

Christian HealthCare

NEWSLETTER

MEMBER LETTERS:

Be sure to ask for discounts, check into DPC

I recently needed a biopsy sent to a medical lab. (It turned out to be negative, praise God!) This was my first time dealing directly with a provider, and I was shocked to receive an invoice for \$580!

Samaritan's service team steered me to a newsletter article that gave tips on getting discounts. I followed the advice and made a phone call.

A new bill arrived two months later, for \$62! This certainly was a blessing to me, although the markup of 9 times more than what I paid raises serious questions about the insurance industry's effects on billing. Be sure to ask for discounts.

*Joseph Walton
Lincoln, Nebraska*

My Direct Primary Care doctor helped me fix several health issues primarily with diet changes, and I can call or text him any time. He also got me incredibly low prices on lab work. I could go on and on. To find a DPC near you visit DPCFrontier.com.

*Rose Grissinger
Lynchburg, Virginia*

'Direct care' offers hope for our broken health care system

by Dr. Jeffrey A. Singer

As a general surgeon I see patients every day who've had batteries of preventive and screening tests that, after all is said and done, yield nothing more than increased spending and increased anxiety. Many doctors are unconcerned with the cost/benefit aspects of the treatments or tests they offer, and often abandon taking a detailed medical history and performing an extensive physical exam—instead they rely on costly imaging studies to do the heavy lifting.

I blame the third-party payer system.

The health care consumer pays only 10 percent of every health care dollar directly out of pocket.¹ The third party—either an insurance company or Medicare—pays the rest. With Medicaid the government is the third party and pays 100 percent of every dollar.

Many of the cost drivers in health care today are symptoms of this third-party payer system. When somebody else is paying the bill, it's easy for doctors and patients both to forget about the cost-effectiveness of medical diagnostics and treatments.

Overdiagnosis² and overtreatment³ in health care are well-documented. They are part of the reason health care spending has increased as a share of Gross Domestic Product from 5 percent in 1960⁴ to over 17.8 percent in 2015.⁵ According to a 2010 report from the Institute of Medicine, they may be

responsible for over 15 percent of health care spending.⁶

Many blame over-testing and over-treating on "defensive medicine," i.e., practicing in fear of getting sued. But the evidence does not support that hypothesis. In fact, many studies suggest that major tort reform has no impact on health care spending and, if anything, might lead to a slight increase in spending.⁷

Patients are also a part of this health-care culture. For example, a 2012 analysis of 14 large studies by the RAND Corp. found annual physicals for healthy adults don't lower the risk of serious illness. Yet millions get them, and this

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Sharing Summary from October

Shares:	\$25,326,086	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:	\$25,322,695	
Unshared Needs in Negotiation:	\$ —	
New Needs:	3,910	
Total Needs:	7,999	Member Households: 70,100 (as of 9/26/17)
New Rewards:	186	
Miscarriages:	28	
Final Rewards:	6	

Contact Us: 877-764-2426 Dash.SamaritanMinistries.org

Questions about?

Your medical need

Shares you are sending or receiving

Your membership

Email

needs@samaritanministries.org

membership@samaritanministries.org

membership@samaritanministries.org

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Health Resources

Have a Need? Use the Health Resources app on Dash.

- Compare quality and cost of health care services in your area using Healthcare Bluebook.
- Use Medibid to receive bids from doctors for tests or treatments you are seeking.
- Email a medical professional or call a nurse (free), or call a doctor who can write a prescription (\$25).
- Access discount tools for prescriptions and lab tests.

Remember:



SEND A NOTE—

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



PAY YOUR SHARE—

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



ALWAYS STAY ALERT IN PRAYER—

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

Genesis: Paradise Lost—In theaters nationwide, one night only, November 13

produced by Creation Today
reviewed by Jed Stuber

Have you ever wondered what things looked like during creation, when God Himself spoke the universe into existence? When He created light and gave form to the heavens and earth? When galaxies, stars, planets, moons, and comets first appeared? When the land and oceans were created? When trees, plants, and animals of every kind came into being in a perfect, uncorrupted world?

We can view some approximation of these wonders thanks to 3D animation and the Biblically grounded imagination of the many ministries and companies that collaborated on *Genesis: Paradise Lost*. Produced by Creation Today, the project took five years to complete.

I was watching a preview early one morning when my five-year-old daughter woke up and joined me. She was captivated by the animations. She ran to the doorway, keeping one eye on the screen while shouting to her sisters: “Wake up! I just saw how God made the world! It was amazing! And I saw Noah’s Ark, too. It was so cool! Come watch!”

Genesis: Paradise Lost comes to theaters nationwide for one night only, on November 13. Visit GenesisMovie.com to find a theater near you, including many with 3D showings.

The movie features Samaritan member Terry Mortenson as one of the experts who speaks to the questions that swirl around Genesis, “the definitive book of our origins and our destiny” as the movie puts it.

Mortenson is a speaker for Answers in Genesis and the author and/or editor of three books:

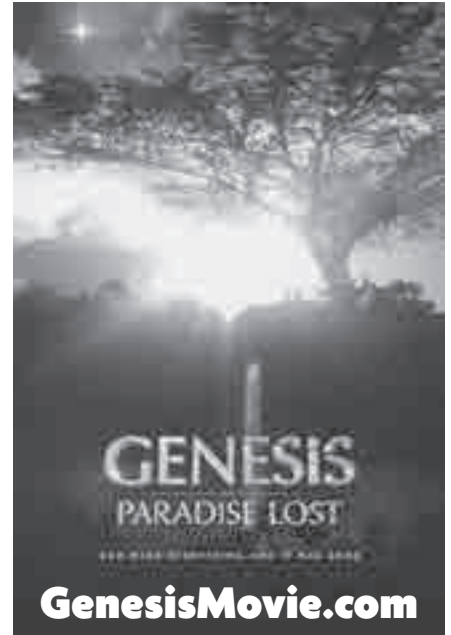
- *The Great Turning Point: The Church’s Catastrophic Mistake on Geology—Before Darwin*
- *Coming to Grips with Genesis: Biblical Authority and the Age of the Earth*
- *Searching for Adam: Genesis and the Truth about Man’s Origins*

With an M.Div and Ph.D in the history of geology, he brings an interdisciplinary perspective. Here’s a sample of his remarks in the film: “Genesis is giving us the true history of the world. The scientific evidence does not support evolution and millions of years. It confirms what Genesis says about the flood and the age of the earth.”

How do we explain natural phenomena like the formation of continents, tectonic plates, geologic layers, glaciation, volcanoes, mountain ranges, massive canyons, and the fossil record? Experts from a variety of fields explain how it is all consistent with the Bible’s account of the worldwide flood.

