

Christian HealthCare

NEWSLETTER

MEMBER LETTERS:

**Competition works!
Amazing!**

My Need involved surgery to fix a torn meniscus in my left knee. I went on MediBid to get some bids for MRIs and the surgery, but I still wanted to check with my local hospital.

Once the hospital learned I would be paying cash, they immediately offered 60 percent off. Then they said I could get another 20 percent off based on a financial assessment. Now they were reducing a \$25,000 surgery down to \$5,200, which is close to what independent surgery centers charge.

Competition works!
Amazing!

The surgery went well, I received all the Shares to pay my bills, and I really enjoyed receiving the letters of encouragement and prayers.

*Michael
Illinois*

Tragedy or tissue?

The contradictory ways we talk about the unborn

by John Stonestreet

If it weren't so jarring and tragic, the contradictory laws and language tolerated in our country about abortion would be laughable.

On the one hand, we prosecute anyone who harms a pregnant woman and causes her to lose her baby, sometimes even charging them with murder. Meanwhile, that same woman could legally have her unborn child killed with no consequences just down the street. We have baby announcements—not fetus announcements—and yet, most people who call themselves “pro-choice” insist on referring to the victim of abortion as something other than a baby. According to Ruth Bader Ginsburg, a pregnant woman who is “abortion-minded” is not a mother, but apparently any other pregnant woman is.

And then there's miscarriage—a tragedy familiar to millions of women in this country, as well as their families. In her memoir, former first lady Michelle Obama tells about a miscarriage she suffered, and how she'd grieved as if she'd lost a child. Because of course, she had.

Recently, NPR highlighted Mrs. Obama's story and others like it in a segment on “demystifying miscarriage.” It's a powerful hour of radio, filled with women describing the heart-wrenching grief of losing a baby. One described it as a “loss of a secret companion,” and others talked of their longing to protect

their tiny children, even after they were gone.

Tragically, our culture and our laws delegitimize the grief of miscarriage, communicating to mothers, indirectly and sometimes directly, that it's no big deal. Nearly all of the mothers interviewed by NPR described how few people seemed to fully appreciate what they had gone through, even shrugging off their tragedies as if they hadn't really lost something or someone precious.

Incredibly, NPR even tried to make the case that restrictions on abortion have harmed women who've suffered miscarriages! This government-funded outlet ignored the government-funded indus-

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He remembers that we are dust

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Sharing Summary from July

Shares:	\$29,923,579	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:	\$29,970,610	
Deficit:	\$2,684,088	
New Needs:	4,137	
Total Needs:	9,284	
New Rewards:	232	
Miscarriages:	26	Member Households: 83,077
Final Rewards:	13	(as of 6/19/19)

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.

How my low, self-centered view of myself and life harmed my family It brought curses upon us, but God's grace overcame

By Samaritan member Jacqueline Franks

Why didn't I value myself or life when I was younger?

That is a question I will always ask myself. My low view of life harmed us more than we could ever have known at the time.

It took 19 years before we could have a child.

The reason?

We had not obeyed God's commands before and after marriage, and we suffered consequences that would reach over many years. In some ways, those consequences still continue today, though forgiven.

Today I am the 60-plus-year-old mother of three active and involved young adults (now all three married as of Nov. 2017), but as my husband and I look back over what the Lord has done, we marvel at God's grace and mercy. Our lives would have turned out so differently, and we can't imagine life without these young people!

I will tell you the sad story.

The early 1950s, when we grew up, saw increasing prosperity. After the horrors and hardships of World War II, families in the U.S. were focused on getting that new dishwasher, television, and maybe, even two cars. Women were leaving home for the job market in record numbers to have the desired extras.

Then in the 60s and 70s, rebellion and 'free love' on college campuses exploded onto the scene.

Most parents were totally unprepared to deal with it all, and thus,

by default, didn't. Busy with earning a living, many parents were out of touch with the social pressures their young people faced, the anti-God stance in schools, and the growing fractures between generations.

My husband and I both had parents who loved us, but their generation generally did not find it easy (or

I'm ashamed to say we had an abortion. We had bought into a worldly view of living for ourselves.

were unaware of the need) to discuss deeper issues with their young people.

Hippies, Vietnam and Roe v. Wade

While at Indiana University, we 'married' ourselves (without family or friends) in a chapel 'before God.' I lived in the frat house from Thursday to Sunday night, eating breakfast donuts from the kitchen and smoking pot in the evening with the rug tucked up to the crack under the door so no one would know. I wore a shiny navy-blue trench coat with a lambswool collar, tight turtlenecks and wide, hip-hugging bell bottom jeans. Life was all partying or cramming for classes and finals. This was not at all abnormal during those years ('69-73) in the middle of the sexual revolution, the Vietnam War, Woodstock, and and

the devaluation of life with the Roe v. Wade decision (1973).

Immediately out of nursing school, my boyfriend (now my husband of over 40 years) and I lived together as did many, but certainly not all, of our classmates. We were not inclined to get married, but finally did upon my mother's urging, much to her relief (so my father wouldn't know) the year of *Roe v. Wade*.

We were 21 and 22.

