

our firm
FOUNDATION

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The Three Angels' Messages • The Non-Immortality of the Soul • The Sanctuary*

*How to
Have a
Perfect
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- The
Woman*

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Editorial

Clark Floyd



Clark Floyd, editor of *Our Firm Foundation* magazine, has been co-host of the radio program *Bible Answers with Clark and Lee* and is a licensed attorney and an ordained Seventh-day Adventist pastor. He has spoken internationally and makes his home in the beautiful mountains of western North Carolina.

As I think about the editorial for this June issue of *Our Firm Foundation*, I think about the people who read this magazine. It is our purpose in all our ways to help prepare God's people for the things that are coming upon this earth, including what we believe to be the soon return of Jesus. A large part of that preparation is to encourage each of our readers to spend more of their time in study and meditation in the Scriptures including both the Bible and the Spirit of Prophecy.

We read in Psalm 119:16, "I will delight myself in Thy statutes; I will not forget Thy Word." And in Jeremiah 6:16, we are told, "Ask for the old paths, where is the good way, and walk therein, and you shall find rest for your souls."

A wise man once wrote about the Bible: "This Book, the Word of God, contains the state of man, the way of salvation, the doom of sinners and the happiness of believers. Its doctrines are holy; its precepts are binding; its histories are truth, and its decisions are immutable. Read it to be wise; believe it to be safe, and practice it to be holy.

"It contains light to direct you, food to support you, and comfort to cheer you. It is the traveler's map, the pilgrim's staff, the pilot's compass, the soldier's sword, and the Christian's charter. Here paradise is restored, heaven opened, and the gates of hell disclosed. Christ is its grand object, our good its design, and the glory of God its end. It should fill the memory, rule the heart, and guide the feet.

"Read it slowly, frequently, prayerfully. It is a mine of wealth, a paradise of glory, and a river of pleasure. It is given in life, will be

opened at the judgment, and be remembered forever. It involves the highest responsibility, will restore the greatest labor, and condemns all who trifle with its sacred contents."

In 1535, Myles Coverdale, in the Prologue to his rules for reading the Bible wrote: "It shall greatly help you to understand Scripture, if thou mark not only what is spoken or written, but of whom and to whom, with what words, at what time, where, to what intent, with what circumstances, considering what goeth before and what followeth."

Robert Louis Stevenson wrote the following counsel: "Sooner or later we must all sit down to a banquet of consequences. What kind of banquet is that? Obviously it's one we have prepared for ourselves. Will your banquet be a satisfying one or one of bitterness and defeat? It depends on what you do now!"

Ellen White has written in *Review and Herald* of November 23, 1897:

"Comparatively little attention should be given to the subject of temporal food to satisfy temporal hunger; but that food which comes down from heaven is of the highest consequences to us. The bread of life comes to satisfy the highest spiritual demands—the hunger of the soul. It is God's truth that is the bread of life. It is the truth that confronts the falsehood of the enemy.

"The reception of the Word, the bread of heaven, is declared to be the reception of Christ Himself. As the Word of God is received into the soul,

we partake of the flesh and blood of the Son of God...Man is called upon to eat and masticate the Word."

In *Colporteur Ministry* at p. 82, we read: "Those who will put on the whole armor of God and devote some time every day to meditation and prayer and to the study of the Scriptures will be connected with heaven, and will have a saving, transforming influence upon those around them."

In speaking of Enoch, Ellen White said: "The infinite, unfathomable love of God through Christ became the subject of his meditation day and night, and with all the fervor of his soul he sought to reveal that love to the people among whom he dwelt." CC 28.

Of John the Baptist, she said: "By day and by night, Christ was his study, his meditation, until mind and heart

"Read it (the Word of God) to be wise, believe it to be safe, and practice it to be holy."

and soul were filled with the glorious vision. He looked upon the King in His beauty, and self was lost sight of." CC 272.

Brothers and Sisters, time is short! Jesus is coming soon. If you haven't done it, set aside a time every day for worship. Study, memorize, meditate. Walk and talk with Jesus along the way; speak to Him in your house, in your car, in your prayers. Let Him become your best friend. Pray for us at the magazine, and for one another!

Our Mission:

It is the mission of Hope International and the editors of *Our Firm Foundation* to clearly present Christ and His truth. The days remaining for this world are few, and we must work quickly. We must boldly proclaim the historic truths of Adventism that place us on so firm a foundation in the midst of this troubled world. —Editor

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About Hope International:

We are a lay ministry founded, supported, and operated by Seventh-day Adventists to assist God's Church in the proclamation of the Everlasting Gospel in every way that is consistent with the principles of God as revealed in Inspiration.

Invitation to Writers

We are accepting article-length manuscripts (3000 words) for possible publication in *Our Firm Foundation*. We prefer that submissions be submitted in Word.doc format as a computer file. Include a digital picture and a short bio. Please address all correspondence to Editor, *Our Firm Foundation*, P.O. Box 220, Knoxville, IL 61448, or by email to editorial@hopeint.org.

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How to Have a Perfect Marriage - The Woman

By Joe Olson

This message is focused on the woman in a marriage relationship. I recently did a message on the man of the house. If you did not get that message, I would suggest that you have both that there might be balance. I certainly would not want anyone to think that a perfect marriage is only a one-sided affair.

As in the first message, we will use the Bible as our guide and unerring rule for what a woman is to be and act like in a marriage. If both the man and the woman will follow the Biblical counsel with all their heart, mind and soul, the marriage will be a heaven-made one, and everything heaven-made is perfect. So, let's jump right in and see what heaven considers the perfect wife.

The woman is to submit to her husband as unto the Lord

“Wives, submit yourselves unto your own husbands, as unto the Lord.” Eph. 5:22. Just like with the man, the counsel is not dark and mysterious, it's very plain and easy to understand. The woman is to submit to her husband. Just like with the man, if we learn what the Bible expects of us as husbands and wives, we might take a longer look at whom we consider marrying. God says that the wife is to submit... as unto the Lord. In other words, submit to him like you would submit to God.

How much are we to submit to the Lord?

Do we pick and choose what we will submit about? Do we bargain with the Lord?



“Jesus, if You give me what I want, then I will submit to You.” “Dear Jesus, I will do whatever You say, if only You act this way”, whatever way that might be. Have you ever read anywhere in the scripture where God is calling for a partial obedience or a partial submission? It has always been the whole heart, mind and soul. The woman is to give herself completely and utterly to her husband, to obey and submit and to follow.

Inspect the man!

When a woman looks for a spouse, and she is aware of these duties and commands, do you think she would inspect the man a little more closely? Most women do not look for a master, they want a lover, or a protector or a provider or a friend or a supporter, etc., etc. But someone to obey?... not so much. Yet for Christian women, that is what she is called to do. And as with the man, we do not get to pick and choose what parts of the Bible instruction we will follow. I can hear some women, and HAVE heard some women say, “I would rather not be married than have to obey a man.” And that is absolutely your prerogative. By all means, don't get married!

Don't marry an idiot!

I've heard women say that men are all idiots; they are not about to submit to an idiot. I agree... I mean, the part of not submitting to an idiot. I hope that they are speaking about men in the general sense and not in totality about men. Yet they make an extremely good point. I certainly would not want to be married to an idiot either. But, more often than not, the married woman says that her husband is an idiot, so she will not listen to or obey him. If he was an idiot, then you shouldn't have married him in the first place... right?

This message is about

how to have a perfect marriage, not how to deal with a bad one... that will come later. Submission to the husband is not optional according to the scripture. I take that back - there is one caveat to wifely submission. You do not submit or obey your husband if he is telling you to do something contrary to God's word. "Then Peter and the other apostles answered and said, We ought to obey God rather than men." Acts 5:29. This was said to wicked men who were telling them *not* to do what God had expressly told them to do. If your husband tells you to do something that God expressly forbids, you certainly do not have to listen to him.

Now, let's go to another verse about what the duties of a wife are towards her husband. "... and the wife see that she reverence her husband." Eph. 5:33. It's hard to reverence an idiot isn't it? How then do we remedy this situation? Don't marry an idiot!

Pray and follow God's instruction

If we actually followed God's word relating to marriage, both the men and the women, we would either have far fewer marriages, or we would have the greatest marriages in the world. I believe wholeheartedly that if we looked for spouses, based on God's word, we would have much better relationships. Doesn't that just make sense? We all want perfect and wonderful marriages, but so few of us make the right choices based on God's word. We all know what it says. There are very few of us who have never heard these verses before. We simply choose to ignore them.

And what is even better is that we pray to God for Him to bring us the right man or woman! We pray, but we



do not follow His instruction. How did that work out for the Jews? How does that work out for us?

We can lose our salvation over marital issues

Here's yet another verse that women need to consider when choosing a husband... "To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed." Titus 2:5.



If the wives are not obedient to their husbands, the word of God will be blasphemed! Can we be preparing for heaven, while we blaspheme the word of God? We cannot simply do away with the Bible verses

women do not like, anymore than the man can do away with the Bible verses he has to obey.

Marriage is so serious that we can lose our salvation over it! I have done marriage counseling with Christians, and yet when I bring verses like these to mind, there is flat out refusal many times. I hear either the man or the woman or both say, "I will not do this." Refusing to do "this" is refusing to do what God says. This is how bad it can get in a marriage. You can literally say that you will not follow God's instructions. What happens to those who refuse to do God's will? Eternal damnation! Is it worth losing your soul over?

Do what is right, regardless

It isn't about whether the man is worthy of respect or obedience; it is about doing God's will. "Likewise, ye wives, be in subjection to your own husbands; that, if any obey not the word, they also may without the word be won by the conversation of the wives;" 1 Pet. 3:1. This verse



is specifically talking about the man who does not "obey the word..." This is the man that does not act as he should or obey God as he is supposed to. These are the idiots!

But, both men and women are supposed to do the right thing, even if the other spouse does not. Where did we ever get the idea that we only have to do the right thing if others do? Or, that we only have to do the right thing if we are *not* married to an idiot? Where does that come from? Where would you suppose? Who would suggest disobedience to God... for whatever reason? Do we really want to follow the reasonings and suggestions of the devil? Yet, isn't refusing obedience to your husband and refusing reverence and refusing to honor him doing just that? The devil doesn't care where or at what point you refuse to obey God... just that you do it. And he has worked things out so that following God's instructions, in many marriages, is a galling prospect. But Peter says that if you will be in subjection to your unbelieving or disobedient husband, you may win him to Jesus!

God is even kind to the idiot!

Isn't everyone's first duty to God, and then to our families? The Bible plainly says that if we will do the right, regardless if anyone else does, then we may win our spouses to the heavenly kingdom. The word, "conversation" in this verse does not mean conversation like spoken communication; it means how we live our lives. If we live godly lives, especially in spite of others not living in a holy way, we may win them to God, and even if not, we have a

reward waiting for us in heaven! “For if ye love them which love you, what thank have ye? for sinners also love those that love them. And if ye do good to them which do good to you, what thank have ye? for sinners also do even the same.” Luke 6:32, 33.

We have to get out of this mindset that we will do the right thing, or will do God’s will, or will be godly Christians, *only* if we get what we want here and now. “But love ye your enemies, and do good, and lend, hoping for nothing again; and your reward shall be great, and ye shall be the children of the Highest: for he is kind unto the unthankful and to the evil.” Luke 6:35. He’s even kind to the idiot! This is what Jesus wants, not just for spouses, but for all His children. And we teach this, don’t we? Don’t we tell our children that they should not fight back when others provoke them, but do them good?



“Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head.” Rom. 12:20.

Does God require too much?

We preach and teach this is in all our churches and Sabbath school classes. Why would we then *not* do it for our spouses, who we hope are not our enemies? “Be not overcome of evil, but overcome evil with good.” Rom. 12:21. Even if our spouses are evil, what does the Bible tell us to do? Overcome it with good. Overcome it with obedience to God. Overcome it with the love of God in our hearts.

Does it sound like too much to have to do? Do you stand amazed at what God requires? Listen to this from the old patriarch, Peter. “For after this manner in the old time the holy women also, who trusted in God, adorned themselves, being



in subjection unto their own husbands: Even as Sara obeyed Abraham, calling him lord: whose daughters ye are, as long as ye do well, and are not afraid with any amazement.” 1 Pet. 3:5, 6. Holy women, honorable women, daughters of obedient Sara you are... if you are not afraid with any amazement to be who God has called you to be. These things should not surprise or amaze us because they are simply the working out of God’s principles in our social and marital lives.

Man’s problem was love, woman’s problem was obedience

There is a very specific and valid reason that God commanded what He did for each spouse. It is not to be lost on us that men were called to *love* their spouses and women were called to *obey* their spouses. Did you ever think about that? God saw that man’s problem was love. And He saw that women’s problem was obedience. God is trying to remove our problems.

In the very beginning, Eve disobeyed God and ate the fruit. She brought it to Adam, and Adam realized what she had done and what the sentence was. Eve ate the fruit out of sheer disobedience but Adam ate the fruit not so much because he decided to disobey, but because he did not want to be without Eve. A life without Eve was not a life he wanted, so he ate the fruit. Sounds very loving doesn’t it? But, whom did Adam really love?

Adam!
Adam wanted what he wanted, and if he couldn’t have what



HE wanted, he wanted to die too. Adam’s problem was love. Not good, holy and pure love, but self-love, and his prescription or antidote for his behavior was to love his wife as God loves us. He needed to love Eve with a selfless, pure, godly love. That was the problem with Adam, and as a result, all men.

Eve’s issue was not about love. Hers was disobedience, plain and simple. How do we fix that ingrown and hereditary problem in womankind? Their antidote, their prescription, was to learn obedience. As always, God’s commands are not against us, even though we might think they are... they are ALWAYS for us. God’s punishments are not just retributive, but corrective.

The devil may be telling you right now that you do not have to obey

Do you actually think God would tell women, or men, what their respective duties would be in the marriage, just to irritate and harass? God wants to take us home so badly He can hardly stand it. You don’t wait 6,000 years for the great controversy to end without loving humanity to the nth degree. There is nothing in God’s word or law or testimonies that, if followed, would not make you a better, more loving and pure and holy and obedient Christian. But, just like everything else in God’s word, we can choose to accept and be obedient, or we can choose to reject, and be lost. The choice has always been ours.

And I am here to tell you that it is the devil’s plan to have us disregard God’s antidotes for our problems. I guarantee that the devil will, even as you read these words, be telling you that you don’t have to do these things.

He will give you every excuse in the world for why you don’t have to do what God says. I mean... after all, who would make us do such a heinous thing as to love the unlovable and to obey the idiot?

Narrow is the way

Maybe that is why Jesus said this... "Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it. Matt. 7:13, 14. There is a path that leads to eternal life. Jesus said it was a narrow one. Not narrow in the sense that He is trying to make it hard to get to heaven. It is narrow because there is no room for our wills and our ways and our thoughts. "For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD." Isa. 55:8. God has spent 6,000 years trying to get our hearts and minds back in tune with His. The devil has spent 6,000 years trying to obliterate God's goals for our characters and lives.

Look at your situation objectively, through the eyes of another

One of the ways that I have tried to get myself and others to see the truth of our situations has been to try to view it from afar. We are so emotionally connected to our problems that it's hard to see them clearly unless we somehow disconnect. I have suggested trying to look at the problem as someone else's problem on a television show. Imagine it not being *your* problem but someone else's problem. We can always see the reality of the situation so much better if it's not our own. Relationships are perfect examples. How many times have we seen someone else making the wrong decisions, but the person making them just doesn't get it? Since we see so much clearer when it isn't us, then let's try to look at it from another perspective. You are just watching a reality TV show. You see who the stars marry, you see their



problems and you see what they need to do to correct the problems. It is sooooo much easier to be unbiased, when it is not you!

Try to look at your life, as someone else's life that impacts you in no way. You just need to make the decision for them so that they can get on the right path. Believe me; I have the perfect advice... for someone else. Don't we all? "If our children only listened to us..." "If my friend would only open his or her eyes, they would see I was right..."

Have you ever said or thought that? And very often, what we are saying is right, because we are not emotionally attached to the situation. That's why we need to get a different perspective. We need to look at our situation, as if it were *not* our situation.



The devil tries to destroy proper perspective

And I can again guarantee that the devil will foist upon you his devilish lies that YOUR situation is sooooo much different than anybody else's. Really? I thought all men were idiots? As usual, the devil tries to destroy the proper perspective. This is very, very important... God does not want women to obey and respect and submit to the man for the *man's* sake. And this is just exactly the way



the devil wants you to see it. "I'm not doing that for *him*." "I'm not giving *him* that." "I'm not about to give *him* what *he* wants..." The women's duties and obligations are not for the *man*... they are for *her*! This is the truth that the devil desperately does not want you to hear and understand. These injunctions and commands are for the *woman*! If she learns obedience, if she learns submission, if she learns reverence, then she will be more prepared to enter the narrow way. Just exactly like the man... If he learns what true, selfless, unconditional love really is, then he too will be more likely to be on the road to eternal bliss.

The problem is not always the other person

There are more destructive marriages than ever before. People change partners like they change the channel on TV. Everyone is looking for the "right" spouse. Can't we see that the problems have not always been the other person? I'll be the first to say to "pick wisely". But if you did not, or you picked as wisely as you could, and there are still problems, that does not mean you cannot perfect your own character, by God's power, and walk the narrow way.

Remember, the ultimate goal is not a wonderful marriage. The ultimate goal is heaven and a reconnection with our heavenly Father. That can happen either way. And we should praise God from the tops of our lungs that He has made it possible to get to heaven, with or without a perfect marriage!

And next time... "How to Fix a Struggling Marriage!"



Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.

The Perfect Standard

Mrs. E. G. White

The law of God is the only true standard of moral perfection. In the life of Christ this law was carried into action, and this is our example. Nothing short of this will meet the requirements of God. We may plead our inability to keep the law, but this will not excuse us. Such a plea is the language of the carnal heart, which is not willing to put forth determined effort in self-conquest. Christ could say, "I have kept my Father's commandments." And the disciple John declares, "He that saith he abideth in him ought himself also so to walk, even as he walked."



to "grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ." This means a close connection with God, which will give us trust and confidence in him, until we have an experimental knowledge of his divine nature, and are changed into his image. Then we can glorify God by revealing to those with whom we associate the result of the transforming influence of his grace.

Eternal life is the reward of obedience to God's commandments

There are many whose religion consists in theory. To them a happy emotion is godliness. They say, "Come to Jesus, and believe in him. It makes no difference what you believe so long as you are honest in your belief." They do not seek to make the sinner

understand the true character of sin. He is not urged to search the Scriptures on bended knees that he may know what is truth, or to pray that his eyes may be anointed with eyesalve that he may see the grace of Christ. When the lawyer came to Christ, saying, "Master, what shall I do to inherit eternal life?" the Saviour did not say, Believe, only believe, and you will be saved. "What is written in the law?" he said; "how readest thou?" The lawyer answered: "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself."



Christ said, "Thou hast answered right: this do, and thou shalt live." Here the false doctrine that man has nothing to do but believe is swept away. Eternal life is given to us on the condition that we obey the commandments of God.

Many professedly sanctified ones aid Satan in his work

Satan is willing that every transgressor of God's law shall claim to be holy. This is what he himself is doing. He is satisfied when men rest their faith on spurious doctrines and religious enthusiasm; for he can use such persons to good purpose in deceiving souls. There are many professedly sanctified ones who are aiding Satan in his work. They talk much of feeling; they speak of their love for God. But God does not recognize their love; for it is a delusion of the enemy. God has given these persons

Common everyday duties can be made sacred

We read the biographies of Christians, and think their experience and attainments entirely beyond our reach. These, we say, are the histories of a few who were specially favored by grace. But these high attainments are for all. Christ died for every soul, and God assures us in his word that he is more willing to give the Holy Spirit to them that ask him than parents are to give good gifts to their children. We may be engaged in the common duties of everyday life, but we can make these sacred by simple, earnest faith, and persevering, trusting prayer. God is honored by the steadfast integrity, the holy walk and conversation, of his people, even in the humblest walks of life.

It is our privilege to have high spiritual attainments

The apostles and prophets and holy men of old did not perfect their characters by miracle. They used the ability given them by God, trusting alone in the righteousness of Christ; and all who will use the same means may secure the same result. It is our privilege to have high spiritual attainments; for God's word has declared it. But these call for faith and labor on our part. We must have an earnest desire for higher and still higher attainments in the Christian life. Paul exhorts us



light, but they have refused to accept it. With the father of lies, they will receive the reward of disobedience. It had been better for them not to have known the way of righteousness than after they had known it to turn from the holy commandment delivered unto them. The testimony of John is, "By this we know that we love the children of God, when we love God and keep his commandments. For this is the love of God, that we keep his commandments: and his commandments are not grievous." "He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him. But whoso keepeth his word, in him verily is the love of God perfected."

God would not tell us not to keep the Ten Commandments

Christ warns his followers, "Beware of false prophets, which come to you in sheep's clothing; but inwardly they are ravening wolves." He exhorts us not to be deceived when false shepherds present their doctrines. These men tell us that the commandments of God were done away at the death of Christ. Shall we believe them, these men who claim to be sanctified, while they refuse to obey God? They say the Lord has told them that they need not keep the ten commandments; but has the Lord told them this?--No;

God does not lie. Satan, who is the father of lies, deceived Adam in a similar way, telling him that he need not obey God, that he would not die if he transgressed the law. But Adam fell, and by his sin he opened the floodgates of woe upon our world. Again, Satan told Cain that he need not follow expressly the command of God in presenting the slain lamb as an offering. Cain obeyed the voice of the deceiver; and because God did not accept his offering, while he showed his approval of Abel's offering, Cain rose up in anger and slew his brother.



We must take heed how we hear

We need to know for ourselves what voice we are heeding, whether it is the voice of the true and living God, or the voice of the great apostate. Eternal life is of value to each of us, and we must take heed how we hear. We need sound doctrine, pure faith. We cannot afford to receive the sayings of men for the commandments of God. God declares, "If his children forsake my law, and walk not in my judgments; if they break my statutes, and keep not my commandments; then will I visit their transgression with the rod, and their iniquity with stripes."

The law of Ten Commandments was established by the crucifixion

John gives us the definition of sin. "Whosoever committeth sin," he says, "transgresseth also the law: for

sin is the transgression of the law." And this was after the crucifixion of Christ, when, we are told, the law was abolished. When type met antitype in the death of Christ, the sacrificial offerings ceased. The ceremonial law was done away. But by the crucifixion the law of Ten Commandments was established. The gospel has not abrogated the law, nor detracted one tittle from its claims. It still demands holiness in every part. It is the echo of God's own voice, giving to every soul the invitation, Come up higher. Be holy, holier still. This just and holy law is the standard by which all will be judged in the last day. We need to ask ourselves the question, Are we making void the law of God, or are we standing in vindication of it? We should carefully examine our thoughts and words.



