

# The Health Reformer



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**The Adventist  
Health Message**

# This Month's Issue Features

- Rebranding the Health Message?
- Words to Christian Mothers
- The Adventist Health Message
- Diets and Calorie Counting Don't Work
- The Dangers of EMF: Protect Yourself
- Jeremy's EMF Story
- Oat Veggie Balls
- Balm in Gilead.
- Have Your Say
- Thank You





**Pastor & Doctor Sam Davis**

Editor

# Rebranding the Health Message?

During the height of the covid 19 pandemic a friend of mine caught the virus and I shared with him a natural health protocol that had been so effective in helping members of my own family overcome the virus. I called my friend a few days later just to find out from him how he was getting on with the natural remedies suggested. I began reading through the list of items suggested for the flu bomb. As we talked, he said, "to be honest Sam, I have no idea what you are talking about." I said ok, I will make some for you.





Fortunately, I had all the ingredients for the flu bomb to hand and proceeded to make it for him. Lemons, ginger, turmeric, garlic, cayenne pepper, onion and honey. There are other variations on the flu bomb depending on who you talk to, but essentially, these items are anti-inflammatory, antioxidant, antibacterial, anti fungal, and are well known for their healing properties. I made the flu bomb then drove down the motorway to my friend's house to deliver the precious liquid to his doorstep.

A couple weeks later, in conversation, his wife said to me, "You saved my husband's life." Several times during the pandemic folks said to me, "that remedy you suggested saved my life".



I have shared the above anecdotes not to blow my own trumpet but to highlight the fact that during the pandemic, medical missionaries around the world were using the natural remedies that God has given to us to save lives. Only in eternity will we know the true extent of the lives saved through the use of natural remedies. Ellen White was very clear in admonishing the use of these natural protocols.

*"The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind."* [1]

The Seventh-day Adventist's (SDA) health moorings is predicated on the use of natural remedies. Ellen White was in fact that first naturopath in the SDA church. Notice another quote from her writings.



*"Drug medication as it is generally practiced is a curse. Educate away from drugs. Use them less and less, and depend more upon hygienic agencies; then nature will respond to God's physicians – pure air, pure water, proper exercise, and a clear conscience. Those who persist in the use of tea, coffee, and flesh meats will feel the need of drugs, but many might recover without one grain of medicine if they would obey the laws of health. Drugs need seldom be used."* [2]

I recently read with some concern the roll out of the rebranding of the health message shared by the Health Director of the British Union Conference of SDA, Sharon Platt McDonald.[3] Three areas of concern were highlighted by the new SDA General Conference Health Director, Dr. Zeno Charles Marcel. Nutrition, Quack Medicine, and Therapeutic Diagnostics.

I have listened to Dr Zeno Charles Marcel before and he is a very gifted and qualified doctor. My concerns are that we run the risk of pitting those who are of an allopathic persuasion against those who promote and espouse the natural healing method.



There can be a tendency to demean and belittle those who espouse natural healing. Our church went into the pandemic telling our members to choose the scientific method. Namely, the vaccine. We were told to follow peer reviewed science, which was totally wrong. What saved people during the pandemic was not the vaccine but the natural remedies.

Study after study have revealed that the vaccines were not effective. They were not tested for their long term efficacy nor were they tested against their ability to prevent transmission by those who were vaccinated. The vaccines even failed to prevent recipients from getting the virus. Our members were encouraged to take the vaccine which is a drug. It is a fact that with every drug there is a side effect.

By the standard being enunciated by our leaders, Ellen White would have been deemed a "quack". There are many allopathic practitioners who view the natural remedies as quackery. This is a perjorative term that demeans natural medicine.

I am aware that our health director, Sharon Platt-McDonald does believe in natural medicine and has been a supporter of those who promote the natural healing arts in a responsible manner.



As we watch the roll out of the rebranding I am hoping that this does not drive a wedge between our historic position of natural healing and the push that our leaders at the GC have been making for peer reviewed scientific methods. This was not what helped us during Covid, but the tried and tested simple remedies given to us by God.



As we enter into a new Gregorian year I hear the prophet Jeremiah asking the question, *"Is there no lbalm in Gilead? Is there no physician there? Why then has the health of the daughter of my people not been restored?"* Jer 8:22. There is no doubt that there is a balm in Gilead provided to us by God.

That balm sadly, is not peer reviewed medicine but the simple remedies that God has given to us that are free from all side effects and where hopefully, if done rightly, you do not need to go back for a repeat prescription on a monthly basis.



References:

- [1] White, E. G. (1905) The Ministry of Healing. Mountain View, CA: Pacific Press Publishing Association. p127
- [2] White, E. G. (1923) Counsels on Health. Mountain View, CA: Pacific Press Publishing Association. p 261.2
- [3] <https://news.adventist.uk/all-news/health-ministries-advisory-rebrands-health-message>



# Words to Christian Mothers

Ellen G White (1872)



## Treatment of Infant Children

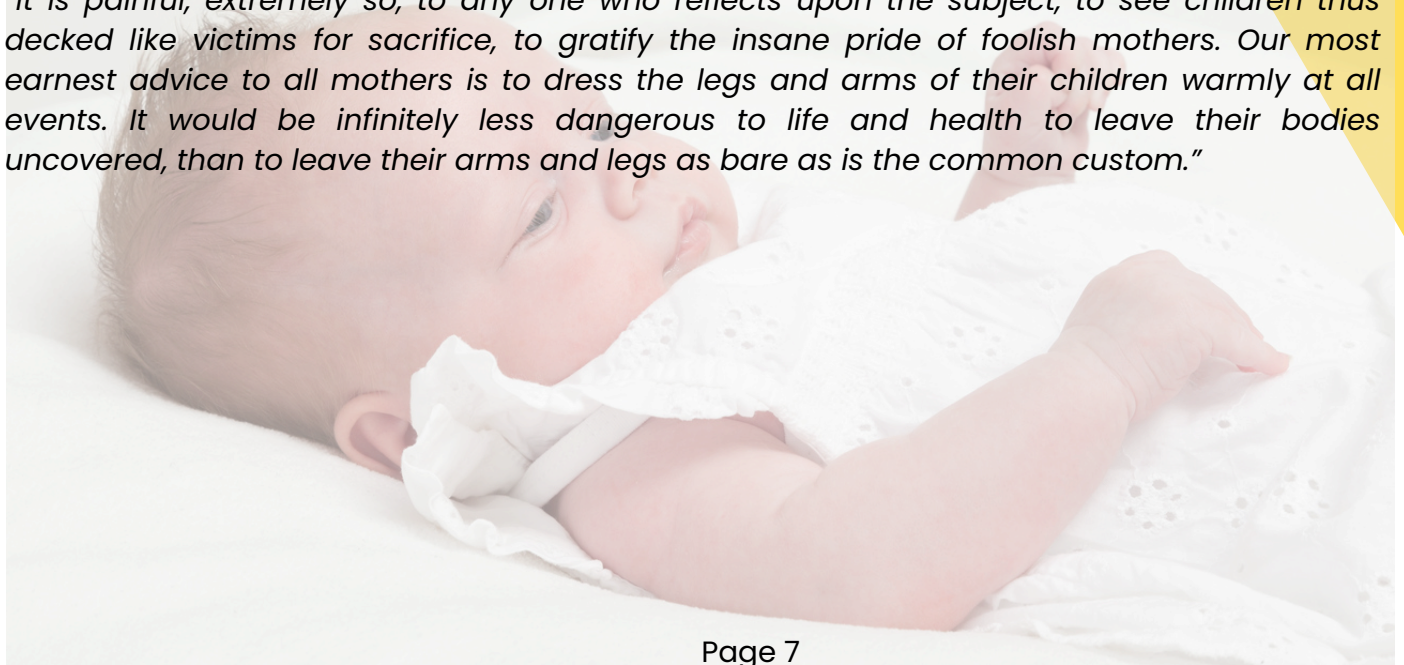
The **Medical Reporter**, under the caption of **"Dress of Children,"** has the following lucid and pointed remarks:

*"The chief cause of infantile mortality is not more the weather or foul air than the ignorance and false pride of the mothers. Children are killed by the manner in which they are dressed, and by the food that is given them, as much as by any other causes. Infants of the most tender age, in our changeable and rough climate, are left with bare arms and legs and with low-necked dresses. The mothers, in the same dress, would shiver and suffer with cold, and expect a fit of sickness as the result of their culpable carelessness. And yet the mothers could endure such a treatment with far less danger to health and life than their tender infants.*

*"A moment's reflection will indicate the effects of this mode of dressing, or want of dressing, on the child. The moment the cold air strikes the bare arms and legs of the child, the blood is driven from these extremities to the internal and more vital organs of the body. The result is congestion, to a greater or less extent, of these organs. In warm weather the effect will be congestion of the bowels, causing diarrhea, dysentery, or cholera infantum.*

*We think this mode of dressing must be reckoned as one of the most prominent causes of summer complaints, so called. In colder weather, congestion and inflammation of the lungs, congestion and inflammation of the brain, convulsions, etc., will result. At all seasons, congestion, more or less is caused, the definite effects depending upon the constitution of the child, the weather, and various circumstances.*

*"It is painful, extremely so, to any one who reflects upon the subject, to see children thus decked like victims for sacrifice, to gratify the insane pride of foolish mothers. Our most earnest advice to all mothers is to dress the legs and arms of their children warmly at all events. It would be infinitely less dangerous to life and health to leave their bodies uncovered, than to leave their arms and legs as bare as is the common custom."*



In this age of degeneracy, children are born with enfeebled constitutions. Parents are amazed at the great mortality among infants and youth, and say, "It did not use to be so." Children were then more healthy and vigorous, with far less care than is now bestowed upon them. Yet with all the care they now receive, they grow feeble, sicken, and die. As the result of wrong habits in parents, disease and imbecility have been transmitted to their offspring. And after their birth, they are made very much worse by careless inattention to the laws of their being.

