



## Ten Love Letters

### Every Church a Centre of Health & Healing



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Seventh-day  
Adventist churches  
answering  
humanity's need.

Some forty-one years ago, I used to sit by the mailbox in the girl's dormitory at CUC waiting for the mail to be sorted, hoping there would be an air-mail letter with that distinct African art and complete with an African stamp from my student missionary boyfriend. As the months went by, I began to have a whole collection of these wonderful letters full of love and promise for the future. This was before the days of email, texting, Skype and Facebook, so why did he take the time to sit down and write these long letters to a girl thousands of miles away? As I read those dear letters I knew that they were sent with my best interest in mind. This friend cared about me and was concerned about my life, what kind of grades I was making, my happiness... every aspect of my well-being.

Have you ever heard the ten commandments described as a love letter, a tender, heartfelt message from the very hand of God? Did you realize that there was a prior conversation between the Lord and Moses before He gave him those tablets of stone? Did you know that God gave Moses specific instructions about what to say to the people BEFORE presenting the Ten Commandments?

It was God who set the context. It's all right there in the book of Exodus. The Lord was saying, "Moses, before you give the people these commands, before anything else, will you please remind them that I bore them on eagles' wings?"

Eaglets are usually born in a nest high on a rocky ledge, tall tree or tall pole. These eaglets grow and stay in the nest until they are feathered out.

A mother eagle when the time is right, will take her baby eaglet high into the sky...and drop him! As the little fella plummets to earth, contemplating his comfortable but surprisingly brief life.

Mama eagle watches. And what does she do?

She swoops down just before her eaglet hits the ground, flies underneath, and picks him up. And of course this little bird's heart is pounding. But there's a happy ending here for the baby eagle, right?

Mom is climbing back up into the heavens. The trauma is over. Back to the beloved nest...and isn't it just about lunchtime? But what does she do when she regains her original altitude? She drops him again! And again! And each time swoops down to save him and bears him up...on eagle's wings.

After sin entered this world we were like that little eagle, falling in a downward direction. But what happened?

In Christ, the Lord swooped down and picked us up and gave us everything that we have.

And now He sustains us and keeps us every day of our lives. We might be puzzled by the circumstances and timing in our lives, and sometimes we might feel that we are going nowhere. Yet like the mother eagle, God's eye is upon us. He will catch us upon His wings and take us where we could never go in our own strength.

And in love He gave us ten love letters to keep us from destruction so that we could enter into all He desires for us.

I am convinced these ten love

letters are one of the most powerful expressions of God's love in all of Scripture. And we don't have to read between the lines! It's all there. He doesn't leave anything out. These ten love letters are all encompassing touching virtually every part of our lives. They are the parameters to live by—the truths He knows are going to provide blessing and strength, a future and a hope.

From Thoughts From The Mount of Blessing (p. 147, 148) we read, **"It is the keeping of the commandments that proves the sincerity of our love. When the doctrine we accept kills sin in the heart, purifies the soul from defilement, bears fruit unto holiness, we may know that it is the truth of God. When benevolence, kindness, tender-heartedness, sympathy, are manifest in our lives, when the joy of right doing is in our hearts, when we exalt Christ, and not self, we may know that our faith is of the right order. 'Hereby we do know that we love Him, if we keep His commandments 1 John 2:3.'"**

When we contemplate this kind of love and care, it is easier to look at these ten love letters and ask ourselves, "Lord why would we ever doubt your love for us? You have proven it over and over again. You even wrote it down. It was a valentine written in stone. Later it would be written in Jesus' shed blood."

Along with these ten love letters God has also given us laws of health. Why? To protect us and preserve us.

Who could question such a love as that? -

-Glenda Nischuk

***"And Moses went up to God, and the Lord called to him out of the mountain, saying, Thus shall you say to the house of Jacob, and tell the children of Israel; You have seen what I did to the Egyptians, and how I bore you on eagles wings, and brought you to myself. Now therefore if you will obey my voice indeed, and keep my covenant, then you shall be a peculiar treasure to me above all people: for all the earth is mine: " Exodus 19:3-5***



NAD  
HEALTH SUMMIT  
September 28-  
October 2, 2016

Save The Date!

This summit of courses is designed for health leaders and individuals wanting to share evidenced-based holistic health programs which will enable them to effectively present life changing elements for abundant living. If you want your congregation's health ministry to be relevant and able to address current health issues, you will want to attend.

