



Christian HealthCare

NEWSLETTER

MEMBER LETTER:

An independent MRI facility saved us a bunch

We inquired about the cost of an MRI at the facility we were referred to. Even with a cash-pay discount of 45 percent the cost still came in at over \$3,000 dollars! So we did a little research, and were delighted to find a local independent MRI facility that could perform a scan meeting all the requirements for only \$600! So it looks like our Need will be significantly less than anticipated!

I want you to know that I am strongly committed to the concept of Christian-based sharing of health care needs. As the worldly health insurance model continues to implode, I see this as an opportunity to demonstrate the love of Jesus to a skeptical world, as Christians support each other lovingly, but also responsibly. To that end, I will work to keep my Needs as low as possible.

*Dave,
Wisconsin*

Doctor prohibited from offering low cost MRIs sues state

Would you rather pay \$2,000 or \$500?

by Christian Britschgi

Should a licensed doctor have to ask the government and industry competitors for permission before purchasing potentially life-saving medical equipment? That's the question at issue in a new lawsuit challenging North Carolina's "certificate of need" laws.

In 2017, Dr. Gajendra Singh opened a medical imaging center in the town of Winston-Salem with the goal of providing MRIs, ultrasounds, and other screenings to patients at prices that were both lower and more transparent than what they were paying at the existing local hospital.

Singh was able to either purchase or lease the X-ray scanner, CT scanner, and ultrasound machines he needed without incident. But when it came to getting an MRI machine, he hit a wall.

The state of North Carolina requires medical service providers like Singh to go through an arduous application process to prove that they need an MRI machine before they are allowed to buy or lease one. Need, mind you, is determined not by how many patients are asking for services, but rather by how many MRIs the state's Department of Health thinks an area requires.

In Singh's case, the Health Department had determined that two local hospitals operating MRI machines is more than enough for the Winston-Salem area. Thus, Singh has been denied the "cer-

tificate of need" that would allow him to get a machine of his own. Instead, he has been forced to rent a portable MRI machine two days a week, limiting the number of scans he can perform, and effectively preventing him from competing with the incumbent hospitals.

The good doctor is now suing the state Department of Health as well as the governor and members of the state legislature in order to overturn the law that's hamstringing his practice and depriving his patients of medical services he would otherwise be able to provide them.

"As a medical doctor, Dr. Singh took an oath to help people in need, yet the state is standing in his way to protect established medical providers from

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Sharing Summary from August

Shares:	\$27,584,745	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:	\$27,639,519	
Unshared Needs in Negotiation:	\$ —	
New Needs:	4,236	
Total Needs:	9,273	
New Rewards:	437	
Miscarriages:	24	Member Households: 78,726
Final Rewards:	19	(as of 7/24/18)

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.

Have you asked your church to join Samaritan Ministries? A letter one family wrote to their church leaders

Editor's note: This letter was written by Samaritan members to their church leaders, asking them to consider switching from insurance to Samaritan for the staff's health care. Churches often look at their health care plans in the fall as they are preparing the next year's budget, so now may be a good time to make a similar suggestion to your congregation's leadership. The letter is several years old, so the premium and deductibles mentioned would be much higher now.

My wife and I hope that this letter finds you all doing well. We continue to enjoy body life at church, and as always are privileged to be a part.

We were looking over the church budget and have an idea that you may be interested in that will both save money and at the same time, we believe, express faith in God's provision through His body.

We all know that health insurance is not cheap and when the time comes to use it, the payout isn't great either. As Kim and I have sought to reduce our family expenses wherever possible, we looked for options regarding health care. There were steep premium increases annually (whether we had claims or not); the only way to keep it near \$1,000/month was to increase our deductible and decrease our benefits.

After examining our options with our insurance company and several others, we decided to look into Samaritan Ministries, a faith-based method of addressing health care costs that does not use insurance.

We had many questions, as we were admittedly nervous about leaving the familiar and seemingly safe health plan. Samaritan Ministries patiently and thoroughly answered our many questions, replacing our nervousness with the confidence that this may be not only a feasible answer for our family's health care needs, but a God-honoring one at that. After much prayer, conversation, and phone calls to Samaritan Ministries, we chose to cancel our long-standing insurance policy and join Samaritan.

It was a great decision, as our past year's experience testifies. We put the Samaritan members to the test in this last year with my surgery and our daughter's hospital stay. Every single doctor and hospital bill was shared and has been paid for, minus the \$300 that we pay out-of-pocket for each need. Comparatively, our "reliable" but expensive insurance policy hit us with \$3,000 in out-of-pocket expenses after my wife's hip surgery two years ago.

Samaritan uses a sharing approach, with a steady monthly share that is less than half what we were paying for our insurance policy. They have family, couple, and individual share amounts. Specific info is in the packet that was mailed to you, or online at SamaritanMinistries.org.

The financial peace of mind is wonderful. However, there is a peace to this ministry that's even greater. Samaritan Ministries is a solid Biblical organization. It's not only founded on Biblical principles in how it serves believers in need, but the principles are being lived out among the

member families. The staff has been terrific to work with. The members have blessed us immensely with cards and notes of encouragement and affirmation of their prayers for us while in the healing process. Rest assured, we never received one note of encouragement from our insurance company saying that they were praying for us in the fifteen years we were policyholders. They simply cashed our check each month, and let us know which claims they would pay and which they wouldn't.

Why do we share all of this with you? There are a couple of reasons. As you well know, we desire to see our church be debt free. Spending almost \$63,000 a year on health insurance for the staff when we could be spending probably less than \$15,000 is significant. We also want to spread the good word about Samaritan Ministries now that we've had great experiences to testify about.

When Kim has talked with doctors and hospital staff concerning our bills, she has said how much the people she's worked with have paused and taken note of such a remarkable ministry. Some have even said, "Wow, so this is how Christians help one another?" What a testimony to the world!

