



Photo: Hein von Hörsten

Health Focus

May your favour be showered upon our healthcare workers, God. Give them favour and place a hedge of protection around their bodies to guard them from illness so that they can care for the sick. Protect their families and their homes from disease. And use them, Lord. Do your works through their hands so that all may know you and experience your grace.

- Postcard Jar

Early morning I enjoy standing in front of our lounge window, being captivated by the first rays of light dawning over Helderberg Mountain. The new day is greeted with the melodious song of the Cape Robin and Olive Thrush - magical moments of being alive and enjoying the peace and beauty amidst a war-stricken world.

For the past few weeks I have been suffering from *Cervical Radiculopathy* and don't wish my worst enemies the same pain and discomfort! The flight back from the United States seemed to have worsen things, so I gladly reverted to treatment and the necessary medication back home. For some time the misery seemed to anaesthetise the joyous praise-songs of the Robins and Thrushes.

I have never pretended to be one of those stout-hearted macho-men who make a gallant stand against any form of pain, so I gladly made my way to the closest chemist, viewing the prescription in my hand for *S5 strong pain medication* as a letter of compassion and love. I have tried the herbs in my garden, but I find it much more relieving if I combine nature's remedies with the love letter Rx.

As I draw the curtains every morning and stand in front of the window, marvelled by the new day adding light, texture and colour to the world outside, I am especially thankful for Health Practitioners, Pharmacists, Chiropractors and Physiotherapists.

I also love watching Helderberg Mountain when the rays of sunlight magically

transforms the last hour of daylight into warm splashes of gold. When nightfall eventually draws the curtains, I am thankful for the absence of pain and discomfort so that I can enjoy the fundamental and very simple things of life.

As 2023 is about to draw curtains on this year, I do not know in front of what window you are standing at this moment in your life;

what pain and discomfort you are experiencing; what challenges you are facing. What I do know, is that you have a Prescription of compassion and love in your hand, written by the Great Physician. If you open the curtains, a new day will dawn, filled with the Robin's song and His presence adding a touch of light, texture and colour to your world.

Aromas while sleeping boost cognitive capacity

Reviewed by Megan Craig, M.Sc

Aug 1 2023

When a fragrance wafted through the bedrooms of older adults for two hours every night for six months, memories skyrocketed. Participants in this study by University of California, Irvine neuroscientists reaped a 226% increase in cognitive capacity compared to the control group. The researchers say the finding transforms the long-known tie between smell and memory into an easy, non-invasive technique for strengthening memory and potentially deterring dementia.

The team's study appears in *Frontiers in Neuroscience*. (Link to the open access study: <https://www.frontiersin.org/articles/10.3389/fnins.2023.1200448/full>).

The project was conducted through the UCI Center for the Neurobiology of Learning & Memory. It involved men and women aged 60 to 85 without memory impairment. All were given a diffuser and seven cartridges, each containing a single and different natural oil. People in the enriched group received full-strength cartridges. Control group participants were given the oils in tiny amounts. Participants put a different cartridge into their diffuser each evening prior to going to bed, and it activated for two hours as they slept.



People in the enriched group showed a 226% increase in cognitive performance compared to the control group, as measured by a word list test commonly used to evaluate memory. Imaging revealed better integrity in the brain pathway called the left uncinate fasciculus. This pathway, which connects the medial temporal lobe to the decision-making prefrontal cortex, becomes less robust with age. Participants also reported sleeping more soundly.

Scientists have long known that the loss of olfactory capacity, or ability to smell, can predict development of nearly 70 neurological and psychiatric diseases. These include Alzheimer's and other dementias, Parkinson's, schizophrenia and alcoholism. Evidence is emerging about a link between smell loss due to COVID and ensuing cognitive decrease. Researchers have previously found that exposing people with moderate dementia to up to 40 different odours twice a day over a period of time boosted their memories and language skills, eased depression and improved their olfactory capacities. The UCI team decided to try turning this knowledge into an easy and non-invasive dementia-fighting tool.

"The reality is that over the age of 60, the olfactory sense and cognition starts to fall off a cliff. But it's not realistic to think people with cognitive impairment could open, sniff and close 80 odourant bottles daily. This would be difficult even for those without dementia."

- Michael Leon, professor of neurobiology & behavior and a CNLM fellow

The study's first author, project scientist Cynthia Woo, said: "That's why we reduced the number of scents to just seven, exposing participants to just one each time, rather than the multiple aromas used simultaneously in previous research projects. By making it possible for people to experience the odours while sleeping, we eliminated the need to set aside time for this during waking hours every day."

The researchers say the results from their study bear out what scientists learned about the connection between smell and memory.

