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health and wellness



ENHANCED IMMUNITY

Keeping your immune system at optimal strength the natural way.

EXERCISE:

RECREATION VS. AMUSEMENT

—and the winner is . . .

Life And Other Phenomena

The pace of this life has sped up so dramatically that sometimes it feels as though you are on a ride that progressively speeds up, spins faster and faster; and in the end only makes you feel not exhilarated, but exhausted and nauseated, leaving you to wonder, “Why did I even get on this thing in the first place?”

Sometimes it feels as though we are being pulled in many directions at the same time; everybody wants a piece of us, and all we want is a bit of peace.

As a woman, wife, mother, dental nurse (in a very busy dental clinic), volunteer, kid’s taxi driver, cook, cleaner, ironing lady, laundry lady, walking encyclopaedia, banker, disciplinarian (judge, jury, and sometimes executioner), to name a few, sometimes I feel that in being “all things to all people” I have lost a little of myself in the process.

This is not a phenomenon designated to one person only. Most people, especially women, often feel as though they are pulled and stretched in all directions, like a rubber band; and when the stretch reaches the point of no return, the band will then either snap or will “ping” into the outer reaches of space.

Yes, I know; this phenomenon is called “life,” and at times it can get hectic and stressful. But what happens when it feels as though life has gotten a little out of control, when you sometimes feel overwhelmed even by the most innocuous chore, when you begin to cry and can’t stop and you don’t even know why you’re crying?

In this edition of *Lifesource Health & Wellness* magazine we cover important topics such as understanding and identifying both qualitatively and quantitatively the difference between sadness and depression; dealing with stress and grief; the importance of physical exercise and the best type of exercise; how our bodies deal with waste matter, and the beneficial effects of helping others, to name but a few.

Today people go on holidays (vacation to my North American friends), trying to fit in as much as possible in the small amount of holiday time they have. But when they come tired and exhausted back home, they often feel they are needing another holiday to get over the one they just had.

As we yearn more and more for rest for the mind, body, and spirit, we are encouraged to turn to the one true Rest Giver, and to enter into His rest where He will refresh us and our souls will find rest.

“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light” (Matthew 11:28–30).

Happy reading!
Dot

Editorial

*Sometimes it feels as though we are
being pulled in many directions at the
same time; everybody wants a piece of us,
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the importance of the lymphatic system

Mihaela Raileanu

Closely connected with the blood and the cardiovascular system, the lymphatic system is an extensive drainage that returns water and proteins from various tissues back to the bloodstream. Some scientists consider this system to be part of the blood and the cardiovascular system because lymph—the fluid found in the lymphatic vessels—comes from blood and returns to blood, and because its vessels are very similar to the veins and capillaries of the the cardiovascular system. Throughout the body, wherever there are blood vessels there are also lymph vessels, and these two systems work together.

The Complex Network of the Lymphatic System

The **lymphatic system** consists of:

Ducts: lymphatic capillaries, and lymphatic vessels.

Organs:

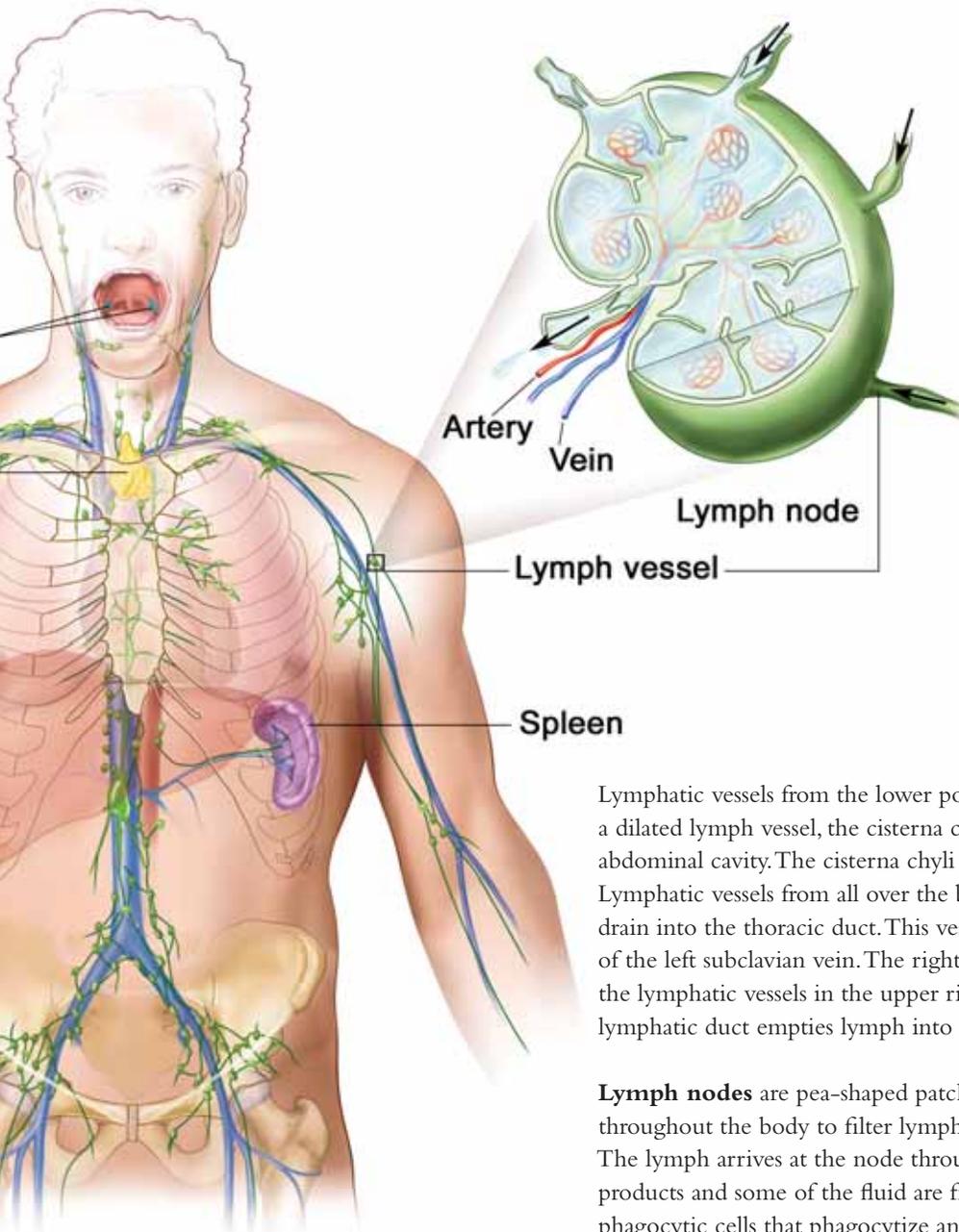
- **central organs:** bone marrow, and thymus gland.
- **outlying organs:** lymph nodes (lymph glands), spleen, and tonsils.

The lymphatic system transports a watery, clear fluid called lymph. It is a colorless liquid that resembles plasma, however it contains a much lower concentration of suspended proteins. The role of lymph is to take out the “trash” that is left behind—including dead blood cells, pathogens, and cancer cells—and dispose it.

Lymphatic capillaries are tiny tubes located between cells. Each lymph capillary originates as a closed tube. These capillaries branch and interconnect freely so that they extend into almost all tissues except the central nervous system and the avascular tissues, such as the epidermis and the cartilage. The wall of a lymph capillary is constructed of endothelial cells that overlap one another. When fluid outside the capillary pushes against the overlapping cells, they swing slightly inward—like a swinging door that moves in only one direction. Fluid inside the capillary cannot flow out through these openings. Lymphatic capillaries join to form lymphatic veins.

Lymphatic vessels become progressively larger and are located near the veins. They have valves to prevent any backward flow.





Lymphatic vessels from the lower portion of the body converge to form a dilated lymph vessel, the cisterna chyli, in the lumbar region of the abdominal cavity. The cisterna chyli narrows and becomes the thoracic duct. Lymphatic vessels from all over the body, except the upper right quadrant, drain into the thoracic duct. This vessel delivers the lymph into the base of the left subclavian vein. The right lymphatic duct receives lymph from the lymphatic vessels in the upper right quadrant of the body. The right lymphatic duct empties lymph into the base of the right subclavian vein.

Lymph nodes are pea-shaped patches of lymphatic tissue strategically placed throughout the body to filter lymph as it flows through the lymphatic vessels. The lymph arrives at the node through afferent lymphatic vessels where waste products and some of the fluid are filtered out. The nodes contain macrophages, phagocytic cells that phagocytize and destroy bacteria, dead tissue, and other foreign matter removed to be from the bloodstream. After these substances have been filtered out, the lymph then leaves the nodes through efferent lymphatic vessels and returns to the veins, where it reenters the bloodstream.

The spleen is found in the upper left region of the abdomen.

- Functions of the spleen:
- It filters and cleanses.
- It provides a significant part of the immune system response.
- It destroys old, worn-out blood cells.

The tonsils: Large lymphatic nodules which form a ring around the pharynx and guard the entrance to the digestive and respiratory tracts. There are five tonsils: one pharyngeal tonsil, two palatine tonsils, and two lingual tonsils.

The bone marrow is the soft tissue found in the hollow interior of bones. In adults the marrow in large bones produces new blood cells.

