

Christian HealthCare

NEWSLETTER

MEMBER LETTER:

There is much healing in the process

This ministry has encouraged us in so many ways! We know it works because God is at the center, and His people are loving and trusting Him.

The love that comes with each share fills our heart with His love. Seeing the provision come is a gift of God, and there is much healing in the process.

One of the most special things we experienced was a very beautiful card filled with a message to my husband, who had surgery: “We have been praying for you every day.”

The tears flowed and our hearts were filled. Thank you and Glory to God for all of you!

*Hendrik and Claudia Tuppe
Waikoloa, Hawaii*

Two outhouses

by Joel Belz

My mom and dad, when I was still only 5 years old, were by no means the poorest people in town. Only when they decided to sell the family business—a prosperous grain and lumber operation—so that Dad could go to seminary and study for the ministry, did we move out of one of the more modern homes in Holland, Iowa, and toward a series of houses where indoor plumbing was a rarity.

Outdoor plumbing meant outhouses. No running water to rinse your hands after using the toilet. No little packs of scented wipes; there were plenty of pages in last year’s Sears catalog. And every few months, outdoor plumbing meant digging a new hole, moving the two-holer outhouse over it, and filling in the top of the original site. Once in a while, it also meant countering the pranksters by going out the morning after Halloween and helping lift the outhouse back up to its original position.

Yes, both sexes used the outhouse. I’m coming back to that issue in a bit. But I offer this historical background so you know I’m not just being culturally squeamish about the topic. I’ve been there. We all knew enough to knock politely and listen for someone’s “Just a minute!” or “Privacy, please.”

But such was not the case at the South Cono country school, where I did my fourth-grade studies. There were 18 of us in the K-8 program. Common

sense taught us that when recess time came, all 18 couldn’t get through a single two-hole outhouse. Common sense also taught us that even a poor little country school could afford two outhouses. And what more natural way to divide them than by sending the boys to one and the girls to the other? No seats-up or seats-down controversies that way!

But now, of course, we live in much more sophisticated times. That’s why major cities like Houston, Texas, Jacksonville, Fla., and Charlotte, N.C., have been wracked with controversy over policies governing access to public or semipublic restrooms. Charlotte’s City Council approved a measure, due

Continued on page 13

In This Issue...

- 3 Cooking up a recipe for contentment**
by Rob Slane
- 4 Member Spotlight**
Kabeer and Eileen Gbaja-Biamila
- 6 Book Review**
The Miracle of Natural Hormones
- 8 Movie Review**
Through Deep Waters
- 11 What is Biblical contentment?**
- 14 Prayer for the Persecuted Church**
- 16 The Doorpost**
Stay out of the darkness

CONTENTS

- 1 **Two outhouses**
by Joel Belz
- 3 **Cooking up a recipe for contentment**
by Rob Slane
- 4 **Member Spotlight**
Kabeer and Eileen Gbaja-Biamila
by Jaclyn Lewis
- 6 **Book Review**
The Miracle of Natural Hormones
by Dr. David Brownstein
reviewed by David Lehnert
- 8 **Movie Review**
Through Deep Waters
reviewed by Michael Miller
- 11 **What is Biblical contentment?**
by Lindsey Tollefson
- 14 **Prayer for the Persecuted Church**
- 16 **The Doorpost**
Stay out of the darkness
by Ray King

CONTACT US

newsletter@samaritanministries.org

FOLLOW US

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EDITOR

Ray King

MANAGING EDITOR

Jed Stuber

ASSISTANT EDITOR

Michael Miller

ART DIRECTION

Design Corps

The *Christian Health Care Newsletter* is published monthly by Samaritan Ministries International, a 501(c)(3) charity. Subscriptions to the *Christian Health Care Newsletter* are available to non-members for a suggested donation of \$12 per year. The information provided is for educational purposes and is not meant as medical advice.

ADMINISTRATIVE OFFICES:

PO Box 3618, Peoria, IL 61612
telephone: 309-689-0442
telephone (toll free): 877-764-2426
fax: 309-689-0764

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Sharing Summary from March

Shares:	\$15,144,437	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:	\$14,936,349	
In Negotiation:	\$1,753,573	
New Needs:	2482	
Total Needs:	4,719	
New Rewards:	188	Member Households: 58,605 (as of 2/19/16)
Miscarriages:	42	
Final Rewards:	13	

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

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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

Your Member Services Leaders



Bryan Evans
Vice President/Member Services
msvicepres@samaritanministries.org



Cameron Easley
Member Services Manager

Remember:



1 SEND A NOTE—

Burdens can be lightened emotionally as we encourage one another in the Lord.



2 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.



3 ALWAYS STAY ALERT IN PRAYER—

Burdens can be lightened spiritually as we unite to call upon the God of the impossible.

Cooking up a recipe for contentment

by Rob Slane

One of the most common complaints I hear from other parents is how they have been unable to get their children to eat certain types of food. As you will no doubt guess, I am not talking here about burgers, or candy, or other items packed with sugar or fat. Somehow the problem most of us seem to have with those sorts of foods is getting our children to understand the idea of moderation. But when it comes to green things that have come out of the ground, or things off a tree or bush that contain vitamin C, somehow many of us struggle.

I have watched more than one parent giving up. The battles took their toll and the child won. And so they have a whole list of things that they “can’t” give to their children: They won’t touch broccoli, they can’t eat parsnips. They won’t touch carrots, they can’t eat peas. They’ll eat potatoes, but only as long as they are roasted or fried. If they’re boiled or mashed, you can forget it.

I believe that this battle is a far more important one than we might be tempted to think. It is not simply a case of physical health, though that is important. Nor is it just a case of establishing parental authority, though that is crucial too. Even more important than that, the meal table in our formative years is very much a training ground for how we will end up coping with the things that providence will throw at us over the course of our life. Why is that so?

