

MIND POWER

Optimal Health - 2



God's Ability to Heal

In This Issue

- 2 Amazing Experiment
- 6 Mind Power
- 9 Mask Mandate
- 10 Healing, Health and Holiness
- 22 Coffee As God Intended
- 24 An Evil Plan Hatched
- 25 Cytokine Storm
- 30 The Brain's Rinse Cycle
- 32 We Praise Thee

“Be renewed in the spirit of your mind; and ... put on the new man, which after God is created in righteousness and true holiness”

Ephesians 4:23, 24.

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Dr. Stowell's Amazing Experiment

Testimony of Dr. N. Jerome Stowell

I WAS ALMOST a devout atheist. I didn't believe God was any more than a conglomeration of everyone's minds put together and the good that was there—that was God as far as, I was concerned. As for the real, all-powerful God existing and loving us all, with power over everything, I didn't believe that!

BRAIN WAVELENGTH DIFFERS

Then one day, I had an experience that really set me to thinking. I was in a large pathological laboratory, and we were attempting to find the wavelength of the brain. We found more than just a wavelength; we found a channel of wavelengths. We learned that each channel had so much room in it that the different wavelengths of each individual brain are further separated in identity than are the fingerprints on each individual's hand. This is a point we should remember: God can actually keep in Heaven a record of our thoughts as individuals just as the FBI can keep a record of our fingerprints in Washington, D.C.

A CHRISTIAN'S DYING THOUGHTS

We wanted to do an experiment to discover what took place in the brain at the moment of transition from life to death. We chose a lady whose family had sent her to a mental institution, but who had been discharged. The doctors could find nothing wrong with her other than the fact that she had cancer of the brain.

This affected the balance of her body only. As far as her alertness of mind was concerned, and in every other way, she was exceptionally brilliant. However, we knew

she was on the verge of death and thus was informed in this research hospital that she was going to die. We arranged a tiny pickup monitor in her room to ascertain what would take place in the transition of her brain from life to death. We also put a very small microphone, about the size of a quarter, in her room so we could hear what she said if she had anything to say.

THIS WOMAN'S PRAYERS ASTOUND THE FIVE SCIENTISTS

Five of us hardened scientists (perhaps I was the hardest and most atheistic of the group) were in an adjoining room with our instruments prepared to register and record what transpired. Our device had a needle pointing to 0 [zero] in the center of the scale. To the right, the scale was calibrated to 500 points positive. To the left, the scale was calibrated to 500 points negative. We previously had registered on this identical instrument the power used by a 50 kilowatt broadcast station in sending a message around the world. The needle registered 9 points on the positive side.



As the last moments of this Christian woman's life arrived, she began to pray and to praise the Lord. She asked the Lord God to be merciful unto those who had spitefully used her. Then she reaffirmed her faith in God, telling Him she knew He was the only power—the living power. She told God He always had been and always would be. She praised God and thanked Him for His power and her knowledge of His reality. She told Him how much she loved Him!

We scientists had been so engrossed with the woman's prayer we had forgotten the experiment. We looked at each other and saw tears streaming down scientific faces. I had not shed tears since childhood.

THE RECORDING NEEDLE REGISTERED 500 POSITIVE

Suddenly, we heard a clicking sound on our forgotten instruments. We looked and the needle was registering a positive 500, desperately trying to go higher, only to bounce against the 500 positive post in its attempt!

By actual instrumentation, we had recorded the brainwave of a woman alone and dying in communication with God as she was praising Him. It had registered more than 55 times the power used by a 50 kilowatt broadcast station in sending a message around the world.

AN UNGODLY MAN'S THOUGHTS REGISTERED 500 NEGATIVE

After this, we decided to try a case very unlike the first one. We chose a man lying in the research hospital, stricken with a deadly social disease. His brain had become atrophied to the very point of death. He was practically a maniac.

After we had set up our instruments, we arranged for one of the nurses to antagonize the man. Through her wiles, she attracted his interest in her, then suddenly told him she didn't want to have anything more to do with him. He began to verbally abuse her, and the needle began to register on the negative side. Then he cursed her and took the name of God in vain. The needle suddenly clicked back and forth against the 500 negative post!