The **thymus gland** is located in the upper thorax behind the sternum.

The thymus gland is most active during early life, playing a critical role in the development of a child's immune system before birth and for a time thereafter. The main function of the thymus gland is in processing and maturation of special lymphocytes called T-cells.

Functions of the Lymphatic System

- To maintain fluid balance by returning interstitial fluid to the blood.
- To defend the body against disease by producing lymphocytes.
- To absorb lipids from the intestine and transport them to the blood.

Conclusion

As you read this article you are probably comparing the functions of the lymphatic system with those of the cardiovascular system, so you are thinking: "Blood is more important for my life than lymph." But I ask you: "How pure can your blood be without being purified by the lymphatic system?" Therefore, both systems are important for our life and, more than this, they work together.

Let's consider a little the vision of Ezekiel upon the banks of the river Chebar. He saw a number of wheels intersecting one another. "The wheels were so complicated in arrangement that at first sight they appeared to be in confusion; yet they moved in perfect harmony" (*Prophets and Kings*, p. 535). Each wheel had its special role and the others would not have worked if one of them had been missing. And above them all was the eternal Father who sustained and guided them.

The same Father is the Creator of our body. All the systems of our organism work together. They cannot be separated one from another. Each of them has its special place and its special function. And above them all is our eternal Father who sustains and guides them.

"Who knoweth not in all these that the hand of the Lord hath wrought this?" (Job 12:9). 

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COPING

With Sadness And Grief

Dragan Ivanov, M.D.

It is well known that physical illness affects our psychological well-being. But more important and to a much greater extent, our unhealthy psychological conditions—especially those lasting for months or years—have a critical role in triggering certain physical illnesses.

It has long been established that a prolonged state of anger and rage, depression, fear, or constant worrying, cause certain short-term or long-term functions, and, subsequently, organic changes in our body. Psychological factors, and even thinking processes, affect the hypothalamic and pituitary hormones, which influence body processes, possibly contributing today to the onset of a number of illnesses. Having said this, the recovery process, especially from a severe chronic illness, depends greatly on regaining our psychological balance.

“A third of all of our suffering is more or less inevitable. The remaining two thirds are a product of our own thoughts and emotions” (V. Jerotic, M.D.)

Emotions defined

The concept of the word “emotion” is derived from the idea of motion, moving (forward, ahead), motive. Emotions represent a reaction to an “important” event, which prepares the person for an adaptive activity. Among modern-day illnesses, negative emotions are prominent.

The “toxicity” of negative emotions

Negative emotions are equally as toxic as smoking is or as high levels of blood lipids are in patients suffering from coronary diseases. Individuals exposed to prolonged periods of sadness and pessimism, constant anxiety and discontent, fear, cynicism and doubt, are twice as likely to develop a disease, particularly heart and coronary problems, immune system disorders, asthma, arthritis, migraines, stomach or appendix ulcers. Sadness and depression are closely related to a compromised immune system and malignant diseases, while anger is connected with heart attacks.



General Comments on Sadness

When does sadness occur?

The subject feels sadness or grief when he/she has the perception of permanently losing someone or something he/she holds dear.

The object of loss is always very dear to the subject, representing a critical part of his/her inner world.

Z. Milivojevic, M.D. in his book *Emotions* wrote: "The object of loss always represents a value. The greater its value, the greater the grief from its loss."

What are some examples of a major loss?

- A dear person.
- Compromised health.
- Material goods.
- Social status.
- Life opportunities missed.
- A pet.

The resulting loss forces a person to reorganize his/her life in order to adjust to the new situation.

Sadness (grief) and love:

They are two aspects of the same process of emotional attachment to an object. Sadness is a natural companion of love.

What is sadness and despair:

Sadness is a negative chronic emotion. It can also be regarded as "sub-clinical depression."

Dr. Milivojevic quotes again from his book *Emotions*, about despair: "It begins with feelings of grief or sadness, which turns into another, more severe degree of sadness leading toward lethargy, apathy, and feeling of anguish, often culminating as a state of total despair that is threatening to both body and soul."

The purpose of sadness:

- Activation and reevaluation of one's own system of values (life's priorities).
- "Breaking the attachment" with the object of loss.
- Affirmation of the existing social connections.
- Adaptation and adjustment to new life circumstances (strength and psychological growth of an individual).

"The feeling associated with losing something we love, or at least something that was an intrinsic part of ourselves for a long time, represents grief and depression. Since mentally healthy people are supposed to grow as individuals, and since a partial or complete loss of one's own old personality is truly an integral part of one's mental and spiritual growth, grief represents a normal, essential companion in life. It only becomes unhealthy and pathological when it stands in the way of a full acceptance of new circumstances, hence extending, and eventually turning into a chronic sadness, i.e., depression." (Scott Peck, M.D. *The Road Loss Traveled*.)

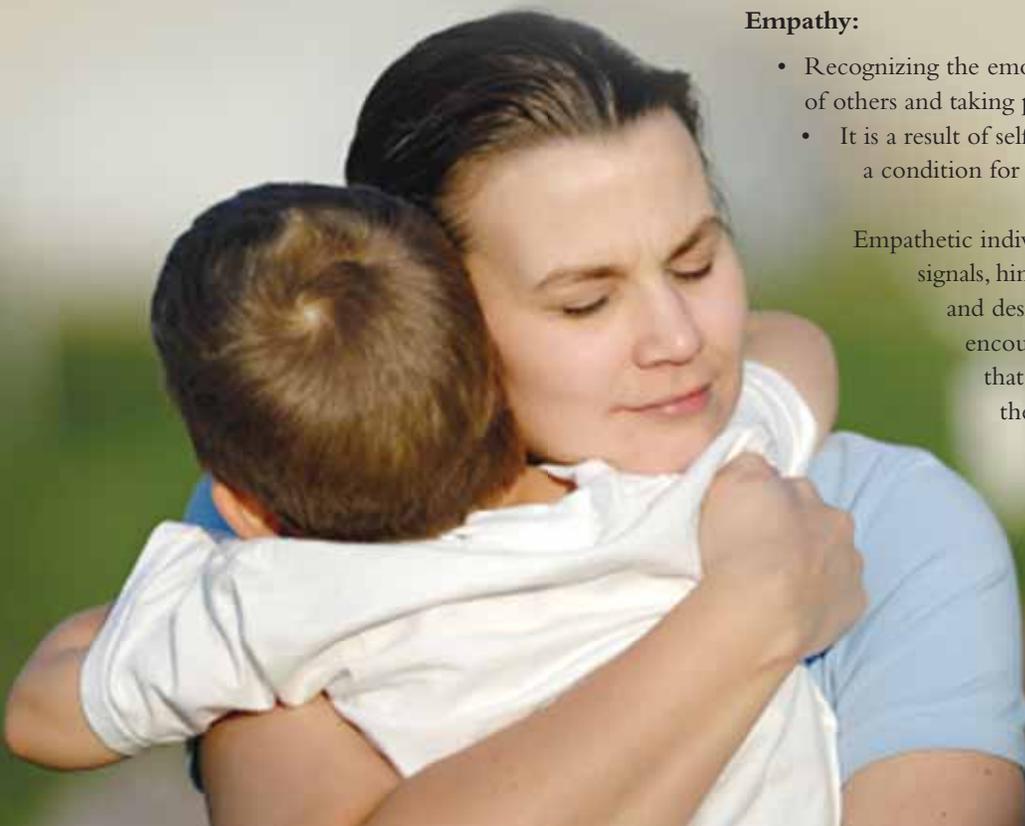
Remember:

The expression of grief is a cry for sympathy, as the suffering human heart longs for consolation and comfort.

Empathy:

- Recognizing the emotions and feelings of others and taking part in them.
- It is a result of self-consciousness and is a condition for social intelligence.

Empathetic individuals recognize subtle social signals, hinting at other people's needs and desires. The Bible has always encouraged us: "Rejoice with them that do rejoice, and weep with them that weep" (Romans 12:15).



God is full of empathy: “In every sadness of theirs [God] was sad. Out of his love He helps them, and out of his mercy He looks after them” (Jeremiah 31.25).

When is sadness appropriate?

- When there is a loss of an important and dear object.
- When the intensity of grief is compatible with the psychological value of the lost object.
- When the expression of grief is socially acceptable.
- When the duration of grief is in accordance with social expectations, although this is rather difficult to assess.

When is sadness inappropriate?

- When there is an exaggerated and uncontrolled emotional reaction to a loss.
- When the person reacts to a loss with an appropriate or even less intense grief, though grieving is substantially longer than expected.
- When there is overwhelming and paralyzing grief following an emotional shock (e.g., loss of a child).

The difference between grief and depression:

Quantitative: depression is a sort of prolonged, deeper grief or sadness.

Qualitative: grief or sorrow can be the first stage in the development of a depressed state; it may be regarded as sub-clinical depression.

Gender and depression:

Women are twice as likely to suffer from depression than men. Men drown their sadness in alcohol and are twice as likely to become alcoholics than women.

Avoiding grief and depression:

Have courage! It takes a lot of effort to cope with grief. Hence, people use various strategies to avoid it. Nevertheless, grief should not be avoided, for it has its own purpose.

Grief is useful because it may lead to self-examination, to the birth of new values, and to certain other activities. A full-blown depression cannot serve anyone; human life during depression is put on hold.