Upon graduation as a registered nurse, I worked in open-heart surgery at a large metropolitan hospital. Occasionally, when there was a need for extra personnel in the abortion clinic of that hospital, I would be called on to assist, as were several other surgical nurses. Even after being raised in a private Christian school environment (and calling myself a Christian), I was unable to apply the things I studied in my catechism class to real-life decisions. I was for all practical purposes dead in my trespasses and sins:

And you were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience.

Ephesians 2:1-2

Abortion (Murder)

I am ashamed to say that we had an abortion several years into our marriage. We had bought into the

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Kathryne Fassbender Dementia Letters Project

by Brittany Klaus

A passion for serving the elderly has led Kathryne Fassbender to start a dialogue about dementia to help both those living with the condition and their care partners.

At DementiaLettersProject.com, the Wisconsin resident and certified dementia communication specialist is creating the dialogue with input from care partners, family members, medical staff, and, most importantly, the individuals living with dementia.

The letters, she says, “can be (written) to dementia, to their future self who they fear might have dementia, or to a loved one with dementia. It can be expressing those fears, sharing their story of dementia, or sharing the gifts of dementia.”

Dementia is, according to CaringKind.com, the loss of cogni-

tive functioning—thinking, remembering, and reasoning—and behavioral abilities to an extent that it interferes with a person’s daily life and activities.

“Dementia is an umbrella term that includes several different types of dementia with their own unique characteristics,” she says. “While dementia can take much away

from one’s life, it does not take away their own experiences, joy, or spirit.”

Kathryne’s service to those affected by dementia started on a volunteer basis through middle-school service projects. She focused on aging.

“I was drawn into helping those with dementia first by finding that I connected well with individuals with dementia,” she says. By seeing the great misunderstanding her classmates had about the disease, she felt an even greater pull to work with those living with dementia.

Then in 2005 her grandmother was diagnosed with vascular dementia.

“Around that time not only was I experiencing dementia personally, but I was seeing how professionally it might evolve and become a professional vocation,” Kathryne says.

She earned her undergraduate degree in art therapy at Edgewood College in Wisconsin and interned at an adult day program that

focused on dementia. From there she has gone on to work as a life-enrichment specialist and now leads dementia training workshops, works as a family consultant, speaks

at conferences, and, in 2017, formed the Dementia Letters Project. Besides earning her CDCS last year, she also has earned a certificate in arts and health therapy.

“There is great healing through storytelling, and letter writing is a beautiful and easy form of storytelling.”

Kathryne attributes the start of the Dementia Letters Project to “a couple of things colliding.”

She says she was beginning to discover people with dementia like Brian LeBlanc (ABitOfBriansBrilliance.com) and Kate Swaffer (KateSwaffer.com) who write blogs and are “calling out for people to recognize them and recognize their story and that their story is not what all medical professionals are telling us.”

“It’s not all doom and gloom, it’s not all memory loss and becoming medicalized,” Kathryne says.

She also noted family members and staff at a care community saying that they had fears about dementia but were afraid to share them and needed a platform where they could do that.

The Dementia Letters Project encourages others to share their story of dementia by writing letters for submission to DementiaLettersProject.com or for



sharing within their family.

“These letters can be written to dementia itself, to the individual’s future self, or to a loved one with dementia,” she says. “It can express fears and joys about their personal story of dementia.”

Kathryne emphasizes that these letters are not all about fears, such as worry about when a loved one might die or the name of their children. It is also about those moments spent together that might not have happened without dementia. The goal of the Dementia Letters Project is to build a community that is “wealthy in hope and connection” for someone with dementia as well as friends, family, and care partners. The web-

site also includes links to resources and Kathryne’s blog.

“My hope with the Dementia Letters Project is to allow those who may not want to be a visible voice via platforms like a blog, book, or speaking engagements to still be able to share their voice,” she says. “I also want families and community members to help us deepen the reality of dementia, to share their fears, their joys, their experiences. There is great healing through storytelling, and letter writing is a beautiful and easy form of storytelling.”

Kathryne says that dementia is more than what we’re reading in news articles or seeing on TV specials. It’s not only despondency; there is also

joy, hope, and light—and conveying that to families and care communities has been Kathryne’s mission over the past two years.

“We need to be visionaries and servants of the Lord to individuals with dementia, despite our own fears and misunderstandings,” Kathryne says. “We have a duty to grow in knowledge about dementia and aging so that we can better minister to others.”

At the same time, Kathryne says we must not “medicalize” someone with dementia; we cannot forget to include their faith with the sudden checklist that appears with the diagnosis—making sure they eat,

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Timeslips.org offers free resources and activities for dementia

One of the exercises Kathryne Fassbender of the Dementia Letters Project uses with her dementia patients is TimeSlips, a storytelling and creative engagement process developed by Dr. Anne Basting of the University of Wisconsin-Milwaukee.

Kathryne became a certified TimeSlips facilitator in 2016.

“With TimeSlips, we create a story using an image prompt and asking beautiful questions,” Kathryne says. “By doing this, we are helping those who are participating, whether they have dementia or not, to find purpose and creativity, and in doing that we are improving their quality of life and becoming relational, building community that they may not have had before.”

By relating to the dementia patient through this process, caregivers and staff can focus on and value patients for who they are now. TimeSlips.org offers the approach to “shift from the expectation of memory to the freedom of imagination.” The website offers over 300 free resources and activities.