We really hope that you'll take the time to investigate for yourselves how the ministry works and seriously and prayerfully consider having the staff become members, not to mention your own families.

Feel free to ask us any questions you might have. We would encourage you to give Samaritan Ministries a call yourself to investigate. ♦

Dr. David Jockers Supercharge your health

by Kathryn Nielson

Dr. David Jockers credits the ketogenic diet for helping to cure his skin cancer and restoring him to optimum health, and he's dedicated to spreading the news.

Through his website, DrJockers.com, and his clinic, Exodus Health Center, in Kennesaw, Georgia, Dr. Jockers shares with others what he learned so they can achieve their best health possible.

Getting the body into a state of ketosis and keeping it there is what the ketogenic diet is all about. Ketosis is the metabolic state in which the body uses fat for fuel instead of glucose. Contrary to the conventional wisdom that says fat is bad, the ketogenic diet not only encourages fat, but depends on healthy versions of it to achieve

the health benefits associated with this way of eating. Low insulin and lack of glucose in the body are what make the ketogenic diet so beneficial to our bodies.

“Food in general is biological information,” says Dr. Jockers. “Nutrient deficient food causes all kinds of blood sugar spikes and inflammation, telling the body basically that we need to be in fight or flight because we're constantly unable to stabilize our blood sugar. Blood sugar stability is a life and death thing so our body takes it seriously. Getting that regulated was instrumental in my body's healing.”

Dr. Jockers was raised in a Jewish family that kept kosher and his mom who was a naturopathic nurse practitioner, so he grew up hearing all about diet and health. In fact, he planned to become a physical education teacher and coach and graduated with a bachelor's degree in P.E. from the University of North Florida.

While in college, he started attending a Messianic Jewish congregation of only 20 people, none of whom were under the age of 40. They had a heart and passion for Jesus that was missing from his own religious experience that was never more than logic and stories passed down through his family.

“I want what they have,” he remembers thinking. “This is what I've been looking for. I just felt the Holy Spirit come over me, and it was time to give my life to Yeshua (Jesus).”



He went on to get a master's degree from Life University in exercise and sport science, and then he was introduced to chiropractic medicine.

“I fell in love with how the body works,” he says.

He earned his doctorate of chiropractic from Life University.

“It just made so much sense to me,” he says. “The body was created to heal itself. God put everything within us to heal. We just need no interference.”

In 2009 he opened Exodus Health Center. Single and driven, he worked around the clock, binged on carbs, lived and slept in his clinic, and suffered from a debilitating fear of failure. Coupled with a predisposition for cancer, he had unknowingly created the perfect atmosphere for cancer to grow.

After feeling prompted by the Holy Spirit, he began to take inventory of his life and realized that he was not treating his body like the temple that it was and began focusing on getting better. He moved out of his clinic and into his own house, dealt with his fear, and adopted the ketogenic diet.



Experience had taught him that low-carb eating was beneficial in treating his irritable bowel syndrome. The ketogenic diet stabilized his blood sugar and enabled healing from his skin cancer, freedom from cravings, an ability to control his emotions, sharper thinking, and improved strength and muscle retention.

Dr. Jockers divides his diet ratio this way: 70 to 80 percent healthy fats like avocados, olives, and coconut; 15 to 20 percent proteins from grass-fed beef and organic sources; and very low amounts of carbs. If it seems daunting at first, he advises starting with the basics: reduce sugar and grains, decrease starches, and increase healthy fats.

Just getting sugar under control is a feat. Dr. Jockers confirms the

addictive nature of sugar and high carb eating.

“I was a sugar addict and had to go on a sugar detox,” he says.

While grass-fed, organic meats are optimum, Dr. Jockers says it’s not a deal breaker and encourages people to make the best choices they can. The keto diet can be done as a vegetarian as well. No matter how the diet is followed, he says, you end up spending less money on food overall because eating this way causes us to eat less.

“As you start to adopt this lifestyle, you really do gain your natural senses as far as what food should taste like,” he says. “We were trained to live to eat. In contrast, if we develop the mindset that ‘I’m going to eat to live and that nothing tastes as good as how good I feel,’ then

you can show up and be the best human being. It’s a retraining of our mindset that says, ‘I don’t want to settle for less than that.’”

It’s this kind of thinking that fuels the work he and his staff do at Exodus Health Center. Patients receive chiropractic care, nutrition coaching, and a new approach to health called functional medicine that involves specific lab work, and helps customized health programs based on different lab markers. They also offer hyperbaric oxygen therapy. Dr. Jockers and his staff even pray over every patient.

“[The clinic] is really designed to help glorify God and help people reach their health potential,” Dr. Jockers says. “It’s really a health ministry.”

For those not living near his clinic,

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Why SMI?

Samaritan member Dr. David Jockers and his wife, Angel, came to Samaritan for reasons most people don’t: help from the Member Assistance Fund for a pre-existing maternity Need.

“We were looking for a Christian health care sharing ministry that would help provide us with financial support for our pregnancy,” Dr. Jockers says. “We heard great things about SMI from friends so we decided to check with them.”

Even with twins on the way the Jockers were still optimistic for a home birth, but some complications led to a hospital delivery and the babies ended up in neonatal intensive care. After two days, little David Wright and Joshua were just fine, but the Jockers were left with about \$50,000 in bills.

Samaritan partner The Karis Group stepped in to help with negotiations, and got the bills down to about \$30,000. Because of members’ generous giving to Member Assistance, the Jockers received about \$20,000 and only had to pay \$10,000 out of pocket.

The financial assistance they received isn’t the only reason they love Samaritan.

“I was just blown away with the member service,” he says. “It was excellent how they just take the time to really listen and pray. My wife is on the phone more and she kind of handles that in our household. She would always tell me, ‘They prayed with me about this. They’ve been so helpful.’”

Dr. Jockers also loves the Biblical community of Samaritan members.

