

JUNE 2021

# Christian Health Care Newsletter

## Seek opportunities for grace and truth with COVID-19

by Rob Waldo, Vice President of Member Services

**THE COVID-19 PANDEMIC** has been one of the most disruptive events in recent history. Possibly the greatest disruption is not from the virus itself but from society's response. As a result, we are witnessing the transformation of how citizens treat one another, how institutions permit access to even basic information, and what government demands of its citizens.

This is no small disruption.

Unfortunately, individuals and organizations are too often entrenching themselves in positions against one another with very little grace for others. Divisions are deepening in the Church, not just society. The rampant rise of cancel culture is signifying a growing intolerance to even treating others as if they exist. Even associating with "them" (meaning, those considered societally unacceptable for some reason) is grounds for cancelling you.

Treating others as humans made in God's image is apparently passé. It has become almost natural to silence those who wrong us or with whom we disagree—refusing even to work with or talk to them—while assuming our opinions are unchallengeable.

Seems like a perfect storm of offense, unforgiveness, and pride.

Societies throughout history have had their own versions of this. In the first century, Jesus' teachings and associations with "sinners" contributed to Him being "cancelled" through His crucifixion. The religious and political leaders didn't want Jesus to exist. Society's terms change, but sin's destructiveness doesn't.

*continued on page 3*



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### In This Issue

- 4** Cancel culture limits COVID-19 information
- 6** **Member Spotlight:**  
Jesse and Aby Rinella  
of Called Beyond
- 9** Spiritual fathers influence lives
- 10** Finding a pulse on migraine hope
- 13** Reflection on a 30-year headache
- 14** Member letters
- 16** **The Doorpost**  
Every spiritual blessing in Christ

### Member Letter:

'SCRIPTURE VERSES WERE SENT AT JUST THE RIGHT TIME'

We want to say thank you to Samaritan Ministries for all you do. We appreciate the cards, notes, and the prayers. The words of encouragement have been so good to hear, especially currently. Scripture verses were sent at just the right time, especially when depression was trying to set in. This was the first time we have had a Need since becoming members in 2011, so we weren't sure how it worked, but thank God for Samaritan Ministries! Being a part of a great sharing ministry has been a blessing. I highly recommend Samaritan to everyone.

**Gerald**  
**OKLAHOMA**



## Sharing Summary

**SEE THIS MONTH'S COVER SHEET FOR THE MAY AND JUNE SHARING SUMMARIES.**

**Contact Us | 877-764-2426 | [Dash.SamaritanMinistries.org](https://dash.samaritanministries.org)**

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### EMAIL

[needs@samaritanministries.org](mailto:needs@samaritanministries.org)  
[membership@samaritanministries.org](mailto:membership@samaritanministries.org)  
[membership@samaritanministries.org](mailto:membership@samaritanministries.org)

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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.
- 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.**

### EDITORS

Rob Waldo, Executive Editor  
Michael Miller, Editor  
Ray King, Editor Emeritus  
Julie Ekstrom, Communications  
Manager

### CONTACT US

[newsletter@samaritanministries.org](mailto:newsletter@samaritanministries.org)  
[samaritanministries.org](https://samaritanministries.org)

### FOLLOW US

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### ADMINISTRATIVE OFFICES

PO Box 3618, Peoria, IL 61612  
telephone: 309-689-0442  
telephone (*toll free*): 877-764-2426  
fax: 309-689-0764

The Christian Health Care Newsletter is published monthly by Samaritan Ministries International, a 501(c)(3) charity. Subscriptions to the Christian Health Care Newsletter are available to non-members for a suggested donation of \$12 per year. The information provided is for educational purposes and is not meant as medical advice.

A Savior was needed to set humanity free from its self-destruction. That is why Jesus came and why the Church's witness to His truth and way of life is so vital.

So what do we do?

There is no easy path forward, but there is a clear one. Jesus' mission (and, therefore, the Church's) hasn't changed (Matthew 28:18-20). The Word of God hasn't changed (1 Peter 1:24-25). God Himself hasn't changed (Hebrews 13:8; James 1:17)!

We must continue to make disciples, teaching others how to faithfully follow Jesus. We must use our influence to shape a Biblical worldview in society (Matthew 5:13-16). We must "plant" and "water" God's Word, leaving the "growth" up to God (1 Corinthians 3:5-9). As we do these things, we must become even more committed to Jesus' Church, the only institution that Jesus personally stated would prevail against the gates of hell (Matthew 16:18).

Finally, we are God's agents sent out to build up individuals and society (Romans 15:2). We go against the grain of culture that has embraced deconstruction of institutions, beliefs, and people without offering constructive answers.

This means we must engage—with our families, workplaces, and society. Jesus wasn't passive or silent, and His followers shouldn't be either. We also do not join in hateful aggression, condescension, or slander. Truth must always be partnered with love.

Christ-honoring engagement takes wisdom. Individuals and institutions will engage in different ways and to different extents. For

Samaritan, there are important topics we may not directly address. Our voice is just one within the Body of Christ, and we all are called to speak up in different ways.

Simultaneously, there are topics we intentionally discuss. This month's article on the suppression of COVID-19 health care information is one topic we believe we must address. This topic matters to Samaritan members, because we believe people should be allowed to make their own health care decisions without interference. But how is it even possible to make informed health care decisions when dissenting views are removed and discussion is silenced in the public square?

Or in private groups on social media?

