

APRIL 2021

# Christian Health Care Newsletter

## He is risen!

By Michael Miller and Rob Waldo

### He is risen!

These three words would change history forever.

Three words revealed that sin, death, and the devil were defeated foes. That redemption, forgiveness, and reconciliation would have the final word. That Jesus Christ was alive—and victorious!

The Resurrection of Jesus Christ is the hinge of human history and the guarantee of a glorious future for all who trust in Him.

All of history led to that miraculous morning at the tomb. Since the dawn of that morning—which was not just the dawn of a 24-hour day, but the breaking dawn of eternity on our horizon—all of history has been advancing to its glorious culmination when the perishable puts on the imperishable, and the mortal puts on immortality (1 Corinthians 15:54).

The Resurrection is the most important event that has happened to this point in human history.

Without the Resurrection of Jesus Christ, Christianity is just another religion or philosophy. If Christ has not been raised, then our faith is in vain (1 Corinthians 15:14).

Is there eternal life? Deliverance from sin and suffering? Peace with God, with others, even within our own heart?

In the absence of the Resurrection, we're left with the empty promises of fading philosophers and empires.

The reality of the Resurrection is the foundation of our faith. It proves the power of what happened on the cross.

### Ultimate love

On that Passover Friday 2,000 years ago, Jesus showed His ultimate love for us, allowing Himself to be beaten, mocked, and crucified for our sins, though He was sinless (2 Corinthians 5:21). Because of love, the Author

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Samaritan™  
MINISTRIES

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### Member Letters:

'DRASTIC DIFFERENCE' FROM  
HOW HEALTH INSURANCE WORKS

It's a pleasure sending our Shares to other members each month and then just as much to receive Shares from others as Needs occasionally pop up. Thank you at Samaritan for making it all possible. It's a real joy and encouragement to share in each other's medical Needs and lives through prayers and notes of encouragement. What a drastic difference when compared to how insurance works. God bless!

**Corwin & Mary  
INDIANA**



## Sharing Summary\* | March 2021

### BILLS

\$30,536,272

### MEMBER HOUSEHOLDS

78,422

### SHARES

\$28,183,729

\*Classic and Basic

Praise God! We were able to avoid proration in March due to sharing bills early in previous months!

## Contact Us | 877-764-2426 | Dash.SamaritanMinistries.org

### QUESTIONS ABOUT?

Your medical Need  
Shares you are sending or receiving  
Your membership

### EMAIL

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1-1  
1-2  
1-3

## Have a Need? Use the Health Resources App on Dash



- Compare quality and cost of health care services in your area using Healthcare Bluebook. Receive a \$250 reward when you submit a screenshot showing you chose a green fair-price provider. (Limit: one per need.)
- 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.

**Send a note. Pay your share. Always stay alert in prayer.**

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of Life allowed the ones sustained by His very breath to use that breath to take His.

The screen darkened. The story appeared to be over. There was no earthly hope left.

But the Author wasn't done yet. The story wouldn't end at the tomb.

In accordance with the promises of Scripture, on the third day Jesus rose from the dead (1 Corinthians 15:4)!

How glorious that moment must have been! Was it a whisper—"Wake up"—from the Father? What was it like when the perishable put on the imperishable, when the natural body was raised a glorified, spiritual body, when weakness was raised in power (1 Corinthians 15:42-44)? Maybe we'll be able to see a replay when we're with Him in glory!

But now we must get the word out. In Matthew 28:1-8, even the angel's announcement of the Resurrection was so overwhelming that highly trained, brutal Roman soldiers "became like dead men." Even so, while the soldiers were immobilized, the women at the tomb could still talk with the dazzling angel! What a picture of the transforming power of discipleship. Followers of Christ could experience the glory of God whereas the power players of this life could not. So, we want to see all become disciples.

Look at what happens next: The women were commanded by Jesus to tell the good ... great ... amazing news of the Resurrection to the apostles. That, of course, is what all of us on this side of the Resurrection are supposed to do. Meet

the resurrected Jesus and take the Resurrection news to others.

### **The Word is alive**

Let's never, ever forget about that Resurrection morning, because the living hope and new life found in our Risen Lord stands in stark contrast to every other belief system this world has to offer.

Our hope is not in a set of teachings, a moral code, or our ability to earn God's favor through our good works. Our hope is in a crucified, resurrected Savior, who takes those dead in sin and brings them to new life.