The Scriptural route to contentment is to cultivate thankfulness, and so in 1 Thessalonians 5:18, Paul

says that we are to “give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” Even more pertinent to this discussion, the Scriptural route to contentment around the table is to give thanks for the food that is set before us: “For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving” (1 Timothy 4:4). Which would exclude fussing!

The key to getting our children to eat without fuss is therefore to instill thankfulness in them. However, this might well seem to be somewhat of a paradox. If they won’t eat, how can they be thankful? And if they’re not thankful, how then can they eat without fuss?

The Scriptures are often quite counter-intuitive on issues where we are exhorted to do something that we don’t really want to do. Take the end of Psalm 31, for instance, where we read this: “Be of good courage, and He shall strengthen your heart, all ye that hope in the LORD” (KJV). That sounds counter-intuitive because it seems to be the wrong way around. Surely if we’re lacking courage, we need God to strengthen our heart first. But no. It actually says that if we want our heart to be strengthened, we first need to be of good courage.

A similar pattern is found in the Sermon on the Mount, when Jesus says, “For where your treasure is, there your heart will be also.” Again, it sounds to us a little upside down. Surely our treasure follows our heart. Well maybe it does, but in this passage what Jesus is emphasizing is that where we put our money,

our effort, and our resources, there our hearts will be.

In other words, if we want to be strong in heart, we are exhorted to be courageous. If we want to have more of a heart for, say, the overseas missionary work our church supports, the best thing we can do is to contribute more money to it, which will have the effect of engaging our hearts. The same principle is true of thankfulness. If we don’t feel like being particularly thankful, the Biblical antidote is to be thankful. And the more we strive to be thankful in the little things, the more we will find it easy to be thankful for all things. This is the secret of contentment.

Which brings us back to the fussy food issue. Children often have a natural disposition to fuss, whine, and complain about food. What happens if we indulge that? We are not only teaching them that they can have a list of foods they don’t have to eat, but far more importantly we are teaching them to be unthankful and discontented. Or to put that another way, we are teaching them that “everything created by God is NOT good, and MANY THINGS are to be rejected and NOT received with thanksgiving.” But if we strive to instill thankfulness in them, even for the things they say they don’t like, they will be far more likely to imbibe a spirit of thankfulness, which in turn will make them far more likely to eat what is put in front of them.

If we indulge their discontentment, do we suppose that this

Continued on page 15

Kabeer and Eileen Gbaja-Biamila

Former Muslim and NFL player is now a Christian financial advisor

by Jaclyn Lewis

God has shifted Kabeer Gbaja-Biamila in some surprising directions.

For example, after a nine year career as defensive end with the Green Bay Packers, and breaking the franchise sacks record held by Reggie White, God led Kabeer to use his business degree to serve as a volunteer financial advisor at his church.

Yet even before pro football and financial advising, and before Kabeer put his faith in Jesus, he kept busy. Kabeer was raised in South Central Los Angeles to Nigerian immigrant



parents, Mustapha and Bola, who required him to be involved in school activities when he wasn't at home. He played high school football and was named a National Football Foundation Hall of Fame scholar athlete. He also volunteered with a student-run natural food company, Food from the Hood.

His father, Mustapha, was Muslim, and his mother, Bola, converted from Islam to faith in Jesus shortly after coming to the United States.

"Growing up in that home," says Kabeer, "I kind of went to church, but I wanted to be more like my Dad. So when I went off to college, I would go to the mosque, do Ramadan, and try to live out the five pillars of the Islamic faith."

Kabeer played for San Diego State from 1996-1999, breaking the school's

sacks record. "Unfortunately," Kabeer says, "I struggled with the Christian faith at that time, not because of what I read in the Bible, but more because of looking at the people who claimed to be Christians."

"Most guys I played with would go out and do what they wanted on Friday, and then they would say that 'Jesus will forgive me.' So even though I was doing the same things, from my perspective at least I did mine on the down-low and was trying to live a 'good' life. I'm not saying that was right, because I know the truth now, but that was my perception as a nonbeliever—all Christians are hypocrites."

Despite Kabeer's then-skewed view of Christianity, God was setting in motion a series of events that would introduce him to Jesus as his Savior.

During Kabeer's junior year of college, San Diego State chaplain, Jimmy Brown, introduced Kabeer to Gill Byrd, a Christian and former Muslim. When Kabeer called Gill to ask him questions about his Christian faith, Kabeer found that Gill's number was disconnected. It turned out Gill had moved to Green Bay, Wisconsin.

"I didn't think anything of it. I didn't even know why he went to Green Bay. So I threw the number away. I just kept on living, still searching for the truth."

The next year Kabeer was drafted by the Green Bay Packers and relocated to Wisconsin. On top of transitioning from college to professional football, leaving San Diego for Wisconsin meant acclimating to "the frozen tundra" of the Midwest.

"You couldn't wear your flip-flops ... now you have to bring your thermals."

In the flurry of media interviews and conversations with his new coaches, one familiar face stood out: Gill Byrd. It turned out that Gill had moved to Green Bay to be the Packers' Director of Player Development.

"I was drawn to Gill Byrd because he was the most familiar face from San Diego. And being drawn to him, I sought to spend time with him, to look to him as a means of support and familiarity. I got to see how he treated his wife. He had two sons, and basically he adopted me."

After workouts and practices, Kabeer would hang out at the Byrd's house, and for the first time, he experienced a Christian family.

"I was so inconsiderate, eating up all their food and not even thinking, 'hey, could I reimburse you?' or anything. Even in spite of that, they were just so gracious to me."

Kabeer and Gill would also discuss Christianity, and one day, Gill challenged Kabeer's assertion that Christians and Muslims worship the same God.

"Gill said, 'No we don't. We don't worship the same God,' and I took offense to it," says Kabeer. "I said, 'Yeah we do. You guys say Jesus, we say Isa. You say Mary, we say Meriam.' I was just trying to show all the commonality, that Christians just got it wrong on the Isa part. He was not the Messiah, he was just a prophet."