We cannot afford to build on a sandy foundation

The law has no power to pardon transgression. Repentance toward God and faith toward our Lord Jesus Christ must be exercised. As the sinner looks into this divine mirror, he will see the exceeding sinfulness of sin, and will be driven to Christ.

Godly sorrow will result from a realization of his frailty and depravity. His faith in the atoning sacrifice will be based on the sacred promise of full and complete pardon in Christ.

Let us earnestly inquire, What is truth? We can not afford to build on a sandy foundation. The doctrines revealed in the word of God are to be the foundation of our faith. It is of the utmost importance that we understand, as far as God has given us capacity for understanding, the principles upon which his government rests; for the principles which we believe and receive into the heart will govern and control the actions. The more clear the understanding of the truth which is in Jesus, the more spiritual will be the religious life, the more holy the affections.

- RH, June 26, 1900



Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God's people around the world.



By Clark Floyd

God is so good! God is love! He seeks to work with us to open our hearts and minds to His existence no matter where we are in our spiritual walk. God was very patient with me in my quest to find out what life was really about.

New Age ideas had crept into my mind and heart

I had attended church once in awhile in my youth and teenage years, but it was more of a social experience than a spiritual one. As a teenager interested in learning, I accepted the theory of evolution. Christianity was far from my heart. I had no desire to read or study the Bible. New Age ideas crept into my heart and mind. Self became the king on the throne of my life. I sought to gain power through self-motivation. But God was not finished with me.

It took many years traveling down various pathways before I finally

realized that there is a God who rules, and that He is a God of order and reason -- and God of the Holy Scriptures. This God is interested in each of us to a point in our lives where we accept Him as our personal King, and the Bible as the Guide for our lives. Our acceptance is based upon faith -- not a blind faith, but a faith based on factual evidence.

Enough proof was revealed to me to develop a belief in Scripture

As a lawyer, trained in the laws of evidence, it was important to me to see factual logic to verify the truth of a loving God and the veracity of the Scriptures. Part of that proof came through an experiential relationship with Jesus – through His working in my life, changing my life and



heart. Part of that proof came through the fulfillment of Bible prophecy, and part of that proof came through God's timing in regard to archaeological finds relating to the Bible.

In chapter 5 of the Biblical book of Daniel, the last king of Babylon is mentioned in regard to a great drunken feast which he held the night of Babylon's conquest by Cyrus, the Persian:

“Belshazzar the king made a great feast to a thousand of his lords, and drank wine before the thousand.” Daniel 5:1.

The handwriting on the wall

The story of the handwriting on the wall is provided in this same chapter:

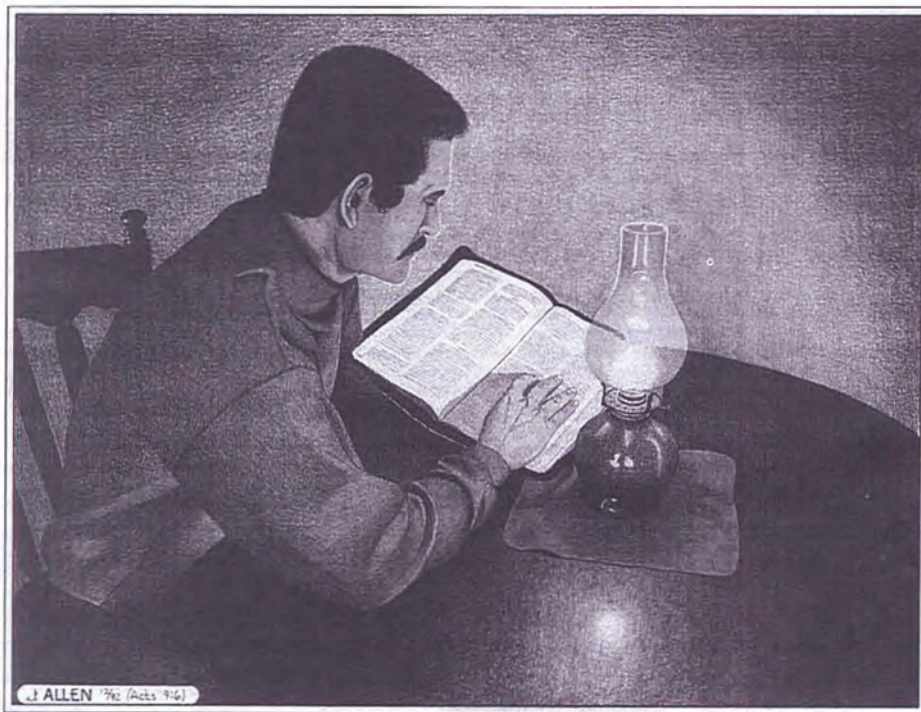
In the same hour came forth fingers of a man's hand, and wrote over against the candlestick upon the plaster of the wall of the king's palace: and the king saw the part of the hand that wrote.” Verse 5.

Because of his great desire to know the meaning of the handwriting on the wall, King Belshazzar offered to reward the one who could interpret that handwriting the position of being “the third ruler in the kingdom”. This offer of “third ruler in the kingdom” is mentioned three times in this chapter. See verses 7, 16, 29.

Archaeology has helped in confirming Biblical truths

Both prophecy and archaeology have had interesting roles to play in regard to this chapter. Prophecy come into importance because of the mention of the fall of Babylon as Darius the Median became its new king. See Daniel 5:30-31. Cyrus, the Persian, is mentioned in Chapter

6, verse 28. History records that Babylon was conquered by the joint effort of the Medes and Persians under the rulership of Cyrus the Great. Darius then became its



first king. This is in fulfillment of Bible prophecy.

As we shall see, archaeology has played its part in confirming the Biblical claim that Belshazzar was ever a king of Babylon, and that the interpreter of the handwriting on the wall would be given the position of the third, not second, ruler in the kingdom. This, we shall also examine.

The magnificence of the city of Babylon

To understand the magnitude of the prophecy we are about to study, one needs to understand the magnificence of the city of Babylon. "Babylon was colossal in size, twenty-five miles square, with walls almost three hundred feet high and over eighty feet thick. Outside the wall was a moat filled with water, of the same dimensions as the walls. The world since that day has never viewed a city its equal. In those times there were no engines of war capable of being used with any effect upon a city wall like Babylon's. If the guards in the towers were watchful, there was no hope, humanly speaking, of Cyrus ever taking the city. This the Chaldeans knew, and they scoffed at Cyrus and his soldiers outside the walls. Belshazzar had food stored within the

city sufficient to care for all needs for twenty years." Cyrus the Persian, by Sherman A. Nagel, 165. Thus Belshazzar was able to hold the great feast within the walls of Babylon, even with soldiers surrounding the great city.

God revealed His plan for Cyrus over 100 years before his birth

However, God had a plan for Cyrus to be the one to allow the Jewish captives of Babylon to return to Jerusalem to rebuild the city, its walls, and its temple. He disclosed this plan through His prophet Isaiah over 100 years before Cyrus was ever born:

The Lord "saith of Cyrus, He is my shepherd, and shall perform all my pleasure; even saying to Jerusalem, Thou shalt be built, and to the temple, Thy foundation shall be laid. Thus saith the Lord to his anointed, to Cyrus, whose right hand I have holden, to subdue nations before him; and I will loose the loins of kings, to open before him the two leaved gates; and the gates shall not be shut; I will go before thee, and make the crooked places straight: I will break in pieces the gates of brass, and cut in sunder the bars of iron: and I will give thee the treasures of darkness, and hidden riches of secret places, that thou

mayest know that I, the Lord, which call thee by thy name, am the God of Israel...I have even called thee by thy name: I have surnamed thee, though thou hast not known me.: Isa. 44:28, 45:1-4.

The fulfillment of a prophecy

Babylon was built on the Euphrates River with the river passing through the center of the city, but with huge walls rising on both sides of the river. The night of Belshazzar's drunken feast, the Medo-Persian army diverted the Euphrates River from its course, and walked through the channel of the river under the outer walls of Babylon. The gates of the inner walls had carelessly been left open (in accordance with the prophecy) and the army was able to enter and conquer the city.

Cyrus later issued the first decree, allowing the Hebrews to return to rebuild the city of Jerusalem. This decree is found in Ezra, chapter one. Isaiah lived and prophesied from around 745 B.C. to around 686 B.C. A most remarkable prophecy and fulfillment.

The book of Daniel provides fodder for many critics

There are many critics seeking to find flaws in God's Word. The book of Daniel has been attacked many times because of the remarkable prophecies contained within its pages. Some critics have questioned the veracity of Daniel 5, which states that Belshazzar was the last king of Babylon. For many years the only place where the name of this king could be found was in the book of Daniel. The lists of ancient kings that had been uncovered archaeologically always mentioned Nabonidus as the last king of Babylon. Was Belshazzar the product of the fervent imagination of the author of the book of Daniel? At the same time, the book of Daniel was claimed by these same critics to have been written in the second century B.C. by an unknown author rather than by Daniel in the sixth

century B.C. The critics refused to recognize that history had been prophesied in advance. And the mention of the reward offered to the interpreter of the hand-writing on the wall as being the position of the third ruler in the kingdom was claimed to be without any historical significance.

“That the identity and office of Belshazzar have now been fully established from contemporary sources, and thus vindicating the reliability of chapter five, is one of the great triumphs of Biblical archaeology of the last century.” SDABC, vol. 4, 806.

In God's timing the truth unfolds

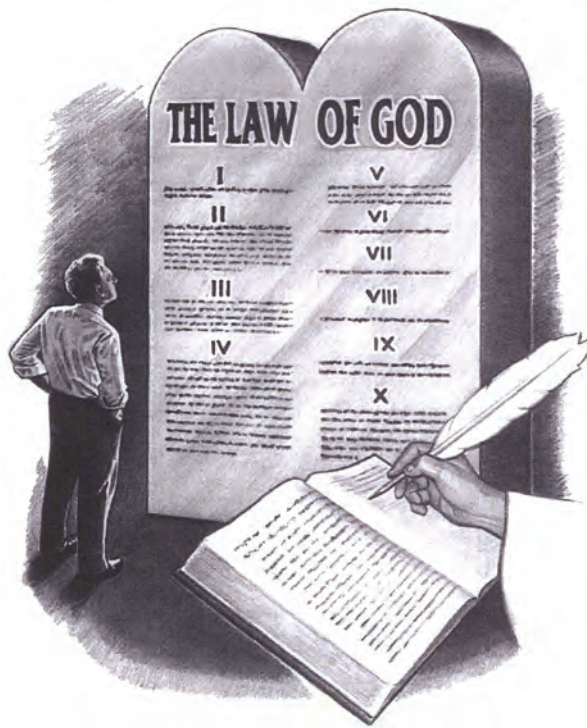
The proof emerged slowly in God's own timing. In 1861 a name similar to Belshazzar, “Belsharusur”, was found in certain texts discovered in the Moon Temple at Ur, in a prayer of Nabonidus for his elder son. See *The Journal of the Royal Asiatic Society*, vol. 19, 195. Some writers accepted this as proof that Nabonidus, the last king of record for Babylon, had a son, Belshazzar. Others rejected this idea.

In 1882 the Nabonidus Chronicle was discovered and published. It told of the capture of Babylon by Cyrus. It mentioned that Nabonidus stayed in Tema, while his son was in Babylon. See *Transactions of the Society of Biblical Archaeology*, vol. 7, 150.

