



# Health Focus

**“Technology is a useful servant but a dangerous master.”**

- Christian Lous Lange

But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

- Joh 14:26 NIV Study Bible

**W**e are living in a crazy world! As the year speeds ahead, we become more and more aware of global tragedies, political unrest, economic instability, mental disorders, poverty and the desperation of millions to survive another day. And yet, despite being amidst all this chaos, we are living in exciting times! The inventions of modern technology do not only surpass our wildest dreams, but at times leave us, especially those who have passed on in years, stupefied. (Maybe not a word in the English language, but hopefully self-explanatory).

One is thankful for candles and parafine lamps during loadshedding (good memories of your childhood on the farm) but I dearly want to enjoy the benefits modern technology offers, irrespective of the infirmities of “old age.” I mean, what’s the use of having a powerful laptop, supercharged by M1 and M2 chips, featuring Magic Keyboard, Touch Bar, Touch ID and a brilliant Retina display and not knowing how to use some of the basic features, like signing a pdf document electronically? My rescue no longer comes from my son who simply use to say: “Let me show you Dad ...”because he now lives in America.

So we continually download the latest updates; check to see what Artificial Intelligence has to say which might impress people; visit numerous websites on Dr Google to try and figure out how certain programs or software products operate. (Website videos seem more user friendly than explanatory manuals.) And so we perpetually “upgrade” our understanding of technology and the ability to implement it in our daily workload.

“We even reached a point where everything we use in our daily life is directly or indirectly related to the technological advancement of some form.”

Just think of cellphones, smartwatches, robots, Bitcoin, self-driving cars, cloud technology, AI chatbots and the list goes on. So you may ask: Why exciting times? Because, by God's grace, in the school of life, we still have the ability to ADAPT, to LEARN, to EXPERIENCE, to TRY OUT, to ENJOY! Let us never take the training-school of life for granted – it's exciting! I want to challenge you: Seize every opportunity and be alert to the voice of God's Spirit as He often says: “Let me show you ...”

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## Should Diabetics Eat Fruit?



**Keep your blood sugar level under control and get all your needed nutrients from fruit.**

Fruits are fabulous food choices. They are bursting with vitamins, antioxidants, minerals, and fibre. *But should you eat fruits if you have diabetes?* Fruits, despite their benefits, tend to be rich in carbohydrates, primarily the simple sugars, glucose and fructose. Yet, it is certainly not necessary to eliminate fruit from your diet. In fact, you should be eating fruit. The [American Diabetes Association](#) reports that any fruit is fine to eat for a person with diabetes.

**Eating fruit and keeping your blood sugar levels under control.**

Here are three strategies for eating fruit and keeping your blood sugar levels stable:

### 1. Choose fruits with a lower carbohydrate value

Your body, whether you have diabetes or not, needs carbohydrates. The problem is that most of us consume way more carbs than we actually need.

After you know what your daily carbohydrate budget is, you can start choosing which food items you'd like to spend your budget on. Foods like bread and potatoes are loaded with carbs. Rather than squandering a large portion of your budget on three potatoes, you can opt for foods with fewer carbs. Fruits can be high in carbs too and some fruits have significantly more carbs than others. A cup of mango pieces, for example, have more than half the carbs than a cup of papaya pieces.

One strategy, to keep your blood sugar levels in check, is to eat more fruit with a lower carb count. Some of these include berries (strawberries, cranberries, blueberries), oranges, grapefruit, cantaloupe, and kiwi.

Watch out for fruits with lots of carbohydrates:

- A medium banana is loaded with 27 grams of carbs.
- One cup of cut mango yields 28 grams of carbs.
- A cup of cut pineapple yields 22 grams of carbs.

You don't necessarily have to stop eating fruit that has lots of carbs. You can just eat a little less.



## 2. Control your portions

When selecting fruit to eat, you should try not to exceed 15 grams of carbohydrates per serving. The size of the serving will depend upon the carbohydrate content of the fruit. A benefit of choosing a low-carbohydrate fruit is that you can have a larger portion. It is important to note, however, that even if you opt for a higher carbohydrate fruit, it won't have an effect on your blood sugar as long as the serving size does not exceed 15 grams of carbohydrates.

