

Health Promotion NEWSLETTER

Health Department of the Euro-Africa Division

Number 22, Fourth Quarter 1999

EDITORIAL

Dear colleagues and friends:

The fall is here... the fall of the leaves... the fall of the year. Beautiful as it is, with colored leaves and a clear blue sky, it reminds us both of God's creation but also of the fall of man. The huge colored pumpkins and delicious grapes remind us of our Creator who provides for our bodily needs, still 6000 years after His marvelous creation act. But the falling leaves, the shots heard in the forest, the frost at night, also tell that the beautiful Eden which was and once again will be, is still to be waited for. Anyway - it's closer than ever before! The fall of this planet is drawing towards its end, towards its frightful climax. By faith we don't have to fear. But let's be prepared - every day!

"Education in health principles was never more needed than now. Notwithstanding the wonderful progress in so many lines relating to the comfort and conveniences of life, even to sanitary matters and to the treatment of disease, the decline in physical vigor and power of endurance is alarming. It demands the attention of all who have at heart the well-being of their fellow men.

Our artificial civilization is encouraging evils destructive of sound principles. Custom and fashion are at war with nature. The practices they enjoin, and the indulgences they foster, are steadily lessening both physical and mental strength and bringing upon the race an intolerable burden. Intemperance and crime, disease and wretchedness, are everywhere". MH125-126

These words, written nearly a century ago, are timeless and well describe the situation of mankind today. On the following page, the true remedies are described: "Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power". These classical words are the base of the Adventist health message, also known under the NEWSTART acronym. Remedies given us free, long before the fantastic advance in medical knowledge, at the very beginning of time.

In the present Newsletter we continue to provide you with useful information, internet addresses and encouraging reports from our field. The next issue shall be dedicated to the prevention of addictions among our youth - an important, but neglected matter.

May God continue to bless your efforts as you finish the tasks of this year and prepare for the challenges of the soon coming next millennium!

Yours, for better health

J. Hawlitschek

EUD Health Department.

FADS AND QUESTIONS ON NUTRITION

QUESTION: We are promoting the use of soy beans, tofu, soy milk and other soy products in our lectures, but always people come up with the objection that soy beans are genetically manipulated and therefore unhealthy. How safe are genetically modified foods?

Answer #1: "The public has been using such for many years. Many fruits and vegetables have long been produced by breeding from parent stock of differing genetic backgrounds as the means of genetically altering them. We've had hybrid corn, wheat, and tomatoes this way. Tangelos, for example, are produced from stock as diverse as tangerines and grapefruit. Instead of guessing as to the results of what a cross between two fruits or two vegetables might be it can now be done with greater certainty of the results by adding only a specific desirable gene. So one can have bell peppers that are purple, yellow or white by this method. Is it safe? Yes. The U.S. has a long list of requirements before such can be marketed. Acceptable answers must be given to these questions: Have accepted, established scientific procedures been followed in the product's devel-

opment? Has the concentration of naturally occurring toxicants or allergens in the product changed? Have the levels of important nutrients changed? Could any alterations affect the product's digestibility? What are the environmental effects of the product's growth and production? Does the genetically-modified plant have a history of safe use in food? Has the maker introduced into the product any substances that do not have a history of safe use in food?

There are great potentially advantages to these foods. One could produce crops which require no pesticides or herbicides or plants that need no nitrogen fertilizer, or plants that have greater antioxidants and therefore could lower the risk of heart disease and cancer, and all this could decrease the cost of food, etc. At the present the potential advantages of such products are great and there is no problem regarding safety. The General Conference Nutrition Council has studied this question and produced a Fact Sheet [which is included in the present Newsletter]."

By Dr. John Scharffenberg, Adjunct Professor, Loma Linda University

Answer #2: "I get the same question on soybeans and other genetically engineered foods. There is a fact sheet developed by the GC Nutrition Council on this topic. The truth is if we refuse to eat foods that are altered we will be not eating anything except wild grass."

By Stoy Proctor, GC Health Department

Answer #3: "Sanitarium Health Foods in Australia refuses to use GM soybeans - not for health reasons but because of consumer demand. It is difficult to give a tight scientific answer, but examples of soy/brazil nuts raised the issue about allergies increasing because of unsuspecting proteins being added to the food supply. Also GM can cause spread of gene pool into adjoining plants. The possibility of developing super weeds just as you have pesticide resistance in insects. This is spelled out in my new book on Nutrition and Wellness on page 318-319. Super-Accelerated natural processes are usually fraught with dangers. There is presently no evidence that the risk of chronic diseases is altered or affected by GM procedures.