We haven't gone from being wrong to now being "right." We've been taken from death to life.

The founders of other religions and creators of worldly philosophies are dead and buried. Their words may be repeated—even millions of times over—but we have the Living Word. A Savior who has faced death and is now alive.

Without the Resurrection, our faith would be in vain (1 Corinthians 15:17). That means that faith in anyone or anything outside of the resurrected Savior is in vain. What a sobering truth! This is why, like the women at the tomb, we carry the good news of the Resurrection to others. Jesus died and was raised from the dead so that they too can share in new life.

### **It's us, too**

Finally, let's remember that every follower of Jesus Christ will one day be resurrected. Whatever we may be called to endure in this life, we can be assured that God will have the final word through the Resurrection.

Providentially, the first day when Jesus walked with His glorified body was the Biblical Feast of Firstfruits, a celebration of the firstfruits of that year's harvest (Leviticus 23:9-14). It was an anticipation of the harvest to come.

The Apostle Paul said that Jesus' Resurrection was the "firstfruits" (1 Corinthians 15:42-55), as well. It was the first of an eternal "harvest," this time not of crops but of glorified humanity. Jesus' glorified, imperishable body was the first of many, reminding and guaranteeing us of our future glorified bodies.

It's because of what happened quietly in that Jerusalem garden that believers will be welcomed into a new garden in the new Jerusalem, a place of unimaginable splendor where we will experience "the water of life, as clear as crystal, flowing from the throne of God and of the Lamb down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations" (Revelation 22:1-2).

The hinge of history that turned that Passover weekend is opening a door to the new heavens and new earth. It revealed to us where human history is going.

And blessed be that day when the door is fully open. ♦♦♦

Ray King, special counsel to the president of Samaritan Ministries, and Dan Wilton, Samaritan staff support manager, contributed to this article.

## Member Spotlight

# Bob and Stephanie Caudle | Cadence International

by Kathryn Nielson

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**BOB AND STEPHANIE AUDLE** provide a home-away-from-home to military service members in Eagle River, Alaska, through Cadence International.

### Military life is hard.

The Caudles are directors of the Homestead, a Cadence International hospitality house located near Joint Base Elmendorf-Richardson, a combination of Air Force and Army operations in Anchorage. The Caudles' house is one of 40-plus in non-conflict countries around the world, all of which are located close to military bases to provide much-needed Christian community. Hospitality houses give military men and women and their families a place to connect, find family-like support, and grow in their faith—or, for some, come to faith.

Bob and Stephanie use their home for Bible studies and one-on-one mentorship. When things are normal, groups total 50 to 60 people a couple times a week, whether it's a Friday night or Saturday activity, or lunch on Sundays.

"We try to bring people who are hurting into a Christ-centered community," Bob says.



Bob and Stephanie Caudle  
(Supplied photo.)

The challenges of military life are what drew Bob and Stephanie to this ministry, and Cadence is in a unique position to reach these young adults.

Over the years, Bob and Stephanie have met people from many

different backgrounds, from those exploring Christianity and questioning the existence of God to those who have grown up in the faith. The one constant that unites all of the individuals they encounter is a need for family

and community. The needs often stem from homesickness, failing marriages, thoughts of suicide, and other emotional struggles brought about by the high-stress life of the military.

"They're hungry," Bob says. "They know what it is to commit. Military life creates significant need and much more potential for ministry to address those needs. There is opportunity for significant growth, and with that many find themselves called to join God in building His Kingdom working within the military and continue when they get out or retire in their early 40s. They've already committed their lives in a way because they signed that (military) contract with the United States government."

This is the first tour of duty for many at the base, and not long into it they realize going home is not an option, that this isn't just a job, and that they are not their own any more, they are owned.

"They're far away from home trying to figure out how to live life as an adult and in a strange place," Stephanie says.

Bob adds, "Many of them are 18-year-olds that have been thrust into very highly responsible positions with multimillion-dollar pieces of equipment."

Beyond that, there are many young married couples whose marriages are being tried and tested. Within the first five years of marriage, many military couples have spent half of that time apart, with one or both having been deployed.

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## Why Samaritan Ministries?

### **'Health insurance would have sunk us'**

"If it wasn't for Samaritan, we wouldn't be here on the field," say Samaritan members Bob and Stephanie Caudle. The Caudles serve military servicemen and women in Eagle Ridge, Alaska, through Cadence International. They switched over to Samaritan Ministries at the beginning of 2015 once government restrictions allowed them to do so.