Like others, a couple times we have received a notice on social media that if we don't remove member-posted content that the platform designates as "false" or "partly false" information, that platform will reduce the distribution of *all* the group's posts. In such instances the discussion has nothing to do with politics, extremism, conspiracy theories, violence, or hate. It simply has to do with whether a member (not Samaritan Ministries) posts COVID-19 content that contradicts media or government narratives.

Keep in mind that Samaritan hasn't taken any stance on COVID-19 topics. Rather, because of a core value of liberty, we create a community where everyone can ask honest questions and discuss facts, data, and testimonials. That's how we better ourselves and make better-informed decisions.

Now even the freedom to seek the truth by asking honest questions is being restricted.

Quite a societal turn, indeed.

Including in matters of religion, a society that begins to censor differing views will increasingly suppress *people* that do not kowtow to the prevailing wisdom of the day. Sadly, the Church has stains in its history in this regard, as well.

Finally, let's go a step deeper: What does such censoring say about a society's view of human dignity? Do we really believe that only a relatively small number of individuals who oversee government, media, education, and technology can handle opposing viewpoints? Is love, maturity, or wisdom possible when we remove the ability for people to form their own opinions and make their own decisions? And is science so settled and society so fragile that we cannot allow discussion on topics of far-reaching importance that affect how we live and govern ourselves?

The Biblical witness is that God calls humanity to live with dignity and responsibility. Truth and grace. Let's not settle for less.

While the Church's hands are not always clean, Jesus' are. And, as His followers, and by His grace, we must humbly, courageously, wisely, and lovingly keep trying to represent Him in this contentious environment. So much is at stake.

Lean upon Jesus. Hold fast to the truth. Never forget love. And use your voice, even if, like ours, it may seem like just a tiny one out in the wilderness. ♦♦♦

# Cancel culture puts limits on Covid-19 information

Social media giants deny free exchange of ideas on pandemic as Twitter, Facebook, YouTube remove posts deemed erroneous.



by AnneMarie Schieber  
of Health Care News

**CANCEL CULTURE IS** encroaching into the public health sphere, with Facebook removing information about COVID-19 and vaccines it deems erroneous, and YouTube removing videos of U.S. Senate hearings on early home treatment for COVID-19 from a U.S. senator's YouTube channel.

On February 8, Facebook stated it is expanding its efforts to remove posts and paid ads about vaccines and COVID-19 that are not consistent with "leading health organizations" such as the World Health Organization, including on Instagram.

The announcement, made in a blog post, gave a detailed list of banned discussions, including content questioning the effectiveness and safety of COVID-19 vaccines, natural immunity, the

severity of COVID-19, mortality rates, and whether social distancing is being ordered to promote 5G technology. Facebook also forbids discussion on cures or preventions for COVID-19, including the use of vitamins that could lead to "harmful self-medication." Users are also not permitted to discuss the effectiveness of masks or discourage their use.

"We will begin enforcing this policy immediately, with a particular focus on Pages, groups, and accounts that violate these rules, and we'll continue to expand our enforcement over the coming weeks. Groups, Pages, and accounts on Facebook and Instagram that repeatedly share these debunked claims may be removed altogether," the post stated.

In a similar vein, YouTube removed the official videos of two U.S. Senate hearings on early, outpatient COVID-19 treatment committee from Sen. Ron Johnson's (R-Wisconsin) channel. The videos are still searchable on the

U.S. Senate Committee on Homeland Security and Governmental Affairs webpage. The videos' removal led Johnson to write an op-ed in the Wall Street Journal on February 2.

"The censors at YouTube have decided for all of us that the American public shouldn't be able to hear what senators heard," Johnson wrote in the op-ed.

In November, YouTube removed a video posted by Peter McCullough, M.D., one of the physicians who testified at one of the U.S. Senate hearings. The video featured a lecture by McCullough on his early COVID-19 protocol that was published in the American Journal of Medicine.

In December, Twitter announced it would remove posts on COVID-19 vaccines it deemed false.

## **Is censorship prolonging the virus?**

There is concern that big tech censorship could be prolonging the pandemic. Physicians say good

**"If it was my social platform, I would place an asterisk next to all dubious posts and provide a link to critiques of the post's assertions; then I'd let the reader decide."—Dr. Jeffrey Singer**

health care thrives on an exchange of ideas.

“Commitment to science means a commitment to finding the truth,” Jeffrey Singer, M.D., a senior fellow at the Cato Institute, told Health Care News. “As such, that commitment should welcome challenges to prevailing wisdom on any matter of scientific inquiry. After all, there was a time when germ theory, or claims by Dr. Ignaz Semmelweis that doctors washing their hands between seeing and examining patients would prevent puerperal sepsis (‘childbed fever’), were considered pseudoscience.”

That lesson has been forgotten, says Jane Orient, M.D., a Samaritan Ministries member who is executive director of the Association of American Physicians and Surgeons (AAPS) and policy advisor to The Heartland Institute, which co-publishes Health Care News.

“Censorship is suppressing early treatments [for COVID-19] that might have saved hundreds of thousands of lives, diminished the fear, and facilitated re-opening,” Orient told Health Care News.

### **Stopping censorship: the challenges**

One challenge facing efforts to end big tech censorship is the rights of private companies to run their companies as they see fit, Singer says.

“Facebook, as a private social media platform, has the right to set the rules regarding what may or may not be posted on its platform,” Singer says. “And that includes fact-checking posts according to whatever criteria it chooses. If it was my social platform, I would



David Nielsen

place an asterisk next to all dubious posts and provide a link to critiques of the post’s assertions; then I’d let the reader decide.”

Orient suggests another approach.