“Just being able to share each other’s burdens in a community of believers is very Biblical,” he says. “Insurance has a lot of limitations. When I heard about health sharing, it immediately resonated: ‘That’s what we want to do.’ And it’s very competitive with Share amounts. To me it was just a no-brainer.” ♦

10 critical ketogenic diet tips

by member Dr. David Jockers

A ketogenic diet is a very low carbohydrate, moderate protein and high fat-based nutrition plan. A ketogenic diet trains the individual's metabolism to run off fatty acids or ketone bodies. This is called fat adapted, when the body has adapted to run off fatty acids/ketones at rest.

This nutrition plan has been shown to improve insulin sensitivity and reduce inflammation. This leads to reduced risk of chronic disease as well as improved muscle development and fat metabolism.^{1,2}

I personally recommend a cyclic ketogenic diet for most of my clients where you go low-carb for

three days and then have a slightly higher carbohydrate day, followed by three lower carb days. This cycles the body in and out of a state of ketosis and is beneficial for hormone balance while keeping inflammatory levels very low.

The biggest challenge with this nutrition plan is to get into and maintain the state of fat adaptation. Here are several advanced ketogenic diet tips to get into and maintain ketosis.

1. Stay hydrated

This is considered a no-brainer, but is not easy to follow. We often get so busy in our day-to-day lives that

we forget to hydrate effectively. I recommend superhydrating your system by drinking 32 ounces of filtered water within the first hour of waking and another 32 to 48 ounces of water before noon.

I have most of my clients do a water fast or eat lightly in the morning, doing smoothies or keto coffee or tea. Hydration around these dishes should be well-tolerated by the digestive system. In general, aiming to drink at least half your body weight in ounces of water and closer to your full body weight in ounces of water daily will help you immensely.

I weigh 160 pounds and easily drink 140 to 180 ounces of water each day, sometimes more in the summer time. As you begin superhydrating your system, you will find this easier and easier and you will actually crave the extra hydration.

2. Practice intermittent fasting

This is one of the best ways to get into and maintain ketosis because you are reducing calories and not consuming protein or carbs. It is a good idea to go low-carb for at least a few days before starting this to avoid a hypoglycemic episode.

I recommend breaking your day into a building phase and a cleansing phase.

- Building Phase: Time between your first meal and your last meal.
- Cleansing Phase: Time between your last meal and your first meal.

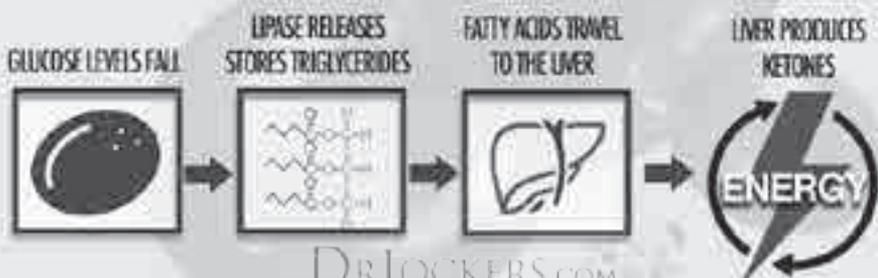
I personally coach people to begin with 12- to 16-hour cleansing phases

HOW DOES KETOSIS WORK?

TRADITIONAL DIET: HIGHER CARB



KETO DIET: HIGHER FAT



and eight- to 12-hour building phases. Over time, as your body adapts, you may be able to move into a four- to six-hour building window with 18- to 20-hour cleansing phases each day. If you are able to do this effectively, then it is easier to maintain ketosis.

During the fast, I recommend hydrating and consuming herbal teas or organic coffee with MCT oil, coconut oil, and/or grass-fed butter. The good small- and medium-chain fats in these help to boost ketone production and stabilize blood sugar more effectively than water fasting alone.

Most people feel very good while they are fasting like this. For women, particularly those who struggle with hypothyroidism, adrenal fatigue, and hormonal imbalances, I will often recommend adding some collagen protein (about 5-10 grams) to their coffee/tea. The protein will help with blood sugar regulation and satiety levels and improves overall hormone function.

3. Consume enough good salts

We are told in our society that it is important to reduce our sodium intake. Many individuals in our society struggle with a high sodium/potassium ratio. This is due to the fact that when we are on a higher carbohydrate diet, we naturally have higher insulin levels. Insulin affects our kidneys in such a way to retain sodium, which can lead to a higher sodium/potassium ratio.^{3,4}

When we are on a low-carbohydrate, ketogenic diet, we have lower insulin levels and therefore our kidneys excrete more sodium, which can lead to a lower sodium/potassium ratio and a greater need for sodium in the diet.

On a low-carb diet you should look to get an additional 3 to 5 grams of sodium from natural

foods and the use of a pink salt like Himalayan sea salt. One teaspoon of pink salt is equivalent to 2 grams of sodium. Here are the ways I recommend adding in additional sodium:

1. Drinking organic broth throughout the day.
2. Being generous with the amount of pink salt you use on your food.
3. Adding one-fourth teaspoon of pink salt to 8 to 16 ounces of water throughout the day.
4. Adding sea vegetables like kelp, nori, and dulse to dishes.
5. Consuming celery and cucumber, which are low carb and have natural sodium.
6. Having sprouted and salted pumpkin seeds or salted macadamia nuts as a snack.

4. Get regular exercise

Regular, high intensity exercise helps to activate the glucose transport molecule called GLUT-4 receptor in the liver and muscle tissue. The GLUT-4 receptor acts to pull sugar out of the blood stream and store it as liver and muscle glycogen. Regular exercise doubles the levels of this important protein in the muscle and liver.⁵

This is a very important adaptation for maintaining ketosis because it will allow the individual to handle a little bit more carbohydrates in the diet because the body wants to store them in the muscle and liver tissue.