As a family of five, the Caudles were paying \$1,700 a month for a \$5,000 deductible and 80/20 coverage. There were also caps on certain procedures. This became stressful while raising support, because health expenses were such a large part of that.

"To go from that to around \$500 a month was significant," Stephanie says. "That was a huge help for us."

### **In August 2015, Bob went into cardiac arrest.**

"Had we been with the health insurance that we were on, it would have sunk us because it was so bad, and we probably would have had to go home," Stephanie says. "Because of how Samaritan has worked, I think your ministry and involvement with us has been able to keep us on the field."

### **Samaritan is tied to Christian community.**

They chose Samaritan because it was less expensive and "tied to Christian community."

"I thought it was valid reason to depend on each other," Bob says. "I liked that idea of sending a check to somebody else and not the insurance company."

### **Notes are a blessing.**

"It's been good for us," says Stephanie. "We still have to pick up our office visits but it still doesn't equal \$1,700 a month."

They've also had to figure out things like medications, "but for us overall, it's been a really good experience."

"It's a blessing to read through the notes," Bob says. "It's been just beautiful, the encouragement and the prayers of people for our health over and over and over again." ♦♦♦

"Because of the stresses involved, it's a tough world," Stephanie says. "You get married, move away from family, and your spouse is deployed for a year."

### **Alaska adds challenges.**

Added to the challenges of military life are the extremes of Alaska where, right now, residents are experiencing the dark season. At the peak of the season, Alaska experiences only four hours of daylight every day. Bob and Stephanie try to meet the day-to-day needs of these young adults by encouraging them with common sense things like taking vitamin D to help guard against depression, a natural side effect of the darkness experienced in the Alaskan winter.

It's all about "teaching people that God cares about the whole person," Stephanie says. "He created Alaska, and Alaska is amazing."

Some of the troops stationed there come from warmer states and don't know how to handle the extremes of Alaska, but that's where the Caudles come in. They take them sledding, for solstice hikes, skiing, and other winter activities. In December, Bob led a men's Outdoor Adventure Competition on a 14-degree day, and the guys came out for knife and axe throwing and archery.

"We had 20 of them show up in those kinds of conditions, standing outside all day in the snow and the cold," Bob says. "They're just lonely and want to be together."

"The thing that's attractive about Cadence is that every house looks different," Stephanie says. "That creates some wonderful dynamics in that each set of house

directors gets to mold the ministry to their gifts and talents. What stays the same in every house is hospitality and Jesus."

### **Real-life ministry.**

Cadence "grew up" during the same time as the Navigators and has a shared philosophy of life-on-life ministry. That is, "people grow as you interact with their real life," Stephanie says.

Life-on-life is not limited to Bible study. The Caudles help with everyday chores such as buying a car and teaching how to change the car's oil. If Bob is in the middle of a building project at the house, he'll invite the guys over to teach them things like drywalling and plumbing, which often presents opportunities to talk and share Jesus with them.

But the Caudles can't do it alone. A ministry team of young military members, chaplains and older couples help fill in the gaps. Much of the ministering is done within the group as people make connections to one another in informal settings.

"They can really love on each other and be part of a community like a family," Bob says. You can bring them into a family, a home away from home, that gives them a place for security and spiritual mentoring that they wouldn't get through just being on their own with their unit, and that is often not a wholesome community."

### **Working with base chaplains.**

Cadence has a unique ministry on the base. Since 1954, Cadence has worked to be an extension of the military chapel.

"We're not trying to build a church," Stephanie says. "We're faith-based but not connected to any one denomination. As long as we can get on base, the chapel becomes our home."

They try to serve at the chapel services through ushering, nursery, or running sound.

"Our goal is to be at chapel and connect with people to begin building relationships and invite them into Christ-centered community," Stephanie says. "With chaplains often being responsible for as many as a thousand troops, counseling is a top priority for them, and they often don't have the time to develop community outside of the chapel services or their counseling times. This is one reason why our partnership can be helpful."

