

Health Promotion NEWSLETTER

Health Ministries Department of the Euro-Africa Division

<http://health.euroafrica.org/>

EDITORIAL

Dear colleagues and friends:

The 58th General Conference World Session in St. Louis is now over and everyone is traveling home loaded with impressions, new ideas, resolutions and materials.

The overall theme was "Transformed in Christ".

Such process of transformation involves the entire being, body, mind and soul (1 Thes 5:23).

Many details of this new lifestyle are outlined in the Bible and in E. G White writings. God gave to His people the privilege to understand the laws of life to avoid many of the modern killer diseases and to provide them with physical strength, moral integrity and spiritual vigor to proclaim the good news of salvation in power and clarity.

Health reform is a privilege and responsibility of each one of the believers. Men and women, rich and poor, physicians and pastors alike, are addressed by this mandate to be transformed. They shall become "new creatures" in Jesus Christ (2 Cor 5:17). More than that, each one shall become an agent for transformation. Ellen G. White tells us that "God calls for messengers who will be true reformers" (Review & Herald, 6 Feb. 1908).

As we begin a new quinquennium we wish you God's abundant blessings in the proclamation of the good news.

Yours, for better health

J. Hawlitschek

EUD - Health Ministries Department



Lake Geneva Sanitarium celebrates 100th Anniversary



The Lake Geneva Sanitarium (Clinique La Lignière) is situated in the center of a lovely farm at the shore of the Lake of Geneva in Switzerland. It is surrounded by woods and fields with crops and cows. From the windows you have a beautiful view over the lake Geneva to the snow-capped French Alps at the other side.

In the early days of the Advent people, instruction was given to establish health institutions the objectives of which were:

1. "To relieve the sick and the afflicted,"
2. "To awaken a spirit of inquiry,"
3. "To disseminate light,"
4. "To advance reform." – Test., vol. 7, p. 104.

These objectives have been the blueprint for the work at La Lignière since its beginnings 100 years ago. A little bit of history will be interesting.

In 1754 the French writer and philosopher Voltaire used to stay in the building that today hosts the elementary school.

In 1849 the property is sold to Joseph Osorio de Moscoso y Carvajal, duke of Madrid.

In 1904 The property was bought by the Seventh-day Adventist Church being the first medical director Dr. De Forest, a disciple of Dr. John H. Kellogg from Battle Creek. Since its beginnings it pursued above mentioned objectives.

In 1924, it was the first hospital in the French part of Switzerland to employ a dietician.

In 1977 the clinic opened the first cardio-vascular rehabilitation center in the French part of Switzerland, which is still leading today.

In 1991 the NEWSTART® program was added as a strong preventive medicine program.

In 1998 the new fitness center "Aquaforme" was added to support the newly created neurological rehabilitation unit.

Its long history as a health promotion center, plus new projects in diabetes prevention and health education culminated on the 5th of June 2003 when the Swiss Network of Health Promoting Hospitals, a network of the World Health Organization, conferred the Clinic the label of Health Promoting Hospital.

Today the clinic responds to the highest standards and operates 95 beds. It offers the following services: Cardiovascular rehabilitation, neurological & orthopedic rehabilitation, psychiatry, internal medicine, diabetology, dietetics, health promotion, and a modern fitness center.

Of course, the clinic has always been a non-smoking institution and there is a beautiful chapel on the campus.

The former health food factory is no longer in use and the plan is to transform its premises into assisted retirement apartments.

We thank God for having blessed the Clinic La Lignière during these many years and pray that this institution may continue to be a lighthouse to show the way of true healing in Jesus Christ according to its primary objectives.

For more information see www.la-ligniere.ch



FACTS

Breast Cancer Risk Linked To Drinking

"Every drink a woman takes increases her chances of developing breast cancer. But researchers have cleared away the confusion over whether it's the cigarette she smokes along with the drink that leads to the cancer.

Now scientists are sure that it is the alcohol that matters, according to a report in the British Journal of Cancer (Vol. 87: 1234-1245).

Even Limited Drinking Increases Risk: They found that a single daily drink of 1 oz of spirits such as whiskey, gin, or vodka, or 3 oz of wine increases a woman's breast cancer risk slightly — perhaps 3% to 4%. But after that, every additional daily drink increases the risk by 7%. By four drinks a day, a woman's risk goes to 30%.