Proper management would greatly improve their physical health. But parents seldom pursue a right course toward their infant children. Their wrong course toward their children results in lessening their hold of life, and prepares them for premature death. These parents had no lack of love for their children; but this love was misapplied.

One great error with the mother in the treatment of her infant is, she deprives it very much of fresh air, that which it ought to have to make it strong. It is a practice with many mothers to cover their infants' heads while sleeping, and this, too, in a warm room, which is seldom ventilated as it should be. This alone is sufficient to greatly enfeeble the action of the heart and lungs, thereby affecting the whole system. While care may be needful to protect the infant from a draught of air, or from any sudden and too great change, especial care should be taken to have the child breathe a pure, invigorating atmosphere. No disagreeable odor should remain in the nursery, or about the child. Such things are more dangerous to the feeble infant than to grown persons.



Mothers have been in the habit of dressing their infants with reference to fashion instead of health. The infant wardrobe is generally prepared more for show than for convenience and comfort. Much time is spent in embroidering, and in unnecessary fancy work, to make the garments of the little stranger beautiful. The mother often performs this work at the expense of her own health, and that of her offspring. When she should be enjoying pleasant exercise, she is often bent over work which severely taxes eyes and nerves. And it is often difficult to arouse the mother to her solemn obligations to cherish her own strength, for her own good, as well as that of the child.



Show and fashion are the demon altar upon which many American women sacrifice their children. The mother places upon the little morsel of humanity the fashionable dresses which she has spent weeks in making, which are wholly unfit for its use, if health is to be regarded of any account. The garments are made extravagantly long, and in order to keep them upon the infant, its body is girted with tight bands, or waists, which hinder the free action of the heart and lungs. Infants are also compelled to bear a needless weight on account of the length of their garments, and thus clothed, they do not have free use of their muscles and limbs.



Mothers have thought it necessary to compress the bodies of their infant children to keep them in shape, as though fearful that without tight bandages, they would fall in pieces, or become deformed. Do the young of dumb animals become deformed because nature is left to do her own work? Do the little lambs become deformed because they are not girted about with bands to give them shape? They are delicately and beautifully formed.

Human infants are the most perfect, and yet the most helpless, of all, and, therefore, their mothers should be instructed in regard to physical laws so as to be capable of rearing them properly. Mothers, nature has given your infants forms which need no girts or bands to perfect them. God has supplied them with bones and muscles sufficient for their support, and to guard nature's fine machinery within, before committing them to your care. The dress of the infant should be so arranged that its body will not be the least compressed after taking a full meal.

Dressing infants in a fashionable manner, to be introduced into company for visitors to admire, is very injurious to them. Their clothing is ingeniously arranged to make the child miserably uncomfortable, and it is frequently made still more uneasy by passing from one to the other, being fondled by all.

But there is an evil greater than those already named. The infant is exposed to a vitiated air, caused by many breaths, some of which are very offensive and injurious to the strong lungs of older people. The infant lungs suffer, and become diseased by inhaling the atmosphere of a room poisoned by the tobacco user's tainted breath. Many infants are poisoned beyond remedy by sleeping in beds with their tobacco-using fathers. By inhaling the poisonous tobacco effluvia, which is thrown from the lungs and pores of the skin, the system of the infant is filled with poison. While it acts upon some infants as a slow poison, and affects the brain, heart, liver, and lungs, and they waste away and fade gradually, upon others, it has a more direct influence, causing spasms, fits, paralysis, and sudden death.

The bereaved parents mourn the loss of their loved ones, and wonder at the mysterious providence of God which has so cruelly afflicted them, when Providence designed not the death of these infants. They died martyrs to filthy lust for tobacco. Every exhalation of the lungs of the tobacco slave, poisons the air about him. Infants should be kept free from everything which would have an influence to excite the nervous system, and should, whether waking or sleeping, day and night, breathe a pure, cleanly, healthy atmosphere, free from every taint of poison.



Another great cause of mortality among infants and youth, is the custom of leaving their arms and shoulders naked. This fashion cannot be too severely censured. It has cost the life of thousands. The air, bathing the arms and limbs, and circulating about the armpits, chills these sensitive portions of the body, so near the vitals, and hinders the healthy circulation of the blood and induces disease, especially of the lungs and brain.

Those who regard the health of their children of more value than the flattery of visitors, or the admiration of strangers, will ever clothe the shoulders and arms of their tender infants.

The mother's attention has been frequently called to the purple arms and hands of her child, and she has been cautioned in regard to this health-and-life-destroying practice; and the answer has always been "I always dress my children in this manner. They get used to it. I cannot endure to see the arms of infants covered. It looks old-fashioned."

These mothers dress their delicate infants as they would not venture to dress themselves. They know that if their own arms were exposed without a covering they would shiver with chilliness.

Infants of a tender age cannot endure this process of hardening without receiving injury. Some children may have at their birth so strong constitutions that they can endure such abuse without its costing them life; yet thousands are sacrificed, and tens of thousands have the foundation laid for a short, invalid life, by the custom of bandaging and surfeiting the body with much clothing, while the arms which are at such distance from the seat of life, and for that cause need even more clothing than the chest and lungs, are left naked. Can mothers expect to have quiet and healthy infants, who thus treat them?



When the limbs and arms are chilled, the blood is driven from these parts to the lungs and head. The circulation is unbalanced, and nature's fine machinery does not move harmoniously. The system of the infant is deranged, and it cries and mourns because of the abuse it is compelled to suffer. The mother feeds it, thinking it must be hungry, when food only increases its suffering. Tight bands and an over-loaded stomach do not agree. It has no room to breathe. It may scream, struggle and pant for breath, and yet the mother mistrust not the cause. She could relieve the sufferer at once, at least of tight bandages, if she understood the nature of the case.



She at length becomes alarmed and thinks her child really ill, and summons a doctor, who looks gravely upon the infant for a few moments, and then deals out poisonous medicines, or something called a soothing cordial, which the, mother, faithful to directions, pours down the throat of the abused infant. If it was not diseased in reality before, it is after this process. It suffers now from drug disease, the most stubborn and incurable of all diseases.

If it recovers, it must bear about more or less in its system the effects of that poisonous drug, and it is liable to spasms, heart disease, dropsy of the brain, or consumption. Some infants are not strong enough to bear even a trifle of drug poisons, and as nature rallies to meet the intruder, the vital forces of the tender infant are too severely taxed, and death ends the scene.

It is no strange sight in this age of the world, to view the mother lingering around the cradle of her suffering, dying infant, her heart torn with anguish, as she listens to its feeble wail, and witnesses its expiring struggles. It seems mysterious to her that God should thus afflict her innocent child. But she does not think that her wrong course has brought about the sad result. She just as surely destroyed her infant's hold on life as though she had purposely given it poison. Disease never comes without a cause. The way is first prepared, and disease invited by disregarding the laws of health.

God does not take pleasure in the sufferings and death of little children. He commits them to parents, for them to educate physically, mentally, and morally, and train them for unselfishness here, and for Heaven at last.



If the mother remains in ignorance in regard to the physical wants of her child, and, as the result, her child sickens, she need not expect that God will work a miracle to counteract her agency in making it sick.

Thousands of infants have died who might have lived. They are martyrs to their parent's ignorance of the relation which food, dress, and the air they breathe, sustain to health and life. Mothers should be physicians to their own children. The time she devotes to the extra beautifying of her infant's wardrobe, she should spend in educating her mind with regard to her own physical wants, and that of her offspring. She should store her mind with useful knowledge in regard to the best course to pursue in rearing her children healthfully.

Mothers who have fretful infants, should study into the cause of their uneasiness. By so doing, they will often see that something is wrong in their management. It is often the case that the mother becomes alarmed by the symptoms of illness manifested by her child, and hurriedly summons a physician, when the infant's sufferings can be relieved by taking off its tight clothing, and putting upon it garments properly loose and short, that it may use its feet and limbs. Mothers should study from cause to effect.

If the child has taken cold, it is generally owing to the wrong management of the mother. If she covers its head, as well as its body, while sleeping, in a short time it will be in a perspiration, caused by labored breathing, because of the lack of pure, vital air. When she takes it from beneath the covering, it is almost sure to take cold. The arms being naked, exposes the infant to constant cold, and congestion of the lungs or brain. These exposures prepare the way for the infant to become sickly and dwarfed.

