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Subject: Dr. Clarks Special message from Australia.

Date: Tue, Apr 14, 2015 11:21 pm

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G'day from Australia



Fifteen hours in the air and we landed in Sydney to a whirl of activity. Dr. Errol Thrift, a retired veteran medical missionary who practiced at Warburton Sanitarium, hosted us for the weekend. Much to our surprise, word had already circulated that we were arriving and upon arrival 3ABN Australia immediately phoned us to come talk with them at their studios near Cooranbong.

Plans were laid to produce health programming in May for 3ABN Australia. We enjoyed our time with John and Rosemary Malkiewicz, Margot Marshall and others of 3ABN Australia and look forward to seeing them again. Dr. Errol Thrift was a most gracious host and we are thankful that he took us in for a few days until we could get things organized before



we traveled on by car.

We are amazed of the many ways God leads in connecting people with opportunities. All the work John will do (and has done) for 3ABN is on a volunteer basis in both countries (Australia and in the United States). We marvel at the many ways the Lord is spreading the 3 Angels messages around the world.

We have been looking forward to the opportunity of communicating with you since early January. We attempted to send out a ministry newsletter via email in January (this year) but the internet server we used blocked and halted our transmission midstream. We tried two or three times and even tried using another server. Again our email newsletter was blocked and halted right in the middle of sending and there was no way to determine who received the newsletter and who did not. The problem was that we had too many old, outdated, invalid email addresses and internet servers now penalize users for too many email bounces or returns. Hence, we then had to have everyone re-subscribe to our newsletter email list so we could try again. By the time we figured out how to do everything, we simply ran out of time. So finally, here is our newsletter that we have wanted to send out to everyone for several months now. We hope you will appreciate and be blessed thereby.

The doors of opportunity certainly opened providentially late last year and we acted quickly to take hold of the opportunity of moving to Australia. We do not know how long the Lord will have us here but we are not limited to how long we can remain here due to our Australian immigration status. We are staying with friends until we are able financially to have our own rental home. We are in a region of Australia that is pristinely beautiful and quite remote. Less than one days driving distance to either of the major cities of Melbourne or Sydney, we are quite happy with how the Lord has lead us here and we are looking forward to how things unfold.

Sadly, the husband of our associate here, Jenifer Skues, succumbed to cancer and died within weeks of our arrival. We extend our most sincere condolences to Jenifer and her family for their loss. For those of you who might not know, Jenifer Skues is one of the directors of



Recently Jenifer Skues has also been invited to join the health programming of 3ABN with John (Dr. Clark) and together in a magazine interview style they will be filming a series on health topics that all of us are praying will be a great blessing for Australia, New Zealand and all other English speaking viewers of 3ABN Australia programming. We will endeavor to keep you abreast of the progress of this endeavor.

Meanwhile, John (Dr. Clark) continues to receive emails and telephone calls from people looking for help with their health. At times, it is difficult to keep up. John helps people all over the world through internet and phone and in person locally, all on a volunteer basis. John's needs for himself and his family are a continual walk of faith as he continues to serve as a true medical missionary. John (Dr. Clark) never charges for his health counseling; some give donations and many do not. While we may not be in the primitive jungles of a third world country, we are still medical missionaries never the less. We are not working for anyone but the Lord, doing all we can to lead people to Christ and share with them the three angels messages. It certainly is a sick and dying world out here. John plans to do arborist work (climbing trees with chainsaws) to supplement our income, similar to how Paul in the Bible made tents to keep his ministry afloat.