Other texts followed speaking of the different functions and positions that Belshazzar, the son of Nabonidus, held before and during the reign of his father. None of these texts referred to Belshazzar as king, as the Bible does.

Texts have surfaced to prove the relationship of Belshazzar to Nabonidus

Then in 1916 a writing was published in which an oath was jointly entered into by Nabonidus and Belshazzar. See *Proceedings of the Society of Biblical Archaeology*, vol. 18, 30. In 1924 a text was published in which Nabonidus “entrusted the kingship” to his eldest son. See



Babylonian Historical Texts, 88. Other texts were discovered after that time adding additional evidence proving the relationship of Belshazzar to Nabonidus.

A monograph was published in 1929 listing all the evidences relating to Nabonidus and Belshazzar. The conclusion of this document reads as follows:

“Of all non-Babylonian records dealing with the situation at the close of the Neo-Babylonian Empire the fifth chapter of Daniel ranks next to cuneiform literature in accuracy so far as outstanding events are concerned. The scriptural account may be interpreted as excelling because it employs the name Belshazzar, because it attributes royal power to Belshazzar, and because it recognizes that a dual rulership existed in the kingdom. Babylonian cuneiform documents of the sixth century B.C. furnish clear-cut evidence of the correctness of these three basic historical nuclei contained in the Biblical narrative dealing with the fall of Babylon.” *Nabonidus and Belshazzar* (New Haven, 1929), 199-200.

God provides enough evidence to believe His Word, if we so choose

The critics who have claimed that

the book of Daniel was written in the second century B.C. are also stymied by the discovery of the sixth century B.C. cuneiform tablets. The Greek historians and other historians who wrote in the fifth and fourth centuries and thereafter, did not have the understanding of the coregency of Nabonidus and Belshazzar.

“Two famous Greek historians of the fifth and fourth centuries B.C. do not mention Belshazzar by name, and hint only vaguely at the actual political situation which existed at the time of Nabonidus. Annals in the Greek language ranging from about the beginning of the third century B.C. to the first century B.C. are absolutely silent concerning Belshazzar

and the prominence which he had during the last reign of the Neo-Babylonian Empire. The total information found in all available chronologically fixed documents later than the cuneiform texts of the sixth century B.C., and prior to the writings of Josephus of the first century A.D., could not have provided the necessary material for the historical framework of the fifth chapter of Daniel.” op. cit., 200.

Our God does not answer every question we might have. He leaves us room to doubt if we choose, but He also gives us enough evidence – such as archaeology and fulfilled prophecy – to believe His Word if we so choose.

“The grass withereth, and the flower thereof falleth away: but the word of the Lord endureth for ever.” 1 Pet. 1:24-25.



Clark Floyd, editor of Our Firm Foundation magazine, has been co-host of the radio program Bible Answers with Clark and Lee and is a licensed attorney and an ordained Seventh-

day Adventist pastor. He has spoken internationally and makes his home in the beautiful mountains of western North Carolina.



The Anvil ~ God's Word

Last eve I passed beside a blacksmith's door,
And heard the anvil ring the vesper chime;
Then, looking in, I saw upon the floor
Old hammers, worn with beating years of time.

"How many anvils have you had," said I,
"To wear and batter all these hammers so?"
"Just one," said he, and then, with twinkling eye,
"The anvil wears the hammers out, you know."

And so, thought I, the anvil of God's Word,
For ages skeptic blows have beat upon;
Yet, though the noise of falling blows was heard,
The anvil is unharmed — the hammers, gone.

~Author Unknown

The Bible Museum Opened

By A. L. O. E.
1883

ruth's barley-ears

Weekly stooped Ruth to gather up these scattered grains of the golden harvest which the servants of Boaz, the “mighty man of wealth”, were bearing home to his garner. But not the gleanings alone, but the fullness of the harvest also was to be Ruth’s, by her union with the lord of the land; the fields in which the young widow in loneliness toiled, were to become the possessions of the bride.

“Blessed are the meek, for they shall inherit the earth.” This is a peculiar promise, made to the lowly, of whom Ruth, bending down to glean in the barley field, may be regarded as a type. In what especial manner that promise is to be fulfilled in a future state we know not, but it is an interesting subject for our musings to consider how the meek are now gleaning, as it were, some ears of the rich harvest of which the full enjoyment will one day be their own.

Meekness: highly esteemed in Heaven, little valued on Earth

It is the more needful for us to turn our thoughts to this subject, from meekness being little valued on Earth, though highly esteemed in Heaven. Men are apt to class it with a cringing, cowardly spirit; forgetting that Moses, who faced boldly both the wrath of the tyrant and the fury of the people, firm and lofty in soul as he was, is yet called the meekest of men.

But in what way do we meek like Ruth, now glean the

first ears of a plenteous harvest reserved for their possession hereafter?

The covetous man cannot enjoy anything he does not possess

In the first place, by that contentment which is proverbially better than riches, the tranquil enjoyment of what God has bestowed instead of the misery caused by cankering envy and restless ambition. While the covetous man cannot be said to enjoy anything which he does not himself actually possess, and looks with pain rather than pleasure on the rich beauties of property not his own, the meek already inherit the earth by “the right of the eye”. The delight afforded to the Christian by the fair landscape spreading before him, has been well described by Cowper:--

“He looks abroad into the varied field
Of Nature, and though poor, perhaps, compared
With those whose mansions glitter in his sight,
Calls the delightful scenery all his own.
His are the mountains, and the valleys his,
And the resplendent rivers; his to enjoy
With a propriety which none can feel
But who, with filial confidence inspired,
Can lift to Heaven an unpretentious eye,
And smiling say, ‘My Father made them all.’”





The humble have the gift of higher wisdom

Secondly, There is a special promise of the gift of wisdom to the humble: “The meek will He guide in judgment: and the meek will He teach His way.” This wisdom, which is from above, is shown in various ways, by those whose powers of mind are otherwise very limited, as well as by the highly intellectual Christian. Those taught of God’s Spirit have the wisdom to set a right value on the things of eternity as compared with the things of time; to choose the good and refuse the evil, to prefer what is perfect and imperishable to the glittering baubles of earth. This is higher, more sublime, wisdom than any mere intellectual training can bestow.

The meek accept reproof in the right spirit

And the wisdom of the meek is constantly shown in their way of receiving rebuke from a fellow creature, or chastening from the Most High. The word of counsel or of reproof which only stirs up anger in the breast of the proud, is often of the utmost service to the meek: “He that heareth reproof getteth understanding. A reproof entereth more into a wise man than an hundred stripes into a fool.” The chastenings of God likewise, under which the proud spirit rebels, become blessings indeed when received with that meekness of wisdom which can say, “It is the Lord; let Him do what seemeth to Him good; His will, not my will, be done.” Surely such a spirit of true wisdom is a most precious earnest of that spirit of perfect wisdom which will be the portion of the blessed!

Theirs is the soft answer which turneth away wrath

Thirdly, The meek have peace; not perfect, indeed, but as it were gleanings of the heavenly harvest: “the meek shall inherit the earth; and shall delight themselves in the abundance of peace.” Theirs is the soft answer which turneth away wrath; only by pride cometh contention. The meek overcome evil with good, and so show themselves followers of Him whose title is Prince of Peace.

The Lord dwells with those of a contrite heart

And lastly, It is in the hearts of the lowly that the Lord deigns to make His abode: “For thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones.

Surely contentment, wisdom, peace, and a sweet sense of the Saviour’s presence, are rich golden grains gleaned here of that harvest of light which has been sown for the children of light, which they will enjoy in perfection when the Church, the Heavenly Bride, is raised from grace to glory! Only gleanings, indeed, yet precious gleanings, and to be gathered in those who are ready, like Ruth, to stoop to labour and to endure. The foot of Pride crushes these golden grains; Humility bends down, grasps them by faith, and carries them home in her bosom. “Learn of Me, for I am meek and lowly”, said the Lord of the harvest; and it is for the meek and lowly that the treasures of the harvest are laid up above.



PERFECTION IN CHRIST

By Raymond F. Cottrell

What Sanctification Is

Of what does this lifelong process consist? Christ “is our pattern....He is a perfect and holy example, given for us to imitate. We cannot equal the pattern; but we shall not be approved of God if we do not copy it and, according to the ability which God has given, resemble it.” 2T 549. The process of sanctification, then, consists in copying the pattern of Christ’s perfect character “according to the ability which God has given” us, realizing all the while that “we cannot equal the pattern” in this life.

We must be willing to be made willing

How can we go about this daily work of copying the pattern of Christ’s perfect life? “The will must be placed on the side of God’s will. You are not able, of yourself, to bring your purposes and desires and inclinations into submission to the will of God; but if you are ‘willing to be made willing’, God will accomplish the work for you.” MB 142. Sanctification requires a voluntary act of the will, the act of submitting it to God’s will. Our submission opens the way for God to

work, for Christ to live out His life within us. Gal. 2:20.

How do we make it a fixed habit to respond to God’s will?

Only beyond the horizon of this life will the absolute sinless perfection of Christ—made possible by cooperating with His sanctifying grace and power—become a possession, an attainment, an achievement. He provides us with the pattern of His own perfect character, and imparts the desire and the ability to copy it. Our part in the process consists of placing our wills on the side of His will, and of learning to cooperate ever more perfectly with Him as He works in us to will and to do of His good pleasure. But how do we submit the will to God and make it a fixed principle, a fixed habit, to respond to the prompting of an enlightened conscience?

Decide once and for all to make it a fixed principle to obey God’s will

Inspiration answers: “In the renewed heart there will be a fixed principle to obey the will of God, because there is a love for what is just, and good, and holy.” 2T 488.

The key to the entire process is “a love for what is just, and good, and holy”. Perhaps not a perfect love to begin with, but at least a sincere recognition that God’s way is best, and an earnest, soul-consuming desire that His way may become a reality in the life. This “love for what is just, and good, and holy” is accompanied by wholehearted hatred for sin, both in principle and in practice. 1SM 360. I decide once and for all to make it a fixed principle to obey God’s will, whatever it be and at whatever the cost. The devil may trip me up, and I may stumble and fall, but I fall with that principle still tightly clutched in my hand of faith. I do not renounce the principle even when I fail to apply it in practice, nor do I forfeit the privilege of wearing the robe of Christ’s righteousness. This resplendent garment, woven on the loom of heaven, is taken from me only if I deliberately disavow the principle, or if I persistently disregard it in practice.

A Transforming Principle

What does the “fixed principle” do for me? “The righteousness

of Christ is not a cloak to cover unconfessed and unforsaken sin; it is a principle of life that transforms the character and controls the conduct. Holiness is wholeness for God; it is the entire surrender of heart and life to the indwelling of the principles of heaven.” DA 555, 556. This “fixed principle” is the perfect righteousness of Christ in action, at work transforming the character and controlling the conduct, something I am powerless to accomplish for myself. The infinite power of Christ fortifies and strengthens my weak, feeble, imperfect will, once it is entrusted to Him, in somewhat the same way that a radio telescope gathers and amplifies infinitely faint radio impulses from billions of light years away in space. As thus, in my human weakness, I cooperate with Christ I am “...enabled to do the deeds of Omnipotence.” DA 827. The one condition to receiving and wearing this cloak of Christ’s righteousness is to be done forever with “unconfessed and unforsaken sin”, to be wholly on God’s side, to make an “...entire surrender of heart and life to the indwelling of the principles of heaven.” The gold of faith works by love to make the perfect righteousness of Christ our own, in practice as well as in principle.