Parents are accountable in a great degree, for the physical health of their children. Those children who survive the abuses of their infancy, are not out of danger in their childhood.







Their parents still pursue a wrong course toward them. Their limbs, as well as their arms, are left almost naked. Mothers dress the upper part of their limbs with muslin drawers, which reach about to the knee, while the lower part of their limbs are covered with only one thickness of flannel or cotton, and their feet are dressed with thin soled gaiter boots. The extremities are chilled, and the heart has thrown upon it double labor, to force the blood into these chilled extremities, and when the blood has performed its circuit through the body, and returned to the heart, it is not the same vigorous, warm current which left it. It has been chilled in its passage through the limbs. The heart, weakened by too great labor, and poor circulation of poor blood, is then compelled to still greater exertion, to throw the blood to the extremities which are never as healthfully warm as other parts of the body. The heart fails in its efforts, and the limbs become habitually cold; and the blood, which is chilled away from the extremities, is thrown back upon the lungs and brain, and inflammation and congestion of the lungs or the brain is the result.

God holds mothers accountable for many of the diseases their children are compelled to suffer. Mothers bow at the shrine of fashion, and sacrifice the health and lives of their children. Many mothers are ignorant of the result of improperly clothing their children. But should they not inform themselves, where so much is at stake? Is ignorance a sufficient excuse for you who possess reasoning powers? You can inform yourselves if you will, and dress your children healthfully.



Parents may give up the expectation of their children's having health, while they dress them in cloaks and furs, and load down those portions of the body with clothing where there is no call for such an amount, and then leave the extremities, that should have especial protection, almost naked. The portions of the body, close by the life springs, need less covering than the limbs which are remote from the vital organs. If the limbs and feet could have the extra coverings usually put upon the shoulders, lungs, and heart, and healthy circulation be induced to the extremities, the vital organs would act their part healthfully, with only their share of clothing.

I appeal to you, mothers; do you not feel alarmed at seeing your children pale and dwarfed, suffering with catarrh, influenza, croup, scrofula swellings appearing upon the face and neck, inflammation and congestion of lungs and brain? Have you studied from cause to effect? Have you provided for them a simple, nutritious diet, free from grease and spices? Have you not been dictated by fashion in clothing your children? Leaving their arms and limbs insufficiently protected has been the cause of a vast amount of disease and premature deaths.

There is no reason why the feet and limbs of your girls should not be, in every way, as warmly clad as those of your boys. Boys, accustomed to exercise out of doors, become inured to cold and exposure, and are actually less liable to colds when thinly clad than the girls, because the open air seems to be their natural element.

Delicate girls accustom themselves to live in-doors, and in a heated atmosphere, and yet they go from the heated room out of doors with their limbs and feet seldom better protected from the cold than while remaining in a close, warm room. The air soon chills their limbs and feet, and prepares the way for disease.

Your girls should wear the waists of their dresses perfectly loose, and they should have a style of dress convenient, comfortable, and modest. In cold weather they should wear warm flannel or cotton drawers, which can be placed inside the stockings. Over these should be warm, lined pants. Their dress should reach below the knee. With this style of dress, one light skirt, or at most two, is all that is necessary, and these should be buttoned to a waist. The shoes should be thick-soled and perfectly comfortable. With this style of dress, your girls will be no more in danger in the open air than your boys. And their health would be much better, were they to live more out of doors, even in winter, than to be confined to the close air of a room heated by a stove.



It is a sin in the sight of Heaven for parents to dress their children as some do.

The only excuse that they can make is, it is fashion. They cannot plead modesty to thus expose the limbs of their children with only one covering drawn tight over them. They cannot plead that it is healthful, or really attractive. Because others will continue to follow this health-and-life-destroying practice, it is no excuse for those who style themselves reformers. Because everybody around you follows a fashion which is injurious to health, it will not make your sin a whit the less, or be any guarantee for the health and life of your children.



# The Adventist Health Message

Dr Lucille Fifield



The Seventh-day Adventist (Adventist) approach to health and wellness is globally celebrated for its distinctive, life-extending benefits.

A shining example of this is found in Loma Linda, California—a renowned Blue Zone and the only one in the United States.[1] Here, Adventists enjoy significantly longer and healthier lives, with centenarians being a common sight in this unique community. This exceptional legacy traces its roots back to the visionary insights of Ellen G. White, whose health reform vision in June 1863 laid the foundation for the Adventist health message—a message that continues to inspire wholistic living today.



Ellen G. White's insights, first recorded in *Spiritual Gifts*, Volume 4a in 1864 [2], presented ten foundational principles of healthful living that are Biblically based. Far beyond mere practical advice, her guidance is regarded as divinely inspired counsel that continues to resonate today with some Adventists, around the globe, embracing these timeless principles, which advocate for a plant-based diet, temperance, adequate rest, cleanliness, and the avoidance of harmful substances such as alcohol, caffeine, and tobacco. This holistic approach to wellness remains a cornerstone of their vibrant, health-conscious lifestyle.

### **Care of health is a religious duty [3]**

Ellen White wrote that *"The body, which God calls His temple, should be preserved in as healthy a condition as possible. Many act as though they had a right to treat their own bodies as they please. They do not realize that God has claims upon them. They are required to glorify Him in their bodies and spirits, which are His.... It is a sacred duty which God has enjoined upon reasonable beings, formed in His image, to keep that image in as perfect a state as possible...."*



Ellen White maintained that much—perhaps most—of disease and illness originated with the *“violation of the laws of health,” “the laws of their being,” “the violation of God’s constitution and laws”* as expressed in the Bible. She urged Christians to *“reason from cause to effect,”* assuring them that God would not work a miracle, either to heal them or yet to preserve their health, if they flouted such laws, even through ignorance. Much pain and sickness were held, in most cases, to arise from nature’s efforts to overcome unnatural conditions resulting from some transgression of nature’s laws.

Ellen White wrote significantly about temperance. She stated that *"true temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful"*. For her, intemperance included all stimulating drinks (alcohol), tobacco in whatever form, highly spiced foods (*"highly seasoned meats"* and *"rich gravies"*: *"rich cake, pies, and puddings"*: and *"various kinds of rich ... preserves."*); over work; indulgence of base passions (intemperate sexual relationships including masturbation).

For the first time, it was revealed to Ellen White that the ideal diet was the original diet of Adam and Eve in Eden, before sin and death became a factor in human existence. This “*wholesome diet*” consisted of fruits, vegetables, grains and “*plain*” (whole-grain) bread, which Ellen identified as the most suitable for maintaining health and well-being.



Ellen White emphasised the importance of controlling the appetite, which she noted had *“been indulged to the injury of health.”* She identified two detrimental habits: eating too frequently between regular meals and overeating (*“gluttony”*), both of which adversely affected the stomach by depriving it of necessary periods of rest. A two-meal-a-day dietary programme was highly recommended. If a third meal was consumed in the evening, it should be *“light”* and eaten several hours before bedtime to promote optimal digestion and overall health.

Ellen White highlighted the significant role of the mind in maintaining health, stating, *"The power of the will is a mighty soother of the nerves, and can resist much disease, simply by not yielding to ailments, and settling down into a state of inactivity."* She advocated for mental resilience and the active use of willpower as key elements in combating illness and fostering overall well-being.



### **The use of natural remedies**

Ellen White strongly criticised the medical practices of her time, particularly the reliance on “poisonous,” “powerful” drugs and “dangerous mixtures” with impressive-sounding names. She was shown “that more deaths have been caused by drug-taking than from all other causes combined.” She clearly reiterated through subsequent writings that “Drugs never cure disease. They only change the form and location”. Ellen White maintained that “Medicines have no power to cure, but will most generally hinder nature in her efforts”.

She firmly asserted that “Nature alone is the effectual restorer” and “Nature alone possesses curative powers.”

In her first major health reform vision, she highlighted a range of natural remedies, including:

- (a) pure air,
- (b) pure water—for both internal and external use,
- (c) sunshine,
- (d) physical exercise,
- (e) adequate rest, and
- (f) fasting for brief periods to give the stomach needed rest.

These remedies formed the foundation of her approach to health and healing.

### **Personal Cleanliness**

Ellen White placed great emphasis on personal cleanliness, advocating for clean clothing and well-maintained living spaces. She considered hygiene an essential aspect of health and well-being, promoting habits that would prevent illness and maintain a clean and wholesome environment.



### **Environmental Issues**

Ellen White advised Adventists to address environmental factors that could affect health. She counselled the removal of trees located too close to homes and the clearing away of rotting vegetation. This was to ensure that sunlight and fresh air could freely permeate living spaces, contributing to a healthier and more hygienic environment.

## Health Education by the Church

Ellen White advocated for the church to take an active role in health education, with a particular focus on the prevention of illness. She emphasised the importance of teaching children and adults about the principles of healthy living, empowering them to adopt practices that promote physical, mental, and spiritual well-being. This preventative approach was seen as a vital aspect of the church's mission to serve its community.

