

FALL 2012

THE MEDICAL EVANGELIST

A PUBLICATION OF ADVENTIST MEDICAL EVANGELISM NETWORK

The Physician's Example
Plays an Important Role
in Lifestyle Medicine

Altruism and Health

Trust in Divine Power: *How Faith Improves Your Health*

8TH ANNUAL
AMEN CONFERENCE

“TESTIMONY”

OCTOBER 25 – 28, 2012

PARADISE POINT RESORT
1404 VACATION ROAD • SAN DIEGO, CALIFORNIA 92109

Often physicians and dentists, focus exclusively on the physical body. However, God's design for His medical collaborators is the complete restoration of mankind – physically, mentally, socially and spiritually. This year's conference will emphasize 'testimony'. Speakers will share their own journey to becoming a medical evangelist and how a passion for sharing Christ has enhanced their daily practice.



VISIT
WWW.AMENSDA.ORG
FOR DETAILS

THE MEDICAL EVANGELIST

A PUBLICATION OF ADVENTIST MEDICAL EVANGELISM NETWORK

The Medical Evangelist is the official publication of the Adventist Medical Evangelism Network. The purpose of the publication is to equip physicians and dentists to be effective medical evangelists.

EDITORS:

Brian Schwartz, MD - EDITOR IN CHIEF

Rebecca Barnhurst - ASSISTANT EDITOR

EDITORIAL COMMITTEE:

Brian Schwartz, MD - CHAIRMAN

John Chung, MD

Robert Hunsaker, MD

Neil Nedley, MD

David Otis, DDS

The Medical Evangelist is provided to AMEN members. Institutions and individuals who are not members wishing to receive the journal may request copies or a subscription by contacting AMEN at (530) 883-8061 or barnhurst@amensda.org.



ADVENTIST MEDICAL EVANGELISM NETWORK

PO Box 1114

Collegedale, Tennessee 37315

(530) 883-8061

www.amensda.org

contents

4 / Editorial

5 / Altruism and Health

9 / Kenya 2012

10 / Overseas Mission Projects

11 / The Physician's Example Plays an Important Role in Lifestyle Medicine

15 / To Hell in a Ferrari

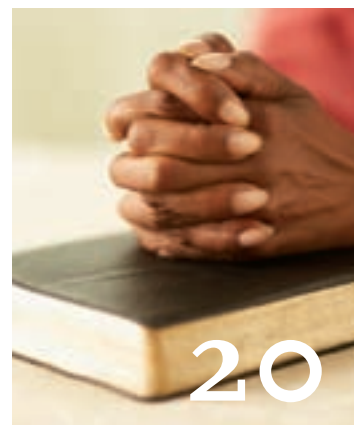
18 / In Practice: Ronnie Hold, DDS

20 / Trust in Divine Power: How Faith Improves Your Health

24 / Miracles at Herghelia

28 / People are Open!

31 / President's Report





BRIAN SCHWARTZ, M.D.

It is said of Jesus that “He healed them all”; that is, whole villages were physically healed. But in His day disease was viewed as the curse of God and, therefore, healing was a powerful way to show that God did not cause the disease nor did He condemn the sinner because of it.

The Anointing Service

I was recently asked to meet in the home of a church member for an anointing service. He had been diagnosed with Stage 4 Lung cancer, and it appeared that without divine intervention he would die. His doctor informed him there wasn’t anything else they could do; he should set his affairs in order.

The head Elder said to me that he had attended many anointing services and had never seen a healing. His comment started me wondering about the purpose and expectations of a prayer for healing. I was anointed at 8-years-old for severe childhood asthma, which I eventually outgrew. My symptoms did improve, but mostly due to a new medication. I did not experience a sudden physical healing, yet over the years I could not shake the feeling that my anointing served a purpose. (For the record, I have participated in anointing services where physical healing has occurred, though such cases do seem few and far between.)

It is said of Jesus that “He healed them all”; that is, whole villages were physically healed. But in His day disease was viewed as the curse of God and, therefore, healing was a powerful way to show that God did not cause the disease nor did He condemn the sinner because of it. Jesus used physical healing to dispel myths about sin and God’s character.

Ellen White gives crucial counsel in this area: “In praying for the sick, it is essential to have faith; for it is in accordance with the word of God. ‘The effectual fervent prayer of a righteous man availeth much.’ James 5:16. ... Sometimes answers to our prayers come immediately; sometimes we have to wait patiently and continue earnestly to plead

for the things that we need, ... We are to keep on asking, even if we do not realize the immediate response to our prayers. If our petitions are invited by the Lord they will be answered”.—(Counsels on Health, 380.)

In prayer for the sick we must remember: “we know not what we should pray for as we ought.” Romans 8:26. We do not know whether the blessing we desire will be for the best. Therefore, our prayers should include this thought: “Lord, thou knowest every secret of the soul. Thou art acquainted with these persons... If, therefore, it is for Thy glory and the good of the afflicted ones, we ask, in the name of Jesus, that they may be restored to health. If it be not Thy will that they may be restored, we ask that Thy grace may comfort and Thy presence sustain them in their sufferings... He knows whether those for whom prayer is offered would or would not be able to endure the trials that would come upon them should they live. He knows whether their lives would be a blessing or a curse to themselves and to the world. This is one reason why, while presenting our petitions with earnestness, we should say, ‘Nevertheless not my will, but Thine, be done’.” Luke 22:42.—(Ministry of Healing, 229, 230.)

Ultimately, what matters most is a saving relationship with Jesus. It’s sad but true that it often takes illness or a catastrophic event to get our attention turned toward Him. In praying for the sick, our primary concern should be on spiritual healing and on helping the sick one sense the need of a Savior. Once that is assured, then the rest can be left to God’s timing. He will never ignore an earnest prayer for healing. All can know that their sins are forgiven and that, soon, Jesus will “make all things new” (Revelation 21:5).

Brian Schwartz, M.D.

A series of articles demonstrating how a growing body of science is supporting the statements of Scripture and the Spirit of Prophecy.

by Robert Hunsaker, MD

Altruism and Health



ROBERT HUNSAKER, MD

A graduate of Loma Linda University, Dr. Hunsaker specializes in cardiac anesthesiology. He is currently living in the Boston area with his lovely wife Andi.

In 1976, evolutionary biologist Richard Dawkins wrote a book called, *The Selfish Gene*. In it, he elaborated on his research which suggested that people are basically “social Darwinists” whose most basic life function is to look out for themselves. His basic premise is that we are genetically predisposed to selfishness, and away from altruism, as unselfishness is called in scientific literature. Dawkins posits that even apparent altruism is actually veiled selfishness. He assumes that doing something merely for the benefit of another, is actually motivated by some conscious, subconscious, or instinctual benefit to the doer.

While Scripture and other inspired sources teach that fallen man is inherently selfish – both biologically and experientially, they also teach that freedom from our “selfish genes” is possible. God’s “law of life” offers a better way to experience this world, and teaches unselfishness as a necessary preparation for the world to come.

While Dawkins’ selfish altruism and true altruism may appear to the casual observer to be the same, the motivation underneath the behavior, is what differentiates the two – and only God can see the heart. True altruism makes a choice without regard to the benefit received – even though there may, in actual fact, be a benefit to the giver. Whereas “selfish” altruism makes a choice with primary regard for the benefit received to the giver.

We may not be able to discern underlying motives for altruistic behaviors, but there are positive outcomes that are associated with real, as well as merely apparent, altruistic choices. In other words, even if our motives are in need of improvement, it’s still beneficial to make the right, or altruistic choice – to do the “right” thing. As we shall see, the benefits are not only to the receiver, but also to the giver.

Several examples demonstrate the presence of altruism and its benefits even in the secular and business world. We can see and quantify the benefits that occur with altruism even when motives are indeterminate.

Costco is a company with which we are all familiar. Costco’s CEO, Jim Sinegal, is a very unusual CEO. Sinegal has set limits to the amount any product can be marked up. While it is common for competitors to mark products up as much as 50%, CEO Sinegal has a hard rule that no mark-up above 15% is allowed. Store managers used to dread their monthly budget meetings with Sinegal. “Our margin goal is 10 percent, and there’d better be a very good reason you did better than that. Otherwise Jim will say, ‘Well, why didn’t you lower prices?’”¹

Costco has a standard employee salary of \$17 per hour, which is nearly 50 percent more than its closest rival. In addition, the full health and 401(k) benefits have helped Costco maintain an extremely low employee turnover. A side benefit of this is extremely low theft rates, which is a common issue for

other retailers. Altruism (unselfishness) has its benefits! And that's just the way God designed it.

One might be tempted to think that Costco must be one of the great business flops of recent history, but since its founding in 1983, Costco has averaged 15% growth each year until it reached total revenues of nearly \$90 billion in 2010. While Costco might not be the darling of Wall Street because of its low profits – and therefore modest shareholder dividends, it is the darling of club members and employees. And as CEO Sinegal says, “We think when you take care of your customer and your employees, your shareholders are going to be rewarded in the long run.”¹

Scripture makes the claim that it is better to give rather than to receive. This is, in fact, one of the major issues in the great controversy. God has claimed that love – unselfishness – altruism – is the only way for life to be rewarding, and successful. Notice the following verse which outlines this principle: “Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you” (Luke 6:38).