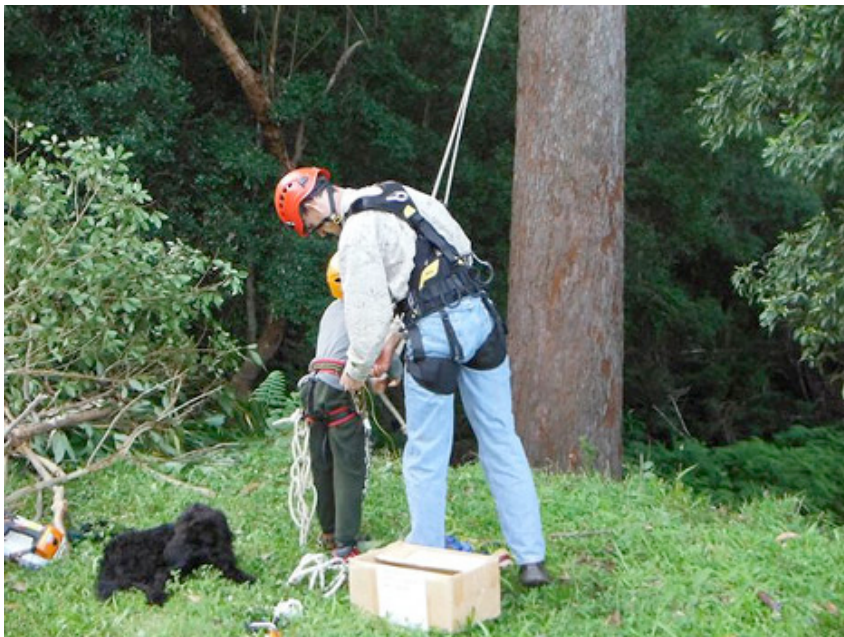


Northern Lights Health Education, the ministry and service of Dr. John Clark. Jenifer is an Australian and practices privately as a psychologist, specializing in the area of stress management, trauma recovery and health psychology. Jenifer has keen insight to the mind/body connection, highlighting that we cannot be well physically without good health mentally and how our minds affect the health of our bodies in profound ways.

With signs foretelling that the time of trouble is imminent, these are incredibly solemn times in earths history. Prophecy is being fulfilled very quickly before our very eyes. The issue of medical self determination (having the right of making decisions for ones own health care) is becoming more and more prominent. We have received numerous calls of people who are faced with losing their employment unless they comply with the mandatory flu vaccines. It is no longer free choice in many public sector positions, such as staff in hospitals and in public schools. We have been contacted by parents with ill children fearing being forced to have their child treated in a way that they do not agree with of treatment with high risks of harmful side-effects. Society is greatly pressing to accept and comply with beliefs about health, instead of respecting individual freedom of conscience and freedom of c hoice. This is especially prevalent now with the subject of vaccinations. Medications and surgery are most often the only options given by medical doctors, and in the case of children, sometimes now the options are mandated rather than suggested.

Health in itself is an issue completely based on beliefs and so really, is not health a religious issue? What one person believes to be healthy is not always what another believes. The question boils down to who has the right to mandate beliefs. Who has the right to mandate health? Whom are we to obey, God or man? This is going to be the ultimate question we face as time goes on, not only in regard to health, but also in many other regards. Already people are being forced to hire and serve within their businesses people that they do not want to hire or serve, all in the name of rights and discrimination. Have you heard that people are now losing their freedom of speech due to hate crime laws? This means people can no longer quote the Bible without being criminals as it is very pointed about sin, such as homosexuality. And certainly we know that many people are not allowed to choose their day off of work as an employee to keep their Sabbath and attend their church. We are seeing the tip of the iceberg, but the part of the iceberg not yet seen is massive.

In this issue of our *first* Australian newsletter, Dr. John Clark has written two articles we hope are a blessing. The articles follow this first general news introduction. We



appreciate all of you: for your friendship, your prayers and your continued support of this ministry. We are still available by phone, even from half-way around the earth! You can email us at ClarkHealthEd@aol.com and let us know that you would like us to call (phone) you back. Provide us your phone number and we will reply to your email to arrange a time that will work for both time zones (yours and ours) accordingly. Let us know how we can help you.