Large compound exercises that use multiple muscle groups have the greatest impact on GLUT-4 receptor activity.⁶ This includes squats, deadlifts, push-ups, standing overhead presses and pull-ups or pull-downs or bent-over rows.

Incorporating a regular exercise program that includes these resistance training exercises along with running sprints and low-intensity exercise

such as walking helps to balance blood sugar and improve the ability to get into and maintain ketosis.

Just be sure not to overdo it. Small amounts of high intensity training go a long way. If you overtrain your body, you will secrete higher amounts of stress hormones that will drive up blood sugar and pull you out of ketosis.⁷

Here is a Sample Exercise Program to Help:

- Monday: Upper body resistance training for 15-20 minutes.
- Tuesday: Lower body resistance training for 15-20 minutes.
- Wednesday: 30-minute walk around the block.
- Thursday: Upper body resistance training for 15-20 minutes.
- Friday: Lower body resistance training for 15-20 minutes.
- Saturday/Sunday: Recreational activities and walking.

* If you are a high level athlete or do regular intense exercise such as CrossFit, consult with your trainer or coach who is familiar with your goal to achieve a state of ketosis and modify the training based on that.

* If you are battling a chronic disease or have stage III adrenal fatigue then I would recommend not doing any intense exercise and instead focus on stretching and breathing exercises, as well as low-impact movement such as light walking or elliptical exercises.

5. Improve your bowel motility

Constipation is one of the biggest challenges people have on a ketogenic diet. If you are constipated, you will not be able to remain in ketosis, as it drives up stress hormones and blood sugar.

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Why luxury TVs are affordable when basic health care is not

by Richard N. Lorenc

Imagine this. You are feeling under the weather. You pull out your smartphone and click the Rx app. A nurse arrives in 20 minutes at your home. He gives you a blood test and recommends to the doctor that she prescribe a treatment. It is sent to the CVS down the street, which delivers it to your door in 20 minutes. The entire event costs \$20.

Sounds nuts? Not so much. Not if health care were a competitive industry. As it is, medical care prices are up 105 percent in the last 20 years. This contrasts with the television industry, which is selling products that have fallen 96 percent in the same period.

Take a look at the chart on the opposite page assembled by the American Enterprise Institute. It reveals two important points. First, there is no such thing as an aggregate price level, or, rather what we call the price level is a statistical fiction. Second, it shows that competitive industries offer goods

and services that are falling in price due to market pressure. In contrast monopolized industries can extract

Imagine using your phone to order a medical professional and medication to your home. The entire event costs just \$20.

ever higher rents from people based on restriction.

Consider each product or service shown. College is heavily subsidized, regulated, and exclusionary, and the costs are soaring. The textbook industry is hobbled by extreme

copyright regulation, and can depend on captive buyers. Childcare is one of the most regulated industries in the country. Not just anyone can enter. Every aspect of childcare provision is controlled by the state.

On the other hand, software, wireless service, toys and TVs (see: free trade) exist in relatively freer market settings. The price pressure is down. It's not that complicated, folks. If you want good services, good products, innovative ideas, and low prices, you need competitive markets. The more you control, the higher the prices and the worse the results. ♦

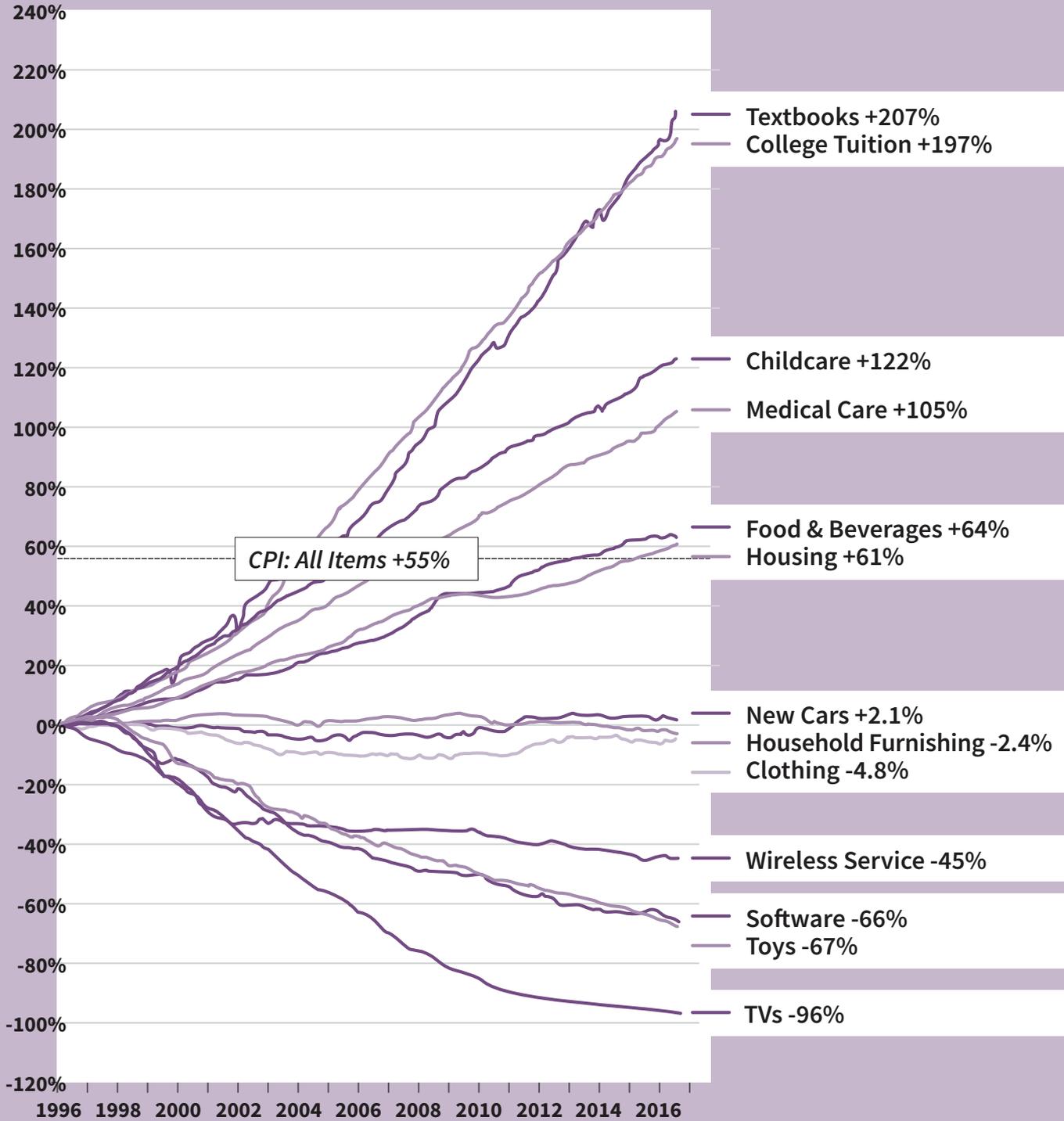
This article was published by the Foundation for Economic Education (FEE.org) and is licensed under Creative Commons Attribution 4.0. <fee.org/articles/why-large-screen-tvs-are-affordable-and-health-care-is-not>