Notice that Christ is articulating a principle of basic existence. When we give of ourselves for the benefit or blessing of another, there is a fundamental law of God's universe that on some level there will be a reciprocal benefit or blessing coming back towards us. The Message translation places this idea in more concrete and contemporary language: “Give away your life; you'll find life given back, but not merely given back—given back with bonus and blessing. Giving, not getting, is the way. Generosity begets generosity.”

“Giving, not getting, is the way.” The way regarding what? The way to life and happiness and successful relationships – even the way to successful business and successful medical practice.

“Giving, not getting, is the way.”

“Whoever seeks to save his life will lose it, and whoever loses his life will preserve it” (Luke 17:33).

It is the giving of something – the sacrifice of oneself – which ultimately leads to the greater blessing. Notice carefully however, that the motive for the giving of oneself is not to get, but the result of actually giving of oneself for the blessing of another, results in blessing to oneself. We should never confuse the motive for giving with the consequence or result of giving.

Jesus is telling us that self-absorption, selfishness, self-focus, is the ultimate pathway to self-destruction. In the heavenly economy, the law of life is the giving of self away. It's the opposite of how the worldly economy works. The philosophy of the world is, “Take for yourself to preserve yourself.” The philosophy of heaven is, “Give of yourself and the natural result will be the betterment of yourself.”

Over the last one to two decades, there has been a lot of research delineating the physical and mental health benefits of altruism – of giving – of unselfishness. Altruism is not a common item on a prescription pad when a patient leaves the doctor's office with high blood pressure, depression, obesity, etc., but the health benefits of unselfishness are piling up.

“Dozens of studies over several decades have examined relationships between volunteer work and health-related outcomes. Most studies have shown positive volunteering-health associations. Among youth, evidence suggests that volunteer work is associated with a plethora of positive developmental outcomes, such as academic achievement, civic responsibility, and life skills that include leadership and interpersonal self-confidence.”²

“Four studies between 1996 and 2003 evaluated the effect of volunteerism and longevity in the elderly. Controlling for confounding variables, such as health when entering the study, all four studies “reported that volunteers tended to live statistically longer than those who did not volunteer.”²

As good as it is to live longer, I can't count the number of times I have had colleagues or patients say to me, “Why would I want to live longer? I'll just be sick and dependent.” Studies show that altruism and unselfishness don't just allow you to live longer, but also to live better.

“Several studies have examined the relationship between volunteering and the individual's ability to function physically. Moen, Dempster-McClain, and Williams (1989) studied 427 women who resided in upstate New York and were both wives and mothers in 1956. Over the next 30 years, compared to nonvolunteers, women who did any volunteering had better physical functioning in 1986, after adjusting for baseline health status, level of education, and number of life roles. Similarly, Luoh and Herzog (2002) found that, compared to nonvolunteers or those volunteering less than 100 hours, those who were volunteering 100 hours or more in 1998 were approximately 30% less



likely to experience physical functioning limitations, even after adjusting for demographics, socioeconomic status, baseline functioning limitations, health status, paid employment, exercise, smoking and social connections. Moorow-Howell and colleagues (2003) examined data collected between 1986 and 1994 from more than 1,500 U.S. adults, finding that volunteering predicted significantly less functional disability 3 to 5 years later, after adjusting for demographics, socioeconomic status, marital status, and informal social integration.”²

It sounds as if Plato had it right, “Virtue is its own reward.” God has hard-wired into our brains, into our neurological wiring, that giving brings psychological and emotional benefits. These benefits then result in physical and health benefits. While that may be our motive for doing good things – for altruism – it’s better and more pure to, “do right because it is right.” Richard Dawkins would argue that we never do what’s right just because it is right, but inspiration gives us a better picture.

“All things both in heaven and in earth declare that the great law of life is a law of service. The infinite Father ministers to the life of every living thing. Christ came to the earth “as He that serveth” (Luke 22:27). The angels are “ministering spirits,

sent forth to minister for them who shall be heirs of salvation” (Hebrews 1:14). The same law of service is written upon all things in nature. The birds of the air, the beasts of the field, the trees of the forest, the leaves, the grass, and the flowers, the sun in the heavens and the stars of light—all have their ministry. Lake and ocean, river and water spring—each takes to give” (Education 103).

“As each living thing in nature ministers thus to the world’s life, it also secures its own. “Give, and it shall be given unto you” (Luke 6:38), is the lesson written no less surely in nature than in the pages of Holy Writ” (Education 103).

Notice the language – the law of life is a law of service. Ellen White is not merely saying that if you live a life of service, God will give you life. Above and beyond that, God has built into the fabric of universal reality, both in heaven and in earth, a law as real as the laws of gravity and electromagnetism. That law states that inherent in a life of unselfish giving and service to others is built the basic mechanism that leads to the propagation and sustentation of life itself. God isn’t saying, “do things My way, and I’ll let you live.” God is saying, “Live a life of altruism and self-giving, and you are living in harmony with the way that I created and designed the universe to operate.”

As each living thing in nature ministers thus to the world’s life, it also secures its own.

The converse is also true. Altruism and love and unselfishness and giving lead to life. Selfishness and sin lead to death. “In order to do successful work for the Lord, we must be willing to do and to suffer cheerfully for His sake. Selfishness is death. No organ of the body could live, should it confine its service to itself. The heart, failing to send its life-blood to the hand and the head, would quickly lose its power. We are members one of another, and the soul that refuses to impart will perish” (Signs of the Times, February 3, 1904).

Again, the point being communicated is that God has organized the universe in such a way that life and health and happiness are built into altruism, and death and sickness and sadness are built into selfishness. The more we align ourselves with the principles of God’s kingdom, the longer and more satisfying our life will be. The more we encourage

and “prescribe” for our patients a life in harmony with the principles of God’s kingdom, the longer and more satisfying their lives will be.

Paul said it this way, “I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me” (Galatians 2:20). Even though Paul had given up his life (self-sacrifice, giving, altruism), he was still living because in the giving up of life, is the reception of true and eternal life.

Frequently this association is born out in studies of religion and religious activity, specifically the correlation between altruistic actions and religious behaviors such as prayer, etc. “Both helping others and receiving help were significant predictors of mental health, after adjusting for age, gender, stressful life events, income, general health, positive and negative religious coping, and asking God for healing ($R^2 = .27$).”³ Giving help was a more important predictor of better reported mental health than receiving help, and feeling overwhelmed by others’ demands was an independent predictor of worse mental health in the adjusted model. Significant predictors of giving help included endorsing more prayer activities, higher satisfaction with prayer life, engaging in positive religious coping, age, female gender, and being a church elder.”³

“As in the natural, so in the spiritual world: every power unused will weaken and decay. Activity is the law of life; idleness is death” (Christ’s Object Lessons, page 364). Physical exercise and altruism have similar benefits for the body and the mind. The principle of benevolence is the same. It is in activity, especially in the actions



of giving of oneself to bless others, that there accrue to the doer the benefits of longer life, happier life, healthier life. God has created us highly integrated as individuals, and highly integrated as families, churches, and societies. The more we inject into our lives and the lives of others the epinephrine of goodness, and giving, and unselfishness, the more we will benefit ourselves and others.

“In the light from Calvary it will be seen that the law of self-renouncing love is the law of life for earth and heaven; that the love which “seeketh not her own” has its source in the heart of God; . . . Looking unto Jesus we see that it is the glory of our God to give. “I do nothing of Myself,” said Christ; “the living Father hath sent Me, and I live by the Father.” “I seek not Mine own glory,” but the glory of Him that sent Me” (John 8:28; 6:57; 8:50; 7:18). In these words is set forth the great principle which is the law of life for the universe. All things Christ received from God, but He took to give. So in the heavenly courts, in His ministry for all created beings: through the beloved Son, the Father’s life flows out to all; through the Son it returns, in praise and joyous service, a tide of love, to the great Source of all. And thus through Christ the circuit of beneficence is complete, representing the character of the great Giver, the law of life” (Desire of Ages, page 21).

The greatest test of the principle of altruism as the law of life, was when God’s “self” was put at risk in the person of Jesus Christ. Would He give Himself, when there was no benefit to Himself, but only a benefit to us? Remember, “The Saviour could not see through the portals of the tomb. Hope did not present to Him His coming forth from the grave a conqueror” (Desire of Ages, page 753). Only in Jesus do we see the final answer to Richard Dawkins’ claim in *The Selfish Gene*, that even apparently unselfish acts are actually from a selfish motive. Jesus chose life for us at the cost of His life, with no assurance of His resurrection, so that we could live. Jesus conquered the selfish gene that He had taken in the incarnation.

May we be motivated by, and emulate the example of Christ. May we be willing to give of ourselves (altruism) for the benefit of others, irrespective of the blessings that accrue to us. Give – and let God worry about what is given back.

REFERENCES:

1. <http://www.rohitbhargava.com/2012/05/unselfishness-the-worlds-most-ethical-company-why-collaboration-works.html>
2. Post, S. *Altruism and Health Perspectives from Empirical Research*, Oxford University Press, New York, 2007
3. Schwartz, C. *Psychosomatic Medicine* September 1, 2003 vol. 65 no. 5 778-785

by Dr. Rick (DDS) & Cindy Beckermeyer

Kenya 2011

Through our association with AMEN we have met many wonderfully giving health professionals. If I were to speak about the hundreds of people who received care in our clinics while we were in Kenya, many heads would nod, and there would be smiles that come from having “been there; done that”.