The following fruit servings contain about 15 grams of carbohydrates:

- 1/2 medium apple
- 1/2 medium banana
- 1 cup blackberries
- 3/4 cup blueberries
- 1 cup cubed cantaloupe or honeydew melon
- 1 medium orange or nectarine
- 1 cup raspberries
- 1 1/4 cup whole strawberries

- Used with permission from Mannaplus (Article shortened)



## THE BEGINNING OF THE HEALTH MINISTRY OF THE SEVENTH-DAY ADVENTIST CHURCH IN SOUTH AFRICA

*In the last edition of Health Focus we read of the official opening of the Claremont medical and surgical Sanitarium on January 12, 1897. Sadly, due to the Anglo-Boer War and the following depression, the Sanitarium never recovered its former medical prosperity. In this edition we are going to witness the sad destruction of the Claremont Sanitarium when it burnt down in 1905.*



Claremont Sanitarium (1897-1905)

The question of ownership of the Sanitarium came to a head after the arrival of W. S. Hyatt. The family which had invested large sums of money in the institution felt that they had a right to operate it and make whatever profit they could out of it.

Elder Hyatt did not feel that it was possible to operate a Seventh-day Adventist sanitarium under such conditions. Then Elder Daniells visited Africa in 1900 he was asked to sign an agreement by which ownership of the property was recognised as belonging to the Wessels family. This he refused to do.

After this, the Wessels brothers informed Elder Hyatt that they intended to bring suit in the courts to obtain title to the property. Elder Hyatt and his committee considered the problem carefully, and came to the conclusion that our work might suffer irreparable harm should such an action be spread over the newspapers of the country, and that the wisest thing would be to hand the title deed to the Sanitarium to those who were demanding it.

This was done and in 1901 it was reported that the South African Sanitarium cost €50,000 and has a debt of €30,000.

It was now in the hands of the Wessels family who had the legal claim to it and by whom it was operated.

The military moved out of the Sanitarium in 1901 but the medical work in the institution never recovered its former prosperity. The deep depression into which South Africa had entered with the close of the war was severely felt at the Sanitarium.

For a time it was operated as a hotel, but even that did not meet the running costs of the institution which went into bankruptcy. Finally, on July 19, 1905, after standing empty for almost three years, a mysterious fire burnt the entire building to the ground. Following the fire it was discovered that the insurance policy had never been properly registered and nothing was recovered from the loss.

Years later, one of the Wessels family admitted that this was the predicted result given by Mrs. White if the instructions she gave concerning the Sanitarium were not followed.

“A few years later, (1905) as I stood on the site and saw the trees growing where once that beautiful building stood, my mind was deeply impressed by the warning which was given by Ellen G. White concerning that Sanitarium.”

Source: <https://africansdahistory.org/wp-content/uploads/2018/04/Third-Angel-Over-Africa-by-Virgil-Robinson.pdf>

# Professional Theatre Nurse graduates with PhD in Theology



Dr. Annelie van der Bank

**Title of Thesis:** *The significance of singing in Ephesians 5:19 and Acts 16:25 – A Theatrical-Theological Exploration*

I was born in Brakpan and grew up as a Seventh-day Adventist in Rustenburg. Like many other Seventh-day Adventist women, I became a professional nurse. It was not my first choice, because I wanted to be a lawyer, but looking back, it was the best choice, for nursing fulfilled my being in so many ways. I worked in various in-hospital departments, and even for a Sawmill company in Tzaneen, where I visited the Wolkberg plantation regularly. We moved to Worcester in 1996, when my husband, Marius was transferred there. We then bought the complete set of the Seventh-day Adventist Bible commentaries, because one of my great passions in life was Bible study. I did not merely want to know the narrative about Moses, Paul and all the other people whose experiences were part of the manner in which God acted in and through history. I wanted to know the backstories, the contexts of what life meant when that which we read in the Bible was lived. It took me about five years to work my way through the commentaries. All the reading and discovering lit the spark that brought me to this day. I developed a growing desire to study theology, and I was privileged enough to have a husband who encouraged me to do just that.