"The olfactory sense has the special privilege of being directly connected to the brain's memory circuits," said Michael Yassa, professor and James L. McGaugh Chair in the Neurobiology of Learning & Memory. The director of CNLM, he served as collaborating investigator. "All the other senses are routed first through the thalamus. Everyone has experienced how powerful aromas are in evoking recollections, even from very long ago. However, unlike with vision changes that we treat with glasses and hearing aids for hearing impairment, there has been no intervention for the loss of smell."

The team would next like to study the technique's impact on people with diagnosed cognitive loss. The researchers also say they hope the finding will lead to more investigations into olfactory therapies for memory impairment. A product based on their study and designed for people to use at home is expected to come onto the market this fall.

- Article taken from



With gratitude to my daughter, Marilize, who shared the article from Atlanta, Georgia.



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

In the previous edition of Health Focus we witnessed the sad destruction of the Claremont Sanitarium when it burnt down in 1905. In this edition we will take a closer look at the establishment of TREATMENT ROOMS in various cities of South Africa.



VIEW OF SEVENTH DAY ADVENTIST'S CHURCH, ROELAND ST.

One feature of our medical work in South Africa which brought our work into favour with the general public, was that of the treatment rooms which were established in various cities in that country. The first of these treatment rooms or Baths as they were called, were set up in Cape Town.

A portion of the extra land purchased for the Claremont Sanitarium was sold, and the money used to purchase Carnavon House on Roeland Street, Cape Town. This was a building with some 4,000 square feet, and at a cost of approximately seven thousand pounds it was fitted up for treatment rooms.

R.P. Replogle was the first one to be in charge of these baths, and he had two nurses associated with him. Another institution which was destined to have a much shorter life was the benevolent Home, also established in Cape Town to assist old men with no place of their own to go. It was sold early in 1900.

Through the years, other treatment rooms were opened in various cities of South Africa. These were operated generally by private individual owners, but they were completely dedicated to the medical

In 1901, J.R. Armer who had been operating some treatment rooms in Maritzburg, accerted the truth. Three years later, he opened treatment rooms again at a place called Bellaire near Maritzburg. By 1907, Bro. Armer was able to report how the Lord had blessed his enterprise. they had started in 1904 with a capital of only forty pounds. They have been able to treat thousands of patients, and much prejudice had been broken down. A member of the Natal Parliament had accepted the truth after learning of the message at the treatment rooms.

By 1913 treatment rooms were in operation in Kimberley, Cape Town, Durban, Bloemfontein, Pretoria, Port Elizabeth, East London and at Bellair, (Maritzburg). The largest and best equipped of the treatment room units were those established in Kimberley. The history of this institution was largely the story of thirteen years of loving patient ministry and hard work on the part of J.V. Wilson and wife.

Brother Wilson arrived from America in 1898 to do some auditing in the Conference office. After a few months he was invited to take charge of the Kimberley treatment rooms. He found the institution a thousand pounds in debt and not paying its way. He set to work to try and right this situation, but he found it very difficult as there were so many poor people who could not pay for treatment received and Brother Wilson's kind heart would not permit him to turn them away.

Striking around for a solution, he and his wife came up with a very happy and rather unique one. (Find out what it was in the next edition of Health Focus.)

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



"For attractive lips, speak words of kindness. For lovely eyes, seek out the good in people. For a slim figure, share your food with the hungry. For beautiful hair, let a child run his fingers through it once a day. For poise, walk with the knowledge that you will never walk alone."

— Sam Levenson

Greek Veggie Bake



Ingredients (4 servings):

- 160ml (1/3 cup) extra virgin olive oil
- 1 eggplant, halved lengthways, thickly sliced
- 1 brown onion, cut into wedges
- 1 red capsicum, deseeded, thickly sliced
- 3 garlic cloves, sliced
- 4 zucchini (baby marrow) trimmed, sliced
- 160ml (1/3 cup) water
- 1 tablespoon dried oregano leaves
- 250g baby roma truss tomatoes
- 200g feta, coarsely broken
- Baby parsley leaves, to serve (optional)

Method:

1. Preheat the oven to 160C/140C fan forced
2. Heat 2 tbs of the oil in a large frying pan over medium heat. Cook the eggplant, in 3-4 batches, adding more oil if necessary, for 5 minutes or until golden.
3. Use a slotted spoon to transfer the eggplant to a large roasting dish.
4. Add 1 tbs of the remaining oil to the pan. Add onion, capsicum and garlic and cook, stirring often, for 10 minutes or until soft.
5. Transfer to the roasting dish. Add zucchini, water and remaining oil.
6. Sprinkle with the oregano and season. Toss to combine. Top with the tomatoes.
7. Roast for 1 hour or until the vegetables are golden and tender.
8. Top with the feta. Scatter with parsley, if using.