As a classically trained pianist, Kathryne also enjoys integrating music into her work. Depending on the

patient, they might just enjoy sitting and listening to music together, talking about their favorite composer, or Kathryne might have them do some drawings that incorporate the different types of movement the music had.

“Even if it’s just hitting middle C over and over again, we can create music with that,” Kathryne says. “It is tapping into that part of the brain that dementia cannot destroy.”

More dementia websites:

- CaringKindNYC.org
- DementiaAllianceInternational.org
- Alzheimer’s Foundation of America: ALZFDN.org

Books:

- *Seven Steps to Managing Your Memory* by Dr. Andrew Budson and Dr. Maureen O’Connor
- *Dementia Reimagined* by Dr. Tia Powell
- *Start with Yes! A Unique Way to Communicate with Persons Living with Dementia* by Cathy Braxton and Tami Neumann ♦

Certificate of need laws are finally being re-examined

by Michael Miller

Certificate of need laws governing approval of new or expanded medical facilities in local communities have always been a bad idea, but at least more states are working on weakening them or deleting them altogether.

CON laws go back to the 1940s, but they went universal in 1974. With Medicaid and Medicare expanding so rapidly, the federal government required every state to set up a review process to decide whether major health-care capital projects were necessary.

The general explanation was that too many medical facilities could result in empty beds, which would then force facility owners to increase prices to make up for the loss of income.

But IllinoisPolicy.org says that “since government had positioned itself as a vested interest in the health-care industry via Medicaid and Medicare, government control seemed necessary to prevent public funds from flowing to frivolous spending.”

The thinking was that, without regulation, medical providers would overinvest in facilities and equipment, which would raise the cost of health care and decrease access for people in poverty.

Letting the market make the decision wasn’t an option, apparently.

The federal mandate was repealed in 1987, but more than 30 states

have held on to their CON laws. The Federal Trade Commission and U.S. Department of Justice slammed such laws in 2008 as having a negative impact on consumer choice, innovation, and health care cost containment. In addition, a 2015 study showed that states with CON laws typically have fewer hospital beds available, fewer MRI services, and fewer hospitals offering CT scans.

The Federal Trade Commission slammed such laws as having a negative impact on consumer choice, innovation, and cost containment.

So, instead of affecting the cost of health care, CON laws have instead reduced its availability and possibly kept prices artificially high due to lack of competition—exactly the opposite effect it was supposed to have.

The laws also open the approval process to abuse and corruption, allowing larger medical providers to use pressure on regulators to box out smaller providers wanting to establish themselves in an area.

“CON laws are an outdated mechanism which far too often devolve into crony capitalism and indulge certain providers with special treatment over the good of the market,” Matthew Glans, a Heartland Institute senior policy analyst, says in the June 2019 issue of Heartland’s *Health Care News*.

The American Legislative Exchange Council’s model resolution on CON laws says they “force health care firms to fulfill various over-burdensome requirements to obtain state permission to provide certain services” and “thwart access to quality care and healthy competition.”

One egregious example of how a certificate of need law overwhelms common sense and simple economic freedom happened in North Carolina recently. Dr. Gajendra Singh opened a low-cost medical imaging center in Winston-Salem in 2017 in an effort to bring inexpensive services with transparent prices to the area,

but state regulators prohibited him from buying an MRI scanner.

“In Dr. Singh’s case, a board dominated by regulators and health care industry insiders has decided there is no ‘need’ for a scanner that would compete with the nearby hospital, so he cannot even apply for the permit, let alone purchase one,” the Institute for Justice reported.

Dr. Singh and the IJ are now suing the state, challenging the CON law’s constitutionality.

Some legislators continue to fight CON laws as well. The June *Health Care News* says efforts to repeal or rewrite such laws have taken place in four states this year.

- The Florida Legislature removed most CON laws for that state. Certificates will still be required

for nursing homes, hospice programs, and such services as cancer care and orthopedic hospital, but are removed for new general hospitals and “tertiary services such as organ transplants.” Gov. Ron DeSantis is expected to sign the bill.

- Four bills to reform CON laws were introduced in Tennessee during this year’s legislative session. One would eliminate the state’s CON laws except for nursing homes over a five-year period. Another “would address CON in distressed, rural areas.” The latter would allow “economically distressed counties” that may not have an emergency facility, surgical center, or specific type of diagnostic center to bypass the CON process. Both of these bills are “parked in

committee” for reconsideration next year, one sponsor says.

- Georgia Gov. Brian Kemp signed an act to reform the CON process in that state. One provision raises the threshold of expenditure needed for a health care facility or diagnostic equipment requiring CON, meaning smaller providers can get a break. It also shrinks the geographic boundaries of entities that can object to an application to a 35-mile radius and “allows private doctor groups to operate imaging facilities without CON as long as the application physician is present 75 percent of the time,” *Health Care News* says.
- An effort in Missouri that tried to gut whole sections of the state’s CON statutes failed to reach the

House floor, but its sponsor says he’ll try again next year.

The Missouri sponsor, Rep. Jason Chipman, says people just need to get used to the idea of eliminating CON laws. To listen to analyst Matthew Glans, that day can’t come too soon.