How to Translate Principle Into Practice

How do these “principles of heaven” become “a principle of life that transforms the character and controls the conduct”?

We read: “The leaven of truth works secretly, silently, steadily, to transform the soul. The natural inclinations are softened and subdued. New thoughts, new feelings, new motives, are implanted.

A new standard of character is set up—the life of Christ. The mind is changed; the faculties are roused to action in new lines.... The conscience is awakened. We are endowed with traits of character that enable us to do service for God.” COL 98, 99. The principles of heaven bring about a transformation, “secretly, silently, steadily”, in our inclinations, our thoughts, our feelings, our motives, our conscience. God impresses us with our duty—and we respond.



Optimum physical health is prerequisite to spiritual health

In contrast with the instantaneous divine act of justification—“the work of a moment”—this transformation is a gradual process. If we sincerely desire God to work in us to will and to do of His good pleasure, He will do so. Because optimum physical health is prerequisite to spiritual health, He “requires that our habits of eating, drinking, and dressing, be such as to secure the preservation of physical, mental, and moral health”. CD 165. Whether we eat, or drink, or whatever we do will be done to glorify God, not to please ourselves. Furthermore, “a living faith” will “run like threads of gold through the performance of daily duties in perfect obedience to the will of God” COL 360. To go cheerfully about our daily tasks in harmony with God’s will is to experience the transforming grace and power of Christ. Life has

no higher joy, no more rewarding satisfaction, than the consciousness that we are cooperating with our Creator in working toward His original plan for our lives.

Cutting Away the Entanglements of Sin

God considers us perfect in Christ now if our wills are wholly on His side, and despite the fact that some aspects of conduct have not yet been brought under full control of the principles of heaven. “We are not yet perfect; but it is our privilege to cut away from the entanglements of self and sin and advance to perfection.” AA565. Like a man caught in a thicket of brambles, we are to persevere in cutting our way free from the tangle of sin. In this sense we are working toward perfection.

“Sanctification is not the work of a moment, an hour, a day, but of a lifetime. It is not gained by a happy flight of feeling, but is the result of constantly dying to sin, and constantly living for Christ.” COL 560.

Co-operate by doing our best

“It rests with us to co-operate with the agencies which heaven employs in the work of conforming our characters to the divine model.” GC 623. “Do your best, and heavenly angels will help you to carry on to perfection.” RH June 1, 1905. “None are living Christians unless they have a daily experience in the things of God and daily practice self-denial, cheerfully bearing the cross and following Christ. Every living Christian will advance daily in the divine life [toward perfection].” 2T 505. God does His best, we co-operate by doing our best, and the result is a daily advance toward ultimate perfection in Christ.

When The Saviour Shall Come

My heart has received the glad glory,
That sometime, and that before long,
I shall pass out of time into glory,
To join with the sanctified throng—
I shall pass out of night into splendor;
With the loved I'll ascend to our home;
We shall greet with affection most tender,
When Jesus, the Saviour shall come.

My heart has lost all of its sadness;
For the wonderful future is near,
When the peace and the joy and the gladness
Of heaven's bright hand will appear.
No more dreary days in the distance,
No more darkened paths to roam;
But we'll enter an endless existence,
When Jesus, the Saviour, shall come,

What wonder my soul thrills with longing,
As my love casteth out every fear,
And I wait, more than they for the morning,
For Jesus, my Lord, to appear?
I shall be by the bright angels taken,
Up, up through the blue bending dome;
I shall clasp the dear hands that awaken,
When Jesus, the Saviour, shall come.

I shall meet with my loved ones in heaven.
Their songs will be joyous and sweet;
I shall see the white robes they are given,
And list to the sound of their feet.
Oh, the pure, lovely smile on their faces,
As they enter their heavenly home!
The sorrows of the earth leave no traces,
When Jesus, the Saviour, shall come.

--L. D. Santee

The Coming Crisis

Ellen G. White

“A great crisis awaits the people of God. A crisis awaits the world. The most momentous struggle of all the ages is just before us.” 5T711

“It is no time to be ashamed of our faith. We are a spectacle to the world, to angels, and to men. The whole universe is looking with inexpressible interest to see the closing work of the great controversy between Christ and Satan. At such a time as this, just as the great work of judging the living is to begin, shall we allow unsanctified ambition to take possession of the heart? What can be of any worth to us now except to be found loyal and true to the God of heaven? What is there of any real value in this world when we are on the very borders of the eternal world? What education can we give to the students in our schools that is so necessary as a knowledge of ‘What saith the Scripture?’” 5T 526.

*Are we, like the mother of Moses,
giving our young people this
preparation for the supreme test
ahead of them? Are we prepared?*

“The duty of old and young must be set forth in simple, positive language because our lot is cast in perilous times when it seems that truth must be overborne by falsehood



and satanic delusions. In the time of testing and trial the shield of Omnipotence will be spread over those whom God has made the depositaries of His law. When legislators shall abjure the principles of Protestantism, so as to give countenance and



the right hand of fellowship to Romanism, then God will interpose in a special manner in behalf of His own honor and the salvation of His people.

“The principles necessary for our youth to cultivate must be kept before them in their daily education, that when the decree shall go

forth requiring all to worship the beast and his image, they may make the right decisions, and have strength to declare, without wavering, their confidence in the commandments of God and the faith of Jesus, even at the very time when

the law of God is made void by the religious world. Those who waver now and are tempted to follow in the wake of apostates who have



departed from the faith, ‘giving heed to seducing spirits, and doctrines of devils,’ will surely be found on the side of those who make void the law of God, unless they repent and plant their feet firmly upon the faith once delivered to the saints.” 5T 525.

*Old and young must stand alone
then; can they do it now?*

TIME IS SHORT-ARE YOU READY?



Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God’s people around the world.

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Cir-Q Drops

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- Maintaining healthy blood pressure & blood vessels

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- Goldenseal acts as a tonic and sedative for the nervous system, producing a calming effect, which supports normal blood pressure and enhances circulation. According to the American Botanical Council, goldenseal also appears to support normal cholesterol levels.

PASSION FLOWER

- Since approximately 1840, herbalists have used passion flower for its sedative and vascular benefits along with its calming effects. With stress being a major risk factor for heart problems, this soothing herb is particularly helpful at keeping the heart healthy and calm. Passion flower contains anti-spasmodic qualities, which may relax blood vessel walls, promoting blood circulation and healthy blood pressure.

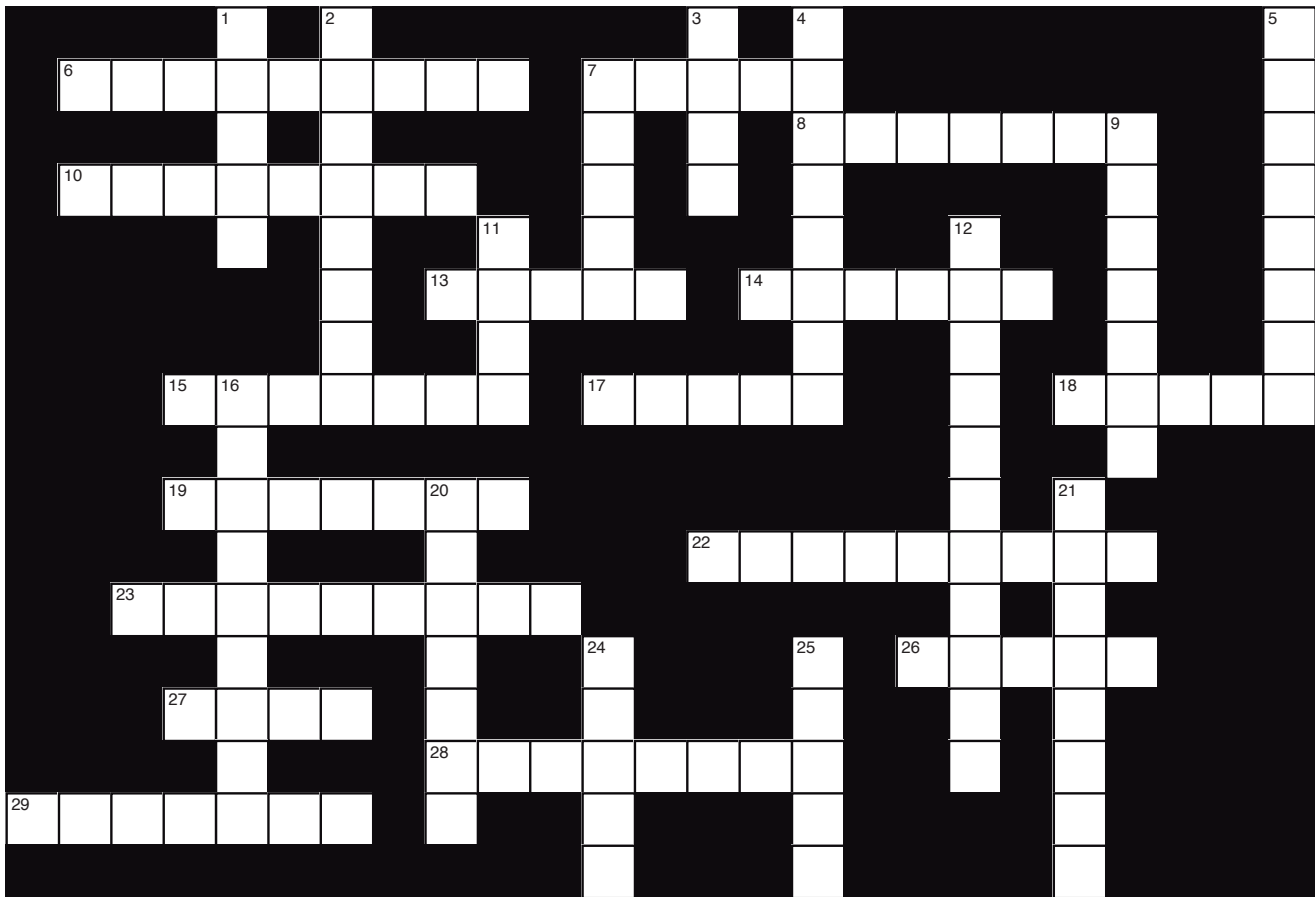
PARSLEY

- Parsley has many heart and cardio-protective qualities. One of which is deactivating the amino acid homocysteine. When levels of this amino acid become too high, it can damage blood vessels. However, the vitamin B9 found in parsley helps convert homocysteine into harmless molecules, thus protecting the blood vessels. Parsley is also rich in folic acid, magnesium, calcium and potassium, which help nourish the heart and prevent heart problems.

*These statements have not been evaluated by the FDA. This product is not intended to prevent, diagnose, treat, or cure any disease.

Combining nature, faith, and love to bring healing to the world.

