

Christian HealthCare

NEWSLETTER

MEMBER LETTERS:

I did not think health care sharing would work

I was very skeptical about Samaritan Ministries before we became members. I was used to insurance, and did not think that health care sharing would work.

I must say I am very pleasantly surprised. We received all the shares in a timely manner and paid every hospital bill. I am grateful to have Samaritan because we could not afford insurance at current rates.

I am also impressed by the kindness and prayers I received during my need. It amazes me that complete strangers are bonded together by common threads of Christ and prayer.

I am still not sure what is going on with my health and I have some recurring episodes, thankfully not as severe, but I know many are praying for me and that gives me a wonderful peace. Thank you to all the staff for the hard work that makes the ministry possible.

*Cristin Axsom
Natchitoches, Louisiana*

After the Planned Parenthood videos, what next?

by Rob Slane

The series of videos released by the Center for Medical Progress have done an amazing job of exposing the sheer cruelty, greed, and callousness of that woefully misnamed organization, Planned Parenthood. We have learned a good many things through these videos, but perhaps most glaring is this: the claim that abortion providers do what they do for the sake of women's health is as hollow as an empty Coke can. Turns out it's all about—quelle surprise—money, money, money.

This could well explain why so many of the “great and the good” have been queuing up to defend this macabre profiteering racket. For instance, one presidential candidate said:

The current attempt to discredit Planned Parenthood is part of a long-term smear campaign by people who want to deny women in this country the right to control their own bodies.

Not quite. We might well respond that actually the current attempt by some to credit Planned Parenthood, is part of a long-term campaign by people who want to deny babies the right to keep their own bodies. We might also ask these Planned Parenthood proponents, “What would Planned Parenthood need to do, in addition to dismembering babies and selling their internal organs, to make you ashamed to stand with them?”

In one sense, these videos shouldn't horrify us any more than we ought to have already been horrified. We knew before that Planned Parenthood was doing unspeakable things, and ultimately, a baby's body being thrown into the incinerator should cause as many problems for us as its body being sold for profit. Nevertheless, there is something about the level of callousness exposed in these videos that is quite breathtaking.

One diversionary tactic that is being used to try to turn attention away from the real issue—the killing of the babies—to what is really a side issue, the disposal of the bodies of the dead babies. How will they do this? By tightening the law on how the remains of an

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Sharing Summary from August

Shares:	\$14,291,658	Personalized prayer requests of the members with Needs are in the Prayer Guide. Please use your version of the Prayer Guide to support the members assigned to you.
Needs:	\$15,718,699	
In Negotiation:	\$ —	
New Needs:	2,203	
Total Needs:	3,738	
New Rewards:	193	Member Households: 48,472 (as of 7/23/15)
Miscarriages:	26	
Final Rewards:	8	

Contact Us: 877-764-2426 samaritanministries.org/members

Questions about?	Email	Phone Menu
Your medical need	needs@samaritanministries.org	1 - 1
Shares you are sending or receiving	shares@samaritanministries.org	1 - 2
Your membership	membership@samaritanministries.org	1 - 3

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Remember:



SEND A NOTE—
Burdens can be lightened emotionally as we encourage one another in the Lord.



PAY YOUR SHARE—
Burdens can be lightened physically as we do our part to financially meet others' needs as they would in our time of need.



ALWAYS STAY ALERT IN PRAYER—
Burdens can be lightened spiritually as we unite to call upon the God of the impossible.

God is working in Memphis

by Bryan Evans

Editor's Note: This article is adapted from a talk given to Samaritan staff after Bryan's recent trip to the Morning Center in Memphis.

In addition to my work as vice president of Member Services at Samaritan Ministries, I also have had the privilege of serving on the Board of Directors of the Morning Center since its inception.

The current Morning Center began with a vision of ministering to under served, expectant mothers in poor neighborhoods across the nation. James Lansberry, Samaritan executive vice president and Morning Center founder, who was the first to articulate this vision said, "We need to put a free, gospel-centered maternity clinic next to every abortion mill in the United States."

That was our vision when we began, and our expectations were high. But as we began raising funds and personnel, seeking communities that most needed this ministry, we had to scale back our expectations significantly. After much prayer and effort, we ended up establishing a Morning Center in only one location—Memphis, Tennessee. It seemed like a big step back from our hopes, but now we are seeing evidence of how God has been directing our efforts all along.

Because the members of our Board of Directors are from across the nation, we have always held our meetings by teleconference. Recently the Board had a face-to-face, on-site meeting in Memphis. It was a real eye-opener, encouragement, and challenge for me to see

the strategic ways God has been working to serve the under served in Memphis, going far beyond what I could ever have imagined. I've been serving on this Board for years. I've been donating money. But there is so much more to do.

We are involved in a ministry with Christians in Memphis that is serving not only needy, expectant mothers, but also providing gospel ministry to people living in some of the most poverty stricken neighborhoods in the country. It should be no surprise that God knew what He was doing when He brought the Morning Center to Memphis. We can minister to those living in third-world poverty without even going overseas.

It is also clear that God knew what He was doing in January, when He brought us Les Riley, to be the Morning Center Executive Director. When we arrived in Memphis for our Board meeting, I was expecting to sit in a meeting room for a typical Board meeting. Instead, Les loaded us into cars and got a conference call going to give us a first-hand tour of ministry sites in Memphis.

He took us to a newly planted church on the north side of town in an old, run down church building. It is right smack in the middle of two zip codes in north Memphis—two of the poorest in the US. They have some of the highest mortality rates in the United States, for both infants and mothers. It rivals third-world countries. The poverty is beyond our imagination.

Two-thousand women a year show up at hospitals in Memphis ready to have a baby, having never seen a doctor up to that point. They

lose a lot of babies, and they lose a lot of moms. This church plant sits strategically right between these two zip codes, and they have a real heart for the poor. They have a food bank and some other things—they give away clothing—and they have allowed the Morning Center to come in there and use space.

