Salvatore Frascinella was worried. His three cardiologists had already said that bypass surgery was too risky for him. They had him taking a dozen pills a day and still, he was getting worse. He couldn't play tennis; he couldn't even walk two blocks without chest pain.

In desperation, he attended a health seminar and followed the low fat, low cholesterol diet and a progressive exercise program. In two months, he was off all his drugs and had started playing tennis.

This is another example of how the body is designed to heal itself, if we know how to cooperate.

And it’s not just heart disease. With the same low fat, low cholesterol diet and exercise, Pritikin got pilots off insulin for their diabetes and off drugs for hypertension so that they regained their pilot’s license. This saved the Aviation Insurance Agency hundreds of thousands of dollars.

We all know cholesterol comes from animal sources; our bodies make it in response to stress. Exercise helps to neutralize stress and shift cholesterol toward the good HDL.

But what made Pritikin’s program work so well was not the low cholesterol, because it takes years for it to build up or be reduced in the coronary arteries. Pritikin read the medical literature and found that foods high in fat make our blood sticky so that the red blood cells stack up like a roll of coins.

It’s called Rouleaux Formation. When this happens, the cells don’t have their surface exposed to oxygen and they need more pressure to circulate.

This information suggests eating without all those high fat trimmings and substituting cottage cheese for regular cheeses, olives instead of olive oil (any vegetable oil makes the blood sticky), and beans, peas or sunflower seeds instead of meat chunks. Fried foods are banned, as are chips and dips.

The good news is that we aren’t restricted from exercise. Dr. Albert Kattus, chairman of the committee on exercise in the American Heart Association tells heart patients to grade their chest pain from 1 to 4, and encourages them to walk enough to get mild (grade 1 or 2) chest pain, and to continue walking as long as it doesn’t get severe (grade 3 or 4).

Such exercise sends a strong signal to dilate the arteries. This builds collateral blood flow. Such exercise while on a low cholesterol, low fat diet will reverse heart disease. This was the cover story that featured California cardiologist Dean Ornish in U.S. News, August 6, 1990.

That’s how Salvatore did it. He’s alive and well at 87, still on no medicine a year ago. He said, “You saved my life!”

May God be praised for His wisdom shown in the marvels of the human body and in allowing food to be our best medicine, even after 65 years of abuse!
Trust in Divine Power

Rusting in Divine power is one of the “true remedies” listed in Ellen White’s classic, *The Ministry of Healing*. The Bible contrasts trust in God by favorable references to “physician” (there is a balm in Gilead), but cautions us with unfavorable contexts for “physicians.”

When physicians recently recommended antidepressants as a routine prescription for women who are pregnant and they failed to disclose over sixty financial ties to pharmaceutical companies, it prompted an outcry of distrust.

We appreciate the honesty shown in this physician’s reply:

“Discerning the validity of material from a financially conflicted physician is more akin to reading Tarot cards than a scientific or intellectual endeavor. Why? Because trying to determine whether information from a conflicted physician is biased requires assessing a person’s motivation ... Did the speaker think that he was being rigorously impartial, but was subconsciously skewing the information in favor of the company that helps to pay his son’s college tuition? Did the speaker know exactly what he was doing, and that in biasing his talk, he knew he would incur more favors from the company?”


Former editor of the *New England Journal of Medicine*, Marcia Angell, MD, unmask big pharma in her recent book, *The Drug Companies and How They Deceive Us*. Her name (Angell) and book title on drug company deceptions are reminiscent of “another angel” with a message to come out of Babylon (confused ideologies?), “… for by her sorceries [the Greek word is *pharmakeia*] were all nations deceived.” (Revelation 18:1, 4, 23)

We should not be judgmental of godly physicians who are trying to do the best they can to help people. Some patients have no interest in changing their unhealthful habits. This makes drugs a necessity.

But we should know which way things are going. It may not be time for this message from Revelation yet, but we should be preparing to bail out of Babylon, that we “partake not of her sins and receive not of her plagues.” (Ibid.)

People today are being deceived by drugs that relieve their symptoms, but do not cure them. Americans are spending trillions for such drugs, and the greedy drug companies are charging poor people thousands of dollars a month in hopes of curing their cancer, when proof of cure is lacking.

Ponder a deeper meaning of Christ’s healing a lame man by the pool of Bethesda in John 5. It was believed that an angel would stir the water from time to time and the first person into the pool when the water was troubled would be healed.

Multitudes gathered by the pool, vainly hoping to be well and when it seemed like a cure was possible, the weaker ones were trampled by those who were stronger. It was a dreadful situation, but aren’t we doing the same thing today?

We also have a pool of Bethesda. Bethesda, Maryland is where our taxes are pooled for drug research and given to NIH (the National Institutes of Health). With each new drug, there is hope or promise of a cure. There’s a stampede, but in the end, where is the person who was cured?

Multitudes hope in vain when they might spend their time, effort and money in a better direction, but we can’t control how our tax dollars are spent. As some District of Columbia license plates say, “Taxation without representation”?

Drug companies spend $400 million a year to wine, dine and lobby our congressional leaders. Accepting pharmaceutical money to participate in a drug study is a violation of biblical law—“you shall take no gift: for the gift blinds the wise, and perverts the words of the righteous.” (Exodus 23:8)

Every nation that practices westernized medicine is on the brink of bankruptcy. The average person spends thousands of dollars for medical care that does not cure, and many senior citizens skimp on food to buy drugs.