### **How you can pray for the Caudles.**

- For Bob's health. After two earlier heart events, he was diagnosed with congestive heart failure in late 2019. His health is good at this time, but episodes occur with little warning.
- A building project at their Cadence facility. Due to the yard shifting in a 2018 earthquake, the Caudles are putting up a large retaining wall to keep their house on the side of a hill.
- That they will know how to stay connected with people in the midst of COVID-19 restrictions and that Joint Base Elmendorf-Richardson continues to open up. "These guys are lonely up here," Stephanie says. ♦♦♦

# Emily Gehman: Storytelling coach

by Kathryn Nielson

*Do you have a story to tell?*

*Emily Gehman says you do.*

*"We all have stories," the Samaritan member says. "Even when we don't see them, we all have stories worth telling."*

*A storytelling coach, Emily spends her days telling stories and helping other people tell theirs because she is convinced everyone has a story worth telling.*

*Her model? Jesus, the Master Storyteller.*

**Samaritan Ministries:** You graduated with a degree in counseling but decided you were better suited for storytelling. Why is that?

**Emily Gehman:** About halfway through my senior year, I sat behind a double-sided mirror watching a counseling session to fulfill observation requirements for my degree. I chose the program because I knew counseling would be helpful for any kind of ministry. And at first, I loved the idea of walking hurting people through the steps toward healing. But at some point during that observation session, I realized that I had not been given the spiritual gift of mercy I'd need for helping the range of clients I would encounter in a professional counseling career.

What I really wanted to do was write.

The summer after I graduated with a degree that I knew I'd never

use professionally, I had an opportunity to tell some stories for a faith-based publishing house. I had previously had a job as a student writer where I learned journalism and told the stories of alumni



Emily Gehman  
(Supplied photo)

and how God is using them in the world. Finally, a switch flipped in my brain—and in my heart. My counseling training made me interested in people's stories, and my writing skills helped me tell those stories. At the time, I didn't even know storytelling was a thing, much less a viable career.

And then God said, "Here, I made this storytelling career for you. You couldn't have known it, but I did. Because I'm God, and I love you."

**Samaritan:** What is "storytelling" and why is it important for people to know how to do it?

**Emily:** God created our brains to thrive on stories. He even wrote a book of storytelling: The Bible is full of stories of people being people and God being God. Stories are how we connect with other

human beings, and it's how humans have, for centuries, passed down history. It's not a new thing. It's simply sharing lives and moments of our lives with each other, and it's uniquely human. No other created being can tell stories and connect on a storytelling level like we can. Stories have the power to help us understand and care for each other better and, most importantly, share Jesus.

The book of Joshua holds a clear storytelling mandate. Here's the story: After God stops the flow of

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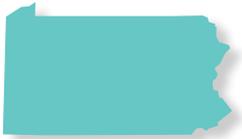
# Member Letters

**Ellen**  
**INDIANA**



God has blessed me so mightily through Samaritan Ministries and its members! I am new to Samaritan and so I had no idea of the impact you all could make! I have received so many cards, letters of encouragement, prayers, and checks to help with my bills. It has been quite an encouragement to me and my family. I also tell others like the mail lady and the bank teller about how God has blessed me through you all. It even gave me the opportunity to pray for the bank manager as she was about to go in for a second-look mammogram. God has helped me through all of you to keep my positive attitude through this time. I know it is Him because I have such peace. I am so thankful for the Shares to be able to continue my cancer and Hashimoto's treatments. Thank you all for your financial help, prayers, and encouragement.

**Mary**  
**PENNSYLVANIA**



We are so blessed to be a part of Samaritan Ministries. We wish to thank all the staff for the time and effort that you put into making this work! It is encouraging to me to see shares coming from all over the USA. In these times of Covid and political unrest, it is good to know that there are Christians in every state-people who still love and serve our living God and Savior, Jesus Christ. May God bless you all, and may we all walk the narrow way to Heaven hand in hand.

**Rosemary**  
**NORTH CAROLINA**



God has blessed me above and beyond. I have been a member for almost five and a half years and never really thought I would need help. The process from start to finish of my hip replacement has been amazing. I received the \$250 bonus for using Healthcare Bluebook and getting a fair price on the MRI. It was a challenge in how I would make the down payment to the surgical clinic, but God came through, and He always comes through. Keep trusting, keep believing, keep receiving God's grace!

# Member Letters

**Noah & Jennifer**  
**MINNESOTA**



We feel very blessed to be a part of Samaritan Ministries. This will be our third baby under Samaritan, and each time we are so thankful how seamless and easy the process is to meet our needs. No insurance haggling, no uncertainty of what will be the 'haves' or the 'have nots' of the finances of medical care. Praise God for the body of Christ, and for this incredible system in which we carry each other's burden!" "

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**Erin**  
**MISSISSIPPI**



We are thankful, as small business owners, to have this option. Since joining Samaritan Ministries, we have had three babies, and one of them has had multiple surgeries. As a busy mom, it has been a blessing to not have to deal with insurance. I also appreciate the Christian atmosphere surrounding SMI. Being prayed for over the phone by a complete stranger is another great blessing. Keep up the good work!