Hope, BC

## Chocolate... Is it Good For Us?

### A New Study on Chocolate

A new study at Loma Linda University indicates that this rich delicacy may improve memory, increase intelligence, and even put you in a better mood.

The preliminary research suggests that dark chocolate with a cacao content of at least 70 percent affects regions of the brain associated with learning and memory, promoting nerve cell growth, increased brain function and communication, blood-flow improvement, and the formation of blood vessels in the brain and sensory systems.

An important caveat is that a person should use chocolate sparingly, bearing in mind the associated sugar present in almost all chocolate.

One ounce of dark chocolate contains 20 mg. of caffeine. This isn't much compared to the 110 to 200 mg. in one 8 oz. cup of coffee. Milk chocolate tends to be very high in fat and sugar, and Ellen White had plenty to say about the ill health effects of combining milk and sugar.

Speaking of Ellen White, what did she have to say about chocolate? After I read about this study I



went on a search (somehow expecting to find some admonitions about chocolate) and I was hard-pressed to find anything!

In her book "A Solemn Appeal" on page 257 she writes, "And if you ask what you shall drink at your meals, I say, nothing is best; yet cocoa, chocolate, or warm water seasoned, or bread coffee, rice coffee, pea coffee, corn coffee, etc., will be good substitutes, as they do not inflame, and are palatable." She also did list chocolate on her grocery lists.

### Origin of Chocolate

On a trip to the Dominican I was delighted to see chocolate, growing on the Theobroma Cacao tree. These trees grow in a region known as the "chocolate



belt" which is twenty degrees north and south of the equator. Cacao beans grow in pods surrounded by a creamy pulp. These tiny brown beans have the highest concentrations of anti-oxidants of any food in the world and contain over 170 chemical compounds. The taste of the cacao bean is slightly bitter and fatty with no real chocolate taste.

### The Dark Side of Chocolate

After the pods are picked they are split open and the cacao beans removed. These are placed in piles and covered with banana leaves to ferment for 3 to 9 days. This gives chocolate its distinct flavor and removes the bitterness of the beans. After that they are spread out in the sun to dry. Chocolate commonly contains traces of insect and rodent fecal matter. The Food and Drug Administration in the United States permits up to 16 insect fragments and one rodent hair per chocolate bar. It also allows 10 milligrams of rodent droppings in every pound of cacao beans, and 75 insect fragments for every three tablespoons of chocolate powder. The commercial chocolate roasting process eliminates most diseases and parasites that could spread through these trace amounts of unsanitary organic matter, but consumers of raw chocolate are more susceptible to adverse effects.

Fungal growth occurs during and after the process of fermentation and continue to form during storage too. These molds can be very detrimental to human health. Many people feel that eating the

cacao nibs for the antioxidant benefit is better than cocoa powder which is processed from the cacao bean. These nibs have about 130 calories for one ounce, while dark chocolate has about 155 calories per ounce. They are also sugar-free.

As healthy as cacao nibs may be, eating too many can cause side effects. Raw Cacao contains more caffeine as well as a substance called theobromine, both of which are stimulants. Therefore, eating too many cacao nibs may cause anxiety, heartburn, sleeplessness and abnormal heart rhythms, according to New York University's Langone Medical Center. Sensitivity to caffeine and theobromine varies by individual; some people may experience side effects from just one serving, while others may only experience adverse reactions with large doses.

### Bottom Line

Roasted cocoa powder has less



mold contamination (aflatoxins) and other bacteria because of the heating process. European chocolate generally has more stringent sanitation than some other countries.

All chocolate consumption should be in moderation — one to two squares (not bars!) dark chocolate or a chocolate drink made with a non-dairy milk for a treat. The secret is to use our common sense and be temperate. If you can't stop at two squares, don't put it in your grocery cart! Be sure to balance your diet with a variety of other foods that are rich in antioxidants and phytochemicals found in many fruits, nuts, grains, and vegetables.

-Glenda Nischuk

## *Taking a Healthy Heart ...to Heart*

### *Know the Eight Risk Factors*



**Nine in ten Canadians (24 million) have at least one risk factor for heart disease and stroke.**

#### **1) Cigarette smoking:**

16% of Canadians (approx. 4.4 million people) smoke

Smoking is responsible for close to 15% of all heart disease and stroke deaths in Canada. In 2002, 10,853 Canadians died from heart disease and stroke as a result of tobacco use and second-hand smoke. Smoking triples the risk of dying from heart disease and stroke in middle-aged men and women.

