

Health Promotion NEWSLETTER

Health Ministries Department of the Euro-Africa Division

Number 27, First Quarter 2001

EDITORIAL

Dear colleagues and friends:

The new year is progressing fast and we notice that "The harvest is plentiful, but the workers are few." (Luke 10:2) Life seems to get more complicated and everybody complains about lack of time. Let's ask God for wisdom to do His job in the best and most efficient way! He has promised to assist us with His Holy Spirit and with His angels.

Our Division has now a homepage where each department is represented:

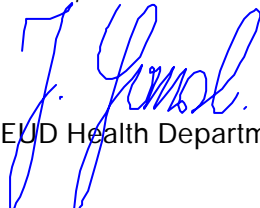
<http://www.euroafrica.org>

We suggest you to take a look and send us your comments to improve it. There are still a lot of details to be corrected and the webmaster is working on them. It is our plan to put important documents on the website to be downloaded. Also the Newsletters and some special books like "A Call to Personal Ministry" by E. Hon in English and soon in Spanish as well.

From time to time we receive good news from the fields. If you have a motivating experience or anything to share with our colleagues, please send us a message, best by e-mail which is fast and allows us to have it directly in the computer.

In March there will be a worldwide Health Ministries Advisory Council in the General Conference in Silver Spring where the representatives of every Division will be present. This happens at the begin of each new quinquennium and we expect to return with new ideas. Please pray for the success of this meeting. We will report on this in our next Newsletter.

Yours, for better health



EUD Health Department.

Resolutions of the 11th World Conference on Tobacco OR Health

Final Approval of Global Tobacco Control Action, 11 August, 2000:

BE IT RESOLVED, that all governments, as part of a comprehensive tobacco control programme, include effective cessation methods, and that these be made available and affordable in all countries;

BE IT RESOLVED, that the Framework Convention on Tobacco Control (FCTC) be strong, driven by public health considerations, not preclude nations from adopting stronger measures and fully integrate NGOs working for tobacco control in the process;

BE IT RESOLVED, that the international tobacco control community work vigorously to exclude and remove tobacco and tobacco products from bilateral and multilateral trade agreements that would have negative public health consequences;

BE IT RESOLVED, that all national health ministries should have full-time staff charged with overall responsibility for ensuring country tobacco control programmes.

Source: UICC News (Winter 2000)

Web site: www.uicc.org

FADS AND QUESTIONS ON NUTRITION

Do You Get Enough Vitamin B₁₂?

"Although our body requires only about one-tenth of a microgram (ug) of vitamin B₁₂ per day (that's one-ten millionth of a gram) the RDA is set at 2 ug per day. This allows for the generally poor absorption of vitamin B₁₂ and provides extra for

storage. However, this level is still generous and is twice the amount recommended by the World Health Organization. Food labels list vitamin B₁₂ needs as 6 ug per day, since they are based on older requirement standards. Many vitamin B₁₂ supplements contain very high amounts of the vitamin – as much as 50 ug per tablet. Most of this is lost in the urine though, since absorption of B₁₂ goes down significantly as the dose goes up.”

Taken from the *Vegetarian Nutrition & Health Letter*, May 2000, Vol. 3, Nr. 5. To subscribe e-mail to: vegletter@sph.illu.edu

Bovine Spongiform Encephalitis (BSE) and Creutzfeldt-Jakob-Disease

Dear friends, I don't know how much attention is given to this issue in the US, in South America, or in Asia, but here in Europe there is a lot of concern. BSE is a constant topic in the media. It is interesting to observe the reaction of the consumers, the meat industry and the medical society regarding this problem.

The wave usually begins with an alarming report in the news about a disease outbreak in animals or the discovery of new cases in humans. The consumers cry and demand action. The industry responds by ordering stricter control of the meat in the slaughterhouses and restrict the import of meat from the country where the outbreak occurred. The medical society intensifies research (which is not easy on this disease) and scientific reports appear with statements like “the disease has not yet been found in pork” or “so far no conclusive evidence has been found to prove that the disease can be transmitted by milk”, “further research is necessary to make conclusions”, etc. The restriction to import meat is a good opportunity to praise the safety of the national meat in order to maintain the market. The consumers shift from beef to pork and chicken and complain against the authorities. These promise better control and scientists activate more research. Thus the vicious cycle continues.

Health conscious people begin to reduce their meat consumption and try to follow the news. However, the sad part of the story is that the BSE, or Creutzfeldt-Jakob-Disease in humans, is not curable. It is like AIDS, once you got it you got it! Of course, by shifting from beef to pork or fowl, or by reducing the overall meat consumption, the chance to get the disease is reduced. But this is not safe because there is no full control of all meat nor is there an accurate method of diagnosis in the living animals

and nobody knows if healthy looking animals are or are not potential transmitters of the disease. There are still many open questions. The proof will come when it is too late.

There seems to be a clear link between the disease and animals being fed with food containing meat products of (sick) animals. Well, pork, chicken and even home pets are also fed with such products. It is just a matter of time to see the results because the incubation time is still unknown (it seems to be long) and many animals (pork and fowl) are slaughtered before they get sick, or better, before the disease is evident. Does this mean that it is safe to eat their flesh? Just think about it!