For more on this topic, see "Government Makes Healthcare Worse and More Expensive." <bit.ly/fehcexp>

Richard N. Lorenc is Executive Vice President of FEE.

Price Changes 1996 to 2016:

Selected Consumer Good and Services



Data Source: U.S. Bureau of Labor Statistics

Chart by The American Enterprise Institute

Samaritan launches pilot project to explore Reference Based Repricing

by Jed Stuber

Samaritan Ministries is launching a pilot project that uses Reference Based Repricing to help members get a better deal on health care and keep the monthly share at an affordable level.

What is Reference Based Repricing you ask? Well, one of the biggest problems in health care is that *there are no real prices*. There is no easily accessible information about what you can expect to pay for a good or service. However, we can use information about what Medicare pays as a reference point, so that we can calculate what a reasonable price would be. That's Reference Based

Repricing or "RBR" for short.

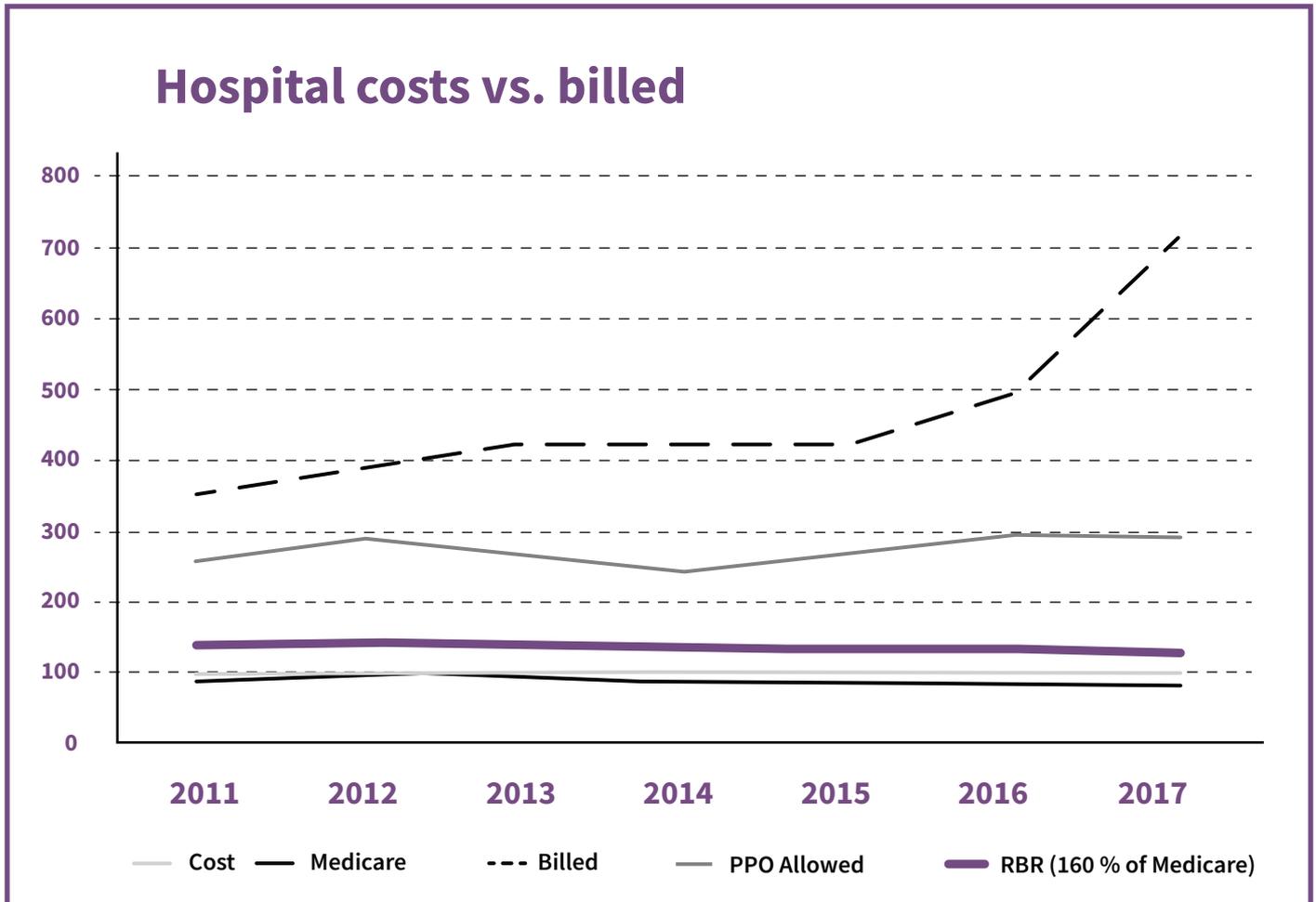
RBR is a game changer in health care. Instead of starting from an often hidden, artificially inflated, bogus "price" and then negotiating down from there, RBR starts with the Medicare rate, which is roughly the same as the provider's cost, and it works up from there by adding a reasonable percentage.

