

# Health Promotion NEWSLETTER

Health Department of the Euro-Africa Division

Number 25, Third Quarter 2000

## EDITORIAL

Dear colleagues and friends:

This Newsletter was intentionally delayed to be released after the General Conference World Session in Toronto, June 29 - July 8, 2000, with the purpose to include pertinent news. It was a great inspiration to see the progress of the gospel all over the world, to shake hands with our brethren from the other side of the globe and to hear their experiences. What a wonderful variety of people and cultures we have in our Adventist world family!

The session's theme "Almost Home" pervaded every sermon. Jan Paulsen, Seventh-day Adventists' world reelected President, emphasized in his closing message the importance to be united for the soon coming of our Lord. As EG White said, "The work of God in this earth can never be finished until the men and women comprising our church membership rally to the work, and unite their efforts with those of ministers and church officers." Gospel Workers, p. 352.

It is with this spirit that we here in the Division office commit ourselves once more to our Lord's service and look forward to serve you best during this new quinquennium.

Yours, for better health

*J. Hawlitschek*

EUD Health Department.

## ENCOURAGING LETTER FROM THE GENERAL CONFERENCE

May 2000

"In so many ways the work of God's church is advancing and blessing the lives of men and women. Perhaps some of the most tangible blessings are experienced by those who encounter our "health ministries" workers. It has been my privilege this last month to visit our work in Rwanda where

brave people are putting their lives back together after some of the most horrifying experiences of this last century. At our hospital at Mugonero there are over three thousand buried in a mass grave and yet a spirit of reconciliation and a determination to rebuild and face the future in hope is expressed by so many. Flying over flooded Mozambique my heart ached for its children and desperate inhabitants. The message we love is truly one of hope and care, and the want of the world is of people like you and me who become hopeful and caring. There are so many of us who live in a state so blessed that we at times become inured to the suffering of those living in less fortunate settings. Oh, that in our hearts there will grow a sense of man's vulnerability and our oneness with each other, that we will join hands around the world in love and mutual support. It is truly in the caring for each other that we become Christ like.

In writing this little note I want to encourage all you dear folks interested in "Health Ministry" to bear ever before you that ours is a message of grace. The EUD is a division of great strengths and potentials. I have noted with pleasure the many activities and the future plans. The concept of developing an outreach in health in Mozambique is a wonderful way to express love in action. Mozambique has had its share of problems to batter it into a state of need. It is a place to begin a work with a plan that incorporates a comprehensive view of the mission of the church into the local setting. The development of local human resources along with a supportive infrastructure is foundational. The recognition of accountability as a measure of responsibility needs to be taught and learned to ensure the sustainability of new programs. To Dr Hawlitschek I offer my congratulations on the way the EUD has carried the health message. My associates at the General Conference join with me in wishing all of you in the EUD all of God's richest blessings in this the new millennium."

*Allan Handysides, MD - Director, General Conference Health Ministries Department.*

## WORLD HEALTH LEADERS MEETING IN TORONTO Reports - Priorities - Challenges

During the GC sessions' week Dr Handysides provided an opportunity for a meeting with world Division Health Department leaders. In the reports and subsequent discussions several facts clearly pointed out:

1. The health message continues to be the entering wedge of the Gospel.
2. The health message, the "right arm" of the Church, is crippled in many places.
3. The health needs differ greatly according to the area of the world, economical development, and culture. However, the basic principles of health reform, expressed in the NEWSTART lifestyle, continue unchanged and must continue to be the basis in all health promotion efforts.

The health principles must be implemented in all Adventist institutions (hospitals, schools, retirement homes, publishing houses, Union and Conference offices, etc.) and proclaimed from the pulpits not as a separate message but as an integral part of the plan of redemption.

4. Besides that, special emphasis may be put on different programs according to specific needs: smoking cessation, cooking classes, stress management seminars, AIDS prevention, etc.

We live in a time when the youth, both outside and inside our church, needs and is open to prevention regarding alcohol, drugs, and risky sexual behavior. It is time to promote and integrate the AY2Y program in all youth activities.

5. The need of more networking between Divisions for exchange of ideas, materials, and speakers. This will greatly potentiate our efforts and give more efficient use of our resources.