There are still many open questions but if you wish to be on the safe side consider the following inspired comments:

“Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated.” Ministry of Healing, p. 313 (1905)

“Animals are becoming more and more diseased, and it will not be long until animal food will be discarded by many besides Seventh-day Adventists.” Counsels on Diet and Foods, § 662 (1902)

For further reading we suggest:

1. N. Nedley, *Proof Positive*, 1998, p. 211 ff.
2. <http://www.aphis.usda.gov/oa/bse>

REPORTS FROM THE FIELD

Week of Health among the Roma in Bulgaria

“We just finished the Week of Health. It was different in the different churches, but it was amazing in the Gypsy area in Kjustendil. We organized it with ADRA - Bulgaria and ADRA - Austria. We went there with 10 doctors and 5 nurses. From early in the morning till late in the night we had medical examinations and in the evenings we presented a NEWSTART seminar followed by a family seminar. God gave us wonderful experiences. We had more than 4000 medical examinations and thousand new friends. The weather was wonderful and we were really in tears when we had to leave.

Now a priority of our work are addictive people. They are too many in our country and their number is growing too fast. In our church in Sofia we organized the first club for mutual aid. We are in a good connection with our colleagues from the official medicine and we work very well with them. We are very thankful, because we feel God's help. We have a special invitation in the Gypsy area in Kjustendil from 40 addictive people who want to quit."

Reported by Dr Gergana Geshanova, Health Ministries Department

SPIRITUAL FACTORS FOR HEALTH

Forgiveness: A Key to Better Health

"Don't just talk about forgiveness. Researchers are finding that *really* forgiving others has important effects on your health.

"Forgiveness has long laid the foundation for spiritual well-being in the Judeo-Christian tradition. But scientific research now suggests its healing power may extend beyond the sacred realm. Research shows links between forgiveness and physical and mental health.

"...psychologist Dan Shoultz says God has created the need to give and receive as an important part of our makeup as human beings.

'We were designed by God to not hold onto anger, revenge, bitterness, and resentment,' Shoultz says. 'When we do, it's destructive to our being, leading to a slow and insidious breakdown of the entire system.'"

By Allison Kitchen, taken from Vibrant Life, Jan/Feb 2001

Relation Between Mind and Body

"The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.

"Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease the cause of which is wholly imaginary.

"Courage, hope, faith, sympathy, love, promote

health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. 'A merry [rejoicing] heart doeth good like a medicine.' Proverbs 17:22."

Ministry of Healing, p. 241

LITERATURE & MATERIALS

Krebsprävention durch Ernährung

This little booklet of 30 pages seems to be available only in German. It was published jointly by the World Cancer Research Fund, the American Institute for Cancer Research, and the Deutsches Institut für Ernährungsforschung. It gives an excellent résumé about the link between cancer and nutrition. The demand was so great that it was sold out very fast but now it is also available on the Internet at: <http://www.dife.de>

AIMS-Journal

The reports in the AIMS-Journal have always been inspiring and making us feel part of the worldwide family of medical missionaries. Due to budgetary reasons the number of hard copies for the various countries needed to be greatly reduced. However, the journal and lots of other additional informations are now available on the website of AIMS: <http://www.aims-ministry.org>

Health Promotion Materials on CD

Last year during the annual SDA medical convention in the Czech Republic, Dr. Skrla presented a CD called "NEUWSTART" with excellent materials in PowerPoint. (See our Newsletter # 25, p. 3) It is so widely used in this country that during this year's congress in Kromeriz (see below) another CD will be introduced, called "Lifestyle Toolbox". There is a question, if this valuable materials will also be made available in English? For further information please contact Dr. Petr Skrla directly: ☎ +420-646-74 20 09
E-mail: petrskrla@renebo.cz

CONVENTIONS AND SEMINARS

AMAE Congress, Spain

Date: March 23-24, 2001

Place: Vallbona de las Monjas, Lérida

Subject: Religión y Salud Mental

☎ +34-93-2805134 or +34-91-5716934

Medical Congress, Germany

Date: May 23-27, 2001

Place: Bischofsgrün

Subject: Was bringt der Glaube der Gesundheit?



Special Guest: Dr. Allan Handysides, from the General Conference

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E-mail: zentrale@dvj-online.de

SDA Health Care Congress, Czech Republic

Date: April 27-29, 2001

Place: Kromeriz (close to Brno and Olomouc)

Subject: Is our quest to be politically correct or Biblically correct? - This challenging subject intends to explore the questions: Are we today trying to accommodate the thinking and the behaviour of the majority? (Alcohol, diet, coffee, tea, etc.) As pastors and health care workers, are we trying to please our liberal church members or God?

☎ Dr. Petr Skrla +420-646-74 20 09

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Medical Congress, Romania

Date: September 06-09, 2001

Place: Bucharest

Subject: Diverse topics

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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

NEWSTART Health Week in Austria

August 12-26, 2001 in Bogenhofen.

Ideal for individuals and families. Lectures and practice with Dr Oskar Sommer, Dr Klaus Gstirner and Dr Kurt Sternberger.

☎ +43-7722-631 25 0

E-mail: fnusime@ssb.at

KEY DATES 2001



May 31 World No Smoking Day



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

"Great opportunities to help others seldom come, but small ones surround us every day."

Sally Koch

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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