

Christian HealthCare

NEWSLETTER

MEMBER LETTERS:

Praise God I can give extra this month!

Praise God I can give extra this month! Please apply where needed! God bless you guys! This is sooo much fun :-). I love to help.

*Carolyn Rose
Harvard, Idaho*

When we first joined

Samaritan, we were skeptical. Could this be as great as it sounded?

We were so pleasantly surprised and truly grateful to the Lord to see how our need was met. Everything went so smoothly.

Most memorable was the Samaritan representative who prayed with Daniel on the phone while he was still in the hospital. He put us both at ease about the whole situation. Thank you so much.

*Daniel and Kelly King
Olive Branch, Mississippi*

Big Health Care's latest attack on patient freedom

by Dr. Jane Orient

Anything with "Big" in it means Big Money, whether it's Big Pharma, Big Oil, or whatever.

The Big industry will have skyscrapers, plush executive suites, and a battalion of managers with million-dollar compensation packages.

Big Health Care is no exception, and it is important to understand just what health care is. The trillions of dollars of revenue sucked in by Big Health Care are not just for medical care. "Health care" is mainly concerned with collecting and distributing the money. Perhaps half of the money gushing through the system pays nurses, doctors, orderlies, receptionists, or therapists, or buys medications, oxygen concentrators, wheelchairs, bandages, or X-ray machines. The rest is diverted to something else. It's hard to figure out just how much because insurers may, in calculating the "medical loss ratio," call a lot of things "health care" that you might call "administration."

Big Health Care makes money from the difference between insurance premiums, government payments, and other sources of revenue, and the outgo to workers and suppliers. This may be called a "profit" if distributed to shareholders such as your pension plan, or an "excess" if the enterprise is tax-exempt ("non-profit"). The non-profit can use it for self-promotion, executive pay, or a luxury condo-

minium such as the one bought by the American Board of Internal Medicine for its dignitaries.

Big Data is an essential component of Big Health Care. Most of Big Data, even if it is supposed to be about "quality," is related to filing claims for payment. Big Health Care has vast number-crunching and data-mining capacity, and is acquiring an excellent understanding of what is profitable and what isn't. This information is incorporated into "best practices," "guidelines," and the options that appear in the drop-down menus of the proprietary electronic health record.

Big Health Care can identify low-risk enrollees and those likely to need expensive treatment. It knows which doctors are compliant about following the

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Sharing Summary from June

Shares:	\$17,892,735	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:	\$18,528,113	
In Negotiation:	\$2,780,202	
New Needs:	2,544	
Total Needs:	5,103	
New Rewards:	261	Member Households: 61,330 (as of 5/25/16)
Miscarriages:	52	
Final Rewards:	14	

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Questions about?	Email	Phone Menu
Your medical need	needs@samaritanministries.org	1 - 1
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Your membership	membership@samaritanministries.org	1 - 3

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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.

Recovering truth, part 2

by Rob Slane

Last month, I tried to identify the cause of many of the major cultural and societal changes that have come upon us over the last century or so, and I made the case that what we are actually seeing is *Hegelian Dialecticism* in action. This idea, from the 19th-century German philosopher Georg Hegel, proposes a marketplace of ideas (thesis and antithesis) which tend to compete with one another to produce a new idea (synthesis).

Now this idea makes perfect sense in relation to subjective opinions. For example, if a business is formulating a strategy for growth, it is often the case that an idea will be presented, which is then opposed by another model. At the end of the discussions, what you often find is that the final strategy is a synthesis of both. However, the problem with Hegel's philosophy is that it takes what is true of those kind of subjective decisions, and applies the concept to absolutes. What you are left with is the idea that there is no such thing as right and wrong, just propositions A and B, which argue it out until a compromise—proposition C—is reached.

This has three great ramifications. First, it destroys the notion of objective truth. Second, it suggests a world that is in permanent flux, with no moral absolutes to anchor our lives and societies. And third, this model is *actually used* by those who desire constant change to achieve their own ends. In other words, they deliberately manufacture situations and manipulate language to achieve a clash between

traditional, established values (thesis), and progressive, liberal values (antithesis), with the goal being to reach a compromise (synthesis). That compromise then forms the starting point for the next stage-managed clash. So bit by bit they keep us moving along to embrace new changes and new realities, each one of which takes us further and further away from stability, tradition, and accepted Christian values.

We can see this strategy in action in the current transgender/restroom shenanigans. The end goal for the left-liberals is nothing less than the complete obliteration of the distinctions between male and female in language, speech, and even in thought. However, rather than openly expressing what even now might be met with resistance from the majority, they have set up a thesis/antithesis scenario. So two minutes after *Obergefell vs. Hodges*, and while the public was still adjusting to that, they brought forward their new cannon fodder on the one side—for instance, Bruce Jenner and several emotive cases of “people trapped in the wrong body”—and started playing them off against the predictable chorus of shrill voices on the other side.

The change agents may win that particular battle, because they have fine-tuned the art of Soft Power Emotionalism as a means of coercion. Set against shrill opposition, Soft Power Emotionalism will end up convincing the majority of people to compromise the beliefs they once held, and accept views they would have once thought radical and insane. And then, once again, while we are still talking about that, they will move

on to the next front, setting up their next thesis/antithesis (whatever that is), which will be yet another step on the way to their Cultural Marxoid goal of flattening the distinctions between male and female.