“One of the big problems with CON laws is the inappropriate influence given to competitors during the vetting process,” he says in *Health Care News*. “When a provider applies to enter a new market, competitors often use the CON process to protest potential competition, which is currently allowed in many states. Repealing CON laws ends a burdensome and unnecessary regulation that stifles state health care markets.” ♦

CON laws are utter nonsense. Competition causes lower prices.

Take a moment to imagine that opening a restaurant required you to demonstrate that your community “needs” another place to eat. Now, imagine in such a situation that, if regulators grant you permission, current restaurants—your future competitors—could challenge and ultimately block you from opening your restaurant.

As crazy as this sounds, this is how the health care industry works in the USA. It’s called a Certificate of Need, and one is required whenever someone wants to build or expand a medical facility. The argument is right out of a socialist playbook: competition is wasteful. By preventing a “duplication of services,” health care providers will feel less pressure to raise prices.

CON programs reduce access to health care services and cause an increase in health care spending.

This is utter nonsense. No consumer purchasing

goods and services ever complains about too much competition. But they always complain about too little of it. And so they should! From sophisticated economic modeling to elementary logic—and in industries from restaurants to health care—monopolies cause higher prices while competition causes lower prices.

But the CON was already on. The National Health Planning and Resources Development Act of 1974 required all states to have some form of CON in place. Though Congress repealed this requirement in 1987, two-thirds of all states still have a CON program.

Research confirms CON’s distortionary effects on the marketplace. CON programs reduce access to health care services and cause an increase in health care spending. The potential savings from ending CON programs are massive, ranging from \$187 per capita in Georgia to a staggering \$459 per capita in D.C. ♦

*Excerpt from “3 ways regulation makes health care expensive” by David Youngberg
Foundation for Economic Education: fee.org/articles/3-ways-regulation-makes-health-care-expensive/*

He's Making Diamonds: A Teen's Thoughts on Faith Through Chronic Illness

by Samaritan member S.G. Willoughby, reviewed by Samaritan member Abigail Miller

Seventeen-year-old Samaritan member S.G. (Sara) Willoughby writes about how God uses difficult circumstances to make us into something beautiful in her book, *He's Making Diamonds: A Teen's Thoughts on Faith Through Chronic Illness*.

She sums up the message that compelled her to write the book:

"The tough times and the times that oppress us most are shaping us into what God wants us to be, even though we don't like it

sometimes, ... God has a plan for us in the end."

Sara is a 17-year-old girl suffering from Lyme disease, toxic mold poisoning, and multiple chemical sensitivity.

Throughout the book, Willoughby talks about how she deals with the spiritual and psychological offshoots of her illnesses, such as depression, anxiety, asking God why, and adjusting to living with the illness. She also offers tips on how to show caretakers that you love them and appreciate what they've done and continue to do for you. She urges those dealing with long-term illness not to give up hope, even though sometimes it seems pretty dark when healing doesn't come right away.

The author also touches on how to deal with:

- Frequent questions from others about your condition, and how

to handle that on bad days.

- How not to feel guilty about resting when you need to.
- And when to know if you're being lazy or just tired and really in need of rest.

God doesn't always heal the sick right away. Sara talks about finding joy even in the pain and trials of living with a long-term illness.

Friendships and relationships in

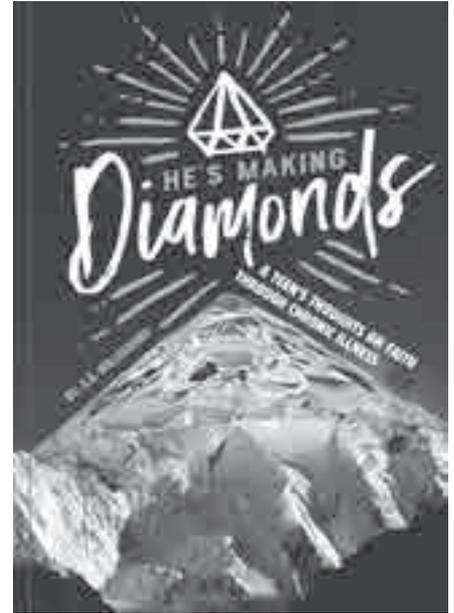
general are hard if you've got a persistent illness, but there are other people struggling with illness out there—you just have to find

them. It might not be in your community or neighborhood—it might be in a Facebook group, through a blog or on Instagram—but they're out there. They can offer advice on how to deal with specific situations or issues if they have a similar illness, and they can sympathize with you in a way healthy people sometimes aren't able to, offering support and love on your worst days.

She also writes about how her life is different now. She can't go out and be a normal teenager, but she's learned to be thankful for the small things, for what she can still do, and for the things she's finding out that she can do now. She's also grateful for her family as they support and take care of her.

Sara encourages readers not to let their faith flag despite the hardships they face and the fact that they may blame God for their illness and believe that He has abandoned

Even when life seems black, He's still carrying us.



CreateSpace 2018 – ISBN13: 978-1722668792

them. He hasn't, she writes. Even when life seems black, He's still carrying for us.

