

**WEBSITES:**

[www.JohnClarkHealth.com](http://www.JohnClarkHealth.com)  
[www.mybirdflu.info](http://www.mybirdflu.info)

**e-mail Address:**

[ClarkHealthEd@aol.com](mailto:ClarkHealthEd@aol.com)

Northern Lights Health Education



**Speaking Schedule  
and ministry projects**

- Health Evangelism, Calais SDA Church, ME April 8-14th
- Topsham, ME April 21st
- NNEC Prayer Retreat, Camp Lawro-weld, ME May 4-6th
- 3ABN television, West Frankfort, Illinois May 9-10th
- NNEC Singles Retreat, Camp Lawro-weld, ME May 25-27th
- Health Evangelism, Bing-hampton, New York June 3-9th
- Bird Flu Media Project, Wichita, Kansas June 13-17th
- NNEC Campmeeting, Freeport, ME June 29-July 7th
- Health Evangelism, Family Camp, Camp Cherokee, New York July 29- August 6th
- Health Evangelism, Bangor, ME Aug 12-18th

Our schedule is constantly being added to, so if you would like more info/details, please email or call us. We are endeavoring to post it on our website.

**Do you have email? Would you like to receive this newsletter via email instead of regular mail? Would you like to have both? Please let us know: provide us with your email address, we'll be happy to send it your preferred way. Thanks!**

*A Work in Progress*

*Hi Friends, How are you all doing?*

Have you been wondering what we have been up to lately?? I have!! (laughing) Since writing our last newsletter, we have been to Keene and Charlestown in New Hampshire; West Gardiner, Farmington, Bangor, Rockland, Camden, Portland, Topsham, Farmingdale, Waterville, Dresden and Bangor in Maine. Just from the list of locations, does that give you the idea that we have been busy?? Oh my, have we ever been busy!! I would like to let you know that on our last newsletter, I omitted to put the locations of Keene & Charlestown, New Hampshire on our speaking schedule. You see, our schedule is constantly being added to and occasionally being modified. So, I am now endeavoring to learn how to work on our website so that I can make our speaking schedule available there and keep it updated. Eventually I would also like to have our old newsletters in archive on our website as well as posting photos, which are always fun and interesting to look at. Did I say website? Yes I sure did, we have a website now which is a work in progress. John has placed the Bird Flu presentations on the website so anyone with high speed internet can watch it on streaming video. Our website addresses can be found on the top left of this page and also on the back page of our newsletters. Isn't that great news! Now if I can just learn how to put more stuff on it and make it work well! Time, time, it all takes time!! That is a challenge with a two year old, let me tell you!

We are just about finished with our Bird Flu project which started out with humble beginnings and progressed to become a major production. John has been sending the Bird Flu DVD sets to each conference, to be distributed to each church and company in the North American Division. (USA and Canada) Along with the DVD's is a letter which states basically that we want anyone and everyone to feel free to copy and share this information, and especially that people would make a great effort to disseminate them should the Bird Flu pandemic eventuate. We pray people will learn from it and lives will be saved by it. It is excellent information and explains how to boost the immune system naturally, things that suppress and depress the immune system and many of the treatments demonstrated and explained can be used for any viral illness.

John, Connor (our son) and I will be going to 3ABN soon and will be meeting Dr David DeRose (MD.) there for the taping (filming) of two programs. John and David will be on the 3ABN Today show as well as the program "Wonderfully Made". We are very happy about this opportunity to be on 3ABN again as we want everyone to know that there are many, many things that people can do to keep their immune systems strong and their bodies healthy, to prevent and reverse illnesses and chronic diseases. I would like to say here that if you ever want to correspond with us, our email address is [ClarkHealthEd@aol.com](mailto:ClarkHealthEd@aol.com) and I will endeavor to answer all emails as soon as I am able to. We love hearing from you and are open to questions, comments and suggestions.

We want to thank you each one (and you know who you are!) for all your prayers, support and kind words. We are so grateful to the support "team" that God has given us in this unusual work. While we were recently on the road, some of you spoke with us and gave us great ideas and feedback of future health projects to work on. Our

## *A work in progress, continued from page one*

friend and colleague Jane Kuntz developed a survey that we are endeavoring to utilize which also gives us feedback and suggestions. We are happy about this and love the idea of receiving feedback that will better help us to help people. We do have a new project underway now which you can read about on page 3 of this newsletter. I'll let you read that without giving anymore away. :)

We have made application to the IRS for our own 501c3 status, a non-profit organization. We hope this will be granted to us soon. In that application process, we had to answer many, many questions and really think deeply about where our work might be headed (You know the IRS, they want details!) Here are some of our ideas and goals that we arrived at through that grueling IRS application process. Our non-profit organization name will be Northern Lights Health Education, in fact it is already registered with the State of Maine. Our plan is to have all our presentations available on our website in streaming video/media format for online viewing. Right now, they have been made into DVD's but are amateur productions, filmed on location. We would like to develop more printed materials for distribution. Eventually we hope to expand our printing to include books and magazines. If people can leave a presentation with printed material reinforcing their discoveries from our classes, they will retain much more of what they need to know to maintain their health and well-being. We want to develop a comprehensive website with organizational information and health resources. We also plan to make our printed materials available for free download via our website. We envision finding a facility or home large enough to be able to facilitate demonstrating health practices as well as housing of the sick who are in need of more extended health education. We would like to have our own media studio for video production. This would not only be for our productions, but also to help others in media outreach work. We believe that eventually a majority of our time will be spent developing materials such as DVD's that can be used at home or aired on television as we realize we cannot be everywhere at once.