Many of you understand the direct connection between the demise of oral health and the cultures that strive for affluence through copying our poor drinking habits in third world countries. If I were to tell you of a memorable case where someone walked hours and miles, overcoming insurmountable adversity, prejudice or even family violence to stumble into the clinic carrying a sick or injured loved one, many of you would offer an understanding nod.

But perhaps fewer of you would know the thrill of pulling teeth. Perhaps some of you have not experienced the greater satisfaction of saving teeth, using portable dental equipment, for fillings, oral surgery, and a host of other dental procedures.

Many of the days can be exhaustingly long, hot and sweaty, but at the end there's a phenomenal smile of great satisfaction. Joining Global Village Ministries in Kenya brought that kind of fulfillment. The amazing talents of several dentists provided top-level care that drew skills from Canada, England and the U.S. covering multiple specialties. We were able to triage needs after reviewing x-rays from the portable Nomad unit onto the x-pod.

Case in point; patient presented with pain and pointed to a tooth he wanted extracted. Visible observation showed nothing obvious. We took an x-ray of that and abutting teeth. The problem was with a different tooth! This kind of technology empowered the clinics with expedient efficiency. Those looking for a prophylactic cleaning were greeted by the sound of the electric scaler, and those needing restorative work heard the whizzing of electric hand pieces and suction. It was as if we moved our high tech offices to the bush. All we needed was a generator and a cord, and God supplied that!

Yes, I can tell you of miracle after miracle while doing dental clinics. Yet, unless you actively experience it for yourself, it's mute. I believe God's work is more evident on mission trips because everything else is stripped away and what's left is straightforward, uncomplicated and sometimes instantaneous. Yes, God can answer your prayer to keep the machinery working (with no obvious source of power) until the last patient on the last day. Yes, God can calm dental fear through your healing touch. Yes, God can bring unity among people of various religiosities and mores for His name's honor and glory.

For me, that's the kind of “been there; done that” experience that energizes, brings startling personal revelations, yet invigorates calmly—quietly within. The Holy Spirit empowers the will to do as well as the actual doing for HIS good pleasure. Do you have a desire to give your faith a mega-shot of adrenaline? Are you searching for God's doings in an otherwise high-speed, indulgent life? Being God's hands, feet and heart in the bush does that—because HE'S been there, done that.



PHOTOGRAPHS BY DR. NORBERT SCHWER



Overseas Mission Projects

Maranatha Volunteers International

Falakata Open Team 1

Location: Falakata, West Bengal, India

Project Dates: January 16 - 28, 2013

The Falakata Team is recruiting medical/dental professionals to join them in India. The primary focus will be the construction of classroom buildings at the Raymond Memorial Secondary School. However, equally important is providing medical outreach to the neighboring communities. Falakata is a relatively small town with

a little over 18,000 people. It is located in the state of West Bengal and is south of the country of Bhutan and north of Bangladesh. Medical and dental care are badly needed in this area. Anyone with medical (physicians, nurses, physical therapists etc.) or dental skills are needed. Please contact Dr. Grace Kim at grace.kim@ucsf.edu for more information on the clinical aspects of the trip. Or, to apply for the project please visit www.maranatha.org or call 916-774-7700.



OTHER MARANATHA PROJECTS THAT NEED MEDICAL/DENTAL PROFESSIONALS:

Nueva Guinea, Nicaragua

December 19, 2012 – January 1, 2013

Kelo, Chad

January 15-29, 2013

West Bengal, India

March 12-24, 2013

Livingstone, Zambia

January 22-February 3, 2013 or
March 20-30, 2013

**For more information please
contact:**

**Maranatha Volunteers
International** - Maranatha.org
916-774-7700
volunteer@maranatha.org



The Physician's Example Plays an Important Role in Lifestyle Medicine



TIMOTHY HOWE, MD

Dr. Timothy Howe is a graduate of Loma Linda University. He currently practices internal medicine in Brunswick, ME. He also serves as Medical Director of Wellness and of Diabetes Education at Parkview Adventist Medical Center. His 10 day outpatient programs have helped hundreds to learn and apply biblical health principles. Dr. Howe is happily married to Lyn. The couple has had the joy of raising three sons.

Leon came to me for pre-op evaluation. He had a melanoma that needed a wide excision. But he had mentioned to the surgeon, "Oh, by the way, I get chest discomfort when I walk." The surgeon, then, sent him to me for a treadmill stress test. Prior to seeing that surgeon, he had not seen a physician for 50 years.

I'll never forget what happened next. On September 17, 2010, this man's pre-test blood pressure was 160/90. He exercised for 2 minutes and 20 seconds on a Bruce protocol. Chest discomfort began at 1 minute 30 seconds of exercise. It was moderately severe when the test was stopped, at which time he had 4 mm S-T depression and a peak blood pressure of 220/110. I stopped the treadmill and said, "Here is a nitro to relieve your chest pain."

"No," he answered, "I don't think I need it, it's not too bad yet."

Half an hour later, his S-T segments were still depressed 1 mm; his pain had eased but not resolved. His BP had dropped to 180/100. He refused ICU admission, despite my strong urging. I gave him prescriptions for Metoprolol, Nitro, Simvastatin and Lisinopril and urged that he take aspirin.

He requested information on diet, and said that he did not want any medication. Although

coronary artery disease is not caused by a deficiency of medication, I think that in a critical case, such as his, they can be absolutely life saving. (He never filled his prescriptions.) Instead he and his wife went directly to my office where I counseled them for 20 minutes and then my nurse practitioner spent more time with them. Later they returned for another hour of dietary teaching on a coronary artery disease reversal diet.

After three weeks, he came back to the office. On his new diet, his BP was 130/70. He was eating very carefully. Three weeks later he was back again, and said that he had walked three miles on a trail. I walked the same trail myself because I wanted to see what he had done. I was surprised: It was quite hilly, and he had done it without chest discomfort, (though he did admit to fatigue and leg soreness the next day as it was the longest walk he had taken in several years!).

One month after the treadmill, he had the planned surgery, much to the distress of the anesthesiologist, who called me up and said, "You know, this guy could drop dead on the table."

"Yeah," I said, "but he just walked three miles without problems and you're not going to stress him that much, so go ahead."

October 11, 2011, Leon said that he had had no



chest discomfort for over a year. He was still following the diet strictly, walking regularly, and claimed to feel great. He is on no medication. I spoke to his wife recently, who said, "God used you to answer my prayer I had been praying earnestly for over a year that some help would come before it was too late." His case drew local publicity and I interviewed him on our local cable television station.

THE PHYSICIAN AS EXAMPLE

The word "doctor" comes from the Latin word, *docere*, which means "to teach." How interesting. As doctors, we are not just to be healers; we are to be teachers, as well. Ellen White was right on the mark when she wrote: "The true physician is an educator. He recognizes his responsibility not only to the patients that are under his direct care, but also to the community in which he lives. He stands as a guardian of both physical and moral health".

The number one cause of death in this country today is not heart disease or cancer. The number one cause of death

and disability today is people doing what they know they should not do and the number two cause of death and disability today is people not doing what they know they should do. If we could only teach our patients effectively to change their lifestyles most of the chronic diseases that plague our western society would be eliminated. According to studies by Ornish, Esselstyn, Barnard and others if we could get our patients to change 90% of heart disease and diabetes type 2 would disappear within a few short years. Obesity and inactivity, which now kill more people annually than smoking, would be history. Tobacco and alcohol would be non-issues. The health care crisis would be over.

But she then continues with these words: "The physician's example, no less than his teaching should be a positive power on the right side. The cause of reform calls for men and women whose life practice is an illustration of self-control. It is our practice of the principles we inculcate that gives them weight."

OUR PRACTICE OF THE PRINCIPLES

The question I ask is, Do you have trouble changing your patient's lifestyle? Or, perhaps, to put it a bit more bluntly, if you do have trouble, let me ask this question: What does your own lifestyle look like? What you do, what you represent, as a physician, has a powerful impact on how well you influence your patients to make the kind of lifestyle changes they need in order to improve their health.

Here again is Ellen White: "The world needs a practical demonstration of what the grace of God can do in restoring human beings to their lost kingship; giving them mastery of themselves. There is nothing the world needs so much as a knowledge of the gospel's saving power revealed in Christ-like lives."

If you read this in context you will see that she isn't even talking about something spiritual here. She's talking about the physical. "There is nothing the world needs so much as the knowledge of the gospel's saving power" – the gospel's ability to change your health habits and mine.

REVEALING THE GOSPEL

Remember what Paul said: "I am not ashamed of the gospel for it is the power of God unto salvation". The word in the Greek that is translated as salvation is "sozo" it is also translated in scripture as healing. As a physician I know that healing involves the body, but it also involves the heart, mind and soul. Salvation or healing, call it what you like they both involve restoring the person to what they were designed by God to be. Ellen White in the *Desire of Ages* says, "The essence of the gospel is restoration." The good news of the Gospel is that God's power backs up the promise of restoration

But, again, I ask, How are you doing at helping your patients to change? What kind of example are you setting? Do your patients see in you, in your life, something that they would want to emulate for themselves?

This is from College of Medical Evangelists: “The union of Christ-like work for the body and Christ-like work for the soul is the true interpretation of the gospel.” No break there between “for the body” and “for the soul.” This is genuine medical missionary work, which is what we are supposed to be doing. “Genuine medical missionary work is the gospel practiced” (Ellen White, Testimonies, Volume 8 page 168).