Her intense strength is evident, despite times of denial and anger at the beginning of her illness as she came to terms with it. She shows how to stay strong despite the temptation to just give in and throw a pity party, and how to keep moving even when it takes monumental effort to just wake up in the morning.

Throughout the book, Sara writes about how her faith, her family, and her friends have been there for her, how God has been there for her, and the fact that He doesn't send anything our way that we can't handle.

He's shaping us into diamonds, chipping away the flaws and making us sparkle in the end, even though we don't like how we get there sometimes. ♦

Samaritan member Abigail Miller blogs at readingbyfairylight.wordpress.com.

The Secret Battle of Ideas About God

Overcoming the Outbreak of Five Fatal Worldviews

by Dr. Jeff Meyers, reviewed by Brian Estell

Today it seems that thinking is out of style and what really counts is emotion, but *The Secret Battle of Ideas About God* shows how that cultural trend results in a worldview that is deadly.

The dominating worldviews of our day assume that passion is legitimate no matter how unfounded,

far-fetched, and misleading it is.

Those who hold to the correspondence view of truth—the notion that the legitimacy of an idea is determined by

whether it corresponds to reality—are dismissed, marginalized, smeared, and slandered.

Jeff Myers, president of Summit Ministries, has spent decades teaching Christian youth how to think critically in spite of a culture that tempts them to view Christianity as hopelessly irrelevant. He effectively shows us how all reality is ultimately grounded in God.

We all struggle with the universal human questions: Am I loved? Why

do I hurt? Does my life have meaning? Why can't we just get along? Is there any hope for the world?

The answers to these questions are caught from church, culture, family, friends, and now social media, forming our worldview.

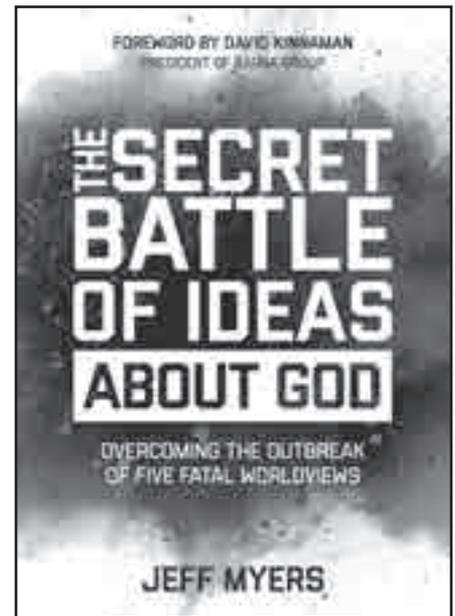
But how do we form a distinctive Christian worldview? That's the

All reality is ultimately grounded in God.

purpose of the book, Dr. Myers says: "We'll learn how to identify the bad ideas that target us. We'll learn how to immunize ourselves with good ideas that assure us we are loved, enable us to be patient in suffering, help us find our callings, bring us into peaceful community with others, and replace despair with hope."

Dr. Myers goes through five basic worldviews that we all encounter: Secularism, Marxism, Postmodernism, New Spirituality, and Islam. Laid against the backdrop of love, hope, hurt, and the meaning of life, these worldviews are weighed in the balance and

are shown to contain totally inadequate answers.



David C. Cook 2018 – ISBN13: 978-0830776344

are shown to contain totally inadequate answers.

In his classic 1978 book, *The Knowledge of the Holy*, A.W. Tozer said, "What comes into our minds when we think about God is the most important thing about us." *The Secret Battle of Ideas About God* drives home this truth in way that is accessible to Christian youth coming of age in 2019. It's an excellent resource for every Christian family. ♦

Samaritan Member Dr. Kathy Koch: 'This is a must read'

Dr. Kathy Koch, founder and president of Celebrate Kids, and fellow Samaritan Ministries member, says, "Parents: if you want your kids to choose the truth and follow Christ, this is a must-read. Your children's worldviews affect everything in their lives, and you play a vital role in forming it. In *The Secret Battle of Ideas about God*, Dr. Myers offers an unforget-

table way to spot and defeat bad ideas that attack us like viruses. Using easy-to-understand language and vibrant illustrations, he shows you how to discipline your children toward a worldview based on Jesus so they can stay strong and not waver in a culture waiting to infect them with lies. Read this practical, important book!" ♦

Americans are not falling for fake news about dietary supplements

Use of vitamin supplements continues to grow

by Bill Sardi



A quick read of recent news headlines suggest most Americans must be dumb and dumber for taking dietary supplements.

“Poll finds 86 percent of Americans take vitamins or supplements yet only 21 percent have a confirmed nutritional deficiency.”

—*American Osteopathic Association*¹

“Americans Spend Billions on Vitamins and Herbs That Don’t Work”

—*Healthline*²

“Vitamins and Supplements Can’t Replace a Balanced Diet, Study Says”

—*Time*³

“Save Your Money: no evidence brain health supplements work, say experts.”

—*The Guardian (UK)*⁴

“Dietary supplements don’t reduce mortality rates.”

—*Big Think*⁵

“Do vitamin and mineral pills actually work? No, say scientists.”

—*Newsweek*⁶

“Do multivitamins even do anything?”