My philosophy is a simple one: If in doubt, leave it out! However, it is not always easy to choose alternative products. Do European companies tell you if product ingredients are free of GM substances?"

By Winston Craig, Professor of Nutrition, Andrews University

ROMANIA - Health Expo

"As you imagine, we are extremely busy these days with the Health Expo. We had a good advertising campaign and during the first day came about 1000 visitors. We hardly managed to cope with such a number of people. The next two days have been more reasonable, with about 400-500 people daily. The cooking class has about 300 participants, and the booth section is very much appreciated. We also have scheduled about 20 health seminars, and people are very interested.

Tomorrow we will receive the visit of about 100 VIPs. Pray for us, because we are so weak. Satan is raising all kinds of obstacles in our way. Charles Cleveland brought a team of young people from Herghelia that perform chair massage to the participants, and this is very popular. He also brought several scales that measure the body fat percentage, and people are queuing in front of them. We also use Don Hall's computer programs - The Health Age and the Heart Age. We have a spirometer, ergocycle, and we measure blood glucose and cholesterol. After ACTS 2000 we will hold a Breathe Free Program, and the slides you gave us will again be a very professional and useful tool."

Reported by Dr. Gily Ionescu, Director Health Department of Romanian Union

CZECH REPUBLIC - Youth to Youth Program

"The summer is behind us - we still live from the experience on the Grief and Crisis Management Seminar with Dr. Feldbush, it was very meaningful and we hope to spread these ideas to the church.

Then we have enjoyed once more the AY2Y program in Zlin. The state officer for drug policy took part in it. The program received high appreciation and we are encouraged to continue in this work and for the next year to prepare it specially for the teachers, with the state's money contribution. Praise the Lord, He is merciful to us, just to live with him, He will care for His things. A few days after I had opportunity to prepare a long article on my life and on the hope we believe in (Jesus' second coming) for the whole state newspaper. The witness on Adventist belief was very well accepted and so I see, it is His work."

Reported by Dr. Jana Krynská

Czech Republic - Health Week

"Dear J., could you imagine, we had a Week of Health (4-10 October) for the entire city of Zlin. So our lectures were published on the city's activities schedule including our Sabbath afternoon church discussion on the topic 'Christians and Care of the Environment'. We have so great possibilities, but so few workers...!"

During the past few days I have worried about Dr. Milan Moskala in Bangladesh, he was ill with bronchitis, perhaps he needs a little bit of rest, but there is so much poverty... As a church we expect in this Sabbath to make a sponsorship for a scholarship of one Bangladesh girl from our Adventist family. Maybe this will help to encourage Moskala's family to go ahead in their mission."

Sent by Dr. Jana Krynská

HONDURAS - ADRA Emergency Relief Program

"In July we went as a second group of physicians and midwives to Honduras to assist in the programs of rehabilitation and development of the damaged sanitary infrastructures by the tornado Mitch.

During five weeks we developed a comprehensive mother-child training program in the province of Lempira, one of the neediest parts of the country

in terms of sanitary infrastructures and personnel. Our task was to train traditional midwives (see picture) and pediatric health assistants for the rural villages and communities, and to provide primary health care to the population. In this province exists only one Adventist church and our work was of important public relation to prepare the authorities to receive the gospel.

Our group also donated more than 100 kg of children clothes to the REACH orphanage in Sta.



Barbara and medical books for the library of the Adventist Hospital of Honduras."

Reported by Dr. Ferrán Sabaté

GERMANY - Personnel change in DVG

Dr. Klaus Irrgang, Director of the Interunion Health Department (DVG) has been called by the General Conference to join the teaching staff of the Public Health Department of the Adventist International Institute of Advanced Studies (AIAS) with seat in the Philippines. We wish him and his family God's blessings and lots of joy in his new and challenging responsibility.

Dr. Peter Pribis from the Czech Republic was called to replace Klaus in Germany. He is expected to start early next year.

USEFUL LITERATURE

In the last issue (no. 21) we sent you a copy of the Summary of Dietary Recommendations of the American Institute for Cancer Research and World Cancer Research Fund, published in 1997 in the

book "Food, Nutrition and the Prevention of Cancer: a global perspective", ISBN 1-899533-05-2. It is a 670 page book and difficult to get, according to our personal ex-

perience.

In relation to their 6th recommendation there is the following comment on p. 522-523:

"There is convincing evidence that alcoholic drinks increase the risk of cancers of the mouth and pharynx, larynx and oesophagus, and also primary cancer of the liver, this last is probably via alcoholic cirrhosis. The risk is increased if alcohol drinkers also smoke. Alcohol also probably increases the risk of cancers of the colon, rectum

and breast.