The researchers did look at a woman's lifetime risk of breast cancer by age 80, depending on how much they drink.

A non-drinker's chances were one in 11. But, a heavy drinker had about a one in seven chance of developing breast cancer by age 80.

The effect of alcohol was there regardless of a woman's race, education, family history, use of hormone replacement therapy, or other risk factors. No matter what a woman's baseline risk, it went up 7% with each drink."

(Source www.cancer.org/ - News you can use - Alcohol)

Vitamin C: More isn't better

"Strong evidence associates a diet rich in fruits, vegetables, and other plant foods with reduced risk of cancer, but there is no evidence at this time that [vitamin and mineral] supplements can reduce cancer risk. The few studies in human populations that have attempted to determine whether supplements can reduce cancer risk have yielded disappointing results."

The ACS recommendations add that, "The best source of vitamins and minerals is foods. During illness and recovery, dietary intake may not be optimal, so a vitamin and mineral supplement may be needed. The best choice is a balanced multivitamin/mineral supplement containing as much as 100% of the 'Daily Value' of most nutrients (formerly known as the 'RDA'). Some people believe that if a little bit of a nutrient is good for you, then a lot must be better. There is no scientific evidence to support that idea, however. In fact, high doses of nutrients can have harmful effects."

(Source: ACS (American Cancer Society) Guidelines on Diet, Nutrition, and Cancer Prevention)

Physical activity and breast cancer

- In a study of postmenopausal women, those who exercised nearly four hours a week saw their breast cancer risk drop more than 50 percent. Exercise offers benefits even after menopause by reducing circulating estrogen as well as body fat.

- Weight gain of more than 11 pounds as an adult, along with getting less than 30 minutes of physical activity per day, is linked to increased risk of breast cancer.

- A diet consisting of a variety of fruits, vegetables, whole grains, and beans offered the greatest anticancer effect.

(Sources: *Environmental Nutrition, Vibrant Life; New England Journal of Medicine, May 1, 1997; www.cancer.gov/newscenter/pressreleases/PhysicalActivity*)

REPORTS FROM THE FIELD

Spain - AMAE Annual Congress

In April 2005 the congress of the Spanish Adventist Medical Association took place in the small town of Son in the Pyrenees. It is a really quiet village surrounded by the beautiful mountains. Despite counting only 25 inhabitants it has a modern and comfortable congress building established mainly for the promotion of environment protection.

We appreciated very much the presence and lecture of Dr. Joan Sabaté, chair of the Nutrition Department of the Loma Linda University School of Public Health. He could sign the first issues of the Spanish edition of his new book on "**Vegetarian Nutrition**", available at www.amazon.com

Another highlight was the visit of the new lifestyle center **Son Natura** of Dr. Jordi & Celimar Cortina (see www.sonnatura.com/). It is a homelike but modern institution where the NEWSTART principles are practiced and taught. It was inspiring to see the guest book filled with testimonials of gratitude and appreciation of the friendly and supportive atmosphere where people could recover and tune up their physical, emotional and spiritual health. What they need is a young volunteer with computer skills to help them prepare PowerPoint lectures on health. I wish there would be many of such small lifestyle centers in various places.

Bangladesh - Czech dentist as missionary

You may be surprised to find Bangladesh included in our "field reports". We maintain and cultivate the contacts with our health professionals going in the mission field outside our geographical division boundaries. They are an inspiration for us and in return, they feel encouraged and supported by our letters and prayers. This is especially true for families with children living in a totally different culture.

We also hope that the following excerpts of Dr. Moskala's letters may motivate other health professionals to dedicate some time - perhaps a vacation - to visit and support our workers in the front lines. Dr. Milan Moskala is a dentist working in Dhaka, Bangladesh, together with his wife and a teenager daughter.

"Dear Br. Jochen, thank you very much for the Newsletters you are sending to me. I am very thankful for this.