## Ahead of Her and Our Time

The health reforming counsel that Ellen White gave was truly ahead of her time and indeed our time.

Much of what she wrote has now been verified by scientific research. A striking aspect of White's health message was her denunciation of tobacco. In 1864, she wrote:

*"Tobacco is a poison of the most deceitful and malignant kind, having an exciting, then a paralysing influence upon the nerves of the body. It is all the more dangerous because its effects upon the system are so slow, and at first scarcely perceivable. ... Multitudes have surely murdered themselves by this slow poison."*[2]

In her era, the dangers of smoking were unknown to science. Physicians would have laughed at such a suggestion. In fact, tobacco was often prescribed medicinally. As a public health practitioner I recall visiting an elderly asthmatic cigarette smoking patient whose doctor had introduced and prescribed cigarettes for her condition—a practice that now seems unfathomable.

**"Give your throat a vacation..."**

**Smoke a FRESH cigarette"**

**IF** the cigarette you have been smoking stings or burns your throat, switch to Camels and see the difference.

It's the peppery dust left in tobacco by inefficient cleaning methods that makes you cough.

It's the unkindly hot smoke of harsh, dried-out tobacco that burns and irritates your throat.

There is no peppery dust in Camels—that's whisked away by a special vacuum-cleaning process.

There are no stale, crumbly, parched tobaccos—the fine Turkish and mild Domestic tobaccos of which Camels are blended come to you in prime, factory-fresh condition, thanks to the Humidor Pack.

This scientific germ-safe wrapping—not plain ordinary Cellophane, but moisture-

proof Cellophane which costs nearly twice as much—seals in all the natural aroma and freshness, seals it so tightly that wet weather cannot make Camels damp, nor drought weather make them dry.

Camels are milder and more throat-friendly because they are dust-free and fresh.

Give your throat a vacation, switch to Camels for just one day. Then leave them—if you can.

There is CAMEL, QUARTER PACK, featuring Marlon Brando and Tony Martin in *Cat on a Hot Tin Roof*, *Seven Years in Italy*, *Seven Years in Italy*, *Seven Years in Italy*.

**CAMELS**

**Mild ... NO CIGARETTE AFTER-TASTE**

**HUMIDOR PACK**

**Don't remove the moistureproof wrappings from your package of Camels after you open it. The Humidor Pack is protection against dust and germs. It offers wet heat, even in the dry atmosphere of artificial heat, the Humidor Pack & keeps fresh Camels and keeps them right until the last one has been smoked.**

it was not until 1950, **86 years after White's writings**, that Sir Richard Doll and Sir Austin Bradford Hill published research in the British Medical Journal linking smoking to lung cancer[4]. Subsequent studies confirmed its association with diseases like bladder cancer, cardiovascular disease, and respiratory illnesses. it was not until 2007 that smoking in enclosed public places and workplaces became illegal in England, Wales and Northern Ireland.



Ellen White's inspired counsel preceded this scientific evidence by decades and the prohibition legislation; to be exact, it was passed 144 years after her publications.

### **Evidence Based Practice**

Some of Ellen White's writings have not been fully verified by evidence-based medicine or scientific research. For example, she stated that *"Tea and coffee are stimulating. Their effects are similar to those of tobacco, but they affect in a lesser degree."*

Should we wait for science to confirm the harmful effects of tea and coffee before we stop drinking them and encourage others to avoid them? Or should we follow the example of King Jehoshaphat, who boldly urged the people to: *"Believe in the LORD your God, so shall ye be established; believe His prophets, so shall ye prosper."* (2 Chronicles 20:20)

Modern healthcare places great emphasis on evidence-based practice as the foundation of safe and effective care. However, Ellen White's counsel serves as a reminder that divine guidance always surpasses the boundaries of contemporary scientific understanding. Her writings, grounded in biblical principles and inspired by God, have consistently informed and even anticipated numerous scientific discoveries.[5]



As Seventh-day Adventist health practitioners and medical missionaries, our commitment must remain anchored in the Bible and the Spirit of Prophecy as revealed through Ellen White. Her divinely inspired guidance offers a time-tested blueprint for wholistic health.

Let us embrace this health treasure trove by integrating the inspired counsel with true science that verifies God's word to guide us and others toward physical, mental, and spiritual well-being.

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# Diets & Calorie Counting

## Don't Work

Nick Fuller



If you've ever tried to lose weight, there's a good chance you've been told it all comes down to a simple "calories in, calories out" formula: burn more calories than you consume, and the kilos will disappear.

And it's easy to see the appeal of breaking weight loss down into simple math – just follow the formula, and you'll achieve success. It's also believable because many people do lose weight when they first adopt this approach.

Indeed, the diet industry's reliance on the "calories in, calories out" concept is why society blames people for being overweight. Anyone who can't follow this simple energy formula is only overweight because they lack the willpower to eat less and exercise more.

But the only simple truth here is that it's time to bust the "calories in, calories out" myth as the only way to lose weight. Here's why.

### **It's nearly impossible to calculate accurately**

The many calorie-counting apps and online calculators available make it seem effortless. Simply enter your sex, age, height, weight, body composition and activity levels and they'll tell you exactly how many calories you should eat daily to lose weight.

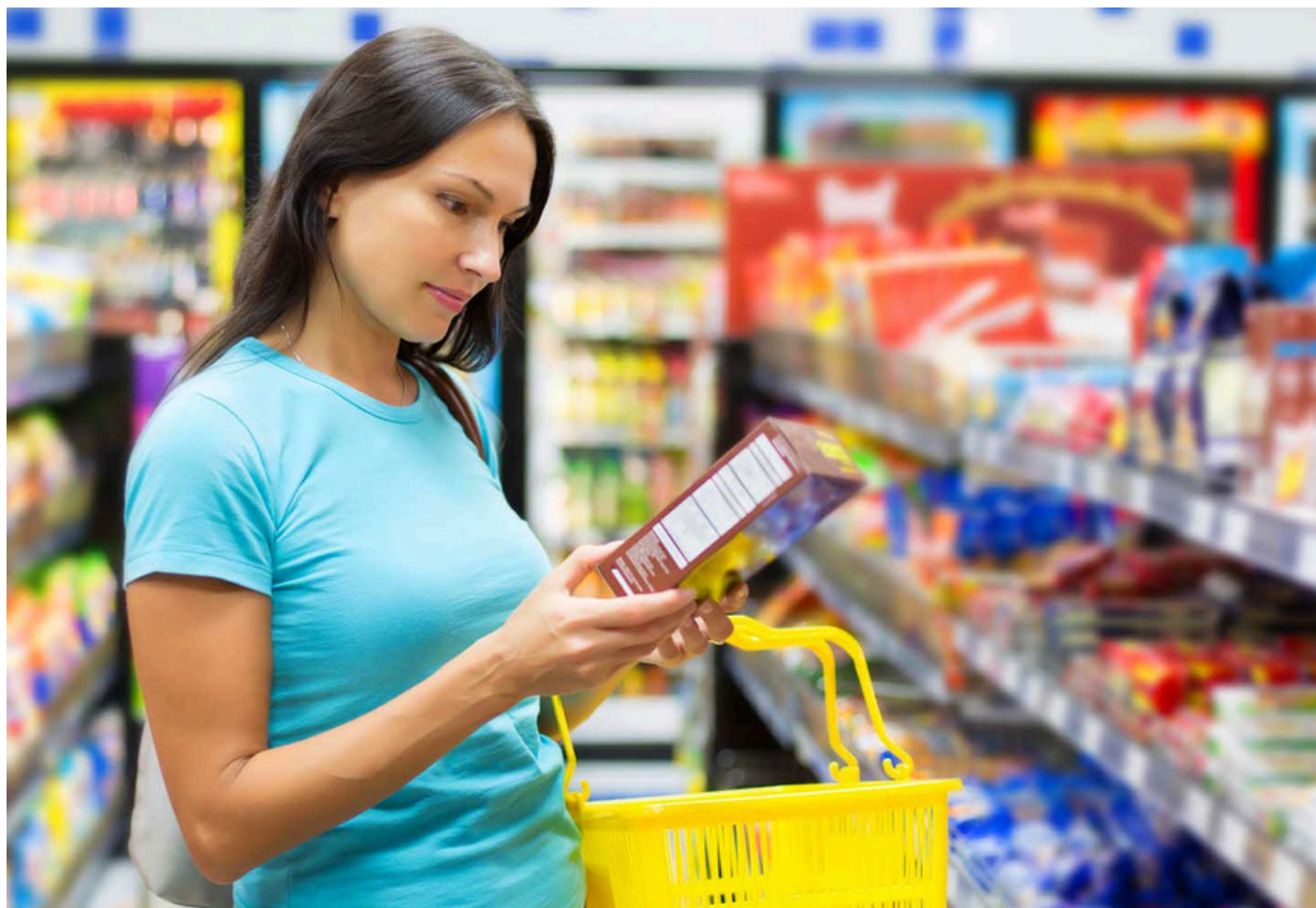
Unfortunately, no matter how accurate these calculators claim to be, they rely on averages and can't determine the calorie intake appropriate for you with 100% accuracy. They can only estimate.





