

# Northern Lights Health Education

*John Clark, M.D. , Julie Clark and Connor Clark: Traveling medical missionaries, committed to help and teach people how to take charge of their own health and turn life into wellness!*

## Summer 2011 Newsletter

### What is our mission?

Find out who we are & what we are doing. You can help others by sharing health education materials and supporting this ministry.

Page 4



### Speaking Schedule 2011

Dr. John Clark is giving health presentations all over the eastern United States for the rest of this year. Speaking schedule can be found in this newsletter. For more details, see our website.

Page 2

### MSG: Hidden everywhere in our foods.

Free glutamates that are killing us, destroying our brains and nervous system are hidden in food we all commonly eat. The taste that kills and it often makes simple foods no longer seem unenjoyable. Page 3

### Recent events and news for us.

Our lives found us where we had no doubt of providence working in our lives. Find out why.

Page 2



### Do you like pecans or dates? How about oats?

Super easy recipe to try out. From start to finished product, ready to eat, takes only 20 to 30 minutes. Great with fruit salad or used as a dessert.

Page 3

### Trust and Health?

Who can you trust?

Page 4



### Needs?

You can help!

Page 4

## On The Road Again.

*We are constrained to be traveling medical missionaries for such a time as this. We pray people will join us in this effort.*

It was the month of April when we began to work on putting this newsletter together with you in mind. We can hardly comprehend why it is only now that this is finally finished and you have it there in front of you. (smile) Truly there are not enough hours in the day; trying to juggle priorities like trying to keep one's head above water. We have learned not to let this position overwhelm us; we take each day as it comes, do our best and leave the rest with God, keeping an ongoing list of all needing to be done and work on it each day to the best of our ability (with much prayer to God for wisdom).

The problem of health care is becoming quite the issue at hand. With our health care system declining rapidly, things are



**The mighty redwoods of California**

**“And he shall be like a tree planted by the rivers of water.”**

**Psalms 1:3**

not getting any better and the future looks worse. We witness such tremendous need of health education and practical application. Many people are familiar with the term “missionaries” and so we are just that... traveling medical missionaries: not in a foreign land but right here in the United States, where serious sickness and death is epidemic.

We had an amazing winter with the Gregory's earlier this year. It was a great blessing to have had the experience(s) we

did with them, but when the snow began to thaw and spring was in the air, we sadly realized that it would not be possible for us to stay and live there at Berea Gardens in West Virginia. It has become clear to us that we have been and need to continue fulfilling a need that very few others are doing (mobile health education). Our schedule of health programs are nearly full for the rest of this year and we are already scheduling into next year also. Regardless of where we go, there are many sick and dying all around us that are dying for lack of knowledge (Hosea 3:6).

In October this year, John will be helping Wellness Secrets in Decatur, Arkansas for a 5 day residential program where people can come and receive an excellent short stay intensive health program. The staff at Wellness Secrets are excellently trained and qualified. Their facility has state of the art hydrotherapy and the accommodations are not only very comfortable, but are really quaint and in a beautiful setting. If you are interested in attending or want more information, you can contact Sheri Trueblood or Ann Marie



## SPEAKING SCHEDULE 2011

*Statesville, NC May 13-15, 2011*

*Glenville, WV May 23-28, 2011*

*Gentry, AR June 1-4, 2011*

*Wellness Secrets: Residential  
Program Decatur, Arkansas  
June 5-9, 2011*

*Huttonsville, WV June 17-25*

*Union Springs, NY June 27-28,  
2011*

*Elmira, NY June 5th & 7th 2011*

*Binghamton, NY July 10-16, 2011*

*Charles Town, NH July 18-24, 2011*

*Crawford, NE August 7-13, 2011*

*Hot Springs, SD August 14-20, 2011*

*Lewisberg, WV Aug 26-Sept 7, 2011*

*Plainfield, NH Sept 11-17, 2011*

*Arkansas Health Expo Oct 2, 2011*

*Wellness Secrets: Residential  
Program Decatur, Arkansas  
Oct 3-8, 2011*

*Wellsboro, PA Oct 23-29, 2011*

*Hagarstown, MD Nov 6-12, 2011*

## continued from page 1

Scott R.N. at (479) 752-8555 or e-mail  
[wellness.secrets@yahoo.com](mailto:wellness.secrets@yahoo.com).