Before Gill could answer, Kabeer ended the conversation abruptly

Continued on page 12

Why SMI?

"It's been a blessing to be a part of this ministry," says Kabeer.

He initially heard about Samaritan Ministries through Kirk Cameron's website, then on the radio, and finally through Colin Gunn's documentary on the American health care system, *Wait Till It's Free*.

Kabeer knew he had NFL health insurance for five years after leaving professional football, and thought he would have to buy a government-approved plan under the Affordable Care Act. But, Kabeer says, "I don't want to be supporting abortion." So in December of 2015, he and his family joined Samaritan Ministries.

"One thing I like about Samaritan," says Kabeer, "is the accountability of going to your pastor and verifying needs, just to get them in the loop to know what to pray. I don't mind being accountable to someone.

"The second thing is praying for the person in need who you're sending the check and letter to, and being able to do that with my kids. I literally look forward to getting that mail and seeing who's the next one we're going to pray for, and who we are going to send a

check to. We bought a whole bunch of cards just to be able to do that. I like that it gives us the opportunity to live out what Christ chose to do in this world, to bear one another's burdens and to pray for one another.

"That's the way it should be," Kabeer says, "We're helping real people and knowing that, 'Hey, if we're ever in that situation, there will be people there for us too.' Not that I'm looking for that situation—the only time I want to look for that is when we have babies."

When his son "busted his head" at a family visit to the Creation Museum, Kabeer says that while the process was a little different than what he was used to with insurance, he was able to call and get reassurance from a Samaritan Ministries member advocate that everything had been handled correctly. The advocate also gave tips for working with providers as a cash-pay patient.

"The advocate prayed for me," says Kabeer, "prayed for my son, for our trip, that we would get home safely, and it was just like 'Wow.' That is just neat, you know, to have brothers and sisters lock shields together and pray for one another." ♦

The Miracle of Natural Hormones

by Dr. David Brownstein

reviewed by David Lehnert

Dr. David Brownstein says that many diseases and chronic conditions, like heart disease, diabetes, chronic fatigue, depression, headaches, autoimmune disorders, etc, can have the same underlying cause—hormone deficiency. He says that hormonal deficiency frequently plays a significant role in all these health problems, and he has seen thousands of patients recover using natural hormones.

In addition to these more serious diseases, people suffering from hormonal deficiencies can experience a wide range of other problems including weight gain, irregular cycles in women, accelerated signs of aging, and dry skin. In *The Miracle of Natural Hormones*, Dr. Brownstein shares his clinical experiences to show that people with chronic disease or other debilitating symptoms may have a hormone deficiency as the underlying cause.

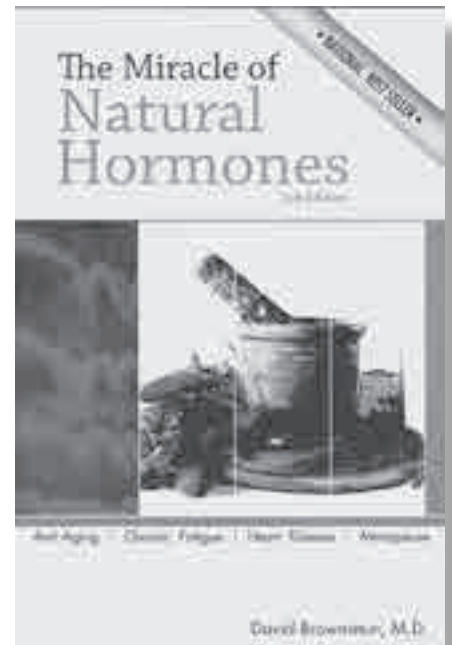
Sometimes doctors who recommend hormone supplementation to address these problems prescribe synthetic hormones, which are not like natural hormones. The hormones that our bodies produce match the receptor sites in our bodies, and it is possible to produce hormones from natural substances that are very similar to our own hormones' structures. Because these hormones occur naturally, they cannot be patented, dramatically reducing the potential profit for pharmaceutical companies. This gives these companies an incentive to create synthetic hormones, even

though they aren't compatible with our bodies' systems and sometimes cause negative side effects.

Dr. Brownstein says that one of the main studies showing the dangers of synthetic hormones was the Women's Health Initiative (WHI). The WHI was designed to determine if hormones protect women from heart disease. It had to be terminated prematurely because the synthetic hormones used were causing a twenty-nine percent increase in heart disease, a forty-one percent increase in stroke, and a 2100 percent increase in pulmonary embolisms (blood clots that travel to the lung and can be fatal) in the treated group as compared to the placebo group.

Following the WHI, the question was: should women even take hormone replacement therapy to help protect against disease? Dr. Brownstein says if the hormone replacement therapy is done with natural hormones and monitored constantly by their physicians using lab tests, the answer is a definite yes. He says the downfall of the WHI was the use of the synthetic hormones Provera and Premarin.

Dr. Brownstein says there are three types of estrogen produced in a woman's body in a natural ratio. Premarin, a synthetic form of estrogen, ignores the natural ratio of the three estrogen types. This can have consequences for women taking Premarin and may be an explanation for the huge increase in risk for several diseases. Dr. Brownstein says that the WHI vindicated natural hor-



Medical Alternatives Press, 2003
www.DrBrownstein.com

mones, and that he doesn't understand why physicians continue to prescribe synthetic hormones.

Birth control pills are another example of this. They work by halting the menstrual cycle in women. Dr. Brownstein writes that this inhibits the benefits of estrogen and progesterone normally produced during the cycle, and he believes that taking birth control pills is setting the stage for faster aging and causing or exacerbating chronic disease.

Dr. Brownstein writes that natural hormones' superior effectiveness in the body is due to their structure. He uses a "lock and key" analogy. The "key," which is the hormone, fits perfectly into the "lock," which is the receptor site. Dr. Brownstein says that this analogy is similar to a car key fitting into the ignition and starting the car, because hormones

always result in some sort of action in the body.