How can we respond? Here are a few things I think we would do well to remember:

1. God is in charge

“God from all eternity did by the most holy counsel of His own will, freely and unchangeably ordain whatsoever comes to pass” (Westminster Confession 3:1). Let's rewrite this for our own situation: “God from all eternity did by the most holy counsel of His own will, freely and unchangeably ordain feminism, Obergefell vs Hodges, transgender restroom wars, etc.” You don't need me to tell you that He does not approve of these things, nor (as it goes on to say in the Westminster Confession) is He the author of these things. But in the midst of the current insanities, it is wise to remind ourselves that He is still in sovereign control, and that He has allowed these things to take place for His own wise and good reasons (my guess is that He felt His people had somewhat fallen asleep and needed waking up!). In which case, though, we might deplore the way things have been going, we can rejoice in the knowledge that they are going that way because God, in His sovereign majesty, has decided to use even the folly of *Hegelian Dialecticism* to accomplish His own ends.

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The God's Story Project

by Alyssa Klaus

Andrea, executive director of The God's Story Project (TGSP), knows just how important telling stories is when it comes to reaching oral learners (those who are either non-literate, barely read, or prefer to learn without reading).

The God's Story Project started in 1998 with the English version of *God's Story: From Creation to Eternity*, "an 80-minute panorama of the Bible in audio and video format," says Andrea, whose last name has been withheld for security reasons.

"It's basically 18 stories woven together, giving a clear overview for anyone asking 'How do the Old Testament and the New Testament fit together?' or 'What is the Bible all about?' It lays a very solid foundation on which to build."



The God's Story Project home office volunteers

The project spread like wildfire. By 2000 they had 25 languages, by 2004, they were well on their way to over 100 different languages.

"Right now we have 350 languages and growing. We just recorded one language in a very difficult part of India, and we're recording a second one this week," Andrea says. "We also just finished one language that is out for evaluation among a gypsy group in Europe."

Many translations of *God's Story* came into existence not only because of a request for a certain language, but also because of the vision behind the request.

"If someone says 'We want to have this language done,' but they don't have the vision for its use, why move forward? We want to do this because people see it can be used, and it can help people who are non-believers or young believers," Andrea says.

One such person was The God's Story Project's current Indian director. "The first language that he did

was the Kannada version in South India, in the state of Karnataka," Andrea says. "This is a man who saw a vision for the use of *God's Story*, and wanted to get it translated into his mother-tongue. He eventually ended up becoming our India director in a very short amount of time because he sees the value of how this affects people.

"He travels on trains with a portable DVD player and plays the first 13 minutes of *God's Story*, where it includes a one-minute overview of how the Bible came to be, creation, Adam and Eve, the fall of man, and how God expelled them from the garden."

Those 13 minutes end on a note of hope, though, and that's exactly what the people on that train are looking for.

"By the time he closes that DVD player, there are about 14 or 15 people surrounding his seat, wanting to know what that hope is," Andrea says. "At that point, he takes their contact information. Someone from



The God's Story Project

www.Gods-Story.org
info@Gods-Story.org

www.SimpleTheStory.org
info@SimpleTheStory.org

Phone: (951) 658-1619

Address:
PO Box 187
Hemet, CA 92546

his team will contact them later and finish the video with them. Many of them come to the Lord as a result.”

Another ministry that would prove just as effective blossomed from The God’s Story Project.

“Out of *God’s Story* came a desire from people around the world wanting to know more,” Andrea says. “The desire for the Word of God from all over the world, along with an understanding about how oral communicators learn, led to the development of *Simply the Story* (STS) in 2006.

“*Simply the Story* is a training method that allows anyone, regardless of literacy skills, to hear and understand the Word of God, apply it to their lives, and empowers people to help others by sharing the Truth and leading discussion.”

Andrea says a key to storytelling is “listening and responding.” Those interested in teaching the Gospel through *Simply the Story* attend a five-day workshop in which they are taught how to learn a story, dig deeply into the story, and teach others using discussion. Once trained, storytellers can use this method every day—for personal growth and in ministry—by listening to the Lord in that passage. As they converse with other people, STS practitioners learn where a Bible story fits in to the conversation. These practitioners can then share an accurate story without opening the Bible because the story is in their heart.

Simplythestory.org describes the process in this way: “Storytellers are teaching what they have learned. But the storytellers also listen to what the people themselves say and ask. Storytellers develop the skill of responding to the people, all the while listening and responding to the leading of the Holy Spirit. Bottom

line, STS storytellers are prepared spiritually with a personal understanding of the story to help lead a productive inquiry of the story.”

Andrea admits that this new style is a paradigm shift from the way of thinking in Western culture, including the Church. “It can be uncomfortable for some people, especially those with a higher level of education,” Andrea says. “But, those who are from oral cultures throughout the world, such as Africa, the Middle East, and Asia, actually learn this style more quickly. Even in America, those who can’t read have taken this and run with it more quickly than some of the highly educated. Stories work; they’re extremely powerful. The Bible is 75 percent stories,

and you have to step back and say, ‘Hmm, do you think God knew how people learn best?’”

As for Biblical accuracy, she says, “We stress accuracy on the Word of God. We have to have an anchor. For those of us who can read, that anchor of accuracy is the written Word. For those who can’t read, it’s the recorded Word. Along with accuracy, we stress the importance of good discussion. Good questions lead to good discussion, and this helps people own what they discover. The final cherry on top of this whole wonderful plate is applying these truths personally: ‘What does this mean to us? We spent time in the Word, we’ve seen things that

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Why SMI?

Andrea was an uninsured, cash-pay patient for about 17 years. Though she was healthy, she felt the Lord leading her to look into different options for health care.

“When I looked at insurance, I wasn’t comfortable with it. The Affordable Care Act was in discussion at the time and when I found Samaritan Ministries, it was like an answer to prayer. I knew Samaritan Ministries met what the Lord wanted me to do without compromising my Christian values, and so I joined.”

While she’s only had to submit a few needs, she has been blessed by the SMI members who sent their cards and shares to her.

“I love sending a check to somebody in need,” she says. “At the same time, I absolutely appreciate and am grateful for the care people have shown me for my needs.”