After nursing for almost twenty-five years, I enrolled at UNISA, studying while working part-time. I completed BTh (c.l.), BTh Hons (c.l.), MTh (c.l.) at UNISA, before completing my PhD at Stellenbosch University. I graduated on 30th of March 2023, and had the amazing privilege to share the experience with my husband Marius, daughter Anje, and parents Andrew and Seloma. Currently, I am a post-doctoral fellow at Stellenbosch University, and I am still involved in theatre nursing. Looking back at the past number of years, I must conclude that it was an amazing journey. God opened the doors that needed opening and closed those that needed closing. My great hope and prayer is that I will have the insight and wisdom to walk the path that God had set out, for I know that where He leads, I want to continue to follow.

*Congratulations Annelie! This has indeed been a remarkable journey. May He continue to lead in your life as you serve Him and minister to others. We are proud of you!*

be positive

Guy BROWN in *The Energy of Life* writes: "We should approach our minds like gardeners ... weeding out useless worries, thoughts or themes, and leaving the space and energy for those we do want ... Optimism, confidence and an avoidance of negative thought have been repeatedly shown to be the key attitudes necessary for energy, success and happiness."

## Cauliflower, garlic and melted cheese breadsticks



### Ingredients (6 servings):

- ±275g cauliflower florets
- 2 eggs
- 150g mozzarella, grated
- 3 garlic cloves, crushed
- 1½ tablespoons finely chopped flat-leaf parsley

### Method:

1. Process the cauliflower in batches into rice size pieces. Place in a microwave safe bowl. Microwave, covered, on high (100%) for 7 minutes or until tender. Cool slightly.
2. Preheat oven to 220C/200C fan forced. Line a large baking tray with baking paper.
3. Combine eggs, 100g mozzarella, garlic and parsley in a large bowl.
4. Add cauliflower. Season and stir to combine. Spoon onto prepared tray and shape into a 17cm x 28cm rectangle, using spatula to line edges.
5. Bake for 25 minutes or until golden. Sprinkle with remaining mozzarella and bake for another 3-5 minutes or until cheese has melted and starts to golden.
6. Transfer to a board. Stand for 5 minutes.
7. Cut into half lengthways and into small rectangles.
8. Serve warm.

**Help others**

It's often said that it's better to give than to receive. It's no secret that doing something nice for others makes you feel better about yourself and the world. In healing others, you heal yourself

**Exercise**

Many believe exercise is only a physical thing, but it is not. Physical exercise is important, but we also need to exercise other aspects of our lives, such as exercising using less technology.

**Learn**

Learning something new every day is important, as it keeps the brain active. A positively engaged mind promotes a positive mood. Engage in mentally stimulating activities, such as Sudoku or word puzzles.

The acronym "HELPS" provides an easy-to-follow guide which can be used by everyone to promote and maintain their mental health.

**5 STEPS**

**TO IMPROVE MENTAL WELLNESS**

**Play**

We have to make time to play and to have fun in order to live balanced lives. Remember the famous words of George Bernard Shaw: "We don't stop playing because we grow old; we grow old because we stop playing."

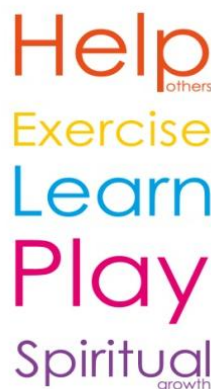
**HELPS** stands for:

- Help others e.g random acts of kindness
- Exercise e.g take the stairs instead of the lift
- Learn e.g Learn to say hello in a different language
- Play e.g sign aloud along with the music
- Spiritual growth e.g. read your bible, pray



**Spiritual growth**

"Keep a journal of all the blessings you receive each day - the big ones, and especially the little ones" - Psalm 103:1-2



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# WHIEM HEALTH EXPO REPORT

In the previous issue of Health Focus, Ps Banda reported on the Health Expos at Rooigrond in Mafikeng, North West Province and the work that is being done there. This is a follow-up report of the results of their labour.