The pricing problem

Let's review some key ideas from recent newsletter articles. You might end up paying way too much for health care because prices at different providers right in the same neigh-

borhood can vary by 400 percent. That means you could pay \$10,000 or \$2,000 for the same procedure. When it comes to hospitals, you might end up paying way too much because a patient can be billed as much as twelve times more than the person in the next bed who receives the exact same service. Here we are talking about a potential difference of paying \$200,000 or \$20,000!

These examples show us that getting a discount off of a totally unreasonable "price" may not even come close to a good deal. Say you got a 50 percent discount off that \$200,000 hospital bill. It's still



\$100,000 which means Samaritan members will be asked bear a burden much greater than it should be. Unfortunately, this sometimes happens, despite many efforts to steward resources well.

Partner solutions

Because of this challenging health care environment Samaritan has partnered for many years with The Karis Group. Their expertise in getting providers to settle for rates that are reasonable compared to other payers in health care has been extremely valuable. Last year the Karis Group achieved \$24 million in reductions. That's basically saving one whole month's worth of Needs!

Now we are launching a Reference Based Repricing pilot project with The Karis Group and a new partner, Advanced Medical Pricing Solutions, or "AMPS" for short. Check out the chart on page 10 from AMPS.

The bottom black line on the chart shows the reference point: what Medicare pays. The top dashed line indicates what is often billed, the totally out of line price. As you can see it has gotten worse in recent

years. Hospitals are now billing patients up to 700 percent of cost.

Now take a look at the lines that fall in the middle of the graph, somewhere between the provider's cost and the outrageous billed price. Hovering around the 300 percent mark you see the gray "PPO

Hospitals are now billing patients up to 700 hundred percent of cost.

allowed" line which indicates the maximum rates insurance companies have negotiated to pay for health care. Finally, you see the purple Reference Based Reprice set at 160 percent of Medicare. That is the level Karis and AMPS will be targeting for Samaritan members. As you can imagine, it could result in significant savings, especially when you consider that it could save tens of thousand of dollars on a single hospital bill, and there are thousands of those submitted each month.

What you can do

Here are ways you can help with the pilot project:

1. **Pray.** There's a lot of work that needs to be done to get this project off the ground, so please ask the Lord to bless Samaritan staff and our partners with strength and wisdom for the tasks they are called to do.

2. **Continue to use Dash tools to engage in your health care.** Getting good prices is great, but proactively making wise decisions about which procedures and providers to choose before you need services is even more important. Log in to Dash.SamaritanMinistries.org to use Healthcare Bluebook and Medibid, and make sure you are stewarding your fellow member's Shares well.

3. **Make sure you sign the Medical Information Release Form if you submit a Need.** If The Karis Group or AMPS assists on your Need, it's important to sign the Medical Information Release Form to help our partners get to work quickly and prevent delays in the sharing of your Need. ♦

Samaritan Partners



Constipation is often due to one of the following:

- Pre-existing struggles with constipation due to small intestinal bacterial overgrowth (SIBO) or candida overgrowth.
- Not consuming enough fibrous vegetables and fermented foods, drinks and tonics.
- Dehydration.
- Inadequate electrolyte consumption (sodium, potassium, calcium and magnesium in particular).
- Chronic stress, which shuts down the gastrocolic contractions.

The ketogenic diet tips to remedy this are to correct any bacterial or yeast overgrowth issues by consuming fermented foods if tolerable such as kimchi, sauerkraut, apple cider vinegar, pickles, etc. I also recommend doing extra magnesium supplementation and consuming a lot of clean water and adding in pink salts for extra sodium. Doing a fresh green drink everyday will also help with increasing potassium, magnesium, and calcium levels.

6. Don't eat too much protein

Many people doing a ketogenic diet consume too much protein. If you consume excessive protein, then your body will turn the amino acids into glucose through a biochemical process called gluconeogenesis.⁸

If you notice yourself coming out of ketosis, then see how you are responding to the amount of protein in your meals. Some people need higher protein levels, while others can do just fine on lower protein levels.

The key variables include your level of exercise intensity and type

of exercise (resistance vs. aerobic) and your desire to gain muscle or lose weight. Someone who does intense resistance training in order to gain muscle will need more protein than someone who is the same size and is doing aerobic or resistance training to lose weight. Another person who weighs the same but is only walking for exercise will need even less than the other two.

You want to aim for about 1 gram per kilogram of body weight.

Take your weight and divide by 2.2 to figure out the grams of protein per kilogram of body weight. Aim to get this on your lighter workout days. If you are doing more strength training or trying to gain muscle, bump it up to 1.6 grams per kilogram.

For instance, I weigh 160 pounds, which comes out to (160/2.2, pounds/kilogram) 73 grams of protein. When I do heavy strength training (four days a week), I will go up to 100 to 120 grams but I typically am around 80 grams a day on my off days.

Sedentary individuals: 0.6-1.0 g/kg of body weight. If you are not exercising intensely, you may struggle to get into ketosis with 1 g/kg of protein, so try to drop it back to 0.6-0.8 and see how you do.

Active but not high intensity training: 0.8-1.0 g/kg of body weight. If you are walking on a regular basis but not doing high intensity training (leaves you out of breath) or strength training, then try 0.8 g/kg and see what your ketone levels look like.

High intensity training: 1.0-1.6 g/kg. If you are training with weights or doing sprint style of exercise at least three to four times per week, then you will most likely need more than 1.0 g/kg. Try experimenting by bumping it up to 1.2 g/kg and inch towards 1.6 g/kg and see how you feel and what your ketone readings look like.