How do we answer challenging questions about the vast distances in space and time needed for light to travel to the earth? Or radiometric dating of rocks that seems to indicate much longer ages than the Bible’s account? Hear from accomplished scientists who believe the Bible has the answers.

What about the Big Bang Theory or abiogenesis, the concept of life arising by chance from inorganic



substances? Learn why there’s not a shred of evidence for these theories and why they don’t even comport with the laws of science.

How should we understand the variety of plant and animal life, and the developing science of genetics? Enjoy the combination of expert insights and breathtaking visuals that inspire us to apply the Bible to these topics and many more. Finally, be refreshed by a creative presentation of the Gospel, inspired by the foreshadowing in Genesis of the redemption of a tragically fallen world.

Dr. Charles Jackson, another expert featured in the film, says, “We need to bring the worlds of science and the Bible together for people, so they see that they mesh.”

Genesis: Paradise Lost is up to that challenge, so invite non-Christian friends and family, or get a church group together. Check out the group ticket options at GenesisMovie.com. ♦

Jeff Goins

GoinsWriter.com

by Kathryn Nielson

Jeff Goins is on a mission to spread a message: Find your passion, do it for the glory of God, and get paid to do it.

Talk to Jeff Goins for just a minute or two, and you will feel his passion for creating art, and more specifically, writing. Despite dreaming of being a professional writer, he never thought it would become anything beyond a dream until the day a friend challenged his thinking, called him a writer, and told him he just needed to write.

He jumped in with both feet and spent the next 365 days writing every day on his award-winning blog, goinswriter.com, amassing over 10,000 people on his email list and a steady online following, building his dream. What followed were e-books, online courses, speaking engagements, and books. His lat-

est book, *Real Artists Don't Starve*, promotes the idea that art, ministry, and vocation can go hand-in-hand.

This is no easy task, given the popular assumption that pursuing art full time can only result in poverty.

After meeting two different types of people—those who insist making art isn't a viable means of earning a living and those who are doing just that—Jeff felt compelled to dispel the long-held notion of the starving artist. He set out to discover what the thriving artist knows that the starving artist doesn't. After reading over 100 books and surveying more than 400 working creatives, he came up with a sort of 12-step program that he hopes will usher in a new renaissance for today's artist.

It all started with a little-known story about Michelangelo. By most accounts he was a painter barely getting by. Yale professor Rab Hatfield discovered that, over the course of his lifetime, Michelangelo amassed a fortune that was the equivalent of \$47 million in today's dollars. Goins uses this story as the jumping-off point for the modern-day creative who wishes to serve others while supporting themselves with their art.

Although not everyone will make millions off their talent, Goins defines thriving as doing what you love, making a living off it, and being happy with that life.

He insists that it can be done.

"You just have to be willing to do the work," he says.

The first step in moving from a starving artist to a thriving artist?



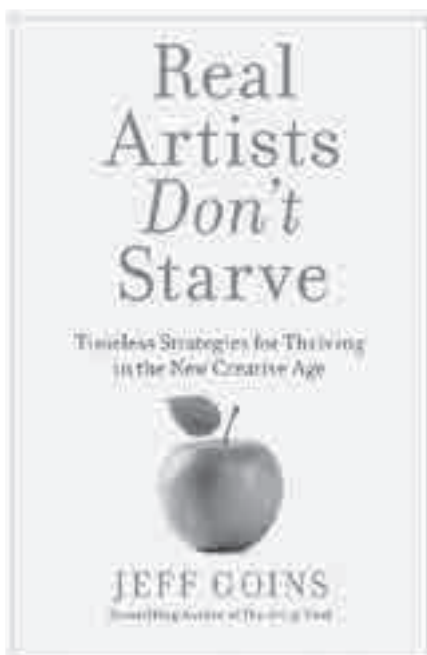
Understanding that real artists aren't born, they're created. To become one, we must believe that we are one. "Activity follows identity."

For Michelangelo this meant learning to move in the aristocratic circles of his day. Though not born into nobility, he believed himself to be an artist with important contributions to make, and he earned respect. In his book, Jeff has this to say about the famous artist:

What made him succeed was not a genetic predisposition or some cosmic giftedness. It was how he thought of himself.

For the Christian, this is especially meaningful. Goins argues that with God as the original Creative and people as His image bearers we're naturally artists. Understanding that we are made in the image of God and are His sons and daughters will have a profound affect on our art.

"What's killing the Church is this misunderstanding of who we are," Jeff says. "I think most of us still think of ourselves only as saved sinners, when we're also saints, children of God.



dontstarve.com

“If we are born in His image, we are all artists too.”

The problem, Jeff finds, is that people often put art into simplistic categories. It’s either Christian or secular. Jeff says it’s much more important to evaluate art as good or bad, and being considered “Christian” art doesn’t mean it’s good.

Good art doesn’t need Bible verses or the word “Jesus” on it to make it beautiful or Christian. A sunset does not have Bible verses across its horizon, but that doesn’t mean it’s secular and not good. Quite the opposite. As Jeff points out, “Any time you create something beautiful you are embodying the spirit of the Creator God. There are certain things that are innately spiritual.

“There is a difference between good art, which is inherently Christian in the sense that it embodies a beautiful creative spirit, which IS the nature of God, and Christian propaganda. We need to be careful of the practices we impose on creative expression.”

Living in Nashville, Jeff is surrounded by all kinds of Christian music and art, some he finds very frustrating and some that helps inspire his work. Wherever we find ourselves, Jeff believes it is our calling as Christians to be looking at the world and culture and directing attention to good art and saying, “See how this is pointing to the Creator.”

Jeff’s art is writing. As a kid, he wanted to be a rock star and even had the opportunity as an adult to tour in a band. However, writing “was always something I was doing, a constant companion in my life.” Now he realizes that it’s not about what he *wanted* to be. He’s just always *been* a writer.

He credits his firstborn, Aiden, for making him the working writer he is today.

“I wouldn’t be a full-time writer if I wasn’t a dad first,” Jeff says. “My wife wanted to stay home, and we couldn’t afford it, so I had to find a way to make it work.”

So he did. In 2010, he started his award-winning blog, goinswriter.com. In 2012, he wrote *Wrecked* and *You Are a Writer*. Then in 2013 he quit his job of seven years at Adventures in Missions, where he had worked as a marketing director and then as a communications director.

Finding success took hard work, something he learned from both his mother and father.