HOW TO EFFECTIVELY LOWER BLOOD SUGAR LEVELS



The beginner's guide to lower blood sugar levels

Following a healthy lifestyle is becoming harder as most of us SIT STILL for a large part of the day and we EAT PROCESSED FOODS every single day. Lastly, we live in uncertain times, and this can cause serious STRESS. These circumstances are a breeding ground for diabetes. Worldwide, diabetes contributes to a large number of deaths every year.

The best way to sidestep the dire health complications of diabetes is to effectively lower your blood sugar levels. The good news is that there are lots you can do to stabilise your blood sugar levels. You can fight off diabetes with a healthy lifestyle.

Following this guide and implementing healthy habits will definitely help you to keep your blood sugar levels stable and enhance your quality of life.

Here are FOUR things you can do to stabilise your blood sugar and side-step diabetes complications.

1. EXERCISE

In order to live a healthy life, you need to exercise. Exercise can help improve your overall quality of life by increasing energy levels and reducing fatigue. Exercise offers extra benefits for those suffering from diabetes. A good workout can lower your blood sugar levels and up insulin sensitivity. What kind of exercises are best? People with diabetes should focus on CARDIO EXERCISES, like walking, running, biking and swimming. STRENGTH training is also beneficial and can help strengthen muscle and endurance. If you lose muscle mass, you will have a harder time maintaining your blood sugar.

Tips for beginners: Start with light exercises and set realistic goals. Find an exercise you enjoy and listen to your body. It's important to pay attention to your body and stop if you feel any pain or discomfort. Pushing through pain can lead to injuries and setbacks.

2. EAT HEALTHY FOODS

Apart from exercise, you should focus on eating a balanced diet. Limit **PROCESSED** foods. Highly processed food is any food that has been heavily altered from its natural state. This may include the addition of preservatives, food additives, flavours, colours, and other ingredients. You usually buy these foods in packets or boxes.

Examples of highly PROCESSED FOODS include candy and chocolate bars; chips and other packaged snacks; frozen meals and pizza; instant noodles and soups; processed meats like hot dogs and deli meats; sugary breakfast cereals; artificially flavoured foods are usually packed with carbohydrates and sugar and will cause blood sugar spikes.

Eat foods with lots of **FIBRE**. Fibre-filled foods help to gradually release glucose into your bloodstream and thus don't cause blood sugar spikes. Fruit, whole grains and legumes usually have a lot of fibre.

3. GEAR UP YOUR GUT

Numerous studies show that there is a connection between bad gut health and high blood sugar levels. Most studies concluded that bacteria that produce butyrate promote better insulin sensitivity and protection from diabetes. When you eat lots of fibre-rich foods you will have more butyrate which may help stabilise your blood sugar levels.

4. MANAGE YOUR STRESS LEVELS

There is a clear link between high blood sugar levels and stress. Stress affects your hormones and your habits, which in turn affect your blood sugar. **CORTISOL** is your main stress hormone and one of its functions is to raise the amount of glucose in your bloodstream. If your cortisol levels are high for a long time, you'll be more likely to gain weight, lack energy, and struggle to sleep. If you are overweight, lack the energy to exercise, and struggle to sleep, you will be more likely to develop type 2 diabetes.

You don't have to sit with the dire complications of diabetes - there are lots of things you can do to better your situation. If you exercise daily, follow a healthy diet, take care of your gut and manage your stress levels you will be well on your way to a healthier you.

Used with permission from Mannaplus (article shortened)

<https://mannaplus.co.za/2023/11/06/how-to-effectively-lower-blood-sugar-levels/>



LOOKING BACK ...

This is a meditation arising from my own experience as a medical missionary in the beloved African countryside. Many times in my mind a whirlwind of thoughts and doubts were unleashed considering what I could do for the Lord and did not do. Even worse, what I did that never deliver the results that were expected. That led me to ask myself: What is the Mission? Is the Mission a list of predetermined objectives to be achieved in an agenda or does it involve the intentions we put into play to be part of those results? Thinking about it, my eyes fell on the experience of Moses whom I deeply admire.

God had a great plan for Moses, to deliver the people of Israel from the bondage of Egypt's crippling regime. For that, God educated him from his childhood to become the liberator of the Jewish people.

The story, however, takes an abrupt turn when Moses has to flee Egypt and take refuge in the solitude and anonymity of the desert of Midian. Moses' intention to defend the Hebrews from their overseeing tyrant was good, but the method used was totally wrong. Then the Mission was obstructed and the Divine calendar was extended for another forty years.