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**Ted & Amber**  
**ILLINOIS**



We appreciate being a part of Samaritan Ministries. All of the Shares were received as they were assigned. It is a blessing to be a part of a group of Christians who do what they say they will do and help out each other's burdens. Many of the Shares included a note of blessing and prayer for our new baby. We thank God for this encouragement and help.

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**Andrea**  
**NEW HAMPSHIRE**



Samaritan is such a blessing to our family. Calling Samaritan is such a huge difference from dealing with a health insurance company. The people at Samaritan are actually *for* you! They are polite, kind, and helpful. Several times they have prayed with me! The Shares come in with lovely heartfelt notes. It is such a comfort to know people from all over the country are praying for you. We are so very grateful for Samaritan Ministries. May God continue to bless it and keep it going strong.

# Be an immune system prepper

'Proper preparation' is key, but make sure you know 'how much' and 'when' as you start using nutrients such as C, D3, A, and zinc



by Dr. Eric Potter,  
Sanctuary Functional  
Medicine

*Third in a series.*

**ALTHOUGH SOCIAL DISTANCING** is an unfortunate norm today due to COVID-19, you can strengthen your body in a way that may allow you to feel more confident about your health.

We can do that by properly preparing our immune defenses with nutrients like vitamins C, D3, and A, as well as zinc.

But wait—don't just start popping countless capsules, tablets, lozenges, and droppers of these nutrients. Think "Proper preparation."

Now, repeat: "Proper preparation."

Before you take a trip to the health food store or enter a pill-swallowing contest with your spouse, you need two vital pieces of information: "how much" and "when." Without these pieces of information, your preparations will be misguided and incomplete. You may even cause yourself harm.

## Start with prevention

The "how much" and the "when" of vitamin dosing are interdependent, so start with prevention, before

any symptoms have occurred.

Before you swallow your first supplement capsule, though, you must know where you are starting from. Look at your vitamin tank and figure out both where the levels appear adequate and where they seem on the low side.

If you're unsure where to start evaluating what vitamins you have in your tank right now, you have a couple of indicator gauges. Take mental notes and remember to check regularly. First, review your daily meals over the past week and ask yourself whether these nutrients pop up on the "ingredients" list. Second, take a lab test for certain nutrients, as these tests can sometimes do a better job of gauging your tank. You may be encouraged, or you may be discouraged. Nevertheless, you've taken the first step.

Getting our vitamins mainly from food is always preferable. Supplements should do just that—supplement. Start keeping a food diary. When you evaluate your dietary habits from information in the diary, ask yourself the following questions: Do you see vitamin C sources like citrus fruits there? Do you see vitamin D3 showing up in dairy or other foods? Do you note any nuts and seeds in your past week that might provide

some zinc? What about some carrots or liver for your vitamin A? As for glutamine, you might even ask yourself, "What's that?" You can get some from any protein source since glutamine is an amino acid, but you don't know if you're getting enough.

You need criteria for each of these nutrients and a sense of how much of each you get from each of the foods on the past week of your food diary. Most will initially look to the RDA or "Recommended Daily Allowance" for guidance, but we need to understand what this means. Various nutrition experts, through several studies and experiments, came to a consensus on how much an average person needs of each nutrient to maintain adequate life functions.

However, are any of us perfectly "average"? Each person is genetically and therefore metabolically distinct from the rest of us in many respects. Some need more of a certain vitamin, and some need less based on their genetics. Beyond genetics, particular toxins or infections might cause you to need more of a particular nutrient. On the other hand, the RDA by definition stands as the lower limit which seems to prevent deficiency symptoms in the average person. This does not mean optimal.



(Credit: iStock)

Instead, it means “just enough.” We do not have to settle for “just enough.”

Ultimately, a target somewhere above the RDA's prescription looks to be a better choice for these nutrients. However, for some of them, the task of estimating when “enough is enough” challenges almost everyone.

### **Don't take too much**

Before going further, yes, you can get too much of a good thing.