**Amber Bell and John Clark in the studio, filming the Bird Flu presentations**

**Some of our presentations are now available on DVD, however these are amateur productions, filmed on location. Various health topics are available for a suggested donation of \$5 each, our contact information is on the back page. As we are able, we plan to produce these presentations into professional DVD productions.**

Our current media studio is set up in a basement of a home and includes a green-screen backdrop, studio lights, a Sony camera and a Mac computer and other various bits and pieces. Our current health facilities are the use of public halls, libraries, personal dwellings and churches. As we grow, we also envision we will need a larger vehicle to house more equipment for on-site media productions. Some of the future health topics we hope to produce will be on Obesity, the Mind and Stress Management, Fibromyalgia and Rheumatism, Hypertension, Coronary Heart Disease, Congestive Heart Failure, Asthma, Stroke, Gastrointestinal Diseases, and more. Also, recently it was suggested to us (and we liked the idea) to produce a presentation of a more in depth look at things we do and can do that will improve health, a presentation for those who want more than just the basics. We could call it something like "Beyond the Basics: A Deeper Study to Maximize Health". What do you think? Are you interested? The ideas we have and suggestions we receive are endless. It's just a matter of resources and time. As our ministry grows we realize we will need more and more help in everyway. We truly believe if this work is meant to go forward, God will provide the resources to do so. After all, this is His work, not ours. God has provided for all our needs thus far and we trust that He will continue to help us to help people in everyway that we are able to.

Another interesting note is that we have had the privilege of helping with a media production called "Ready, Set, Go Healthy". This production is a "Cooking" show currently being aired on our local Time/Warner television network here in Maine, which is viewed by some 300,000 people. They are also aired on other various public broadcasting stations around the Northern New England areas of Vermont, New Hampshire and Maine. Their show is wonderful, a cooking show plus!!! It is very exciting to see their development. John met them two years ago and began helping them as much as he could. He now is helping them with filming and film editing. In our next newsletter, I hope to be able to announce their DVD's will be available so that you can get your hands on this most delightful and informative television production. I believe they hope to someday be aired on the Food channel on cable TV. Watch their website for further developments also. ([www.ReadySetGoHealthy.com](http://www.ReadySetGoHealthy.com))

So, in conclusion (until next time), we pray you all are well. We have so much to do and it seems never enough time to do it all. I am praying more help will come to further this work and also pray that we will be able to help other "ministries" such as Ready, Set, Go Healthy and Poland Springs Health Institute. I never knew how thrilling it would be to be a part of this type of work. I can't wait to see what happens next....

*God Bless,* Julie Clark



## Easy, Quick Tortillas

2 cups water  
1 cup rolled oats  
1/2 cup walnuts  
1/2 tsp salt  
2 cups unbleached wheat flour  
2 cups whole wheat flour

Process the first four ingredients in a blender until smooth. Pour into a bowl and add the flours and mix well. Knead dough then break off into small pieces and roll them out into very thin circles on a dry non-stick surface sprinkled

with flour. (I use my kitchen countertop) Bake on a hot dry griddle for one minute on each side. Oil is not necessary. For a griddle, I used my frying pan, worked great!

These can be used for wraps for beans, like burritos or for roll up sandwiches. They also can be filled with apples, walnuts and raisins and put into a baking dish covered with a corn-starch thickened juice and baked at 350 (F) for 45 minutes. Be creative, tortillas are an easy non-leavened quick flat bread that has been enjoyed for centuries and can be used in many different ways. Take care, and enjoy.



*Recipe corner*

# The Mind Project

Who's in control of your life, you or your emotions? Do your thoughts race along at a hundred miles an hour and you can't slow them down? Well now is the time to find out how to have a fit and healthy mind. We need to learn the right skills to have mental and emotional discipline so that we can grow in God's grace, hence I am putting together a little book to help you understand how to have the mental and emotional discipline you need to be able to "talk the talk and walk the walk" in the way that God wants us to. I have been working as a psychologist with people who have mental emotional illnesses for the last 20 years, and as a Christian know how important it is to have a focused mind that is in control of our emotions so that God can work in us and through us. Mental and emotional suffering is most debilitating.

Our brain and mind are the last unexplored frontiers of the human body. Science currently only knows and understands about 30% of how the brain functions. Furthermore, science is now saying that modern day diseases are stress-related. God has given us an amazing mind that can take us on the narrow path to His kingdom and eternal life or on the wide path to the world and eternal death. This book is aimed at helping anyone to understand their mind and emotions from a Christian perspective and more fully have "the mind of Christ" to be ready when He returns.