That makes sense. We’re medical missionaries, and we’re practicing the gospel, right? Let’s go on. In *Counsels on Health*, she writes: “The ministry needs the medical missionary work to demonstrate the practical working of the gospel.” And then from page 524: “The medical missionary work is the gospel in illustration.”

Did you catch that: we are to demonstrate the practical working of the gospel. Our work should illustrate the gospel in action. The gospel works just as well in the physical realm just as it does in the spiritual. In fact, physical restoration often paves the way for spiritual restoration. This isn’t salvation or healing by our works. Healing comes by faith in a power, the power of God. That’s the gospel.

The reason that health – the medical missionary work – is the opening wedge is not because we do this bait-and-switch thing. It’s because medical missionary work is the gospel in illustration. The gospel when applied to the physical realm illustrates God’s power to restore our self-control, the ability through reliance upon Him to control our appetites and habits.

Once we (and our patients) see that the Gospel works in the physical realm of healing it naturally follows that we trust Him to heal in the spiritual realm as well. In fact the two realms are not distinct but blended into one.

FORGIVENESS AND HEALING

What does the Bible say about the Lord? “Who forgiveth all thine iniquities, who healeth all thy diseases” (Psalm 103:3). Look at the parallel lines of thought about what God does: He forgives sin; He heals disease. This is all part of the same gospel. It’s what Jesus did: forgive and heal. If you want to change a patient’s life, you have to introduce trust in divine power at the very beginning, not somewhere down the line when the time is right.

Look at the
parallel lines of
thought about
what God does: He
forgives sin; He
heals disease.

We are not Ornish, or Esselstyn. We are not just interested in helping our patients live an extra few years. (Drugs and surgery alone can even do that) We’re talking about eternity here, changing life habits forever, something that only God can do for us and for our patients.

Look at this quote from the Ministry of Healing: “The physician is continually brought into contact with those who need the strength and encouragement of right



example. Many are weak in moral power. They lack self-control and are easily overcome by temptation. The physician can help these souls only as he reveals in his own life a strength of principle that enables him to triumph over every injurious habit and defiling lust. In his life must be seen the working of a power that is divine. If he fails here, however forceful or persuasive his words may be, his influence will tell for evil.”

SELF-ASSESSMENT

Need I add to that? Look at your own life. Look at your heart, not just your waistline. Is your influence for evil or for good because it is either for one or the other. We are in the great controversy, and there is no neutrality in this war. Is the power of God at work in your life? Your words and your example reveal this simple Bible truth: “Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works” (James 2:18).

I was tasked to review the literature on this idea of getting patients to change. I read about fifty or sixty articles, and many were quite insightful. I included the conclusion of one here, because I think it says it all. It’s from *Family Practice*, which is a British journal.

“Conclusion: The relative importance of specific behaviors varies across preventive

The bottom line is this: If you don't stock it, you can't sell it.

interventions. This points to a need for tailored practice interventions targeting the specific barriers that impede a given preventive service. The negative influence of the physician's own behaviors indicates a need for associated population-based interventions that reduce the prevalence of high-risk behaviors in the population as a whole."

The negative influence of the physician's own behaviors . . . ? Isn't that clear?

Well, what did they find? If a physician drinks, he doesn't tell his patients to stop. If he doesn't exercise, he does not tell his patients to start. If he does not know his own blood pressure, he does a really lousy job controlling his patients' blood pressures. The list can go on, can't it?

The bottom line is this: If you don't stock it, you can't sell it. If you plan on changing your patients' lives, you better make sure your life is changed and only God's power can help you do that.

When I look at my own life my only hope is the cry of the publican, "God be merciful to me a sinner", and I take hope in Psalm 147:11, "The Lord taketh pleasure in them that fear Him, in those that hope in His mercy". I'm glad he takes pleasure in those that hope in His mercy, because His mercy is our only hope.

Bringing your life into line is only part of it. The other part is prayer.



THE POWER OF PRAYER

If you plan on changing your patients' diets, and the way you practice – you'd better begin every day with prayer. I'll have to admit here, that I was once a bit afraid to do this in my office because not everyone in my office is a Seventh-day Adventist. We have a lady that's not. You know who's the most insistent that we have prayer now? She is! And she is the one who always says, "Thank you" after we pray, too! That's the power of influence as well, is it not? And you better keep right on praying through the day. Do you want to know what the prayer of faith is? It is the prayer you keep on praying. Just keep on praying till God answers. It may take years, don't give up. If your patients fall back into bad old habits time and time again don't give up. Don't give up, even the Great Physician had to cast the demons out of Mary seven times before she came clean and stayed clean. Remember "the kingdom of heaven suffereth violence and the violent do take it by force". Storm the gates of heaven if you have to just don't give up on your patients and don't give up on God. He is faithful.

Luke 5:17 – "And it came to pass on a certain day as he was teaching, the power of the Lord was present to heal them." Is the power of the Lord present in your office to heal? If it isn't, do you know why? It has to be one of two reasons: Either your life's out of line, or you are not praying. One of the two. And the only way you can get your life back in line is to start praying. You need God's power in your life – nothing else will do.

We are doctors, 'docere', which means we are to teach, and most of how we teach is by example. No one is saying we have to be perfect before we start teaching, but we must with God's help, do our best to practice what we are teaching. God's power revealed in your life goes the longest way in changing your patients for now and for eternity. When our lives are changed through God's grace, and according to His will, He will be present with us to heal.

To Hell in a Ferrari



DR. CALVIN KIM graduated from Loma Linda Univ. in 2000 and practices dentistry in Chehalis. He has a passion for ministry and was instrumental in planting Southcenter SDA church. He also enjoys overseas mission work and has been on about a dozen trips – two of his favorites being North Korea and Cambodia. Calvin currently serves as the VP of Operations for ARME Bible Camp and loves to see people's lives changed by the power of the gospel. He enjoys rural living in Winlock, WA with his wife Amy and their two daughters.

Why go to hell on a moped, when you could go to hell in a Ferrari?"

This would have been the most succinct way to describe my mindset towards the end of my training in dental school, even though I had grown up in a Christian home and was educated in Adventist institutions. I had gotten onto the road to destruction because an innocuous vice imperceptibly deluded me. A taste for the things the world had to offer eventually swept me off my feet. Sin is exciting for a season and I found myself indulging in vice and immorality, and living for selfish pleasure.

In 2001, at the peak of my rebellion, I invited my best friend David Steward, a district attorney in Sacramento, to visit me in Seattle. I wanted to take Dave to a rave and have him try ecstasy. While David was at the rave, high on ecstasy, God spoke to his heart in a most powerful way. David made a decision right then and there to give his life to Christ. He immediately pleaded with me to give my life to God as well. Still immersed in my self-centered, worldly lifestyle, I was quite annoyed to say the least, although I knew deep down that he was right.

Not too long after this experience, through the persistent prayers of my family, David's

sincere pleadings, and other circumstances, I finally made the best decision of my life. The decision to follow Christ!

Following my conversion, my church and my family were pivotal in my Christian growth. God soon put me to work. He made it clear that it is not our ability that He needs, but rather our availability. About 8 years after I had invited David Steward to the rave, I had the opportunity to invite him to do something much more worthwhile. During the intervening years, I had become integrally involved with "ARME" (a play on words for "ARM ME," and an acronym for "Adventist Revival Movement for the Endtime"). This powerful revival ministry made a deep impact on my life. During this transformational period in my life, David, who had been a district attorney, quit his job to go to AFCE for training. Soon he was working with Amazing Facts as an evangelist. We needed a president for ARME, and David accepted the call.

Working with this ministry, we learned how to arm people with personal Bible study skills, and habits of earnest, effectual prayer. It has become very evident that the combination of getting people into the Word, and on their knees in united prayer is the secret for powerful, life-changing revival. And isn't revival what we are all seeking because we



know that Jesus is coming soon? God has given each one of us the power of influence. I once misused that God-given power to invite my best friend to a rave and try ecstasy, but as only our God can do, He turned that curse into a blessing. After redeeming me, God then allowed me to use my influence for His purpose.

Looking back, I am in awe of how God pulled me out of the gutter and now allows me to be a part of two exciting ministries. One of my favorite acronyms for FAITH is Fantastic Adventures In Trusting Him! This would be the best way to describe our journey in ministry. It has been one fantastic adventure. I am constantly awed at the way God opens doors, the miracles that we witness, and the opportunities that God sets before us in the ARME work.

These experiences help to equip me for sharing Christ in my other ministry – my dental practice.

I consider being a healthcare professional a God given privilege. We have been entrusted with resources, influence, and the ability to impact the lives of others. For the consecrated healthcare professional, the profession is only a means to an end. There is no dental work done in my practice that will be of any value beyond life on this earth. The only value lies in using it to reach souls for heaven. Doing great dentistry is GRATIFYING, but bringing a lost person to JESUS is SATISFYING! As I have discovered firsthand, this world and its allurements can certainly GRATIFY, but only Jesus can SATISFY!

I don't have to wonder why God has allowed me to be in this position of trust, I know without a shadow of a doubt that it is in order to save me for His kingdom. God gives each one of us every advantage that He can to help us secure eternal life. God has surrounded me with accountability and placed me in the front lines of revival work both in my work with ARME, and in my dental practice, because that is what I need the most. What amazing love!