By actual instrumentation, we had registered what happened in the brain when that brain broke one of God's Ten Commandments. ***"Thou shalt not take the name of the Lord thy God in vain"*** Exodus 20:7.

MEASURED: THE POWER OF GOD AND THE POWER OF SATAN

We had established by instrumentation the positive power of God and the negative power of the adversary. We had found that beneficial truth is positive and that non-beneficial words, thoughts and actions, covered by the ***"thou shalt nots"*** of the Ten Commandments, are negative to varying degrees.

If we scientists can record these things, I believe with all my heart that the **Lord God can keep a record of our thoughts**. He has more power than we have and is a better record keeper than any of us on this earth are.

GOD'S TRUTH EMANATES POWER

As a scientist, I don't believe the halo painted around Jesus' head is merely an artist's conception. I believe with all my heart that it represents an emanating power—a magnetic and electromotive power that is actually with Him because in all ways, He is with God in His truth.

This power is promised to us. We are promised that if we think His thoughts and keep His commandments, the faithful will be caught up to meet Jesus when He returns.

God has given us many great and wonderful blessings. The greatest and most wonderful of these is His only begotten Son, Jesus Christ, who was crucified on the cross and who gave His life and blood, that we might have everlasting life, be cleansed from our sins, and healed of our diseases. Just before He ascended to Heaven, He said, ***"Ye shall receive power, after that the Holy Ghost is come upon you"*** Acts 1:8. Previously, Jesus commanded His followers to tarry until they were imbued with power and promised to pray the Father who would send another Comforter, the Holy Spirit—even the Spirit of Truth.

GOD'S PRESENCE GIVES POWER

We have no conception of the magnitude of the power that comes from the presence of God in us!

I am a scientist who loves the Lord God with all my heart, mind and soul. I appeal to you to join me in praying that we will always be faithful and humble—that we will magnify His truth; that we will think, say and do only the things a positive God wants us to; that we will think or say **nothing** according to the wishes of the negative adversary who tries to blind us with many burdens!

Note: This testimony was first printed in "The Voice of Healing", October 1953, Dallas, Texas.



Mind Power

By Raymond L. Knoll, M.D.

The human body is an electrochemical machine involving other activities in its functions. Many of the main body organs operate on an electrical basis. You cannot move a finger without electrical charges being involved. The brain, heart and other organs continue their work because of the electrical charges. From where does this electrical power come? I believe it is produced through mental and chemical activities. We all know about an electrocardiogram and an electroencephalogram. They measure the electrical output of the heart and brain, respectively. The first recorded bodily electrical current was recorded in the brain of an animal in 1875 and in a human in 1925.

Some time ago, five atheistic nuclear scientists, led by Dr. Jerome Stowell, whose previous work consisted of creating devices that could kill humans, decided to identify the wavelength of the electrical charges in the brain. They made a surprising discovery. They found a wide channel of wavelengths, with each brain being different. Therefore, the brain wavelength of each individual is as varied and distinctive as are fingerprints, and dependent—of course, on a person's activities.

Dr. Stowell became concerned over his promulgation of destructive processes. He asked God to manifest Himself to him. The result was that he became a born-again Christian, devoting the rest of his life to witnessing and giving lectures for the Lord Jesus.

Every one of us have problems—some small, some involving ruin, some involving life and death. My own experience has been that when we have faith in God and ask Him to solve our problems, He will always do it if we give ourselves to Him and let Him do it. However, we must let Him do it in His time and way, and He usually lets circumstances go to the limit, to test our faith before He exercises a solution. Most of the



prayers God has answered for me have been prayers of the mind, not expressed verbally. This emphasizes what Dr. Stowell found in his experiment. Thus, you go about praising God in your mind and asking Him silently for what you want. The power is there to transmit and record your thoughts in Heaven instantly.

“Let this mind be in you, which was also in Christ Jesus” Philippians 2:5.