She has also been able to share another blessing with others by using her photography skills in her travels worldwide.

“The Lord has allowed me to take photos to bring the countries back to people who may never go there, and I put those photos on greeting cards,” she says. “So, when I write a letter to somebody, sometimes I use my own personal greeting cards and write a note to them to encourage and include a Scripture verse.

“No one wants to go through health problems,” Andrea says. “It’s often scary and can be discouraging.

“That’s where we have to trust the Lord,” she says, “and that’s why these notes of encouragement are so important. It takes time to write those notes, but it’s worth it.” ♦

What I learned from a tubal pregnancy

by Audrey Elliott

On Friday morning, March 21, 2014, I awoke to a strong, aching pain in my abdomen. It was about 2 a.m. and I could not get back to sleep. It was low and deep and slightly to the left, so I knew right away it was most likely my ovary. I had felt some strange discomfort there for a few weeks now, so I thought maybe it was a cyst that had been developing. After rolling around trying to see if maybe the pain would go away, I woke my husband, Michael, told him what I was experiencing, what my concerns were, and asked him to pray for me. He held my hand and asked God to make it clear to us if there really was a problem that we needed to act on, but to relieve the pain if there was not. We waited. The pain became stronger. We decided I needed to go to an emergency room, which was thankfully only three blocks away. Michael stayed with our five sleeping children while I took the car.

Once I checked into my room at the hospital, the attendants asked if I could be pregnant. I was uncertain so they did a pregnancy test. While waiting for the result from that, they performed an ultrasound. The technician finished and left the room, and I waited. About 40 minutes later the doctor entered the room. He apologized for taking so long. He had just delivered a baby. “Congratulations” he said, “you’re

pregnant!” I was shocked, and didn’t believe him. Looking back I wish that I had given a more excited, joyful reaction, but honestly I could not because I knew something was wrong. He then explained to me what was happening.

I was indeed pregnant, there was a large cyst on my left ovary, and technicians could not locate the

Going the route we chose was more expensive, painful, time-consuming, and inconvenient. But God is the giver of life, and we will honor Him as the only One with the right to take it.

baby anywhere. The cyst was full of tissue and blood, and they thought maybe the baby was in there. But they could not see it. I had an ectopic pregnancy. The baby was growing outside of my womb, which, I was told, is a life-threatening condition for both baby and mother. My doctor very matter-of-factly said that he would give me a shot to “make the pregnancy go away” and everything would be fine.

I said “Well, I’m not going to do that.” Michael and I had discussed this type of situation before (a pregnancy that was life-threatening to the mother) and were confident in God’s mercy should He call me to

lay down my life for my friend (John 15:13). I told the doctor that I would not take a life in order to preserve my own. He explained that this life was insignificant compared to mine and that this was a foolish decision. Let me say that during our whole discussion he was very respectful and patient. He spoke in a hushed tone as he knew he was dealing

with a very important matter. He asked if I had other children. “Five,” I said.

“You living for your five children at home is vastly more important than you dying for this one,” he told me.

I asked him if he was a Christian. He answered “yes.” I asked if he believed God is the giver of life. Again, he answered “yes.”

I then asked, “So if

God is the giver of life, shouldn’t it be His right alone to take it?” His answer: “That is where we would disagree.” He tried to convince me that since the baby was going to die anyway, it was not wrong to speed up the process in order to protect myself. I shared with him how I knew of a case where an ectopic pregnancy resolved itself, and the baby safely grew to full term. He admitted that he knew of one such case and just saw the happy healthy baby only a few weeks ago! The doctor stepped out so that I could call my husband.

When he returned, I told him that my decision was final and asked

what the course of action should be based on that decision. His plan was that I come back in a few days to see if the pregnancy was progressing and go from there. He prepared me for the worst. If the pain was to intensify, I needed to rush back to the hospital as most likely the cyst would have ruptured, I would be bleeding internally and would need emergency surgery. I could bleed to death. I asked if I should just stay checked in to the hospital to be ready should that happen. He did not think that was necessary, so I went home to wait. As I was alone in the hospital room preparing to leave, I felt fearful. I had just come to the only place that could help me, had just refused their care, and was still experiencing the same pain that had brought me here to begin with.

I arrived home about 6:30 a.m. (Saturday) just in time for breakfast. Michael had gotten the children up and food was on the table. I explained all that had taken place. We quickly informed everyone we knew and asked for prayer. God gave us an amazing sense of peace that day. I never felt fearful after that brief moment leaving the hospital. As the day progressed, the pain would come and go. At about 1 p.m. it became much stronger, and I took myself back in. They performed another ultrasound, which revealed a ruptured left fallopian tube and internal bleeding. Apparently the baby had been in my tube and caused it to rupture as it grew. The baby was now gone and my damaged tube needed to be removed. I contacted Michael, who left the

children with friends and ran to the hospital to be with me. After about a 45-minute wait, I was taken in for an “emergency laparoscopy.” As the anesthesiologist was getting set up, the doctor shared with me some statistics. Every woman has a 5 percent chance of experiencing an ectopic pregnancy. But after having one, her risk rises to a 15 percent chance of experiencing a second. I don’t know why he told me this.

It saddens us that a doctor who claims to be a Christian gave specific counsel that is contrary to God’s Word and non-life-embracing.

Maybe he thought I would like him to take the other tube also while he was in there!? I prayed for God’s merciful protection over that precious remaining tube. The surgery went well, and I awoke with Michael beside me. I went home after a couple hours and healed up nicely in about a week.

As I later reflected on my experience, I was left with a couple of questions. If the doctor thought my life was in such great danger, why didn’t he keep me in the hospital, instead of sending me home? Further, if a ruptured tube is such an immediate, life-threatening condition, shouldn’t I have been rushed immediately into surgery when I arrived back at the hospital, rather

than be left to wait for 45 or more minutes? The way my situation was handled did not seem consistent with the degree of danger I was being told I was in.