When giving his patients natural hormones, Dr. Brownstein starts them at a low level and then gradually increases the dosage. He does this because too much supplementation of a hormone actually will cause the body to shut down its own production of that hormone and become completely dependent on supplementation. Dr. Brownstein says that carefully monitoring blood test results from a lab, combined with clinical observation, makes hormone therapy safe and very effective for his patients.

The hormones Dr. Brownstein discusses include thyroid hormone, DHEA, progesterone, estrogens, testosterone, melatonin, hydrocortisone, human growth hormone, and pregnenolone, and he dedicates a chapter to each. While he discusses the hormones individually, he also points out the importance of sometimes using hormones in combination to address root causes. He says that this results in a synergistic effect and a multitude of benefits the patient wouldn't receive if they were only taking one hormone alone.

At the end of each chapter, he also recommends dietary supplements that support the hormone discussed in that chapter. He says he does this because he has noticed

his patients achieve the best results when a supplemental regimen is utilized to support the hormone supplementation. He says that while the nutritional regimen helps, it is not an adequate substitution for hormone therapy. He also believes using iodine and unrefined salt are important for anyone facing hormonal problems or any kind of

Dr. Brownstein starts his patients at a low dose and increases gradually. Too much supplementation of a hormone will cause the body to shut down its own production of that hormone.

health challenge, and he has written full-length books on each of these topics. Reviews can be found on the Samaritan website.^{1,2}

When Dr. Brownstein discusses thyroid hormone, he features Dr. Broda Barnes, who wrote over one hundred publications on hypothyroidism. Through exhaustive research, Dr. Barnes determined that more than forty percent of Americans are deficient in thyroid hormone. These people often suffer from cold hands and feet, chronic fatigue, weight gain or difficulty losing weight, brittle nails, and dry skin.

There are actually two types of thyroid hormone: an active form

and an inactive form. Dr. Brownstein recommends Armour hormone, a natural hormone that gives a balance of both forms, along with ingredients that help convert the inactive form to the active form.

Another hormone, testosterone, is the well-known hormone for men, but its role in both men and women extends further than libido. Men have much higher levels than women, with 3-9ng/mL recommended for men and .3-.8 ng/mL recommended for women. Dr. Brownstein says that people with low testosterone can suffer from osteoporosis, fatigue, diabetes, and heart disease. He also says that when treating for low testosterone, he generally gives 2-10 mg per day for women and 40-120 mg per day for men.

Progesterone and estrogen are the two primary hormones for women. These hormones are involved with regulating women's cycles, helping to prevent and treat osteoporosis, and relieving PMS symptoms. Dr. Brownstein devotes a large section to discussing the benefits of progesterone therapy for treating osteoporosis. He says that progesterone has been shown to help reverse osteoporosis while estrogen has only been shown to help slow the progression. He says that he generally will also prescribe progesterone if a woman needs estrogen to maintain the progesterone/estrogen balance found in a woman's body.

Continued on page 10

Through Deep Waters: Trusting God through the Seasons of Grief

by Michael Miller

Jonathan and Monique Einwechter are glorifying God through grief.

The Samaritan Ministries family lost two little ones in February 2014 when an SUV containing Monique and their four children slid off a farm lane into a pond and rolled over in the 35-degree water. Monique, 2-year-old Jon David, and 1-year-old Titus were rescued in time. Elise, 3, and Enoch, 6 weeks, were not.

Rather than cursing God, however, the Einwechters praise Him for bringing them through a dark time. They have put their gratitude into the form of a 60-minute film, *Through Deep Waters*, now available on DVD for a donation at through-deepwaters.com.

“We felt the Lord did so much to bring us through all this, we really wanted to put together a concise

way to tell others about it,” Jonathan says. “So many people were supportive of us and helped us that we wanted to tell them more about what happened, as well as have a good way to share what God did through it.”

What would you do if you lost half your children in one night?

The accident happened near Dayton, Tennessee, where Monique’s parents live. The Einwechters had just moved there from Lancaster County, Pennsylvania. They spent the day of February 24, 2014, painting rooms in their new home on

the property of Monique’s parents, Joe and Brenda Hoffman. Due to paint fumes in their new residence, though, they needed to head to a friend’s house to spend the night.

Monique and the four Einwechter children got into one SUV, and other children visiting and helping the family got into a vehicle with Jonathan. He drove ahead and soon noticed he could not see Monique’s headlights in his rearview mirror. He then backed up, heard the honking of a horn, and saw only one headlight sticking out of a pond. In the dark, Monique had driven her SUV slightly too close to the edge of the land that led around a pond and it slid in, then rolled over.

Rescuers managed to get everyone out of the vehicle, but Elise and Enoch didn’t survive.

The Einwechters did not become isolated, however. Only a few

months after the accident, they channeled their grief into a filmed testimony of God's grace and love.

"Early on we decided that we can't curse God, we can't forsake Him," Jonathan says. "We made that decision even though we don't understand why it happened. We're going to stick to Him and follow Him. He has been a bulwark for us."

The Lord has helped the Einwechters "in a really close, intimate way by upholding us and sustaining us in a way we've never experienced before," he adds. "It's been huge."

They also are thankful for the "community of believers coming around us and supporting us in such tangible and amazing ways."

Jonathan and Monique made the film with family friends and fellow Samaritan members Ross and Julie Smithe. The Smithes' daughter, Christianna, was with the Einwechters the night of the accident and had chosen to go in the car driven by Jonathan. The Smithes were the subjects of a 2011 Member Spotlight for their *Hymns and History* DVD.

Most of the filming of *Through Deep Waters* was done in June 2014, and editing was completed last fall. Julie Smithe served as director of photography, overseeing filming and the interviews. Ross and their son, Josiah, provided other technical expertise. Ross and Jonathan worked on the editing together.