Watching these ministries from different churches and different backgrounds come together and work together to serve the poor and the needy who are right in their front yard was absolutely amazing.

We visited another church just a couple of miles away, in a somewhat similar situation. This church is in a nicer neighborhood, but is right up against some rough neighborhoods. Again, there is a lot of ministry to the poor and the Morning Center is there. We got to see that.

That evening, we all got together for dinner—Morning Center Board members, staff, and volunteers, people who work in the other ministries that the Morning Center is working with, and people who have gone through the Morning Center experience. It was really remarkable. James and I were not ready for what happened that night.

The doctors spoke first. These are ladies who have had very successful practices, but they are spending more and more of their time working at the Morning Center, serving the poor.

The volunteers and the staff told story after story after story of ladies deciding not to abort their babies, of babies being born healthy, of people coming to Jesus Christ

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Katie Kieffer

A passionate voice to and for Millennials

by Michael Miller

It didn't take author Katie Kieffer long to find her calling. It was waiting for her in her teens.

The Minnesota native started her craft in high school by writing editorials for a major newspaper, founded her own political journal in college, wrote for regional and national real estate journals, now writes weekly for TownHall.com, and last year had her first book, *Let Me Be Clear*, published by Crown Forum, an imprint of Random House.

Katie's passion is to awaken and educate Millennials (a generation of 95 million Americans who were born between the late 1970s and the early 2000s) to how they can achieve the American dream despite politicians who don't have their best interests at heart. Millennials sit with "colossal

debt" and many are unemployed or working in jobs that do not utilize their four-year degrees, she explains in her book. Nevertheless, they're unaware of how the federal government is undermining their individual ability to freely choose medical care, she says, or how it's also subverting their rights at the state and local levels.

Katie's first effort at writing for publication was for the St. Paul Pioneer Press. As a high school student, Katie entered a contest for a year-long position as an editorial columnist, and won out of 400 entrants.

"That was my first experience writing editorially," she says. "I really enjoyed it. I felt like I had the ability to make a positive difference. It was also great to have a choice in topics to write about and research. In school, you don't have a choice."

Then at the University of St. Thomas in St. Paul, Katie started an independent journal of political thought.

"Our newspaper was a way to give the students a voice because it seemed as though the only voice that was represented in the official campus newspaper was very left-leaning," she says. "There were many students on campus who were left without a voice. Our paper provided them with a voice."

The St. Thomas Standard received national recognition for its efforts, especially after stirring up a bit of controversy by bringing conservative speakers to campus.

"I think it was a successful endeavor



or because it caused people to think about important issues that they may not have otherwise considered," Katie says.

She worked in commercial real estate after graduating, temporarily dropping the political writing for business writing. In the process, though, she learned how public policy impacts businesses and entrepreneurs and how taxes affect entrepreneurialism. Katie wrote for trade journals and sales material, but missed writing about politics and culture. A columnist at TownHall.com liked her writing and Katie was given a trial run. The website eventually picked her up as a regular columnist.

Soon a Random House editor came calling.

"She just said they really liked my style of writing and how I had the ability to tackle a lot of different subjects, from the economy to foreign policy to health care to pop culture, which is a bit rare for a



writer,” Katie says. “They especially wanted someone in the Millennial voice to discuss a wide range of issues.”

Katie stumbled across the concept of health care sharing while she researched *Let Me Be Clear*.

“I was looking for a way to opt out without breaking the law and wanted to push for a better overall health care system that will work for everyone, not just drug companies and politicians” Katie says.

She even mentions Samaritan Ministries along with two other health care sharing ministries in chapter 3 of her book, for which she interviewed nearly 300 doctors.

Katie’s most insistent call in the book is for the freedom to make informed choices when it comes to health care, education, or electoral politics. But she says that freedom is disappearing with laws like the Affordable Care Act, which imposes mandates that go against the beliefs of employers, entrepreneurs, and individuals.

“The truth is we will not be able to choose the best provider, treatment, or doctor for our situation if we lose free speech,” she says.

Katie says her faith influences her political beliefs and that Christian Millennials should also allow it to influence theirs.

“What I like to do is go back to the Old Testament and point out that God gave Moses 10 commandments, one of which was ‘Thou shall not steal,’” she says. “Today many of our tax structures—and this does include the Affordable Care Act—

supporting our health care regulations violate this commandment, because the commandment against stealing clearly shows that God respects private property.”

She adds that a government that allows individuals to keep profits and choose how to spend them is more generous and benevolent than embracing what some see as “social justice.”

“Oftentimes bureaucrats use ‘social justice’ to justify policies that seize our private property or force us to use our money to support policies that may violate our conscience such as fungible federal funding for Planned Parenthood,” Katie says. “Too many people—when they hear that phrase ‘social justice’—need to double check what that person’s motives are before buying in.”

Let Me Be Clear focuses on what

she sees as a betrayal of the trust of the majority of Millennials who voted for President Obama in 2008 and 2012. Katie says that his economic policies and executive decisions have hurt her generation and could set them back for years to come.

One angle she offers her readers in each chapter is to compare current policies to two earlier Democratic presidents: Bill Clinton and John F. Kennedy. While not holding these men up as ideal presidents, she uses the contrast between their relatively traditional policies and the current more liberal policies to point out how far afield this administration has strayed in the context of American history.

“It’s a good lesson in history,” she says. “Our challenges are bigger than the modern era. In each chapter, you

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Why SMI?

Katie Kieffer’s discovery of health care sharing ministries while researching her book *Let Me Be Clear* cleared things up for her.

The author wanted to find a way to satisfy the requirements of the Affordable Care Act without getting sucked into supporting its mandates and other requirements.

She happily settled on Samaritan Ministries.

“I really appreciate the transparency and the ability to know where my money is going,” she says. “Even though it might take a little bit of effort each month in terms of writing a note, or paying attention to additional things that maybe I wouldn’t have to think about otherwise, I do think it’s worth the effort. It makes me more grateful for what I have as I read the monthly prayer guide. You read about joyful stories, like parents giving life. Samaritan members are open to life. That’s very uplifting to hear about.”