6. Several physicians were ordained in the South American Division during the past years. This procedure is recommended not only for those physicians who besides of medicine also have an academic degree in theology but for all those physicians who dedicated their lives entirely to the Lord's service, as advised by Ellen G. White in Counsels on Health, p. 540: *"The work of the true medical missionary is largely a spiritual work. It includes prayer and the laying on of hands; he therefore should be as sacredly set apart for his work as is the minister of the gospel. Those who are selected to act the part of missionary physicians are to be set apart as such. This will strengthen them against the temptations to withdraw from the sanitarium work to engage in private practice."*

## FADS AND QUESTIONS ON NUTRITION

### What about Spirulina or Blue-Green Algae?

Spirulina is a brand name of Blue-Green Algae or "Pond Scum" which comes from the scum that covers many stagnant bodies of water. It is composed of microscopic plants which cause the water to smell foul and taste bad. Health claims for it is that it is a perfect food that contains all the necessary nutrients to help individuals with medical challenges, that it is a super source of protein with 65-71% complete protein, a plant source of vit. B<sub>12</sub>, or with the brand Chorella that it contains the miracle Chlorophyll. It is stated that Blue-Green Algae is an anti-bacterial agent and that no other organism can survive in the water. They claim it is natural.

What are the facts? It is actually a highly refined product extracted by chemicals. In its natural form it has poisoned animals. The protein is of poor quality; comparable to peanut protein. A recommended dose contains less protein than a half slice of whole wheat bread. The Food and Drug Administration study shows the B<sub>12</sub> is probably due to fecal matter, feathers and insects.

Chlorophyll is not absorbed by the body. In spite of this being eaten by cows they still may get cancer.

*By Dr. John Scharffenberg*

## REPORTS FROM THE FIELD

### Romania - More Health in the Media

"For two weeks now, I am doing a weekly, half hour health information and education magazine for the National Radio Station (Cultural Channel). It came as a surprise, and the people there are very open and interested in bringing and promoting a healthy lifestyle. We are trying to make the best out of this blessed opportunity. Pray for us.

We had the second Bucharest edition of the Health Expo, and last week there was another one in Giurgiu, a town on the border with Bulgaria. The attendance was high as usually, with the highest medical and civil authorities in Giurgiu attending the opening ceremony. Last night we have been invited to the local TV station in Giurgiu and spoke live on vegetarian nutrition and NEWSTART for an hour."

*Reported by Dr. Gily Ionescu, Union Health Department Director.*

## Romania - Medical Office in Bucharest

"We recently opened an Adventist Medical Center in Bucharest with 3 offices, one seminar room and a laboratory. At the present time, we have one family physician and one Natural Remedies specialist. There is already a 600 patients waiting list. We also have 1 or 2 health education seminars every week, and the participation is good. We are currently working to open the laboratory, where we have the equipment to do most of the necessary blood tests. We are hoping to get a contract with the Medical Insurance Company for the laboratory, too.

We need to get a second hand ultrasound machine. This would be very helpful, and would significantly increase the appeal of the patients to our Center."

*Reported by Dr. Gily Ionescu, Union Health Department Director.*

## Adventist Scientist Comments on Retraction of Evolutionary "Missing Link" Claim

Loma Linda, CA, USA ... [ANN Bulletin: April 18, 2000]

The retraction by the prestigious National Geographic magazine of its claim to have presented "a true missing link" connecting dinosaur evolution to birds has been welcomed by the head of the Seventh-day Adventist Church's Geoscience Research Institute.

In its November 1999 issue, National Geographic claimed that a fossil recovered from China portrayed an "Archaeoraptor," a kind of "feathered dinosaur" that supposedly linked dinosaurs to birds in an evolutionary series. A panel of experts convened by the magazine after doubts were raised concluded on April 6 that the fossil was a composite of two different animals. After a brief "correction" in its March issue, the magazine has said it will be publishing a report in the Fall on the contentious issue.

"This situation does illustrate the benefits of being cautious in rushing to conclusions," comments Dr. James Gibson, head of the Loma Linda-based Geoscience Research Institute. "There's a danger in presuming, and it's easy to see what you expect to see."

The investigating panel concluded that the feathered dinosaur fossil had not received independent scientific corroboration, as would be expected for such a finding and before making any claims.