Christian Crossword



ACROSS

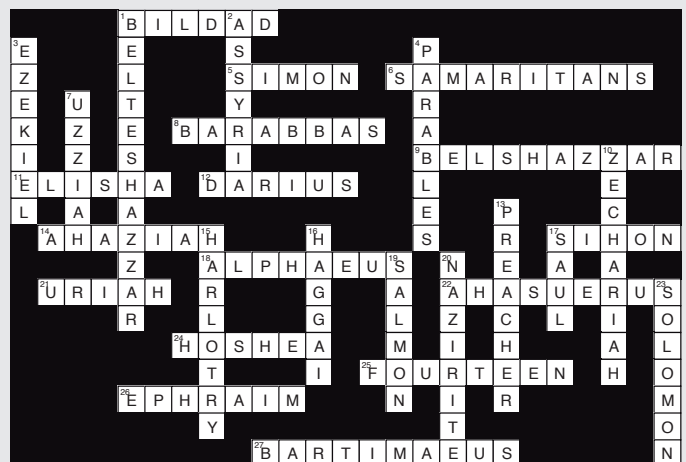
6. A rabbi that visited Jesus secretly one night
7. The husband of Joanna, a woman who helped Jesus
8. Another name of Dorcas
10. Aaron's wife
13. The father of Enoch
14. A concubine of Saul and the mother of two of his sons
15. Nephew of Abraham and father of Rebekah
17. The son of Simon the Cyrene who carried the cross of Jesus
18. The minor prophet from the town of Elkosh
19. The material used to pitch the ark
22. A wealthy man in Gilead who showed kindness to David when David was fleeing from Absalom
23. A word used in the sense of speaking evil of God
26. Nephew of David who joined Absalom's revolt
27. One of the Caesars referred to in the New Testament
28. David's 4th son ordered to be executed by Solomon
29. A man of some note who returned from the captivity with Zerubbabel

DOWN

1. The father of Gideon
2. He encouraged the dispirited Jews returned from Babylon to rebuild the walls of Jerusalem
3. One of Jesus' brothers
4. One of two men nominated to take Judas' place
5. He succeeded Solomon
7. A woman whose household members revealed the troubles in the Corinthian Church to Paul

9. A pretty girl hired to nurse David in his old age
11. She skewered Sisera with a tent peg
12. Another name of Nathanael, the Apostle
16. The mother of John the Baptist
20. One of Aaron's sons
21. Name given to the chief of the three annual festivals of the Jews
24. He was murdered by Joab at the gate of Hebron
25. Abraham's grandfather

Answers from Christian Crossword published in the May 2012 issue of Our Firm Foundation



Excitotoxins Part 10: Reversing the Damage – Brain & Glands



Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having always wanted to help people, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.

Over the last few months we have learned all about excitotoxins (probably more than you ever wanted to know!). We've discussed what they are and how they affect the body, what foods they are in and how to avoid them, and most recently: how this has all been hidden from the public for years. Now we're going to discuss my favorite part: how to **reverse** the damage!

Chances are, if you've eaten anything processed in the last 30 years, you've eaten MSG or some other excitotoxic substance. Many of you have even made certain (seemingly healthy) products (croutons, salad dressings, salsa, veggie dip, boxed pasta dinners, etc.) staples in your *vegetarian* or even *vegan* households, feeling that your diets were very healthy! But now you've found out that more often than not, these processed foods contain MSG or other excitotoxic ingredients. And if MSG weren't bad enough, many people were also duped into believing that **diet** soft drinks were healthier than sugar-filled "regular" sodas, and were thus turned on to the highly addictive excitotoxin, aspartame. For years, people would choose diet, caffeine-free sodas feeling that they were making the "healthier" choice. They too may *just now* be finding out that these are poisons as well.

Now you know the dangers of excitotoxins

But now you know. Over the last few months we've discussed how dangerous these ingredients are. We discussed how these poisons can, and do, cause nerve disorders, thyroid disease, obesity, multiple sclerosis (all the symptoms of MS which can be reversed by discontinuing use of these ingredients), blindness, infertility, brain damage, and a variety of other serious illnesses. Now you can check labels for yourself and recognize the hidden names of these substances. You can stop using these things and feeding them to your families, particularly your children. Removing them from your diet is the first step. But what

if you've been eating and drinking these things for **years**? What if you've been unknowingly feeding these ingredients to your babies in baby food, your toddlers in toddler food, and then your young children and teenagers in nearly every snack/processed food out there?

There is something you can do

If you're overwhelmed and starting to feel like nothing is safe anymore, I assure you, **there is hope!** There are many, many delicious and nutritious foods that are perfectly healthy and completely free of these additives. Not only do these foods **not** cause damage to your brain and body, but they actually help **repair** damaged areas by supplying the body with the right nutrients necessary for healing. This group of foods will help reverse a variety of illnesses along with boosting energy levels, aiding in weight loss, and improving the overall look and tone of the skin, hair, and nails. Basically, they will help you look and feel great – all while nourishing the brain and helping prevent many serious disorders!

"Whole" foods are best

It should come as no surprise that there is a group of foods that is sure to be excitotoxin free. The foods we have been told make up the healthiest diet. These include fruits, vegetables, nuts, seeds, and grains in their purest form. Think about it, does a Dorito look anything like corn or does TVP look like a soybean? Nearly all processed foods contain toxic chemicals of one form or another. Eating whole foods in their original "whole" state is always a better choice for our health, and eating them whole AND raw is even better! You'll notice as we go on today that many raw foods contain the nutrients needed to reverse damage caused by excitotoxins and other dangerous additives. So let's get right to it!



Nutrients that help reverse the damage to the body and

brain (and specifically the hypothalamus)

1. Essential Fatty Acids

The hypothalamus is fed by essential fatty acids (EFAs), so make sure to add more EFAs to your diet. Are you already deficient in EFAs? One good indicator of being low in EFAs is if you have chronic dry skin, as this can be due to a lack of these nutrients. If you have dry skin and drinking plenty of water doesn't seem to be helping, try adding some EFAs to your diet and see if it improves.

The endocrine system also uses essential fatty acids to make hormones. If you are deficient, the body doesn't have the building blocks required to make those hormones. This can wreak havoc on the entire body!

Foods high in Essential Fatty Acids:

Omega 3: Flaxseed oil (flaxseed oil has the highest linolenic content of any food), flaxseeds, chia seeds, hempseed oil, hempseeds, walnuts, pumpkin seeds, Brazil nuts, sesame seeds, avocados, some dark leafy green vegetables (kale, spinach, purslane, mustard greens, collards, etc.)

Omega 6: Flaxseed oil, flaxseeds, hempseed oil, hempseeds, grape seed oil, pumpkin seeds, pine nuts, pistachio nuts, sunflower seeds, olive oil, olives, borage oil, evening primrose oil, black currant seed oil, chestnut oil.

Omega 9: Olive oil (extra virgin or virgin), olives, avocados, almonds, peanuts, sesame oil, pecans, pistachio nuts, cashews, hazelnuts, macadamia nuts, etc.

2. Vitamin K

Many people are familiar with vitamin K playing a role in blood clotting, but what is less known is that it also plays a critical role in energy production by cells, *especially* brain cells. In fact, it is part of a number of nutrients that are used to treat mitochondrial diseases in which there are severe deficiencies in brain cell energy production. Most neurodegenerative diseases of aging, such as Alzheimer's, dementia and Parkinson's disease, are characterized by defective brain-energy production, which often occurs decades before symptoms develop. In addition, having low brain cell energy causes the brain to be more easily damaged by excitotoxicity - the major cause of damage in these disorders.



Foods high in Vitamin K:

Raw: Parsley, kale, Swiss chard, garden cress, collards, beet greens, Brussels sprouts, spinach, turnip greens, rhubarb, endive, watercress, green leaf lettuce, cold pressed olive oil, cauliflower, peas, broccoli, basil, thyme, celery, carrots, and bell peppers.

Cooked: Kale, spinach, mustard greens, turnip greens, Swiss chard, collard greens, asparagus, broccoli (steamed), cabbage, and summer squash.

3. Thiamine (Vitamin B1)

Thiamin also increases brain cell energy. Low levels of this vitamin can increase brain sensitivity to excitotoxicity. It also plays a key role in support of the nervous system, where it permits healthy development of the fat-like coverings that surround most nerves (called myelin sheaths). In the absence of vitamin B1, these coverings can degenerate or become damaged. Pain, prickly sensations, and nerve deadening are nerve-related symptoms (often associated with multiple sclerosis) that can result from vitamin B1 deficiency. Note: B1 is also considered the "anti-stress" vitamin!

Foods high in Vitamin B1 (Thiamin):

Raw: Romaine lettuce, crimini (button/common) mushrooms, asparagus, sunflower seeds, celery, tomatoes, avocado, carrots, green leafy vegetables, mushrooms, peas, rice bran, spinach, wheat germ, pineapple, and oranges.

Cooked: Asparagus, spinach, peas, eggplant, mustard greens, Brussels sprouts, brown rice, summer squash, winter squash, green beans, and broccoli.

4. Riboflavin (Vitamin B2)

Riboflavin is another energy-controlling B-vitamin and, like thiamine, it helps protect the brain from energy failure and excitotoxicity. Vitamin B2, also commonly called riboflavin, gets its name from its color. The root of this word is the Latin word "flavus" meaning "yellow". When a person's urine becomes bright yellow following high-level supplementation with B-complex vitamins, excess riboflavin excreted in the urine is often responsible for this change in color.

While problems in thinking and responding to the outside world can stem from a more serious problem, it



could also be the result of vitamin B2 deficiency. Vitamin B2 helps neurotransmitters in your brain carry messages. If you have a vitamin B2 deficiency, these messages will travel much more slowly and will cause you to have slow mental responses. B2 is also key to beautiful skin, hair, nails, and proper thyroid function.

Foods high in Vitamin B2 (Riboflavin):

Raw: Crimini (button/common) mushrooms, romaine lettuce, raw shiitake mushrooms, celery, tomato, spinach, kelp, strawberries, raspberries, dandelion greens, parsley, nuts, rosehips, sage, sweet potato, pumpkin, and plums.

Cooked: Asparagus, Swiss chard, mustard or collard greens, broccoli, summer squash, wheat germ, whole grains, legumes, green peas, navy beans, lima beans, and molasses.

5. Niacinamide (Vitamin B3)

Like all of the B vitamins, niacinamide also plays a role in brain cell energy production and helps regulate the brain's level of the neurotransmitter serotonin, which is critical in preventing depression, anxiety, and anger. Vitamin B3 has a vital role in the chemical processing of fats in the body. The fatty acid building blocks for fat-containing structures in the body (like cell membranes and myelin sheaths) typically require the presence of vitamin B3 for their synthesis, as do many fat-based hormones (called steroid hormones).

Foods high in Vitamin B3 (Niacinamide):

Raw: Crimini (button/common) mushrooms, shiitake mushrooms, asparagus, almonds, sesame seeds, pine nuts, sunflower seeds, paprika, sun-dried tomatoes, and red chili peppers.

Cooked: Barley, brown rice, buckwheat, split peas, wild rice, rice bran, wheat bran, peanuts (roasted), and whole wheat.

6. Pyridoxine (Vitamin B6)

This B vitamin not only plays a role in energy production by brain cells, but also regulates the production of a number of neurotransmitters and lowers elevated levels of glutamate, (which is healthy at proper levels but can become toxic when in excess). B6 is essential for the synthesis or metabolism of *practically all the neurotransmitters* (chemicals which help to transmit messages in the CNS).

The forms of this vitamin all begin with the letters "pyr," and include pyridoxine, pyridoxal, pyridoxamine, pyridoxine phosphate, pyridoxal phosphate, and pyridoxamine phosphate. The vitamin was not originally given this name, however, but was referred to as "antidermatitis factor." This term pointed to the skin (dermis) because skin inflammation (dermatitis) seemed to increase when foods with B6 were eliminated from the diet. Topical B6 creams are used to this day in treatment of skin inflammation! In addition, dizziness, neuritis, neuralgia and carpal tunnel syndrome are linked to a vitamin B6 deficiency.