—*Men’s Health*⁷

Balance the above news headlines with the following facts:

According to a poll sponsored by the Council For Responsible Nutrition (representing dietary supplement makers), 75 percent of US

adults take dietary supplements, up from 65 percent in 2009.⁸

Hey, Americans must all be mindless consumers of dietary supplements. Or, they really don’t believe the anti-dietary supplement propaganda. In this era of fake news, methinks it is the latter, which suggests the American public is not as naïve as one might think.

A report published in *Pharmacy Times*⁹ notes that “more than 90 percent of Americans fall short of obtaining the Estimated Average Requirement (EAR) or Adequate Intake (AI) of at least one vitamin or mineral from food alone. Unlike Recommended Dietary Allowances (RDAs), which represent the nutritional level sufficient for 97 percent to 98 percent of all healthy individuals, the EAR represents the quantity of a given nutrient sufficient to

meet the requirements of 50 percent of healthy individuals within a given age- and gender-specific group. EAR levels represent a less stringent metric of dietary adequacy than RDA levels.”

The Estimated Average Requirement (EAR) values represent the intake level for a nutrient at which the needs of half of the healthy population is adequate and half is inadequate. “Yet, the vast majority of Americans fail to meet this basic measure of dietary adequacy based on food alone.”

And 98 percent of individuals who reported taking multivitamins regularly achieved intakes of vitamin D at or above EAR levels compared to only 4 percent of individuals who reported not taking a supplement. Corresponding proportions of individuals in these two groups with intakes at or above EAR levels for vitamin E (100 percent vs 12 percent), vitamin A (100 percent vs 47 percent), vitamin C (99 percent vs 50 percent), magnesium (82 percent vs 42 percent), and calcium (89 percent vs 62 percent) demonstrate the value of multivitamins in preventing nutritional shortfalls, said the *Pharmacy Times* report. Multivitamins anyone?

An authoritative report ignored by news agencies published in *The Nutrition Journal*¹⁰ states:

“The typical American diet bears little resemblance to what experts

recommend for fruit, vegetables, and whole grains, which serve as important sources of an array of vitamins and minerals. With time, deficiencies in one or more micronutrients may lead to serious health issues. ...

Persistent or periodic nutritional gaps are common in the general population, and people who don't consume adequate amounts of

Many headlines suggest Americans must be dumb for taking supplements. But we should balance the headlines with facts and credible reports from reliable sources.

certain foods may have nutrient shortfalls. Over the course of a lifetime, deficiencies in one or more nutrients may contribute to serious health issues. Data shows total usual intakes from all food sources (excluding supplements) below the EAR for vitamins A, C, D, and E (45 percent, 37 percent, 93 percent, 91 percent, respectively), calcium (49 percent), and magnesium (55 percent). ...

In another national US study, regular use of supplements resulted in an estimated greater than 75 percent decrease in the proportion of older persons with inadequate micronutrient intakes.

Did you ever hear about the French multivitamin study? It's based on a supplement containing ascorbic

acid 120 mg, vitamin E 30 mg, beta-carotene 6 mg, selenium 100 mg, and zinc 20 mg. This supplement was associated with a 31 percent reduction in overall cancer incidence and a 37 percent reduction in overall mortality.

I've maintained public health authorities, representing the medical profession, game the public for more disease to treat.

By the way, the dietary supplement industry continues to lobby for multivitamins to be covered under nutrition assistance programs paid for by the US government.¹¹ We really don't want government setting the standards for vitamin supplements. And once government pays for anything, the price soars beyond affordability. ♦

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

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worldly view of living for ourselves, careers, money, and things.

Two decisions forever changed the direction of my life.

1. Breaking God's protective commands regarding the sacredness of marriage (having sex before marriage)
2. Disregarding the sanctity of life (participating in abortions and having an abortion). I didn't know it would affect my health, my fertility in years to come, or undermine our own self-respect or our respect for each other.

After many years of wasted wandering, God faithfully led us to a solid Bible-believing church, and I finally accepted Jesus as my Lord and Savior at 31. By this time, I was really suffering emotionally with PTSD and layers of fear. The pain in my life clamored for my attention.

You can't tell me that abortion doesn't mess you up! I had already had several miscarriages and knew there were other things wrong ... very wrong!

The worst were flashbacks to assisting in a surgical abortion one day at the hospital where I found a perfect, tiny hand half the size of a dime stuck to the side of my gloved hand. It is terrible to remember it. I ran out of the OR and refused to go back. It has taken years for those scars to heal. I learned the value of human life in a split second. It wasn't tissue to me anymore; it was a real, live baby!

Now slowly my perspective on life and living changed. My whole being desired to be a mother, to bring forth new life within our marriage and before God. And we could not! Years went by with several more miscarriages. We did two

home studies in order to adopt, one Korean, and one local, but the Lord chose to close the doors. These are stories in themselves..... Many, many people at our church and other friends were faithfully praying for us.

After many years of wasted wandering, God faithfully led us to a solid Bible-believing church.

Ticking clock

After eight years of pursuing medical help to conceive (Clomid and surgeries for endometriosis), and then four years off, I got a call from a surgeon friend I worked with who told me about a new procedure called GIFT (gamete intra-fallopian transfer). I was working nights, seven days a week, to afford the earlier procedures since our insurance plan did not pay for infertility treatment. I felt the clock ticking the years off my life.

