]
13. What sea did the locusts all die in? [RED]
16. God was going to bring the Jews to the land of ______? [CANAAN]
17. What was Aaron’s oldest son’s name? [NADAB]
19. The golden calf was ground to powder by Moses and the Israelites had to _____ it. [DRINK]
23. What did the dust of the land become in Egypt? [LICE]
24. Aaron and who else held up Moses’ hands when the people were fighting the Amalekites? [HUR]
25. What feast commemorates the Israelite’s deliverance? [PASSOVER]
27. What kind of wood was the ark of the covenant made of? [SHITTIM]
28. What was Zipporah’s father’s name? [JETHRO]
29. What was the name of the bread from heaven? [MANKNA]

Down
1. What was the name of Moses’ first son? [GERSHOM]
3. What was the basket that Moses was put in made of? [BURLRUSES]
4. What was on the left side, as you entered the sanctuary? [CANDLESTICK]
6. What does the Bible call that basket? [ARK]
7. What kind of cakes did the Israelites take with them from Egypt? [UNLEAVENED]
8. How old was Moses when he spoke with Pharaoh? [FOURSCORE]
10. What were the priests to do when they came before the Lord? [WASH]
11. Two men were in charge of making the sanctuary and its furniture and utensils. Bezaleel and ______. [AHOLIAB]
14. What was the name for the bitter waters the people came to? [MARAH]
15. The breastplate that Aaron wore was called the “breastplate of ______?” [JUDGMENT]
18. What did handfuls of ashes become? [BOILS]
20. The Israelites came to a place with twelve wells and how many palm trees? [SEVENTY]
21. What was Jethro’s profession? [PRIEST]
22. God said all that openeth the ______ is Mine. [MATRIX]
26. Who was Moses’ spokesman? [AARON]
The Book of Leviticus

Across
4. The fiftieth year was called the _____.
5. Upon the front of the mitre of the high priest was put a golden _____.
7. God said the life of the flesh was in the _____.
10. If a person stole or deceived to obtain some good or property, the person was to restore the principle and add a _____ part.
12. What kind of bread was eaten in the Holy Place?
14. Upon the hem of the high priest’s robe was a _____ and a pomegranate alternating all around the robe.
16. You were not supposed to curse _____ people.
19. You were not to go “up and down as a _____.”
21. To eat fish, the fish must have fins and _____.
24. On the Day of Atonement, the goat that was NOT sacrificed was called the _____.
25. God said, “Ye shall be _____; for I the Lord your God am holy.”
27. Who did that goat represent?
28. God said, “all the _____ of the land, whether of the seed of the land, or of the fruit of the tree, is the Lord’s:”
29. Every seventh year, the land was to _____.
30. All sacrifices had to be without _____.

Down
1. Aaron’s first two sons were Nadab and _____.
2. “Clean” beasts had to chew the cud and be _____.
3. The fire burning on the _____ should never go out.
6. In the breastplate, there was the Urim and the _____.
8. There was to be no eating of _____ from any animal.
9. Meat offerings were actually what product?
11. Aaron’s second two sons were Eleazar and _____.
13. What were all Israelites to dwell in for seven days?
15. What was a dreaded disease that caused someone to call out that they were unclean?
17. Once each year, there was a “Day of _____.”
18. What feast was on the fourteenth day of the first month?
20. The goat that did not die was led out in the wilderness by a _____ man.
22. Locusts were considered _____.
23. If you planted a fruit tree, in what year could you eat the fruit?
26. A sacrifice of thanksgiving had to offered at your own free _____.
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**Shipping and Handling Charges**

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