I would like to share with you some very good experiences which our Lord is giving me here in Bangladesh. It is very amazing how He is opening the door in front of us to plant new churches. I am very thankful to report to you, that last year in December it happened in a Hindu village. December 14, on Sunday I was invited to one village to speak about health with the villagers. There were about 100 people and children. After my presentation they were happy and they started to sing their Hindu songs. Then I added more experiences and our relations became deeper. Finally I prayed with them and they invited me to come soon once more. I told that coming Sabbath I can come in the morning and that I will bring slides with me. They said that they will prepare shelter to be better for seeing pictures. During the week local pastor visited me at the clinic and said that the leader of this village was very happy and hat

he made decision to build a Christian church in his own property in his village. They started to build on Monday Dec 15, and they worked every day up to very night.



When I came on Sabbath Dec 20, there was a tin church ready for worship!!!

Great miracle by the grace and love of our God! Can you imagine, during 5 days they built a new church. It was a very beautiful Sabbath worshipping our loving God's miracles in this Bordal village. Almost all villagers came. We were overcrowded and not all were able to go inside the new church. It was a very blessed day. Our Lord blessed us abundantly.

In the beginning of this year 2004, just on first Sabbath of the New Year 2004 I was there and after worship they asked me to open a school for their children. Their children have no school in this place and the nearest school is very far, on the opposite side of the wide river.

The pastor's wife is a teacher, so I silently prayed with question, Lord please what to do? What is Your way? I decided to open a school. They were very happy. I have for you, my dear Brother Jochen, very good news. Today we have in this school over 75 students and new and new are coming begging to be accepted, too. Great are the blessings of our loving God. This place is now too small. We need to extend our church there. And very urgently we need more teachers.

During very short time Lord gave us big things and last Sabbath we had the first baptism from this territory. Family Gorami and Brother Raphael were baptized. Glory to our loving all powerful God!

This is just a very short insight to many other beautiful experiences which our Lord is giving to us here in Bangladesh."

"During the year of 2004 our Lord gave us 20 precious souls for Him in our church clinic. It is a great miracle if you take in mind that there were even some Muslim among them. Glory to our God!"

CONVENTIONS AND SEMINARS

Health Seminar with Dr. Neil Nedley

Date: 20-23 October 2005

Place: Darmstadt

Topics: - Sick and no chance?
- How to achieve optimal physical and mental fitness.
- Depression - the way out!

Info: Detlef Roeske, phone +49-6151-183560
detlef.roeske@degussa.com

LLU School of Public Health

Date: 7-9 March 2006, "Healthy People Update"

Topic: Adolescent Health

Info: www.llu.edu/llu/sph/cpe/events.html

Note: At the time of redaction of this newsletter the event was not posted at the website yet. The above dates were obtained directly from LLU.

North & Inter-American Health Ministries Summit - Orlando, Florida

Date: 29 January - 4 February 2006

Place: Orlando, Florida, USA

Topics: Many powerful lectures and seminars with renown health professionals.

Registration fee: US\$ 249.00

Hotel (special conference rate): US\$ 75.00

Info: www.plusline.org beginning mid-September

Email: events@plusline.org

Phone: +1.800.732.7587

AMALF

Date: 11-13 November 2005

Place: Alsace, France

Topic: Le soignant face à l'Adolescence

Info: www.amalf.org/

LITERATURE & MATERIALS

Treating diabetes with lifestyle approach

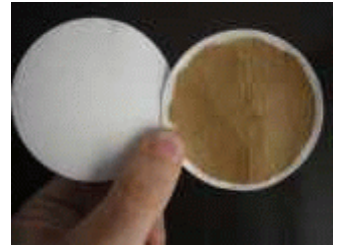
Diabetes is a serious disease that requires both, medical supervision and lifestyle changes (diet, exercise, weight control) for best management.

In order to assist the patient and the treating doctor in this combined effort, the Lifestyle Center of America developed a comprehensive and helpful program that can be followed at home.

More information, price and sample CD are available at www.wellspringdiabetes.org/ or call +1.800.933.8114.

Smoking puppet

The French Union's Health Department is selling a very nice smoking puppet that uses filter paper inside to show the tars contained in the cigarette smoke. Cost EUR 92.00 plus shipping. You can see details and the variety of available puppets at: www.chez.com/lvsnet/ (In the menu at the left side look for "Fumeur mecanique") We have tested it and find it excellent. Phone: +33-1-64.52.87.08



THOUGHT OF THE MONTH

"The only place where success comes before work is in a dictionary."

Vidal Sassoon

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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