The following note, excerpted from an email I received from Peter Y. Cho, MD, is another testimony to God's leading in the life of a medical professional who wants to use his practice as a mission field. Peter is Board-certified in Family Practice and is an adjunct professor at Sonoma State University.

Dear Calvin,

I was blessed to attend my first ARME Bible Camp at Pine Springs Ranch in January of 2011. On the second day of camp I spent an hour in united prayer in the prayer room and felt a wonderful sweet spirit fill the room. During this season of prayer I felt a strong conviction to share Jesus with my office staff. The next day I fasted during suppertime and spent another hour in the prayer room and the conviction became stronger. It was not clear exactly what or how I would do this but I resolved that I would do something to witness to my employees.

Just two days after I returned home from camp, a respiratory therapist at the hospital where I work pulled me aside and totally out of the blue told me I should pray with my office staff every day. I was shocked that a respiratory therapist would tell me what to do with my staff! I was dumbfounded. I was sure it was the Holy Spirit telling me that I should witness to my staff. Not only that, he told me that he would call me in a month to check how it was going--he was going to hold me accountable!

At that point I resolved to make an announcement to my office staff the next morning that we would be praying for our patients every morning and writing the names and requests of patients who ask for prayer in a little notebook. The next morning during my morning devotions I prayed that the Holy Spirit would give me the words to speak.

Later that morning during the office staff meeting I made the announcement that from then on every morning we would be ministering to, not just the physical and mental needs of patients, but also their spiritual needs as well. For the first time, my staff and I prayed together for our patients. My entire staff stayed for the prayer and I truly felt the presence of the Holy Spirit.

The first patient of the day was a middle-aged woman who was going through a lot of stress in her life and was having a hard time quitting smoking. I asked if she wanted her name placed in our prayer book and if she wanted me to pray for her--just then. She said yes, so I told her I would pray for her and then she would pray.

After I had finished praying she said "God, I ask you for all the things that Dr. Cho just asked for..."

Just after we opened our eyes she asked what church I attended. I replied, "The Seventh-Day Adventist Church." She said "I would like counseling with your pastor." I agreed to put her in touch with him. Then she said, "I want to attend your church." I said, "I will see you at 9:30 on Saturday morning!" She said, "That works great for my schedule."

My mouth dropped open but once I recovered, I was smiling from ear to ear for the rest of the day. In 15 years of practice I had never had a patient ask to attend church with me. I'm certain that the Holy Spirit gave her the idea in answer to our prayer that morning for our patients.

Such experiences leave me in awe as I consider how God is using each of us to be a part of His plan of salvation. Looking back on my life, it is evident to me that it is not about how we start but how we finish. It's about a loving God who is not willing

that any should perish. I have tasted for myself God's graciousness and love. I owe it to Jesus to be faithful to Him. All I can say is, "To God be the glory, great things He hath done!"

Why go to hell in a Ferrari when I can go to Heaven with Jesus!

A series of articles introducing you to your fellow AMEN Members. If you have a member you would like us to feature please email barnhurst@amensda.org.

by Ronnie L. Hold, DDS

“Let’s hold firmly without wavering to the hope that we have in Jesus Christ. God is faithful in keeping His promises and will do for us whatever else we need to have done. So let’s be compassionate and give some thought to how we can spur each other on to love and good deeds,”
(Hebrews 10:23-24, *The Clear Word*).



RONNIE L. HOLD, DDS

Ronnie enjoys working in family dentistry and has earned several awards in the areas of prosthodontics (crown, bridge, and dentures), radiology, and pediatrics. He has taken further training in esthetic and implant dentistry. Dr. Hold is a member of the Academy of General Dentistry, the American Dental Association, and the Georgia Dental Association. He graduated with a BA in Religion/Chemistry from Southern Adventist University and earned his DDS from the University of Tennessee, Memphis.

Blue Ridge Dentistry, founded by Ronnie L. Hold, DDS, is nestled in the small town of Blue Ridge, Georgia near the southern tip of the Appalachian Trail. Their stated mission is to work as a team in order to provide excellent, efficient, and patient centered care in a friendly and compassionate manner. The practice goes above and beyond their mission, and has become an integral part of their community. Dr. Hold was asked to share how God has grown his practice, what methods have been effective in witnessing for Christ, and how he has been able to balance the many responsibilities of being a dentist, of serving his church, and of nurturing his family.

AMEN: Tell us about your practice and staff.

RH: We have been in business for 14 years. We currently have 16 employees in the office to support our 3 dentists. Our amazing staff are Christians who have played a major role in enabling us to positively impact our community.

AMEN: How do you bring a spiritual atmosphere into your office?

RH: All Christians should endeavor to do more than simply work and make money. Our goal is to truly serve our patients. We do our best to take care of them, as Christ wants us to. The patients notice this; they notice a difference and tell their friends. We also do little things, like having Christian music playing in the background. The Christ-centered uplifting music definitely has a positive impact on the atmosphere.

AMEN: What approach do you use for witnessing?

RH: As dentists, we have the privilege of getting to know a family over time. Because of this, we are ideally suited to connect with our patients in meaningful ways. People experience our mission of caring and know that belief is plugged into our practice, which results in many positive opportunities for witness.

AMEN: How has your practice served your community?

RH: It has been a very interesting journey. While growing we continually did outreach to serve our community, and yet several of our activities “bombed.” We knew the Lord was leading, and so we simply continued to pray and to put our witness and work into His hands. Each staff meeting begins with prayer and then we have a time for speaking openly about how to improve the practice. The staff has brought two inventive ideas for outreach that have been great successes. I would encourage every medical professional to recognize the great source of knowledge about the community that resides within their staff and to find ways to draw out their ideas. We have found that one key was to simply “ask” our community what their needs were.

We have participated as a group in activities such as serving the hungry, but wanted to find a way to incorporate our lifework into service. The first way we’ve reached that goal is to block off a morning once a year and do cancer screening at a local nursing home. This is a unique way in which dentists can



serve their community; it has provided us with wonderful opportunities to share Christ's love.

Our second outreach ministry was inspired by our local food bank, which runs low around February each year. We began a promotion: if any patient brings in 25 food items, our practice will give them a \$100 voucher for dental treatment that year. We run the promotion for one week and send emails to all our patients. Last year, we raised \$20,000 worth of food! Each day the food bank had to send a truck to keep up with the donations. They were overwhelmed! This clearly is not a sound business model, but we find parallels in the principle of "Casting Bread Upon the Waters" (Ecclesiastes 11:1). You cast bread (goodness) onto the water (the community), and you do it with the belief that someone will be blessed, even at the sacrifice of your own finances. God blessed so much that even taking into account the vouchers given out, the office actually broke even that month. The goodwill generated in our community is immeasurable and has noticeably increased business.

AMEN: Outside of your outreach activities at work, you are also very active in your church. What interesting things have you been involved with recently?

RH: My wife and I are the leaders of our church's Pathfinder Club. We are blessed to have a great group of young people who

love Christ and who participate in church life. They give special music, tell the children's story, and even preach sermons. The Pathfinder program also requires the youth to memorize scriptures. My wife, who sings scripture songs with Derek and Bodil Morris (a group called TRILOGY), taught the Pathfinders scriptures through song. We found that it was such a meaningful and enjoyable way for them to learn God's Word, that my wife was impressed that we should make an album recording our Pathfinders singing the scriptures, allowing them to share the songs with other Pathfinders and with everyone who wants to have these scriptures forever in their hearts. We didn't know how we would do it, but our God is an amazing God, and His ways always amaze me. He miraculously brought everything together, and our Pathfinders recorded 26 Scripture songs in a room of our church over just two weeks during the Pathfinder's last Christmas break. Having the kids share through music made a huge impact on our club, and we are still seeing benefits from that.

AMEN: Is this CD available to the public?

RH: It is the mission of TRILOGY to encourage Christians to hide God's Word in their hearts and also to enable non-Christians to hear the precious promises of the Bible. "SINGING THE WORD – Pathfinders sing TRILOGY Scripture Songs" and other Scripture Songs CDs



are available on iTunes or by visiting www.trilogyscripturesongs.com.

AMEN: It sounds like you must be busy all week long. How do you keep balance in your life?

RH: I'm passionate about my family and do everything I can to be the husband and father that God has asked me to be. It is all about priorities. I've found that because there is something going on almost every night of the week, I have to purposefully set aside time for my family. We go hiking, camping and backpacking as family. These are very bonding experiences, usually resulting in the kids opening their hearts to their mother and me. Each morning we have family worship, and on Sunday evenings the boys and I study principles from the Bible on Christian manhood. Thursday night, we get a sitter, which allows my wife and I to have a date night. Balance is definitely something that must be worked at, but is well worth the effort.

Trust in Divine Power: How Faith Improves Your Health



DES CUMMINGS JR., PhD
serves as president of the Florida Hospital Foundation and executive vice president for Florida Hospital—the largest hospital in America. Dr. Cummings holds a doctorate degree in leadership and management. Dr. Cummings also holds a master of divinity degree and is an ordained minister. He is the author or co-author of four books including Creation Health Discovery.

Since the dawn of time humans have been blessed with good gifts. At some point in Creation our spectacular planet began brimming with life—flying, swimming, crawling, waddling, growing, blooming life. In the center of it all was a garden called Eden, a haven God planted as a gift for his first two children, Adam and Eve. Along with their new garden home, one of the first and finest gifts that was given to them was abundant, full health—physical health, mental health, social health, and spiritual health. By closely examining this “CREATION Health,” we learn much about feeling fit and living long and fulfilling lives today. These principles first established for wellness are timeless.