It is ideal to get your protein in

two to three different servings daily with a minimum of 15 grams and a maximum of 50 grams per meal. The lower level is for a lightweight individual while the upper limit is for a very large, strength-training male.

Most of us should aim for 20-35 grams per meal. Here is an example of how this would work:

Individual A: 150 pounds. Needs 68 grams of protein daily. Does not exercise other than walking. This person should eat either two meals of 30-35 grams or three meals a day with roughly 20-25 grams of protein per meal.

Individual B: 150 pounds and enjoys doing resistance and aerobic training three to four times a week but does not want to gain weight. This person should look to get 68 grams on non-training days and 75 to 80 grams on training days. That's 25 to 30 grams of protein per meal.

Individual C: 150 pounds and does high intensity resistance training four to five times per week and wants to gain muscle mass. They should consume around 80 grams of protein on off days and 100 grams of protein on training days. This would mean 30 to 40 grams of protein per meal.

7. Choose carbs wisely

We all know that a ketogenic diet is a low-carb plan, but I recommend consuming nutrient rich carbohydrate sources such as non-starchy veggies and small amounts of low-glycemic fruits like lemon, lime, and/or a small handful of berries in a protein shake. One of the ketogenic diet tips I often recommend is cycling in carbs from time to time, such as once per week.

When you cycle out of ketosis once a week, you increase your carbs on that particular day by adding in nutrient dense sources such as more berries in a shake or a sweet

potato with tons of grass-fed butter and cinnamon. On low-carb days, avoid the sweet potato and keep berries down to a small handful at most. (Six low-carb days with no more than one serving of fruit (other than lemon/limes) and no starchy veggies and keeping net carbs (not counting fiber) to 40 grams or so. One higher carb day with two servings of anti-oxidant rich, low-glycemic fruit and one to two servings of starchy veggies (pumpkin, yam, sweet potato, carrot or beet) and allowing yourself to go up to 80 grams of net carbs.

8. Use MCT oil whenever possible

Using a high quality medium chain triglyceride (MCT) oil is perhaps the most important thing one can do to get into ketosis and maintain it. That is because the use of a high MCT oil-based diet allows one to consume more protein/carbs and maintain ketosis.

A diet that consists of long-chain fatty acids depends on 80 to 90 percent of calories coming from fat. Adding in lots of MCT oil brings this down to 60 to 70 percent fats.⁹ This is because MCTs are immediately metabolized into ketone bodies and used for energy quickly in the body¹⁰

Many people, including me for many years, believe that coconut oil is the same as MCT oil. This is not true. Although MCT oil is made from coconut oil, it contains 100 percent pure medium chain triglycerides (capric and caprylic acids), while coconut oil contains about 35 percent long-chain triglyceride (LCT) and 50 percent lauric acid, which is classically considered an MCT but acts more like an LCT. That means that coconut oil is only 15 percent MCT and only one-sixth as ketogenic as pure MCT oil.

You can cook with MCT oil, add it

to protein shakes, green drinks, coffee, tea, etc., throughout the day to keep your ketone levels up. I recommend using Bulletproof Upgraded XCT oil as I have found it to be by far the best MCT oil on the market.

9. Keep stress down

Chronic stress will shut down your ability to be and stay in ketosis. If you are going through a tough period of your life, then maintaining ketosis may not be the proper goal. This doesn't mean you should begin carb loading, but instead reset your goal to simply stay on a lower carb, anti-inflammatory diet.

Stress raises up stress hormones that function to elevate blood sugar so you can fight or flight from the chronic stressor. This is fine when it is for very short periods of time, but when it is prolonged, it drives up your blood sugar and lowers ketones.

Devise some strategies that will help you lower your stress load and be able to create more peace and relaxation in your life.

10. Improve your sleep

If you are sleeping poorly, you will elevate stress hormones and cause blood sugar dysregulatory problems. Be sure to set yourself up to go to sleep at a good time (before 11 p.m.) and sleep in a completely dark room. I recommend sleeping seven to nine hours each night depending upon your stress levels (more stress means you need more sleep) and the amount you feel as though you need to feel good and mentally alert throughout the day.

Keep your room cool (60 to 65 degrees is usually ideal) with an overhead fan providing circulating air. I also recommend using a sleep mask to block out more melatonin disrupting light. If you are extremely sound sensitive or in a louder

area, then using ear plugs can be extremely helpful!

Conclusion

Healthy lifestyle strategies play a very important role in helping you get into and maintain ketosis. Using some sense with your lifestyle habits and activities can mean all the world of difference between a state of fat adaptation, where you have sustainable energy and mental clarity, and a state of sugar burning, where you are feeling sluggish, having brain fog and carbohydrate cravings.

By understanding how your body tolerates stress and following the strategies above you will give yourself a significant advantage in life. You will be able to understand what unique factors keep you in ketosis and what factors knock you out of it. This will help you prepare yourself for optimal career performance, a lean physique and great energy for relationships and recreational activities. ♦

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This is article is for educational purposes and not meant as medical advice.

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.

Imam saves 300 Christians

An 83-year-old Nigerian imam is being honored by that country's government for saving the lives of more than 300 Christians fleeing clashes in the country, International Christian Concern reports. Alhaji Abdullahi Abubakar hid the Christians on June 24 as they were fleeing Fulani herdsman invading local communities. The imam hid the women in his house and took the men into his mosque. He told the attackers that the people were Muslims, so they moved on to other targets. *Praise God for the imam's actions. Pray for peace between Christians and Muslims in Nigeria.*

8,000 Rwandan churches closed

Rwanda continues to close churches that the government says fail to meet certain building requirements, World Watch Monitor reports. More than 8,000 have now been closed. The government reportedly keeps adding requirements. Authorities have been closing churches in the middle of services and even weddings. *Pray that Rwandan Christians*

will find places to meet for worship, and that the government would work with them honorably.