Overcoming grief:

If internally motivated, it is possible to overcome grief on one's own; but in the absence of self motivation, it is then necessary to seek professional help.

Caution: certain methods may even worsen the condition. For instance, choosing to be alone seems like a good option at times, but it may be extremely counter-productive, leading into an even more profound grief.

How Can Sadness and Grief be Overcome?

1. Crying:

It is a natural way of coping with sadness.

Crying represents a “security outlet”.

Biochemical analyses of human tears have shown the existence of certain neuro-chemical agents generated by the brain, which may cause sad feelings. Crying, through tears, is a process by which these chemicals are released, decreasing the sense of sadness.

“Tears are indeed a remedy. Go ahead and cry, you'll have a healthier and longer life! Crying is a sort of “cleansing” of the central nervous system, especially when one feels sad or distressed, the same way as sweating is cleansing of the body. By withholding tears we retain all harmful substances in the brain.” (Dr. William Frei)

However, one ought to be cautious. Consider that even the best drug, when overdosed, may become harmful. Hence, frequent and prolonged bursts of crying might have unwanted effects as they only stimulate sad thoughts, thus exaggerating the sense of sadness.

2. Leisure:

It breaks the pattern of sadness and disrupts the flow of automatic, depressing thoughts, stopping the “tide of depression.”

The most effective help comes from positive-mood-enhancing activities (being in a friendly, cheerful social environment, optimistic literature, comedy shows, various hobbies).

The effects of cheerfulness and laughter:

Laughter produces great amounts of endorphins in our brain. This holds true not with people who laugh most loudly, but with those with a big smile on their faces and a glow in their eyes. That “glow” and cheerfulness are signs of a balanced, pleasant, and generally happy life.

“Smile and you'll be surrounded by friends; frown and all you'll have are wrinkles.”

3. Physical activity:

One of the most efficient remedies to fight against sadness and grief. It is especially effective

with sedentary individuals who do not have a habit or enough skills for physical exercise.

Relaxation exercises are not particularly effective with depression. Physical activity stimulates the sense of pleasure and positive mood, mainly because it stimulates the production of endorphins.

Endorphins and their effects:

- The sense of physical fulfillment.
- Euphoria and the state of overall contentment.
- Decreased appetite.
- Numbing of physical ailment(s).
- Improved immune system.
- Vasodilatation.

Endorphin stimulators:

- Moderately spicy foods (onion, garlic), chocolate.
- Pleasant music (both classical and spiritual).
- Creative role-playing.
- Pets.
- Spiritual/religious experiences.
- Intimate relationships.
- Charity (helping those in need).

Endorphins and the overall “state-of-mind.”

Endorphin production is also stimulated by heart-warming events taking place within our soul. Endorphin levels are increased by pleasant memories and thoughts.

Endorphins heighten positive mood and the overall feeling of contentment, but also pleasurable experiences and immersing into them may bring about an increase in endorphin production.

4. Simple pleasures:

The wiseman Solomon wrote in Ecclesiastes 3:12, 13, “for a man to rejoice, and to do good in his life, and also that every man should eat . . . and enjoy the good of all his labour, it is the gift of God.”

- Listening to music.
- Being out in nature (colors and forms, smells, chirping of birds, clean air, physical activity).
- Warm baths.
- Taking pleasure in preparing and consuming food.
- Shopping, window-shopping, going out.

Greater creative pleasures:

- Creative role-playing.
- Completing a tedious task.

- Completing academic studies.
- Personal improvement.

5. The role of serotonin in sadness:

Serotonin is a “brain hormone” (neurotransmitter) which has numerous positive effects, such as improving sad and depressive behaviors, anti-stress effect, decreased appetite, reduced anxiety and tension, reduced self-aggression and aggression toward others.

Serotonin is a protein, a complex compound, which cannot be ingested via food, but is synthesized by our brain from an amino acid, tryptophan, and vitamin B6: a process catalyzed by simple daylight. Since tryptophan and/or vitamin B6 are present in certain plants, the levels of serotonin can thus be stimulated by including these foods in our daily diet.

The most important sources of tryptophan and vitamin B6 are: honey and pollen, bananas, whole wheat, pitted fruit, and beans. Some stimulators of serotonin synthesis in the brain include: St. John’s wort (*Hypericum perforatum*), which has substantial anti-depressive properties and, as such, is used for mild and moderate depression.

The sun: daily exposure to the sun has long been known to have preventive, therapeutic effects on sadness.

6. Cognitive changes:

Having a different perspective on problems or events.

Viewing a loss from a different perspective and drawing positive elements from it.

For example: A severely depressed patient realizes that there are patients with more severe illnesses than him/her. The most depressed patients are always those who compare themselves with the healthy.

7. Sociability:

Spending time together with family and friends.

Genesis 2:18, “It is not good that the man should be alone.”

Socializing is the single most effective method of overcoming depression!

It is not good to be alone is God’s authoritative declaration in the first pages of the Bible.

Time spent with family and close friends has healing effects during periods of sadness and/or grief. It is very effective because it distracts the attention from causes of sadness or grief (assuming the friends are wise about it).

These social events must not give rise to thoughts and feelings about the causes of sadness or grief, otherwise they would only continue.



8. Praying: the discourse between God and one's soul.

Dr. D. Goleman in his book *Emotional Intelligence*, states, "If you are religious, praying is very helpful in all kinds of low moods, especially in states of sadness and depression."

"Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him."—E. G. White, *Steps to Christ*, p. 93.

The confidence in God Almighty sucks the poison out of every sadness, takes away the sting of every loss, and puts out the flames of every pain. Moments of prayer are moments of complete honesty and self-evaluation.

- The significance of introspection and self-examination was emphasized by Socrates: "The unexamined life is not worth living."

Some thoughts of a psychotherapist about prayer and time: "My life is fulfilled with work, and I've been frequently asked: how do you do it? This is my response: I can do it because I spend two hours a day doing absolutely nothing. These two hours are the most important two hours of my day. I don't consume them all at once; the first bit usually comes first thing in the morning, the second late in the afternoon, and the third is right before I go to bed. These are moments of solitude, of absolute peace and tranquillity. I wouldn't be able to survive without them. They are like prayers to me. If I were to call them "periods of contemplation or thinking," people would feel free to interrupt me; that's why I prefer calling them "moments of praying" in order for them to look more sacred, which they truly are. . . . During these times of "praying" and solitude, I question my own life." (Scott Peck, M.D., *The World Waiting to be Born*)

9. Charity:

Helping those in need. Obsession with oneself and introversion contribute to sadness and depression.

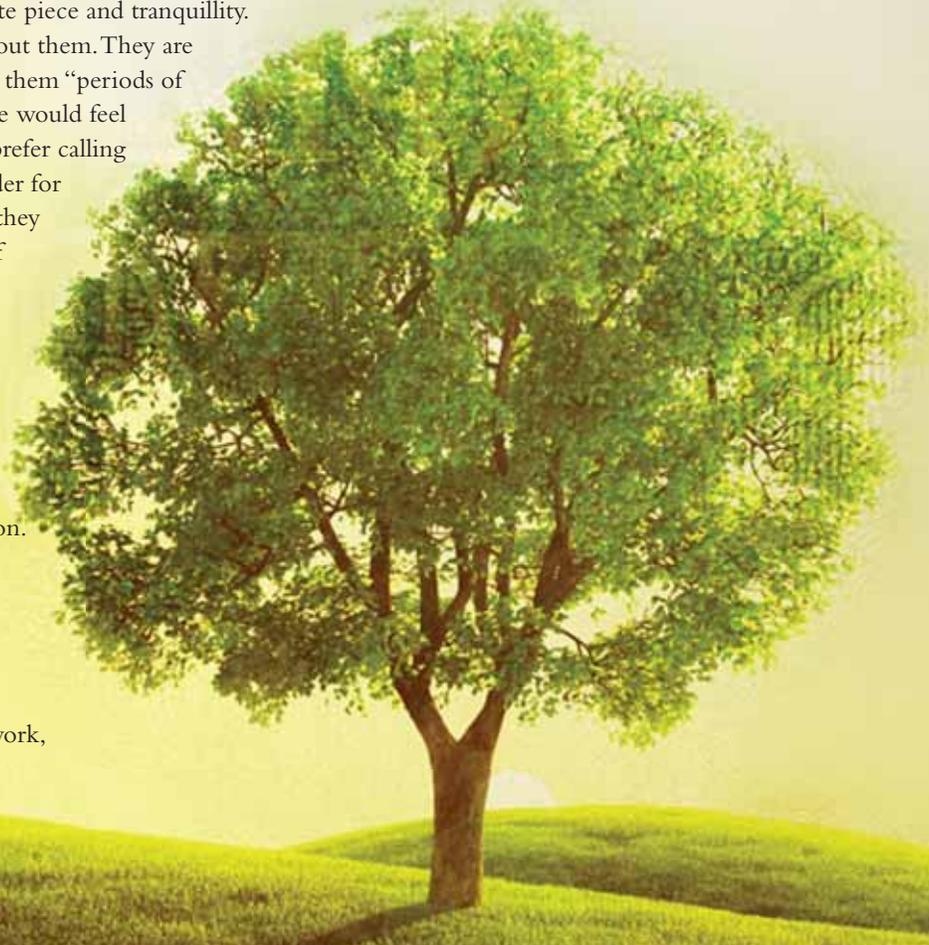
Helping others distracts us from thoughts about ourselves, our problems, forcing us to empathize with our loved ones. According to research, voluntary work,

helping the sick, the suffering, represents the most powerful and the most effective way of reversing negative moods. Unfortunately, it's also the most uncommon!

"Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily. . . . And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day: and the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not" (Isaiah 58:6, 7, 10, 11).

Conclusion

Today, more than ever before, there are numerous forms and ways of having fun and entertainment. Nevertheless, the number of people with sadness and depression is greater than before. Sadness is a problem with the human soul that can be solved. How can sadness be prevented or overcome? This article has offered nine simple, but mostly overlooked principles, whose effectiveness has repeatedly been supported by modern scientific research. 🌿



health questions & answers

Dragan Ivanov, M.D.

Q *How can I assist in lowering high cholesterol naturally?*

A **DIET AND EXERCISE.** Since a large number of people with high cholesterol are overweight, a healthy diet and regular exercise are probably the most beneficial natural ways to control cholesterol levels. In general, the goal is to substantially reduce or eliminate foods high in animal fat. These include meat, shellfish, eggs, and dairy products. Several specific diet options are beneficial. One is the vegetarian diet. Vegetarians typically get up to 100% more fiber and up to 50% less cholesterol from food than non-vegetarians. The vegetarian low-cholesterol diet consists of at least six servings of whole grain foods, three or more servings of green leafy vegetables, two to four servings of fruit, two to four servings of legumes, and one or two servings of non-fat dairy products daily.

- Artichoke essence drops.
- Garlic drops as supplements or use cloves in and with food.
- Niacin supplements.
- Supplement containing Policosanol (natural extract of plant waxes).
- Supplement containing Beta-Sitosterol
- Soy protein: 3 tablespoons soy beans, roasted, with lunch.
- Foods which contain mono-unsaturated fatty acids, such as almonds (about 15 almonds during breakfast), olives, olive oil (about 3 teaspoons in water prior to meals).
- Foods which contain pectin: primarily apples (1 – 3 apples eaten during breakfast and dinner), raw carrots during lunch, oats to be eaten several times throughout the week.
- Spices: ginger, chillies, turmeric, soy sauce.
- Seeds: sesame seeds and flaxseed/ linseed.

Q *Which medicinal herbs and nutriments may aid gastritis?*

A • **Almonds:** they have an alkaline effect and perform a neutralization of the hydrochloric acid in the stomach. Approximately 15–20 almonds may be eaten after breakfast.

• **Raw carrots:** they also have a neutralizing effect on the hydrochloric acid, and aids in heartburn relief (discomfort which emerges because of the transfer of hydrochloric acid from the stomach to the esophagus). It is recommended to eat 1–2 raw carrots at the conclusion of lunch (cooked carrots do not have the same above-mentioned action/effect).

• **St. John's Wort Oil** (*Hypericum pertosatum*): 1 teaspoon 3 times daily before meals, with water. In case where St. John's Wort oil is unavailable or unpalatable, three times daily before meals. take instead 1 teaspoon of olive oil.

• **Boiled rice** including the water in which it was boiled. Take 200 milliliters of this 'broth' of boiled rice and the water in which it was boiled daily with breakfast or dinner.

• **Ripe bananas:** eat 1 or 2 at breakfast and or at dinner.

• **Tea blend:** Mint (*Mentha piperita*) + Lemon balm (*Melissa officinalis*) + common plantain leaves (*Plantago major*) + Yarrow (*Achillea millefolium*). Take 50 grams of each, mix together, and make a tea. It is advisable that this tea blend be taken on an empty stomach. Honey may be added as a sweetener, if desired.

• **Avoid:** foods that are very hot, very cold, very spicy, oily, and fried in oil. 🌿



The Universe of Vitality

Anca Rusnac, M.D.

From birth, every person is guided by two forces: a constructive power and a destructive power.

A constructive power is sustained by:

- A balanced and healthy diet high in natural food content.
- Good circulation of fluids (at least 2 liters each day) whereby toxic substances may be cleared away.
- Cell oxygenation through physical exercises and fresh air.
- A deep and restful sleep.
- A balanced, active, noble, unprejudiced mind.

A destructive power is sustained by:

- An unbalanced, poor diet, fried food, canned food, poor lifestyle choices which include the use of alcohol, smoking, and other substances.
- The lack of fluids, whereby toxic substances cannot be cleared away.
- Little oxygenation of the cells due to a lack of oxygen and by the polluted air.
- Excessive mental activity, stress, a selfish, unstable mind bent on destruction.

The human body is a living, self-repairing machine. It has a huge capacity to recover from almost every kind of aggression: deep scars, wounds, surgical interventions, and so on. However, this work cannot be accomplished to its fullest potential if the diet is composed of flesh food and meat products; if the oxygenation of the cells is not adequate, or if there are any factors that increase the oxidative stress of the cells. Nowadays, most of the healthcare systems focus on curing the symptoms, but if the cause is not treated, in most cases, the symptoms come back.

There are three main reasons responsible for the symptoms of a disease:

1. Acidosis: it causes inflammations that lead to congestion, ulceration, and atrophy of the tissues.
2. Toxicity: it causes congestion, inflammations, and destruction of the cells.
3. The exhaustion or the destruction of the tissue caused by genetic information, acidosis and/or toxicity.

Disease is nothing more than signals (symptoms) that indicate the need for purification and rebuilding of the body.

From among the animal kingdom, only humans are inclined to decide by themselves what type of food they shall eat. And they often eat food that is unsuitable to their body. Human beings also have the capacity to change the chemical composition and the energy of food by processing, preparing, and changing it in foodstuffs. That's why the natural features of the food are denatured and, as a result, become irritating to the system. Thus they stimulate the production of excess mucus and inflammations in the body.

The human body uses food's nutritional elements to form new tissues. People would enjoy wonderful health if their diet consisted mainly of raw fruits and vegetables (80%), plus nuts, seeds, and prepared vegetables (20%).

Fruits are wonderful substances that the nervous system uses to purify the tissues. Vegetables are the builders, of muscular tissue and bone tissue development. Nuts and seeds have structural substances that refresh the whole body.

Nowadays good health is to be gained. There are no magic drugs that could improve our health, and it is doubtful that such drugs will ever be invented. What kind of chemical substances could purify and rebuild a tissue?

If you want to be healthy, you have to feed your health, have a healthy attitude to life, breath pure air, and think healthy thoughts to be sure that you are healthy! 

EXERCISE:

Recreation vs. Amusement

Daniel Campodonico

It is not possible to work, study, and labor non-stop. If we did, our bodies would over time utterly break down. For this reason, we need something that will help us avoid the breakdown of our physical and mental capabilities through overwork. Besides sleeping and the Sabbath rest, sometimes we need exercise that assists us to do our daily duty without injury to our life. We can choose between amusement or recreational exercise. Which is the best activity for us? How can we be sure that we have chosen the best type? To be able to answer these questions, we first need to define what are recreation and amusement in order to assess the difference between them.

Recreation

We shall define recreation as a refreshment of body and mind, which helps to strengthen and build up our physical and mental energy.

Amusement

Should we define amusement as a way to keep us cheerful and happy, when we think we can have a good time regardless of waste of physical and mental energy?

What is the difference between recreation and amusement?

The difference is very simple: recreation is a moment when we are physically active with a view to recharge ourselves, so that we will be able to go back to our duties with a renewed supply of physical and mental energy. On the other hand, we have amusement where we

may waste physical and mental energy, not in order to renew our vigour, as when we work, but only for pleasure, and it may be carried to excess. We will study the principles we are to bear in mind when deciding for one or the other activity, whether recreation, or amusement, and ascertain whether pleasure is something good or bad.

Correct exercise enables us to:

- Strengthen our love for God and for humanity.
- Ennoble our soul and not destroy self-respect.
- Allow us to develop the fruit of the Spirit.
- Strengthen our love for sacred things.
- Allow Jesus to come with us.



Pleasure: good or bad?

Pleasure may be good or bad. Good pleasure will be found in cultivating pureness of thought and unselfishness of action, which comes from speaking sympathizing words and doing kindly deeds and does not lead us to sacrifice our principles in the process.

On the other hand, harmful pleasure counteracts the benefits of creative activity.

Amusement or recreation?

We all need recreational exercise in one form or another. After a period of work, we all need time when we refresh our bodies and minds in order that we may return to our responsibilities with a renewed supply of physical and mental energy. For this reason, it is our duty and privilege to pursue moments of recreation.

Recreation also re-balances our mental and physical powers. This means that those who are engaged in taxing physical labor need time for recreation to put in use their mental powers. Thus they will experience a harmonious development of their faculties. On the other hand, those who spend most of their time doing mental or sedentary work need to take time for recreation to put in use their physical powers.

The best place for recreational activities is out in nature, where we can be in touch with the Creator. Among the beautiful surroundings, outdoor activities have a refreshing effect. Does this mean that we cannot have some time for amusement?

Amusement may be good or bad

Amusement is good when it does not break the above principles and does not waste physical and mental energy that we need to do our duty. But it should not become the main object of life. For this reason we need to be careful when selecting the time and the type of amusement. Our children also need some amusement to employ

their active hands and minds and consume their excessive energy in a positive way (see *Counsels to Parents, Teachers, and Students*, p. 115).