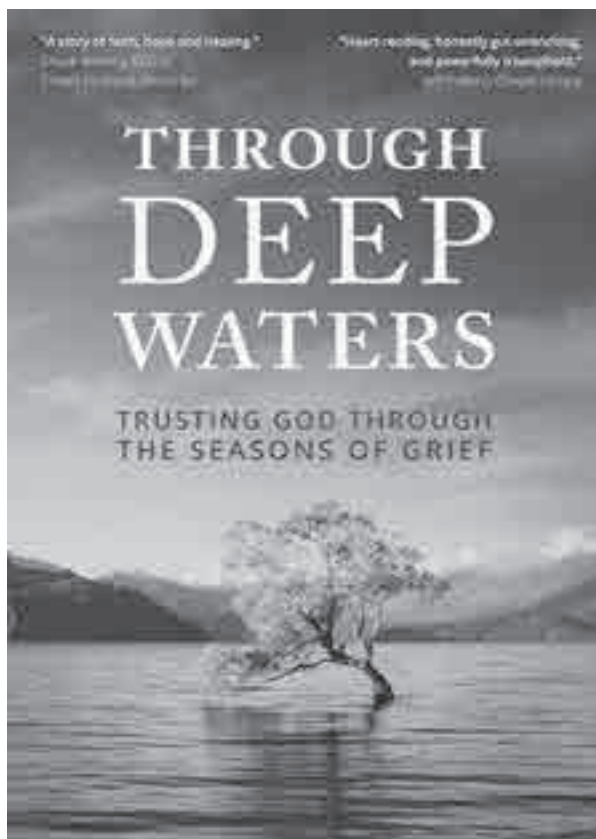
Jonathan says he and Monique are glad they filmed the interviews when the pain was still fresh.

"At that point, we needed to hear the stories (from others involved in the rescue efforts), what happened, all the details we were longing to

hear, so it's good we did it then," he says. "Of course it was painful. But we would not want go back and relive it now."

Even then, it was "difficult for us emotionally and for the people being interviewed" to recount the events of that night. Also offering their memories of that night were various family members, friends, and rescue workers who were at the scene.

The film is divided into three main



ThroughDeepWaters.com

sections: the retelling of the accident, memories of Elise and Enoch, and spiritual lessons learned. Ross Smithe says a central theme of the film was provided by the sermon given at the children's funeral by William Einwechter, Jonathan's father and a pastor in Lancaster County. The elder Einwechter compared the seasons of grief presented in the story of Job with the seasons of the year. The Einwechters and Smithes decided to pattern the "les-

sons" section of the film after that, with considerable onscreen time for William Einwechter to present pastoral and Biblical perspective on the event.

Ross and the other Smithes were "honored to be asked" to be part of the project.

"Just knowing Jon and Monique, we were encouraged from the very beginning by their testimony of faith in God through such a horrible tragedy," Ross says. "When they approached us about the project, hearing the way Jon articulated his vision, I was immediately onboard. We wanted it to be larger than just a graphic retelling of the tragedy. We wanted it to be about their journey of faith and discovery in the aftermath of that, and have that be an instrument in God's hands to hopefully inspire that same kind of outlook for other families going through tragedies of various sorts."

The Einwechters want the DVD to go "wherever the Lord wants to take it and reach as many people as possible," so they are not asking for a fixed donation. "Any donation is fine," Jonathan says.

He adds that he and Monique are "both doing pretty well."

"It has affected her in a different way as far as being a mother," Jonathan says. "The Lord has kept us both."

One thing that has helped has been the birth of Elliot Einwechter last June 30.

"It's definitely helpful having another baby around," Jonathan says. "It's good to see the numbers increasing." ♦

Natural hormones also have unique anti-aging effects such as slowing mental deterioration, maintaining muscle tone, and preventing wrinkled skin. Dr. Brownstein writes that as we age hormone production naturally decreases and that he has seen many older patients benefit from the anti-aging effects of natural hormones. He says that these benefits are not seen in people who supplement with synthetic hormones.

Dr. Brownstein says that hormone therapy requires precision, and he advises people to consult their physicians before taking hormones that are available on the shelves at supermarkets and drug stores. He writes that the easy availability of hormones in large doses is a major concern, due to the possibility of people accidentally shutting down the production of certain hormones in their bodies. Dr. Brownstein recommends choosing a physician experienced using natural hormones when considering hormone therapy.

In his practice, Dr. Brownstein saw a woman who was taking a synthetic form of the hormone progesterone to deal with PMS. He put her on a natural form of progesterone, and within two months she felt much better. When she returned to her gynecologist, he told her “natural hormones are rubbish.” She told this to Dr. Brownstein and he called her doctor. Dr. Brownstein asked the doctor how much experience he had with natural hormones, and the doctor replied, “None.”

Dr. Brownstein says that this response is common among doctors, because they are not taught about natural hormones in their training. He says that while in training, doc-

tors receive information on hormone therapy from studies funded by pharmaceutical companies. This means doctors only learn about the use of synthetic hormones.

Dr. Brownstein provides many case studies where people experience recoveries from conditions that they have suffered from for a very long time, sometimes more than fifty years, after they switched from synthetic to natural hormones. He says that the turnabout he has seen from even a single treatment of natural hormones can sometimes be life-changing for his patients.

Dr. Brownstein says that both environmental and internal toxins cause hormonal imbalances. He outlines a detoxification protocol designed to assist readers in minimizing toxicity. The first step is drinking water, and the amount should be about half a person's body weight in fluid ounces daily. Drinking water is critical for detoxification as water reduces the stress on the liver and kidneys. Dr. Brownstein recommends using a filter to remove fluoride and other toxins that may be in drinking water.

Eating a “clean” diet (one he describes as hormone-free, pesticide-free, organic) is also part of Dr. Brownstein's protocol. He says that this diet not only eliminates sources of toxins that could cause hormonal disruptions, but also helps to flush out toxins that could be causing issues.