Besides this, I have evidence as a physician that

these positive electrical charges promote health beyond measure. Therefore, let us make use of them. And don't ever think that your prayers go no higher than your head. God has given us power through our thoughts to communicate with Him. We just read how prayer has been scientifically measured with an electrical instrument to be over 55 times more powerful than the power required by a 50,000-watt broadcasting station beaming its message around the world. These messages cannot only be heard but also recorded. Even a picture of a person may be recorded on proper instruments thousands of miles away.

Therefore, we can easily see that God may hear and record not only our good thoughts and prayers, but our evil thoughts as well. We often think God records only our actions, but we all know the act is not committed until the thoughts initiate it. How careful, therefore, we should be of our thoughts!

We read about energy generated in the brain of a woman alone and dying, but this may be infinitesimal compared with the potential.

The atomic age and the splitting of the atom have changed our concept of power. Scientists have now calculated that if the electrical power of the hydrogen atoms alone contained in the body could be utilized, they would supply the electrical needs of the United States for nearly a week. DuPont announced that the atoms in our bodies contain the potential power of 11 million kilowatt hours per pound of body weight. This means that a 175-pound man might generate around 2 billion kilowatt hours of power. Therefore, an average man, according to this estimate of power alone, is worth about \$85 million. Therefore, humanity is mysteriously and wonderfully made, but God places an even higher value on mankind. We know Christ would have come to save only one if necessary.

Now we all know of and have felt the aura surrounding each individual as we meet and associate with one another. It has been said by scientists that if you were to stand in a completely darkened room, in front of an infrared television camera, they could demonstrate on a monitor screen that you are a glistening, gleaming, shining, radiating, vibrant form. As the waves of energy ripple out, they spread themselves in a multiplicity of color, like the stained-glass windows of a cathedral. And





not only this, but if we had a proper receiving device, as these atoms move back and forth, merging with other atoms, we could hear singing and perhaps the melodic sounds of a symphonic concert.

Therefore, science has not only demonstrated that you are filled with light, energy and music, but you are broadcasting such. Now, I suspect from the experiments of Dr. Stowell and associates that only those directly and continuously connected with Heaven might produce this good, beautiful, heavenly light, energy and music. I suspect also that those connected with the powers of darkness might well produce a dark, shadowy form with negative energy intended to de-

stroy. Also, the singing and music might well be rock and roll, hard rock or other forms of destructive music produced by these powers of darkness.

What does all this mean? You will remember that no one has a brain wave that is the same as that of another person, any more than there are two identical finger prints. By the same token, each being would be on a different wave length of light, energy, music, etc. It means that since the above conditions exist, and these processes are automatic, God has a completely fair, honest and accurate way of dealing with everyone, recording automatically—and in detail—every facet of our lives.

What a God we serve! He gives us the Holy Spirit to direct us and keep us. We have heard Him speaking to us often, "This is the way, walk ye in it" Isaiah 30:21. He also gives us instant communication with Him through our thoughts. Therefore, let us make use of this by continual, persistent, constant and instant prayer; and especially let us praise Him, serve Him, love and obey Him.

"And be not conformed to this world: but be ye transformed by the renewing of your mind" Romans 12:2.



Who is Fooling Who?

My friend, who is a physical therapist, heard on the radio that a face mask cannot really stop viruses from going right through a mask. With that said, who would want to fool the masses? Therefore, my friend decided to do his own research. This is what he found:

“I found that the size of the holes or pores in a face mask are 80-500 micrometers. The average size of a virus is 20-400 nanometers. (There are 1000 nanometers in one micrometer.)”

