Join Us:

Dear Center for Adventist Research

Spring is a beautiful time of year here at Wildwood! We hope you will take the time to come visit us and learn more about what God is doing through this powerful ministry.

Also, make sure to mark your calendar for this years Natural Remedies Seminar entitled "Redeeming the Time". Our annual seminar starts the 19th of June, and space is limited, so be sure to register now! For more information, visit our website or call us @ 1-800-634-9355.

Along with articles and recipes, we have also included a video by Sherri Neuroh where she highlights information from the book "His Brain, Her Brain" helping us to understand the differences between genders and how to manage them. It's a great presentation you don't want to miss.

Healthfully Yours,

The Wildwood Staff
MEMORIAL SERVICE FOR MRS. BALDWIN

Dr. Marjorie Baldwin, 93, passed quietly to her rest on Sabbath, April 23, at 1:30pm. There will be a Memorial Service for Dr. Marjorie on Sunday, June 5, 2011 at 3pm in the Wildwood Chapel. Participants will include Elders Mark Finley, Ed Wright, Clif Goldstein, and others.

FEATURED ARTICLES

Nutritional Oncology
Nutrition is no longer a side issue.

Natural Remedies for Hypertension
In this article we will describe the types of drugs typically used and offer some natural alternatives, including hydrotherapy and botanical agents.

FEATURED VIDEO

His Brain Her Brain
This video will help you to better understand, and happily live with your spouse.

Watch the video here

2011 NATURAL REMEDIES SEMINAR

• Wildwood on the Road!
We'll come to your local area, invite us today!
706-801-7060
[more]

• Upcoming Lifestyle Program
Make plans to be here. Register online today!
[more]

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• June 19 - 26
2011 Natural Remedies Seminar
Click for more information.
[more]

• June 24 - 26
Kentucky - New Life SDA Church
Health Emphasis Weekend + Cooking School
[more]
Wildwood Lifestyle Center is pleased to announce its annual Natural Remedies Seminar. The 2011 event will run from June 19 to 26 is themed, “Redeeming the Time.” As always, the Natural Remedies Seminar promises to be an educational, uplifting and life changing event.

This year features Vegan Cuisine, Massage, Hydrotherapy, Practical Living, Disease Treatment & Cures and much more!

To benefit from reduced rates, be sure to take advantage of the Early Bird registration, which is already open. Limited space is available for some classes so register early, you don't want to be left out!

For more details, visit [www.wildwoodhealth.org/seminars](http://www.wildwoodhealth.org/seminars)

**RECIPES FROM THE WILDWOOD KITCHEN**

**SIMPLE GRANOLA**

**INGREDIENTS:**

- 1 cup of water
- 1/2 cup of oil
- 1 1/2 cup of pitted dates packed into cup
- 1 1/2 teaspoon of salt
- 2 tablespool of vanilla
- 8 cups of oats
- 1 cup of chopped nuts

**HOW TO MAKE IT:**

1) Blend together first five ingredients until creamy. In bowl put oats and nuts.
2) Add blended contents and mix together well. Spread on cookie sheet.
3) Bake at 300 degrees for 20 minutes, until lightly browned. Reduce temperature to 225 degrees and bake until dry and crisp (approx. 1-2 hrs).
4) Stir occasionally while baking

**WANT MORE?**  [www.wildwoodhealth.org](http://www.wildwoodhealth.org)

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435 Lifestyle Ln, Wildwood, GA, 30757 - (706) 820-1493
Memorial Service Dr. Marjorie

Written by Wildwood Health

Dr. Marjorie Baldwin: 93, passed quietly to her rest on Sabbath, April 23, at 1:30 pm. There was a burial service at sundown conducted by Elder Bill Boykin and Elder Ed Wright, Georgia-Cumberland Conference president, and nephew to Dr. Bernell Baldwin.

There will be a Memorial Service for Dr. Marjorie on Sunday, June 5, 2011 at 3pm in the Wildwood Chapel. Participants will include Elders Mark Finley, Ed Wright, Clif Goldstein, and others. Arrangements will be made for the service to be live streaming for friends afar.