Dr. Brownstein also suggests heavy metal detoxification. This includes the removal of dental fillings, because mercury is the main component of almost all fillings and the third most toxic element to humans. Dr. Brownstein says people can aid

in this step of the detox process by supplementing with vitamin C and glutathione, both of which are potent antioxidants and help the immune system remove toxins in the body.

The Miracle of Natural Hormones is on its third edition, and Dr. Brownstein says that, since writing the first edition, his experience with natural hormones has only continued to confirm for him that natural hormones are a superior treatment compared to synthetic hormones and that both doctors and patients need to be educated on natural hormones. Dr. Brownstein believes that people do not have to suffer from chronic diseases or the side effects of synthetic hormones, and he offers natural hormone replacement therapy as another treatment option for those who need it. ♦

1. *Salt Your Way To Health: The Remarkable Healing Ability of Unrefined Salt* <samaritanministries.org/salt-your-way-to-health-the-remarkable-healing-ability-of-unrefined-salt/>

2. *Iodine: Why You Need It, Why You Can't Live Without It* <samaritanministries.org/iodine-why-you-need-it-why-you-cant-live-without-it/>

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

What is Biblical contentment?

by Lindsey Tollefson

It is harsh advice for a suffering soul to be told to be content, to be happy, to be delighting in the rough circumstances. Is Christian contentment something we should automatically have as a result of being in Christ? Is it something we do? Is it an action or is it an emotion?

“The fear of the Lord leads to life; then one rests content, untouched by trouble.” Proverbs 19:23 (NIV)

Contentment is fearing the Lord. It is the absence of other fears.

“I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through Him who gives me strength.” Philippians 4:12-13 (NIV)

Contentment is the strength of Jesus living in us that we might have the power to be rejoicing in every circumstance.

“Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.” Hebrews 13:5 (NIV)

Contentment is being satisfied with Christ and the absence of obsession over money.

“But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it.” 1 Timothy 6:6-7 (NIV)

Contentment is understanding what we are, that we are from dust and returning to dust, that we have nothing apart from our Savior.

For the person who is in deep distress, making contentment a commandment misses what contentment is. We can't just look at terrifying circumstances like chronic pain or loss of life or financial devastation and say “Be content!” David and Paul both give us sweet promises to cling to that will help us find

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contentment: He gives us strength, He will never leave us or forsake us.

Contentment is the result of allowing our deep trust in a good God to seep into all our patterns of thought. Contentment comes when we know fully that we are loved, that we have nothing to fear, that we have the strength of Jesus filling us daily, that the Lord provides for all our physical needs, both in life and in death. It comes when we see Christ as the fulfillment of all things.

To experience the peace and joy that is real contentment we have to

have a Biblical understanding of trials, we have to have the perspective that Paul had on various afflictions and sufferings. We have to become un-American and stop seeing trial as an interruption in our fulfillment of a good life. We have to stop questioning God's love for us just because we have a bumpy road to walk. When we see ourselves as characters in a beautiful story that God is writing, we can see more clearly what He is doing. Everything evil that we face is ultimately anti-God: death, sickness, slander, pain, etc. He hates all those things. They are part of a bigger story in which they are being defeated. The hardships are ultimately nailed to the cross and taken from us through Jesus.

All our losses are ultimately restored. The trials are valleys that lead to higher mountains, evils that prepare us for greater goodness, pain that makes us ready for the weight of glory we are promised. When we are truly able to see these things as part of God's story, as a good part of God's story that He is working for us and through us, we are able to have open hearts to be content. Only then are we ready to believe that He will never leave us or forsake us. Only then can we stop being afraid. Only then are we able to be content with all the things He is doing in our lives, both the painful things and the lovely things. ♦

Samaritan member Lindsey Tollefson contributes articles to the Theopolis Institute (theopolisinstitute.com), where this article was first published. Lindsey is a mother and homemaker in Louisville, Kentucky.

to attend a team meeting. Players could be fined \$10,000 for every minute they were late, and in those days, Kabeer says, “I was really good with money, but not in a healthy way. I was more of a miser, so there was no way I would be late to a meeting!”

But after the meeting, Kabeer found himself picking up the conversation where he and Gill left off with an out-of-town friend of Gill’s. “I feel bad,” Kabeer says, “I don’t know Gill’s friend’s name. I just remember he was a short white guy, and here I am, this big rookie with muscles popping out all over the place.

“Now back in the day,” says Kabeer, “when someone tried to help me with my faith, my Dad said to ask them this one question and watch how they react. Usually it was a knockout punch: ‘Show me where Jesus said He was God.’ Most guys say, ‘Oh, that’s a great question. Let me get back to you.’”

“Well this guy pulls out his Bible. First of all, this guy doesn’t even know me. Usually you do the whole build a relationship thing, and this guy is about to pull out his Bible and answer the question. I had never dealt with this before; it was just odd.

“I said to myself, ‘Ok, maybe the first punch missed. Let me throw another punch in there.’ So I tried to ask him another question, and he just told me nicely, ‘If you just shut up, I’ll be more than happy to answer your question.’ The guy was confident about what he was about to show me. He knew exactly where to go. I went home that day bewildered.

“So I got on my knees and I prayed, ‘God, whoever created

me—Muhammed-Kabeer Gbaja-Biamila—that’s the God I’m talking to. Please stand up. I don’t know if this is Allah, or Jesus. I’m just praying to the guy who created me. God, as I read this Bible, help me to find the contradictions so I can show these Christians that their God is wrong.”

Kabeer was set to read the Old Testament—the section Christians had often encouraged him to avoid—and started reading through Genesis and the books of the Law. “As I read,” Kabeer says, “I thought, ‘Man, whoever wrote this Bible sure gave everything to God. He made God good and made man bad. All power is attributed to God.’”

“So then I did find some contradictions from reading the Bible,” says Kabeer, “It revealed the contradictions were in me.”