She also says she appreciates the public policy updates that most people don’t have time to research on their own. ♦

Five health care secrets millennials need to know

by Katie Kieffer

Millennials are members of a powerful generation that is 95 million strong in the United States. We are the children of the Baby Boomers and the grandchildren of the Greatest Generation. We range in age from teenagers about to get our driver's permits—to young professionals in our thirties.

Because of our age—we are healthy. Our largest health expenses are due to catastrophe (i.e., a tragic accident or premature onset of a rare disease)—or maternity. Today, we are by and large fit and agile. Someday, we will need more regular health care. So, let's find effective ways to meet our current needs while securing enough financial resources and personal freedoms to survive the long winter ahead. Here are five.

First Secret: Women and Children Last

Unless overturned by the U.S. Supreme Court, the Health and Human Services mandate requires that faith-focused employers like the University of Notre Dame—which is currently suing the federal government to protect the free speech rights of a large, interdenominational community of believers—must financially subsidize health care plans that cover abortion and sterilization in addition to contraception.

In Washington, many politicians on both sides of the aisle like to present themselves as chivalrous gentlemen looking out for the interests of

women, but they behave like members of a “Good Old Boys Club.”

A chivalrous man is one who, finding himself on a sinking ship, helps all the women and children board the lifeboats first. A chauvinist man is one who gets a girl pregnant and then kindly offers to pay for an abortion—with his father's money.

A chivalrous politician is one who at least asks his female constituent for input before making major financial decisions—with her money—that impact her reproductive system. A chauvinist politician will pass health care legislation without input from female patients or their doctors.

If they balk, he'll say: OK, I'll grant you an exemption. You can go without insurance—by either paying a handsome fine or by going to prison. His “exemption” is no exemption. Her “choice” is no choice. She wants excellent, ethical, and affordable health insurance that she chooses without threat of fine or imprisonment. He offers her the opposite.

Millennial women need to know that the HHS mandate ignores the First Amendment protecting religious freedom and the Tenth Amendment, stating that powers not delegated to the federal government by the Constitution should be left to the states. Women are being compelled to cede their—and their children's—health care decisions to politicians with vested monetary interests in appeasing the drug and insurance lobbies or buying votes from young swing voters.

Second Secret: Socialized Medicine Hurts Young Entrepreneurs

Seventy percent of Millennials aspire to become entrepreneurs according to a recent Deloitte study. I'm a young entrepreneur. So are many of my friends. The health insurance plans that we are eligible for under the Affordable Care Act offer us fewer options and higher rates.

I am providing for my health care by joining a health care sharing ministry instead of buying an ACA exchange plan. If I have eligible medical expenses, I submit them to the ministry. For individual doctor visits, I pay out of pocket at the often-lower cash rate. I pay a monthly share of \$185 a month—and I know exactly where my money is going. For example: for Sara Smith, who was tested for an abnormal heartbeat; or for Joe and Lacy, who are expecting a baby in August.

Young entrepreneurs facing pregnancy often struggle to find affordable, out-of-pocket maternity provision. Unlike the ACA, most health care sharing ministries embrace life from conception and thus have very generous maternity offerings.

Real people. Real care. Transparent. Affordable for entrepreneurs. 100 percent my choice.

Third Secret: Peeping Toms Go Unpunished

“Peeping toms” face repercussions if caught. Politicians face zero consequences for compelling you to join a socialized medicine exchange via a

website rife with security vulnerabilities. Here's a sampling:

January 20, 2015: The Associated Press reports, "The government's health insurance website is quietly passing along consumers' personal data to outside websites (advertisers) ..."

January 23, 2015: Amidst public outcry the administration agrees to dial back some, though not all, of the personal information healthcare.gov shares with third-party websites.

February 20, 2015: The New York Times announces, "About 800,000 taxpayers who enrolled in insurance policies through healthcare.gov received erroneous tax information from the government..."

March 1, 2015: The Government Accountability Office (GAO) releases a report citing ongoing "problems" and the need to "further implement system development best practices" for healthcare.gov.

July 24, 2015: Congressman Lamar Smith of Texas writes: "To this day, the \$2 billion website has glitches."

Fourth Secret: ACA Could Triple Your Chance of Depression

In March, the *CDC journal Preventing Chronic Disease* reported that unemployed Americans between the ages of 18 and 25 were 3.17 times more likely than their employed peers to become depressed. Nearly 15 percent of Millennials have been unemployed and over a third—a historic high—have lived with their parents during the Obama reign.

AdvaMed revealed empirical data to the *Minneapolis Star Tribune* in late January showing that the heavy tax levied on the medical device industry—Congress's way of "pay-

ing" for universal health care—costs tens of thousands of American jobs. About 14,000 jobs were lost in 2013; 4,500 industry jobs were lost in 2014; and an additional 20,500 jobs will be lost within five years. The administration needs to rake in \$26 billion by beating an unemployed horse—I mean, through taxing the medical device industry—over the next 10 years in order to "pay" for the ACA.

Talented Millennials are facing meager job prospects, reduced hours or lower benefits. Socialized medicine was supposed to make us healthier. By ushering in higher levels of under- and unemployment, it has instead made us more vulnerable to debilitating depression.

Fifth Secret: D.C. Conflates Fancy with Functional

Giorgetto Guigiaro is the entrepreneur behind many famous hot rods. He now designs cars for the Volkswagen Audi Group. In March, he told the *Wall Street Journal* that a common design mistake is "to design something that has no other value than being something 'new.' If it has no function, it is not design."

We can all agree to improve health care. We can also agree that we did not need to destroy our health care system in order to improve it. On November 25, 2013—several months before coverage took effect through the Affordable Insurance Exchange—the vast majority of Americans (79 percent) told Gallup that they were satisfied with the quality of their current health care.