In lieu of flowers, contributions can be made to Wildwood Sanitarium, Inc. for the Dr. Marjorie Memorial Fund. These funds will be used for the promotion of medical evangelism globally, to promote the vision Dr. Marjorie lived, breathed, taught, and to which she dedicated her entire lifework.
Nutritional Oncology

Written by Bernell E. Baldwin, Ph.D.

IN SPITE OF THE FOLLOWING FACTS:**
• The cruelty of cancer touches about one in three people,
• One out of eight women develop cancer of the breast,
• One in 6 men who are older than 70 years, gets cancer of the prostate,
• Cancer is the number 2 cause of death, and
• It is the most feared of all diseases, there is more than hope—there is help, now!

Never has there been a time when more was known about this creeping plague, how to understand it, prevent, cure, and manage it, than now. Scientifically, cancer used to be the dragon of diseases—now it’s much more understandable and conquerable. Cancer is now a more accessible target. This article can give you several new ways to beat the beast.

Causes of Cancer

Cancer is caused by viruses, strong chemicals, dangerously high levels of radiation, or hormones that push wild growth. But because the “nuts and bolts” of cancer are becoming so well known, the guesswork is diminishing rapidly. For instance, we now know how benzopyrene, a terrible cancer chemical found in first- and second-hand tobacco smoke, can steal an electron right out of DNA, thus destroying its integrity. This means that a cancer gene, called an oncogene, can be produced by mutation and go to work permanently. Thus it can build a machine of rebellious wild growth in the lungs, killing more of both women and men than any other type of cancer.

Four Years vs. Three Days!

The entire war so far has killed about 3,000 Americans in 4 years. In America alone, tobacco kills more than that in three days! Tobacco causes about ninety percent of lung cancer cases and up to one-third of all cancer deaths. When you add up all the cases that have “significant tobacco causation” stamped on them—the number is substantial. Not only is cancer of the lung involved but also the more than 80 known cancer chemicals in tobacco encourage cancer development throughout the body! Tobacco is involved in cancer of the lung, breast, prostate, colon, head and neck, kidney, bladder, and pancreas. This deadly substance’s “shot-gun” effects cause not only cancer but also heart attacks, blood vessel disease, emphysema, and other vascular and respiratory diseases, resulting in tobacco killing one in five Americans!

Most media won’t tell you that even after surgery for lung cancer once the growth has reached the size of a golf ball, about 80 percent of patients are dead within eighteen months. The golf ball was too big! So, what’s the good news? Plenty! Thirty percent of all cancer is caused by tobacco, and we can now understand, prevent, and conquer it. How? Never start smoking! And if you smoke now, stop smoking before it stops you!

Cancer is a System

To illustrate cancer’s method of operation, let’s consider breast cancer, a complex system of many factors. The normal breast lives to feed and nurture new human beings. But cancer cells live to destroy this organ. As soon as possible they spread by metastasis to lymph nodes, chest, or liver, resulting in disfigurement, pain, and death. It is a system of lawless growth, physical suffering, destruction, and death. Cancer is biologic sin—a dramatic model of mutation and selective survival. Normal cells play fair. Cancer cells fight for your death, not life.

Dr. Baldwin is TV lecturer for Health Headlines, 3 ABN TV, Applied Physiologist at Wildwood Lifestyle Center & Hospital, and Science Editor of The Journal of Health & Healing.

*Both the article itself and the sidebar add a few factors that are not based on nutrition, but also contribute to the development of cancer. —Author
**Statistics within the USA.

How Does This Come About?

The normal human body obeys laws of order. As the Bible says, “There should be no schism in the body.” The healthy body has many members, but they all unite in one purpose—they all live to serve and honor one another. Normal immune cells will sacrifice even their lives so that the body can live. But cancer cells live and grow only for themselves, multiplying in a rebellious war of aggression against your survival. Each of our normal cells has about 30,000 normal genes, which are units of DNA, rolled up like blueprints in a big drawer, called the nucleus. Cancer results if, after a long and fierce war, the blueprints for a certain organ of the body are sabotaged. The cancer-bolted blue prints shape the new baby cells to give the least, steal the most, and have lots of baby cancer cells—all this in desperate anarchy against the normal laws of life. What else is involved?

The Cancer Is Evolution At Work!