Yes, going the route we chose was more expensive, painful, time-consuming, and inconvenient. But God is the giver of life, and we will honor Him as the only One with the right to take it. It saddens us that a doctor who claims to be a Christian

gave specific counsel that is contrary to God’s Word and non-life-embracing. We pray that patients will be properly informed so they can request God-honoring treatment from their doctors.

God used this time to impress upon me the value of life. Being able to conceive is a blessing not to be taken for granted. I am overwhelmed by His goodness to me. Ten months after my surgery I gave birth to my sixth baby, Thadeus Truth. ♦

Audrey and her husband, Michael, reside in Montrose, Colorado, with their six children.

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

Why the government's redefinition of "healthy" isn't healthy

by Dr. Joseph Mercola

If you were to believe the Food and Drug Administration (FDA), Pop-Tarts and Frosted Flakes are healthier than nuts and avocados. This incomprehensible stance stems from the agency's definition of the word "healthy."

According to FDA rules, food can only be marketed as healthy if it meets certain nutritional criteria for fat, sodium, cholesterol, and beneficial nutrients like vitamins, minerals, and fiber.

Snack foods cannot contain more than 3 grams of total fat per serving in order to qualify as healthy, and only 1 gram of that can be saturated fat. This position is reprehensibly negligent in light of all the new evidence supporting the benefits of saturated fat.

As a result of this outdated—not to mention wrong—criteria, high-sugar, low-fat snacks like Pop-Tarts end up on the "healthy" snack list, while high-fat, low-sugar ones like KIND fruit and nut bars fail to qualify.

FDA to reassess definition of healthy

Last year, KIND LLC received an FDA warning letter ordering the company to cease using the term "healthy" on its snack packaging because their nut bars contain too much saturated fat. As noted by the Organic Consumers Association:

When the term "healthy" was first officially defined in 1994, low fat content was the main focus of health professionals. Sugar wasn't on the FDA's, or most nutritionists', radar.

Kellogg Co. doesn't generally market its Frosted Flakes or low-fat Pop-Tarts as "healthy," but under the current guidelines, it could. While the foods are high in sugar, they meet all the criteria, from low-fat to fortified with vitamins.

And fat-free pudding cups can be marketed as healthy, but avocados couldn't because they have too much fat, according to today's rules.¹

Striking discrepancies between FDA rules and dietary guidelines

To prevent ill health, both the American Heart Association and the World Health Organization (WHO) recommend limiting daily added sugar intake to 9 teaspoons (38 grams) for men, and 6 teaspoons (25 grams) for women. The limits for children range from 3 to 6 teaspoons (12 to 25 grams) per day, depending on age.

The problem is, *low-fat* foods are typically chock full of sugars, and the FDA's criteria for "healthy" doesn't even take sugar content into account at all.

As noted by *The Wall Street Journal*,² there are even striking discrepancies between the latest U.S. dietary guidelines, issued earlier this year, and the FDA's criteria for healthy foods.

Not only do the guidelines recommend limiting sugar intake to 10 percent of total daily calories, they also recommend increasing consumption of salmon and nuts, "yet neither food meets the FDA's criteria for 'healthy.'"

Following a petition by KIND LLC,

and at the urging of both food manufacturers and lawmakers, the FDA has announced it will re-evaluate the definition of the word "healthy." It will also seek to define the word "natural," and re-evaluate regulations for nutrient content claims in general.^{3,4,5,6,7}

"We very much hope the FDA will change the definition of healthy, so that you don't end up in a silly situation where a toaster pastry or sugary cereal can be considered healthy and a piece of salmon or bunch of almonds cannot," Daniel Lubetzky, Chief Executive for KIND LLC told *The Wall Street Journal*.

While KIND still cannot use "healthy" as a nutrient claim, last month the FDA notified the company saying it could use the phrase "healthy and tasty" in the descriptive paragraph outlining KIND's philosophy.

According to the FDA, it's not considered a nutrient claim as long as it does not appear on the nutrition information panel.

Fat has been wrongly demonized for half a century

Saturated fat was a healthy staple in the human diet for thousands of years. Then, half a century ago, professional ambition, bad science, and politics converged to create the myth that saturated fat is bad for your heart. It wasn't true, but the hypothesis gained legs and health authorities began pushing it.

Food manufacturers responding to the call for low-fat diets removed the fat, replacing it with refined sugar instead. The rest, as they say, is his-

tory. The low-fat recommendation has perhaps done more harm than any other flawed dietary advice.

Skyrocketing rates of metabolic diseases like obesity and diabetes⁸ can be directly traced back to it. Ditto for heart disease and cancer. Over the past several decades, a number of scientists and nutritional experts have argued against the low-fat myth, pointing out its obvious flaws.

Ignore low-fat advice if you care about your health

In a 2013 *British Medical Journal* (BMJ) paper,⁹ prominent London cardiologist and adviser to the U.K.'s National Obesity Forum, Dr. Aseem Malhotra argued you should ignore advice to reduce your saturated fat intake because it actually increases your risk for obesity¹⁰ and heart disease.¹¹

According to Malhotra, whom I recently interviewed for an upcoming article:

The aspect of dietary saturated fat that is believed to have the greatest influence on cardiovascular risk is elevated concentrations of low density lipoprotein (LDL) cholesterol.

Yet the reduction in LDL cholesterol from reducing saturated fat intake seems to be specific to large, buoyant (type A) LDL particles, when in fact **it is the small, dense (type B) particles (responsive to carbohydrate intake) that are implicated in cardiovascular disease.**

Indeed, recent prospective cohort studies have not supported any significant association between saturated fat intake and cardiovascular risk. Instead, **saturated fat**

has been found to be protective. (Emphasis mine.)