Full health is more than the absence of disease and its symptoms; it is a moment-by-moment realization that God wants each human being on earth—people like you and me whom he loves and cares about—to have the absolute best that this life can offer. Is there any parent who doesn’t want the best for their child? No, and so it makes sense that God would want his best for us. Naturally, human choice sometimes makes life messy, so not everything can or will be perfect as it once was. But that doesn’t mean we ought not take a hard look at the earliest records of humans found in the Bible to see if there isn’t something special that can be gleaned.

That’s what the mission team at Florida Hospital did years ago. After reading and re-reading the Genesis account of Creation, and after spending many hours considering God’s plans for health, the team chose to use CREATION Health as an easy-to-remember acronym for full health. The letters of the acronym stand for:

C - Choice
R - Rest
E - Environment
A - Activity
T - Trust
I - Interpersonal
O - Outlook
N - Nutrition

Embracing the CREATION Health prescription can restore health, happiness, balance, and joy. These eight principles are God’s gift to help us experience life as he designed us to live it.

CREATION Health is about wellness, and wellness is more than health or absence of disease. Wellness is being mentally fit, physically robust, spiritually vital, and socially comfortable. It is being able to face accidents, aging, and illness with a positive outlook. Most of all, it is trusting that a loving and kind God has a “better idea” for living and that he is eager to help us experience full life—as he created us to live it!



The climax of the story of the Garden of Eden is the restoration of intimacy with God.

happened once a long time ago, like an eternal life insurance policy waiting on the shelf to be cashed in. Faith changes over time. It grows. The more you experience his love and grace, the easier it is to trust him more.

The best part about trust is that we don't have to discover it by ourselves. God is there for the journey, guiding and cheering us along. Since the beginning, God has found a way to deal with the guilt and shame that comes from being human and living on Planet Earth. The climax of the story of the Garden of Eden is the restoration of intimacy with God. That's what God cares about the most—restored relationship. Spiritual intimacy. God wants to connect each of us to himself, to the Eternal. That's how we find ultimate peace. It's the only thing that can heal the deepest part of us. We encourage people to start where they are, and go from there, building a growing, maturing faith on whatever foundation they have. Remember that when Jesus asked a man if he believed that Jesus could heal his son, the man replied, honestly, "I do believe; help my unbelief" (NASB). Jesus accepted the man's faith, just as it was, and healed his son.

I have discovered three practical steps that help people develop a greater trust in God.

In a culture where so many think that God's primary goal is to say "no" to whatever we enjoy or want to do, it takes a certain level of trust to actually embrace that his way is wise and good and healthful for us in a whole person sense that includes body, mind, spirit, and relationships. God is not the Prime Naysayer, but the Ultimate Giver. Indeed, as the apostle Paul wrote, all God's promises are "yes" in Jesus, who was God's perfect gift to humanity. When he does say "no," it is always in our best interest.

Learning to trust him is a process that is the center of everything to try to give those who wish to understand and pursue CREATION Health, for without faith it is not only impossible to please God, but even people who have experienced great

healing in this life are without hope for their souls. So that is why when we seek to extend the health and healing of Jesus Christ through our ministry of health at Florida Hospital, we share the good news of ultimate healing with all who are willing to listen.

Sometimes those we serve believe that they have no faith or too little faith, and that's when we remind them of what Jesus said to his disciples when they asked him to increase their faith. "If you have faith as a mustard seed," the Lord said, "you can say to this mulberry tree, 'Be pulled up by the roots and be planted in the sea' and it would obey you" (Luke 17:5–6, NKJV).

We remind them that faith is not pie in the sky by and by, nor is it something that

Trust grows in an atmosphere of honesty and openness.

Let me share them with you the way we seek to share them with our patients.

FIRST, COMMUNICATE. Trust grows in an atmosphere of honesty and openness. God has been honest with you. It's time to be honest with him as well. You can do that in prayer, which is nothing more than talking to God and listening with your heart for his answers (see Phil. 4:6–7).

SECOND, LISTEN. Be open to what God reveals about himself in his Word, the Bible. You've got to get to know someone better in order to trust him or her, right? So start spending some regular time in understanding the Bible more and more. I suggest you begin with the Gospels (Matthew, Mark, Luke, and John). They will provide you with a close-up picture of God's character and let you know exactly what he's like. So take time to really drink in each scene, each encounter, each bit of teaching (see Heb. 1:1–3).

THIRD, ASK. Start requesting God's help in specific areas of your life. And keep asking. As you continue, you'll begin to learn more and more from the way he answers. His "no" can be as instructive as his "yes" to your prayers. But always ask. That's how you exercise your faith (see Matt. 7:7–8). Talk with a pastor or spiritual mentor. They are dedicated to bringing you closer to God. They can provide you with a book or Bible lessons that will help you to know God.

SUCCESS STEPS



Here are six practical steps to energize your TRUST IN DIVINE POWER success: **TOGETHER TIME**—The key to developing a trust relationship with someone is to spend time together. The same is true when you spend time with God. Communion between just the two of you is essential to the trust that will lead to better health.

A QUIET PLACE—Do you have a favorite rocking chair, a secluded bench in the park down the street, or a well-worn pew in your church? That may be the perfect meeting place for you and God. Or for some, it may be in the middle of rush hour with the car windows rolled up, the radio off, and the world on hold. Never miss a chance to create a "quiet place" for you and God to talk.

SCRIPTURE—We all enjoy getting letters from loved ones and friends. Letters keep us connected to the people who are important in our lives. The Bible is God's letter to us. What better way to know God

than to read the Bible. Reading the Bible will show us the true, trusting relationship that God is eager to share with us.

PRAYER—It can happen anywhere, anytime, and does not depend upon your posture or words. Prayer is talk—honest talk, fearless talk, friend to friend.

BOOKS—Visit a Christian bookstore. Wander the aisles and look at everything, especially the books under the "Devotional Reading" sign. We can often see God through the words of other Christians who have devoted their life to a strong fellowship with God.

PEOPLE—Are you acquainted with people who seem close to God? Get to know them. Ask questions. Listen. Follow their lead. They just may know the path!

For more information about CREATION Health, visit: CreationHealth.com.

TAKE CHARGE OF YOUR HEALTH

A few years ago, a young physician walked



Once I began to acknowledge the emotions that were building up in me like a volcano, the pain started to go away.

into Celebration Health—the “hospital of the twenty-first century” that Florida Hospital built in conjunction with Disney. He was severely overweight and was starting to experience heart problems. Because his family had a history of heart disease, he was naturally concerned. He and his wife had just had a baby, and absolutely adoring his little girl, he wanted to be around to see her grow up.

When he started having heart symptoms, he decided, as a medical doctor, that it was time to take charge of his own health. So he came to our fitness center and started an exercise program. In time he lost more than forty pounds and began to change his entire health future.

One day at the fitness center I bumped into him. “Man!” I said. “You look totally different. What in the world’s happened to you?”

“I’ve gotta tell you,” he said. “One evening I had my little daughter crawl up in my lap.

For the first time in my life I realized that I not only wanted to watch my children grow up but to see my grandchildren grow up as well. And I knew that if I was going to do that, I had to choose a different destiny than some of my other family members. I had to retain my health, and I had to make healthy choices—physically, mentally and spiritually.

“At first it was very hard work. But now it’s become a lifestyle for me. I’m eating different, I’m living different, and I’m feeling different. And unless some freak accident happens, I believe that I will see my grandchildren and enjoy their company as well as I do my own children.”

FROM STRESS TO REST

Scott Brady, MD, a physician who uses the CREATION Health principles in his medical practice, tells of his personal journey from stress to rest.

“My wife and I had been married about five years,” Dr. Brady says. “Things were

going well, and we had our first child. I was studying for boards, and both of us were working full-time. Then I began to develop some physical symptoms—back pain, headaches, and stomach problems. Medicines weren’t able to help. I saw about six or seven physicians, had several different diagnoses, lots of X-rays, physical therapy. And it kept getting worse to the point at which I was having about ten shots in my back every couple weeks just to be able to stand. I could sleep only two or three hours a night.

“It was really affecting our family. Soon I began to realize that it was more than just pain—that there were other things behind it: stresses and emotions I hadn’t recognized. Once I began to acknowledge the emotions that were building up in me like a volcano, the pain started to go away. God became increasingly important in my life as I saw that I needed him more and more. I needed to rest in his grace.”

As Scott discovered, sometimes chronic pain and illness aren’t the result of genetics or physical factors but have their roots in emotional or spiritual problems. Recognizing these problems is the first step toward finding the rest that God intends for each of us.

Miracles at Herghelia



FRED BISCHOFF, MD, MPH
worked as a preventive medicine physician for 21 years, and is a clinical faculty member of the School of Medicine and the School of Public Health of Loma Linda University. He is the secretary of Health Ministry Foundation, Inc., which has been a sponsor of Herghelia Lifestyle Center in Romania.