Growing up in Illinois, Jeff learned early on the value of hard work and the sacrifice necessary to make dreams come true. He tells the story of his dad’s many blue-collar jobs, before he decided to pursue his dream of restaurant ownership in Alabama. His dad would spend all day and into the night in a condemned rental unit working to turn it into a restaurant. At night he’d put

an air mattress on the floor, sleep for a few hours, and get up to do the same thing the next day until the dream was a reality. Jeff remembers thinking, “That is what it takes to follow a dream. Getting to see it was a gift.”

Jeff grew up in a good family, but it wasn’t necessarily Christian. While in college, he came to Christ after a dramatic experience one day.

“I was overcome with the tangible love of God,” he says. “I wasn’t the same after that.”

The summer following his freshman year in college, he got involved in ministry.

Today his art is both his ministry and his vocation. Jeff is the author of *Wrecked*, *The In-Between*, *You are a Writer*, *The Art of Work*, and *Real Artists Don’t Starve*. Through books, speaking engagements, and online courses, Jeff is sharing his art with the world in the hopes that it will reflect Christ to non-Christians and encourage Christians to get out there and make something beautiful. ♦

Why SMI?

As a self-employed entrepreneur, health insurance became extremely expensive for Jeff and his family, tripling then quadrupling.

He had been looking into health care sharing. “It made sense to me. It’s kind of what the early Church did, sharing our money together. When someone has a need, we’ll help them.”

“It was very affordable, and I like the idea of being part of a Christian organization where what we are contributing is not making an insurance company rich. It’s actually going to a person in need.”

Even though the Goins haven’t had a Need yet, they have enjoyed the process of sending Shares to other members, and they’re grateful for the peace of mind that SMI offers in the event of a catastrophic illness or injury. ♦

Hospital billed us \$90,000. I wouldn't settle until I got a \$50,000 reduction.

by Toby Meisenheimer

In college, I was the guy that bought all of the Halloween candy on November 8 for \$25, and supplied our dorm floor with candy for the rest of the year. It was said that if a truck was giving away free manure, I would be interested.

Somehow that mentality allowed my wife and me to survive our first years together on a \$25,000 income as a Christian high school math teacher. We watched pennies, used Quicken, and read personal finance stuff. This experience transitioned me nicely into a two decade career as a financial planner, where I learned to apply my stewardship thought process to financial strategies for others.

But now my time is too valuable to cut coupons or send in for mail-in rebates. It hurts me to admit that, but I cannot major in the minors anymore. It's a game of time vs. resource stewardship that we all are playing.

Part of good stewardship for our family was choosing Samaritan over Obamacare options, which included saving on the monthly expense, but also knowing that helping out the Body with our shares was a fulfillment of a Biblical health care model, and being the church for each other. It was a no-brainer.

We also view the Special Prayer Needs \$25 per month suggested donation as what we would want if we ever ended up in that situation, and a way to give away some of the surplus we saved by paying way less with Samaritan than on an insurance plan with an expensive premium and \$12,000 family deductible.

About a year ago, it was our turn to depend on the Samaritan community as my wife had an unexpected surgery that she has fully recovered from. But I got a taste of what health care is charging these days, and how they are using the "self-payers" like us to pay for their new hospital wing and landscaped courtyard.

Ninety days after the surgery, I thought I had received all the bills—hospital, surgeon, anesthesiologist, radiologist, even people we had no idea what they did for our 30-hour hospital stay: \$23,000 in total. I put most of these on a \$100 per month auto payment plan until all of the shares came in.

The hospital was politely giving us about a 25 percent off for being self-pay. I knew there was a lot of variance in pricing: "usual, reasonable, and customary rates," preferred provider networks, Healthcare Bluebook, etc., so on a couple of them I was able to negotiate a further discount for a "cash payment in full." I said I was having to prioritize who to pay, and that the percentage discount I was offered would determine who got paid first.

Then, about three months later, I got the sticker shock. The \$12,000 bill from the hospital was just for the ER visit, tests, and pain meds. The REAL hospital bill showed up ... and it was \$66,000. On top of everything else that brought the total to around \$90,000!

This was the point where my feelings of injustice kicked in, How could all these providers do this? I called them and asked for a detailed bill-

ing of charges, where I found things three to five times what Healthcare Bluebook showed, and several times what Medicare paid for the same medical code. So I called them up and said I was going to politely stop paying them until they treated me a bit more fairly.

Their finance office said I could submit a financial aid application (that made refinancing look like a picnic) to get up to 90 percent off. I communicated that I wasn't interested in that and wouldn't qualify, but asked why, if they were willing to go up to 90 percent off, we couldn't meet somewhere in the middle with less work for everyone.

Actual conversation

Me: If I were with Blue Cross, you would reimburse them much much less than what I'm having to pay.

Financial aid office: Yes, but you don't have the contracts and the volume they do. So that's why we give a generous 25 percent off the price.

Me: But you know and I know that nobody, I mean nobody, pays these full rates! They are made-up numbers! I'm willing to pay a little more than what is usual, reasonable, and customary, but not three times more.

Them: I'm sorry, we don't discount for self-pay more than 25 percent off the rates.

Me: I'm sorry, I don't usually pay three times what everyone else pays for the same product or service, so I guess we're at an impasse here. Maybe you'll just have to take me to collections and get even less, because this just isn't right.

At this point in the story, my wife gets a call from Tom, who was a nice man with collections, an “in-house, non-reporting” collection agency. She was worried I had pushed this too far, and risked damaging our credit. I loved the sound of “non-reporting.”

So I called him back right away and explained our frustrations, and heard empathy for the first time. And so the dance began. This was on the \$12K bill, which was already down to around \$9K. I offered him \$4K. He took a day and came back with a no. I came back with “\$5K today on my credit card for a paid in full.” And they took it!

I asked Tom what I should do about the \$66K bill, which I had gotten down to \$46K with conventional means. He said it wasn't on his radar, but if I waited a little longer it might show up. So I did, and sure enough, got a collections statement from his office again. So I called him up and caught up with my new friend. I offered him \$25K. He said no. So I said, “What's it gonna take for me

to put it on my credit card like I did last time? Just give me your bottom line.” He took a day and came back with \$27,163.43. Sixty percent off the initial juggernaut.

What did I get from this? In one sense, very little. One percent cash back by running all this through my VISA and the satisfaction for whittling over \$50K off the bill through a year of stubbornness. But the money saved is meeting others' needs!

If we all did this when the big bills come, our shares have less of a chance of spiraling out of control like health insurance premiums are.

When Jesus was sending out the twelve in Matthew 10:16, He told them to be as shrewd as snakes and as innocent as doves. They risked beating and death. We went shrewd and innocent and risked collections and bad credit—not even close! But I think we can take this approach in a God-honoring way, with kind but firm words, and stand firm for the sake of good stewardship.