Another study¹² published in the *American Journal of Clinical Nutrition* in 2010 noted that a reduction in saturated fat intake must be evaluated in the context of replacement by other macronutrients, especially carbohydrates.

When you replace saturated fat with a higher carbohydrate intake, particularly refined carbohydrates, you exacerbate insulin resistance and obesity, increase triglycerides and small LDL particles, and reduce beneficial HDL cholesterol. The authors concluded that dietary efforts to improve your cardiovascular disease risk should primarily emphasize the limitation of refined carbohydrates.

Another dietary culprit that promotes heart disease is trans fat,¹³ found in margarine, vegetable shortening, and partially hydrogenated vegetable oils. Trans fat increases your LDL levels, or “bad” cholesterol while lowering your levels of HDL, known as “good” cholesterol. Like sugar, and perhaps even to a greater degree than sugar, trans fat contributes to many serious health problems, including type 2 diabetes and heart disease.

Foods marketed as “healthy” often contain shocking amounts of sugar

The real culprit of obesity and heart disease is excessive sugar,¹⁴ excessive protein, and low-quality fat consumption. A high-sugar diet dramatically raises your risk for both type 2 diabetes and heart disease by promoting metabolic syndrome, which includes high blood pressure, insulin and leptin resistance, raised triglycerides, and visceral fat accumulation.¹⁵ In short, when you reduce saturated fat and increase

net carbs (total carbs minus fiber), you end up promoting obesity, diabetes, and heart disease.

Low-fat food items tend to be particularly high in sugar. Indeed, it's important to realize that if you eat a diet consisting primarily of processed foods, you are on a high-sugar diet. It's virtually impossible to avoid added sugar unless you cook from scratch using whole ingredients. Ironically, as noted in the interview above, a major reason why people eat too much sugar is because they're eating foods that are marketed as healthy!

“People are buying products that are marketed as being healthy or low-fat, which are loaded with excess sugar, and that makes it difficult for them to exercise personal responsibility. Because the food industry knows people will buy food products based on the way they're marketed and promoted, not on the nutritional value,” Malhotra says.

Even if the food label does not specify “sugar,” it's likely in there in some form or fashion. According to SugarScience.org, added sugars hide in 74 percent of processed foods under more than 60 different names.¹⁶ In the U.S., about half of sugar consumption comes from foods people think have very little or no sugar in them, like condiments and low-fat yogurt, for example.

I've previously written about how various “health” foods and beverages contain far more sugar than a glazed doughnut.¹⁷ Take Vitamin Water: one 20 oz. bottle contains 33 grams of sugar, which equates to THREE Krispy Kreme original glazed doughnuts! Yet most people think they're simply drinking nutrient-enriched water.

Additionally, most processed foods are made with refined vegetable oils that are predominantly

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oxidized omega-6 oils. Not only are most of us getting an excess of these omega-6 oils, but the refining increases the rancidity and toxic aldehydes that are present when these oils are heated.

How much fat, and what kinds, do you need for optimal health?

From my review of the molecular biology required to optimize mitochondrial function, it is best to seek to have about 75 to 85 percent of your total calories as healthy fat. That leaves approximately 8 to 10 percent of your calories as protein and 8 to 15 percent as carbs, which should be twice as many fiber carbs—like vegetables, seeds, and nuts—as non-fiber carbs.

The graph below is generated from data that represents my most recent food selections over a period of two weeks. When it comes to fats, ideally you should have more monosaturated fats than saturated. Also, limit polyunsaturated fatty acids (PUFAs) to 10 percent.

At higher levels, you will increase the PUFA concentration in the inner mitochondrial membrane, which makes it far more susceptible to oxidative damage from the reactive oxygen species generated there. Lastly, do not exceed 5 percent of your calories as omega-6 fats. Combined, your omega 6/omega 3 fats should not exceed 10 percent, and the omega 6:3 ratio should be below 2.

Here are a few more tips to help ensure you're eating the right fats for your health:

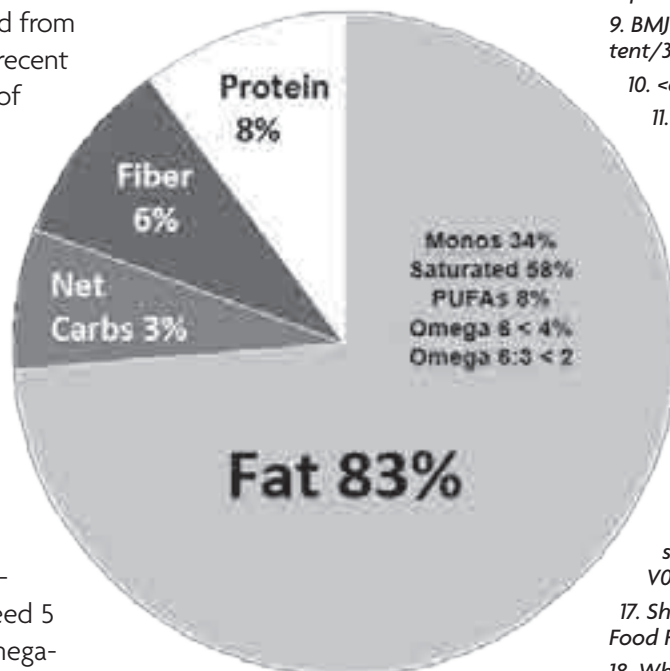
- Use organic butter made from raw grass-fed milk¹⁸ instead of margarine and vegetable oil spreads.