The interesting thing is that God did not look for a substitute for Moses, but patiently waited for the spiritual growth of his leader in the desert. After a long period God called him again for the same Mission but this time using different methods.

From the exodus out of Egypt to the arrival at Canaan, another forty years of trials and tribulations, of great controversies, awaited the shepherd of Midian. In a moment of human weakness, Moses lets his uncontrolled emotions betray him by disobeying the divine command to speak to the rock instead of hitting it.

That sin stained Moses' record of service in such a way that he lost the privilege of seeing the objective of his mission fulfilled: to enter the long-awaited promised land. With not many days left to cross the Jordan River, God instructs Moses and Joshua to carry out the transfer of command before the people of Israel. Moses then receives the last divine command, to climb Mount Nebo.

Many thoughts must have gone through Moses' mind during that long final climb. Frustration over the unfulfilled mission would undoubtedly have shadowed his thoughts, his sight clouded by tears that expressed the burden of deep disappointment.

Those of us who have laboured for the Lord, may find many reasons to feel frustrated and think that our desert experience was very unproductive. This thinking may also apply to those who are still in active service.

Moses was no exception, as Ellen White so vividly describes in the book *Patriarchs & Prophets*, Ch. 43: "

While Moses examined the result of his arduous labors, he almost seemed to have lived in vain his life of trials and sacrifices."

We must not forget that we are engaged in a battle where the enemy sows these doubts in the mind with the intention of detracting us from the value of the mission that we have been called for. Satan calls us to look back to see that on the path we have traveled there are almost no traces of our intervention.

Ellen White tells us how God cleared the spiritual shadows of Moses and transformed this last earthly journey into the most wonderful experience of his life of service. God as it were, showed Moses a video of the future, a video where Moses grasped that his mission was part of a much larger and transcendent Mission.

Moses in vision, saw you and me, as part of a great army of workers distributed throughout the world with a mission, who sometimes fall during the struggle, but rise again and continue to march, following the great Leader, Jesus Christ. So do not grow weary and look back - you will only see reasons for discouragement and frustration. Focus your eyes on the future for your mission is part of the great Mission.

Dr. Jorge Rodrigues writes to us from the USA where he and his wife, Dr. Elda are enjoying retirement. They both served at Maluti Hospital for many years and will always be remembered for their dedicated ministry. (Article shortened.)

THE POWER OF HEALING



Dr Dave & Cheryl Glass

In the previous issue of Health Byte we discussed the first step in wound healing - blood clotting. This episode we will look at the benefits of inflammation.

We are familiar with redness and soreness of an injury the days after the event. This is caused by multiple factors - starting with various inflammatory chemicals secreted by the blood clot and surrounding wounded tissues. Various cells migrate into the wound, initiated by chemical signals.

The first to arrive are the neutrophils - the policemen of the body, who quickly recognise disease bacteria and gobble them up. Next on the scene are the macrophages. They are the top disaster relief administrators, who come along and organise the programme. They mobilise more neutrophils if needed, and eliminate any dead cells. But they also transition into managing the repair and clean-up of the disaster area. This is accomplished by inviting new skin cells, fibroblasts and new small blood vessels to grow into the affected area, thus initiating the proliferative phase of healing we will talk about next week.

The third group of cells that are involved in the inflammatory response are the lymphocytes. Although not fully understood, we know they provide growth factors for the new cells, encouraging just the right amount of growth to restore function and form.

We are tempted to complain about the effects of inflammation - the soreness and sensitivity of the area. But this very inflammatory process is beneficial. It reminds us to protect the area from further damage.

Pain and suffering that we go through in life may seem unnecessary and traumatic, and yet God can use that very experience to build up our connection with Him, bring healing to our souls, and make a new beginning. He is the one who is in charge of the healing process, and brings just the right people into our lives to facilitate our support and restoration. The lymphocytes may represent those who provide encouragement and support, but also who lovingly guide us into making wise decisions - our mentors.

It is helpful to surround ourselves with positive influences, and positive people - agents of God to bring spiritual and emotional growth.

“Let’s see how inventive we can be in encouraging love and helping out, not avoiding worshipping together as some do but spurring each other on, especially as we see the big Day approaching.” Hebrews 10:24,25. The Message

This is Health Byte 2 written by Dr Dave Glass for Helderberg Church Health Ministries - used with permission. Look out for Health Byte 3 in the next issue of Health Focus.

WISHING YOU AND YOUR FAMILIES A
MEANINGFUL FESTIVE SEASON AND A
BLESSED NEW YEAR!

A graphic with the text "CALL FOR SUBMISSIONS" in bold orange capital letters. The text is flanked by two grey arrowheads 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.)

to:

Ps Hein von Hörsten
heinaphhs@gmail.com
0848003122