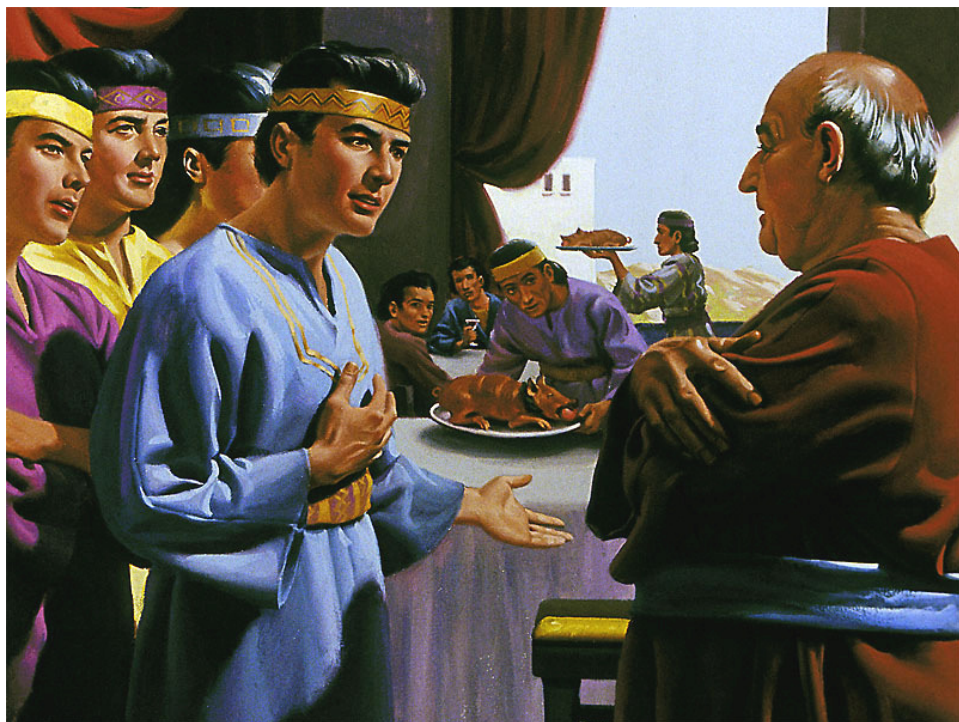
With this in mind, let's do the math.

“With an average pore size of 250 micrometers in a mask and an average virus size of 200 nanometers, that means 1000 viruses can go through just one pore in the mask, or a total of 250,000 viruses can go through the pores in the mask.”

Therefore, how much good does a mask really do? According to Dr. Russell Blaylock, M.D. a neurosurgeon, he warns that not only do face masks fail to protect one from getting sick, but they pose serious risks to the healthy. You can read Dr. Blaylock's article in detail in our COVID-19 magazine published in 2020. He says, the mask does more harm than good! It inhibits proper air flow to the lungs and the brain.[1]

What did Dr. Fauci say? First he said, “A mask will do no good.” Then he changed his mind and mandated them. However, he himself would not wear a mask except in public.

[1] <https://www.technocracy.news/blaylock-face-masks-pose-serious-risks-to-the-healthy/>

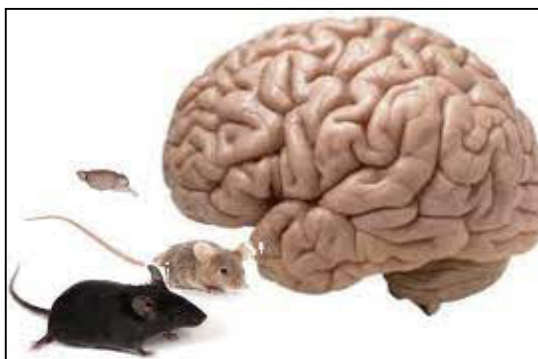


Healing, Health and Holiness

By Doug Batchelor

As of 2017, the most powerful supercomputer in the world is the 93-petaflop Sunway TaihuLight, installed at the national supercomputing center in Wushi, China. This one computer has more than 1.5 million locally-made processor cores. The average home computer might have a couple. At its peak, the computer can perform 93 trillion calculations per second. Yet, in spite of filling a whole room with super processors, air conditioners, and power cables, it can only process about 0.4% of what one human brain can do in a second. This supercomputer is about half as smart as a mouse's brain.