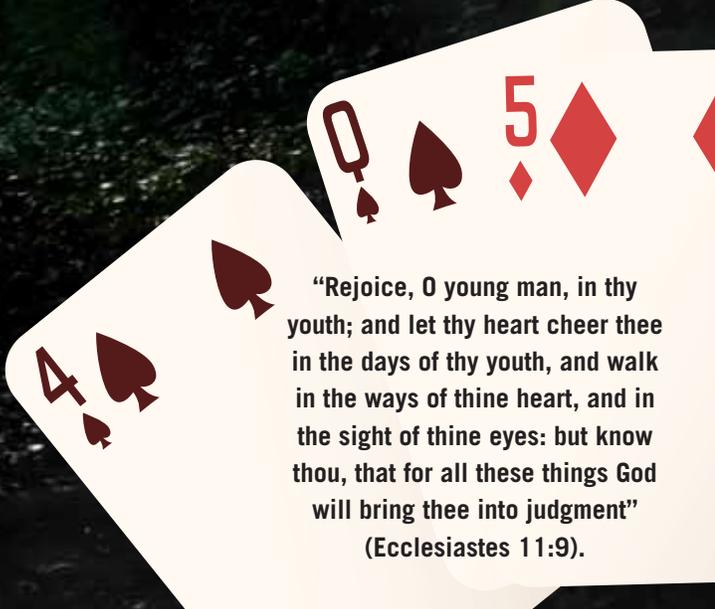
We need to be carefully selective, as there are many negative amusements. They stimulate a competitive (combative) spirit. The commercial amusements take our hard-earned money. Very often they are connected with gambling. They are often in places where it is not safe for us to go. They tend to absorb a lot of time.

For this reason, different sports, the theater, the circus, billiards, roulette, card playing, dancing, and many visual entertainments are not the right amusements for a Christian.

Conclusion

In conclusion, we can say that we all need recreational exercises for our health. When we choose some amusement, we need to remember the principles discussed in this article.

*“Finally, brethren,
whatsoever things are true,
whatsoever things are honest,
whatsoever things are just,
whatsoever things are pure,
whatsoever things are lovely,
whatsoever things are of good report; if there be
any virtue, and if there be any praise, think on
these things” (Philippians 4:8). 🌿*



“Rejoice, O young man, in thy youth; and let thy heart cheer thee in the days of thy youth, and walk in the ways of thine heart, and in the sight of thine eyes: but know thou, that for all these things God will bring thee into judgment” (Ecclesiastes 11:9).

enhanced immunity

Alinka Ivanov, M.D

keeping your immune system at optimal strength—naturally.

We all lead very busy and stressful lives: Swamped at work, straining to meet deadlines, jumping through hoops to keep the boss happy, struggling and bending under the burden of spending quality and quantity time with our families and friends, building and maintaining relationships within our sphere.

Constant stress, inadequate diet and nutrition, not enough sleep, rest, and recreation can wear down our immune system, making us more susceptible to disease.

The last thing any of us want or can afford is to become ill. Here are some easy-to-follow steps and tips to enhance your immune system naturally.

IMMUNE SYSTEM BOOSTERS

- Medicinal plants.
- Vitamins.
- n-3 fatty acids.
- Sleeping and rest.
- Plant-based foods.
- Minerals.
- Plant-based preparations.

MEDICINAL PLANTS

- Echinacea, *Echinacea angustifolia*.
- Elder, *Sambucus canadensis* (flowers)
- Liquorice, *Glycyrrhiza glabra* (root)
- Aloe vera, *Aloe barbadensis*.
- St John's wort, *Hypericum perforatum*.
- Lemon balm, *Melissa officinalis*.
- Common Plantain, *Plantago major*.
- Calendula, *Calendula officinalis* (flowers).

ECHINACEA

Antiviral, Antibiotic

- Direct antiviral effect: destroys viruses – (echinacin, caffeic acid, and chicoric acid).
- Indirect antiviral effect:
 - Interferon synthesis stimulation.
 - Increased leukocyte production and activity.
- Antibacterial, antifungal, and antiparasitic effects.



Indirect Effect

- Interferon production enhancement.
- Enhancement of the leukocyte synthesis, particularly natural killer T lymphocytes, within bone marrow and lymphatic tissue.
- Increase of killer T lymphocyte activity by over 30%.

Interferons

- Produced by a cell response to a virus infection (leukocytes, macrophages, lymphocytes, epithelial cells, fibroblasts)
- Types: alpha (several types), beta, gamma.
- Pharmaceutical product: a very expensive medicine.

Interferons Effects

- Killer T lymphocyte activation: attaching themselves to virus-infected and tumor cells to bring about their destruction.
- Prevention of virus replication: (infection control)
- Extermination of tumor cells.
- Prevention of tumor cell proliferation.

Miscellany

- Drops, tea, tablets, syrup for children.
- Nontoxic.
- Possible side effects: nausea and diarrhea.
- Contraindications: autoimmune diseases – tuberculosis, multiple sclerosis, diabetes mellitus, human immunodeficiency virus infection.
- Duration of use: Do not exceed two months of continuous utilization; pauses between periods of active application are required.
- It can be used for therapy and prevention.

ELDER FLOWERS

- Antiviral effect: prevents the penetration of viruses into cells, thus the virus replication is hindered.
- “Crushes the virus drill” – virus cannot penetrate into the cell.

ALOE VERA

- Direct antiviral effect: acemannan (carbohydrate fraction).
- Monosaccharides (galactose, xylose, and arabinose): the immune system boosting effect (HIV therapy)
- Antibacterial, antifungal, and antiparasitic effects
- Anti-inflammatory and antiallergic effects.

ST. JOHN'S WORT

- Direct antiviral effects: hypericin and pseudohypericin.
- Antistress effects: the reduction of corticosteroids (inhibitors of the immune system), secretion, and concentration.
- Antidepressant effect: serotonin as an immune system booster.
- There is a direct nervous connection between the emotional centers with the immune cells.

LIQUORICE ROOTS

- Interferon synthesis stimulation.
- Increased leukocyte number.
- Antiallergic effect.
- Anti inflammatory effect.

CALENDULA FLOWERS

- Antivirus and antibacterial effects.
- Immunostimulant.
- Antioxidant.
- Anti inflammatory effect.

FOODS AS IMMUNOSTIMULANTS GARLIC

Effects on the immune system

- Antivirus.
- Stimulation: killer T lymphocytes, macrophages.
- Antibacterial: the widest spectrum.
- Antiparasitic.
- Antifungal (Candidiasis).

Other Effects

- Natural "cytostatic." Ajoene is three times more toxic to malignant cells than to normal cells.
- Rich source of antioxidants (exceeding 20 types).

Garlic Odor Neutralization

The principal "undesired" effect of garlic is the odor!

To neutralize its strong smell:

- lemon peel.
- parsley leaves.
- yogurt.
- specific way of consumption.

Amount of Daily Garlic Intake

- 1 or 2 cloves.

OTHER FOODS WHICH BOOST THE IMMUNE SYSTEM

Effects of Vitamin E on the Immune System

- Antivirus effect.
- Other effects.
- Sources: nuts, wheat germ, legume germs, seeds, vegetable oils.
- Antioxidant effect.
- Cooperation with vitamin C (synergy).

Effects of Beta-Carotene on the Immune System

- "Arms" the mucous membrane of respiratory pathways (increase of immunoglobulin A and lymphocytes).
- Prevents the immune suppression caused by the adrenal gland hormones (stress).
- Increases the number and activity of immune cells.

Antioxidant Sources

- Carrots, beets, pumpkins, potatoes, yellow-reddish fruits, figs, grapefruit, oranges, soybeans, beans, cruciferous vegetables, spinach, spinach beets (Swiss chard), lettuce.

Pantothenic Acid (Vitamin B₅)

- Effect: Necessary for antibody synthesis.
- Sources: Whole cereal grains, wheat germ, bran, nuts, green vegetables.

EFFECTS OF MINERALS

Zinc

- Direct antivirus effect (prevents virus replication).
- Increases the number and activity of immune cells.

- Stabilizer of cell membranes (blocks virus receptors).
- Reduces the symptoms and duration of influenza.
- Sources: pumpkin seeds, pollen, wheat germ, barm, eggs, milk.

Selenium

- Direct antiviral effect.
- Immune system boosting effect.
- Anticancerous effect.
- Antioxidant (protects the cell membrane from free radicals).
- Operates in synergy with vitamin E.
- Sources: onion, garlic, nuts, wheat germ, sunflower seeds, tomatoes, Brussels sprouts.

OTHER IMMUNOSTIMULANTS

physical activity

Physical activity increases the production of endorphins, which increase the number and activity of immune cells. Simultaneously, the increased physical activity enhances the synthesis of melatonin, which boosts and controls the function of the immune system.

the sun

Sunlight increases the production of serotonin which displays antistress effects (stress is an inhibitor of the immune system). Moreover, serotonin partakes in the synthesis of melatonin, which is likewise a very potent immunostimulant.

high spirits

"A merry heart does good, like medicine, but a broken spirit dries the bones" (Proverbs 17:22, NKJV).

sleeping and rest

Melatonin and growth hormone, which are secreted during sleeping, enhance the immune and antiviral functions of the body.

fruits and vegetables

These plant foods represent rich sources of vitamins and minerals, as well as numerous other phytochemicals which display direct and indirect antiviral effects.