Indiscriminately popping a bunch of vitamins may cause more harm than good and you need a means of avoiding the overdoses as well as the underdoses. Recognizing symptoms of excess—like zinc causing a metallic taste—helps, but sometimes the symptoms of excess come too late. If you intend to push the dose to the upper

limits of optimal, you will want to consider a blood test measurement for vitamin D and zinc.

You can ask your doctor or use the guidelines here to determine if your level is optimal for zinc and vitamin D. Rarely would you need to test for vitamin A unless taking over 10,000 units daily or have a problem absorbing nutrients in the intestine. Vitamin C will tell you if you overdosing through loose stools or diarrhea.

For vitamin D, you want to at least measure the level of 25-hydroxyvitamin D in your blood serum. While you can buy D2 forms, the 25-hydroxyvitamin D3 gets the most attention from the medical community as it is the form most reflective of the body's vitamin D stores.

The mainstream of medicine agrees that having a level above

30 ng/ml (the common consensus and the reference range on most lab reports) ensures an adequate supply in most people. Those of us in functional or integrative medicine believe studies show that the optimal range is likely closer to 60-80 ng/ml (nanograms per milliliter). Having 30 ng/ml of vitamin D3 helps avoid bone disease or calcium deficiency in the blood but seems to fall short of fulfilling all the functions of vitamin D.

For zinc, ask your doctor to also check copper. These two need to be balanced for the body outside the immune system to function properly. From there, you want your zinc to be in the upper half of the reference range. A few studies have indicated that the higher levels may provide slightly better

*Continued on page 12*

protection against viral respiratory infections.

### When do you boost?

Now that you have a list of immune supplies and a sense of how much of each you are getting relative to what you need, the question of “when” you need them arises.

First, don’t wait until you get sick to take these nutrients. Yes, they still help after the infection, but having enough of them already on board works much better. Second, most of these supplements work much better when taken regularly, with a few exceptions. Third, many can have their dosage cranked up during the actual infection to help fight it off.

It’s much easier to find motivation for regular therapy when actual discomfort such as fever, pain, or a cough pokes you repeatedly. When you feel good, remembering these preventive therapies and making a habit out of good nutrition comes less naturally. You must develop habits that maintain sufficient nutrient intake to provide protection. Set up a routine now for zinc, vitamin D, vitamin C, and vitamin A even if all you do is add a few new foods to your life.

You do have a little wiggle room with the fat-soluble vitamins; they stick around longer than the rest, so you can take them only once or twice a week without a problem. Due to their fatty nature, they stay in circulation or storage, even if you don’t eat a carrot or swallow a capsule of vitamin D for a few days.

Hopefully, regular preventive use at proper doses will do exactly what it says on the label: prevent infections and their symptoms.

## Before you take a trip to the health food store or enter a pill-swallowing contest with your spouse, you need two vital pieces of information: “how much” and “when.”

Since nothing is perfect in this fallen world, when infections do gain a foothold a little extra boost is often helpful or necessary.

For adults, the typical 500 mg to 1,000 mg per day of vitamin C can be boosted to a few thousand milligrams (the maximum dose depends on who you read) per day during the illness. The immune system uses this vitamin more rapidly during illness.

The baseline 1,000-5,000 daily units (IU) of vitamin D can be super-dosed for one day to 50,000 or even 100,000 units in order to stimulate immune defenses (talk to your doctor before trying this and then later hold back your regular dose for one to two weeks to avoid excessively high levels).

On a side note, while much debate continues over COVID-19 therapy, it is believed that adequate vitamin D prior to viral exposure greatly influences whether one gets COVID-19 and, if they do, how severe the infection becomes for that person. Even mainstream medicine recognizes this fact and has begun to use vitamin D as a therapy, not just as a preventive.

Zinc can be raised from a regular 10-25 mg daily up to 60 or 70 mg daily for five to seven days. Going longer can lead to copper deficiency, nausea, and an unwelcome ongoing metallic taste.

Some will also advocate a large vitamin A boost in viral illnesses, but this necessity is less clear, and the toxicity line is a little easier to cross.

### Going forward

While you are not yet ready to be a doctor or nutritionist yourself based solely on this article, you at least have more understanding, which should prompt you to ask your health care provider for further guidance. You do not need a medical opinion to move forward with improving your dietary choices but should consider asking a trustworthy provider if you can get blood tests done or for recommendation particular to your health status before adding too much in terms of supplements.