The Bible tells us that we are fearfully and wonderfully made. Your brain, that two-and-a-half-pound electro-chemical computer, is filled with billions of neurons, each with multiple dendrites. They used to think that the dendrites were interconnecting



cables, but scientists have come to discover that each one of these little dendrites within the neurons is actually a computer in itself. The computing ability of the human brain is much more than was previously thought. This makes sense, because we're going to be learning throughout eternity.

In Daniel 1, we read that after King Nebuchadnezzar had conquered Jerusalem, he took some of the brightest and the best of the nation and brought them with him back to Babylon. His plan was to train them in the language of the Chaldeans in the "University of Babylon," feeding them from the royal cafeteria for three years, and preparing them to be servants of the empire. However, the Babylonians ate things that God had told His people not to eat. Therefore, Daniel and his three friends asked to be given a special vegetarian diet. The man who was in charge of the eunuchs said, "I can't do that. I'm responsible for your health and education. If you start looking scrawny and sick, my head will be on the block." Nevertheless, "Daniel purposed in his heart that he would not defile himself with the portion of the king's meat" (Daniel 1:8), so they proposed to Ashpenaz, prince of the eunuchs, "Prove thy servants ... ten days; and let them give us pulse to eat, and water to drink" Daniel 1:12. He consented, and after the testing time, the Bible says they found their countenances appeared fairer and fatter in flesh than those of the other captives. Remember, they had just come across the desert. After three years on this diet, the king found them ten times wiser than all the magicians and astrologers who were in the realm. Daniel 1 closes by saying, "And Daniel continued until the time of King Cyrus." If Daniel was 15 to 17 years old when he was carried off to Babylon, this means he lived to about 100 years of age.

How interesting it is that this very important prophetic book should begin by making the point that Daniel and his friends had purposed they would take care of their bodies. Even though they were tempted by their surroundings and there were social pressures to face, they said, "No, we will not defile our bodies." This is a truth that has been lost by much of the Christian church, and it's an area where there needs to be revival and reformation.

What was the original diet that God designed for humans?

"And God said, Behold, I have given you every herb bearing seed, . . . and every tree in ... which is the fruit of a tree yielding seed; to you it shall be for meat [food]" Genesis 1:29. The original diet God gave to humanity was a vegetarian diet: fruits, grains, nuts and beans. After Adam and Eve sinned, they were evicted from the garden and unable to eat from the tree of life. At that point, God added vegetables to their diet. He said, "Thou shalt eat the herb of the field" Genesis 3:18.[\[1\]](#) Therefore, the original diet was a plant-based diet. The Bible does not

require you to be a vegetarian; after the flood, animals became part of the diet. However, a plant-based diet was the original design and will be the diet in heaven. We won't be killing animals to eat, because "they will not hurt nor destroy in all my holy mountain, says the Lord" Isaiah 65:25.

Why is God concerned with our physical health?

God loves and cares about the people He created. The ministry of Jesus focused largely on helping people. "Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people" Matthew 4:23. Jesus spent almost as much time healing as He did teaching. He wants us to be well. "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" 3 John 2.

Why is health important?

God communicates to us through our brains. One's brain is the bridge between the physical body and God. It is a spiritual organ. Even as we are reading this, we are taking in lots of stimuli, and our brains are processing and noticing the temperature of the room, smells, the lighting, etc. We are processing what is written and making judgments about it. The brain is also a physical organ, fed by blood. It's the origin point of all the nerves in our body. Taking care of our bodies makes our minds clearer. If our heads are clear, we can understand spiritual things better. It's easier for us to live a Christian life and comprehend the will of God if our minds are clear.

God gave the children of Israel a number of health laws when He brought them out of Egypt, and He promised that if they would serve and obey Him, He would remove all sickness from them. He also put them on a plant-based diet—they ate angel's food or manna from God every day. After 40 years of following the laws of health and sanitation which God had given



Moses, we read that in this nation of up to 2 million people, "there was not one feeble person among their tribes" Psalm 105:37.