Indonesian Christian sentenced

A young Indonesian Christian was sentenced to prison on July 24 and fined after being found guilty of blasphemy for a Facebook post that insulted Muhammad, ICC reports. Martinus Gulo faces four years of prison and was fined 1 billion Rupiah (more than \$68,000) under Indonesia's Information and Electronic Transactions law. *Pray for Martinus to be released soon and for his fine to be dropped. Pray also for Indonesia's blasphemy laws to be repealed.*

Attacks continue in India

Fifteen attacks on Christians throughout India over a 14-day period have been documented by ICC. The incidents include physical assaults, a church demolition, forced conversions, false accusations of forced conversions, and social boycotts. The attacks are part of a continued increase in hostility toward Christians in India, with little to no action by local authorities. *Pray for safety for Indian Christians, for encouragement in their faith in Jesus, and for the attackers to be held responsible for their actions.*

Prayer meeting attacked

A July 2 attack in India involved an attack by Hindu radicals on a weekly prayer meeting, ICC says. The Hindus attacked with wood lathes and sticks, injuring 20 Christians and damaging property including musical instruments and chairs. *Pray for comfort and for those affected by the attack; for boldness and peace*

among those at the meeting; and that false charges filed against the Christians will be overturned.

Chinese officials fine church

Guangzhou Bible Reformed Church in China has been fined 50,000 yuan (approximately \$7,330 U.S.) for conducting “illegal religious activities,” ICC reports. The house church has repeatedly refused to shut down or join a state-sanctioned church. GRBC was visited three times in June by security officials and representatives of the Panyu District Religious Affairs Bureau and ordered to halt all activities. *Pray for Pastor Huang Xiaoning and his congregation as they appeal the fine; for their commitment to meeting together for worship and study; and for their witness to the Chinese government.*

Nepalese pastor beaten

A group of several men beat a pastor in Nepal in a café in a busy part of Kathmandu, ICC reports. Pastor Sagar Baizu was spending time between meetings at the café when six to eight men started beating the pastor, who is also the spokesperson and co-general secretary of the Federation of National Christians in Nepal. As they beat him, the pastor said, the men also threatened to blow up his and other churches and shoot him and other leaders. He was treated after the attacks and filed a report with police. *Pray for complete healing for Pastor Sagar, for encouragement for him and his congregation, and for justice for the attackers.* ♦

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

competition,” says Renée Flaherty, an attorney with the Institute for Justice, a public interest law firm representing Singh. “That’s plainly unconstitutional.”

North Carolina’s constitution prohibits the granting of either monopolies or exclusive “emoluments” i.e., privileges to the private entities.

The complaint filed by the Institute for Justice argues the state—by requiring that

medical service providers obtain a certificate of need to own an MRI machine, and then give out a limited number of such certificates to select health care providers—is in effect handing out monopolies and exclusive privileges to those providers lucky enough to get the certificates.

Not only is this practice potentially unconstitutional, it raises prices for consumers. Singh’s lawsuit claims the average MRI costs just under \$2,000 in the state of North Carolina, a service the doctor’s imaging center usually provides (when it has a machine available) for somewhere in the \$500-\$700 range. Because his practice posts all their prices online, patients are not left with unexpected bills.

Absent North Carolina’s certificate of need laws, Singh would be able to service far more patients than he currently does, helping them get access to the care they need. Subject to the competitive pressures of a freer market, the hospitals

in his area would likely have to lower their prices to stay in business.

Singh’s practice is not the only one stifled by certificate of need

laws. As *Reason’s* Eric Boehm reported last January, two providers in Brunswick County have had to fight tooth and nail for permission to open the one new surgery center the state is allowing in that county,

while a local hospital has done everything it can to sabotage this effort.¹

Should Singh’s lawsuit prevail, the state would be prohibited from enforcing its certificate-of-need laws, allowing most any qualified medical service provider to offer whatever services people are willing to pay for.

That would be a blessing for patients’ financial and physical health alike. ♦

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1. bit.ly/reanchb

Not only is this practice potentially unconstitutional, it raises prices for consumers.

drjockers.com offers all the information available to his patients through articles, e-books, courses, and low-cost digital programs. The digital programs can be purchased for \$97 and come with lifetime access. In addition, there are three nutritionists on staff who offer health coaching to people all over the world from a functional medicine perspective.

With the growth of the website, he only spends about 10 hours a week at the clinic. The rest of his time is spent running his website full time from home surrounded by his wife, Angel, and their three children.

David and Angel met through a Christian dating website in 2014.

“She is the most beautiful woman I’ve ever met,” he says. “She just lights up a room with her smile.”

They were married March 7, 2015, and by December of that year, they were parents to twin boys, David and Joshua. Their third child, Joyful, was born in May of this year.

Angel runs her own website, lifewithangel.com, where she writes on a variety of topics including keto recipes, natural health, safe beauty products, pet health, and a myriad of others. She’s also a regular on Dr. Jockers’ YouTube channel (youtube.com/user/djockers).

Together David and Angel are on a mission to help other people live the best life possible through health and nutrition.

“I hope to be able to empower a generation of people to honor God with their bodies by living with purity and pursuing a healthy and vibrant lifestyle,” Dr. Jockers says. ♦

So then, brothers, we are debtors, not to the flesh, to live according to the flesh. For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

Romans 8:12-13

All true believers in Jesus Christ have the Spirit of God living in us, but that doesn't mean that we automatically do what brings life. We each still have a fleshly nature we can follow, and choosing to live according to that nature leads to death.

We can be living according to the flesh even when we are trying to do what is right, if we are seeking to obey God in our own strength. Only

depending on the Spirit of God living in us to put to death the deeds of our bodies, leads to life.

Living by the flesh leads to death. Living by the Spirit preserves our lives.

For the Kingdom,



Ray King