There are so many lovely, wonderful friends we have met along the way and we truly miss each of you and wish we could keep meaningful and blessed contact with each of you personally. That is not always an easy task, but not impossible. At times, its seriously difficult to keep up, but most people are very busy also and so they understand our delays of response we have to take at times. We do all we can to respond in a timely manner and we thank you for your patience and perseverance to reach us. God bless you and keep you all safe, healthy and strong in faith. Maranatha.

JUST LIKE CLOCK WORK

by John G. Clark, M.D.

A group of scientists headed off at 3:00 a.m. to a patch of soybeans with a high intensity light. The soybeans responded to the light by turning their leaves upward toward the light, mistaking it for the sun. For the next week, each morning at 3:00 a.m., the scientists observed the soybeans and each morning at 3:00 a.m. for the next week the soybeans continued to turn to



leaves up, even though there was no bright light present. Soybeans run on clocks, and so do we.

Our internal clock is called our circadian rhythm. The better we stay on time with our body clock the more we will excel at health. The things on your schedule having the biggest impact on your bodys clock are mealtimes, bedtimes and rising times. Exercise time and sun exposure time also have an effect.

When meal times are varied the body is not ready for the insulin at odd unpredictable times and insulin resistance leads to elevated blood sugars and diabetes.¹ Punctuality pays off in meal patterns and frequency. Meal regularity significantly lowers the risk of adolescent obesity.² People who eat their meals at the same time everyday: consume fewer calories; have better insulin sensitivity; have lower cholesterol levels and maintain a higher fat burning metabolism.³ We are admonished to, Eat in due season.⁴ We recommend two (preferable) or three meals a day, eaten at exactly the same time every day. A two meal a day plan lowers cancer risk. Compared to the two meal a day program, colon cancer risk rises 70% with 3 meals a day, and 90% for 4.^{5,6} The risk of colon cancer is increased by snacking. For each time snacking is engaged in throughout the day, the risk of colon cancer goes up an additional 60%.⁷

Schedule regularity improves cholesterol, lowers both total and LDL cholesterol, and raises HDL.⁸ Irregularity of schedule, such as shift work, raises cholesterol.⁹ Whats more, shift workers are 174% more likely to have elevated triglycerides and 81% more likely to have abdominal obesity than workers on a routine schedule.¹⁰

But Im hungry, I dont want to wait till mealtime. Hunger other than at meal times can often be quenched with a glass of ice-cold water. So throw a cold wet blanket on persistent hunger. If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten.¹¹

In preparing the meals, make your calculations, giving yourself all the

time that you know by experience you will require in order to cook the food thoroughly and place it upon the table at the proper time. But it is better to be ready five minutes before the scheduled time than to be five minutes late.¹²

To give you an example, an individual with back pain studied our web site material on spine health and was following it without achieving the results for which they had hoped. They contacted me, and I discovered that they were inconsistent in their circadian rhythms. Once we got them scheduled with mealtimes and sleep times, the results they sought were realized.

Our bodies run on clocks. The anti-inflammatory / inflammatory balance cycles on a clock called your circadian rhythm.^{13,14} The anti-inflammatory circadian clock malfunctions when: meal times are varied or meals are taken late in the evening,^{15,16} sleeping times are varied,¹⁷ insufficient or shifted to a late bedtime and/or late rise time, a job requires shift work where daily schedules vary on some days, such as on days off or weekends.¹⁸ Regularity in sleeping hours improves overall sleep quality and anti-inflammatory effect. For the patient with inflammation, we recommend a strict schedule for sleeping hours with a set nightly bedtime no later than 9:30 p.m., and a set regular rise time between 7.5 and 8 hours later on all weekdays and weekend days.¹⁹ We recommend regular mealtimes every day of the week not varying by more than 5 minutes with no meal later than 5:30 p. m.² We recommend regularity in exercising every day of the week including days off and weekends.²⁰

One reason for an early bedtime is melatonin. Melatonin is a protective, anti-cancer hormone and strong antioxidant.²¹ Light at night suppresses melatonin and increases cancer cell growth rates. Evidence now links exposures to light at night to elevated breast²² and colorectal cancers in night workers.²³