I recently spent two months in Romania, at the Herghelia Lifestyle Center—the first sanitarium founded behind the former “Iron Curtain. Its founders were Dr. Nick Dan and Magdalena Dan. During the dark years of Communism in Romania, Vasile Dan, Dr. Dan’s father, prayed three times a day that God would open the doors for a Lifestyle Center in Romania. He had become a Seventh-day Adventist through medical missionary work, and led by the Spirit he transformed his home into a sanitarium where his children witnessed the power of the Great Physician and the blessings of caring for others. He understood the privilege of health reform and the power of medical missionary evangelism. Herghelia Lifestyle Center testifies to those answered prayers.

Having been here four times over the past eight years, I’ve witnessed, and shared in, the blessings and miracles of this place.

One was the grand opening of the Romanian Dietetics and Nutrition Association, which was founded by Dr. Nick Dan, the president of Herghelia Sanitarium. Two years ago, when a nutrition program began at the local Medical School in Targu Mures, Dr. Dan accepted a teaching position there in order to be a positive influence in the area of nutrition. He soon realized the need to

improve the program, and worked with Loma Linda University to design the curriculum for a Masters in Dietetics, which has now been accepted by the Romanian Ministry of Health.

One of the first goals of Herghelia was to influence the nutrition guidelines for the entire country; that is, to establish them on a scientific basis and with a friendly view of plant-based diets. First Dr. Dan befriended the president of the Romanian Heart Association; next his teaching position enabled him to start the Dietetics and Nutrition Association, in partnership with the Medical School. He also worked very closely with the chair of the Department of Nutrition and Dietetics at Loma Linda University, with the past and current presidents of the Academy of Nutrition and Dietetics (USA), and with the president of European Federation of Associations of Dietitians.

These and other prominent international leaders in dietetics were guest speakers at the conference that launched the Dietetics and Nutrition Association. Before the conference was over, another unique moment occurred—the guest speakers, who were some of the world’s dietetic leaders, visited Herghelia, where Dr. Dan shared with them results from a collaborative study with Loma Linda University which evaluated the results



of lifestyle program epidemiologically, the first time a Seventh-day Adventist lifestyle center was studied in this way.

Accompanying Dr. Dan, the president of the Academy of Nutrition and Dietetics participated in a worship service on Sabbath in Bucharest. The director of the Romanian Hope Channel had a short interview with him, and he spoke a few words to the church.

How could such a small health institution have such a great impact on a whole country? The answer is in the Spirit of Prophecy:

“The medical missionary work is of divine origin, and has a most glorious mission to fulfill. In all its bearings it is to be in conformity with Christ’s work.” {MM 24.2}

“In a work so sacred, no place should be given to selfish plans and interests. Every ambition, every motive, should be subordinate to the interest of that life which measures with the life of God.” {MM 12.4}

Herghelia
Sanitarium has
treated over 15,000
patients, 70% of
them non-SDA
and from all
socio-economic
levels.

Herghelia became a non-profit organization in 1991; the Center was opened in 1996, in a peaceful rural setting. In 1999 the one-year international Medical Missionary School started at Herghelia; it has trained medical missionaries and health educators for the Union and Conferences of many former communist countries.

Herghelia Sanitarium has treated over 15,000 patients, 70% of them non-SDA and from all socio-economic levels. Its 50-bed capacity is filled with an average of 48 patients for each 11-day session, always scheduled back to back. Herghelia is staffed by 42 self-sacrificing workers, some trained in the Herghelia school.

Herghelia also started the first preventive medicine magazine in Romania, Life + Health, now a monthly full-color health education journal of 36 pages, produced



THE PRESIDENT OF THE ACADEMY OF NUTRITION AND DIETETICS (USA) AND OTHER WORLD DIETETIC LEADERS VISIT HERGHELIA.



THE CHAPLAIN (A RETIRED PHYSICIAN/PASTOR) AND HIS WIFE SHARING A MEAL WITH A PATIENT.

50/50 with the SDA Romanian Union. About 8500 are distributed each month throughout Romania. It is also a powerful entering wedge for SDA colporteurs.

The staff at Herghelia believes that God is still teaching them how to do this work—a work that so closely resembles what Jesus did here on earth. The program and staff together, in simple and sensitive ways, bring a pervasive atmosphere of heaven to the institution. People meet God as they recover their health. Patients have called Herghelia a “phenomenon,” an “oasis of

health, peace and unconditional love.” Inroads against secularism and prejudice are, gently, made. Many decide to walk with God, and some become Seventh-day Adventists. Some non-SDA patients have offered land if new centers will be built on them!

Herghelia is reaching out in Romania to train pastors, colporteurs, and evangelists on how to reach people through Medical Evangelism. People in other countries have seen the work at Herghelia and have asked for help in establishing similar

centers. Help is now being extended to Moldova Republic, Bulgaria, Albania and Israel. I saw sanitariums that are nearing completion in Moldova Republic and Bulgaria. I began to realize the amazing potential to impact southeast Europe, reaching even Turkey (150 km from the sanitarium in Bulgaria) and other areas of the Middle East.

Magdalena Dan shared a letter that a recent patient at Herghelia sent after his departure from there. Notice how he unwittingly affirms what God said this work would do:

My physical and mental health has improved. After two years of insomnia, I can now sleep normally. Slowly but surely my weight has gone down towards a normal range. Taste is educated by itself when you understand that we do not live to eat. The good Lord has bestowed on us higher goals!

The benefits of the naturally ‘zero cholesterol’ diet can be seen by a simple comparison of the blood analyses which were made at the beginning and the end of my session there. I feel that I really met God at Herghelia! It is true that He is everywhere, and He is speaking to us quietly in an amazing way. Nevertheless, in my case, in His infinite goodness, He had to cry loudly at me, just so I could finally hear Him!

At Herghelia, the Gospel is lived in all the fullness of Scripture. Only in the fifth day did I start to wake up in time to catch morning exercise. This beautiful patient group together with the staff became a big family that shared their joys with a sense of good humor that eased everyone’s troubles. What emerged was a blessed prayer group to the heavenly Father through Christ the mediator.

I could see, in the eyes of the other guests of Herghelia Health Center, peace coming from a state of well-being. Each of the daily events by itself could be a story subject about a blessed corner of heaven where people are animated by the spirit of sacrifice for one's neighbor, true Samaritans of recent times. The program shows us that Scripture is true at the present and can be experienced in the same way now as hundreds, even thousands of years ago.

If apologetics is a discipline that tries to reconcile science with religion, then we could say that Herghelia Health Center is not just a Center for Health, but also a Center of Applied Apologetics. And with some hard-to-imagine results confirmed scientifically, it stands at the forefront of research on finding solutions to the challenges that modern civilization encounters.

Herghelia is an example of how the medical missionary work can combine with the ministry. Thus, I strongly advise or encourage my colleagues, to spend some time in a Sanitarium setting. Take a health vacation and experience the providence of God through medical missionary evangelism.

Herghelia is
an example of
how the medical
missionary work
can combine with
the ministry.



THE LIFESTYLE CENTER IN ITS RURAL SETTING.

"In every city there are men and women who would go to a sanitarium were it near at hand, who would not be able to go to one a long way off. There are many who will be convicted and converted, who now appear indifferent. I look at this matter in a very decided light." {MM 325.2}

"The appeals to this people show that God would have us give to the world a living representation of Isaiah 58:6-14. He is calling for such a representation of medical missionary work in this field as the world has not seen since the days when Jesus of Nazareth walked among men and ministered to their necessity." {LLM 473.4}

"The truth for this time, the third angel's message, is to be proclaimed with a loud voice, meaning with increasing power, as we approach the great final test. This test must come to the churches in connection with the true medical missionary work, a work that has the great Physician to dictate and preside in all it comprehends. Under the great Head we are to present God's word requiring obedience to the system

of Bible truth, which is a system of authority and power, convicting and converting the conscience." {1888 1710.1}

"We have come to a time when every member of the church should take hold of medical missionary work." {7T 62.1}

"Medical missionary work is the right hand of the gospel. It is necessary to the advancement of the cause of God.... Every city is to be entered by workers trained to do medical missionary work. As the right hand of the third angel's message, God's methods of treating disease will open doors for the entrance of present truth." {7T 59.1}

"Every sanitarium established among Seventh-day Adventists should be made a Bethel." {6T 252.3}

"Physicians who cultivate a sense of the presence of God will impress their patients with the influence of truth.... Living and working under the constant impression, 'Lo, God is here,' brings a hallowed influence, which the Spirit is ever impressing on heart and mind." {MM 33.4&5}

People are Open!



DON MACKINTOSH
*is the Director of the
NEWSTART Global program
in Weimar CA. He is a
Registered Nurse and a
Seventh-Day Adventist
pastor.*

During a recent Depression Recovery Program at Weimar, a couple who pastored a large non-denominational church came. They had heard about the program through an interview between Dr. Nedley and Pastor John Bradshaw of It Is Written. Humbly recognizing their need, they sought help. They fully embraced each aspect of the program, however contradictory to their previous lifestyle. Indeed, by the end of the program, they were depression free. Both said that they desired to find a Seventh-day Adventist church to attend that would help them continue the program. They even want their own church to experience what they've experienced and have asked the Depression Recovery team to take a weekend service and, additionally, to provide training for their evangelism school!

Such stories promised:

"The Lord has presented before me that many, many will be rescued from physical, mental, and moral degeneracy through the practical influence of health reform. Health talks will be given, publications will be multiplied. The principles of health reform will be received with favor; and many will be enlightened. The influences that are associated with health reform will commend it to the judgment of all who want light; and they will advance step by step to receive the special truths for this time..." 6T pp. 378-379.