Most Americans preferred a functional plan over a fancy health care.gov plan which often amounts to no plan at all (when many employers drop insurance altogether) or an

unaffordable plan (especially for the self-employed).

Regarding the landmark Supreme Court ruling on June 25: it is not in the best interest of any American—particularly Millennials, who bear the bulk of the ACA's financial burden—for nine justices who are appointed for life to have more power over their health care decisions than the congresspeople whom they elect; their doctors; or even themselves.

The Supreme Court's role, as articulated by founding father Alexander Hamilton is the opposite of the lawmaking role that the Court's majority assumed on June 25. Hamilton wrote in *The Federalist Papers*: "The judiciary ... may be truly said to have neither FORCE nor WILL but merely judgment." [Emphasis in original.] Usurping the role of Congress, the court rewrote the ACA and the Constitution—in an ostensible attempt to justify the administration in violating states' rights.

Of the nearly 300 doctors that I interviewed for *Let Me Be Clear*, close to 90 percent said the ACA would "discourage talented young people from attending medical school and exacerbate the shortage of doctors and surgeons in the U.S." They also thought the plan would raise costs and lower the quality of care for all Americans, especially Millennials.

These are five secrets every Millennial needs to know about health policy. Pass them on. ♦

Connect with Katie:

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Facebook: www.facebook.com/KatieKieffer

Freedom 2015 National Religious Liberties Conference

by Michael Miller



Samaritan Ministries member Kevin Swanson, of Generations with Vision, is organizing Freedom 2015, a conference addressing religious liberty issues—“the need of the hour”—on November 6-7 in Iowa, a state considered “ground zero” for the 2016 presidential election.

The Constitution’s guarantee of religious freedom is already under assault, as Christian photographers and wedding cake designers face legal action for declining to provide services for same-sex “weddings,” ceremonies that are in opposition to their religious beliefs. With the U.S. Supreme Court’s decision attempting to redefine marriage, Kevin believes that persecution could potentially also reach Christian schools, ministries, families—and

health care ministries.

Samaritan is one of the major sponsors of the conference, because religious freedom is a “pressing issue today,” says SMI executive vice president James Lansberry, who will speak at the conference.

“It’s one that the Church needs to get behind, especially as it surrounds medical ethics,” James says. “Christians are being pushed toward violating their conscience or losing their jobs in areas surrounding medical care because, we’re being told, freedom of conscience and freedom of religion ‘do not belong’ in the public square.

“Samaritan Ministries wants to be a part of the Church getting fired up about protecting religious freedom in this crucial time, especially when there may be extensive persecution

on the horizon.”

Freedom 2015 organizers have invited all presidential candidates to speak at the conference, which will be held at the Iowa Events Center in Des Moines. Dr. Ben Carson was the first to accept the invitation, and the line-up of speakers will be strong no matter how many more candidates decide to come.

Confirmed speakers besides Kevin and James include:

- Jason and David Benham, brothers who lost their HGTV show *Flip It Forward* when a web site labeled David as an “anti-gay, anti-choice extremist” for comments he made in an interview.
- Neghmeh Abedini, wife of American pastor Saeed Abedini, who is now imprisoned in Iran.
- Kelly Shackelford, president and CEO of Liberty Institute.
- Retired Brigadier Gen. Douglas Lee, chairman of the Chaplain Alliance for Religious Liberty.
- Scott Brown, Samaritan member and head of the National Center for Family-Integrated Churches.

A dozen radio hosts including Samaritan member Bill Jack of the Worldview Academy and Janet

Conference Discounts

Samaritan Ministries’ members registering by October 15 for Freedom 2015 will receive a special rate of \$79 per family—60 percent off the full price of \$199. To take advantage of this discount, use the code “SAMARITAN” when registering online at freedom2015.org/register.

Freedom 2015 will also give a free registration to anyone who has experienced persecution.

“Simply send a note with your story to persecuted@freedom2015.org and we’ll register you and your family for free,” Kevin says. ♦

Mefferd of “Janet Mefferd Today” also will be at the conference, Kevin says. The radio presence will be key.

“These hosts have audiences of five to fifteen million conservative Christian listeners,” Kevin says, “and they will be broadcasting live from the event. We wanted to reach the grassroots. We feel that the radio talk show hosts are the ones closest to the grassroots right now.”

He says they’ll also be raising awareness of threats to religious liberties in the weeks leading up to the conference.

Other speakers will include Dr. Joel McDurmon of American Vision, and Samaritan member Phil Kayser of Biblical Blueprints.

Kevin says that the conference was being planned before the court decision.

“Obviously freedom is important for churches, families, parental rights, and health care freedoms,” Kevin says. “We felt this would be the central issue for the 2016 elections.”

Generations with Vision has several goals for the conference:

1. Awareness of religious liberty issues.
2. Education concerning the Biblical and historical precedent in the struggle for freedom.
3. Motivating God’s people to take an active part in the 2016 elections.
4. Having an impact on candidates “to be sure that the matter of religious liberty is prioritized in the minds of the leaders who will be elected in 2016.”
5. Preparation of God’s people to be wise and careful in addressing religious freedom issues.
6. Equipping God’s people to face these radical changes that are coming about in our nation. “For the past 300 years, Christians

have not been persecuted in this country,” Kevin says. “It’s only been in the last year or two that we started seeing these very difficult and severe cases of persecution. I think that is going to exponentially increase in the next five years.”

Breaching the gates of the 2016 presidential campaign with the issue of religious liberty is important, because the candidate elected will likely appoint the next Supreme Court justice, who could have a key role in freedom issues.

“That swing vote will determine the level of persecution Christians—families, churches, chaplains, military personnel, employees, business owners—will face in the next generation,” Kevin says. “We’re talking about a really historic moment in the life of this country. Of course, all of this is in God’s hands. We understand that. But we still have responsibilities ourselves to press for Christian liberties as the Apostle Paul did in Philippi and Jerusalem.”