All along, I kept coming back to this thought: Is it Christian to just

pay what they are asking, and be nice, or to politely pick away and have our voice be heard, whether it is our own money or shares from fellow members?

At the end of the day, it's all God's, and I believe you have to feel led to either pay with gratitude, or roll up your sleeves and risk being a bit difficult. To my fellow Samaritan members who fight, win, and turn the discounts into more Samaritan needs being met and future increases postponed, my family thanks you. ♦

Toby and Murphy Meisenheimer are members from Illinois. They have six children, including three adopted, and one in foster care. Toby founded Streamline Financial Services (streamlineplanning.com) and for the past 19 years has been helping families and business steward their resources and set up donor advised funds. He also founded GoMissionTrip.com for overseas travel medical insurance, and TruColourBandages.com, a bandage company that believes everyone deserves a bandage to match their skin tone. Toby loves to run distances of 50 feet or less, and has read the first chapter of a lot of books. He manages his adult ADD not with medication but lots of kids and entrepreneurial activities, and listening to podcasts at 1.5 speed.



Medibid, Surgery Center of Oklahoma saved me \$25,000 on hip surgery

After having pain in my hip for a year, I finally got a correct diagnosis that my labrum was torn. Surgeons in my area were not able to handle this, so I was sent to Dallas where I was told I needed to pay \$35,000 up front for the surgery!

Thankfully I found the Medibid service offered through Samaritan Dash, and I learned that I could have

the surgery done by an experienced specialist at the Surgery Center of Oklahoma for \$9,475, all inclusive. Dallas is an hour-and-a-half drive for me, and Oklahoma City is two hours in the opposite direction. I guess you could say an extra half hour of drive time saved me \$25,000!

The experience was exceptional, and I would recommend Surgery

Center of Oklahoma to anyone. The hotel across the road even offers an awesome discount to their patients. Thank you Samaritan for looking out for us and praying for us in this adventure called life! Blessings to your staff.

*Doris Stephens
Sanger, Texas*

Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats

By Sally Fallon with Mary Enig, Ph.D., Reviewed by Jed Stuber

“The premise of this book is that modern food choices and preparation techniques constitute a radical change from the way man has nourished himself for thousands of years and, from the perspective of history, represent a fad that not only has severely compromised his health and vitality but may well destroy him; and the food choices and preparation techniques of healthy non-industrialized peoples should serve as the model for contemporary eating habits, even and especially during this modern technological age.”

Nutrition researchers Sally Fallon Morell and Mary Enig collaborated to produce *Nourishing Traditions*, a truly unique cookbook that has gone through reprintings too numerous to count and become a classic. There are now companion volumes focused on baby care, broths, fats, and teaching children to cook (see page 10).

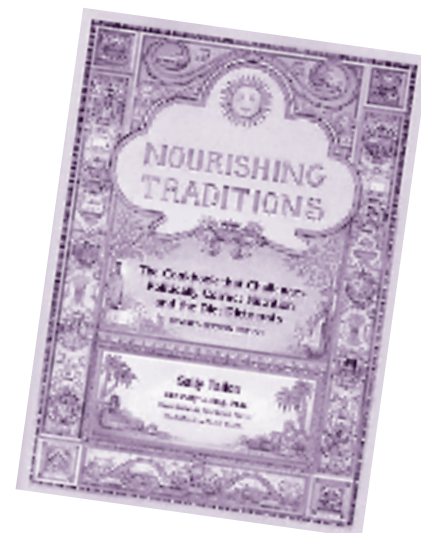
Nourishing Traditions is based on the pioneering work of Dr. Weston A. Price, who traveled the world studying remote people groups whose diets consisted of only natural and whole foods. Amazingly, in these cultures, almost all the people enjoyed superb health. Price reported that they were free of chronic disease and dental decay; they were strong, sturdy, and attractive; and they produced healthy children with ease, generation after generation.

Calling *Nourishing Traditions* a cookbook is like calling the Sistine Chapel “a room with a painting in

it.” The book is a comprehensive resource that begins with 78 pages of introductory material explaining how modern processing and cooking methods have taken the nutrients out of our diets, and made food taste worse!

Many books and articles about nutrition vaguely assert “research shows” when making claims. *Nourishing Traditions* provides 188 references to nutrition research and medical studies that back up its claims. Fallon and Enig authoritatively demonstrate their claim that “studies too numerous to count have confirmed Dr. Price’s observations that the so-called ‘civilized diet,’ particularly the Western diet of refined carbohydrates and devitalized fats and oils” is so malnourishing that it deserves most the blame for the current epidemics of chronic degenerative diseases—from heart problems to diabetes to arthritis to autoimmune disorders.

The cookbook section is also impressive and well organized into sections including *Mastering the Basics*, *Great Beginnings*, *The Main Course*, *A Catalog of Vegetables*, *Luncheon & Supper Foods*, *Grains & Legumes*, *Snacks & Finger Foods*, *Desserts*, *Beverages*, and *Tonics & Superfoods*. The recipes range from simple to complex, but all have clear ingredient and preparation instructions. Alongside many recipes is important nutritional information, such as which foods help with particular health problems, how the nutrients are processed by the body, and which cultures have used each



of these nourishing traditions.

The book also explains how industrial “preservation” methods actually deaden and denature foods, and that the nourishing tradition societies almost universally used a process called lacto-fermentation to make nutrients in whole foods more available and supply the intestinal tract with health promoting enzymes and bacteria. The recipes explain how lacto-fermentation can easily be used with all the food groups including grains, milk products, vegetables, fruits, and meats.

Nourishing Traditions convincingly demonstrates that mankind has unfortunately used modern technological advances to strip out many of the nutrients in food, all in the name of progress. It warns us that we would do well to take a lesson from our ancestors and to be more wise in the way we produce, process, and prepare our foods. *Nourishing Traditions* is a masterpiece, well written and organized, right down to the concluding pages, which contain indexes that help readers locate information quickly. It is a resource that every home that values health and nutrition should have, and a great gift idea for this holiday season. ♦

In the kitchen with Nourishing Traditions

Turkey with Chestnut Stuffing

(page 293)

1 16-20 pound turkey
8 cups whole grain bread crumbs
2 teaspoons rubbed sage
2 teaspoons dried thyme
1 teaspoon sea salt
1 teaspoon pepper
4 medium onions, peeled and chopped
1 bunch celery, chopped
1/2 cup butter
2 cups chestnuts, coarsely chopped
Large needle and thick thread
2 onions, peeled and sliced
1 cup unbleached flour
4-6 cups turkey stock
Cooked giblets, finely chopped (optional)

Turkey Stock

Turkey wings and drumsticks
Neck and giblets (optional)
4 quarts cold filtered water
2 tablespoons vinegar
1 large onion, coarsely chopped
2 carrots, peeled and coarsely chopped
3 celery sticks, coarsely chopped
1 bunch parsley
Several sprigs fresh thyme

Stocks are extremely nutritious (page 116)

A lamentable outcome of our modern meat processing techniques and our hurry-up, throwaway lifestyle has been a decline in the use of meat, chicken, and fish stocks. In days gone by, when the butcher sold meat on the bone rather than as individual filets, and whole chickens rather than boneless breasts, our thrifty ancestors made use of every part of the animal by preparing stock, broth, or bouillon from the bony portions.