“I am come that they might have life, and that they might have it more abundantly” John 10:10. God wants us to have an abundant, full life, like George did. At 90 years old, he was still barefoot water skiing, holding a banana in each hand and the rope in his teeth! He loved bananas and the color yellow, so they call him “Banana George.” He lived an abundant life longer than most people even live.

Of course, even when we take care of ourselves and follow all the health laws, we will eventually get old and die, but God doesn’t want us to spend the last thirty years of our lives dying. We read in the Bible that Moses climbed a mountain at 120 years old. The Bible says his strength was not abated, and his vision was still clear. Active, productive, clear—then at the end, he laid down and died. Isn’t that how we would like to go? Just go to sleep one night and that’s it? Of course, some illnesses are hereditary, and there are always accidents; but it’s no secret that the bad living practices in Western society cause heart disease, diabetes, hypertension and obesity. Often, the medication people take to treat those diseases makes them sicker, so they spend the last 30 years of their lives being sick. It’s overwhelming, the health-care system of our society. Congress can’t fix it, but a revival of the teachings of the Bible on health would fix the healthcare crisis in ten years or less.

“Your body is the temple of the Holy Ghost. Therefore glorify God in your body” 1 Corinthians 6:19. The Holy Spirit wants to dwell within us; and He wants us to take care of this miraculous machine that He has given us. Again, Paul says, “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God” Romans 12:1. “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God” 1 Corinthians 10:31. If it’s possible to eat and drink to God’s glory, does it make sense that it’s possible to eat and drink in a way that dishonors Him? A lot of people are eating and drinking things that are not bringing glory to God—things that harm their bodies.

Can Christians drink alcohol or smoke?

There is a reason that the liquor store sign says, “Beer, Liquor, and Spirits.” When people drink beer and liquor, they become possessed by other spirits—evil spirits. Their judgment is impaired and they say and do things they regret. I know from experience what it’s like to wake up in jail and not know how I got there. Some wake up and find out they have done terrible, embarrassing things they will never live down, or they’ve hurt somebody about whom they care, because an evil spirit took over while they were not in their right minds.

Why would Christians want to do anything that would lower their resistance to temptation? Noah drank and stumbled around naked. King

David tried to get Uriah drunk so he would act against his conscience. Lot drank and slept with his daughters. The Bible doesn't have anything good to say about alcohol. "Give strong drink unto him that is ready to perish" Proverbs 31:6. "Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise" Proverbs 20:1. God wants us to be wise. Alcohol is addictive



and destroys brain cells. It dramatically affects a person's ability to reason. Christians should never drink alcohol. A person can try to make a biblical argument that they drank a little wine in the Bible; but the unfermented, fresh grape juice was also called wine, so we could argue that it means the unfermented type. With the destructive influence in our society caused by alcohol, why would Christians want to lead someone else to stumble with the poor example of using fermented wine?

Now, what about smoking? We all know that murder is a sin, but what about self-murder or suicide? If we intentionally take poison that kills in 24 hours, is that a sin? What if the poison is going to take a week? Is that still suicide? What if it takes 20 years? At what point is it okay? Every pack of cigarettes warns us that smoking is known to cause cancer and birth defects. Tobacco is the second-most costly drug addiction in North America. I can relate to the struggle. Mark Twain said, "Quitting smoking is not hard. I've done it a hundred times." Staying clean is the hard part. I know the struggle! I would quit, then I would restart. I'd quit, and I'd start again. My mother smoked; my father smoked; my grandparents smoked; so I was addicted long before I picked up my first cigarette. It was easy for me to start. It was very hard to quit. Nevertheless, how much can we do through Christ? All things are possible. And He can give us the victory, whatever it is for which we need victory.

It's not just alcohol and cigarettes. Many people are addicted to opioids and drugs. God doesn't want us to abuse any drug. Now, are there some legitimate uses for medication? Yes, but some even abuse prescription drugs; they control their lives. The devil wants to enslave us, but God wants to set us free.

What will God do to those who defile their bodies?