Just as Paul was dealing with spiritual forces, the surreal momentum of the homosexual agenda over the past several years is evidence that we also are dealing with principalities and powers of darkness, Kevin says (Ephesians 6:12). It is important to fight on a spiritual level.

“This is a spiritual thing,” he says. “This is a spiritual battle. There’s no other way to look at it.”

Kevin says he thinks it may take the form of “serious attacks on the pulpit” by way of hate speech laws.

“I think you’re going to see extreme restrictions attempted upon Christian schools, Christian colleges and even Christian home-schools,” Kevin says. “I think Christian colleges, Christian universities will face the brunt of it upfront. You’re

going to see restrictions on hiring policies in these Christian ministries.”

He says another issue will be the Affordable Care Act’s contraception mandates.

“You’re going to see very serious restrictions placed on Christian businesses that want to avoid the ACA’s contraceptive mandates,” Kevin says. “That’s inevitable. In just the last three weeks we’ve lost three cases at the circuit court level on exemptions for Christian ministries.”

Although these are serious challenges, Kevin emphasizes that all is not even remotely close to being lost. There will be and are “islands of freedom.”

“That’s one of the things we’re going to be talking about at the conference: the many islands of freedom that we still have access to,” he says. “Christians need to be more aware of the Christian health care sharing ministries, the exemptions for home schools, the exemptions for parental rights relating to education.”

James Lansberry will focus on religious liberty in health care as one of those islands.

“I’ll be talking about health care sharing and free market health care, looking at options available for Christians right now who don’t want to get constrained by a closed system within the exchanges, but are looking for patient-centered, pro-life health care.”

Kevin says he believes that although the present situation will be “short-lived,” Christians need to be educated and ready to respond and persevere.

“I don’t think the secular approach to sexuality is going to continue indefinitely, but we’re going to have to figure out a how Christians can survive in this country for the next 20 to 40 years.” ♦

Vitamin B12 for Health

by Dr. David Brownstein

reviewed by David Lehnert

Mary, 68, was in good health, when her health gradually began to deteriorate, starting with brain fog, then increasing fatigue, and then a loss of coordination. Two years into the decline, she decided to visit her doctor. After evaluating her condition, her doctor told her, “You are simply getting old.” When Mary’s condition continued to worsen for six more months, she went to a neurologist, who diagnosed her with multiple sclerosis.

When she finally visited Dr. David Brownstein, he reviewed her condition and recommended a therapeutic trial of injectable vitamin B12. Two months later, Mary returned for her follow-up visit. She reported that, within two weeks of starting B12, she began feeling much stronger and more energetic. A year later, Mary was still taking B12 injections, and while she had slight unsteadiness when walking, the deterioration of her health had stopped.

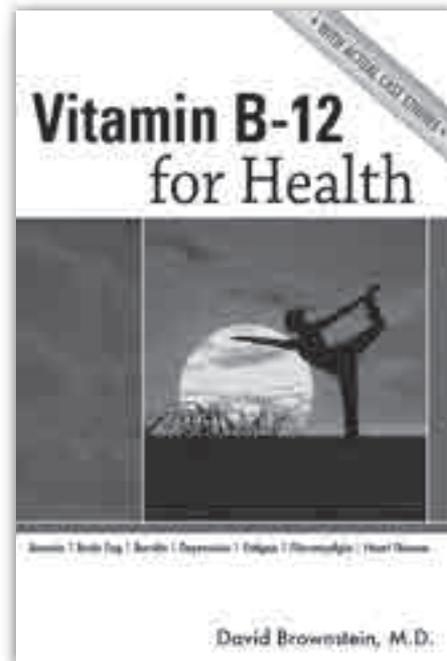
Vitamin B12 is a nutrient required by every cell in our bodies. It is used in the maintenance of the nervous system, which allows a variety of functions to occur, including regulating the heartbeat, normal control of muscles, and aiding short and long-term memory. A deficiency can cause many problems.

In his book, *Vitamin B12 for Health*, Dr. Brownstein says that the most common symptom of B12 deficiency he has seen in his practice is peripheral neuropathy, which is numbness or tingling in the

hands and feet. Other early symptoms include brain fog, fatigue, and depression. A more severe vitamin B12 deficiency can result in diseases such as fibromyalgia, anemia, cancer, Alzheimer’s, and chronic fatigue. In the book, Dr. Brownstein devotes chapters to each of these diseases, telling his experiences with some of the thousands of patients he has seen and citing research from medical journals and other sources. He reports that 80 percent of his patients have been helped by receiving supplemental vitamin B12.

Dr. Brownstein says that the cognitive decline and decrease in energy commonly thought to be a consequence of aging can often be prevented. These symptoms happen because as people get older, their brain volume decreases, and Dr. Brownstein believes that this decrease can be slowed or prevented altogether with vitamin B12 treatments. He cites a study in which a group of elderly people were given a daily amount of oral B12 for two years. They showed significant improvement in immediate and delayed memory functions, as well as a significant decrease in symptoms of depression, as compared to a control group.

To determine whether a patient needs B12 supplementation, Dr. Brownstein uses clinical observation, and does not rely on laboratory tests alone. He says that the “normal” range of serum blood levels for B12 is considered to be 260-935pg/ml, but that while lab tests are use-



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ful in diagnosing diseases that affect B12 levels, he prefers to treat his patients based on their symptoms.

Dr. Brownstein tells about Raymond, a middle-aged man, whose blood level of vitamin B12 was 510pg/ml. Raymond was experiencing depression and chronic fatigue, and had been treated with anti-depressant medications. Dr. Brownstein prescribed a dosage of B12, which included 1 mg a day of injectable, bioidentical hydroxycobalamin. Raymond reported that, three days after starting B12 injections, he felt like he was waking up again. Dr. Brownstein believes that B12 therapy should be a first-line treatment for depression, before considering antidepressants.