Applied knowledge is powerful and in learning how the mind works and developing skills to put your thoughts, feelings and behaviours in the perspective God intended can only help you but grow in His grace. In disciplining the mind and emotions as Christ did, we can achieve our God given potential, experience His love and joy and share it with others. This little book can help you learn how to live in the present moment with God, deal with the stress in your life and reflect the love that He continually gives us, instead of all the pain and suffering that I see many people experiencing. I have learned that with the right mindset and balance of emotions, "nothing is impossible with God".

*Jeni Skues, MAPSc, Grad Dip, BA*

It's been said that nine-tenths of disease originates in the mind yet most people fail to realize this source of illness, when if they did, the cure would become more obvious and effective. Frequently the diseases from which people suffer could be quickly remedied if attention were given to this mind-body connection.

*John Clark, M.D.*

So there you have it, a new project underway that we truly believe will be a great benefit for anyone and everyone. I have found that many people are unaware of their own stress and how their thinking is actually affecting them physically (and spiritually). Science is now discovering the truth about how the mind really does affect the body in profound ways, to the point of actually killing us. In our next newsletter, I will update you with where this project is at, give you more information on the book's table of contents and hopefully be able to announce the availability of the information.

*Julie Clark*

**We are currently working on a project with Jenifer Skues MAPSc, BA: a Clinical Psychologist in Australia. A book is being written on the mind and it's effect on the body, and how to effectively change our minds for the better. Eventually we plan to make a presentation out of the information and eventually put that onto a DVD. We are very excited about it and hope you are also!**

## Northern Lights Health Education

*For general correspondence and any requests, contact us at*

*John Clark, M.D., Julie and Connor  
111 Whiskeag Road  
Bath, ME 04530*

*Email: [ClarkHealthEd@aol.com](mailto:ClarkHealthEd@aol.com)  
Phone: 909-435-0066*

*A tax-deductible donation can be made to:*

**Clark Health Education Trust  
C/O Northern New England Conference  
91 Allen Street  
Portland, ME 04103**

We are a non-profit health education ministry/organization. Our mission is to lead people to healthier lifestyles; to help them have a better understanding of the foundational basis of healing and health and to help them know that there is a Creator who also is our great Physician and the One who gives us true peace. John Clark, M.D. and his family started this ministry early in 2006. John gives presentations on various topics such as Cancer, Diabetes, Osteoporosis, Arthritis, Low Back Pain, Health & Spirituality, Longevity, Bird Flu, Prevention and Treatment, and others. We also work with a ministry team; friends Norman and Darlene Cropley who give cooking demonstrations and provide literature on health, cookbooks and other books for all around well being. The Cropley's accompany us to many speaking engagements. If you want to contact them, please email us for their contact information. John occasionally gives a sermon, many using Power-Point. We do this work full time and are being funded *solely* by the generous donations from people like yourself who believe in what we are doing and want to help.

## *Sunlight and Vitamin D*

Sunlight has profound implications for our health. Current research indicates vitamin D deficiency plays a role in causing seventeen varieties of cancer as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects, and periodontal disease—and it probably doesn't stop there, there is still much more research that needs to be done.

Exposure to sunlight stimulates the immune system, kills bacteria, improves heart health/circulation, prevents certain cancers (internal), enhances mental health, stabilizes blood sugar and has been used and known for thousands of years as necessary for our health. Only recently has there been such a thrust of fear and "official advice" to avoid the sun. Our skin in response to exposure to sunshine converts cholesterol in our bodies to Vitamin D. We have a silent epidemic now of Vitamin D deficiency and often fibromyalgia and arthritis are misdiagnosed when it is actually Vitamin D deficiency and a subsequent condition that is called Osteomalacia. Getting out in the sunshine actually gives us a natural high by stimulating the release of hormones that make us "feel good", substances such as serotonin, dopamine, and beta endorphins. Science is also now discovering that breaking the circadian rhythm by being exposed to light at night is linked with cancer! When our eyes get light at night our body isn't producing the melatonin needed for many health benefits. Melatonin is an anti-cancer hormone and a strong antioxidant.

We will be healthier and sleep better in complete darkness and then getting bright light and sunshine in the morning. Two books are listed below that are well worth reading, we highly recommend them. Get out in the sunshine, your good health depends on it and you will feel better for it. Remember to do it safely, sunburn isn't good. The book called UV Advantage addresses how to get safe sun exposure for all skin types and goes into great detail of the times of day, the times of year and how much of our skin to expose (and for how long) for getting the necessary amount of sunlight to produce Vitamin D that we need so much. Have a great Spring/Summer and enjoy the sunshine!

**UV Advantage by Michael Holick, M.D.**

**The Healing Sun: Sunlight and Health in the 21st Century: by Richard Hobbs**

**[www.vitamindcouncil.com](http://www.vitamindcouncil.com)**



**We love to hear from you! Please write us and let us know how God is working in your life and how we can pray for/with you.**