Similarly, our metabolic rate – how much energy we burn at rest – also varies from person to person based on many factors, including body composition or how much muscle and fat we have. Complicating things further, our metabolic rate also alters when we change our diet and lose weight.

Calculating the calories in food – the other part of managing “calories in” – is also far from accurate.



While food standards in most countries require foodstuffs to display Nutrition Information Panels showing energy in kilojoules, there are no requirements for information accuracy other than it must not be misleading. A worrying  $\pm 20\%$  discrepancy is generally accepted for the values shown on labels.

In practice, the variation can be much more than this. One Australian study found food contained anywhere between 13% less and 61% more energy or nutrient components than its packaging stated. [1]

### **Not all calories are created, or consumed, equally**

Another reason the simple “calories in, calories out” formula is not so simple is our bodies don’t consume every calorie the same way. What’s shown in your calorie counter is not what’s actually absorbed in your body.

Different calorie sources also have different effects on our hormones, brain response and energy expenditure, changing how we respond to and manage our food intake.



For example, while eating 180 calories worth of nuts is the same as eating 180 calories of pizza in terms of energy intake, the way these foods are absorbed and how they affect the body is very different.

While we absorb most of the calories in a slice of pizza, we don't absorb about 20% of the calories in nuts because their fat is stored in the nut's fibrous cell walls, which don't break down during digestion.[2] Nuts are also packed with fiber filling us up for longer, while a slice of pizza has us immediately reaching for another due to its low fibre content.



### **Our bodies disrupt the formula**

The biggest failing of the “calories in, calories out” formula is it ignores that the body adjusts its control systems when calorie intake is reduced. So while the formula can support people achieving weight loss initially, the reduction in energy intake is counteracted by mechanisms that ensure lost weight is regained. [3]

Namely, when your body registers a sustained decrease in the calories you consume, it believes its survival is threatened. So it automatically triggers a series of physiological responses to protect against the threat, reducing our metabolic rate and burning less energy. [4]

Research also suggests our bodies have a “set point weight”: a genetically predetermined weight our bodies try to maintain regardless of what we eat or how much we exercise.[5]

Our bodies protect our set point as we lose weight, managing biological signals from the brain and hormones to hold onto fat stores in preparation for future reductions in our calorie intake.





The body achieves this in several ways, all of which directly influence the “calories in, calories out” equation, including:

- **slowing our metabolism.** When we reduce our calorie intake to lose weight, we lose muscle and fat. This decrease in body mass results in an expected decrease in metabolic rate, but there is a further 15% decrease in metabolism beyond what can be accounted for, further disrupting the “calories in, calories out” equation. [6] Even after we regain lost weight our metabolism doesn’t recover[7] Our thyroid gland also misfires when we restrict our food intake, and fewer hormones are secreted, also changing the equation by reducing the energy we burn at rest [8]
- **adapting how our energy sources are used.** When we reduce our energy intake and start losing weight, our body switches from using fat as its energy source to carbohydrates and holds onto its fat, resulting in less energy being burned at rest [9]
- **managing how our adrenal gland functions.** Our adrenal gland manages the hormone cortisol, which it releases when something that stresses the body – like calorie restriction – is imposed. Excess cortisol production and its presence in our blood changes how our bodies process, store and burn fat. [10]

Our bodies also cleverly trigger responses aimed at increasing our calorie intake to regain lost weight, including:

- **adjusting our appetite hormones.** When we reduce our calorie intake and deprive our bodies of food, our hormones work differently, suppressing feelings of fullness and telling us to eat more [11]
- **changing how our brain functions.** When our calorie intake reduces, activity in our hypothalamus – the part of the brain that regulates emotions and food intake – also reduces, decreasing our control and judgement over our food choices [12]

## Bottom line

The “calories in, calories out” formula for weight loss success is a myth because it oversimplifies the complex process of calculating energy intake and expenditure. More importantly, it fails to consider the mechanisms our bodies trigger to counteract a reduction in energy intake.

So while you may achieve short-term weight loss following the formula, you’ll likely regain it.

What’s more, calorie counting can do more harm than good, taking the pleasure out of eating and contributing to developing an unhealthy relationship with food. That can make it even harder to achieve and maintain a healthy weight.

For long term weight loss, it’s important to follow evidence-based programs from health-care professionals and make gradual changes to your lifestyle to ensure you form habits that last a lifetime.

## References

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[Intervalweightloss.com](#)

# The Dangers of EMF Protect Yourself

\*Dr Jenny Goodman

**Electromagnetic radiation** could be behind rising rates of breast cancer, brain tumors and more, says Dr Jenny Goodman. Here's what you need to know about this pervasive pollutant and how to protect yourself for better health

All of us are being bombarded with increasing amounts of electromagnetic radiation (EMR)—from our phones, laptops, “smart meters,” headphones, microwaves and more—and it could be having a devastating effect on our health. Here are some of the key conditions and diseases being linked to exposure to EMR, also known as electromagnetic fields (EMFs), and what you can do to protect yourself.

## Infertility

Fertility is falling rapidly everywhere, and the effect of mobile-phone radiation on sperm quality is a major factor in this trend.[1]

The human ovum (egg) is harder to study than sperm, but we can reasonably assume that similar damage—fragmentation of the DNA[2]—is occurring there too, if a switched-on mobile phone is carried in the pocket or if a laptop is used on the lap, connected to Wi-Fi.

When women exposed to mobile-phone radiation do manage to conceive, they have a significantly greater risk of miscarriage than women less exposed. At levels above 16 milligauss (mG; or 1.6 microtesla, mT), the risk is much higher, especially in women at less than 10 weeks gestation and those with previous miscarriage or infertility.[3]





For context, a typical electrical power line connecting to a home in the US emits 10–30 mG (1–3 mT), and one in the UK emits 70 mG (7 mT), when standing directly below it. The greater your distance from the source, the lower your EMF exposure.

## Neurodegeneration

Brain cells (neurons) are directly damaged by EMFs. Studies find that just a couple of hours of mobile-phone exposure causes brain damage in rats that looks, under the microscope, exactly like Alzheimer's disease.[4]

It seems that in rats, EMR encourages the production of beta-amyloid protein in the brain, a sticky, unnatural, distorted form of protein that is found in the brains of people with Alzheimer's. [5]

A study in Switzerland found that people who lived very close to electric power lines had greater mortality from Alzheimer's, and the longer they had lived there, the higher the risk. People who lived more than 600 meters away were a lot safer.[6]



EMR disrupts the blood-brain barrier, an important set of specialized blood vessels that blocks access to the brain by any substances that shouldn't get in. EMR increases the barrier's permeability so that it leaks (leaky brain, like leaky gut). This means any toxins in the body will have full access to the brain.[7]

Damage to the blood-brain barrier is apparent even when—as is usually the case—the EMR causes no heating effect in the body's tissues. This is crucial because the telecom industry's main argument for the alleged safety of EMR is its claim that damage can result only when/if the body is heated by the radiation.

\*Adapted from Dr Jenny Goodman's new book *Getting Healthy in Toxic Times* (Chelsea Green, 2024). For 30 percent off the book, visit [chelseagreen.co.uk](https://chelseagreen.co.uk) and enter the code WDDTY30 at checkout.

**References:** <https://www.wddty.com/features/the-dangers-of-emfs-and-how-to-protect-yourself/>

Countless studies show that heating effects are irrelevant; the blood-brain barrier, along with other parts of our anatomy, sustains damage from the nonthermal effects of EMR.[8]

We know the blood-brain barrier is disrupted in other neurological diseases too, such as Parkinson's disease.[9] Could mobile-phone radiation be one of the contributing factors here, too?

### **Mental health problems**

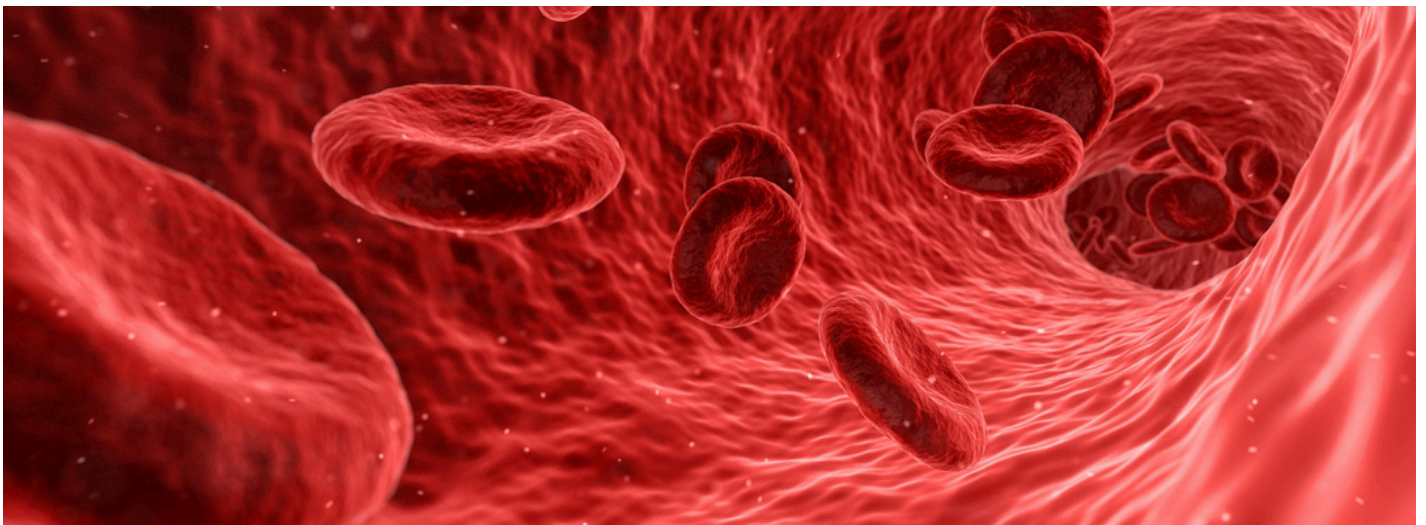
Mental health can also be impacted by the damaging effects of EMR on the blood-brain barrier. Depression and other psychiatric problems are linked with exposure to EMR,<sup>10</sup> as is impaired cognitive function in children.[11] Time spent on electronic devices seems to increase the rate of both depression and suicide among teenagers.[12]