“Ye are the temple of God. ... If any man defile the temple of God, him will God destroy” 1 Corinthians 3:16-17. Remember, Daniel purposed in his heart that he would not defile himself, and God blessed him with a clear mind, long life, and great ministry. In Daniel 6:3, the king saw that “an excellent spirit was in him.” He was spirit-filled and would not defile himself. Paul wrote that God will destroy those who defile the temple. He’s calling us to be holy, pure and healthy.

What animals did God say we can eat?

Although I encourage a vegetarian diet, I recognize that the Bible permits eating meat, within certain guidelines. “Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud, among the beasts, that shall ye eat” Leviticus 11:3. It needs to have a split hoof and chew the cud—both characteristics, not just one. Cows, sheep, goats and deer fall into that category. A camel chews the cud, but it’s got a paw, not a hoof. Pigs have cloven hooves, but they do not chew their cud. “And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is **unclean** to you. **Of their flesh shall ye not eat, and their carcass shall ye not touch**” Leviticus 11:7, 8. **Pigs are filthy.** Have you ever driven by a pig farm? The stench is unbearable! The Bible refers to the sow that was washed returning to wallowing in the mire (see 2 Peter 2:22). **Pigs are scavengers. God made some animals that way, to clean up the environment. They eat garbage. If you wouldn’t eat garbage, why eat the garbage can?**

Pigs can also transmit trichinosis. When the muscle tissue containing trichina cysts are eaten by humans, the cysts are digested in the stomach and release the larvae, which migrate to the intestine and begin a new life cycle. Female trichina worms live about six weeks, and in that time, they can release up to 15,000 larvae. The migration and creation of new cysts can cause fever, pain and even death. It can cause stiffness in joints and knees, and it’s often misdiagnosed. People think they have bursitis or arthritis when they really have trichinosis. It’s very common around the world. A nutritionist once said, “Bacon isn’t technically meat anymore. It doesn’t belong to any food group. It is a salty, nitrate-ridden, fat-laden, carcinogenic thing.” Why would you want to eat a carcinogenic thing? If you eat it simply because it tastes good, are you being controlled by the Holy Spirit or the flesh?



Some people argue that God designed humans to eat meat when

He gave us canine teeth. Gorillas, who have canine teeth, are vegetarians. So are hippos and elephants. The digestive system of a carnivore, such as a cat or dog, is very smooth and short. Vegetarian animals have a longer, more complex digestive system, and humans are in that category. We thrive on a plant-based diet.

The people who lived before the flood, such as Seth, Methuselah and Noah, measured their ages in hundreds of years. After the flood, all the vegetation was destroyed. Therefore, God took the clean animals on the ark by sevens. Of course, a few would be for sacrifices, and they were allowed to eat a portion of the sacrifice. Meat eating became a lot more common after the flood, and lifespans reduced rapidly. In cultures where people live the longest, meat eating is minimal, with the diet being based mostly on plants.

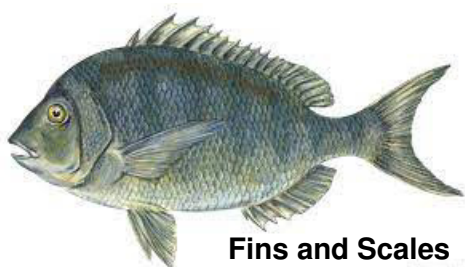
What about sea creatures?

What types of fish or seafood are clean, biblically? “These shall ye eat of all that are in the waters: whatsoever hath fins and scales . . . them shall ye eat” Leviticus 11:9. The Navy did some research during WWII, because a number of pilots and sailors ended up in life rafts in the ocean. They needed guidance about what they could and should not eat in the ocean. Their research confirmed what the Bible says about eating only fish with fins and scales; the fish that do not have such are either poisonous or are very toxic.