Im sure we can all testify to the necessity of proper rest. Jesus Christ said, Come ye yourselves apart into a desert place, and rest a while:²⁴ People who sleep well have significantly better immune function than people with insomnia.²⁵ To illustrate the effects of missing your sleep,

one study showed mice who got the flu vaccine but were sleep deprived contracted the flu as though they had never been immunized.²⁶ Getting between 7 and 8 hours of sleep each night significantly reduces the risk of dying from cancer and other diseases. Sleeping 6 hours or less, or 9 hours or more, increases the risk of dying by 70%.²⁷

With the practice of good lifestyle habits your immune system is better prepared to protect you from disease.

Another aspect of rest is regularity. You should go to bed at the same time and get up at the same time everyday. It is important not to disturb the sleep wake cycle. Disrupting the sleep wake cycle disrupts your circadian rhythms. Disruption of circadian rhythms is associated with accelerated growth of malignant tumors.²⁸

Of all the daily activities that follow a schedule, eating seems to be the most varied in peoples lives. My advice to people trying to achieve optimal health is to treat your meal schedule like an airport schedule. Planes take off on a given scheduled time and any passengers showing up late are obliged to wait for the next scheduled flight to make their destination. If you meal is late, it is better to skip than to change its time and the brief fast can have benefits as well. Just drink a glass of cool water, which will quench the appetite, and take a walk, far from the beckoning refrigerator.

What is an example of what this might look like in a daily schedule? To start with, an ideal bedtime for maximizing melatonin would be as near even darkness as possible. For most a scheduled bedtime of 9:00 p.m. could be good. That said, eight hours of sleep would put an awakening time of around 5:00 a.m. Breakfast around 7:00 would work for most people. Lunch would fall about 1:30, to give 5-6 hours intervening between the end of breakfast and the beginning of lunch. The evening meal is best skipped, but if included, would be very hard to schedule with 5 hours between meals and at least 3 hours before retiring for the night.

Regularity of schedule pays off in health benefits. Make it a point to be regular in your daily habits and see if you dont notice a difference once there has been time for a new pattern to be set and established in

your life.

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Body Language:

Your Health, Your Government, Your Body, Your Convictions

By John G. Clark, M.D.



Fear, which could not be disguised, yet determined conviction could be heard in the voice of a distraught parent as they requested an evaluation of their small child, who they feared might have cancer. Could you examine my child and do some lab tests, he has a lump under his skin and we would like to know what it is.

They were members of a church congregation where another child had contracted cancer and had been forced to take treatments that this family's

convictions opposed. The child had died, only after going deaf and blind. They had come to me in hoping that I could render them a diagnosis without exposing their child to a similar fate.

Who is invested with authority to decide what care is right for a person and what criteria govern that choice? A persons conscientious convictions about moral choices in health care are assaulted in many different ways, some passive and some aggressive.

Passively, there is the social pressure, perhaps by well meaning relatives or so called friends who feel their views on the subject are the only ones that can rule health (codependency at work here). come to you in sheep's clothing, but inwardly they are ravening wolves. (Matthew 7:13-15).

There is social pressure through the media designed to influence (or brain wash) the public sentiment toward favor of health care practices not founded upon a firm thus saith the Lord but rather in disregard thereof. to seduce, if it were possible, even the elect. (Mark 13:21-23).

There are the enticements, like the snake in the tree of the Garden of Eden, advertizing and promoting treatments that are not on Gods acceptable list. But every man is tempted, when he is drawn away of his own lust, and enticed. (James 1:14,15).

Then there are the public health guises, purporting to have the better good of society in view and venerating the benefits as out weighing the risks. it is expedient for us, that one man should die for the people, and that the whole nation perish not. (John 11:50). But what are the risks; a guilty conscience and eternal loss? There is a way that seemeth right unto a man, but the end thereof the ways of death. (Proverbs 16:25).