#### **2) Cholesterol:**

Too much bad cholesterol (LDL) can lead to blockage of the arteries which raises the risk of heart disease. Cholesterol is raised when we consume animal fats such as those found in dairy and meats and too many vegetable oils. An exercise program such as walking and eliminating animal foods from the diet can bring cholesterol levels down.

#### **3) High Blood Pressure:**

6 million adults or 1 in 5 have high blood pressure

1 in 6 (762,000 individuals) with high blood pressure are unaware of their condition

High blood pressure is a significant risk factor for stroke and if left untreated can lead to coronary artery disease, dementia, heart and kidney failure and other diseases.

Reducing sodium in the diet (77% of excess sodium comes from processed food), exercise, drinking enough water daily and eating more potassium-containing vegetables can help reduce blood pressure. Also consider stress management.

#### **4) Diabetes:**

Diabetes increases the risk of high blood pressure, atherosclerosis (narrowing of the arteries), coronary artery disease and stroke, particularly if your blood sugar levels are poorly controlled. It can also result in circulation problems caused by damage to the blood vessels.

Women with diabetes are much more likely to have heart attacks, angina (chest pain) or heart surgery than men with diabetes. Although the cause is not fully understood, it may have something to do with the interaction of female hormones with blood sugar and insulin. Avoid processed food which contains high sugar and high fat and eat more whole foods as grown.

#### **5) Abdominal obesity [waist circumference greater than 102 cm (40 inches) for men and 88 cm (35 inches) for women]**

62% or more than 3 in 5 Canadian adults are overweight or obese. The higher the BMI the higher the prevalence of diabetes, hypertension and heart disease. Diet (80%) and exercise (20%) can change these dimensions.

#### **6) Insufficient daily consumption of fruits and vegetables:**

60% of adults Canadians do not consume 5 or more servings of vegetables and fruit each day

Insufficient consumption of vegetables and fruits is a major risk factor for heart disease and stroke

Eating 5 or more servings of fruits and vegetables can reduce the risk of heart disease by 20%

#### **7) Stress:**

People with high levels of stress or prolonged stress may have higher blood cholesterol, increased blood pressure or be more prone to developing atherosclerosis (narrowing of the arteries). If your life is stressful, it can be difficult to lead a healthy lifestyle. Instead of being physically active to relieve stress, you may respond by overeating or eating unhealthy foods. Responding to stress with anger can also be harmful, since it sets off a series of physiological changes including increased heart rate and elevated blood pressure levels that can increase your chance of having a heart attack. Prayer and outdoor exercise are some of the best ways to alleviate stress.

#### **8) Lack of Physical Exercise:**

Only 15% of adults (17% of men and 14% of women) accumulate the recommended 150 minutes per week of moderate-to-vigorous intensity physical activity. If you were to participate in 150 minutes of this type of exercise you could reduce your risk of heart disease, high blood pressure, and diabetes by 30%. Make your goal 10,000 steps per day.

## *Meet the Manitoba-Saskatchewan Health Ministries Team*

*This newsletter has been compiled by Glenda Nischuk  
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*She would like to hear from you!*

**“We are neither to reject health reform nor are we to be too rigid in our personal ideas of how to apply it.”**

Counsels on diet and Foods 196

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*We are the biggest conference geographically in the world! Because of this vast area, a team has been chosen to develop health ministry initiatives in our conference. We will be meeting once a month via conference call. Should you have needs in your church, ideas, or suggestions please contact one of the health ministries team members.*

## *Almond Cranberry Heart Cookies*

**These are a tasty treat with a warm cup of herbal tea, and they are gluten free too!**

- 1 cup raw whole almonds
- 1 cup tapioca starch
- 1 Tablespoon vanilla extract
- 1/4 teaspoon salt
- 1 Tablespoon lime zest
- 1/3 cup oil
- 1/4 cup honey
- 1/4 cup dry chopped cranberries



1. Preheat oven to 350°
2. Grind almonds in blender or food processor by pulsing until they reach a meal-like texture. (do not over-grind almonds)
3. Place all ingredients, except cranberries, in a food processor and blend until a smooth dough is formed.
4. Fold in the hopped cranberries using your hands.
5. Roll out dough 1/4 inch thick and cut using a heart cookie cutter.
6. Bake in oven for 8 minutes until golden brown

-Eat More CHIP Cookbook