Will we participate in the Bible’s relevant message for our time? The Greek word for angel means messenger. If we don’t find a way to share the information we have, are we still represented by the angel? The wise virgins light their lamps. “Ye are the light of the world.”

Better than cursing the darkness, let us light a candle! People would rather see a sermon than hear one.

Dr. Richard Ruhling is board-certified in internal medicine, but he now believes internal medicine is risky and that food should be our best medicine. He offers his Total Health Seminar to churches for a health emphasis on Sabbaths at no charge. For further information email Ruhling7@juno.com

HealthWorks

Avoid the rush: register early for HealthMinistries-related events!
Charcoal: AN OVERLOOKED REMEDY

The scientist that discovered charcoal’s adsorptive property proved his point by taking a fatal dose of arsenic and then taking charcoal with no ill effect. The microscopic structure of charcoal has tremendous surface area, allowing toxins to be adsorbed. It’s been said that one capsule has the surface area of a football field.

In this age when many drugs are of dubious benefit, here is a non-toxic remedy that can help numerous conditions.

Sold as an aid to intestinal gas, it is excellent. Buying it in powder form for external use is cheapest and may still be used for internal use. Stirring a quarter teaspoon into a couple ounces of water will look intimidating (black liquid) but it has no taste, so get used to it as a friend for future use.

Double the above amount, if suffering from stomach flu with vomiting or diarrhea. If recent vomiting, take a small sip and wait 5 to 10 minutes before another sip. If vomiting persists, see a physician.

Rats given charcoal lived about a third longer than those without charcoal. Adsorption of heavy metals may have been the reason for the difference. Charcoal also has a mild cholesterol-lowering effect. It can adsorb vitamins or drugs, so do not take them close together.

Charcoal may be used internally (described above) and also externally for poisonous snake or spider bites. A poultice is made of flax seed made slimy with water and the powder stirred into it. Covering with plastic helps to keep it moist over the affected area. This may also be tried for serious reaction to bee stings, but if one has any shortness of breath or difficulty breathing, get to an emergency room fast.

Charcoal is a non-toxic remedy that can help numerous conditions.

Circadian rhythms take their name from circle or cycle, the daily cycle of 24 hours affected by sleeping and waking. When the groundhog eats his last meal in the fall and begins to hibernate, his metabolism slows down and he burns very few calories, so his meal will last all winter.

Our metabolism also slows every night as we sleep. Food eaten just before bed is not metabolized; it is stored as fat and once stored, it is difficult to lose.

Most people who want to lose weight tend to skip breakfast and they may go light on lunch, but the one meal they feel entitled to enjoy is supper, but they can’t lose weight.

In 40 years of medical practice, I have not seen anyone with a weight problem whose largest meal was breakfast; the great majority who need to lose weight eat their main meal at night. I have wished I could take supper away and let them eat as much as they wanted at the other two meals, but it is hard to change this habit.

Habit: if you work at it, your efforts are rewarded “abit”
Cut on it some more and there is still a “bit”
Fight it with all you have and you still have “it”
We are seeing that three fourths of the word diet is die.

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Have you bookmarked our website yet? www.nadhealthministries.org
GRAS means “Generally Recognized As Safe,” and many substances fall into this category that don’t even have to be labeled. A close runner-up that we hardly give a thought about is caffeine. Caffeine seems like a harmless stimulant to some people, but they are uninformed of its true nature.

Once hooked, millions need a quick fix to get their day going. Pavlov called coffee “bad habit glue” because folks could not live without their lifestyle unraveling if it weren’t for caffeine to get them going each day.

This is dishonest. It’s lying to ourselves or to our nerves. And nervous disorders are perhaps the first area that people feel the effects. They want a prescription for their nerves. Tons of tranquilizers are consumed by people addicted to coffee, tea and colas. Most tranquilizers are also addictive. It started 40 years ago with Librium and Valium. Now we have Xanax.

And there’s trouble sleeping. Good sleep does not seem possible for people using caffeine, but Ambien (also habit-forming) is offered as a free sample for a week (long enough to get hooked) if you “ask your doctor.”

Then there’s stomach problems. Caffeine stimulates gastric acid when it’s not needed. So bring on the antacids and the gastric acid inhibitors. More prescriptions, please.

People should have enough sense to quit, but the headache is huge. So take an Anacin, Excedrin, APC or Goody Powder. They all have caffeine to cure the headache of caffeine withdrawal. It’s like having a smoke when you are struggling to quit tobacco. You cure the symptom and continue the addiction.

A medical school news article tells of surgery done to help those afflicted with cleft palate, but is it charity to promote surgery for a problem while not mentioning its common cause, caffeine?

A daughter working the night shift at a hospital couldn’t stay awake without drinking Coke, until she got breast lumps. Caffeine is a cause of fibrocystic breast disease, which happens to carry a higher risk of breast cancer.

Osteoporosis is another disease linked to caffeine. Writing of tea and coffee, we find a century-old classic statement:

“The continued use of these nerve irritants is followed by headache, wakefulness, palpitation of the heart, indigestion, trembling, and many other evils.” (Ministry of Healing, 326)