Dr. Brownstein says that the

Dietary Reference Intake (DRI) recommended for many nutrients, including vitamin B12, is inadequate, because the requirements were determined without allowing for factors that put stress on the body, increasing the amount of a nutrient necessary for normal functions—factors like gender, age, diet, or even the time of year. Men generally have higher requirements than women, with the exception of women who are pregnant or lactating.

For those who may have concerns about the safety of taking larger amounts, Dr. Brownstein points out that vitamin B12 is a water-soluble vitamin, so when the body has absorbed what it needs, the remainder is excreted. He says that no level of toxicity has ever been determined. He keeps his own levels near 2,000pg/ml, which is quite high compared to the reference range, but is the level he has found to provide optimal function. Dr. Brownstein states that “[he] has not seen a single patient with B12 levels above the reference range who has exhibited any negative B12 symptoms”.

There are many causes of vitamin B12 deficiency. The most common is poor nutrition. Vitamin B12 is not produced by the body, so it must be included in the diet or taken as a supplement. The best dietary source of B12 is meat, followed by dairy. This can be a problem for vegans or vegetarians. Dr. Brownstein cites the case of one of his patients, Al, who went on a vegan diet. Al was an athlete and enjoyed being outdoors. But after six months on the new diet, Al felt continual fatigue. Dr. Brownstein told him about B12 and how its only food sources are meat and dairy. After Al began to

take supplemental B12, he felt much better and was able to return his workout regime.

With our abundance of dietary knowledge and enriched foods, one might assume that there are no deficiencies in our diet. Dr. Brownstein says that food makers typically fortify their foods (such as bread, rice, cereal, and other staple foods) with B12 and other nutrients to contain only the DRI levels of nutrients. If a person shows levels of deficiency in B12, Dr. Brownstein notes that eating processed foodstuffs is unlikely to provide enough nutrients to bring them out of their nutritional slump.

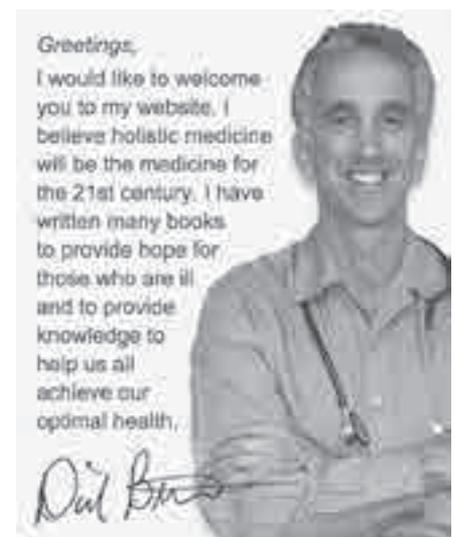
Dr. Brownstein says that the cognitive decline and decrease in energy commonly thought to be a consequence of aging... can be slowed or prevented altogether with vitamin B12 treatments.

The supplemental forms of vitamin B12 that Dr. Brownstein prescribes are either methyl- or hydroxycobalamin. These are both natural, bio-identical forms that match the receptors in our bodies and are easily utilized by the body.

He says they are superior to synthetic forms of B12 such as cyanocobalamin, which has been shown to cause optic nerve damage when taken over an extended period of time.

Dr. Brownstein says that while sublingual and liposomal vitamin B12 supplementation can be useful, the most reliable method is by injection, because this bypasses the complex digestive pathway and supplies the cells directly.

If you are interested in knowing more about making sure your body has adequate levels of Vitamin B12 to support optimal health, *Vitamin B12 for Health* by Dr. David Brownstein could be helpful. ♦



The information provided in this article is for educational purposes and is not meant as medical advice.

Dr. David Brownstein (www.DrBrownstein.com) is the Medical Director of the Center for Holistic Medicine in West Bloomfield, Michigan, and author of more than a dozen books.

David Lehnert is studying nutrition and is a Samaritan Ministries member.

through the gospel ministry of the Morning Center and these other ministries.

But the thing that caught me the most off-guard were the stories of the staff members themselves. Almost every one of them said, “This has been a huge impact in my life and the decisions that I’m making.” They had not expected that.

When we got back to our room after dinner, it was one of those long nights. You know, those long nights where you toss and you turn? You think, “I know what the Bible says about the fatherless and the widows, right?” You do, too. I thought, “I’ve been serving Him, right? I’ve been on the Board, I donate money. God, what else do you want from me?” I just know He wants more. So I tossed and turned, and my wife, Kim, tossed and turned.

Another day was even harder. We loaded up again to drive down the street to Planned Parenthood. It’s a Friday morning. Friday is a “kill day” at that clinic in Memphis. Ironically, a large sign on the side of the building says, “Health Care Happens Here.”

So, we prayed for a while. We talked to people. I’ve been in front of the abortion clinics before, but I think this was the first time I was there the day they were actually killing babies. Ladies were driving up. One lady drove up, and Les recognized a bumper sticker on her car from a large evangelical church in Memphis. He called to her, but she wouldn’t talk to him. She just went in. We talked to the boyfriends, we talked to the husbands, we talked to the mothers, we talked to people.

It’s a very painful experience. You

feel like you’re losing. You’re trying to preach the Gospel to people, and they’re still going in and killing their babies. Les has been active in pro-life ministries in Memphis for a long time. I think he could tell that we were frustrated, so he gathered us together and we prayed.

Planned Parenthood’s own numbers show that if there is just one person on the sidewalk praying—not even talking to anybody—the number of women seeking abortions goes down by 10-15 percent on their kill days. Ladies driving to the abortion mills are thinking, “If there is somebody outside praying, I’m driving right by.” And that’s what happens.

Les took us to a place right near the downtown, to the location of the most notorious abortion mill in Memphis, where it is estimated that more than 100,000 babies lost their lives. He said, “I’ve been standing on this street corner for 20 years praying against this building.” When we got there, an excavator was sitting on a dirt lot. That building is gone, one less abortion mill in Memphis.