Live a healthier, more abundant life by keeping a discerning eye on your immune health. ♦♦♦

Dr. Eric Potter, Internal Medicine and Pediatrics, founder of Sanctuary Functional Medicine DBA (SanctuaryFunctionalMedicine.com), offers functional medicine care to patients and the public in his Franklin, Tennessee, office and online with SFMEmpower.com.

The information provided in this article is for educational purposes and is not meant as medical advice. It is the opinion of Dr. Eric Potter. The information is not meant to replace a one-on-one relationship with a qualified health care professional. Consult your health care professional before using any products based on this content.

Citations for this article are available at SamaritanMinistries.org/immunity-citations.

# Dieting is like dating ... and mindful eating is like marriage

by Ginny Clark

Many diets are exciting at first, but turn out not to be 'the one,' while mindful eating offers long-lasting results

As a dietitian, I'm often asked which diet I think is the best. My professional, honest, and heart-felt answer is this: no diet at all.

This takes people off guard, but it's true. A nondiet approach to eating, health, and weight is most successful, and research, observation, and personal experience show it.

I recommend mindful eating instead. I realize these two words don't sound as exciting as many fad diets you see on Pinterest. But, actually, mindful eating is so great it will make you do the happy dance! Why? Because mindful eating doesn't have a calorie range to stick to, overpriced foods to buy, crazy concoctions to drink, or a "do-not-touch-or-forever-feel-guilty" list.

Seriously, dieting is like dating the wrong guy (or gal). But mindful eating is like a great, God-centered marriage!

Let's start with dating. At first, you're excited. It's all you can think about. You're filled with hope that this just might be "the one." You work really hard to do everything just right and sometimes you even pretend to like something (like ice skating) even when you don't. Your



(Credit: iStock)

mind is totally consumed with this new relationship and you'll put aside other friendships, responsibilities, and hobbies just so you can focus on this one person. You give up a lot of what you enjoy to try to make things work, but it just doesn't end well. You feel bad that you've been fooled again into hoping that you'd found "the one," even though from the beginning, it was never meant to last.

Doesn't this sound oddly familiar to dieting? You get really excited at first and you're hopeful that you've

finally found the "right" diet that will change your life forever. You work really hard at it—you follow all the rules, measure portions, count calories, eat only the things you're supposed to. Your mind is totally consumed with the new diet, and you find yourself having to give up things you really love, like pizza or birthday cake, or sometimes even parties or eating out with friends. You lose some weight and it seems good at first, but eventually you get

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tired of always having to follow the rules and miss out on foods or outings you enjoy. You end the diet because it's simply too much work, and you know it's not going to last.

See the similarities?

Now let's talk marriage. When you're in a great, God-centered marriage, you don't go through every day wondering if you're doing everything the "right" way. You don't fear messing up or ruining everything because of one thing you did or didn't do.

In a great marriage, you're intentional about ensuring your relationship is on track and moving forward. Even when everything is going great, you still learn and grow and find new ways to make it even better. You plan time together, you give attention to your spouse, you listen and respond to his/her needs. You don't spend all your time doing spontaneous romantic gestures for each other, but you do enjoy some.

Not everything has to be in perfect order for you to have a great marriage. You learn to be flexible and demonstrate gratitude, grace, and forgiveness. You put intentional time and thought into the marriage, but it doesn't feel painfully hard or overwhelming. When you're in a great marriage, you experience love, trust, security, and peace ... and it lasts.

Now let's circle back to mindful eating. When you become a mindful eater, your mindset around food and eating is completely changed. Instead of looking to a certain diet plan or food list to decide what you can eat, you ask yourself what you're really hungry for. You don't go through each day

fearing you'll mess up. Instead you trust that you know enough to make good, balanced food choices.

You don't view "healthy eating" as hard and overwhelming; rather, you view it as second-nature. You're intentional about planning and setting yourself up for success, and you pay attention to your body's needs and desires. You look forward to enjoying good food—at home, at parties, at restaurants, and more. You're flexible when unexpected things happen. You practice gratitude, grace, and forgiveness. You consume food (and really enjoy it!), but food does not consume you. With mindful eating, there is love, trust, peace, and a sense of security between you, your body, and food ... and it lasts.