Meat and fish stocks are used almost universally in traditional cuisines—French, Italian, Chinese, Japanese, African, South American, Middle Eastern, and Russian; but the use of homemade meat broths to produce nourishing and flavorful soups and sauces has almost completely disappeared from the American culinary tradition.

Properly prepared, meat stocks are extremely nutritious, containing the minerals of bone, cartilage, mar-

Remove neck and giblets from turkey and use for making stock (see below). Sauté onions and celery in butter in a large skillet until softened. Mix with bread crumbs, seasonings and chopped chestnuts. The stuffing may be made ahead of time, but you should wait until you are ready to cook to stuff the turkey.

Stuff the neck cavity loosely and sew skin flaps to the body of the turkey with a large needle and thick thread. Stuff the main cavity loosely and fasten with skewers or merely bring the legs through a slit cut just behind the tail. Strew sliced onions in a large roasting pan. Set a rack over the onions and set turkey on the rack. Rub skin with salt and pepper and bake at 350 degrees for about 5 hours, basting frequently.

Remove the turkey to a carving board. Sprinkle flour in the drippings and cook over a medium flame about 5 minutes, stirring constantly. Add stock and blend with a whisk. Bring to a boil and cook several minutes, stirring occasionally. Strain gravy into a saucepan and allow to simmer for 1/2 hour or so until it reduces and thickens. Stir in optional giblets. If gravy gets too thick, thin with a little water.

Place turkey pieces in a large stainless steel pot with water, vinegar, and all vegetables except parsley. Let stand 30 minutes to 1 hour. Bring to a boil, and remove scum that rises to the top. Reduce heat, cover and simmer for 6 to 24 hours. The longer you cook the stock, the richer and more flavorful it will be.

Turkey stock will have much stronger flavor than chicken and will profit from the addition of several sprigs fresh thyme, tied together, during the cooking. About 10 minutes before finishing the stock, add parsley. This will impart additional mineral ions to the broth.

Remove turkey pieces with a slotted spoon. Strain stock into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve for other cooking purposes.

row, and vegetables as electrolytes, a form that is easy to assimilate. Acidic wine or vinegar added during cooking helps to draw minerals, particularly calcium, magnesium, and potassium, into the broth. Dr. Francis Pottenger, author of the famous cat studies as well as articles on the benefits of gelatin in broth, taught that the stockpot was the most important piece of equipment to have in one's kitchen.

The Nourishing Traditions Cookbook for Children

by Suzanne Gross and Sally Fallon Morell

reviewed by Marcia Krahn

Cooking in traditional ways became crucial to Suzanne Gross “when she realized it was a necessary skill to have in order to keep her family healthy.” With Sally Fallon Morell, known for her best-selling *Nourishing Traditions* cookbook and the Weston A. Price Foundation, Suzanne Gross has created *The Nourishing Traditions Cookbook for Children*, a kid-tested version of the original cookbook. Both authors believe that “knowing how to cook is just as valuable (in life) as knowing how to read or write.”

That value is reflected in the book’s artwork. Angela Eisenbart’s realistic illustrations glow with warmth, welcoming children to explore the world of nutrition. The artwork also serves as a visual listing of all the ingredients and utensils necessary for each recipe.

This cookbook stands as the authors’ response to our society’s desire for convenient processed foods. “The perceived convenience of processed foods is an illusion, however, because the more we become dependent on these foods for our sustenance, the more we become plagued with health problems,” they point out. “Food is one of our basic needs. And the quality of our food has a profound impact on our health and ultimately, the quality of our life. If we don’t teach our children how to cook nourishing foods, who will?”

Although the authors encourage parents and educators to teach children to cook, they acknowledge

that it will not be easy. Children are sloppy as they measure, mix, and pour, spilling ingredients over the counters or table and floor, sometimes breaking dishes. Aside from that factor, cooking takes time planning, gathering, and preparing the ingredients. Combine that with

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the fact that kitchens are designed for adult ease, not child use. The counters and cupboards are hard for them to reach, and adult-sized utensils are awkward in children’s hands.

But cheer the children on, for the advantages gained through your investment of time are immense. Children enjoy accomplishing an adult task and take pride in their efforts. As their skills improve, their help becomes an asset and a time-saver. Children eagerly sample food they made themselves, naturally curious about how it will taste. Cooking teaches them arithmetic through measuring, reading comprehension when going over recipes,



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and scientific principles by mixing and heating or chilling. Showing them how to choose the best produce and to read labels eventually speeds shopping. Most importantly, you are rewarded with healthier children who work well with others and carry that on in their own families.

One section suggests tips to improve the process. Set up your kitchen with a sturdy chair or stool that puts your child at counter level. If possible, provide a table to work on that’s just their size. Organize the lower cabinets to store the bowls and utensils you want them to use. Next, establish a routine. Wash hands. Add an apron to protect against the inevitable spill. For more efficient work, read the recipe aloud and decide who does each task. The children should gather the ingredients and utensils. Don’t forget to have them help clean up.

Another tip is to craft a child-friendly recipe file. Select all the recipes, then ask your family to locate pictures of the food or, if preferred, photograph or draw your own pictures to attach to labeled recipe cards or card stock. At a regularly scheduled time each week, choose that week's recipes, arrange the recipes in order of use for each day, and display them in the kitchen, ready to go.

Equipping your kitchen with safe tools is essential. This book gives advice on purchasing and using the necessary ones. For example, young children can use a food chopper in place of a knife. When they are ready for a knife, have them begin by slicing a banana with a table knife. Graduate to a serrated knife because the possibility of slipping is minimized by the scalloped edges.

The measuring guide explains volume, weight, and quantity. For measuring liquids accurately, place the liquid in a clear measuring cup on an even surface and get at eye-level to judge the amount. Otherwise the measurement will appear to be more or less than it is.