IMMUNE SYSTEM INHIBITORS

- Body cooling.
- Stress.
- Smoking, alcohol, and drugs.
- Exhaustion, and lack of sleep.
- Age (babies, puberty, old age).
- Chronic diseases.
- Some medications (corticosteroids).
- Saturated fatty acids (animal and milk fat).

DAILY INTAKE OF IMMUNOSTIMULANTS

- Echinacea.
- Vitamin C (1000 milligrams).
- St John's wort (tablets 2x1).
- Fruits and nuts.
- Wheat germ: 2 tablespoons.
- Honey, pollen, propolis.
- Tea blend: elder, liquorice, dog rose, calendula.
- Juices: apple, carrot, beet, tomato, lemon, orange, grapefruit, mandarin.
- Lettuce, onion, cruciferous vegetables, legumes. 

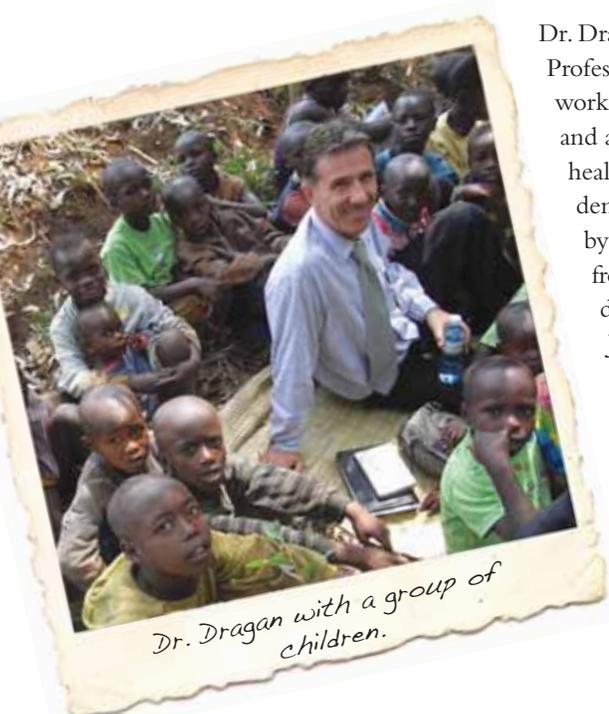


MISSION RWANDA

It is truly amazing how certain projects have the capacity to bring together people from various walks of life and from all around the world to one place, at one time and for one purpose. This is exactly what happened in July, 2008, when a medical and dental clinic was organized for humanitarian aid for the people of Rwanda.

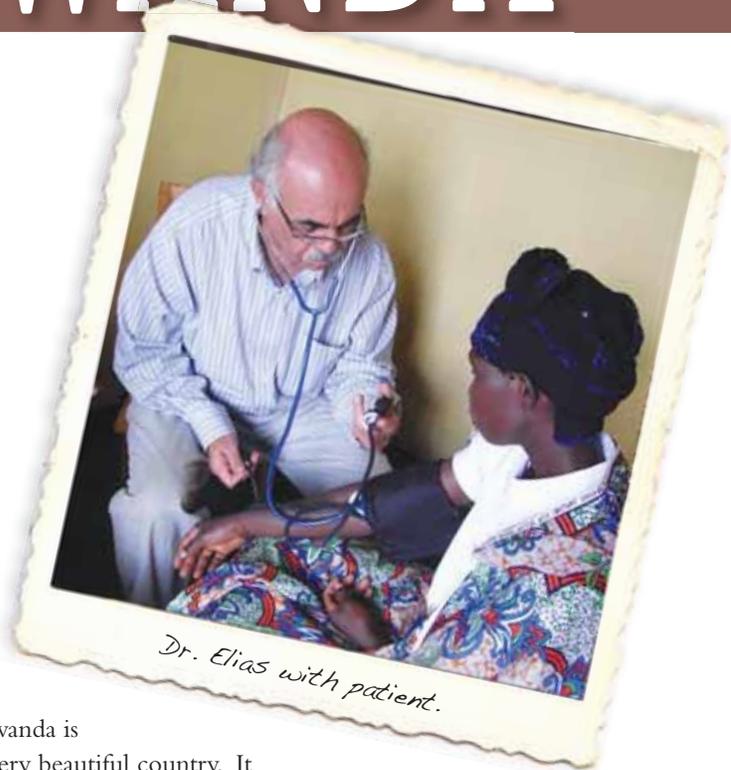
Incorporated with the clinics was a medical missionary congress, including presentations on health and the gospel. Many came from near and far to hear the message and to be seen in the clinics. Many came from near and far to participate in the congress: as far as Botswana, Congo, Burundi, to name but a few.

The team included Michael Stoyko, General Conference Regional Secretary for Africa; Charles and Marline Balbach, Mission Projects International Founders; Dr. Dragan Ivanov, Professor Elias Souza, Dorothy Ilic and Branko Ilic, members of the General Conference Medical Department.



Dr. Dragan with a group of children.

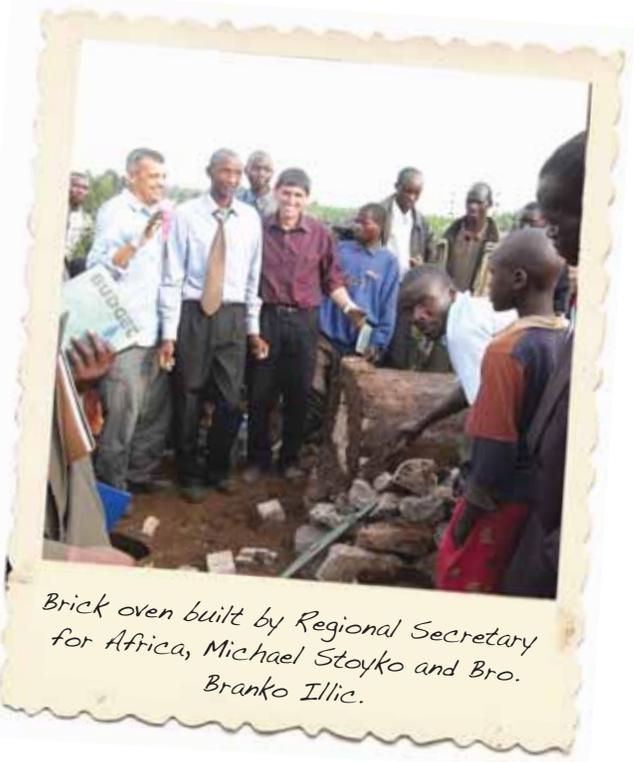
Dr. Dragan Ivanov and Professor Elias Souza worked in the clinics and also presented health lectures. The dental clinic was run by Dr. Immaculate from Rwanda and dental technician Jean, who generously gave of their time and professionalism to help those in need of dental treatment.



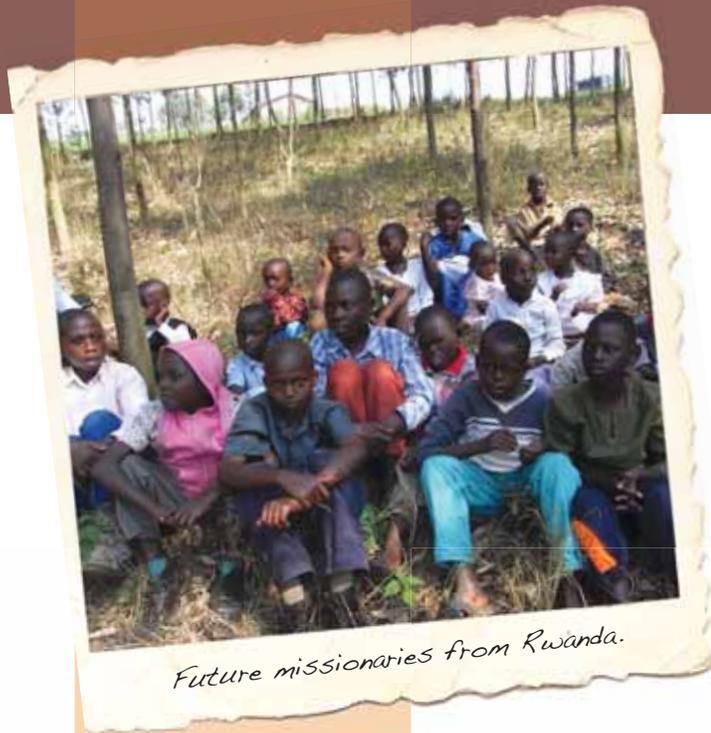
Dr. Elias with patient.

Rwanda is a very beautiful country. It truly is the land of a thousand hills.

The people are very friendly and hospitable. The children are absolutely gorgeous, and I loved how they would gather around and try to hold your hand. By "trying," I



Brick oven built by Regional Secretary for Africa, Michael Stoyko and Bro. Branko Ilic.

Dorothy Ilic

Future missionaries from Rwanda.

mean that often there would be about 3–5 children on each side of me holding my hand, and I was truly touched by their open affection. The musical lilt of choirs singing was uplifting, especially when I recognized the tune of a well-known hymn and could hum along. It is very interesting to note, that, although we may not speak the same language, we can hum the same melodies. I look forward to the day when language will no longer be a barrier, and we shall be able to understand each other.