“Facebook might as well say that it is permitting only postings that encourage mass vaccination without hesitation,” Orient said. “Who are its experts who evaluate the postings? They evidently think their customers are stupid enough to believe they could be turned into a monkey, so Facebook’s benevolent protection is needed.”

Orient knows well the uphill battle fighting big tech decision-making. In January 2020, before the COVID-19 pandemic, AAPS and a New York state resident filed a lawsuit against U.S. Rep. Adam Schiff (D-California) for a letter he sent social media companies and posted on his offi-

cial website telling them to be more vigilant against information that would discourage the public from getting vaccines. Orient said her organization was not anti-vaccine but supported informed consent. The suit, seeking a declaratory judgment that Schiff violated the plaintiffs’ First Amendment rights, was dismissed.

Orient says AAPS is considering legal action against Facebook for its new publishing policy. ♦♦♦

AnneMarie Schieber (amschieber@heartland.org) is the managing editor of Health Care News.

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This article originally appeared on February 19, 2021, at [heartlanddailynews.com/2021/02/cancel-culture-limits-covid-19-information](https://heartlanddailynews.com/2021/02/cancel-culture-limits-covid-19-information).

## Member Spotlight

# Jesse and Aby Rinella: Called Beyond

by Andie Dill

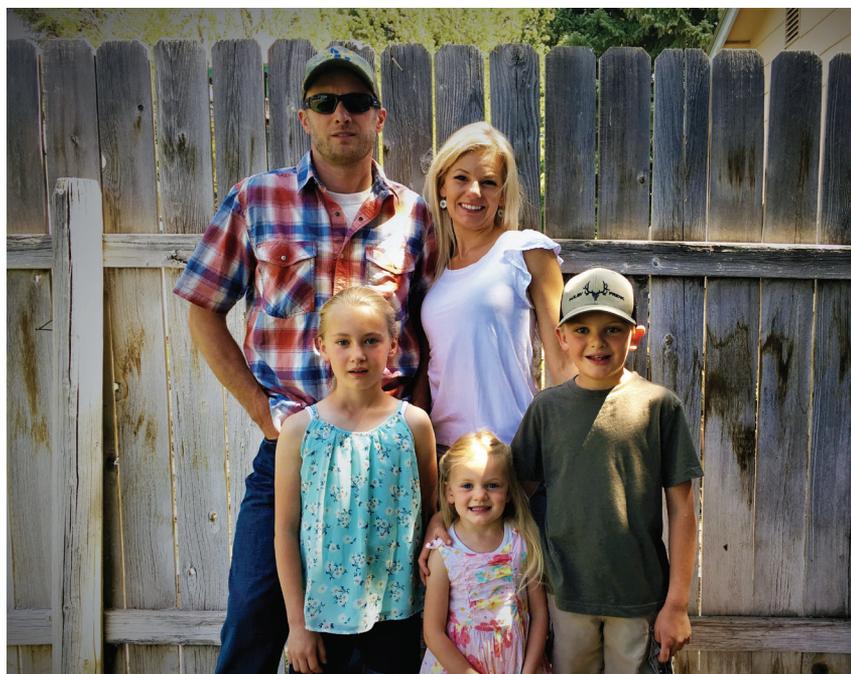


### Called Beyond

**Web** [TheCallBeyond.org](http://TheCallBeyond.org)  
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**Instagram** [@calledbeyond](https://www.instagram.com/calledbeyond)  
**YouTube** [Rinella - Called to the Top](https://www.youtube.com/channel/UC...)

**JESSE AND ABY** Rinella are using their love for the outdoors and their desire to cherish all life by providing fun and exciting outdoor adventures for children with disabilities, terminal illness, Down syndrome, or other obstacles. To do that, Jesse and Aby founded Called Beyond, a not-for-profit ministry that seeks to value life, share the blessing of family, and point to the Creator through His creation, all by serving children.

They both grew up spending much of their time in the great outdoors. Over time, the Lord created opportunities for them to write articles about outdoor adventures and give kids with disabilities experiences that they might not otherwise have. Through these writing opportunities, God provided sponsorship offers, giving Jesse and Aby the idea to start an outdoor adventure organization where they could give families with disabled or terminally ill children outdoor experiences, using the Rinellas' talents to express how much the lives of these children matter in this world and to their Creator.



Jesse and Aby Rinella with Taitym, Winni, and Colson (Supplied photo)

### **We are called to live beyond.**

Jesse and Aby chose to name their ministry Called Beyond as a reminder that we are all called to live beyond our own limits and desires and to serve others regularly and well.

"We are called to the top," Aby says. "We are called beyond the daily grind of just serving ourselves, and instead to live for the Kingdom."

Additionally, Jesse and Aby named their ministry Called Beyond because they seek to take the children God puts on their path beyond their limits and help them go beyond what they can do on their own.

### **Every life has value.**

God's Word says that each of us were knit together in our mother's womb—fearfully and wonder-

fully. This includes children with disabilities, terminal illness, and other obstacles that might otherwise prevent them from living a “normal” or typical life.

Disabilities do not make these lives any less valuable or precious to God or to society. Jesse and Aby have made it their goal to celebrate these lives and give them experiences like jetboat fishing, hiking, elk hunting, and other outdoor adventures.

“The value of life is placed by the God who created it. No matter what that life looks like—whether they are in a wheelchair, no matter what color their skin is, or if they are male or female—each person is made in God’s image,” Aby says. “From the moment of conception,

God has a purpose and a plan for each and every life.”

### **Called Beyond is more than fun activities.**

While Jesse and Aby are striving to grant wishes to these children, Called Beyond Ministries is more than that. The activities are things that the children would not be able to do on their own, and are in essence opportunities to point back to the Creator and give glory to His name.