Christian greetings. The awaited WHIEM MINISTRY positive results and blessings from Above were witnessed on 29th April 2023, when 10 souls got baptized among many others by our District pastor, Rangayi, in Mafikeng North West.

These baptisms were a result of the Health Expo that was conducted in the Rooigrond community in 2022 after which a Branch was established. Interest in the truth is increasing and we hope more will be baptized in August when we shall have another campaign, all to God’s glory.

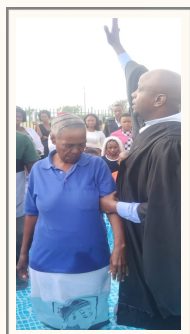
We are still praying for a place of worship as we are presently worshiping in one of the newly baptised member’s home.

This poses a problem of insufficient worship space to accommodate the number of people who are interested.

Plans are also underway for us to conduct other Health Expos to answer the call of TOTAL MEMBER INVOLVEMENT, and I WILL GO.

Please remember us in your prayers and in any way you can support our Mission.

*Thank you for this report, Ps Banda. We rejoice with you and the team in the baptism of these candidates. APHHS is thankful for being a partner in your Health Expos. May the Lord continue to bless your ministry abundantly.*





# THE POWER OF HEALING



Dr Dave & Cheryl Glass

As a long-time surgeon, I have always been fascinated with the body's ability to heal. In fact, my livelihood depended upon it. Imagine if every incision I ever made on my patients required permanent sutures to keep them closed. Yet the process of healing starts immediately after the tissues are cut.

Four phases of healing have been identified. First is haemostasis - stopping the bleeding. Next is inflammation, followed by proliferation, then remodelling. This week we will start with a brief overview of haemostasis.

Each of us has around 100,000 km of blood vessels, starting from the 2-3 cm diameter aorta leaving the heart, down to capillaries that are 0.001 mm, and which allow the red blood cells to pass in single file, back up to around 2 cm for the large veins returning blood to the heart. An adult male on average will contain around 5 litres of blood in that vascular system.

A sophisticated system is in place to stop bleeding when we cut or damage blood vessels. First the small muscles in the walls of the blood vessels constrict to limit the loss of blood, followed by recruitment of platelets - small parts of larger cells in the bone marrow called megakaryocytes. Platelets have the specific function of plugging holes in blood vessels. They come rushing to the site of leakage through some unknown messaging system.

The next phase is release of up to 300 different substances involved in the healing process from granules within these platelets. These also help to initiate the complex clotting cascade which makes a blood clot, sealing the defect. All this takes place within a few minutes.

Every time you bump your leg, or cut your skin, or prick yourself, this process is implemented. Yet, control mechanisms occur to maintain only enough clotting to seal the hole, but not clog up the whole vascular system.

What an incredibly well designed and complex system. No wonder the Psalmist David could write: "I will praise You, for I am fearfully and wonderfully made; marvellous are Your works." Ps 139:14. Imagine what he would have said if he had known what we know today about the intricacies of physiology and anatomy. And almost every year even deeper complexities are elucidated.

If God is so careful about designing the integrity of a small capillary, how much more is He interested in the health of our whole body? He is an incredible God. May we join with King David in expressing our praise and gratitude.

*This is Health Byte 1 written by Dr Dave Glass for Helderberg Church Health Ministries - used with permission. Look out for Health Byte 2 in the next issue of Health Focus.*

IN THE SCHOOL OF LIFE, ENJOY THE ABILITY  
TO ADAPT, TO LEARN, TO EXPERIENCE,  
TO TRY OUT!

A white rectangular box containing the text "CALL FOR SUBMISSIONS" in bold orange capital letters. The text is flanked by two grey arrows pointing towards each other, one on the left and one on the right.

**CALL FOR  
SUBMISSIONS**

**SUBMISSIONS** are vital to make a newsletter both viable and meaningful. Your contribution, how small or seemingly unimportant, will truly be appreciated and instrumental in adding value to our newsletter.

PLEASE send your submission (news, pictures, articles, etc.)

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