These were the promises and stories that brought General Conference President, Elder Ted Wilson, and Pastor Mark Finley to the Weimar Campus for the unveiling of NEWSTART® Global, an initiative designed to take the message of renewed physical and mental health to the world. After hearing Dr. Nedley, Elder Wilson said: "As I see what is happening here... I want to partner and depend upon you."

Weimar team members were soon invited to the General Conference to make a presentation and strategize with key leaders from our hospitals and various lifestyle centers. The stated purpose was to help "local churches become centers of influence and health centers for the Lord."

In that meeting two things emerged. First, local churches and clinicians' offices are to become end time "Centers of Influence." This is to be accomplished through the delivery of evangelistic medical missionary work. Second, there is a great need for the rapid equipping of medical missionaries, as well as for expeditious and ongoing production of updated materials for these workers. As a result, two new schools have been launched that are specifically being designed to train medical missionaries.

The first is NETS (Northeast Evangelism Training School), an initiative by Elder Don King and the Atlantic Union Conference



under the direction of veteran evangelist and trainer Eric Flickinger and his wife Hildelisa. NETS will provide medical missionary and traditional evangelistic training mostly for the Eastern seaboard of the United States. Elder Flickinger and his wife will partner with Kevin Sears and his wife Julie, also veteran trainers with a passion for evangelism and medical missionary work. This team will be supported, in part, by medical professionals from Adventist Medical Evangelism Network (AMEN).

The second is HEALTH (Health Evangelism And Leadership Training for Him), a school on the Weimar campus that will—under the direction of Don Mackintosh, past Director of the Amazing Facts Center of Evangelism—serve the west coast. Other team members will include: Dr. Neil Nedley, Dr. David DeRose, Elder John Bradshaw, as well as veteran Bible instructor and trainer, Karen Hamilton. This team will be supported by staff from the NEWSTART® program and the Weimar media team. The HEALTH team will provide curricula that can be used by other schools, such as NETS, and will provide resources that can be used in other Centers of Influence.

The purpose of these schools is to rapidly train medical missionaries (both professional and lay) to create and serve in Centers of Influence where Christ-like medical missionary work will lead people to be ready for Christ's return. HEALTH and NETS will seek to accomplish this goal in three ways:

a. Short-Term Intensives for professionals:

These intensives will provide resources and focused instruction lasting anywhere from 1-19 days. These courses will ultimately be offered for CME or CEU credit.

If you'd like to be considered as a presenter, please contact us. Look for a list of these programs to appear soon on our websites.

b. A Four-Month Immersion Course:

Both schools will provide a live-in training program for instruction under qualified instructors within the context of a health and full message evangelism cycle. Each four-month intensive will end with a 10-day health evangelistic series led by a pastor and physician team.

c. A Health / Evangelism Mission Trip:

Graduates, as well as existing professionals, will be eligible to participate in a mission

NEWSTART® LIFESTYLE CLUB

One such resource, the NEWSTART® Lifestyle Club (newstartclub.com), is already in use. This is an ever increasing web archive of health related assessment tools, short pithy presentations by various physicians, dentists and clinicians concerning various diseases, as well as questions and answers concerning various health issues. Also included on the site are multitudes of recipes and practical tips about health. The NEWSTART® Lifestyle Club is available for immediate use by AMEN members, and can strengthen your health evangelism hand right now!

Visit —newstartclub.com

Day after day you have become an expert in dealing with various health issues. We'd like to share your wisdom with the thousands that are flocking to the NEWSTART® Lifestyle Club. If you'd be willing to share in short segments, please contact us at newstartclub.com/partners/ apply

What you share will impact millions.

NEWSTARTGLOBAL
Empowering Health Evangelism Worldwide

trip to a third world country. Such trips will allow students to experience and practice skills they could not in more regulated nations.

Graduates of the school will be prepared to function in:

- **Local churches** – To lead or be a part of teams that can present a number of health programs within the local church setting in a way that can provide some support.
- **Medical and Dental offices** – To provide entry-level skills that can be utilized to establish a relationship with patients that can provide a foundation for lifestyle coaching and spiritual care.
- **Health educators** – To provide education in one on one, small group and seminar type situations.

We desire these to be schools that you can turn to for personal training and continuing education, as well as the training of your staff or church members. We also desire to be a place you can turn to for up to date resources.

We'd encourage you to visit our website for more information concerning curriculum and to apply. (www.newstartglobal.com)

Now is the time

As I considered the call to provide leadership for medical missionary training, a key quote gripped my attention.

"As religious aggression subverts the liberties of our nation, those who stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have the opportunity, become intelligent in regard to disease, its causes, prevention and cure. All those who do this will find a field of labor anywhere. There will be suffering ones, plenty of them, who will need help,



Is God calling you to be more intentionally involved in the Medical Missionary work?

not only among those of our own faith, but largely among those who know not the truth. The shortness of time demands an energy that has not been aroused among those who claim to believe the present truth." Counsels on Health, p. 506

When reading this quote, I immediately thought of September 11, 2001 and what has been happening to the liberties of

America as a result (the Patriot Act, and the recent National Defense Authorization Act). This quote began to serve as a kind of time marker, for it indicated that if these things have been happening, then I needed to be involved in helping others know how to be "intelligent in regard to disease, it's cause, prevention and cure." I needed to help churches and physicians include a vital component for outreach, medical missionary work. A sense of urgency overwhelmed me. And perhaps, the same type of urgency has been gripping you, too.

Is God calling you to be more intentionally involved in the Medical Missionary work? Does He desire to turn your Medical and Dental practice into an End Time Center of Influence? Does He desire you to take action today? Then, what are you waiting for?

by Mark Ranzinger, MD

The Mentor



AMEN PRESIDENT, DR. MARK RANZINGER is a board certified surgeon, specializing in minimally invasive surgery, practicing in Goshen, Indiana. What many do not know about Dr. Ranzinger, is that his undergraduate degree was in theology. He has a deep and abiding interest in combining the practice of medicine with the preaching of the gospel. His enthusiasm for medical evangelism is infectious, and he hopes to pass it on to every Seventh-day Adventist health professional. Dr. Ranzinger considers himself blessed to be married to Ruth. The couple has three children - Andrew, Aubrey, and Elliot.

Every season has its rituals. In autumn, along with the falling leaves and crisp air, the children return to school. Because this return was a several state trip, it was nice to have extra time talking with my daughter in the car. But this drive was somewhat different because she would be beginning her senior year of academy. I sensed a mixture of anticipation, and fear. It is a change. Suddenly all the younger classes are looking up to you, but you don't feel all that different than you did last year. No matter. You are the senior.

The drop off included the requisite unpacking, signing up for classes and the final, tearful good-bye. But with new levels of achievement come additional responsibilities. My daughter informed me that she would be teaching the Sabbath school class and, thus, was nervous. All the seniors have to do this so it wasn't that she was alone. I reassured her that she would do fine, but I could coach her if needed.

Friday night the call came. "Dad," she said, "can we go over the lesson?" We reviewed the lesson together; I gave her a few points. We ran out of time but she seemed ready.

Speaking with her later that week, I realized that it hadn't turned out well as she had hoped. All things considered it was all right, but she ran out of things to say, and there were pauses and so forth. She wanted to do better. So we went over the new lesson for the next week. I helped by typing out an outline and we did some "what if scenarios."

This time, it wasn't in the middle of the

week when she called; it was right after church. "Dad, I just have to tell you about how the lesson went. Well, as you know, I studied and was prepared, but now everyone was participating and had something to say, and when I was ready to hand it over to my colleague to teach the second half—we realized we were out of time. And someone said that they even wished we had more time!" Knowing my daughter, I could see her beaming face. The joy I felt for having helped launch this small success was satisfying beyond words. She had done it, and I had helped. The world would be ever so slightly different, better for this launch.

Mentoring is one of our most important activities; by doing it we continue so many things that we hold dear, whether in culture, education, religion, whatever. It is basic to continuing what we know and to moving beyond where we are. If not for mentors, where would any of us be in our medical or dental practices?

As we continue to grow and learn what it means to be a medical missionary, and to be a presence for Christ in our practices, what place does mentoring hold for us? Are we looking for opportunities for another to have the "ah ha" moment that my daughter experienced? Are we praying that God will continue to impress hearts with the need for giving a higher medicine? May my constant prayer be: "Lord, help me to be mentored by You daily, to be mentored by those further along the road than I am, and to help another who is just starting."

Amen.



NON-PROFIT
U.S. POSTAGE
PAID
CHATTANOOGA, TN
PERMIT NO.1114

ADVENTIST MEDICAL EVANGELISM NETWORK

PO Box 1114
Collegedale, Tennessee 37315
(530) 883-8061
www.amensda.org

8TH ANNUAL
AMEN CONFERENCE

“TESTIMONY”



OCTOBER 25 - 28, 2012

PARADISE POINT RESORT
1404 VACATION ROAD • SAN DIEGO, CALIFORNIA 92109

VISIT
WWW.AMENSDA.ORG
FOR DETAILS

SAVE
THE DATE!

2013 9TH ANNUAL AMEN CONFERENCE IS IN ORLANDO, FLORIDA • OCTOBER 31 - NOVEMBER 3, 2013
2014 10TH ANNUAL AMEN CONFERENCE IS IN SAN DIEGO, CALIFORNIA • OCTOBER 30 - NOVEMBER 2, 2014