Les then took us to the Warren Apartments, also known by the street name—Clementine. This is one of the most dangerous apartment complexes in the U.S., covering a four-block area. All but one of the entrances into this apartment building are blocked off. The surrounding houses and buildings are boarded up and probably vacant. There is virtually no productive economic activity in this area. You are walking into a third-world country. These people have suffered generation after generation after generation of poverty.

Right in the middle of the Warren

Apartments, in one of the apartments, is the Red Door Ministry. This is a Christian ministry run by a gentleman who grew up in the Memphis drug culture. He is one of them. His testimony to God’s power in the darkest of places is amazing.

We had lunch there, and we got to meet ladies who had gone through the Red Door Ministry Bible studies. They had been served by the Morning Center; they had decided to have their babies. They’d become Christians. But this place is different from where most of us live. The mass transit system is poor in Memphis; it takes half a day to get to a job on the bus. They work for minimum wage while they have to pay someone to watch their kids. Then they have another half a day back on the bus. They don’t have cars. It’s too far to walk.

One of the Board members and his wife took a walking tour with the leader of the Red Door Ministry. They got to meet a young lady in her mid-twenties who takes care of a large number of children, most of them hers. She’s a prostitute. She has become a Christian, and she wants to be a faithful Christian. Her only source of income is prostitution, and she has a household of children to care for. What can she do? What can we do?

We had a Board meeting. We talked about a couple of things; it was nothing huge. But I came face-to-face with a culture and a crisis that I have never seen before. I knew it was out there; I’ve read the statistics. But when you talk to the people face-to-face, and you see the impact that a small ministry like the Morning Center is having, it makes you want to do more.

What can we do?

1. Pray for the Morning Center.

They have many, many needs. Also pray for protection for the people who work in these ministries. They are in an extremely dangerous place. If you want to learn about the Warren Apartments, go to Youtube and search for *Drug, Inc.*, a documentary by National Geographic. In the episode called “Memphis Mayhem,” they interview the gang leaders about their drug trade. I am told that the main guy they interviewed, “Papa,” is a believer now. He wasn’t then. Pray for these people who live in the areas that the Morning Center is serving.

2. Pray for churches and communities to catch the vision and coordinate bringing the Morning Center to their city.

There are Christians who are interested in Orlando; Jackson, Mississippi; Charlotte, North Carolina; Dallas. There are cities that are already starting to get motivated and activated. Pray that momentum will build and that they can get those ministries started. There’s no lack of need. There’s no lack of need in Memphis. They are already at maximum capacity with the staff members they have. They would love to open more clinics, but they just don’t have enough workers.

3. Donate money. I know there are a lot of people asking for money. If you can’t donate, pray that God would bring in the resources. He can do that. In a recent Morning Center newsletter, Les was quoted as saying, “we need to stop acting like the government has unlimited resources, and God’s resources are limited.” This is one of the fundamental problems of the Christian community and the

American people. We think that only the government has the resources to solve problems, and we’re helpless, when it’s the exact opposite. The only resources the government has is what they get from us. God has unlimited resources.

My wife is busy organizing a baby shower for the Morning Center. This is something we learned from the people who actually work at the Morning Center. It’s a way to donate clothing to the moms who don’t have baby clothes. Perhaps you could organize a baby shower for the Morning Center at your own church.

4. Donate time. Go to Memphis.

Call Les to see if you could go down and work with him. Be there on Friday morning and work the sidewalk with Les Riley. It would be worth the trip to learn how to be more effective on the sidewalk at an abortion mill. There is plenty of manual labor you can do, serving the churches there. If you want to work at the Morning Center, you can do that, too. Then apply the things you learn to the needs closer to you as well.

If you’ve ever desired to work in a third-world country, go to Memphis. If you’ve ever desired to work in a pro-life ministry, go to Memphis. If you’ve ever wanted to help the poor, go to Memphis. Go to Memphis. But I warn you, it’ll change your life.

Visit Go2Memphis.org to learn how you can help. ♦

see the contrast between presidents and their policies, which is a good refresher for older people but also a great introduction to politics for younger people.”

Katie has learned from feedback that *Let Me Be Clear* is popular among both Millennials and their parents, who buy the book for their children.

- One young man who was a campaign volunteer for Obama had “really lost all hope” because he didn’t feel the president was keeping his promises once elected. “He came across my book and said he wanted to let me know that now he feels he has hope and direction for the future,” Katie says.
- One twenty-something young woman she met at a book-signing event in Minneapolis received the book for Christmas and came to the signing to get a second copy for a young friend.
- A 12-year-old girl who received a copy from her father had it taken away by her public school homeroom teacher, although her history teacher argued she should be allowed to keep it. ♦

Prayer for the Persecuted Church

Hebrews 13:3 tells us to “Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body.” Our brothers and sisters in Christ around the world are being persecuted for the sake of the Gospel. We need to remember them in prayer. Each month, the Christian Health Care Newsletter will provide updates gleaned from such sources as World Watch Monitor and The Voice of the Martyrs and offer prayer points. Please use them in your personal or group prayer time.

Threats reported against Asia Bibi

Although blasphemy charges against Pakistani Christian Asia Bibi are being reconsidered, her husband says that Muslim clerics have announced a bounty on her if she is acquitted, International Christian Concern reports. Asia has spent six years in prison since she was accused of blasphemy. *Pray for her health while she is still in prison, for the release of all Christians accused of blasphemy in Pakistan, and for their safety. Pray also for the well-being and comfort of Asia’s husband and children.*

Boko Haram members convert

Members of the Muslim terrorist group Boko Haram have reportedly come to faith in Christ in north-eastern Nigeria, according to ICC. A Christian Aid ministry in Nigeria has “aggressively sought to plant churches in some of the most dangerous parts of Nigeria” and “missionaries fearlessly preached the Gospel.” One former Boko Haram member was sent a video of militants killing his family after he converted. *Praise*

God for the conversion of these Boko Haram members and pray that revival would break out.