Children are not just smaller overall. They also have thinner skulls, and their brains and bone marrow absorb more electromagnetic radiation than those of adults.<sup>13</sup>

### **Leukaemia**

The EMFs generated by high-voltage power lines increase the risk of childhood leukemia.[14] Exposure to EMR via mobile phones can have the same effect, as can proximity to a mobile phone mast.[15] The BioInitiative Report has gathered hundreds of studies confirming this link and other damage done to us by EMR.[16]

Among adults, occupational exposure to high EMR levels has also been found to increase the risk of developing leukemia.[17]



### **Health problems in children**

**Asthma.** If a mother is exposed to EMFs while her child is in the womb, that child has an increased risk of developing asthma. Every 1-mG increase in exposure led to a 15 percent higher risk, researchers found.[18]

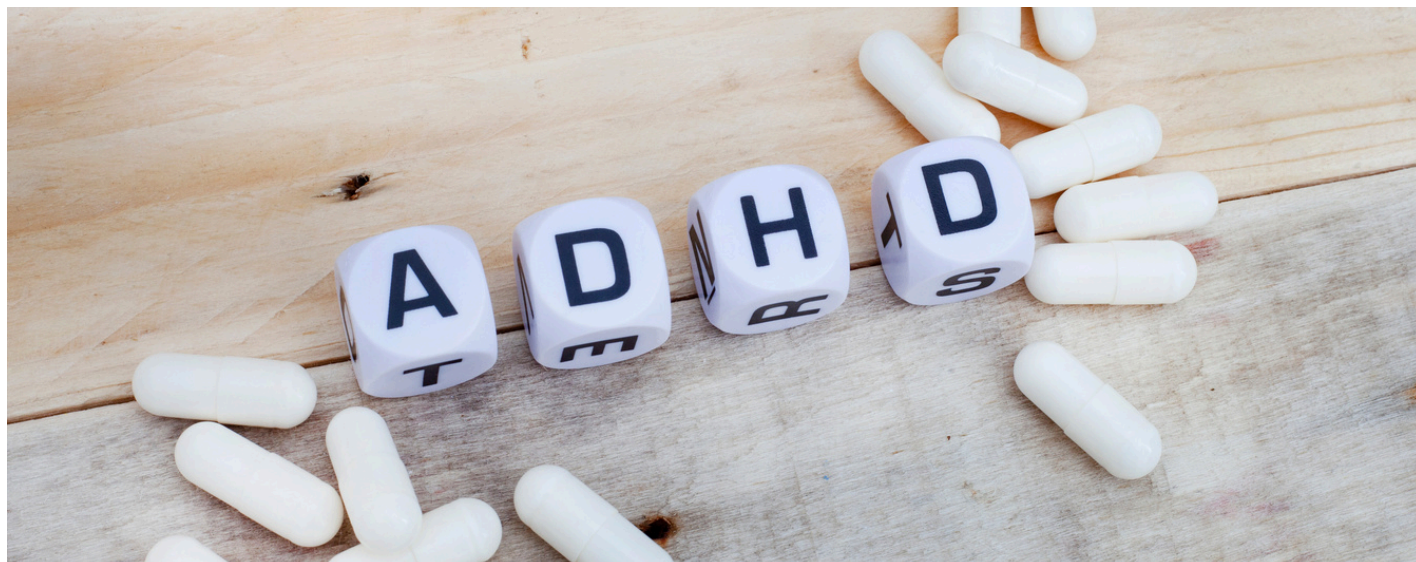
**Autism.** Babies exposed to EMR in the womb, from their mother's mobile phone or other sources, may be at a higher risk of autism, which is vastly commoner than it was even a generation ago. [19]

We are beginning to understand how EMR may contribute to autism, including through oxidative stress, with associated damage to mitochondria (organelles that produce energy in our cells), cell membranes and more.[20]



EMR also interferes with the body's ability to rid itself of toxic heavy metals, it seems,[21] and these have been linked to autism.[22]

**ADHD.** Hyperactivity and other behavioral difficulties in children may be linked to both prenatal and postnatal exposure to EMFs.[23] In my own practice, I've seen the beneficial effects of removing children with ADHD or autism from an EMF-filled environment. When parents take their children out into the countryside, especially in the woods, as far as possible from EMR, they do calm down.



**Obesity.** Obesity at any age has many contributory causes, of course, including bad diet, lack of exercise and toxic chemicals like those in pesticides and plastics. But here again it seems that EMR makes a contribution, even before birth. The more EMFs a pregnant woman is exposed to, the greater the chance that the child will suffer from obesity.[24]

### **Brain Tumours**

There has been a substantial rise in the incidence of brain tumors in recent years,[25] and there is a lot of evidence to suggest that exposure to mobile phone radiation is why.[26] You can find hundreds of published papers on this in the 2012 BioInitiative Working Group Report, compiled by a hardworking group of concerned scientists, at [bioinitiative.org](http://bioinitiative.org).

Some of the studies show that the tumors grow on the same side of the head where the person holds their phone. Some show effects from cordless landlines as well as mobiles. Most show worse effects in heavy users of mobile phones, especially in those who have been using them heavily for 10 years or more.



A Swedish review showed that those who began using a mobile phone before the age of 20 were five times more likely to develop a brain tumor later on than those who hadn't.[27]

Depending on where the EMR comes out of the phone, it may target the brain, the throat or the parotid salivary gland in the cheek; studies have found an increase in parotid gland tumors on the side of the face where users hold their mobile phone.[28]

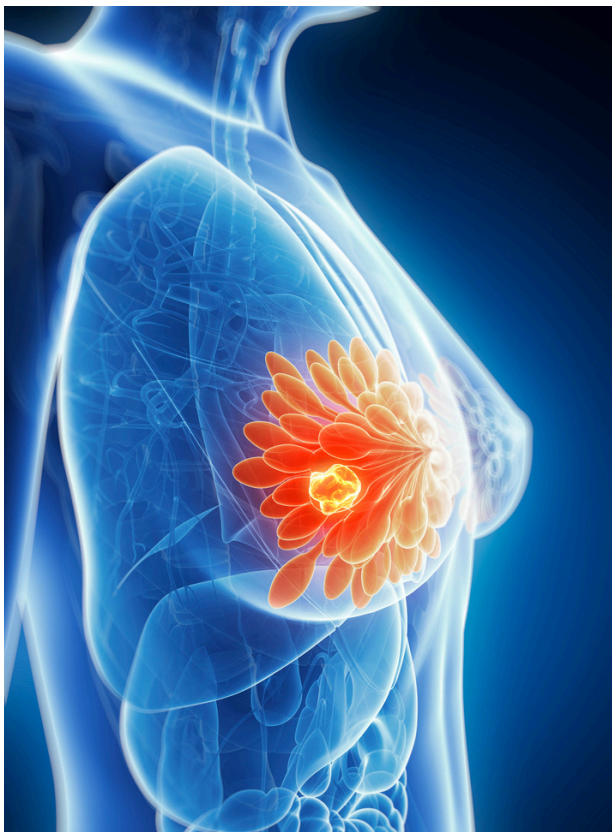
They have also found, associated with long-term (over 10 years') use of mobile and cordless phones, an increase in acoustic neuroma, a tumor of the eighth cranial nerve, which transmits messages between the ear and the brain, enabling us to hear and to keep our balance.[29]

That's in addition to the increase in glioma, a tumor of the "supporting cells" in the brain.[30]

There is also evidence that people living close to mobile phone masts are suffering increased risks of brain tumors.[31]

## **Breast Cancer**

Radiation from mobile phones and masts could be one factor contributing to the explosive rise of breast cancer in the past few decades.[32] Women who work in electrical industries are especially likely to get breast cancer,[33] but men are not immune to it, either; a cluster of men with breast cancer has been found among electrical workers.[34]



The most likely mechanism is that EMR suppresses production of the hormone melatonin by the pineal gland in the brain. Melatonin is vital not just for helping us get to sleep at night but also for protecting the reproductive system. It prevents early puberty and all sorts of cancers in the reproductive organs, including the breasts.