Be prepared for questions covering each section. The "have you ever wondered" questions ask why you get sick more often in the winter or why tomatoes are red, but carrots are orange. A couple "Can you guess what product this is?" questions list ingredients for popular prepared foods, then explain what they are and how they affect your body. Discussion questions address topics like "Should we stop eating meat so that animals won't have to suffer on factory farms anymore?"

Don't underestimate this book because it's for children. Unlike many children's cookbooks that weigh heavily on snacks and desserts, this one covers two hundred

pages of recipes to create complete meals. The chapters begin with "Incredible Eggs!" and end with "What's for Dessert?" Each chapter highlights a category such as "Mighty Milk!" or "Meet your Meat" and provides a helpful nutritional overview. Some recipes are simple and quick to make. Others involve several steps with hours in-between. But all are within a school age child's ability, as long as younger ones are supervised.

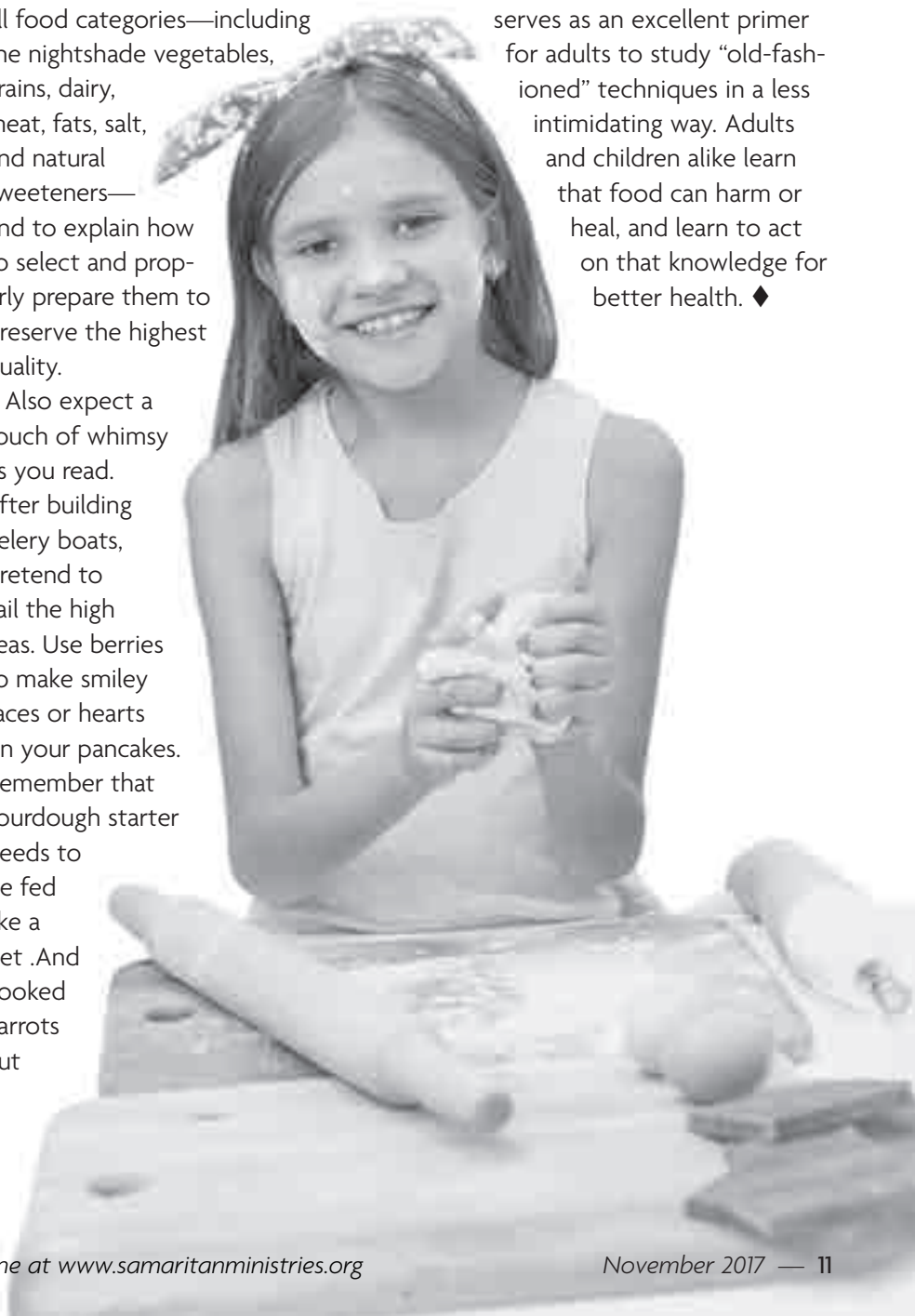
Expect *The Nourishing Traditions Cookbook for Children* to embrace all food categories—including the nightshade vegetables, grains, dairy, meat, fats, salt, and natural sweeteners—and to explain how to select and properly prepare them to preserve the highest quality.

Also expect a touch of whimsy as you read. After building celery boats, pretend to sail the high seas. Use berries to make smiley faces or hearts on your pancakes. Remember that sourdough starter needs to be fed like a pet. And cooked carrots cut

into rounds are not just cooked carrots, they are carrot coins. "Don't forget to wear your sombrero" while serving Mexican Scrambled Eggs, but "leather sandals are optional" for the Greek omelet.

You'll find the information you need to make ginger ale or bone broth, to soak or sprout grains, to ferment vegetables (make pickles), and much more, written in a simple, thorough way that produces successful results.

As such, *The Nourishing Traditions Cookbook for Children* serves as an excellent primer for adults to study "old-fashioned" techniques in a less intimidating way. Adults and children alike learn that food can harm or heal, and learn to act on that knowledge for better health. ♦



Laughter: God's Rx

by Debbi Migit

In Proverbs 17:22 we are told, “A joyful heart is good medicine, but a crushed spirit dries up the bones.”

Nehemiah 8:10 says, “... the joy of the Lord is your strength.”

Modern science is confirming what the Bible has always told us. Laughter is good for what ails you.

Dr. Lee Berk is a pioneer in the study of the benefits of laughter. The type of laughter that Berk and his team studied is specific. Mirthful laughter that arises from happiness is very distinct from the kind of laughter that often accompanies emotions such as embarrassment and anxiety. This research covers a broad range of biology: endocrinology, immunology, psychobiology, neurology, and genetics.

Diabetes

Dr. Berk teamed up with Dr. Stanley Tan, an endocrinologist and diabetes specialist, to study the effects of laughter on high risk diabetic patients with high blood pressure and high cholesterol levels. A control group received standard medications while an experimental group watched thirty minutes of humorous videos every day in addition to the medications.