Crosses demolished in China

A cross demolition campaign in China has spread to more dioceses, with five Catholic churches having their crosses removed in early July, the ICC says. Authorities reported that the crosses were removed to make the churches more culturally Chinese. *Pray that the demolition of church crosses will be stopped and that Christians in China would reject any forced use of idolatrous symbols in their churches.*

Iranian believer released

An Iranian Christian named Homayoun was released from prison on June 28, according to Voice of the Martyrs. Homayoun and three others were arrested in February 2012 in a house church raid. He was transferred to “a notorious punishment ward” in Adelabad Prison and cut off from contact with his family. *Pray he will recover quickly from his treatment and readjust to life outside prison. Also praise God for his release.*

Kidnapped girls brainwashed

Young Christian girls and other girls who have been freed from their Boko Haram kidnapers in Nigeria were brainwashed to “cut the throats of Christians” and possibly carry out suicide attacks, ICC reports. More than 200 girls remain missing from the kidnappings at a government school in 2014. *Pray the girls still captive will be free from the demons that are afflicting them, that they will be able to withstand through God’s Spirit the spirit of death that Boko Haram carries, and that the leaders of the group will come to Christ.*

3 elderly nuns assaulted

Three elderly nuns were bound and assaulted in their home in Oaxaca State on June 29, Mexico, ICC reports. The attack is one of many taking place in Mexico in recent years, including an attack on a priest in the same village less than a year prior. *Pray for complete spiritual and physical healing for the nuns, that the citizens of Oaxaca State will unite against violence in the region, and for freedom of religion throughout Mexico.*

Algerian woman pressured

A young woman in Algeria has been told by her family to stop attending church and reading the Bible, VOM reports. The 19-year-old believer openly declared her faith in school recently. School officials told her family of her declaration. They began receiving death threats from community members. *Pray for spiritual strength for the young Algerian, for the conversion of her family, and for her ability to share her faith.*

3 Christians kidnapped

Three African Christians have been kidnapped by Islamic State members in Libya, ICC says. The kidnapers released photos of believers from Egypt, Nigeria, and Ghana. Negotiations for ransoms for the Egyptian were under way in late July. *Pray for the release of the three Christians and against the influence of the Islamic State in Libya.* ♦

For more information on the persecuted church, contact The Voice of the Martyrs (www.persecution.com, 877-337-0302), International Christian Concern (www.persecution.org, 800-422-5441) or World Watch Monitor (worldwatchmonitor.org).

aborted baby must be dealt with. This has already happened in the State of Indiana, where The Aborted Fetal Remains Bill (SEA 329) was recently signed into law, establishing rules as to how abortion facilities must “appropriately dispose of the bodies of babies killed in abortions.” Don’t be fooled by this sort of thing. It is worth noting that this bill will not stop a single abortion from taking place, but merely regulates what you can and can’t do with the baby after its life has been taken.

In exposing the moral putrefaction at the heart of Planned Parenthood and indeed in the nation that tolerates their work, the videos have very much acted as “salt to the Earth”. However, although exposing evil is a good and noble thing to do, by itself it is not enough. What we now need to find is ways of actively promoting the good. We need to bring light as well as salt.

One way pro-life advocates have done this is by establishing crisis pregnancy centers in their communities, where women facing unplanned pregnancies can go to receive compassionate care that values human life. Many lives have been saved because of the work of these ministries, and the attitude of the public is gradually becoming more pro-life, especially among younger citizens.

Providing an alternative to Planned Parenthood is critical—one which not only treats the unborn child with dignity, but which also treats women with dignity, endeavoring to help those who are in a hard place with emotional and sometimes even financial support. This is why Samaritan Ministries established the Morning Center, and here’s what it says on their website:

“A pregnant woman who chooses life for her child needs a caring community of support. Far too often the Christians who urged her not to abort can offer nothing more for maternity care than a government aid form. It is time for Christians to provide loving, personalized maternity care in Jesus’ Name, to any mother who needs it—free of charge.”

Whatever else we do, we need to be praying for these centers, supporting them financially if we are in a position to do so, and also getting the word out about them whenever we have the opportunity to do so.

Now we need to step up a gear. We need positive alternatives to Planned Parenthood.

The abortion issue is not going to be won by the revelations from the Center for Medical Progress. They are a huge eye opener for many, but now we need to step up a gear. We need positive alternatives to Planned Parenthood, such as the Morning Center (see page 3) with its commitment to go the extra mile to help those mothers who are in desperate straits, but whom are currently propagandized into believing that killing their child is the safest, best, and even the only way out. We need to make sure that our belief in the sanctity of life is consistent, and that we are not inadvertently supporting policies which

result in the needless killing of children in other parts of the world.

But above all we need to keep on asking God to direct the pro-life cause, to open the eyes of those who are currently pro-abortion to see it for the evil that it is, and to intervene to finally end this grisly practice that has plagued the nation for nearly half a century. ♦

Rob Slane lives with his wife and six home-educated children in Salisbury, England. He is the author of The God Reality: A Critique of Richard Dawkins’ The God Delusion, contributes to the Canadian magazine Reformed Perspective and blogs on cultural issues from a Biblical perspective at www.theblogmire.com.

So then, brothers, we are debtors, not to the flesh, to live according to the flesh.

For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

Romans 8:23

When we place our faith in Jesus Christ, we receive the Holy Spirit, but we still face the temptation of living according to the desires of the body. Before we became believers, we were powerless. Now we have the power of the Holy Spirit, but righteous living is not automatic. We must deliberately put to death the deeds of our body, by the Spirit.

What are the deeds of the body that we must put to death? There are many verses of Scripture

that tell us. One passage is Galatians 5:16-21. Another is Colossians 3:5-11.

Righteous living is not optional, and it is not automatic. We cannot do it by our own strength, but we can do it by the Spirit. We must do it. By the Spirit.

For the Kingdom,



Ray King