Not only does the blue light coming from mobile phone screens suppress melatonin, so does the EMR. Melatonin is a powerful antioxidant that turns out to prevent (and slow down the growth of) all tumors, not just reproductive ones. Suppressing its production by our addiction to mobile phones seems like a very bad idea.

No doubt yet other mechanisms will also be discovered by which EMR causes (or speeds up the progression of) cancer, but the experimental and epidemiological evidence is very clear that it does so.[35]

## **Electrosensitivity**

Electrosensitivity has been known of for some decades, but it's becoming both more common and more severe as the density of the "electro-smog" surrounding us increases. As with many new illnesses, patients are not always believed; their symptoms are dismissed as a "nocebo" effect. They are viewed as imagining the symptoms and/or imagining that EMR is causing them (nocebo means an imagined harm).

But plenty of controlled studies have shown that for the people who suffer from it, electrosensitivity is all too real,[36] and more and more medical scientists internationally are acknowledging this.[37] Symptoms of electrosensitivity vary widely but can include headaches,



dizziness, brain fog and fatigue.

## How does EMR damage the body?

One biological mechanism for all these health problems is thought to be oxidative stress. When the blood of people living near mobile phone masts is analyzed, it shows an increase in toxic free radicals, a decrease in the healthy antioxidants we depend on to defend us from those free radicals, and increased lipid peroxidation (which means our fat becomes oxidized in precisely the way that leads to heart disease) as well as damage to our genes.[38]

EMR causes breaks in the strands of our DNA,[39] leading to cell death or to mutations that, as we've seen, result in cancer, birth defects and infertility.

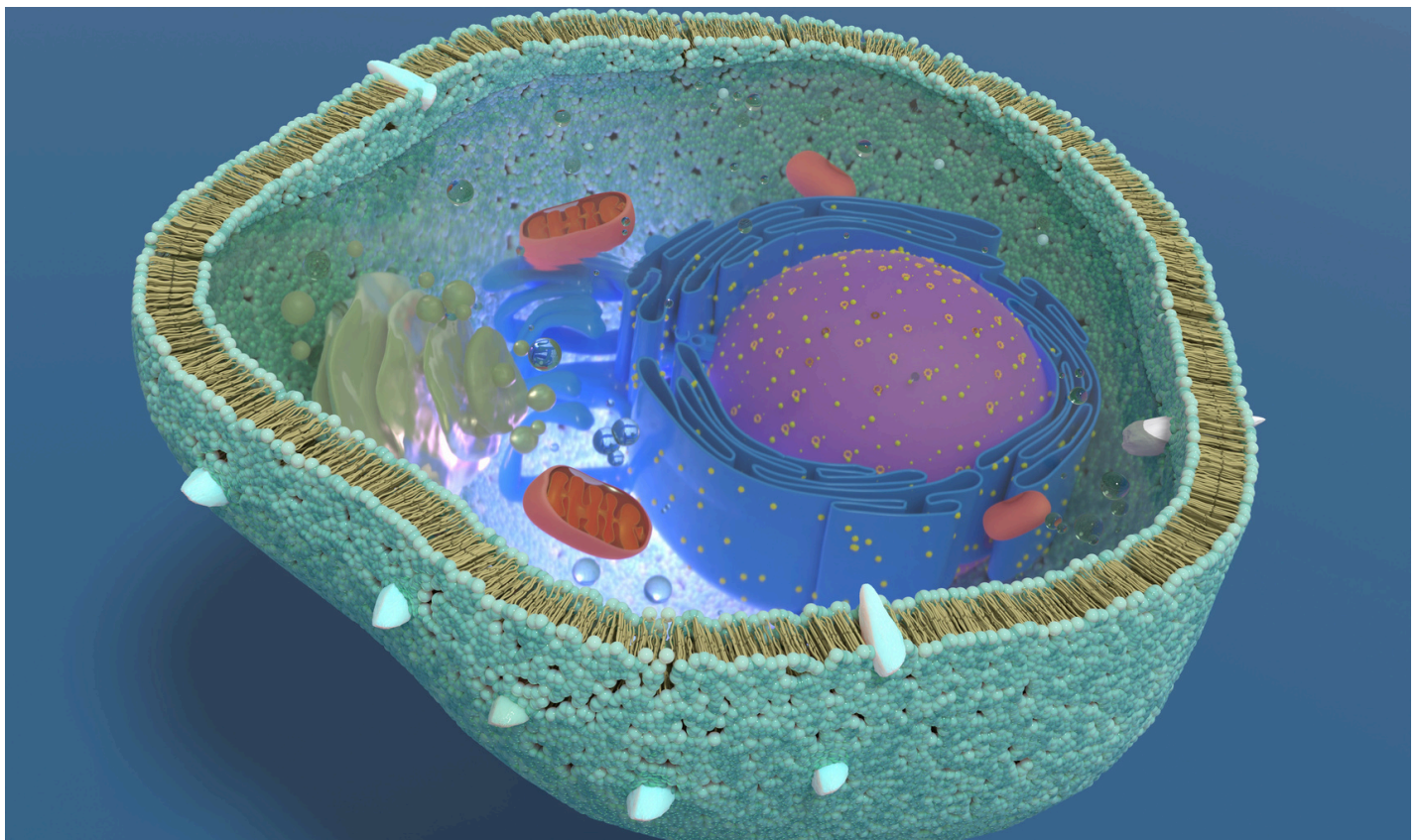
EMF expert Martin Blank, PhD, author of *Overpowered* (Seven Stories Press, 2014), points out that the DNA molecule, extraordinary structure that it is, has the form of a coil and thus acts as a fractal antenna—it picks up most wavelengths of EMFs, which may partly explain why EMFs seem to target DNA.[40]

And the technology is changing all the time; when 2G was upgraded to 3G, the rate of resultant breaks in DNA increased tenfold.[41] That was 15 years ago; by the time equivalent studies on 5G and 6G are published—if they ever see the light of day—what new horrors will they show?

## The role of calcium

What we do know is that there seems to be one underlying mechanism in our cells that explains oxidative stress, DNA strand breaks and all the other biological problems resulting from EMF exposure. It concerns calcium, an important mineral that we need not only for making bones but also for “cell signaling,” the way our cells send messages to each other.

Normally there is vastly more calcium in our bodily fluids than inside our cells; calcium is primarily an extracellular mineral. However, such minerals can enter and exit our cells through the cell membrane.



Our cell membranes do not let ions (charged atoms) like calcium into the cell freely but only via very specific channels. These channels are made of protein molecules folded into the shape of pores, occurring at intervals along the cell membrane.

Think of the wall around a medieval city, with guarded gates at intervals. The guard at the gate for some of these cell membrane ion channels is electrical; a slight change in electrical charge, which in nature would be occasional, subtle and for a purpose related to cell signaling, is the password that allows a few calcium ions in. These channels are called voltage-gated ion channels (VGICs), and the calcium ones (VGCCs) can allow calcium both into and out of the cell.

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In the presence of microwaves, Wi-Fi and mobile-phone radiation, these channels are forced wide open, and calcium floods in. Calcium flooding into cells is a bad thing; remember, calcium should be primarily outside the cell.



Numerous scientists have now documented the many and varied biochemical catastrophes that result from all this calcium getting inside cells, where it doesn't belong.[42]

Preeminent among them is Dr Martin Pall, who says "oxidative stress, single and double stranded breaks in DNA, blood-brain barrier breakdown, depressed melatonin levels and sleep disruption, cancer, male and female infertility, immune and neurological and cardiac dysfunction . . . including sudden cardiac death" can all be fully explained by the action of EMR on those vital VGCCs.[43]



VGICs also exist for potassium and sodium ions. All three play important roles in cell metabolism and neural communications in the brain and central nervous system.[44]

## Sources of EMR

- Mobile phones
- Digital enhanced cordless telecommunications (DECT) phones
- Wi-Fi routers<sup>1</sup>
- Tablets, like the iPad
- Laptop computers when connected to Wi-Fi
- Bluetooth earbuds and headphones<sup>2</sup>
- Induction cooktops,<sup>3</sup> microwave ovens and all other home appliances
- Fitness trackers and watches
- Wireless computer mice
- Gaming consoles
- “Smart” meters and “smart” TVs
- All devices enabling the internet
- DECT and Wi-Fi electronic baby monitors
- Mobile phone masts (cell phone towers / base stations)
- Power lines
- Fluorescent lights



## Symptoms linked to EMR

- Nosebleeds
- Tinnitus
- Insomnia
- Abnormal heart rhythms
- Accelerated aging
- Raised blood pressure
- Headaches
- Skin rashes
- Sleep disturbances
- Depression
- Decreased libido
- Increased rates of suicide
- Concentration problems
- Dizziness
- Memory changes
- Tremors<sup>[1]</sup>

## How to protect yourself from EMFs

Although EMFs are everywhere, here are several steps you can take to minimize your exposure.

