

AT AGE 55 CONNIE was in bad shape. She had coronary heart disease, gout, hypertension, diabetes, depression, and was overweight. She had been told by her physicians that there was nothing more they could do for her. She had received a triple coronary bypass and then, four years later, an angioplasty. She was taking 27 pills and 60 units of insulin each day. She couldn't walk more than 100 yards without popping nitroglycerine pills. Her heart was so fragile her cardiologist forbade her to fly—which meant canceling her plans to spend the winter in Florida. She was so depressed and felt like such a drag on her family that she asked her husband to put her into a nursing home.

Instead, he enrolled her in the Coronary Heart Improvement Project's (CHIP) 40-hour lifestyle change seminar. Grasping at any straw of hope, Connie began living a natural, plant-based nutritional lifestyle. No more

meat, dairy products, eggs, and soda. She substituted fresh fruits and vegetables for refined sugars and processed foods, and upped the consumption of grains.

Six months later she was down to three pills a day, her insulin had been cut in half, and she was walking three miles a day and swimming regularly. Her weight had normalized. Instead of being depressed, she went on a health cruise to Alaska. Most of her pain was gone. Instead of \$490 a month for medications, her bill was now \$80 a month.

Asked how her physician reacted, Connie said, "My doctor was very skeptical at first. Later his eyes widened in disbelief, and he began to inquire about the nutritional and lifestyle aspects of the program. Some of my specialists are quite excited and have even referred some of their patients to me in hopes that I might be able to motivate them and provide some education."

Ten years later Connie is still healthy and strong. Last Christmas she and her husband sent a postcard from Perth, Australia. "We're just leaving for Hong Kong, and not by boat. We're thankful to God for leading us to a new lifestyle and giving us a second chance at life."

The restorative power that God has put into the human body is incredible; if only we would treat it as God designed!

Do you agree that "the road to life is a disciplined life"? If so, is there any area in your life that could use a little more discipline?

HANS DIEHL

Victory in Christ is our goal -
Health of body, mind, and soul.
Come and travel with us.

Natural Remedies

1. Pure air—open up your home and breath deeply
2. Sunlight—has a healing effect on body and home; a dark home breeds disease
3. Moderation—in all things
4. Rest—with regularity of times to rise and go to bed
5. Exercise—regularly but with moderation
6. Proper diet—wide variety of natural foods prepared simply, with few condiments
7. Water—is the best beverage. It should replace most other drinks.
8. Trust in Divine Power—brings peace and health

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HEALTH TIPS!

1



A Second Chance!

*The road to life is a disciplined life; ignore correction and you're lost for good.
Prov. 10:17, Message.*