Liberty Of Conscience Threatened

Sometimes those in power become aggressive and resort to methods of deadly force to secure homage to their dictates regarding health care. An aggressive way in which the God-ordained mandate to care for ones body is defied is through oppressive legislation. commanding to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth. (1 Timothy 4:1-3). Groups of men in

government dare to dictate the care of mans body, in disregard to Gods will. Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, (Romans 1:25). Satan (the leader of the opposition to Gods government) has, as the pillars of his kingdom, force, fear, intimidation, and manipulation. and cause that as many as would not worship the image of the beast should be killed. (Revelation 13:15-17).

The Lambs of Our Fold

The control of childrens health care seems to be more disputed than any others.

God tells us that children are a gift from Him, to their parents, Lo, children an heritage of the LORD: the fruit of the womb [is his] reward. (Psalms 127:3, Genesis 33:5; Hebrews 2:13). Parents are held accountable to teach their children right principles and ways of life, Train up a child in the way he should go: and when he is old, he will not depart from it. (Proverbs 22:6; Deuteronomy 4:9; 6:7; Psalms 78:1-8) And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord. (Ephesians 6:4). Those who follow this directive are commended, For I know him, that he will command his children and his household after him, and they shall keep the way of the LORD, to do justice and judgment; that the LORD may bring upon Abraham that which he hath spoken of him. (Genesis 18:19). The end result is that children keep the commands of God, And shalt return unto the LORD thy God, and shalt obey his voice according to all that I command thee this day, thou and thy children, with all thine heart, and with all thy soul; (Deuteronomy 30:2).

The Bible further teaches that parents not the state are entrusted with the care and welfare of their children (1 Timothy 5:8, 2 Corinthians 12:14). Biblically, the state does not have a good track record in their approach to caring for Gods children (Exodus 1:22; Amos 1:13; Matthew 2:16-18; Revelation 12:4). Of no one on earth is a more rigorous account going to be required than that of the parents. Where is the flock that was given thee, thy beautiful flock? (Jeremiah 13:20) Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me. (Matthew 25:40).

Spiritual Nature of Healing

In the Old Testament sickness seemed only to come in response to disobedience and was a call to return to God (2 Chronicles 7:13,14; Isaiah 6:9-12). In contrast, health came from God in response to obeying His law and meditating on His word (Proverbs 3:1-7; 4:20-22; Exodus 15:26). The real question that we all need to answer is this: Is our illness (disease) a call from God to soul searching and repentance?

Healing was often sought at the hand of the priests or prophets. For example Naaman came to prophet Elisha and found healing after following Gods natural treatment regimen (2 Kings 5). The very word health is religious, in fact in the new testament one Greek word Sozo serves to carry both the meaning save (e.g. Matthew 18:11) and heal (e.g. Mark 5:34). God links good physical health to soul prosperity, Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 2. In other words, many people will not find physical healing until they find spiritual healing. Is your current health care provider prepared to mentor you in spiritual healing as well as physical healing?

When human help fails James tells us what we are to do. Call the elders, anoint the sick, and then he says that the prayer of faith shall save (Greek Sozo) the sick. (James 5:14,15).

The opposing sides of this issue differ on their views on the origin of life, which impacts their opinion about who has authority to decide the treatment and fate of the ill person. But for the Christian, the Bible answers the question with a ring of authority that only God can wield, To the law and to the testimony: if they speak not according to this word, [it is] because [there is] no light in them. (Isaiah 8:20).