“As a Muslim, we always believed that if your good outweighs your bad, there’s a chance you could go to Paradise. Well, according to the laws I was reading, literally right before my very own eyes all the things I thought were good in me were decreasing, and anything that was bad in me was increasing. It just brought me to my knees and I said, ‘Man, I’m going to hell.’”

Kabeer committed his life to Jesus Christ on September 26, 2000. “Now all of a sudden, the Jesus that my Mom and everyone was telling me about made sense. I literally ran to the Cross for fear of going to Hell. But then that fear quickly changed to gratitude. I felt humbled, saying ‘God, what can I do to show how much I love You?’”

As a believer, Kabeer brought that humility, integrity, and desire to bring God glory to his football game. In 2002, his faith would be

tested in one joyful and painful day. That morning, he and his wife, Eileen, welcomed their first child into the world, and, that night, Kabeer’s mother died suddenly in a car accident.

In the midst of his mourning he played a strong game against Minnesota, only four days after the accident. Just two weeks later, in a *Los Angeles Times* interview, Kabeer said “Right now, I’m just trying to enjoy the gift God gave me in this new child, but it’s still hard. I can’t fool myself. What happened on that single day, it’s going to affect me for a long time. But I know I’m going to be able to carry on because I know that’s what my mom would want of me, and I know God is going to give me strength.”

That year, his teammates awarded him the Ed Block Courage Award to recognize his “commitment to the principles of sportsmanship and courage.”

Kabeer played six more years for the Packers before retiring so he could focus on a house being built for his family, and support Eileen during her pregnancy with their fourth son.

Now Kabeer works as a financial advisor and spends his free time helping people in his church develop comprehensive financial plans. He also teaches Biblical stewardship classes.

“I’ve always had a heart for helping people handle money,” Kabeer says, “I went through many different ministries, like Crown Financial Ministry and Compass, on how to handle money God’s way. Unfortunately, in the professional sports industry I came from, many of the guys that played file for bankruptcy within

Two outhouses

Continued from page 1

two years of leaving the game. That just breaks my heart.”

“I just think that if more of God’s people were free and not tied up in debt, they would be free to do more for the kingdom of God ... We have to get them to think of life outside of where they are today, planning for the future.”

Kabeer, Eileen, and their seven children—Rashid (13), Ali (11), Jedidiah (10), Judah (7), Kabeer Jr. (6), Immanuel (4), and Arianna (1)—still live in Green Bay, Wisconsin.

Eileen is a big encouragement to Kabeer in his work and ministry.

“My wife always compares me to Joseph,” he says. “If you remember in the story of Joseph, Egypt had seven years of prosperity, but then it was seven years of famine. But during those seven years of famine it didn’t look like they were in famine because everybody in the whole world came to Egypt to get food. And that’s how I got my motivation when I was playing in the NFL, knowing that, ‘hey, God’s blessing me with nine years of prosperity,’ but I knew that my famine would come.

“Everyone will hit a famine at some point. I knew that what I did during my time of prosperity will determine what my time of famine will look like.”

Now Kabeer continues to soak in God’s Word, and pours into his family and community with the same thankfulness and excitement.

“Some people told me,” says Kabeer, “that when you first become a Christian, you’re on fire, but that eventually it will wear off. I’m still waiting!” ♦

to become law on April 1, which by any sensible reading will make sex-specific restrooms illegal. To include “locker rooms” and “showers,” of course, as the ordinance does, undresses the measure still one more incredible step.

The language is clear: Under the new Charlotte policy, anyone who thinks of himself as a female (regardless of his anatomy) should have access to women’s facilities of all

that the controversial city law “denies privacy rights for people who expect to share restrooms or locker rooms only with people born with the same anatomy.” He called it “an extreme regulation that changes the basic norms of society.”

But the big worry isn’t about the durability of the Graham museum. I had enough experience as a child to know we can probably get along OK with shared outhouses, even

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kinds, while anyone who thinks of herself as a male should be free to use men’s facilities. Or, vice versa—whatever that means. So wouldn’t it be something, some have asked, if the new North Carolina policies were found to govern not just courts, schools, YMCA facilities, and Charlotte’s international airport—but, yes, churches as well, and why not the highly popular Billy Graham Library?

The debate in North Carolina, if you listen only to the mainstream media, comes across as trivial or even goofy. Policymakers started by trying to meet the demands of a relatively small group of gender-uncertain people—but have learned that identifying anybody and everybody in this gender-confused era is political quicksand. Gov. Pat McCrory told The Associated Press

if we’ve brought them indoors. Common sense can prevail there just as it did at my home when I was 5 years old, and even a few years later at the South Cono public school and its pair of outhouses.

What should deeply concern us is the constant rejection of God’s creation order. What won’t work is the blatant denial that God created us male and female, and then called that very good. And that is no merely superficial issue in a few designated buildings in North Carolina. It is a blasphemy that will corrupt, and is already corrupting, our whole culture. And what we leave for the generations to come will be far more putrid than anything under an Iowa outhouse. ♦

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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.

Chinese woman released

A Chinese Christian woman arrested in 2014 for “illegal business operations” was released on February 17, Voice of the Martyrs reports. Cheng Jie was one of three Liangren house church members arrested for creating, printing, and distributing school materials at a church-run kindergarten. *Praise God that Cheng Jie has been freed. The pastor of the church, Huang Quirui, remains imprisoned. Pray that he and the other worker who was arrested also will be released soon, and that the Hualin Kindergarten will be reopened. Pray also for Xin Xuemei, wife of Huang Quirui, and their daughter as she waits for her husband to be released.*

Ethiopians denied citizenship

Three Ethiopian messianic Jewish families have been denied Israeli citizenship, VOM reports. The nation’s Law of Return states that Jews may immigrate to Israel and receive citizenship “if they have a Jewish moth-

er and are not a member of another religion, or if they are a convert to Judaism.” Each of the families has a Jewish background “and view their faith in Jesus as a fulfillment of their Jewish faith.” *Pray that Israel’s Law of Return will be amended to allow messianic Jews to become citizens.*