They say a picture is worth a thousand words and so, from the country of a thousand hills, I will let the pictures do the talking.

HEALTHY kitchen

Central African Peanut Sauce Ange's Recipe

Sauté

- 1 medium onion, cut in half and sliced
- 2 tablespoons oil

Stir in

- 1/2 cup chopped fresh tomato or sauce

Blend or hand mix, then add to sautéed onion:

- 2 cups water
- 1 cup roasted peanut butter or roasted ground peanuts
- salt and red pepper to taste

Simmer on low 10–15 minutes.

Serve with rice, potatoes, sweet potatoes, pasta, or tofu.

Note: this recipe is not suitable for those with peanut and other food allergies; please consult a health professional for advice.



**Ange's scrumptious
Rwandan peanut sauce.**



are you your

WORST ENEMY?

Daniel Boarim, M. D.

What is the greatest of all our inconsistencies? Let me introduce you to the chief “offender”!

Stating that health is the greatest pinnacle of achievement in life sounds like an adage. After all, who would disagree with that conclusion? However, it is precisely here that the chief offender mentioned in the title lurks, and it is at this juncture that the path of success begins to deviate. But what are we talking about here? We talk about the atrocious massacre being carried out on a daily basis against our own health in a systematic, inconsistent, and deranged way. We try to link success with money, fame, and power; yet we fail to understand why success and happiness elude us. Fortunately, some can perceive this error in time, and even though it is a ridiculous error, it is potentially fatal. Sadly, only a minority of people perceives this, while the great masses live and die without even understanding what is happening to them.

The reality is that they don't live; no one lives without health, and there is no success either.

THE MIRAGE OF SUCCESS WITH A MATERIAL BASE

No doubt you know someone who is always on the go, never stops and is an excellent professional like a production machine. Many of us consider success as something purely material, whether financial or professional. In today's demanding market, it seems justifiable for one to run ceaselessly in pursuit of excellence. It is here that many stumble because they fail to fortify the foundation upon which success is built; they undervalue their best investment, their most prized asset, and the best that life can offer in their short passage through this world—health. We don't want to linger on endless considerations about the philosophy of success; a subject that is discussed ad infinitum. Within us exists a powerful instrument that works as the ignition, discharging a cascade of positive surges and allowing the various steps to synchronize to achieve the final goal. The ingredients for success are many, and all of them combined together are important. One of the key ingredients is health. It functions like a marvelous trampoline for those who want to achieve a better and happier life. A healthy person is naturally motivated, and is more likely to achieve their goals.

When health is present, the chances for happiness and success are enormous. To have health means to live intensely. It is true that spiritual and emotional illnesses are all around us in this turbulent world, and some even call them



“STOP THE DESTRUCTIVE ELEMENTS YOU ARE CAUSING TO YOUR MIND, BODY AND SPIRIT.”

“inevitable.” But the difference in a healthy person is that they learn to overcome these “inevabilities.” Medicine sometimes errs in their approach. Scientists and health professionals spend a lot of time inventing and applying formulas to combat illnesses. However, the best way to confront our issues and challenges is by having good health. Our body was created to function for many decades. If all would rely upon this fantastic project, sickness would be so rare that we would have to re-imagine our world, and today’s complex structure of combating disease would practically disappear.

RELEASING OUR POTENTIAL FOR SELF-HEALING

Our body is endowed with fantastic mechanisms for self-preservation and self-healing. At times, however, reality seems to contradict this statement, as we see that many diseases continue to grow, some terribly destructive and disabling. We suffer too much with this burden of infirmities that, compared to the medical knowledge of today, shows a great disproportion. But medical science itself admits having discovered the “secret” by emphasizing so much today’s lifestyle.

When we view the matter from this angle, it may seem easier to understand what has happened with the “project” of our body, which some think it has not worked well. The truth of the matter is that many will not live long enough to understand that we are sabotaging our own bodies!

Should we change positions? Let your body act freely. Liberate yourself from the addictions and prejudices you have. Stop the destructive elements you are causing to your mind, body and spirit.

Often, we place in our path small stones and even large boulders that will impede our life-long walk! Let’s start by changing our incorrect way of eating!

We are living in interesting times. There have never been so many doctors, hospitals, medications, and yet, ironically, so many diseases. We witness today so many houses, but so few homes; so much food yet, so much hunger.

A KILLER LIFESTYLE

These days, there are many speeches about peace and yet there are so many wars: many religions and yet so little genuine Christianity.

We are sabotaging the original happiness project that the Supreme Architect designed for us. Our Creator’s project is written down in each cell of our body, ready to fully function for us, and reward us with health and peace. We only need to fulfill the simple conditions at the reach of all. We have deviated so far from our perfect original design and well-being, and we have invented so many things and become demanding and stubborn that we don’t easily assimilate the truth. We are responsible for our well-being. We need not be impotent victims of the evils of modern life. Evil does not come randomly, it comes because we have deviated from the “good way.” We have adopted an “assassin” lifestyle, thinking and living in a self-destructive way, yet what is it that we desire most? Health, of course. What irony!

It’s time to change. Changes are not the “forte” of many people. Let’s leave our stubbornness aside and begin to invest in our best inheritance—health! Our Creator is willing to help and is only a prayer away! Invest in your life project. Health is success. 

Healthy Recipes



Veggie Burgers

INGREDIENTS

- 4 cups hot water
- 2 carrots grated
- 1 onion grated
- 0.25 kg mushrooms (1/2 lb)
- 4 cloves garlic
- 2 celery sticks finely chopped
- 5 tbs Braggs aminos or soy sauce
- Pinch ground paprika
- Pinch of onion powder
- 2 tsp of seasoning (veggie chicken)
- 2 tbs LSA protein mix (TVP)
- Pinch of fresh parsley
- 2 tbs gluten flour
- 4 cups rolled oats
- 4 tbs savory (nutritional) yeast flakes
- Cumin to taste.

- 1 Place water in saucepan and bring it to a boil.
- 2 Add all the ingredients in saucepan.
EXCEPT: Gluten flour, rolled oats and yeast flakes.
- 3 Allow ingredients to boil for 5 minutes.
- 4 Add rolled oats, savoury yeast flakes.
- 5 Mix thoroughly.
- 6 Remove from heat and allow ingredients to cool at least 20 minutes.
- 7 Sprinkle gluten flour into mixture stirring constantly to avoid lumps.
- 8 Form into patties.
- 9 Place on baking sheet.
- 10 Bake 180°C (350°F) for 40–45 minutes.



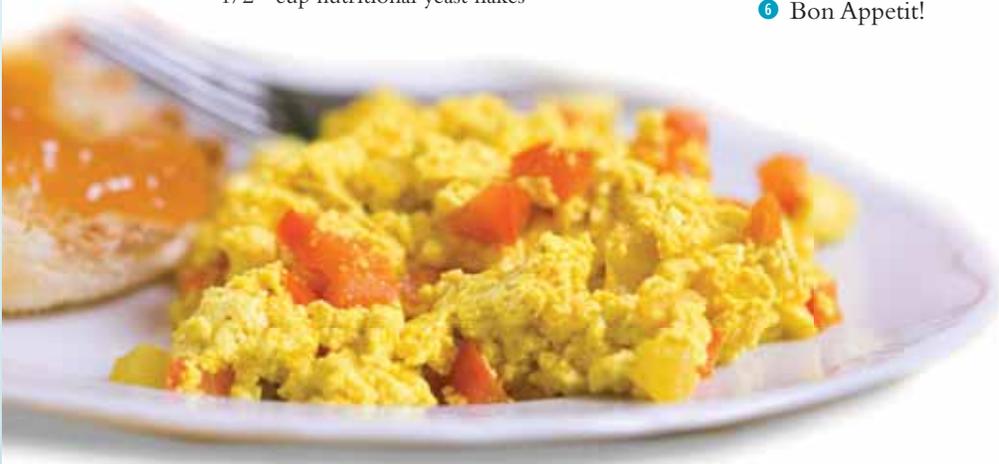
Vegan Scrambled Egg

Tofu Sandwich Filling

INGREDIENTS

- 1 large onion
- 2 tbs olive oil
- 1 block hard tofu (grated)
- Soya sauce (Kikkoman) to taste
- Indian curry to taste
- 1 tsp turmeric
- 1/2 cup nutritional yeast flakes

- 1 Sauté onions in olive oil.
- 2 Stir in grated tofu.
- 3 Add soya sauce, curry and turmeric.
- 4 Cook 2 minutes, stirring frequently, and add nutritional yeast flakes.
- 5 Ready to serve.
- 6 Bon Appetit!



Whole Grain Bread

INGREDIENTS

- 1 large onion
- 4 cups wholemeal flour
- 1 tbs. linseeds (flaxseeds)
- 1 tbs. sunflower seed
- 1 tbs. pumpkin seeds
- 1 cup quick oats
- 4 tsp. dried yeast
- Pinch salt (to taste)
- 2 tbs. gluten flour
- 1-2 cups of water (**as needed depending on flour quality**)

- 1 Place water in saucepan and bring water to boil.
- 2 Preheat oven to 160°C–180°C (350°F)
- 3 Mix dry ingredients.
- 4 Add required amount of water slowly. Knead until dough becomes firm **BUT NOT TOO FIRM.**
- 5 Place dough in bowl and cover with clean tea towel or plastic wrap.
- 6 Put bowl in warm place (not in the oven), so that the dough can rise.
- 7 Leave to rise for approximately 45 minutes.
- 8 Divide dough into 2 parts.
- 9 Place dough into bread pans.
- 10 Cover with clean tea towel and allow for dough to rise for approximately 10 minutes.
- 11 Grease bread pans with oil and flour, or use baking paper.
- 12 Place into oven.
- 13 Reduce heat by 20° after 20 minutes.
- 14 Continue to bake for approximately 20 minutes, or until baked.
- 15 Bread should be ready if the outside crust is firm and colour is a little darker.



miraculous healings

Valerian Raileanu, M.D.