We had an experience recently that cheered our hearts: Due to a chain of circumstances we found ourselves with less than 21 days for the IRS deadline for our non-profit organization filing. We needed an accountant ASAP who could help us with our accounting difficulties. Within 48 hours of praying, we were given a name of a gentleman in Maryland who LOVES accounting, has rich experience, answered the phone upon our first attempt to reach him and proceeded to spend nearly two hours with us on the phone without having to make an appointment first. He was able to help us over the phone, used e-mail and helped get us set up with a manual electronic accounting system that works brilliantly and is exactly what we wanted and needed. We were so amazed and thankful for all the help he gave us and we have every reason to believe that finding him was totally providential.

John met a couple in West Virginia of which the husband was not doing well with his health. He had a heart attack last year and was suffering diabetes also. When John met him, he was on continuous oxygen, walked with great difficulty, needed to lose weight and was on several medications, including insulin. Needless to say he was not feeling well and his physicians did not give him much hope. John spent time with he and his wife, giving them things that he could do to improve his health, encouraging him that his health truly could improve if he were willing. This middle aged gentleman accepted and embraced the advice and education that he received through John and went on to make good choices & changes in his diet and lifestyle. He began walking regularly and is now able to walk two miles without great difficulty. Before meeting John it was a great effort for him to simply walk up a flight of stairs. He and his wife report now that he no longer requires insulin, he is off one of his heart medications and that he has lost weight and is feeling much better. What thrills our hearts also is that shortly after this

man began to change his life, he also decided that he wanted to get baptized and is now a happy faithful member his local church in West Virginia where joyfully spent a few months last winter.

We are greatly encouraged by the countless e-mails and phone calls we receive with reports of healing and improved health. These are folks who have made good changes and tried new approaches for improvement of their health. We can't tell you how happy our hearts are when people take hold and apply the things they have learned and benefit. We also are thrilled when folks share the information with others and the "blessing" is passed on. Many folks simply don't realize how much better they can feel and how much their health can improve by making simple lifestyle changes, powerful changes that turns life into wellness and gives relief and joy not only to those suffering themselves, but also to all those around them.

We are privileged of the opportunity of helping people and we benefit with good health in turn for there is great joy and health in helping others. When busy on the road doing live health presentations, we are also busy helping people individually; in person, on the phone and via email. John continues doing research for future health presentations. He recently finished a presentation on high blood pressure that he calls: **Hypertension: Taking The Pressure Off.** We need to get that filmed and produced into a DVD this year also, God willing.

We have other health ministry ideas; many folks are realizing the need and opportunities for "such a time as this". We need and ask for your prayers. We also hope that you will keep in touch with us. For those of you would like for us to come to your community for health ministry, please send us an e-mail or give us a call and we will see how we might be able to help. With all the stress and with all the influences that push us in a direction that is contrary to good health, let's keep encouraging one another and hold on the to the blessed Hope that we have... Jesus Christ is coming soon. Blessings! :) The Clark Family

## Free Glutamate - A Tasty Toxin That Kills.

*Most do not realize that this toxic substance is hidden in processed foods under various names and can cause a myriad of serious health problems. It is a neurotoxin and excitotoxin.*

Many people are somewhat familiar with health problems caused by “monosodium glutamate” commonly known as MSG. It is known to be a neurotoxin, causing neuron degeneration and cell death: also an excitotoxin which means that it stimulates the neurons to the point of exhaustion (and subsequent death). Excitotoxins have also been found to dramatically promote cancer growth and metastases. Glutamic acid is an amino acid found in protein. It is a non-essential amino acid because the human body is capable of producing it and is not dependent upon obtaining it from ingested food(s). Glutamic acid that is naturally occurring in food is NOT free glutamic acid but rather it is BOUND or linked in oligopeptides and polypeptides. They are bound in amino acid groupings. They are not free amino acids. Free glutamic acid is not natural, but rather a product of processing protein (soy is the most popular) or by process of fermentation. This type of glutamic acid (aka glutamate) is the substance that is neurotoxic and excitotoxic. What most people do not know or realize is that this substance is found in almost all processed foods in our grocery stores and restaurants and is NOT labeled as “MSG” or “monosodium glutamate”, rather it comes in many forms and is listed under many different names.