“We are blessing these children, but really we are pointing to something so much bigger,” Aby says. “We are being a voice for the voiceless. We are sharing and showcasing to the world that life and family both matter to God and

our hope is that people will see the Creator through His creation.”

### **Family is the first ministry.**

Jesse and Aby have three young children, and the Rinella kids are part of every activity and outing that Called Beyond provides for children with disabilities, learning how to serve and bless other children.

“We are very strong believers that our first ministry is home,” Aby says. “The Lord has created a very strong hierarchy with Himself as our ultimate authority, then the husband, the wife under her husband, and the children come after that. When we function in

*continued on page 8*

## **Why Samaritan Ministries?**

For Jesse and Aby Rinella, joining Samaritan Ministries was simple.

“One of the driving forces in our ministry, Called Beyond, is to bear one another’s burdens as Galatians 6:2 calls us to do,” Aby says. “So, it just made sense to have health care through a ministry with the same goal of bearing burdens amongst the body of Christ.”

It was important to the Rinellas that their money did not go to pay for abortion or other procedures that they considered unbiblical. They also were attracted by the community aspect of personally sending money and a note of encouragement each month to another member who is a brother or sister in Christ.

In their time as Samaritan members, no one in the Rinella family has had a Need. Aby says God

has blessed them with good health, and she is grateful that doctor visits are rare.

Because her family’s medical needs are few, it is all the more important to them that the money they are contributing is going directly to another person’s medical need and not a corporation.

“Samaritan Ministries stands for everything we believe in Biblically,” Aby says. “The first time I called and inquired, the person I talked to was so Biblically sound and loving. And now, when we write that check every month, it is making an impact on someone’s life and connecting people. My kids pray for the person, and we get to send cards. It is a ministry, and that is what matters to us.” ♦♦♦

God's design for Biblical marriage and family, there is better fruitfulness, clarity of flow, and blessings around us that in turn allow us to go out and minister together well for His Kingdom."

**Going out to reach the nation.**

Currently Jesse and Aby live in Idaho where Jesse works a full-time job and Aby is home with the children. But their hope is to reach beyond Idaho one day, bringing activities to children all over the country at no cost to their families.

Aby and Jesse are looking for people with existing outfitters to sponsor activities for children. Then the Rinellas will come in to organize and direct the activities and bring all the equipment needed to make those activities adaptable for the children they serve.

This summer, the Rinellas are planning a jet boat fishing trip, a camping trip, and a hiking day.

Right now, activities are limited to Idaho, but, Lord willing, there will be opportunities for more activities in other states. The Rinellas meet most of the people they serve through word-of-mouth connections. However, there is also an application online ([thecallbeyond.org/apply](http://thecallbeyond.org/apply)) to participate in an activity.

**Point to the Creator and speak life.**

"When you are being used by God, your life is changed," Aby says. "The Bible tells us to bear one another's burdens, and these kids so desire to do fun things, just like every other person. When you can connect with a person and their story, you see them and their value

differently."

The Rinellas want the children they serve to live life abundantly. These kids are celebrated, cheered for, and told they matter.

"From the beginning, God did not intend to create anyone with cancer or disabilities, but we live in a fallen world," Aby says. "Even so, these kids with disabilities are not mess-ups or mistakes. They are all made by the Creator."

**Pray for the Rinellas and Called Beyond.**

- That the Lord will use Called Beyond to share the value of life, the blessing of family and to point to our Creator through His creation
- That lives will be impacted for the Kingdom, above and beyond what we could ask (Ephesians 3:20)
- That Called Beyond would grow and reach more people
- For God's provision in all ministry details: the finances to run the ministry, the families they serve, and people to come alongside to help make these adventures happen
- For protection and provision for the Rinella family as they serve in this ministry while balancing work and family. ♦♦♦

Andie Dill is a Communications Specialist for Samaritan Ministries.

**"We are blessing these children, but really we are pointing to something so much bigger. We are being a voice for the voiceless. We are sharing and showcasing to the world that life and family both matter to God and our hope is that people will see that Creator through the creation."**

**Aby Rinella**

# Spiritual fathers influence lives

by Samaritan staff

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*In 1 Thessalonians 2:11-12 the Apostle Paul said, "For you know how, like a father with his children, we exhorted each one of you and encouraged you and charged you to walk in a manner worthy of God, Who calls you into His own Kingdom and glory."*

*In honor of Father's Day this month, we're sharing stories of staffers and the "spiritual fathers" who had a strong influence on their faith.*

### **David and Ray**

I imagine many people look on Father's Day with a feeling of warmth as they take the day to celebrate the men in their lives who raised them, loved them, and pointed them to God and His Word. I wish that was my story, but in the heartache I've experienced, God's grace intervened to make a new and wonderful story, even if it didn't turn out as I expected or even hoped it to be.

My father was always busy with work when I was growing up and had very little time for us. I still remember cherishing the times we would spend fishing or playing soccer together. Times like those were scarce as he was a radiologist for a local hospital and nearly always on call.

When I was 9 years old, he left. He and my mother went through a divorce, and I didn't know until later that he had been unfaithful multiple times and actually had initiated

the divorce to leave my mother for another woman. This had a profound effect on me, but God had a plan.

We had attended a small-town church our whole lives, and I became friends with Trent (who to this day is still my best friend). His father, Ray, knew my mom's situation and, whether consciously or not, he stepped in as a father figure and mentor. Their family became a second family for me.