- Use coconut oil for cooking. It is far superior to any other cooking oil and is loaded with health benefits.¹⁹

- Use olive oil cold, drizzled over salad or fish, for example. It is not an ideal cooking oil as it is easily damaged by heat.²⁰

- Sardines and anchovies are an excellent source of protein and beneficial omega-3 fats and are also very low in toxins that are present in most other fish.²¹

Following my nutrition plan will teach you to focus on real food instead of processed junk food. This change alone will dramatically reduce the amount of refined sugar and processed fructose in your diet. It will also address the issue of healthy ver-



sus harmful fats in your diet. Believe me, you'd be hard-pressed to find a processed food containing healthy fat, or a whole food containing a truly harmful one.

To round out your healthy fat intake, be sure to eat raw fats, such as those from avocados, raw dairy products, and olive oil, and also

take a high-quality source of animal-based omega-3 fat. ♦

Dr. Joseph Mercola is a licensed physician, surgeon, and owner of Mercola.com, one of the world's most visited health websites, with more than 15 million visitors each month.

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

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Big Health Care's latest attack on patient freedom*Continued from page 1*

guidelines, and which care enough about their patients to think independently.

Big Data itself is a lucrative revenue source. It sells patients' medical data to insurers, banks, government agencies, and enterprises of all types, to be used for scoring people—perhaps for targeted ads, perhaps for making employment decisions, perhaps for rationing or denying care. Do not imagine that the Health Insurance Portability and Accountability Act (HIPAA) prevents this. It in fact enables access by millions of “business associates,” researchers, law enforcers, planners, etc. HIPAA may prove an inconvenience to your family or doctor—but not to hackers.

Big Health Care has one potential vulnerability: patients may figure out what is going on. They may ask themselves why they should pour thousands of dollars every year into “health plans,” where it is gone forever, instead of saving it to buy the medical care of their choice if and when they need it. Why should they see a “provider” owned by a health plan, who will plug their “protected” health information into the electronic health record and follow the health plan protocol? Why should they not see a doctor who is working for them, who cares about them, who will keep their data confidential, and who will prescribe according to his own best judgment?

Why not refuse to enroll? There is an ObamaCare penalty, but it might be much less expensive than the plan, and there are many ways to avoid it, including hardship waivers or joining a health-sharing ministry.

Big Health Care is behaving like monopolies and cartels everywhere:

trying to obliterate the competition, generally with the help of Big Government. The latest ploy, now being rammed through legislatures in more than a dozen states, is called the Interstate Medical Licensure Compact. The pretext is to solve the physician shortage and improve access to telemedicine. The effect is to create a special class of physicians, who meet the Compact's nine criteria and will be licensed in multiple states. This will enable Big Health Care to enforce narrow networks, forcing patients to accept telemedicine consultation from a remote specialist (who follows the plan's protocol) instead of seeing a local physician face-to-face.

Once the independent physicians are gone, patients will have no choice. “The system will see you now”—or not. ♦

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She is a clinical lecturer in medicine at the University of Arizona College of Medicine. She is the author of Sapira's Art and Science of Bedside Diagnosis and Your Doctor Is Not In: Healthy Skepticism about National Health Care.

Each time we have had a need published over the several years we have been a part of Samaritan Ministries, we are reminded of the blessing it is to be a part of something so Biblical and God honoring.

Also, the freedom of choice we have with Samaritan is second to none. Receiving the cards and words of encouragement are a blessing as well.

*Derrell & Karen Jennings
Springtown, Texas*

Last year we had a house fire. God graciously spared us any physical harm, and very little damage was done to the contents of our home, but we were facing an extended time before all the repairs could be made so we could move back in. About that time, we started receiving shares for our son's need.

Though the two events were unrelated, we were struck by the blessing of being part of the family of God. While our local church family cared for our needs here, our extended Samaritan family was also supporting and praying for us as well. What a blessing!

Our medical need has been met, and we trust all will be made well with the house. God is in control! The experience of dealing with Samaritan at the same time as our property insurance only served to make us more thankful for Samaritan.

*Mark & Annette Christensen
Sacramento, California*

we've never seen before, but what does that mean? How does it apply to our own lives?' That's a big key—God changing our lives.”

With *God's Story* and *Simply the Story* training spanning the globe, one would think that The God's Story Project would have to have a large staff to keep things running smoothly. On the contrary. Andrea says, “We do our best to keep as many people and resources on the field. The nearly dozen people working at the headquarters are volunteers, including myself.”

Their field resources are immense. “We actually have instructors all over the world,” she says. “We have instructors in West Africa, East Africa, Europe, the Middle East, and several countries throughout Asia such as Vietnam, India, Nepal, Thailand, and we're nearly done raising up a team of instructors in Taiwan and China. We've done training in over a hundred nations that has affected evangelism and discipleship in 115 countries. It's hard to do trainings in some places, but what happens is, people will come out of very difficult countries to countries nearby, get the training, and then return to their country.”

The reception to The God's Story Project's tools has been astounding. In India, 50 graduates of *Simply the Story* workshop, armed with Bible stories in their heart, saw over 5,000 come to Christ in the first six months.

“The harvest is plenteous; it's the laborers that are few,” Andrea says. “When Jesus said that, He wasn't lying. I believe that people want to know the true, living God. They really want to know Creator God, they just need help understanding

how Creator God relates to Jesus. I think some of the ways that we've been telling people about Jesus has made it difficult for them to understand and unwrap this gift that God has given us.”

Andrea says that people have been very open to both *Simply the Story* and *God's Story*, and that 99 percent of them respond positively.

“When I used to do street witnessing, I used a different method, and people were not very open. I had to ask myself, ‘Was Jesus actually telling the truth when He said the harvest is plenteous?’ He was! So maybe there's something I'm doing that needs to change.

“With *Simply the Story*, we teach how to get the Bible into the hearts of people who cannot read, struggle to read, or don't want to read, which is over 80 percent of the U.S. If we wonder why we're not reaching people, it may be because we are really trying to reach oral communicators in a literate way.”