Industrialists began to manufacture free glutamic acid as a “flavor enhancer” as early as the 1950’s. The glutamate industry continues to deny that exposure to free glutamic acid found in processed proteins and other fermented substances causes adverse reactions including: seizures, headaches, hives, asthma, endocrine disorders, migraine headaches, brain damage and learning disorders and is relevant to diverse diseases such as cancer, addiction, stroke, epilepsy, schizophrenia, anxiety, depression and degenerative disorders such as ALS, Parkinson’s disease, and Alzheimer’s disease. Research reports brain lesions, neuroendocrine disorders, skin rashes,

tachycardia (rapid heart beat), cardiac arrhythmia, retinal degeneration, insomnia, neuropathy of hands and feet, angina (chest pain), high blood pressure, face swelling and more. It has been associated with fibromyalgia. Today, virtually every headache clinic in the USA acknowledges that “processed free glutamic acid” (popularly referred to as MSG) is the number one trigger of a migraine headache.

There is much more documentation, including research references you can look up to learn more about this subject. A must read is We highly recommend the book “Excitotoxins: The Taste That Kills” by Russell Blaylock, M.D. An excellent website. [www.truthinlabeling.org](http://www.truthinlabeling.org) It is also noted that most live virus vaccines (flu, chicken pox, etc) and other vaccines contain free glutamic acid in it’s many forms. The following list of names are foods and food ingredients that have free glutamic acid (MSG).

### Ingredients that always contain processed free glutamic acid:

- Glutamic acid (E 620)2
- Glutamate (E 620)
- Monosodium glutamate
- Monopotassium glutamate
- Monoammonium glutamate
- Magnesium glutamate (E621)(E622)(E624)&(E625)
- Calcium glutamate (E 623)
- Sodium glutamate
- Yeast extract
- Anything “hydrolyzed”
- Any “hydrolyzed protein”
- Calcium caseinate
- Sodium caseinate
- Yeast food, Yeast nutrient
- Brewers’ yeast,
- Nutritional yeast
- Autolyzed yeast
- Gelatin
- Textured protein
- Soy protein (also isolate or concentrate)
- Whey protein (also isolate or concentrate)
- Vetsin
- Ajinomoto

### Ingredients that often contain or produce processed free glutamic acid:

- Carrageenan (E 407)
- Bouillon and broth
- Stock
- Natural flavor
- Any “flavor” or “flavoring”
- Maltodextrin
- Citric acid (E 330)
- Anything “ultra-pasteurized”

- Barley malt, Malted barley
- Pectin (E 440)
- Protease
- Anything “enzyme modified”
- Anything containing “enzymes”
- Malt extract
- Soy sauce
- Liquid amino’s
- Anything “protein fortified”
- Anything “fermented”
- Seasonings

### These ingredients work with MSG to enhance flavor:

If these are present for flavoring purposes, so is MSG.

- Disodium 5’-guanylate (E 627)
- Disodium 5’-inosinate (E-631)
- Disodium 5’-ribonucleotides (E 635)

### Our Ministry Needs

- **Filming & production costs for our new health presentation on hypertension \$ 600**
- **Repairs for travel trailer \$ 1,200**
- **Storage gate for travel trailer \$ 450**
- **Ink for printers \$ 300**
- **Blank inkjet printable DVD’s \$ 500**
- **Trifold display \$ 150**
- **Tires for truck \$ 1,150**

## Pecan, Oat, Date Squares

### Ingredients:

1.5 cups chopped dates

1.5 cups pecans

1.5 cups oats

### Directions:

It’s best to use dates that are not coated with sugar or flour. If they are not fresh dates and seem a bit dry, place them in a bowl and pour 1/2 cup boiling water over them, letting them soak for 10 minutes to soften. Drain off the water and place dates into a food processor with the other ingredients. Blend/process/mix real well (almost into a dough type texture).

Use a shallow baking sheet, spread the mixture out evenly on the baking sheet and press firmly into an even 1/4 inch layer. Place in oven (350 degrees (F) and bake for approximately 20 minutes or until it begins to brown. Watch carefully not to burn. Remove from oven and let cool. Cut into 2 inch squares (or what ever size you like) and enjoy. They are really nice and go well with fruit.

