

## **Cleaver of Truth Newsletter for the Month of April 2010**

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**Dear Family, Friends, and Acquaintances,**

**We hope you are well and enjoying the warmer weather. Spring is my favorite time of year when everything is coming alive!**

**It's garden time again! I hear some of you have already started. I hope we have a better year than last year when many gardens didn't do well. (Mine included).**

**Our subject this month is: Health and Education**

### **Trust in God - He'll Provide**

**There are many whose hearts are aching under a load of care because they seek to reach the world's standard. They have chosen its service, accepted its customs. Thus their character is marred and their life made a weariness. The continual worry is wearing out the life forces. Our Lord desires them to lay aside this yoke of bondage. He invites them to accept His yoke; He says "My yoke is easy, and My burden is light". Worry is blind and cannot discern the future; but Jesus sees the end from the beginning. In every difficulty He has His way prepared to bring relief. "No good thing will He withhold from them that walk uprightly." Matthew 11:30; Psalm 84:11.**

**Our heavenly Father has a thousand ways to provide for us of which we know nothing. Those who accept the one principle of making the service to God supreme, will find perplexities vanish and a plain path before their feet.**

**The faithful discharge of today's duties is the best preparation for tomorrow's trials. Do not gather together all tomorrow's liabilities and cares and add them to the burden of today. "Sufficient unto the day is the evil thereof." Matthew 6:34**

**Let us be hopeful and courageous. Despondency in God's service is sinful and unreasonable. He knows our every necessity. To the omnipotence of the King of Kings our covenant keeping God unites the gentleness and care of the tender shepherd. His power is absolute, and it is the pledge of the sure fulfillment of His promises to all who trust in Him. He has means for the removal of every difficulty, that those who serve Him and respect the means He employs may be sustained. His love is as far above all other love as the heavens are above the earth. He watches over His children with a love that is measureless and everlasting.**

**In the darkest days when appearances seem most forbidding, have faith in God. He is working out His will, doing all things well in behalf of His people. The strength of those who love and serve Him will be renewed day by day.**

He is able and willing to bestow upon his servants all the help they need. He will give them the wisdom which their varied necessities demand.

Christ is the wellspring of life. That which many need is to have a clearer knowledge of Him. They need to be patiently, and kindly yet earnestly taught how the whole being may be thrown open to the healing agencies of heaven. When the sunlight of God's love illuminates the darkened chambers of the soul, restless weariness and dissatisfaction will cease, and satisfying joys will give vigor to the mind and health and energy to the body.

(Taken from Ministry of Healing by EG White)

### Health Nugget

Another of the 8 Health Rules is our need for fresh AIR.

Fresh air will purify the blood, refresh the body, and help to make it strong and healthy. It gives a healthful stimulus to the appetite, renders the digestion of food more perfect, and induces sound, sweet sleep.

The human body has a constant need of air and the oxygen it contains. You can go for days without food, hours without water, but only 4 minutes without oxygen. The body does not store oxygen. Some of the cells in the brain are so dependent on oxygen that they receive permanent damage once their supply of oxygen is cut off.

In the lungs oxygen is transferred to the blood. The hemoglobin of the red blood cells carries it from the lungs to all tissues of the body. Every cell uses oxygen for its vitality.

Remember open air is the very first law of Health. So get plenty of fresh air in the outdoors. In the winter open the windows and let fresh air in. Walk in the open air on a regular basis and work outside as often as you can. Practice deep breathing until it becomes a habit. Try cutting temperature in your home to 65 degrees in the winter. Dress warm and make sure your limbs are kept warm. It is good to have live house plants in your home.

Before God fed Adam, or gave him a drink, or told him to name the animals, or tend his garden home he breathed into his nostrils the breath of life. THEN Adam became a living being.

There is a valuable health lesson in this. The scriptures contain the greatest love story ever told. The Plan of Salvation. They also contain the purest, safest, most infallible health message that will ever be known to mankind.

### Calcium Robbers

Hans Diehl, Dr. H. Sc., M.P.H., Shares in the Lifeline Health Letter, 1996 issue what

Actually robs our bodies of calcium:

- . Animal Protein
- . Phosphorus
- . Sodium
- . Smoking

- . Caffeine
- . Sedentary Living
- . Certain Drugs

**“ Animal Protein. The higher the intake of meat, eggs, and dairy, the higher the rate of Osteoporosis- related hip fractures despite high calcium intake. Diets high in animal protein force calcium to be excreted from the body. And that calcium is taken from the bones.... Extensive data (shows) how diets high in animal protein cause calcium to be lost consistently leading to negative calcium balance.... Diets with meat produce greater calcium losses than vegetarian diets, and lacto-ovo vegetarian diets produce greater calcium losses than vegan diets.**

**“ Phosphorus. Diets high in phosphorus related to calcium intake cause calcium losses. Most meats are quite high in phosphorus. But also be aware of soda drinks. Many of them contain phosphoric acid ( commercially used for edging glass) , which pulls calcium out of your bones.**