The understanding of the topic of miraculous healings is, in my opinion, of major importance for the believers of the latter days for two reasons. On the one hand, miraculous healings (as other miracles) have been used and are still being used by the Lord in order to soothe human sufferings and to proclaim His gospel on the entire earth. On the other hand, Satan, trying to “if it were possible, [to] deceive the very elect” (Matthew 24:24) also performs miracles through his instruments (false christs and false prophets).

Satan’s counterfeits, which sometimes look like real miracles, may be seen at the same time or even before the acts of God are manifested. In this way, those who “received not the love of the truth, that they may be saved” will become even more determined to continue on the path of perdition that they have chosen (2 Thessalonians 2:9).

In order for us to better understand what miraculous healings mean, we must first define the terms. By a miracle we understand (according to dictionary definitions) an unusual, surprising, amazing, unexplainable phenomenon (by present human understanding). Sometimes a miracle is no longer a miracle when explained by advanced human knowledge. However, some miracles will remain beyond the reach of our understanding, maybe for endless ages. Rain, for example, which is a commonplace phenomenon nowadays, would have been a miracle before the Flood. But the Flood (and the subsiding of the waters after the Flood) is still a miracle to our understanding.

Healing means the restoration of health—that state of physical and spiritual wellness, determined by the optimal working of all the organs and systems forming the human body.

What is miraculous healing?

Miraculous healing means the restoration of a sick body in a manner that cannot be explained by human understanding. It doesn’t depend on the usage of certain means of healing (treatments) and is most often instantaneous (although it can sometimes take hours or days to happen). This was true in the case of King Hezekiah who was fully healed on the third day (2 Kings 20:5), or of the blind man from Bethesda who went through an intermediate state, while being healed by Christ.



He could see some men walking, but they appeared as trees (Mark 8:24). We do not doubt that every true healing, no matter which method may be used—natural treatments, treatments medicine, surgery, or a miracle—is performed by the power of God and can be regarded, to a certain degree, as a miracle. Satan, in his counterfeits, does not perform actual healings, but he gives just the illusion of having accomplished this goal. Oftentimes God performs the healing, even against wrongly applied treatments performed by physicians or other health practitioners. Nonetheless, it is equally true that God reveals His power through people whom He has endowed with the “gift of healing.” Through “one and the self same Spirit, [He works unto everyone as He pleases]” (1 Corinthians 12:9, 11).

In this broad group of healing methods, a miraculous healing occupies a special place that is quite understandable. The apostle Paul makes a distinction between the “working of miracles” and the “gifts of healing.” A clear understanding of this distinction will prevent us from idolatrous worshipping certain methods of miraculous treatment used. Let us not forget that the brazen serpent that Moses lifted up in the wilderness (which was actually a symbol of Christ) was idolized by the people until the days of Hezekiah, who, under the guidance of the Holy Spirit, broke it into pieces. The Holy Scripture emphasizes the fact that in this respect “Hezekiah did that which was right the Lord” (2 Kings 18:3, 4).

The gift of miracles (especially the gift of healing) is by no means dependent on the will and capacity of the human being. Paul, for instance, who was given the power of healing and even the power to resurrect people from the dead, was not able to heal Timothy of his frequent infirmities of the stomach (1 Timothy 5:23). Neither could he help Trophimus, whom he left behind sick at Miletum (2 Timothy 4:20). And, what is more, he was not given power to heal himself, even after he had prayed three times (2 Corinthians 12:8) in behalf of his problem. (This visual infirmity may have come after the vision he had on his way to Damascus and remained all through his life, although he partially regained his sight through the power of God, when the faithful Ananias put his hands upon him.)

Miraculous healings, unlike other miracles, were performed for individuals rather than for masses of people. These miracles were wrought when the individual accepted the heavenly appointed means. Miracles in greater numbers (as in the case of those who had been bitten by the poisonous snakes) were dependent on the same rule. Those who had been bitten and wanted to live had to look at the brazen serpent lifted by Moses. Different from the miraculous healings, other kinds of miracles had been often performed for large masses of people, including:

The separation of the Red Sea for the passage of the Hebrews who had just been freed from Egyptian bondage. The stopping of the Jordan waters at the Hebrews’ entrance into the land of Canaan.

The destruction of the Assyrian army that was besieging Jerusalem in the time of Hezekiah. Miraculous healings were not very numerous. Rather, they were exceptions, even in the days of the apostles. The majority of the believers were not endowed with this gift. Thus when the apostle Peter was visiting the disciples at Lydda, he was instrumental in the healing of Aeveas (Acts 9:32–34).

Why is sudden healing rare?

The reason why miraculous healings are today so rare is probably due to the fact that God does not want to use momentary impressions caused by sensational events. Rather, He wants them to know the truth and His love in sending His Son to save sinners. This involves a greater depth of experience than just a “quick fix.”

“The Jews require a sign and the Greeks seek after wisdom: but we preach Christ crucified, unto the Jews a stumblingblock, and unto the Greeks foolishness; but unto them which are called, both Jews and Greeks, Christ the power of God, and the wisdom of God” (1 Corinthians 1:22–24).

Sometimes those who see a miracle wonder, how and why God decided to bless them with a miraculous healing. And they also wonder why, in other cases, God does not answer their prayers in behalf of other sick people.

Miraculous healing depends to a great extent on the faith of the person who needs healing. Unbelief hindered Jesus’ work in Nazareth. “And he could there do not mighty work, save that he laid his hands upon a few sick folk, and healed them. And he marvelled because of their unbelief” (Mark 6:5, 6).

In conclusion, we must say with the apostle: “O the depth of the riches both of the wisdom and knowledge of God! how unsearchable are his judgments, and his ways past finding out!” (Romans 11:33). 





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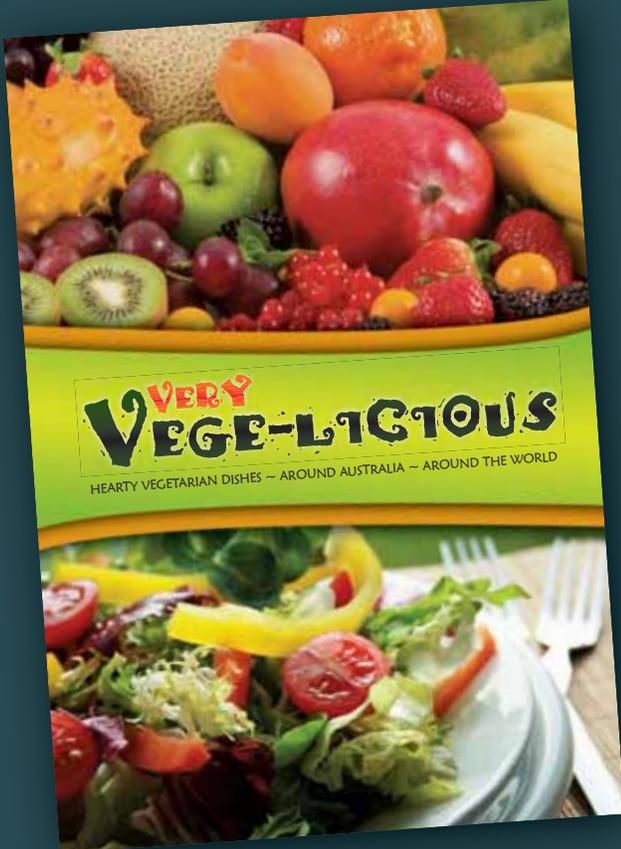
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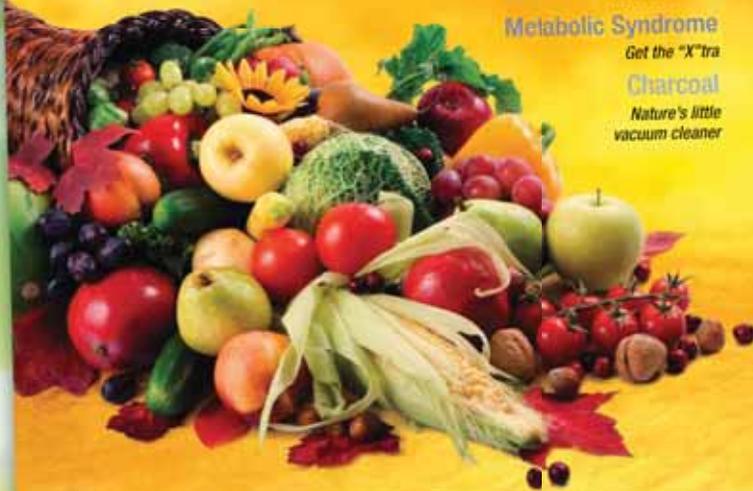
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