I remember spending many days at Trent's house, which I still call a second home, even in my adult life. Ray taught us both and raised me as the "sixth son who was kind of adopted." This was especially humorous to me, as my family actually had adopted me straight from the hospital!

Ray's guidance and wisdom helped me to grow in the Lord and His Word. He guided me through some of the toughest times in my life, even in just the past few years. Father's Day does not look the same for everyone, but, through God's grace, I do celebrate that day and take that time to thank the Lord for bringing a Godly mentor into my life, with as much wisdom and as many painful dad jokes as one could hope for.

### **Amber and her grandpa**

My grandpa is so very important to me because I grew up without a father.

I am one of six kids. I grew up in the housing projects with my single mom and siblings. Mom tried the best she could.

My grandparents took me under their wings around the age of 7 years old. Around the age of 8, my grandpa saw my hunger for the Lord and started to teach me more about Him.

Growing up, my grandpa had strict rules about Sunday mornings. If we did not go to church, we had to wait until noon to watch TV or play our Gameboys.

He is my father in many ways. As I got older, we would bounce ideas off each other of what we think God was meaning for different Bible verses. We still do.

I would definitely say that I formed my idea of how God is a loving father through my relationship with my grandpa.

My grandpa doesn't leave the house very much. But we never have seen him as different than anyone else. We just accept him the way he is.

God still used him in his hardship to help develop me, a kid from the projects. I have many more stories of how God used my grandparents to shape me into the woman of God I am today.

God can use anyone to train anyone. They just have to be obedient and step out in faith! You never know the callings of those around you! ♦♦♦

# Finding a pulse on migraine hope

Nutritionist says causes of 'invisible illness' for each sufferer are unique but can be addressed through comprehensive plan



by Josette Herdell  
of Herdell Migraine  
Institute

“‘But I will restore you to health and heal your wounds,’ declares the LORD” (Jeremiah 30:17, NIV).

“Dad, you know I have little reason to wake up in the morning.”—My brother, Jake, age 32, speaking to our father about his despair from suffering with chronic migraines since the age of 4.

The severe disabling neurological condition known as migraine<sup>1</sup> is the third most prevalent illness in the world, affecting nearly 12 percent of the population, including children. Migraine is also considered to be one of the 10 most disabling illnesses<sup>2</sup> by the World Health Organization. Women are disproportionately affected by migraines with three times more women<sup>3</sup> experiencing this condition than men.

The symptoms of migraine vary from person to person but often involve extreme throbbing head pain, nausea, vomiting, constipation, diarrhea, visual and speech disturbances known as aura, sensitivity to light, sound, smell, and touch, and tingling or numbness.

These symptoms can last between four and 72 hours. In addition, migraine sufferers are more likely to suffer from<sup>4</sup> depression, anxiety, sleep issues, and suicidal thoughts.

As someone who struggled with chronic daily migraines for nearly two decades—alongside my two brothers, father, and grandmother, who have also struggled with migraines—I can understand the devastating impact this condition has not only on someone’s physical health, but also the toll it takes on someone’s mental, emotional, social, and spiritual health.

It is with tremendous gratitude and humility that I am pleased to share that I, my father, and my brothers are primarily migraine-free (and medication-free) thanks to addressing the root causes of

our health imbalances. My journey provided powerful healing not only of the body but also of the heart and mind. It is a result of this healing that God has called me to dedicate my life to sharing this message of hope and partnering with families and individuals in order to support their own healing process.

At one low point in my life, though, I felt that suicide seemed like the only option left for me after I had exhausted all pharmaceutical options while working alongside migraine specialists, only to find my migraines continuing to worsen in frequency and severity until I was completely crippled and unable to function for nearly 25 days of every month due to migraines.

Unfortunately, migraines<sup>5</sup> are



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underrecognized, underdiagnosed, and undertreated, leaving millions of people suffering and hopeless with what has been called an “invisible illness.” The most common conventional approach to migraines involves a trial-and-error pharmacological approach, including triptans, calcitonin gene-related peptide inhibitors, antiepileptic drugs, beta-blockers, antidepressants, angiotensin receptor blockers, Botox injections, neuromodulation devices, and to a lesser extent, if at all, lifestyle and dietary interventions.

Many medications often come with undesirable side effects and the risk of medication overuse or “rebound” headaches, which means the medication meant to prevent migraine actually triggers them. In addition, many patients report that medications help for a short time and then become less effective, leading them on a frustrating journey of trying new prescriptions, then adding additional prescriptions to manage new side effects, such as insomnia, depression, constipation, or anxiety, and, in the end, continuing to have migraines that are unresolved and disruptive to their quality of life.

Genetic, environmental, and lifestyle factors can cause or contribute to migraines<sup>6</sup> in susceptible individuals. Some of the most common predisposing factors, triggers<sup>7</sup>, and imbalances include<sup>8</sup> environmental allergens, food allergens or sensitivities, gastrointestinal imbalances, hormonal imbalances, immune system imbalances, musculoskeletal imbalances, nutrient deficiencies, stress,

**It is with tremendous gratitude and humility that I am pleased to share that I, my father, and my brothers are primarily migraine-free (and medication-free) thanks to addressing the root causes of our health imbalances.**

barometric changes, changes to sleep patterns, and detoxification impairment.