At the end of the study, the experimental group showed significant improvement in cholesterol and inflammation levels. The researchers concluded that mirthful laughter may lower the risk of cardiovascular disease associated with diabetes and metabolic syndrome. Dr. Berk states, “Our findings lead us to believe that by seeking out positive experiences

that make us laugh we can do a lot with our physiology to stay well.”

Heart health

Cardiologists at the University of Maryland agree. “The old saying that ‘laughter is the best medicine,’ definitely appears to be true when it comes to protecting your heart,” says Michael Miller, M.D., director of the Center for Preventive Cardiology at the University of Maryland Medical Center. “We don’t know yet why laughing protects the heart,

Science shows that laughter is good for what ails you.

but we know that mental stress is associated with impairment of the endothelium, the protective barrier lining our blood vessels. This can cause a series of inflammatory reactions that lead to fat and cholesterol build-up in the coronary arteries and ultimately to a heart attack.

“The ability to laugh, either naturally or as learned behavior, may have important implications in societies such as the U.S. where heart disease remains the number one killer.”

Increased immunity

Just the physical act of a belly laugh can move the diaphragm and improve lymphatic circulation, which can boost immunity. The increased flow of lymphatic fluid means that more lymphocytes—natural killer

cells—are produced, resulting in better immunity toward all diseases, especially cancer. When we enjoy mirthful laughter, our stress hormones decrease, while immune cells and infection-fighting antibodies increase, helping to protect us from bacteria, viruses, and parasites.

Pain control

In 1964, Norman Cousins was diagnosed with a deadly disease that caused arthritis in his spine. He was told that he had a one in 500 chance of survival and to “get his affairs in order.” Instead, Cousins began a daily regimen of laughter, watching funny movies and clips from the television show *Candid Camera*. He wrote a best-selling book, *An Anatomy of an Illness*, a groundbreaking account of using humor to combat illness. He survived an additional 26 years.

One of the benefits that Cousins found in laughter was that it relieved his pain. He says, “I made the joyous discovery that ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep. When the pain-killing effect of the laughter wore off, we would switch on the motion picture projector again and not infrequently, it would lead to another pain-free interval.”

Anti-aging

Exposing Alzheimer’s patients to “humor therapy” appears as effective as drugs in reducing the agitation that often plagues those struggling with dementia, new Australian research suggests. Laughter also raises DHEA (dehydroepiandrosterone) levels,

which is a marker of health in the body. Normally, DHEA declines with age, taking with it the powerful anti-aging, anti-cancer, and anti-obesity properties it carries. Mental acuity is also enhanced by increased DHEA.

Stress relief

It is well known that stress has a powerful, detrimental effect on our health. When we are stressed, our bodies produce cortisol and adrenalin, triggered by our natural “flight or fight response.” Laughter reduces these chemicals, while raising endorphins, serotonin, and a host of other beneficial substances. Once again, Dr. Berk and his team studied the effects of laughter—this time measuring how it affects our stress hormones. Thirty minutes after patients watched humorous videos, cortisol was down 67 percent, adrenaline was down 35 percent, and DOPAC was down 69 percent.

Laughter therapy

Today many hospitals are offering the therapy of laughter to their patients. North Kansas City Hospital designed project PHIL (Positive, Hopeful, Individuals Laughing) as a supplement to other medical treatments. One testimony came from the daughter of a patient, who said, “My seventy-five-year-old father went from complaining about pain to enjoying himself and feeling like the road to recovery is much shorter.”

At the Cancer Center Treatment of America, Dr. Katherine Puckett introduced “Laughter Club,” where patients and their families can reap the therapeutic benefits of laughing

together. Dr. Puckett says that, just recently, the 8-year-old daughter of a patient who attended Laughter Club said afterwards, “I never thought about laughing every day, but now I realize I can. Like even when I don’t feel happy, I can still laugh and feel better.”

God’s design

Psalm 139:14 says, “I praise You, for I am fearfully and wonderfully made. Wonderful are Your works; my soul knows it very well.”

God has designed us with the unique ability to laugh, even when circumstances don’t seem to warrant it. In Job 8:21, we are told, “He will yet fill your mouth with laughter, and your lips with shouting.”

Charles Spurgeon was known for his love of humor. He wrote, “I do believe, in my heart, that there may be as much holiness in a laugh as in a cry; and that, sometimes, to laugh is the better thing of the two, for I may weep, and be murmuring, and repining, and thinking all sorts of bitter thoughts against God; while, at another time, I may laugh the laugh of sarcasm against sin, and so evince a holy earnestness in the defense of the truth. I do not know why ridicule is to be given up to Satan as a weapon to be used against us, and not to be employed by us as a weapon against him.”

Laughter is a gift from God that can bring healing to our bodies and souls. In fact, it is prescribed in Ecclesiastes 8:15, which says, “I commend mirth.” Now that’s good medicine! ♦

Church bulletin bloopers

- Don’t let worry kill you off—let the church help.
- Bertha Belch, a missionary from Africa, will be speaking tonight at Calvary Methodist. Come hear Bertha Belch all the way from Africa.
- Low Self-Esteem Support Group will meet Thursday at 7 to 8:30 p.m. Please use the back door.
- The sermon this morning: Jesus Walks on the Water. The sermon tonight: Searching for Jesus.
- For those of you who have children and don’t know it, we have a nursery downstairs.
- The class on prophecy has been cancelled due to unforeseen circumstances.
- Illiterate? Write to the church office for help.
- Please welcome Pastor Don, a caring individual who loves hurting people.
- Thursday night: Potluck supper. Prayer and medication to follow.

There now, don’t you feel better?

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, we will provide updates and offer prayer points gleaned from a variety of sources. Please use them in your personal or group prayer time.