Ownership Dictates Power of Attorney

If you were working on a broken automobile and came to a point where several options were available, who would you look to for direction on which option to pursue? The cars owner, of course. Only the owner of the car has the legal right to decide what they will have done to their car. Who owns us and has the final word in our care? God created man .(Genesis 1:26,27). Not only was man Gods workmanship by creation (For we are his workmanship, created in Christ Jesus Ephesians 2:10), but when man fell to

Satans lies through transgression of Gods command, God bought him back by the life of His dear Son. Thus man became doubly Gods both by redemption and by creation. But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine. (Isaiah 43:1,2). We owe a double debt of gratitude and submission to our Creator-Redeemer. What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's. (1 Corinthians 6:19,20). God decides our care. Woe unto him that striveth with his Maker! the potsherd with the potsherds of the earth. Shall the clay say to him that fashioneth it, What makest thou? or thy work, He hath no hands? (Isaiah 45:9-13). Anyone else presuming to dictate our care could be a thief and a robber. Verily, verily, I say unto you, He that entereth not by the door into the sheepfold, but climbeth up some other way, the same is a thief and a robber. I am the door: The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly. (John 10:1,9,10).

Strings Attached

God is not just an absentee landlord who created us, who wound us up like a clock and has now left us on our own. As a creature of Gods unremitting care, man never has a moment when he is not sustained, breath-by-breath by his Creator. He giveth to all life, and breath, and all things; in him we live, and move, and have our being (Acts 17:24-27). And perchance illness befalls man, it is his Creator who has His way with the disease. Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; (Psalms 103:3,4). We are all dependant upon God. he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. (Matthew 5:45). You are either healed at Gods will by God or you are not really healed at all. for I the LORD that healeth thee. (Exodus 15:26). Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh but in vain. (Psalms 127:1).

There Is A Purpose

God, who is so invested in man, is not silent on His purpose for man, to be a praise and a blessing in the earth. and the people which shall be created shall praise the LORD. (Psalms 102:18) for I have created him for my glory, (Isaiah 43:7), to glorify God in his body. (1 Corinthians 6:19,20. quoted above). And God, who is so invested in man, is also not silent on the care He intends for man to take of his own physical being. That every one of you should know how to possess his vessel in sanctification and honour; (1 Thessalonians 4:4). It is the violation of Gods expressed command at the beginning that exposed man to the risk of disease and death, and anyone who likewise violates Gods natural law can also only expect to reap disease and death. Be not deceived, God is not mocked: for whatsoever a man soweth, that shall he also reap. (Galatians 6:7) So, who decides if you are going to cooperate with the Creator in the physical care of y our body? when thou shalt be old, thou shalt stretch forth thy hands, and another shall gird thee, and carry whither thou wouldest not. (John 21:18,19).

Beyond Destiny

Ultimately, God would like mankind to escape disease, death and the limitations of his well-being resulting from his Eden transgression. Presently God desires to dwell in our hearts and live out the principles of His kingdom through us. I will dwell in them, and walk in ; and I will be their God, and they shall be my people. (2 Corinthians 6:16,17). If faithful in taking care of our body here, if ye have not been faithful in that which is another man's, who shall give you that which is your own? (Luke 16:10-12) the plan is for man to be given immortality and a body like Christs. Who shall change our vile body, that it may be fashioned like unto his glorious body, (Philippians 3:21). Otherwise he will be destroyed. If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which ye are. (1Cor 3:16,17). We are not going to be rewarded positively if we continue to follow any of Satans lies.< /font>

True Health From Your Sustainer

There is health power in the word of God. My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh. Proverbs 4:20-22. Gods word is a tree of life to

those who receive it (see Proverbs 3:13-19).

God Rather Than Man

Truly, what is at stake here is religious liberty. We ought to obey God rather than men. (Acts 5:29). Man has a charge from God and a God given right to medical self-determination. Those who usurp authority from God over His children claim the right to dictate the care of mans body (God given and God sustained) according to their judgment in ways that are physically and philosophically different than Gods will and ways, and that violate the judgment and conscience of the individual. Every one of you should know how to possess his vessel in sanctification and honour; (1 Thessalonians 4:4). We are warned that we cannot serve two masters No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. (Matthew 6:24). Either you choose the will of God in your healing, or you dont.