**“ High sodium intake. Most Americans consume about 15 grams of salt (per day); that’s 15 times more than required. The sodium in salt greatly increases the calcium losses; thus it contributes to osteoporosis.**

**Lack of exercise. Exercise ...will not only slow calcium loss, but it can actually increase bone density, even in older people.”**

## With Faulty Food Labeling, Who's Minding the Store?

By Amanda Gardner  
HealthDay Reporter by Amanda Gardner  
healthday Reporter - 1 hr 12 mins ago

FRIDAY, March 19, 2010 (HealthDay News) -- Reports in recent months of inaccurate, misleading ingredient lists or calorie-counts on store-bought foods are leading many to wonder if food-product labeling can be trusted, and who -- if anyone -- is checking that it's true.

Consider the following:

- A report published in January involving 29 reduced-calorie restaurant and packaged foods found that many products had an average 18 percent more calories than was stated on labels or menus;
- DNA studies done late last year by two New York City high school students found that one out of six products in their own kitchens had labeling that was flat-out wrong. This included cheese claiming to be made from sheep's milk that was actually plain old cow's milk and caviar that was Mississippi paddlefish instead of sturgeon, as advertised;
- According to a study released in 2009, about 2 percent of food products without a "may contain" warning actually do contain allergens. Even a trace of some allergens -- peanuts, for example -- could be lethal to some people.

And on March 3, the U.S. Food and Drug Administration (FDA) announced it had alerted 17 food manufacturers that the labeling on 22 of their products violated federal statutes. The problems included "unauthorized health claims, unauthorized nutrient content claims, and the unauthorized use of terms such as 'healthy.'" The companies were given 15 days to outline how they would correct the violations. (**Garbage, they should have been given 15 days to correct the violations!**)

Hildwine added that GMA is "working with FDA and USDA to develop new food label rules that are based on sound science and that are effective with busy parents."

On the other side of the argument, the watchdog group Center for Science in the Public Interest (CSPI) recently sent a scathing report to the U.S. Food and Drug Administration itemizing what it said were false food-label claims and demanding action.

"The FDA has not systematically tested the accuracy of the Nutrition Facts panel found on practically all products in grocery stores since 1996. There have been indications that some companies are cheating and there have been a number of private lawsuits challenging the veracity of calorie and fat disclosures on the nutrition fact panel," said CSPI legal advisor Bruce Silverglade. "There are a number of concerns the companies are not giving us the facts because apparently the federal cop on the beat is not checking up."

But even though labels may be confusing, some of the responsibility rests with consumers, she said.

"I think it's important for people to realize that they're not necessarily always getting what they think they're getting," Kurian said. "You can't just glance at the label. You have to really read it."

On the other hand, savvy consumers can only do so much, Sprinkle said.

Labels are "not clear-cut, that's true, but that's not an excuse," he said. "Greedy, malicious people could take advantage of this. If it's not clear-cut, then there are great fortunes to be made on the lack of clarity. Why does it not make sense? We've made progress, but we could make more if brighter lights were shone more on a process that may end up compromising public health.

This is more the reason to eat food as natural as possible and stay away as much as possible from prepared foods!

#### PRAYER

Prayer is the answer to every problem in life. It puts us in tune with divine wisdom which knows how to adjust everything perfectly. So often we do not pray in certain situations because from our stand Point the outlook is hopeless. But nothing is impossible with God. Nothing is so entangled that it cannot be remedied; no habit is so deep rooted that it cannot be overcome; no one is so weak that he can Not become strong. No one is so ill that he cannot be healed. No mind is so dull that it cannot become brilliant. Whatever the need, if we trust God, He will supply it. If anything is causing worry or anxiety, let us stop rehearsing the difficulty and trust God for healing, love and power. EG White

#### FROM KATIE'S COOK BOOKS

##### Walnut Milk

2/3 Cup Walnuts

1 Cup Water

2 Tbs. Raw pumpkin seed or  
(Raw sunflower seeds)

Blend in blender until creamy

Add: (and continue blending)

2 Tbs. Honey

¼ tsp. sea salt

1 tsp. vanilla

Add: 3-4 Cups water

Mix well, refrigerate and shake before serving

Use on cereal, in recipes, or any way that you would use regular milk

##### Rice Milk

2 Cup cooked Brown Rice

½ tsp Sea Salt

2 Tbs. Honey (to taste)

2 Cups Water

3/4 Cup Raw Cashew Nuts

1 tsp. vanilla

Blend all till creamy. Pour into container, add water to make 2 quarts

Stir well before serving as it settles

( I usually run it through a small strainer.)

Use on cereal, in recipes, or any way that you would use regular milk

See you next month. Stay well!

REMEMBER: God loves you and so do we!

Katie and Rodney Armstrong