The God's Story Project also plays a role in the bigger picture of worldwide ministry.

“*God's Story* provides a platform and backbone from which to build upon: evangelism and discipleship,” Andrea says. “*Simply the Story* builds upon that platform with deeper understanding of God's Word (discipleship) that's transferable (evangelism).”

She says that in some places, God's Story has spurred on more translations of Bible portions and led the way for *The Jesus Film*.

“Some Bible translators have told us that their literacy programs used to only have a few people. These programs were started to help people read the Bibles that were

completed. However, a pig farmer or a hunter in some areas would say, ‘How are these squiggly lines going to help me farm or hunt?’” She says. “After they've finished *God's Story* in their language group, their literacy programs started filling rapidly to overflowing. The people who came to Jesus through *God's Story* started saying, ‘You mean there's more of my God in those squiggly lines? Teach me to read.’”

Those who are reached by The God's Story Project's tools are not the only ones affected. Andrea has seen her own walk with Christ grow from the ministry. “We are so engulfed in the Word of God in this ministry, that we can't help but be affected in our own hearts and by the results worldwide. We get reports daily of what God is doing in people's lives. Dorothy—our founder who went to be with the Lord in 2014—and I would pinch ourselves every day that God would allow us to be a part of something so incredible.

“I believe in what we have. I use it. I use it wherever I go. I'm learning new Bible stories; I'm learning new passages in the Epistles. This isn't something I'm doing; this is something I own. I believe in it. Not because we're teaching it, but because I've seen it change my life and thousands more.” ♦

Simply The Story changes prisoners' lives

by Alyssa Klaus

You don't have to look outside our borders for proof that *Simply the Story* works anywhere and everywhere. Andrea recounts a time when she was invited to tell a Bible story to teenagers in prison.

"This was my first time speaking to young prisoners," she says. "I have since been invited back on multiple occasions. It's amazing how Bible stories affect them."

During this particular visit to a youth prison, she told the story of the leper from Mark 1:40-45. In this story, Jesus heals a leper and commands him not to tell anyone, but instead to go to the priests and offer what Moses had commanded for his cleansing as a testimony to them. However, the man went out and spoke freely so that Jesus could no longer enter the gates openly, and the people came to Him from everywhere.

As Andrea began to share this story with the boys, she discovered that all but one of them were in gangs.

"One of the boys said to me, 'I've got 666 on my forehead, will God accept me?' I realized that he was testing me, and I could've given him the answer," Andrea says. "However, I turned to everyone else in the group and said 'What do you think? What does the story say? Is Jesus more interested in the inside or the outside of a person?'"

Through discussion, the boys discovered that Jesus was just as interested about the inside as He was about the outside of the man, because Jesus not only touched the

leper, He answered the leper's concern by saying, "I am willing," before saying, "Be clean."

"We continued this really deep discussion in the Word of God another 45 minutes" she says, "and they discovered that because this man told everyone, other people were affected by what this leper chose to do."

The boys uncovered several other truths, such as the fact that Jesus could no longer come inside the city gates openly, where most of the people were located.

"What's it like for a blind man to go outside the city?" Andrea asked them. "What's it like for those with other health issues to go outside the city gates?"

"The boys began to see that all these people were affected by this one man's choice not to do what Jesus said," Andrea continues.

"When it came time for applying these spiritual truths, that boy who tattooed 666 on his forehead, when asked how our choices affect others, said, 'My brother ended up in a gang.'"

When she asked him what was going to happen, he said, "He's going to die or end up in prison like me."

"I asked, 'Is that what you want?' He said 'No.'"

The imprisoned teens started sharing one by one, in front of each other, how the choices they had made were affecting other people, especially family.

"Some of these boys were crying," Andrea says. "In tears, one boy said, 'I never saw my dad cry until I was put in prison.'"

This story exemplifies how something as simple as a Bible story can change lives.

"We see people gaining spiritual healing and growth in the Lord as a result," Andrea says. "In my experience, most of the people that I talk to all over the world, regardless of religion or background, are interested in knowing the true, living God." ♦

Discount for SMI Members

From now until the end of 2016, SMI members can receive 10 percent off any *God's Story* products. To receive the discount you must order by phone at 951-658-1619 and mention the "SMI2016" discount.

It may be helpful to browse gods-story.org or simply-thestory.org and place items in your cart to keep track of them, before you call in your order.

You can also receive 10 percent off the registration fee of any *STS* training held at the headquarters in Hemet, California in 2016 through 2017. Mention the "STS-SMI17" discount.

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 pastor released

Praise God that Pastor Zhang Chongzhu has been released from detention in China. Zhang was held in September 2015 for his opposition to the cross-demolition campaign in the Zhejiang province, International Christian Concern reports. Many other pastors, church leaders, activists, and church members who have objected to the campaign remain in detention awaiting official charges. *Pray that Pastor Zhang will have the courage to do as God directs him, that other Zhejiang church leaders will stand strong in caring for their flocks, and that pastors and human rights lawyers will have the courage to speak out boldly about the cross-removal campaign.*

Pregnant woman attacked

A young woman had to have an emergency C-section after Hindu radicals attacked her and other Christians on April 15 in India, Voice of the Martyrs reports. “Ahanti”

was thrown to the ground after the Hindus “rushed into the church and told the Christians they would be killed if they continued to pray.” Mother and baby are doing well. *Pray for Ahanti and her baby, and for the village’s 15 Christian families who are being pressured to convert back to Hinduism.*

Chinese pastor murdered

A Chinese pastor was murdered on April 30 in Changbai, China, near the country’s border with North Korea, VOM reports. Pastor Han Chung-Ryeol was known for ministering to North Koreans who came into China, providing food and clothing and introducing them to the Gospel before sending them back to North Korea. He may have been murdered by North Koreans who then returned across the border. *Pray for Pastor Han’s family as well as those he has helped. Pray also for those who killed him.*

Uzbek Christian serving term

An Uzbek Christian will be required to serve all 10 years of his sentence without parole, VOM says. Tohar Haydarov has been in prison since March 2010 on drug charges, which his church members say were fabricated. *Pray that Tohar will continue to be encouraged, and that he will be released soon.*

Kazakh pastor fined

A pastor in Kazakhstan has been charged with “failure to fulfill a court decision,” VOM reports. Nikolai Levin, who is part of the Council of Churches Baptist, was fined for leading “illegal worship services” in his own home in 2014. This April he was fined for refusing to pay the original fine. He also is prohibited from leaving the country. *Pray that Pastor Levin will be able*

to continue to spread the Gospel in Kazakhstan and that he will stand strong in his faith.