After much prayer and many tears, we decided to go ahead with this new procedure. The first GIFT produced two tiny hearts beating, seen on an ultrasound at 4+ weeks. One was in the (wrong) fallopian tube... the damaged tube! We had a tubal pregnancy which is dangerous, but both babies failed to grow. It was so discouraging: over \$11,000 and nothing to show for it, but stress and grief and high levels of drugs

(Metrodin, Lupron, and Pergonal).

I was determined to continue since there was a 36 percent chance in those days of delivering a live baby. We were told there was no other way.

I clung to the verses of Isaiah 54: 11-15, especially verse 13:

All your children shall be taught by the Lord, and great shall be the peace of your children.

The second attempt went perfectly in every way. Twins! We were SO excited! My belly quickly expanded.

Shrinking

But, in the fourth month, I realized I was not growing in measurement. I was getting smaller! A hastily arranged ultrasound revealed that one of the little lives I carried had died several weeks before. We saw a separate sac with little bones and were told our second baby might miscarry, too. We were crushed, and I was in anguish. I was guilty of all those earlier years and couldn't shake the idea that I was being punished.

I almost forgot about the remaining life within me as I focused on the loss. "Why God?" Satan almost destroyed my joy, except that Jesus is greater!

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

John 10:10

Later, even though our other baby would be fine, I felt such frustration because if we didn't want an only child, we would have to go through another of these uniquely stressful procedures with all the costs, shots,

and stress leading up to it. Then once the procedure is over, there is the waiting for that determining ultrasound to give you the news, good or bad!

Having a baby can easily become an idol! I had to get over it so I could focus on having a joyful heart for my husband and new son. It was the will of a loving, sovereign God, and His comforting presence was very real.

Give thanks in all circumstances; for this is the will of God in Christ Jesus concerning you.
1 Thessalonians 5:18

Finally, the day arrived, and the Lord in His mercy gave us a beautiful, healthy son. My aching arms were filled, and we dedicated him to the King of Kings for His glory!

I can't describe the joy and wonder of it all. We had been married almost 20 years!

Jumpstarted

My doctor said I was 'jump-started' with all the hormones, so we did

a third GIFT to give our new son a little brother or sister. And much to our surprise and joy, we were blessed with adorable, healthy twins exactly two years later. We praise God for His abundant grace and mercy!

Now I value life!

It has been a long road to forgiveness and healing for assisting in abortions and having an abortion, but I found the Lord has welcoming arms to forgive us when we come to Him in repentance. We are sinners, but by His grace, we have hope and now can see His guiding hand in it all. Thank You, Lord, for birthing in us new life, spiritually and physically!

I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.
Deuteronomy 30:19

The takeaway: We have been able to share with our children (appropriately, through time, we hope) the curses we had brought upon ourselves. That has protected them, to

a large degree but not totally, from repeating the same mistakes which we made. It is a blessing to tell them of the mighty things that the LORD has done for us while we were yet in unbelief and of the restoring power found only in trusting Christ Jesus. Today we enjoy a rich relationship (and normal trials and challenges) with each of our children by the grace of Almighty God. I share this with you to encourage and strengthen you that no matter where you find yourself, our gracious God is always at work. Never, never give up hope, dear one. ♦

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Member Jacqueline Franks lives on a farm in Indiana and enjoys blogging about her interests: preventive natural medicinals, great books, working with special-needs children, healthy and green living, organic gardening, and enjoying God's creation.

Where sin increased, grace
abounded all the more.

Romans 5:20b

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.

29 more die in Burkina Faso

Attacks on Christians in the west African nation of Burkina Faso continued in June, taking 29 more lives in addition to the 14 Christians killed earlier this year, International Christian Concern reports. The attacks took place on June 9 and 10. The June 9 attack in Arbinda killed 19; the June 10 attack in Namentenga killed 10. The entire Christian population of Arbinda reportedly has been displaced as a result of the attacks. *Pray for those mourning the loss of loved ones and for protection for Christians throughout Burkina Faso.*

Eritrean crackdown continues

A crackdown on Christians continues in a nation on the other side of Africa, Eritrea, Mission News Network says. MNN quoted Voice of the Martyrs as saying that 30 Christians were arrested recently following the arrests of 141 Christians a couple weeks before that. In 2002, Eritrean leadership declared all independent Protestant churches are “enemies of the state.” *Pray for all Christians recently arrested as well*

as ministries trying to help them. Pray also for the Gospel to reach the ears of Eritrean leadership.