More specifically, inflammation<sup>9</sup>, mitochondrial<sup>10</sup> dysfunction (mitochondria generate energy within cells) and gut health<sup>11</sup> have been shown to play an important role in migraine development and progression. The gastrointestinal system plays a foundational role in regulating inflammation and the production of neurotransmitters. In fact, bacteria in the gut produce a variety of chemical messengers known as neurotransmitters<sup>12</sup>, including serotonin, dopamine, and noradrenaline, which have been shown to impact migraine and brain function. Research has also shown that gastrointestinal<sup>13</sup> (GI) disorders are common among migraineurs (those experiencing migraines), with a higher frequency of GI imbalances, irritable bowel syndrome, celiac disease, and intestinal permeability (“leaky gut”) reported.<sup>14</sup>

As you can see, there are a wide variety of migraine triggers, and they can vary from individual to individual. These triggers build up until someone’s “migraine bucket” is overflowing, thus causing a migraine. For instance, someone with a predisposition to migraines may have slept poorly the night before, had a stressful day at work, is about to start menstruation, or missed a meal—all of these triggers combine to contribute to a migraine.

Here are tips on how to raise the migraine threshold so that potential triggers are reduced.

- 1. Tracking:** Keep a monthly migraine calendar to help you narrow down patterns and triggers. This is a great resource to share with your health care team! Migraine Buddy and Migraine Monitor are two free phone apps that can be used, or you can download a printable monthly tracker.
- 2. Diet:** Monitor what foods may trigger you and consider working with a nutritionist to learn how to use food for healing. Common dietary<sup>15</sup> migraine triggers include dairy, gluten, eggs, alcohol, corn, fermented foods, processed foods and refined sugars, chemical preservatives such as aspartame, monosodium glutamate, nitrates, sulfites, and foods containing tyramines or histamines. Common symptoms related to food allergies or sensitivities can show up as migraines, fatigue, brain fog, bloating, chemical sensi-

*Continued on page 12*

tivities, joint or muscle pain, sinus congestion, etc. The gold standard for determining food sensitivities is the elimination diet, which is best done under the supervision of a health care practitioner. While many dietary approaches have been studied<sup>16</sup> for migraines, scientific and anecdotal evidence support eating an organic anti-inflammatory<sup>17</sup> diet rich in phytonutrients and whole plant foods. Aim for at least 6 cups of colorful vegetables per day, a variety of low-glycemic fruits, and adequate fiber intake. Nutrient deficiencies are common in migraineurs and can be tested for and addressed through diet and supplementation.

**3. Lifestyle:** The migraine brain can be easily overstimulated or overexcited, so it is extremely important to reduce stress levels. Practice deep breathing, daily gratitude, and prayer. There are powerful mind-body tools<sup>18</sup> for supporting a healthy nervous system and lowering the migraine threshold. In addition, regular exercise and movement can reduce inflammation and migraines and should be part of the healing plan.

**4. Detox:** It is important to lower your toxic exposure by eating organic when possible or shopping with the Dirty Dozen<sup>19</sup> and Clean 15<sup>20</sup> guides. Healthy detoxification is important for the reduction of all diseases, including migraines, and chemical exposure from cookware, food storage containers, cleaning supplies, personal care prod-

ucts, home-building supplies, and new furniture off-gassing can impair the body's ability to detoxify. Consider if any of these areas need to be addressed in your home, work, or school environment. The Environmental Working Group<sup>21</sup> is a great resource to learn more about this.

**5. Support:** Reach out to your community, friends, and family for support and encouragement. Social isolation<sup>22</sup> is a common and devastating experience for someone who has migraines. Often, commitments and plans are cancelled due to migraines. Add the social isolation of the pandemic to this and it's easy to slip into a lonely place where you feel no one understands and that there is no hope left for you to regain your life and start dreaming about the plans God has for you (Jeremiah 29:11). It is important to stay connected with your community as you seek healing. If you are in need of support, I suggest you reach out to your local church, find an online migraine support group, or send me an email at [josette@fxmigraine.com](mailto:josette@fxmigraine.com). I would be honored to share my hope and encouragement with you as someone who has been through this journey.

It is important to investigate the unique and specific causes of an individual's migraines in order to address them as part of a comprehensive plan. This can be accomplished through a variety of options, such as a functional medicine or integrative medicine health

care practitioner who is trained in identifying and addressing the root causes of illness.

The important thing is to remember that there is hope, help, and support if you are suffering from migraines.

My family and I know that first-hand. ♦♦♦

Josette Herdell, MS CNS LDN, is executive director at Herdell Migraine Institute LLC ([HerdellMigraine.org](http://HerdellMigraine.org)) and a nutritionist at Functional Wellness for Migraines ([fxmigraine.com](http://fxmigraine.com)). She can be reached at [josette@fxmigraine.com](mailto:josette@fxmigraine.com).

The information provided in this article is for educational purposes and is not meant as medical advice. It is the opinion of the writer. The information is not meant to replace a one-on-one relationship with a qualified health care professional.

<sup>1</sup> [linkinghub.elsevier.com/retrieve/pii/S1474442218303223](http://linkinghub.elsevier.com/retrieve/pii/S1474442218303223)

<sup>2</sup> [americanmigraine.foundation.org/resource-library/migraine-facts](http://americanmigraine.foundation.org/resource-library/migraine-facts)

<sup>3</sup> [headachejournal.onlinelibrary.wiley.com/doi/abs/10.1111/head.13281](http://headachejournal.onlinelibrary.wiley.com/doi/abs/10.1111/head.13281)

<sup>4</sup> [www.ncbi.nlm.nih.gov/pmc/articles/PMC2854084](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2854084)

<sup>5</sup> [pubmed.ncbi.nlm.nih.gov/21874562](http://pubmed.ncbi.nlm.nih.gov/21874562)