"There's a lesson here for creationists as well as evolutionists," says Gibson. "You have to look at

the evidence, and you need to suspend judgment until you know the whole story. You shouldn't be rushing to conclusions, and not everything that is published is proved to be correct over time."

Seventh-day Adventists are supporters of creationism and reject the theory of Darwinian evolution. [*Jonathan Gallagher*]

## Czech Adventist Health Workers Launch Educational CD-ROM

Kromeriz, Czech Republic .... [ANN Bulletin: April 18, 2000]

Adventist doctors and nurses joined with the civic organization Life and Health for a health convention held April 7-9 in Kromeriz. During the convention, Adventist health workers launched a new instructional CD-ROM designed to present principles for healthy living in an accessible, easy-to-understand format.

"Research shows that lifestyle impacts our health significantly," said the producer of the CD-ROM, Petr Skrla, Ph.D., director of the Seventh-day Adventist health department in the Czech Republic. "The new CD-ROM is intended to provide the latest scientific information in an attractive format to all who would like to participate in propagating a healthy lifestyle."

The convention focused not only on motivating doctors, nurses, and volunteers to be involved in instruction in the areas of healthy lifestyle and prevention of addictions, but also offered professional lectures and seminars.

"It is very important for all who want to work in the area of health to stay constantly in touch with the newest scientific knowledge regarding a healthy lifestyle. Conventions like this one are good opportunities to gain access to new information," said Jana Krynska, M.D., chief of the pulmonary department of Bata's Hospital in Zlin and chair of Life and Health.

In addition to the formal presentation, professional workshops for doctors, nurses, and instructional workers were held. More than 200 participants attended the convention. [*Bedrich Jetelina*]

## Walk Around the World 2000

More than 4,500 Seventh-day Adventist young people marched in the streets of 20 Romanian cities on May 28 to call for greater public awareness of the dangers of tobacco and other drugs. All together summed 40,000 km which is actually the circumference of the earth! This is really Walk Around the World!

In Bucharest, in a smoldering heat, 600 youth

marched 9 km, thus making a total of 5,400 km. The line of marchers was 500 meters-long and was opened by a coffin with a couple of huge cigarettes (6 m long) followed by many banners exposing the dangers of smoking. The marchers had blue-and-white caps with the words "Be Smart - Don't Smoke!"

The same evening the largest TV network (PRO-TV) gave a very positive coverage prime time hour (about 4 minutes), unfortunately without men-



tioning the Adventist church which was sponsoring the event. The news was also included in their international program and repeated the next morning. The news editor was commenting that in a time when people go to the streets for all kind of personal interests, it's incredible to see these radiant young men and women marching for the sake of others' life and health. Many local stations featured the marches from other cities.

*Reported by Cristian Modan and Adrian Bocaneanu*

## LITERATURE & MATERIALS

### Tobacco Slides - 9 complete Series

The successful 9 slide series of the German stop smoking seminar "Endlich frei" are now available on CD-ROM either on PowerPoint (\*.PPT) or Corel WordPerfect Presentations (\*.SHW) format.

Supported languages: German, Spanish, Czech, Bulgarian, Romanian, Turkish.

Order from your Union Health Department.

### Devotional Text on Computer

There is a very nice little program which presents each day two new Bible texts for meditation on your screen every time you start your computer. It is completely FREE and is available in many different languages. You can see and download it at <http://www.losung.de>

Note: In order to work properly the shortcut icon must be placed in the "Start Up" folder! (In the German computers it is the "Autostart".)

### 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 Promotion Center in Herghelia. Phone +40-65-169 169, Fax +40-65-168 007 E-mail: [herghelia@netsoft.ro](mailto:herghelia@netsoft.ro)

### AMALF Congress, France

Date: October 27-29, 2000

Place: Montpellier

Subject: Food borne Allergies and Intolerances. Among the speakers will be the best specialists of France. ☎ +33 (1) 360.68.62.32

## KEY DATES 2000



**October 07-14** Week of Health  
Prepare a special program for the church.



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

## THOUGHT OF THE MONTH

*"Never indulge the feeling that you are not esteemed as you should be, that your efforts are not appreciated, that your work is too difficult. Let the memory of what Christ has endured for us silence every murmuring thought. We are treated better than was our Lord."*

Ministry of Healing, p. 476

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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The North American Health Ministries Department also has lots of information available at their homepage

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