ID cards required in China

Roman Catholic priests in China are being required to carry ID cards, International Christian Concern reports. The cards, required already for Buddhist priests, must divulge the person’s religious beliefs. It is believed the requirement is “another step in the Communist Party’s continued campaign to reduce the growing influence of religion in China.” “Such a move could allow for the government to deny the proper paperwork to those who they deem to be a threat to their continued ‘Three Rectifications and One Demolition’ campaign.” *Pray that Communist leaders will relent on the policy and that those refusing to comply will have courage in the face of persecution.*

African families reach out

Four families planting churches in an unreached area in their North African country have already seen 10 Muslims come to Christ, VOM says. Praise God that these brothers and sisters in Christ have had success in spreading the Gospel. *Pray for favor as they continue to reach out, and for solid grounding for the new believers.*

Ambush wounds woman

A Nigerian woman is recovering from gunshot wounds suffered in an October attack by Fulani gunmen, ICC reports. Juliana David and other Christians were ambushed as they walked down a road. One man, rid-

ing a moped, was killed. Juliana was shot in the back and left for dead. *Pray for Juliana’s full recovery and for all the grieving in her community. Pray also for strength and protection for Nigerian Christians.*

Laotian Christian harassed

A Laotian Christian woman was detained and harassed recently because of her Christian faith, VOM reports. “Ani” was held for more than two hours as police mocked her because of her faith. She was released and fined for her Christian ministry work. *Pray that Ani and other Christian workers in Laos will be encouraged in their faith.*

Families regain services

Twenty-seven families in the Mexican state of Chiapas will regain access to water and electricity after two years, Christian Solidarity Worldwide reports. The families have been cut off from the services after refusing to participate in local festivals in 2014. The utilities’ restoration occurred as part of an agreement among local authorities and the victims’ lawyers. Praise God that the Christian families again have access to water and electricity. *Pray that national authorities will take action to protect minority Christians in Chiapas. Pray also for Christian families who have lived in a homeless shelter for six years after being expelled from their Chiapas homes.* ♦

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).

Cooking up a recipe for contentment*Continued from page 3*

spirit will stop at food? Unlikely. I have no empirical evidence for this, no great studies that I can turn to make an explicit case for cause and effect, but it does seem to me that I live in a generation that is far less content and thankful than previous generations. It is a generation that fights for its perceived rights, and is often unable to accept when it doesn't get those "rights," or when it doesn't get stuff now.

Where was this learned? I think a lot of it was learned around the meal table, and by that I don't just mean whether or not a child actually gets to eat around the table with their parents—though that is of course a crucial factor. No, I'm talking about intact families, but families where everybody is eating something different, because the fussiness has been indulged and there is a long list of stuff that won't be touched.

A few decades ago, this wouldn't even have been an issue, since there was far less choice of food and most people could only dream of being able to afford the kind of stuff we have now. The family would eat the same food because that's all there was. Today, we have so much more at our disposal and children are usually very much aware of that. How do we tackle it?

A mistake I have seen many make is to assume that when children say they don't like this or they can't eat that, that they really don't like this or they really can't eat that. More often than not, this is a trick and what they really mean, although they won't express it this way is, "This isn't on my list of 10 favorite foods, and so I'm not going to touch it." I've listened to more than one

parent who has fallen for that tactic, and who has sounded like an ambassador for their child and their fussiness by reeling off a long list of food their children apparently just cannot have. I'm sorry, I don't believe it. If there were any truth in it, children decades ago who had no alternative choices given to them would have starved. But they didn't.

None of that is to imply that this is easy. In my house it has, at times, been extremely difficult. In fact, it still is. However, I believe that the rewards for persevering and for insisting that your child eats the same food as the rest of the family are huge. The ordeal of seeing that two-year-old resist eating that green stuff can be extremely trying. However, it is nothing compared to the joy of seeing them finally come to terms with the fact that they are going to have to eat it, but even more than that, then seeing them slowly coming to like it. In fact, this is the best way to train your child for a life of thankfulness and contentment that I can think of. ♦

*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.*

We were blown away by all the gifts we received for our daughter's Special Prayer Need for her pre-existing eye surgery. This was our first SPN and we didn't know what to expect.

The love we felt from fellow believers was so humbling. We were so blessed by the notes of encouragement, the prayers, and the extra little gifts, like stickers and spending money, as well as some in-person deliveries from members who lived near us!

We want to thank each and everyone who gave that extra gift. You showed Christ's love.

We were encouraged through this experience that sending that extra SPN gift, even if its small, adds up to be a huge blessing.

We are so grateful to be part of this ministry.

*Chris and Rosene Sauder
Lancaster, Pennsylvania*

The power of prayer is amazing. I am very thankful for those who pray for me. I know it has helped with healing and making decisions. I am also thankful for the love expressed in the cards and the financial provision.

*Renée DeVries-Roeder,
Prescott Valley, Arizona*

We are so thankful to be part of this ministry. I do not love paying household bills. I do not love paying property taxes. I do love writing a check to brothers and sisters in need. It's such a joy!

Christine's ankle is doing much better now, and she is even able to do some light jogging. Thanks again!

*Phil and Christine Hubert
Lebanon, Maine*

This is the message we have heard from Him and proclaim to you, that God is light, and in Him is no darkness at all. If we say we have fellowship with Him while we walk in darkness, we lie and do not practice the truth.

1 John 1:5-6

God is light. If we secretly (or openly) walk in darkness, we are not having fellowship with Him, no matter how loudly we proclaim our love for Him or how many good things we do.

That doesn't mean that we never sin. Verse 8 following the passage above says that if we claim

we don't sin, we are fooling ourselves. But when we bring our sins to the light of Christ for cleansing by His blood, we have fellowship with God.

Be careful to stay out of the darkness.

For the Kingdom,



Ray King