<sup>6</sup> [pubmed.ncbi.nlm.nih.gov/30291562](http://pubmed.ncbi.nlm.nih.gov/30291562)

<sup>7</sup> [pubmed.ncbi.nlm.nih.gov/30291562](http://pubmed.ncbi.nlm.nih.gov/30291562)

<sup>8</sup> [journals.sagepub.com/doi/10.1111/j.1468-2982.2007.01303.x](http://journals.sagepub.com/doi/10.1111/j.1468-2982.2007.01303.x)

<sup>9</sup> [pubmed.ncbi.nlm.nih.gov/29568973](http://pubmed.ncbi.nlm.nih.gov/29568973)

<sup>10</sup> [www.archivesofmedicalscience.com/Mitochondria-in-migraine-pathophysiology-does-epigenetics-play-a-role-,89785,0,2.html](http://www.archivesofmedicalscience.com/Mitochondria-in-migraine-pathophysiology-does-epigenetics-play-a-role-,89785,0,2.html)

<sup>11</sup> [thejournalofheadacheandpain.biomedcentral.com/articles/10.1186/s10194-020-1078-9](http://thejournalofheadacheandpain.biomedcentral.com/articles/10.1186/s10194-020-1078-9)

<sup>12</sup> [pubmed.ncbi.nlm.nih.gov/22671857](http://pubmed.ncbi.nlm.nih.gov/22671857)

<sup>13</sup> [www.sciencedirect.com/science/article/abs/pii/S0306987718311265?via%3Dihub](http://www.sciencedirect.com/science/article/abs/pii/S0306987718311265?via%3Dihub)

<sup>14</sup> [www.frontiersin.org/articles/10.3389/fneur.2014.00241/full](http://www.frontiersin.org/articles/10.3389/fneur.2014.00241/full)

<sup>15</sup> [pubmed.ncbi.nlm.nih.gov/22644176](http://pubmed.ncbi.nlm.nih.gov/22644176)

<sup>16</sup> [pubmed.ncbi.nlm.nih.gov/25339342](http://pubmed.ncbi.nlm.nih.gov/25339342)

<sup>17</sup> [pubmed.ncbi.nlm.nih.gov/23865797](http://pubmed.ncbi.nlm.nih.gov/23865797)

<sup>18</sup> [pubmed.ncbi.nlm.nih.gov/31060619](http://pubmed.ncbi.nlm.nih.gov/31060619)

<sup>19</sup> [www.ewg.org/foodnews/dirty-dozen.php](http://www.ewg.org/foodnews/dirty-dozen.php)

<sup>20</sup> [www.ewg.org/foodnews/clean-fifteen.php](http://www.ewg.org/foodnews/clean-fifteen.php)

<sup>21</sup> [www.ewg.org/areas-focus/household-consumer-products](http://www.ewg.org/areas-focus/household-consumer-products)

<sup>22</sup> [www.ncbi.nlm.nih.gov/pmc/articles/PMC7268119](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC7268119)

# Reflection on a world-class headache

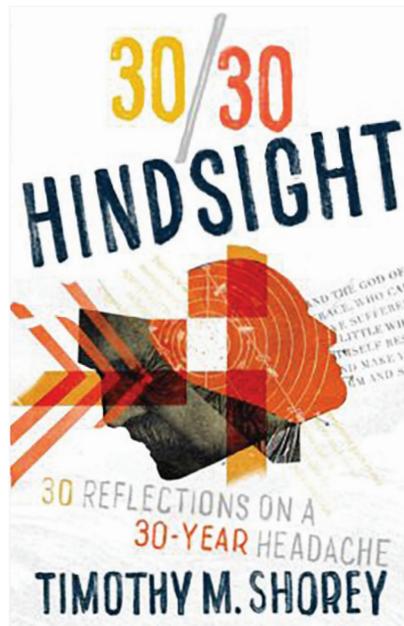
By Tim Shorey

*The following is by Samaritan Ministries member Tim Shorey, who is now in the 32nd year of a 24/7/365 headache. Afflicted over half his life ago with viral meningitis; he was left in perpetual pain. This reflection is one of 30 that he wrote to encourage others upon the completion of his 30th pain-filled year.*

**I WAS IN** a world-class headache hospital doing due diligence in pursuit of new (treatment) options, the latest being a nerve block. It was a little unnerving (pun, perhaps unforgivable, intended) when the doctor stuck a needle into my head, full of a Novocain equivalent. Then he repeated it—not once or twice or ten times, but as many as thirty times—creating a pronounced pin cushion effect. Adding to the surreal was the crunch my wife, Gayline, heard from across the room every time the needle pierced through whatever exists between skin and skull, a sound not unlike a pencil-point piercing Styrofoam.

But the result was overwhelming. As the Novocain effect took hold, my whole head went numb. For the first time in 22 years I was pain free. There. Was. No. Pain. I was stunned by the sensation; a release I cannot describe; a soaring exhilaration unlike anything I've ever felt before or since.

As Gayline and I wept for joy,



I asked how long it would last. “Between 30 minutes and the rest of your life. Everybody’s different,” the doctor said. That turned tears into rivers. For the first time in 22 years I was pain free, and even better, I had hope that it would last. O the joy!

Before I finish my story, let me say this: probably the best way I can help you know how much my head hurts is to say that I would gladly receive that same 30-injection treatment every month if it'd give me that relief in between. Absolutely.

The problem is that there was no relief in between. Within 30 minutes the pain began to return. By the time we left the hospital it was back to my norm. And by the time we got home it was a 9.5 on a

scale of 10. Then we wept again, as floodgates of lost hope opened up. We went from our highest happiest point to our lowest—in less than an hour.