Foods high in Vitamin B6:

Raw: Red peppers, shiitake mushrooms, avocado, garlic, bananas, cabbage, celery, crimini (button) mushrooms, watermelon, tomatoes, carrots, cantaloupe, romaine lettuce, onions, chili powder, paprika, garlic powder, sunflower seeds, sesame seeds, tahini (sesame butter), walnuts, and hazelnuts.

Cooked: Turnip greens, spinach, cauliflower, mustard greens, asparagus, broccoli, eggplant, summer squash, rice bran, wheat bran, spinach, baked potato, and molasses.

7. Folate (Vitamin B9)

This B vitamin is also used in a great number of biochemical reactions in cells, the most important of which is methylation reactions. These reactions play a critical role in DNA synthesis and repair, cell division, and cell growth, and also in lowering homocysteine, a powerful excitotoxin. Levels of this vitamin frequently fall with aging and can be quite low in the elderly.

Foods high in Vitamin B9:

Raw: Dark green leafy vegetables, romaine lettuce, spinach, turnip greens, collard greens, bean sprouts, asparagus, strawberries, bananas, cantaloupes, fresh or dried herbs (particularly: spearmint, rosemary, basil, chervil, coriander, marjoram, thyme, bay leaf and parsley),

sunflower seeds, and oranges.

Cooked: Lentils, chickpeas, asparagus, pinto beans, garbanzo beans, mung beans, lima beans, black beans, navy beans, and peanuts (roasted).

8. Cobalamin (Vitamin B12)

In addition to preventing pernicious anemia, vitamin B12 is essential for the maintenance of the myelin sheath (a component of the central nervous system). Inadequate synthesis of myelin leads to neurological damage. Patients with pernicious anemia may develop loss of cognitive function and even dementia, unless they receive supplementary vitamin B12. Several studies have shown that both folic acid and vitamin B12 are frequently low in the elderly and that these two vitamins may begin to fall much earlier in life. Likewise, a number of studies have shown that vitamin B12 levels are universally low in those with Alzheimer's disease, much lower than we see in normal elderly.

Foods high in Vitamin B12:

Raw: Nutritional yeast flakes, blueberries*, blackberries*, black raspberries*, grapes*, etc.

**New science has shown that the coloring agent in dark skinned berries (cobalt) may be converted in the body to cobalamin (B12). However, supplementation may be necessary.*

Just a note: most B vitamins can be easily destroyed by cooking (with the exception of B2). So when you can, choose the natural, raw foods for getting a healthy dose of brain-enhancing foods!!

Can you see how important the B-Vitamins are??

The B-complex vitamins play an important role in keeping the brain and nervous system healthy. Most of these B-vitamins are also essential during pregnancy to ensure that the brain and nervous system of the baby develop properly.

If you suffer from symptoms such as tiredness, irritability, depression or nervousness, it may be a good idea to take a B-complex supplement or eat foods high in these nutrients. Patients on anticonvulsant therapy are at risk of developing multiple B-vitamin deficiencies and will benefit from taking a B-complex supplement. If you are on any

kind of chronic medication, ask your doctor if you need to supplement your vitamin B intake. Individuals eating an unbalanced or deficient diet also need to consider taking a B-complex supplement to prevent neurological symptoms associated with vitamin B deficiencies. Also select foods that are rich in B-vitamins to boost your daily intake.

But there are even more brain-protective nutrients!! Moving right along:

9. Curcumin

This flavonoid ingredient has been shown to be one of the most powerful brain protectants now known. Not only has curcumin shown to help prevent a great number of cancers, but it also protects mice genetically prone to Alzheimer's-like disease from **ever developing the disorder and may do the same thing in humans!!!** Studies are now being conducted to see if it will.

One of the ways curcumin protects the brain is by powerfully suppressing inflammation. In fact, it is one of the most powerful anti-inflammatory flavonoids known and it also suppresses brain microglial **hyperactivity** and **blocks excitotoxicity in the brain**. Scientists also recently discovered that curcumin reduces the amyloid protein plaques associated with Alzheimer's disease. Curcumin appears to act as an anti-inflammatory agent with respect to Alzheimer's-related inflammation in neurologic tissue. **Interesting fact:** India has the lowest rate of Alzheimer's in the world, which some speculate may be related to the consumption of curry, which contains turmeric, the source of curcumin.

Foods high in Curcumin:

Raw: Turmeric (dried), Spice Blends containing turmeric*

**Curcumin is the pigment found in turmeric. Any foods (especially spice mixes) that contain turmeric (like curries and sometimes Caribbean*

blends) contain curcumin.

10. Transferulic Acid

A natural cancer-inhibiting substance found in many fruits, transferulic acid significantly protects the brain against excitotoxicity. In studies, transferulic acid has actually reversed MS-like symptoms in mice. In one animal study it was shown to reduce the buildup of dangerous



amyloid plaque, associated with Alzheimer's disease, and more recent studies have shown that taking transferulic acid over a long period of time significantly protects the brain against excitotoxicity and microglial activation, both central mechanisms in the production of a great number of neurological diseases. Ferulic acid is a potent antioxidant that helps to prevent free-radical damage to cell membranes and activates the production of white blood cells to destroy foreign invaders.

Foods high in Transferulic Acid:

Raw: Oranges, pineapple, apples, asparagus, artichokes, acai fruit and oil, peas, peanuts, and corn.

Cooked: Whole grain cereals, sweet corn, whole grain breads, brown rice, peanuts (roasted), and rolled oats.

11. Trans-resveratrol

Trans-resveratrol is a natural compound with powerful **brain-protecting** properties. Found in a number of foods, the highest levels are found in the skin of grapes. A great number of studies have shown that trans-resveratrol has powerful anti-cancer effects, but of growing interest is the finding of equally powerful **brain-protecting properties**. **According to American Journal of Clinical Nutrition, it helps to improve blood flow to the brain. It has also been shown to reduce brain inflammation and reduce the changes seen in the Alzheimer's brain, such as a buildup of beta-amyloid.**

Of real interest is the discovery that resveratrol, when fed to rats on a high calorie diet, **provides the same level of protection we see with low-calorie diets**. High calorie diets **drastically** increase one's risk of Alzheimer's disease and low-calorie diets are protective, so you can imagine the benefits of adding this compound to a low-calorie diet!

Foods high in Trans-resveratrol:

Raw: Grapes, grape juice, peanuts, sprouted peanuts, Japanese knotwood, and berries of vaccinium species, including: blueberries, mulberries, bilberries, and cranberries.

Cooked: Grape juice (commercially pasteurized).

12. Choline

This is a natural compound used by the brain in producing important brain lipids called

phosphatides. Several studies in both humans and animals have shown benefit in cases of strokes and age-related memory loss. The beneficial effects of this compound on the brain are many and include a suppression of a number of reactions harmful to brain cells. Choline is also the precursor to acetylcholine, one of the crucial brain chemicals involved in memory.

Excitotoxicity is known to dramatically lower brain choline levels and damage cell membranes. Supplementing with choline has been shown to **repair** the damage to the cell membrane, which is essential for normal brain function. Stroke studies in animals, in which strokes are intentionally induced, have shown that those receiving choline have much smaller strokes as well as better and faster neurological recovery. Some human studies have shown the same effectiveness.

Foods high in Choline:

Raw: Flaxseeds, pine nuts, sunflower seeds, almonds, hazelnuts, pecans, English walnuts, black walnuts, Brazil nuts, peanuts, lambsquarters, mushrooms, red leaf lettuce, sesame seeds, broccoli, dried figs, dried apricots, clementines, avocados, bananas, asparagus, red potatoes, Brussels sprouts, and cabbage.

Cooked: Brussels sprouts, cauliflower, broccoli, asparagus, cabbage, spinach, baked red potatoes, cooked navy beans, lentils, and oats.

13. Lipoic Acid

This is a naturally occurring compound found in every cell in the body and is considered one of the most important antioxidants. It is unique in that it **regenerates other antioxidants**, such as vitamin E and C when they are oxidized. It also increases the cell's level of another very important antioxidant called glutathione. In addition, lipoic acid increases the cell's energy level and **protects**

the brain against mercury poisoning. Animal studies have demonstrated that brain functioning can be improved and also that brain damage and deterioration can be lessened by treatment with alpha lipoic acid. The main reason for ALA's success in treating brain conditions is that, unlike some other antioxidants, it has the ability to easily cross the blood brain barrier into the brain



and, thereby, neutralize the free radicals that are the root cause of many problems. For example, a 2001 study of nine Alzheimer's patients found that supplementation with ALA for 12 months resulted in a decrease in oxidative stress, which led to a stabilization of cognitive function.

ALA supplementation has been shown to give a protective affect to brain and nerve tissue that undergoes trauma such as a stroke. Animals that were supplemented with alpha lipoic acid were found to have a greater chance of survival and less brain damage after a stroke than those that were not supplemented. Many believe that it may improve and even reverse brain damage and deterioration.

Foods high in Lipoic Acid:

Raw: Chloroplasts are key spots for energy production in plants, and they require lipoic acid for this activity. For this reason green plants which have a high concentration of chloroplasts such as: broccoli, spinach, and other dark green leafy vegetables like collard greens and chard are good food sources of lipoic acid.

14. Magnesium

Magnesium is an essential mineral required by the body for maintaining normal muscle and nerve function. This nutrient has been discovered to help stop glutamates from overloading glutamate receptors in the brain. People with low magnesium content are the most prone to acute excitotoxicity that can cause a sudden severe digestive distress, headache, or even heart attack. Over-stimulated nerve cells can die if too much stimulatory glutamate is present. Magnesium is the mineral the nervous system uses to switch overtaxed nerve cells to "off". In addition, magnesium is vital to over 300 biochemical functions within the body. So it is equally important to overall health as well. In one study, mice given extra doses of a magnesium compound had better working memory, long-term memory and greater learning ability. The study showed that elevation of brain magnesium led to *significant* enhancement of spatial and associative memory in both young and aged rats. (1)

Foods high in Magnesium:

Raw: Green leafy vegetables, dried herbs, squash or pumpkin seeds, watermelon seeds, flaxseed, sesame seed, tahini (sesame butter), brazil nuts, sunflower seeds, almonds, almond butter, cashews, mixed nuts, pine nuts, broccoli, artichokes, bananas, pumpkins, figs, spinach.

Cooked: Beans: soybeans, white beans black beans, lima beans, molasses, rice bran, wheat bran, oat bran, and many

roasted nuts (same as above).

15. Zinc

This mineral helps obstruct the glutamate receptor channels from excessive excitotoxin absorption. Zinc has been found to play a critical role in regulating communication between cells in the brain, possibly governing the formation of memories and controlling the occurrence of epileptic seizures. (2)

"A collaborative project between Duke University Medical Center researchers and chemists at the Massachusetts Institute of Technology has been able to watch zinc in action as it regulates communication between neurons in the hippocampus, where learning and memory processes occur -- and where disrupted communication may contribute to epilepsy. 'We discovered that zinc is *essential* to control the efficiency of communication between two critical populations of nerve cells in the hippocampus,' said James McNamara, M.D., senior author and chair of the Department of Neurobiology at Duke." (3) Many in our society today are zinc deficient. If you are losing the ability to taste your food, it can be a sign you're low on zinc.



Foods high in Zinc:

Raw: Crimini mushrooms (button/common mushroom), garlic, shiitake mushrooms, sesame seeds, tahini (sesame butter), pumpkin seeds, squash seeds, watermelon seeds, and peanuts.