Two released in China

A Christian leader and church member, both arrested in December 2018, were released by Chinese authorities on June 11, ICC says. Jiang Rong, wife of Pastor Wang Yi of Autumn Rain Covenant Church in Sichuan, was released on bail. Church member Li Xiaofeng also was released on bail. Both have pending trials. *Praise God that Rong and Xiaofeng were released. Pray for their health and the other members and leaders of Autumn Rain Covenant who are still being held.*

Ethiopian church pressured

An Ethiopian evangelical church was ordered by authorities to leave its building in May because it was deemed not suitable for worship services, World Watch Monitor says. The congregation has been meeting in the building, originally used for a different purpose, for 10 years. There have also been alleged complaints of excessive noise. Some Orthodox churches have also faced more government-related problems. *Pray that all religious groups in Ethiopia will be treated with fairness and respect, and that Christians will stand firm in the face of government hostility.*

Church burned in Niger

A mob of Muslim protesters burned one church and raided another one nearby on June 15 in Maradi, Niger, after a prominent Islamic leader was arrested, ICC says. Christians in the city’s Zaria neighborhood have been left without a church build-

ing to safely worship in. *Pray that Christians in the Zaria area will find a way to gather for worship going forward and for safety in light of internal Niger developments.*

Evangelist arrested in India

An evangelist who visited patients in an Indian hospital was arrested in June after police claimed that he was forcing conversions, ICC says. The Christian man denies all accusations and says he only handed out Christian pamphlets to those who showed interest. The evangelist has been released, but police reportedly continue to monitor and harass him. *Pray that this evangelist will have success spreading the word of God despite interference and that Indians will come to belief because of his witness.*

UAE makes progress

Thanks to the dependence of United Arab Emirates’ economy on foreign workers, Christians and members of other non-Islam faiths experience more freedom there than in many other Arab nations. This is one of the reasons that the government has started authorizing 19 non-Muslim places of worship, including 17 churches and chapels. However, restrictions including blasphemy and proselytization laws continue to be in force. *Pray that the UAE will continue to relax legal restrictions on non-Muslims so that the Gospel can be spread there.* ♦

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

try that dehumanizes the unborn and treats their deaths as no big deal.

In fact, a recent documentary on another government-funded media outlet, PBS, goes to even greater lengths to normalize abortion, even comparing it to miscarriage as a way of convincing viewers that it's no big deal. Who's minimizing miscarriage, again?

In the documentary, a mother at a Philadelphia "women's center" is filmed taking the abortion pill RU486 while a doctor describes the twins she is carrying as "pregnancy tissue."

Medical abortions are an increasingly common early-term form of abortion that are carried out entirely with medication.

"A medical abortion is very similar to inducing a miscarriage," explains the doctor, later describing the "miscarriage symptoms" her patient will experience when she takes the second drug to expel her baby.

What an insult to the millions of women who know what a miscarriage means. Disturbingly, this mother made it clear she knew what abortion means: "What I hope I feel," she said, "is a sense of peace... with these two beings that I've chosen not to bring into the world. Thank you for choosing me," she tells them. "I'm honored to be given this gift of life. And also, I can't do it

right now."

The attempt to sentimentalize abortion isn't just misguided and wrong. It's an insult to every woman who has suffered the unchosen

loss of miscarriage. More than that, it demonstrates a culpable knowledge—on the part of this woman, PBS, NPR, and everyone else involved in this industry of death—of what really happens when a doctor ends a pregnancy by abortion.

That muffling gauze of medical euphemisms cannot change what is true. Even abortive women them-

selves, some who are stricken with grief, can't suppress it either.

Our prayers to end this casual destruction of life should include, on behalf of our whole nation, an acknowledgement: "Father, forgive us, for we know what we're doing." ♦

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John Stonestreet, the host of The Point, a daily national radio program, provides commentaries on current events and life issues from a Biblical worldview. He is the co-author of A Practical Guide to Culture: Helping the Next Generation Navigate Today's World.

Euphemisms cannot change what is true. Our prayers should include an acknowledgement, "Father forgive us, for we know what we are doing."

sleep, are dressed, and take prescribed medication. She encourages family members, friends, and care partners to ask themselves how they can make sure that their loved ones are still practicing their faith. Encouraging someone with dementia in their faith can be as simple as singing hymns with them or saying the Lord's Prayer together—things that are ingrained in them, firmly rooted in their emotional memory.

To someone who is struggling with dementia, Kathrynne says, "Your value never decreases in God's eyes, and your ability to grow in faith never ceases."

Kathrynne spreads awareness and builds bridges by speaking at conferences. She realized there was a need for people who aren't medical professionals but who are working with someone living with dementia to "enter the public speaking round." She describes the medical community as being very "siloeed," especially when it comes to aging and dementia. Doctors and nurses will be in one silo and think they're right, while academic researchers will be in their separate silo, and then those who take a more creative approach to dementia care will be in their silo.

"We need more bridges," Kathrynne says, "because we're not really going to break the barrier of where we are right now with knowledge of dementia until we start communicating with each other and learn how to put our language into another person's language, and then be able to share that with families. That's where I am—trying to figure out that spot, that in-between spot, that can put medical research and creative aging language into layman's terms." ♦

Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on My account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

Matthew 5:11-12

Being mistreated for following Jesus is a blessing. Jesus tells us to rejoice and be glad when that happens. We receive a great reward in heaven. There is no blessing if we suffer for doing evil, but if any of us suffers as a Christian, we should not be ashamed but should glorify God in that Name (1 Peter 4:15-16). That is how the early Christians in Jerusalem reacted when they were arrested and beaten for speaking in the Name of

Jesus (Acts 5:40-41). They rejoiced that they were counted worthy to suffer dishonor for the Name.

We are blessed when we are persecuted or lied about because of Jesus. He tells us to rejoice and be glad when that happens

For the Kingdom,



Ray King