Evolution is supposed to be a self-perfecting system based on mutation and selection resulting in survival of the new
Natural Remedies for Hypertension

Written by Elizabeth J. Hall

AN ESTIMATED 65 MILLION PEOPLE in the United States have high blood pressure. That's 1 out of 3 adults with readings greater than 140/90. Another 45 million have pre-hypertension readings between 120/80 and 139/89. Of those people who do have hypertension, more than 80 percent have what is considered moderate hypertension between 140 and 180 systolic and 90 to 100 diastolic, thus accounting for 70 percent of the cases of hypertension. This disease plays a contributing role in most heart attacks, strokes, and much kidney damage, memory loss, dementia, and damage to the retina. Researchers, however, are finding that we start paying a physiological price when the systolic pressure reaches even 125, thus they are now recommending that we keep the systolic pressure below 120.

If the blood pressure is mildly elevated, taking medicine to lower it will often be counter-productive, as the side effects from drugs are often more dangerous than the blood pressure elevation itself. Fortunately, safer alternatives for treatment are available that can lessen or even prevent the need for pharmaceutical drugs. Most cases of mild-to-moderate hypertension will respond well to steady, consistent lifestyle changes, natural remedies, and herbal therapies.1

The first line of defense and treatment for high blood pressure, of course, includes a plant-based diet with plenty of fresh fruits and vegetables, whole grains, unsalted nuts, modest salt restriction, a mild regular exercise program, weight control, and appropriate hydrotherapy. Failure to do so may well cause cardiovascular disease, kidney decline, or lead to cognitive impairment.

In this article we will describe the types of drugs typically used and offer some natural alternatives, including hydrotherapy and botanical agents. Severe high blood pressure requires medication, but adopting a healthful lifestyle often decreases the dosage and number of medications needed.

Natural Diuretics

Over 40 percent of hypertensive individuals are sodium sensitive, thus they tend to retain salt. Physiologically, where sodium goes, water will follow. If extra sodium stays in the bloodstream instead of being passed out through the urine, blood volume increases, which causes the blood pressure to rise. A diuretic, by increasing urinary output, makes it easier for the kidneys to release unnecessary amounts of sodium and water.

Lifestyle therapies that improve diuresis include:

1. Sodium restriction: Use only ½ to 1 teaspoon of salt per day, and avoid processed foods (canned foods, instant puddings, aged cheese, and pickles) because 80 percent of salt comes from processed and fast foods.
2. Hydrotherapy: A hot fomentation placed over the kidneys for 20 minutes twice a day improves urinary output.
3. Herbal diuretics:

- Celery seed—Animal studies show that celery seed increases urinary output. To make a tea, put 1 to 2 teaspoons of the crushed seeds in a cup of simmering water. Steep for 15-20 minutes, strain, and drink 1 cup 3 or 4 times per day. Experts regard celery seed as being generally safe. Interestingly, celery itself contains phytochemicals that reduce blood pressure—if you care to eat four stalks per day! Those with kidney disorders should not use celery seed in any medicinal amount.

- Parsley—This popular herb offers numerous medicinal and culinary usages, including diuresis. Its seeds are particularly helpful. Add one to two teaspoons of dried leaves or one teaspoon of bruised seeds in a cup of simmering water. Prepare as the celery seed tea. The medicinal effect of parsley is found in its volatile oil, which is quickly dissipated by boiling, hence it is best not to bring the water to a boil before pouring it over this herb. Pregnant women should not consume medicinal amounts of parsley or parsley seed, because it can stimulate the uterus to contract. Avoid high dosages.

- Hibiscus—When used in large amounts, this is another helpful herb that produces a diuretic effect. Individuals should note that it can also have a slight laxative effect.

- Dandelion—The leaves of this common green are rich in potassium and are considered diuretic, producing an effect stronger than does its roots. Individuals with gallbladder problems or obstruction of the bile duct should avoid using this herb.

- Lemon grass—Animal studies show that lemon grass is a weak diuretic and can lower
Annual Seminars

Redeeming The Time
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CANCER • DIABETES • SKIN DISEASES • DEPRESSION • MENTAL DISEASES • NUTRITION • HYPERTENSION

Walk in wisdom towards them who are without, redeeming the time. Colossians 4:5

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