Two arrested pastors released

Two pastors recently accused of bribing Hindus to convert in India have been released, International Christian Concern reports. Pastor Santok, leader of a church in Haryana, and visiting speaker Pastor Kalyan were arrested when a Hindu leader noticed large attendance at a church meeting. The Hindu leader reported the pastors to police under the nation’s strict anti-conversion law. The men denied the accusations and were released thanks to support from the British Pakistani Christian Association. The BCPA says such an outcome is rare. *Pray for India as it struggles with the anti-conversion laws, that the law would not be abused, and for all Christians in India undergoing continuing discrimination.*

Pastor arrested for leading peaceful protest

A Christian pastor who led a peaceful protest against Zimbabwe president Robert Mugabe last year was recently arrested, ICC reports. Pastor Evan Mawarire was arrested on charges of “subverting the govern-

ment and incitement to cause public violence” in anticipation of a repetition. The charges carry a potential 20-year prison sentence. *Pray that the charges against Pastor Mawarire would be dropped, that he would be allowed to continue his peaceful protests against an abusive government, and that other Christians would find ways to raise awareness of abuses in the country.*

Priest rescued from ISIS

A Filipino priest kidnapped in May by ISIS-inspired militants was rescued by government forces in September, ICC reports. Father Teresito “Chito” Soganub was abducted with other church workers in Marawi. Hostages who escaped earlier had said they were forced to convert to Islam, with some women being forced to marry militants. Father Soganub was found with another hostage near a mosque as government forces recaptured the site. *Praise God for the rescue of these hostages. Pray for protection for Christians in the Philippines from attacks by Muslim or other militants.*

Chinese pastor detained

A Chinese pastor has been barred from traveling to Hong Kong for a Christian conference, ICC reports. Wang Yi of Autumn Rain Blessing Church was on his way to the Three-Fold Vision Training Conference when he was detained while passing through customs on September 12. He was taken to a police station, then sent home. More than 100 Christians were prevented from attending the conference in 2015. ICC says that Chinese governmental prohibitions on attendance at religious conferences abroad are becoming more frequent. *Pray that Wang Yi and other pastors will be allowed to attend conferences that will enrich*

his leadership, and that they will be blessed for standing firm for their faith. Pray also that authorities who interacted with Yi will be affected by his Christian witness.

Four Nepali Christians released

Nepali Christians convicted of “witchcraft” after praying for a mentally ill woman have been released, World Watch Monitor reports. The four were sentenced last year to five years in prison, but their sentences have been overturned. They were originally arrested in July 2016 and convicted in December, even though the woman in question had testified that their prayer had healed her. *Praise God that Lali Pun, Bimkali Budha, Ruplala Parryar and his wife Ganga were released. Pray that Christians would be treated justly under the 2015 Nepali constitution.*

Christian girls targeted

A former Muslim says he was in a network actively targeting Egyptian Christian girls, who are targeted and forced to marry Muslims, WWM says. The Coptic girls are tricked into “relationships” and then disappear. The ex-Muslim says the kidnapers get paid for every Coptic Christian girl they bring in, and that kidnappings are at an all-time high. *Pray for protection for the girls, that they would not be duped, and that those who have been kidnapped would be released or would escape.* ♦

For more information on the persecuted church, contact International Christian Concern (persecution.org, 800-422-5441) or World Watch Monitor (worldwatchmonitor.org)

is not helped by the fact that the Affordable Care Act mandates insurance companies pay for an annual wellness exam at no out-of-pocket expense to the patient. The cost/benefit relationships of numerous other preventive measures have also come into question.⁸

People every day consider cost/benefit when they purchase shelter, food, cars, computers, smartphones, etc. They ask detailed questions and expect satisfactory answers. Not so when it comes to health care decisions. The public uncritically accepts

innovative services before considering the approval of the actual consumers of those services.

Those taking part in the third-party payment health care system are not crooks. They are rational beings, responding to rules and incentives that have been in place for generations. Health care providers, hospital administrators and patients have been conditioned—acculturated—to play the game according to these rules.

There is a health care community that is not a part of this culture. It exists in a setting with minimal or

medicine; 13 percent said they were planning to make the move; and 17 percent of doctors under age 45 plan to do so.¹⁵

“Medical tourism,” another form of direct care, is on the rise.¹⁶ Consumers travel offshore, often considerable distances, to purchase high-quality, sophisticated medical and surgical treatments at very affordable cash prices. Firms and websites help consumers shop and connect with these medical centers.

America's health care system suffers from dysfunction and dysphoria

People every day consider cost/benefit when they purchase shelter, food, cars, computers, smartphones, etc. They ask detailed questions and expect satisfactory answers. Not so when it comes to healthcare decisions.

screening, early detection, and early treatment as always worthwhile.⁹

The public also accepts that having insurance is a critical part of staying healthy. Yet insurance is supposed to protect against unforeseen, high-cost, catastrophic events. As a result of years of tax and regulatory policy, health insurance has morphed into a form of prepaid health care, covering predictable, foreseen, pre-existing and routine “maintenance” events in addition to the catastrophic and unforeseen. Hospitals, labs, pharmacies and providers negotiate fees with a third-party payer, not the consumer.¹⁰ Consumers are left out of the loop, along with consumer-driven market forces.

The third party has deeper pockets than any consumer. That's why providers reflexively seek approval from third-party payers for new and

no third-party involvement. In service areas such as LASIK eye surgery, cosmetic surgery, dental implants and cosmetic dentistry, and many general dentistry practices, providers compete for the patients' business: in price, quality, service and accountability. Patients shop and ask detailed questions. Competition drives prices down and quality up.

“Direct care” is a growing sector¹¹ in health care, offering primary¹² and specialized care,¹³ and even surgical hospital care,¹⁴ directly to consumers for direct payment, absent a third party. More and more providers are migrating to direct care from the third-party model. Many others avail themselves of its cousin, the health care sharing ministries. A 2014 Physicians Foundation Survey found 7 percent of physicians were already doing direct care or “concierge”

and is in cultural decline. Its last best hope may be this counterculture called “direct care.” ♦

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1. bit.ly/notthepatient
2. bit.ly/ovrdiag
3. bit.ly/toomuchmedicine
4. bit.ly/hcgdp60
5. bit.ly/hcgdp2015
6. bit.ly/15perspending
7. bit.ly/tortreformno
8. bit.ly/prevmedno
9. bit.ly/screenskept
10. bit.ly/negthrd
11. bit.ly/direcp
12. bit.ly/direcp2
13. bit.ly/specdirec
14. surgerycenterok.com
15. bit.ly/physfounsurv
16. medicaltourism.com

Though you have not seen Him, you love Him. Though you do not now see Him, you believe in Him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls.

1 Peter 1:8-9

Do you believe in Jesus Christ though you do not see Him, and rejoice with joy that is inexpressible and filled with glory?

The Apostle Peter was writing to fellow believers who rejoiced even though they were grieved by various trials (verse 1:6). It wasn't their circumstances that were causing them to rejoice. What was it?

In verses 1:3-5 Peter says, "... He (God the Father) has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by

God's power are being guarded through faith for a salvation ready to be revealed in the last time."

Tribulation and trials are normal in the Christian life (John 16:33). When we have faith in Jesus Christ and love Him, we have a hope that overcomes and surpasses even grievous circumstances—an imperishable, undefiled, unfading inheritance kept in heaven for us. We can and should, by faith, have an underlying joy that is "inexpressible and filled with glory."

For the Kingdom,



Ray King