# Trust & Health: Who Can You Trust?



The issue of trust affects our health in profound ways. The dictionary defines trust as: having confidence in, to depend or rely upon, to believe, to expect confidently, to hope. Synonymous with trust is certainty, belief, faith, assurance and security. When we become sick, when our health fails, we most often seek help outside of ourselves, but for those who believe in one true God (the Creator of Heaven and Earth), we sadly fail to give Him credit when our health is restored, rather we give the credit to the medication; to the surgery, to the physicians or chiropractors but sadly, rarely to the One who made us, who loves us and who weeps when we suffer.

It is written that people are dying due to lack of knowledge. (Hos 4:6)

The original plan to keep us in good health has always been in place, recorded in ancient writings. Only recently is modern science confirming what has been known since ancient times. Most people will agree that in order to be healthy certain natural laws are true such as the need for exercise; the need for clean water to drink and bathe in, for good hygiene; the need for sunlight and fresh air; the need for rest; the need to avoid poisonous substances, and the need for good nutrition. However, when it comes to matters of the heart and mind, there is great disparity over how to manage our mental anguish, our stress, fears and worries. These affect our health in the most profound ways. Consider this: only finding and believing truth will set our minds and hearts free. Seeing what real love is; what true forgiveness is, will enable us to have life and health more abundantly.

This is that truly brings peace within.

There is a saying that cursed be the man that trusteth in man... and whose heart departeth from the Lord. (Jer 17:5). It is now to the point that there is so much information out there and it all seems so contradictory. Many people are asking (with good cause) "how do we know who or what to believe?" I submit to you that the Creator and Sustainer of all life has the answers. If we do not follow the natural laws of health put and held in place by Him, the sure result will be sickness. Like the law of gravity, what goes up, must come down. Our bodies need nutrition, rest, fresh air, sunlight, exercise and water. Equally true is that we should avoid things that are harmful to us, such as cigarettes, alcohol, drugs, etc. But there is also something we absolutely need also in order to have good health. We need a mind free of anger, shame,

regret, guilt, bitterness, resentment, fear, and worry. These emotions are just as deadly and toxic to good health as is poison and this isn't just a myth, there are countless studies that give evidence of this fact. It is absolutely true that our minds directly affect our health. This goes both ways. The natural laws of health are easy to understand and to apply. When people find healing naturally, they know that is was not from a pill or potion, not from a man, but from God ministered through simple principals, simple "natural" remedies. The most important natural "law" or principle for us to pursue is trust in divine power. Also, for stress, it is very helpful to think about things for which you are thankful. Try keeping a journal, or write 10 things for which you are thankful everyday somewhere. They can be the same things, but it will be more helpful to think of different things each day. This helps to keep your

mind positive rather than negative.

For those who see chiropractors we think it is vital that you read two articles on the internet: See <http://www.ncahf.org/articles/c-d/chiro.html> and [www.philosophyofchiropractic.com/introduction.html](http://www.philosophyofchiropractic.com/introduction.html)

If you are unable to access the internet and would like us to provide them to you, please send us a donation of \$ 4.00 to cover the costs (ink, paper and postage) and we will be happy to send them to you. Make sure to ask for the papers on Chiropractic care.

For those of you who see medical doctors, it is imperative that you learn all you can about Lifestyle Medicine. We provide free health education on our website. It is our sincere hope to help you learn to make good decisions for yourself and to gain good health naturally. God bless!

## About Us

***Our Mission:*** To advance the natural laws of health, the principals of lifestyle and preventative medicine that promise health and healing. We teach why disease occurs, the mechanics of health practices and how to make changes that will prevent, reduce and reverse and/or eliminate disease: all evidenced by medically researched studies. Our education by way of seminars, DVD's and website include information on nutrition, exercise, hydrotherapy, sunlight, water, fresh air, avoidance of harmful substances and spiritual health.

Our health seminars and DVD's are available for you to share with family, friends, co-workers, neighbors and enemies. Let us know how we can help. [Our health education ministry is funded solely through donations. We invite you to support this vitally needed work and we thank you for your benevolence.](#)

Northern Lights Health Ed. is a full-time health education service, supportive of the Seventh-day Adventist Church

**Tax-deductible contributions can be mailed to:**

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**Online donations are accepted through our website:**

[www.NorthernLightsHealthEducation.com](http://www.NorthernLightsHealthEducation.com)

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Watch Dr. Clark's health presentations online, download the medical presentation handout articles, try our healthy recipes, read our newsletters: All on our website, a work in progress. :)