The risk is increased by any alcoholic drink, irrespective of type and concentration. Alcoholic drinks have been adjudged as group 1 carcinogens (carcinogenic to humans) by the "International Agency for Research on Cancer."

The American Institute for Cancer Research (AICR) also offers some free booklets about the following subjects, among others:

"AICR Diet and Health Recommendations for Cancer Prevention" [A new booklet, based on AICR's 1997 landmark international report, Food, Nutrition and the Prevention of Cancer: a global perspective. This booklet provides a detailed look at the latest science-based recommendations for cancer prevention and how to begin making them, and lower cancer risk, a part of your life.]

"Facts on Preventing Cancer - Alcohol" [A brochure that answers the most common questions about the link between alcohol consumption and cancer risk. Looks at the link between alcohol and lower risk for coronary disease and relates it to drinking and cancer risk. Suggestions of ways to cut down on alcohol consumption.]

"Taking A Closer Look at Nutrition, Genetics and Cancer" [A brochure explaining the role of genetics in cancer risk and cancer development. Clarifies that genetics is not as important a factor as many people assume in relation to cancer risk, and how lifestyle changes, including dietary changes, can reduce cancer risk, even when there appears to be higher risk due to genetics.]

"Taking A Closer Look At Phytochemicals" [Although scientists are only beginning to identify and understand the role of phytochemicals, the hundreds of naturally occurring chemicals in plant-based foods, there is clear evidence that many of them play a role in reducing cancer risk. This booklet helps explain what phytochemicals are, where they occur and why they help make plant-based foods such an important part of a healthy diet.]

"Moving Towards a Plant-Based Diet: Menus and Recipes for Cancer Prevention" [A booklet that draws heavily on the latest research to show why plant-based foods are so vital to healthy living. This booklet includes a wide variety of nutritious, great-tasting recipes.]

To order these booklets and for more information we recommend you to visit the AICR homepage (see below).

INTERNET ADDRESSES

We are often asked about updated health information. Good books and scientific journals are reserved for only a few who have access to large medical libraries. The Internet is also an excellent source of information, but you may get lost in the ocean if you don't have some directions. Besides that, in many places there is no distinction between scientific proven data, anecdotes, or personal opinion. Prudence is therefore indicated.

In the following lines we list some carefully chosen addresses which may help you to find reliable information for many health topics. Despite all sincere effort to find the truth, there are still and will continue to be, a lot of contradictions in the scientific literature. Usually the facts are correct but the interpretation is often biased by the personal beliefs of the researcher. The best protection against being misled is to be firmly grounded in the Biblical world view and in the health principles clearly outlined in the Spirit of Prophecy books. The idea to evaluate scientific information in the light of Inspiration may sound strange to some but is certainly wise counsel.

World Health Organization (WHO)

<http://www.who.int/home/hq.html>

Combined Health Information Database

<http://chid.nih.gov>

This is easy to start searching for health information.

Medical Matrix

<http://www.medmatrix.org>

Lists medical sites by specialities.

International Grateful Med

This is the site of the U.S. National Library of Medicine.

In order to find the information you are looking for and to avoid getting lost in the ocean of information, which may cause you a big telephone bill, it is important to follow certain simple instructions which can be downloaded at

<http://igm.nlm.nih.gov/splash/IGM.survival.guide.html>

Medline Plus

<http://www.nlm.nih.gov/medlineplus>

This address also takes you to the U.S. National Library of Medicine.

Medscape

<http://www.medscape.com>

Medhunt

<http://www.hon.ch>

This Swiss-based medical search engine works in English and French.

American Heart Association

<http://www.americanheart.org>

Provides good recommendations for prevention of cardiovascular diseases. They promote plant-based foods and offer good FREE literature.

American Institute for Cancer Research

<http://www.aicr.org>

Their recommendations for cancer prevention are worth to look at.

American Medical Association

<http://www.ama-assn.org>

Here you can find the *Journal of the American Medical Association* (JAMA) and useful links to other organizations.

New England Journal of Medicine

<http://www.nejm.org>

This is also a reliable source of medical information.

Harvard Medical Web

<http://www.med.harvard.edu>

The *Harvard Health Letter* has good and accurate medical information.

Mayo Clinic

<http://www.mayohealth.org>

The Mayo Clinic is one of the leading institutions in the US and has good articles on health issues.