**Use your phone less.** It's hard—this tech has been designed to be addictive—but we have to find other, safer ways to connect.

**Use airplane mode when your phone is idle.** Otherwise, it's continually in touch with the nearest masts and irradiating you just as if you were making a call. Disable all unnecessary apps too. Keeping it in a Faraday bag can provide further protection.

**Use the speakerphone.** Never hold the phone to your ear, and text instead of calling whenever possible.



**Get non-metal air-tube earphones.** Headphones help to keep the phone at a safe distance from your body, which makes a big difference in the amount of EMR you absorb.

**Use ethernet cables, not Wi-Fi.** Hardwired internet connections work just as well, and often better. To get the connections around the house, you can use dLAN plug-in units, which send the ethernet signal around the house wiring at very low field levels. Then you can get an ethernet connection in every room that has a dLAN box plugged in.

**Educate teachers.** If you have a child at a school that uses Wi-Fi, start a campaign to get the school to replace it with hardwired internet. They will find the kids' health, happiness, concentration and academic performance improve.

**Put your laptop on a desk.** The same applies to tablets, iPads and similar devices. If you don't have a desk, use a protective tray or pad under it. Better still, plug in an ethernet cable and disable Wi-Fi (and Bluetooth). Or just use an old-fashioned desktop PC.

**Find the mobile phone masts.** Make sure you're not going to be living right next to one.



**Measure EMFs in your home.** Do this before you buy any protective, EMF-shielding clothing, which you might or might not need. The simplest and cheapest meter is the Acousticom 2 by EMFields (US: [lessemf.com](http://lessemf.com), UK: [livevitae.com](http://livevitae.com)). Safe and Sound meters by Safe Living Technologies (US: [safelivingtechnologies.com](http://safelivingtechnologies.com), UK: [beneficialenvironments.co.uk](http://beneficialenvironments.co.uk)) are another good option.

You can also get an EMF surveyor to come to your home, for a fee, to measure EMF levels and suggest solutions. If they are doing the job properly, they should spend at least a couple of hours with you.

**Consider EMF-blocking paint.** If you've reduced your EMF exposure, as above, but the meter shows high EMFs in your home, it's probably coming from your neighbor's home. EMF-blocking paint could help.

You can confirm whether it works by measuring with your meter before and after painting. One or two coats will suffice. But it's usually black, so you'll probably then want to paint over it in another color.



**Try EMF-protective clothing.** You can buy protective hats, T-shirts and other clothing to reduce your EMF exposure. Most of my electrosensitive patients find these clothes make a big difference in how they feel.

**Try an EMR-protective phone case.** Opinions vary on how much they help, though. It may depend on the angle at which you hold your phone and which part of the phone (the antenna) emits the EMR. One advantage for electrosensitive people is they can tell, simply by how they feel, whether the protective equipment is working or not. The rest of us can't, but it may be best to err on the side of caution.

**Get rid of your microwave oven.** If you want to reheat something from the freezer—anticipate. Take it out the night before. Leave yourself a note. It can be done.

**[Where to buy EMF protection products.](#)**

# Jeremy's EMF Story

\*Dr Jenny Goodman

Jeremy, a 29-year-old entrepreneur, came to me with a constant headache, specifically “unbearable pressure inside the head,” dizziness, fatigue and a worrying cognitive decline. “It’s like my brain is full of cotton wool and my thoughts don’t make it through,” he said.

Jeremy was fit, and his diet was excellent. Still, I measured all his nutrient levels and checked for chemical toxins in his system. All clear. Physical examination was normal.

So, what was going on?

I asked if anything had changed in his lifestyle in the preceding year. He couldn’t think of anything.

Then I began asking questions like, Do you have a Wi-Fi router? Do you hold your phone next to your head? How many hours a day do you spend on it? Do you carry it in your pocket when you’re out and about? On airplane mode or just on? Do you use a laptop computer on your lap or on a desk?

It turned out that Jeremy’s office was in his bedroom, so his devices were pulsing EMR at him all night long as well as during the day. He held the phone to his head for his business six or seven hours a day. He also had a Wi-Fi router on his desk only a foot or two from his body. He sat with his laptop on his lap, and he traveled with his phone in his pocket, fully turned on.

After more questions I discovered that Jeremy had poor sperm quality and had been trying for a baby, unsuccessfully, with his girlfriend for nearly two years. I suspected that EMR was behind his symptoms and suggested time away from his devices.





Jeremy booked a two-week adventure holiday in the woods, far from all electronic devices.

On his return he reported that within two or three days of leaving, his brain had begun to clear; he could think straight again. By the end of the first week, his energy was back, and his headaches and dizziness were gone. During the second week, he felt better than he had for a long time—back to normal.

But within 24 hours of his return home, his symptoms were back. He unplugged everything, and within 48 hours he was better again.

At our second consultation, Jeremy complained, not unreasonably, that a person couldn't live like that, cut off from friends and work contacts. Luckily, he didn't have to. I gave him several strategies to protect himself from EMFs while remaining online and in touch with friends, family and colleagues (see above).

Jeremy tried them, and some years later his business is booming, he remains well and he has become a father. He uses his phone more safely now, but he also uses it less. His work colleagues know to leave a message if he's not answering.

Jeremy's symptoms are called "electrosensitivity," which an estimated 4 percent of the population self-reports. He had a milder case—away from the source of the problem, he recovered. But many people, those with electrohypersensitivity, don't really recover and continue to react badly to even tiny electromagnetic inputs, such as a simple electric current



\*Adapted from Dr Jenny Goodman's new book *Getting Healthy in Toxic Times* (Chelsea Green, 2024). For 30 percent off the book, visit [chelseagreen.co.uk](https://chelseagreen.co.uk) and enter the code WDDTY30 at checkout.  
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# Oat Veggie Balls



This is a delicious veggie ball recipe, it's versatile and can be had in tomato sauce, sandwiches, wraps, and more. You can also alter the shape of the mix and make burgers and sausages.

## Ingredients :

- 800ml water
- 1 onion, diced
- 510g porridge oats
- 1 tbs soya sauce (optional)
- 2 tsp dried rosemary
- 1/2 bunch fresh coriander finely chopped
- 1 tsp dried thyme
- 2 tsp dried oregano
- 5 basil leaves finely chopped
- 1-1/2 tsp pink Himalayan salt
- 1/2 tsp honey
- 1/4 tsp cayenne pepper
- 120g finely ground almonds, walnuts or sunflower seeds
- 3 tbs olive oil

## How To Make :

- 1 Preheat the oven to 180°C (350°F).
- 2 Place the water, soya sauce (if using) diced onion, herbs, salt and honey in a medium sized pot and bring to a boil.
- 3 When the water begins to boil add the ground almonds, olive oil and oats, mix thoroughly with a wooden spoon. In a few minutes it should turn into a thick oat porridge consistency. Turn the heat off and leave the mixture to cool down for about 10 minutes.
- 4 Take a tablespoon of the oat mixture and roll in your hands to form a compact ball, place on the baking tray and continue this process until the mixture is finished
- 5 Bake the veggie balls for 20 -25 minutes, until lightly browned.

These veggie balls are freezable.





# Balm in Gilead

Valerie Grossett



God promises to *"..Heal all your diseases."* (Psalms103:3) and every Tuesday I pray for emotional, physical, psychological and spiritual healing for a long list of names. 2 Chronicles 16:12 reads, *"...(King) Asa became diseased in his feet, and his malady was severe; yet in his disease he did not seek the LORD, but the physicians."*

God condemned the actions of King Asa. He is displeased when we seek Physicians before seeking Him.



The prophet Jeremiah cried out in his distress for his backsliding people who had forsook the Lord, *"Is there no balm in Gilead, Is there no physician there?..."* (Jeremiah 8:22). The "balm of Gilead" was a high-quality ointment with healing and soothing properties, but Jesus is the ultimate Balm that binds our wounds and heals our diseases.

We may turn to physicians with temporary solutions, temporary balms, and temporary medications but ultimately we need Jesus the true Balm in Gilead to heal our body, mind and soul. God has a balm for every wound, so praise Him today that there is a Balm in Gilead to make the wounded whole.

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**Sep 2<sup>nd</sup> - 11<sup>th</sup>**

**Oct 21<sup>th</sup> - 30<sup>th</sup>**

**Nov 18<sup>th</sup> - 27<sup>th</sup>**

For more information contact:



**DR. SAM DAVIS**



**07545973257**



**pathwaze2health@gmail.com**



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# PODCAST

## IS THE ADVENTIST HEALTH MESSAGE

### UNDER SIEGE? - PART 1

**Sunday 2nd February 2025 - 4pm (UK)**

#### **We will Discuss**

- **What is the Adventist Health Message**
- **Why Is it Still Relevant?**
- **Who Is it For?**

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# Thank You

We are excited to receive contributions on a wide range of topics, including health, country living, end-time events, and present truth. To submit your material, please send an email to [ahreformers@gmail.com](mailto:ahreformers@gmail.com).

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