Cooked: Spinach, broccoli, summer squash, asparagus, Swiss chard, collard greens, peanuts (roasted), and sesame seeds (roasted).

16. Selenium

Selenium also protects glutamate receptors from excitotoxin invasion. According to a new study published in the American Journal of Epidemiology, a person's selenium intake throughout life may influence how well they retain cognitive function as they age. "In this cross-

sectional survey of cognitive function in rural elderly Chinese, we found that decreasing selenium is associated with lower cognitive scores **when controlling for age, gender, education, body mass index and APOE status,**” said Indiana University researcher Sujuan Gao, the study’s lead author. *APOE is a protein that people’s bodies naturally produce in different forms. Scientists have previously discovered correlations between the form of this protein and the risk of Alzheimer’s disease.*

Researchers in the China study found that the difference in cognitive scores between those with the lowest selenium levels and those with the highest was equivalent to a **10-year age difference among the latter group.** (4)

Selenium is also one of the most powerful detoxifiers of heavy metals that damage the brain and other organs. Selenium binds to mercury, lead, arsenic, and cadmium, which all disrupt brain chemistry by displacing important minerals like iron, zinc, and copper. Selenium is able to “chelate” these metals – a word derived from Greek word for “claw.” In a sense, selenium grabs hold of these molecules and removes them from brain cells.

Foods high in Selenium:

Raw: Brazil nuts are one of the best sources of selenium. Also: crimini (common/button) mushrooms, Portobello mushrooms, white mushrooms, and sunflower seeds.

Cooked: Spinach, asparagus, whole-wheat flour, wheat bran, oat bran, and rice bran.

17. Lecithin

Lecithin is produced by every healthy liver and found in varying quantities in body cells and organs. There is an especially high concentration in the brain and around nerve sheaths, which is why it helps repair injuries to the myelin sheath of nerve cells. Scientific studies have shown that lecithin can help improve brainpower. One reason is that it is able to cross the blood-brain barrier without a problem. Lecithin also helps to emulsify fats and contains the B vitamin choline, from which the body manufactures one of several **nerve transmitters**. In the brain, the choline in lecithin is transformed into acetylcholine, a chemical compound that relays information from one nerve cell to another.



Foods high in Lecithin:

Raw: Cauliflower, soybeans, peanuts, sunflower seeds, and cabbage.

Cooked: Soybeans, wheat germ, grains, and peanuts or sunflower seeds (roasted).

Additional herbs that offer brain-protection and nourishment:

Milk Thistle Extract (Silymarin and Silybin)

You may be aware that milk thistle extract has been shown to powerfully protect the liver from a number of toxins and to promote detoxification and liver healing. Of equal importance is the finding that silymarin and silybin are **powerful protectors of the brain**, even in low concentrations. The combined benefit of improved liver health, enhanced detoxification ability, antioxidant effects, and reduced brain inflammation makes this herb **very beneficial for brain health**.

Red Clover

Lab tests have demonstrated a significant decline in brain cell neuron damage when red clover is taken before a meal.

Ginkgo Biloba

Research seems to indicate that the herb *Ginkgo Biloba* protects against excitotoxicity. It is known to help improve memory and brain fog and potentially protect against symptoms of Alzheimer’s disease.

Now you know the nutrients (and foods which contain them) that are vital to overall brain and hypothalamus health. What about neurotransmitters? Next month we’ll go over foods and nutrients that help create a balanced, healthy level of neurotransmitters so you can have super-ultra-mega brainpower and memory!

1. <http://www.foxnews.com/story/0,2933,584453,00.html>
2. <http://www.sciencedaily.com/releases/2011/09/110921132334.htm>
3. <http://www.sciencedaily.com/releases/2011/09/110921132334.htm>
4. <http://www.naturalnews.com/021644.html>

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BLESSED THISTLE

• Blessed thistle has been historically recommended as helpful for gas, indigestion and upset stomach. Its powerful soothing effects on the digestive tract are due primarily to the large amount of sesquiterpene lactones, such as cunicin, that the herb contains. These bitter lactones stimulate digestive activity by increasing the secretion and flow of gastric juices and enzymes, which leads to improved digestion and appetite. The enhanced flow of gastric juices also helps relieve upset stomach, indigestion & headaches associated with liver and colon congestion. Blessed thistle is used by herbalists worldwide to help stimulate the appetite, cleanse the liver, increase bile flow, aid digestion and strengthen and tone the entire digestive tract.

CASCARA SAGRADA

• Cascara sagrada's primary function is as a gentle natural laxative. It promotes easier evacuation and normal stool function by increasing the muscular contractions of the lower bowel. In addition, it facilitates activation of the gallbladder, liver and pancreas which is vital to healthy digestion and elimination. Cascara sagrada not only helps restore normal bowel function, but it even helps tone and strengthen the bowels for optimum health. It does all this, yet is considered mild and gentle enough to be used by children and the elderly, and is non-habit forming.

YELLOW DOCK

• Yellow dock promotes proper elimination, improves overall colon health, and supports healthy liver function. As a liver rejuvenator and bitter herb, it helps cleanse the blood, stimulate appetite and promote complete digestion. Because of these valuable effects, it has long been used to cleanse the body of toxic wastes and help disorders associated with impurities in the blood. In addition to its liver benefits, it works as a gentle laxative to promote colon health, ease constipation, and promote clear, healthy skin. Since weak digestion or a clogged bowel can lead to poor skin health, cleansing the bowel may often alleviate skin conditions and drastically improve the overall look and tone of the skin. Yellow dock is invaluable for other digestive complaints, including abdominal pain and cramps, gas, heartburn, and nervous indigestion, while its high iron content helps to enrich blood quality.

LICORICE ROOT

• Licorice root is considered to be one of the best natural herbs for colon health and cleansing. Acting as a gentle, yet effective laxative, it promotes regular healthy bowel movements and improves the overall strength and tone of the bowels. While promoting proper elimination, licorice also helps increase bile flow, relieve indigestion, ease inflammation in the digestive tract, and soothe the linings of the stomach and intestines. The mucosa-soothing compounds in licorice are thought to be flavonoids, which have shown benefits for ulcers, irritation, inflammation and spasms in the digestive tract. If that isn't enough, licorice also appears to enhance immunity by boosting levels of interferon, a key immune system chemical that fights off would-be invaders!

DIGESTIVE SYSTEM FACTOIDS:

- The large and small intestine together are about 45 feet long!
- In our lifetime, the digestive system can handle about 50 tons of food and liquid!
- About 90% of what we eat enters the blood through the small intestine. If your digestive system isn't working properly, you may be eliminating all those precious nutrients from your food!
- More than 70 percent of the body's natural immune defenses are found in the digestive tract, where healthy bacteria called probiotics work to crowd out harmful microbes!

*These statements have not been evaluated by the FDA. This product is not intended to prevent, diagnose, treat, or cure any disease.

Combining nature, faith, and love to bring healing to the world.

Eternal Loss

A Letter from E. G. White

Editor's Note: This statement by Ellen White to her nephew, Frank Belden is of such significance that I felt each of our readers needs to look at it very closely, because it does affect our future in Heaven.

Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. 1 Corinthians 2:9.

Every sin, every unrighteous action, every transgression of the law of God, tells with a thousandfold more force upon the actor than the sufferer. Every time one of the glorious faculties with which God has enriched man is abused or misused, that faculty loses forever a portion of its vigor and will never be as it was before the abuse it suffered. Every abuse inflicted upon our moral nature in this life is felt not only for time but for eternity. Though God may forgive the sinner, yet eternity will not make up that voluntary loss sustained in this life.

To go forth into the next, the future life, deprived of half the power which might be carried there is a terrible thought. The days of probation lost here in acquiring a fitness for heaven, is a loss which will never be recovered. The capacities of enjoyment will be less in the future life for the misdemeanors and abuse of moral powers in this life. However high we might attain in the future life, we might soar higher and still higher, if we had made the most of our God-given privileges and golden opportunities to improve our faculties here in this probationary existence. . . .

We are all under one or the other of two great captains. One, the Creator of man and of the world, is the greatest of all. All owe Him the allegiance of their whole being, the devotion of their entire affection. If the mind is given to His control, and if God has the molding and developing of the powers of the mind, new moral power will be received daily from the Source of all wisdom and all strength. Moral blessings and divine beauties will reward the efforts of everyone whose mind is heaven bent. We may grasp revelations--heavenly beauties--that lie beyond the short vision of the worldling, that outshine the imagination of the greatest mind and the most learned philosopher who has not connected himself with infinite power. . . .

Justice, honor, love, and truth are the attributes of God's throne. They are the principles of His government which is to be established on the earth, made pure by the fire of His retributive justice. These are the jewels to be sought after and cherished for time and for eternity. In view of these things, . . . build your character not after the worldly standard, but for eternity.

~Letter 41, Dec. 7, 1877, to F. E. Belden, a 19-year-old nephew.

News Watch

SHARES WORTHLES
 Worldwide
 Crash!
 Job
 rat
 assets
 Interest rates
 liquidity
 anxiety deepens
 val in doubt
 RECESSION FORECAST



1. Time Magazine—April 23, 2012—World, page 10—Rumblings from the Past—Indonesia.

A terrifying 8.6 magnitude earthquake struck April 11 off the coast of the Indonesian island of Sumatra. The temblor and its aftershocks were felt far across Asia and rekindled memories of Dec. 26, 2004, and the cataclysmic Boxing Day earthquake and tsunami, which claimed 230,000 lives around the Indian Ocean littoral. Countries such as Indonesia, Thailand and India have since stepped up their tsunami-warning systems and established protocols, which whirred into action after the most recent tremors. This time, no deadly

tsunamis followed, but Asia was ready.

END-TIME PERSPECTIVE:

Editor's note: Terrible earthquakes continue, but because they are so numerous, countries are better prepared. "God has a purpose in permitting these calamities to occur. They are one of His means of calling men and women to their senses. By unusual workings through nature God will express to doubting human agencies that which He clearly reveals in His Word." 19 MR 279 (1902).

2. Time Magazine—April 23-2012, page 28—Flight of the Syrians by Ramie Abouzerd-

The refugees escaping Assad's Horrors tell their stories—The Syrians have not stopped crossing into Turkey. Some walk for hours, others for days; most

bring nothing but the clothes on their backs and harrowing tales of what they have fled. They speak of mass killings, of homes shelled and burned to the ground, of relatives marched in front of tanks as human shields.

END-TIME PERSPECTIVE: "In the days of Noah the overwhelming majority was opposed to the truth, and enamored with a tissue of falsehoods. The land was filled with violence. War, crime, murder was the order of the day. Just so will it be before Christ's second coming." 1 BC 1090.



"The world is becoming more and more lawless. Soon great trouble will arise among the nations—trouble that will not cease until Jesus comes." RH Feb 11, 1904.

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“Those who work for God will meet with discouragement, but the promise is always theirs: “Lo, I am with you always, even unto the end of the world” (Matthew 28:20). God will give a most wonderful experience to those who will say: “I believe Thy promise; I will not fail nor become discouraged.”

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This quote is from the Ellen White devotional Gifts for God's People, page 164, available at the Hope International Bookstore for \$12.99. Summer is a great time to purchase a new devotional, you don't have to start it on January 1st – a new devotional can be started any time during the year. A glass of fresh orange juice, a beautiful devotional filled with inspirational words read on the front porch in the warm sun, is a great way to start any day!