I don't share this for your pity. God has given me so much grace that I need no pity. Still, this might help you sense what chronic sufferers feel. High highs and low lows. Hopes raised and hopes dashed. Crazy remedies and crushing disappointments.

But what I most want you to see is what I saw: a glimpse of heaven. Revelation 21:4 reads differently now: “He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

I now know what vanishing pain feels like. I've had a foretaste of Freedom Day, when an eternal pain release will happen in all who believe. My pin-cushion experience, however fleeting, has helped me look forward to “Then,” when, in a twinkling instant, all that makes us weep will be no more.

Come, Jesus, come! ♦♦♦

*In addition to 30/30 Hindsight: 30 Reflections on a 30-Year Headache, Tim Shorey has written Respect the Image: Reflecting Human Worth in How We Listen and Talk, and Worship Worthy: Alliterative Adoration. His latest book, An ABC Prayer to Jesus: Praise for Hearts Both Young and Old, was published in March. Tim has been a pastor for more than 38 years and is married to Gayline, his wife of 42 years. They have six grown children and 13 grandchildren.*

# Member Letters

**Steve**  
**GEORGIA**



God has blessed our family through my wife's battle with cancer. Although His will for her was not the same as we prayed, Rhonda is now fully healed, never to suffer anymore pain or discomfort. Through our most challenging days, God has been with us. Our Samaritan family has been with us every step of our journey. We were able to get through our toughest moments because of the love of so many that sent letters and cards to our family. As far as financial provision, we have been able to pay all our bills. Thank you, Samaritan Ministries and the entire Samaritan family, for walking with us.

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**Amber & Adam**  
**ARKANSAS**



We are so thankful for Samaritan Ministries. We've had a few opportunities to have a Need shared: most recently for the birth of our daughter. We were able to attain a very good discount with the hospital because we were considered self-pay. Between the discount and Samaritan, we were able to have a baby without any financial burden. This was not the case with our other children whom we had while with insurance. In fact, we just paid off our third child's hospital bills from our insurance days (that was over five years ago), a month after our newest child's bills were completely met. What a blessing to add to our family without the burden of medical bills this time around. Thank you to all the members who faithfully give to their assigned Needs and for the notes of encouragement. We are so happy to be a part of this family!

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**Debra**  
**MINNESOTA**



The services provided by Samaritan have proven what a great blessing it is to share and bear one another's burdens. As members for over 15 years, I have been excited and blessed to send my monthly share off to brethren in need. Also, I am thrilled to see articles in the Newsletter educating members on alternative ways of solving health issues. Overall, I cannot think of a finer way for the children of God to serve one another than through prayers, cards of encouragement, education, and financial gifts. We will continue our support of fellow Christians by joyfully participating in the Samaritan Ministries fashion of health care. I'm praying that God will continue to bless this ministry through its blessing of others.

## Prayer for the Persecuted Church



Nakura prison in Eritrea (Church in Chains photo)

### **Dozens of Christians arrested in Eritrea**

All but one of 23 Christians arrested at a prayer meeting in late March in Asmara, Eritrea, were released on April 11, Voice of the Martyrs-Canada reports. However, 12 others, arrested at a house meeting in Assab, remain in custody in Nakura prison, infamous for its harsh treatment. The fate of the Christian man from Asmara still being held is unknown. *Pray for his well-being and for that of the other Christians imprisoned in Eritrea. Praise God for those who have been released, and pray for their spiritual and physical healing.*

### **Police ransack church in Hebei, China**

Chinese police plundered Yanjiao Abundance Church in Hebei on March 27, taking audio and worship supplies, International Christian Concern says. The church's landlord was also ordered to terminate the congregation's lease. When the landlord defended the church, he was detained and interrogated until he complied. *Pray for the return of church property and for its leaders and members to have strong faith.*

### **Two Christian nurses accused of blasphemy**

Two Christian nurses who had been instructed to clean up walls of a hospital in Faisalabad, Pakistan, were then accused of blasphemy by "desecrating" materials containing verses of the Quran, ICC reports. Other workers at the hospital claim they saw Maryam Lal and Navish Arooj scribble on or rip up religious stickers. Mobs arrived at the hospital demanding the two nurses' deaths, but police arrived and took the nurses into custody. *Pray that the women will be treated justly and that they will be kept safe from harm. Pray also for those co-workers who accused them, perhaps out of grudges. ♦♦♦*



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**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**

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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 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)

# ... Who has blessed us in Christ with every spiritual blessing in the heavenly places Ephesians 1:3b

## THE DOORPOST

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



**Blessed be the God and Father of our Lord  
Jesus Christ, Who has blessed us in Christ with  
every spiritual blessing in the heavenly places.**

Ephesians 1:3

- He chose us **in Him** before the foundation of the world, that we should be holy and blameless before Him (Ephesians 1:4).
- He predestined us for adoption as sons **through Jesus Christ** (Ephesians 1:5-6).
- **In Him** we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace, which He lavished upon us, in all wisdom and insight (Ephesians 1:7-8).
- He made known to us the mystery of His will, which He set forth **in Christ** to unite all things **in Him**, things in heaven and things on earth (Ephesians 1:9-10).
- **In Him** we have obtained an inheritance so that we who were the first to hope **in Christ** might be to the praise of His glory (Ephesians 1:11-12).
- **In Him** you were sealed with the promised Holy Spirit Who is the guarantee of our inheritance until we acquire possession of it (Ephesians 1:13-14).

Praise God for all the blessings He has given us in Christ!



For the Kingdom,