Iranian’s sentence extended

An Iranian Christian imprisoned since 2013 has been sentenced to five more years on charges of “acting against national security, gathering, and collusion,” VOM says. Ebrahim Firouzi was originally scheduled to be released in January 2015. *He is asking Christians to pray for him to be strong in the face of persecution.*

Iranian released for health reasons

An Iranian Christian jailed for her support of Saeed Abedini’s ministry has been released from Evin prison to receive overdue medical treatment for her heart, ICC reports. Maryam Zargaran is serving a four-year sentence. She went on a hunger strike in May protesting the prison’s refusal to treat her. *Thank God that Maryam is receiving treatment. Pray for speedy healing and that she will be released permanently from prison soon.*

Christian arrested for brochures

A Christian in the Chhattisgarh state of India was arrested in May for handing out Christian brochures, ICC reports. The man has not been offered the opportunity to post bail. *Pray he will be released from prison, that he will be able to continue handing out Christian materials despite protests from Hindu radicals, and that the brochures he has handed out will have a great impact.* ♦

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).

2. We don't live in the world that Hegel made; we live in the world that God made

Remember that neither Hegel, nor those foisting insanity upon us, made the world. God did! And although humans might want to pretend that A does not equal A, the fact is that it does, and it always will. The truth, it is said, will come back to bite, and it is simply not going to be possible for humans to live very long in complete denial of basic, objective truths, such as the biological sex of a human being. How long can the folly be sustained? I'm not sure, but it's obvious that a society which rejects objective truth cannot live with the consequences for very long.

3. Get back to basics about God

Sorry to say, but in many churches the way people worship God looks a lot like they really do see Him as the worldly caricature of a doddering old man sitting on a cloud. Remember, that besides being our Father, He is also a holy, majestic, and awesome God, and that when you come to worship on the Lord's Day, you are not just coming into your local congregation to meet with others; you are standing in the presence of your Father, the holy, majestic, and awesome God: "But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering" (Hebrews 12:22). If all the Christians in all the churches throughout America started worshipping God like they really believed that—with a mixture of great awe and overwhelming joy—I think we would rapidly begin to see "God arise and by His might, put all

His enemies to flight" (Psalm 68:1).

4. Get back to basics about man

Aleksandr Solzhenitsyn once said the disasters that befell man in the 20th century came about because "men had forgotten God." Quite true, but in recent years something more seems to have happened. We have forgotten man—by which I mean that we have forgotten what it actually means to be human. We have forgotten where human dignity comes from, forgotten why we are here, forgotten where we are going, and now we have even forgotten what it means to be male and female. One thing I am convinced of is this: Even in the midst of all the insanity of our day, when more and more people are accepting it, deep down there is a great angst and unease about the way things are going and whether we have lost our way. If there ever were a time to recover the objective meaning of humanity, and to talk about it with others, it is now.

5. Avoid shrill reaction, but speak the truth in love

Through clever and subtle manipulation, *Hegelian Dialecticism* has been used to dilute, distort, and ultimately eliminate the very idea of truth. Recovering the concept of objective truth is key to any response. However, the temptation we will often face is to react to the liberals' agenda in a shrill and outraged way. But remember, this is exactly the reaction they are hoping for. They want us to get so angry that our eyes bulge and the foam forms around our mouths, as they can then play our reaction (thesis) against their Soft Power

Emotionalism (antithesis), and so win the hearts and minds of the masses in the middle to compromise and embrace socially liberal changes (synthesis). Don't misunderstand me. We should have a righteous anger about the huge cultural shifts that are taking place. They are destroying lives and that ought to arouse our indignation. But we must harness that righteous anger.

The key is found in Ephesians 4:14-15, where Paul contrasts being "tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes" (which would include *Hegelian Dialecticism*), with "Speaking the truth in love." This is crucial to the fight we are in. Speaking the truth in outrage, bitterness, or anger only sets up another thesis/antithesis, and we are bound to lose. Speaking the truth in love is intended to break the cycle of lies and deception. After the central message of the incarnation, death, resurrection, and ascension of Jesus, this could well be the most potent weapon we have to break the downward spiral of deception foisted upon us by *Hegelian Dialecticism*. ♦

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.

I therefore...urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace.

Ephesians 4:1-3

Eager to maintain the unity of the Spirit in the bond of peace—bearing with one another in love—with all humility and gentleness—with patience.

If we do not have these attitudes toward fellow believers, we are not walking in a manner worthy of the calling to which we have been called.

Even though we have many differences, we have certain essentials in common. The verses following the passage above tell us that there is one Lord, one Spirit, one God and Father. One faith. One baptism.

When we have these things in common, we are part of one Body with members everywhere—across the

oceans, across national boundaries, across state and county lines, across denominational lines, across our communities, across the street, across the fence. Many members. Only one Body.

We must bear with all the other members of the Body in love, eager to maintain the unity of the Spirit in the bond of peace. That is a manner worthy of the calling to which we have been called.

For the Kingdom,



Ray King