Ultimately who you turn to in your time of need for healing demonstrates who you worship. Jesus said, And ye will not come to me, that ye might have life. (John 5:40) If we believe in Him, He can work for our recovery. If not, where can we turn? And he did not many mighty works there because of their unbelief. (Matthew 13:58). Are you looking to Gods dear Son for life and His sanctified means for recovery, or are you seeking only for physical life at all costs (even to the cost of eternal life)? In the end we will either trust in God or we will turn to His adversary. And all that dwell upon the earth shall worship him, whose names are not written in the book of life of the Lamb slain from the foundation of the world. (Revelation 13:8).

Is the Christian to seek care of the non-believer or even an anti-Christian? What if the witch of Endor (1Samuel 28:7), who was definitely an anti-Christian, boasts a 100% success rate at healing the disease from which you suffer ($p < 0.00001$); does that make her Gods gift of healing for you? What if the witch of Endor goes off to medical school and learns to prescribe drugs and becomes a designated government accredited health care provider; does that make her Gods gift of healing to you? What if your best Christian friend goes off to witch doctor school; does that make them Gods gift of healing to you? What if the respected atheist neighbor next door goes off to medical school and becomes a famous doctor for a famous

atheistic institution of renown; does that make them God's gift of healing to you? Is God indebted to where His enemy has led the way in medical technology for your healing? God is looking for true health practitioners who can care for the spiritual as well as the physical needs of His people. We must be healed body, soul, and spirit, or we are not really healed at all.

God has promised health to the obedient, Wherefore it shall come to pass, if ye hearken to these judgments, and keep, and do them, that the LORD thy God shall keep unto thee the covenant and the mercy which he swore unto thy fathers: And the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all them that hate thee. (Deuteronomy 7:12-15; Proverbs 4:20-22; Jeremiah 30:17; Exodus 15:26). Is your health care provider and their health recommendations a call to obedience and worship of God?

If you want to be lost, just follow the health plans and suggestions of Satan instead of God. Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil; And deliver them who through fear of death were all their lifetime subject to bondage. (Hebrews 2:14,15; 1 John 3:8).

Good king Asa and bad king Ahaziah went outside of God's approved channels of healing and it proved their ruin. Of king Asa it is said, And Asa in the thirty and ninth year of his reign was diseased in his feet, until his disease exceeding : yet in his disease he sought not to the LORD, but to the physicians. (2 Chronicles 16:12) When Ahaziah sought not to God for his care he was asked, Is it not because there is not a God in Israel, that ye go to enquire of Baalzebub the god of Ekron? (2 Kings 1:1-6). Similarly, others have found only financial loss. And a certain woman, which had an issue of blood twelve years, And had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse, (Mark 5:25,26). Sometimes there does appear to be healing, but in the end only the symptoms were addressed and the person is not well. For they have healed the hurt of the daughter of my people slightly, saying, Peace, peace; when [there is] no peace. (Jeremiah 8:11).

Daniel is an example of one who took the management of the health of his mind and body under his own supervision in line with his understanding of God's will for his care. When presented by the state with a diet deemed to be official (Daniel 1:5,10) Daniel negotiated a diet after God's plan (Daniel 1:12). It is said, But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. (Daniel 1:8).

Who is invested with authority to decide what health care is right for a person and what criteria governs that choice?

The Bottom Line

God owns you because He created you and has paid for your redemption. God has given to you the responsibility of taking care of the body he has entrusted you with and He has given directions to be followed in its care, and will hold you responsible thereunto. Health care legislation is moral legislation. When it opposes God, you have to decide to whom your worship belongs, God or man (Matthew 21:33-41).

Are there health care practices which you would be willing to stand up for, as did the three worthies, and say, If it be so, our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of thine hand, O king. But if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up. (Daniel 3:17, 18). We are apply advised, And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell. (Matthew 10:28).

But he that shall endure unto the end, the same shall be saved (healed [Gr. Sozo]). (Matthew 24:13).

When it comes to the care of your body are you willing to, Trust in the LORD with all thine heart; and have Him, direct thy paths. (Proverbs 3:5,6)?

In a future article we will explore how to tell if a therapeutic intervention is of the Lord.

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