Like dating, diets can provide a quick sense of excitement that some people relish. But if you're like me, I'd rather have long-lasting results like those found in a great, God-centered marriage. That's why I highly recommend ditching the diets and finding your true love in mindful eating. ♦♦♦

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water for Israel to cross the Jordan river, He instructs them to build a memorial so that, when the coming generations see the memorial, they can tell the story of what God did and Who He is. Storytelling is a way to remember God and to tell the coming generations about Him.

In the New Testament, the woman at the well ran into town and people believed in Jesus first because of her testimony (John 4). The blind man wasn't sure exactly what happened but knew that he was once blind and then he could see (John 9). Jesus told stories no less than a third of the time He taught in addition to sharing His story daily with the disciples and those He lived with. And Revelation 12:11 says that our stories, coupled with the Gospel of Jesus Christ, is ultimately what defeats the enemy.

Storytelling is an incredibly powerful way we can tell people about who God is and the difference Jesus makes in our lives. It's also a community builder, because when we share our stories, we understand each other better and grow closer to each other. We share hope. We share the life and the love and the peace that Jesus offers because we've experienced it. And we can bring people together with more grace and love for each other once we've shared and heard stories. We find points of connection, common experiences and passions, and encouragement in each other. And when we see Jesus in others' stories, we can see Him more clearly in our own. ♦♦♦

Find out more about Emily Gehman at [EmilyGehman.com](http://EmilyGehman.com).

# Prayer for the Persecuted Church

## Five churches burned down in Kenya within one week

Five churches in Otamba, Kenya, were burned down between January 21 and 26, International Christian Concern reports. Ten suspects are in custody. The congregations are still holding worship on the different churches' properties. *Pray for the believers as they work to rebuild their churches and for protection against extremists in the region.*



Remains of a recently burned church in Kenya.  
(Credit: International Christian Concern)

## Christian surgeon attacked in Bethlehem

A Christian obstetric surgeon in Bethlehem was attacked on February 12th by a well-known Islamic militant, Voice of the Martyrs-Canada says. Dr. Salamah Qumsieh was attacked by Khader Odeh, who attempted to sever the doctor's hands and crush his head. Surgeons saved Dr. Qumsieh's hands, but he is not expected to be able to practice medicine again. The attacker has been arrested but is reportedly receiving "five-star service" in jail. *Pray for healing for Dr. Qumsieh's and for a miracle that will allow him to practice medicine again. Pray also for the safety of Christians in the birthplace of Christ.*

## Youth leader blindfolded, beaten in Sudan

A Christian leader in Sudan was handcuffed, blindfolded, and beaten on February 19 for speaking out against church burnings and other forms of persecution in the country, VOM-C says. Osama Saeed Kodi was also threatened with murder if he continued Christian activities. Osama is chairman of the Christian Youth Union in Al Jazirah state. *Pray for Osama's recovery and further protection, and for perseverance for all Christians in Sudan under pressure to renounce their faith.*



**Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body.**

**HEBREWS 13:3**

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, and also as a reminder to encourage other believers to pray for the persecuted Church.

**FOR MORE INFORMATION ON THE PERSECUTED CHURCH:**

International Christian Concern  
[persecution.org](http://persecution.org)  
800-422-5441

World Watch Monitor  
[worldwatchmonitor.org](http://worldwatchmonitor.org)

**Blessed are you when people hate you and when they  
exclude you and revile you and spurn your name as  
evil, on account of the Son of Man! ... behold, your  
reward is great in heaven. Luke 6:22-23**

✂ Detach and use as bookmark or on your refrigerator

## THE DOORPOST

DEUTERONOMY 6:4-9; 11:18-21



Blessed are you when people hate you and when they exclude you and revile you and spurn your name as evil, on account of the Son of Man! Rejoice in that day, and leap for joy, for behold, your reward is great in heaven, for so their fathers did to the prophets.

### LUKE 6:22-23

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**THERE IS A LOT** of hate, exclusion, and revulsion aimed at people who follow Jesus Christ and against those who follow practices consistent with Biblical principles.

Jesus said that when these things happen to us, we are blessed. That is what they did to the prophets. He said to "Rejoice and leap for joy. You will receive a great reward in heaven." Is that what we do, or is our reaction just the opposite?

In Acts 5:40-42, the apostles were beaten and ordered not to speak in the name of Jesus, but they left rejoicing that they were counted worthy to suffer dishonor for the Name. And, every day, they did not cease teaching and preaching Jesus.

Rejoice. Leap for joy. Your reward is great in heaven.



For the Kingdom,  
Ray King

A handwritten signature in white ink that reads "Ray King".