Hardin Internet Health Sources

<http://www.arcade.uiowa.edu/hardin-www/md.html>

Excellent gate of the Hardin Library of the Iowa University to different health related sources.

Physicians Committee for Responsible Medicine

<http://www.pcrm.org>

Information about quackery and dubious procedures.

U.S. Food and Drug Administration

<http://www.fda.org>

Publications and statements about foods, biotechnology, pesticides, food-borne diseases, etc.

U.S. Department of Agricultural Home Page

<http://www.usda.gov>

Information about safety and food preparation.

American Dietetic Association

<http://www.eatright.org>

Good source of information about nutrition. However, be careful since some of their sites are sponsored by food industries and may be biased.

Tufts University Nutrition Navigator

<http://navigator.tufts.edu>

Has connections to more than 200 sites about nutrition.

U.S. Soy Foods

<http://soyfoods.com>

Seventh-day Adventist General Conference

<http://www.adventist.org/>

This is the official website of the SDA Church worldwide. Although this is not a place to search for health information, you should be familiar with it because this is "our" website.

SDAnet

<http://www.sdanet.org/>

SDAnet is a media organization operated in the public interest by members of the Seventh-day Adventist Church. Here you may find lots of interesting information and news. Except for those contributions which are clearly labeled as official Seventh-day Adventist Church material, the opinions expressed by contributors to the various SDAnet activities are those of the individual authors alone and do not necessarily reflect the opinions of the Seventh-day Adventist Church, nor do they necessarily reflect the opinions of the owners and operators of SDAnet. This website has many links to other SDA institutions.

Adventist Health System

<http://www.adventisthealthsystem.com>

You may find very interesting facts on this site. Did you know about the new Celebration Hospital in Orlando?

Foundation for Innovation in Nicotine Dependence (FIND)

<http://www.findhelp.com>

Linda H. Ferry, MD, MPH, from the Loma Linda University, is today's outstanding SDA researcher on smoking prevention and cessation. See also her article on JAMA, Sept. 1, 1999. This site is a must for SDA health educators. (See also enclosed article "Tobacco Dependence Curricula in US Undergraduate Medical Education".)

Ligue Vie et Santé, France

<http://www.chez.com/lvsnet>

The Adventist Health Department in France offers seminars and health promotion materials in French.

Ligue Vie et Santé, Suisse

<http://www.vie-et-sante.ch>

This is the Adventist Health Department in the French speaking part of Switzerland.

Deutscher Verein für Gesundheitspflege (DVG)

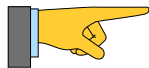
<http://www.DVG-online.de>

The Adventist Health Department in Germany offers a number of seminars, books and other audio-visual materials.

CONVENTIONS AND SEMINARS

NEWSTART programs in Romania

All year round. There are also special programs for German groups and soon there will be English speaking groups. Ask for more information.



Place: Health Center in Herghelia.

Phone +40-65-169 169, Fax +40-65-168 007

E-mail: herghelia@netsoft.ro

AMALF Congress, France

October 29 to November 1, 1999. Place: Merville (Normandie), France.



ANNIVERSARY During the congress there will also be time to visit several museums and to celebrate the 20th anniversary of AMALF. Don't miss this special occasion!

☎ +33 (1) 360.68.62.32

Subject: All around the "Five-Day-plan", psychological approaches, results, comparison with other methods, etc.

SPAIN - First European Congress of Adventist University Students and Graduates

October 29 - November 1, 1999.

Place: Lloret, Costa Brava, Spain.

Subject: The Bible and Mediterranean Culture.

☎ +34 3 4530299, Fax +34 3 4539703

ICPA 10th International Congress

January 25-30, 2000

Place: Cape Town, South Africa

For an information brochure write to:

ICPA_Congress@hotmail.com

KEY DATES 1999



December 1 World AIDS Day
Distribute the SDA AIDS-pamphlet.
Focus on Biblical principles of prevention.

THOUGHTS OF THE MONTH

"But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you."

John 14:26

"God does not ask us to do in our own strength the work before us. He has provided divine assistance for all the emergencies to which our human resources are unequal. He gives the Holy Spirit to help in every strait, to strengthen our hope and assurance, to illuminate our minds and purify our hearts."

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*Our Division Staff
wishes you and your family a
Merry Christmas
and God's blessings for the
New Year 2000!*

The **Health Promotion NEWSLETTER** is a quarterly report about new health promotion materials, conventions, important addresses, working strategies, etc. For best effectiveness we kindly ask you to share such information with your co-workers and also to supply to our department pertinent information to be published. Let us unite in the proclamation of God's health message!

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