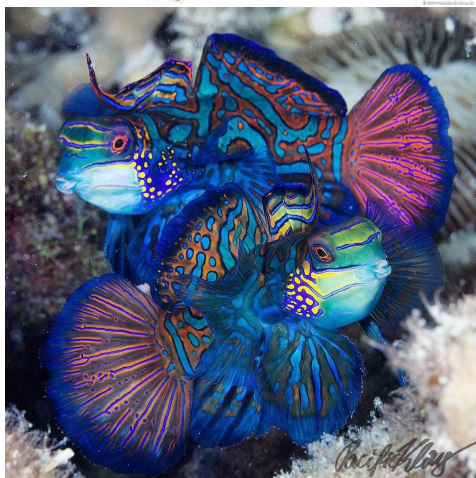
Scavengers tend to be very toxic. Catfish, which are scavengers, do not have scales. My brother and I used to catch catfish off my dad's back porch when we lived on Biscayne Bay in Miami Beach. Once, my brother poked his finger on the dorsal fin of a catfish, and it was so toxic, he could never bend his finger again.

Sharks have tough cartilage for skin. They're scavengers also. Tuna have very small scales, so it is clean, as are salmon, sardine, bass, perch and other scaled fish.

So what would be unclean? “All that have not fins and scales . . . of



Fins and Scales



Fins but no scales

all that move in the waters, and of any living thing which is in the waters, they shall be an abomination unto you” Leviticus 11:10. There’s no time in the Bible when God calls something an abomination in one part and it is then blessed in another part. Anything that’s declared by God to be abomination stays an abomination. This would include **crabs, lobsters, clams and oysters—basically, all non-fish sea life.**

What about the birds?

If you eat meat, what birds are clean? Biblically, it needs to be a foraging bird. The ones that are unclean are birds of prey or scavengers. “Every raven after his kind; and the owl, and the night hawk, and the cuckow, and the hawk after his kind” Leviticus 11:15-16. The scavengers, raptors, omnivores—they are all unclean. The foraging birds, like pheasants, quails, chickens and turkeys are all in the clean category.



Here is a buzzard, which is a scavenger bird, eating road kill, a skunk. Neither are fit for human consumption!

Aren’t the laws about the clean and unclean animals part of Moses’ ceremonial law, which ended at the cross?

In Genesis 7, God told Noah to bring the animals into the ark two by two. However, the clean animals went in by sevens. “And the Lord said unto Noah, Come thou and all thy house into the ark. ... Of every clean beast thou shalt take to thee by sevens, the male and his female: and of beasts that are not clean by two, the male and his female. Of fowls also of the air by sevens, the male and the female” Genesis 7:1–3. We don’t know exactly what that looked like. It might have been six cows and a bull. Some translations say seven pairs. Whatever way it was, there were more than two clean animals, some of which were either used for sacrifice, food, or reproduction. God made a distinction between the clean and unclean way back in the beginning before all the ceremonial laws were ever given to Moses. The clean and unclean rules were not just a part of the ceremonial laws. They were health laws that are still in effect to this day.

Blue Zones

The National Geographic did an article a few years ago called the Blue Zones, which talked about areas of the world where people live the longest. They came up with several groups of people, such as those living in Sardinia in the Mediterranean, Okinawa, Japan, and Sev-

enth-day Adventists that live in Loma Linda, California. There are many Adventists, concentrated around the university and the hospital. To what do they attribute the longevity of Seventh-day Adventists in that area? Their healthy lifestyle: following the biblical criteria for eating and, among other things, taking the seventh day of each week to rest. And they live a lot longer than the average American. “I was visiting a lady today that is 93 years old, and she’s still very active. One of my (Pastor Doug Batchelor’s) church members is going strong at 111 years of age.”

Does God say that eating unclean food is a serious offence?

“For, behold, the Lord will come with fire, and with His chariots like a whirlwind, to render His anger with fury. ... They that sanctify themselves, and purify themselves [declaring themselves sanctified and pure] ... eating swine’s flesh, and the abomination, and the mouse, shall be consumed together, saith the Lord” Isaiah 66:15, 17. God takes it very seriously.

What if we pray over it?

Some point out this verse: “For every creature of God is good, and nothing to be refused, if it be received with thanksgiving” 1 Timothy 4:4. They emphasize that all such foods are “sanctified by the Word of God” (see verses 3 and 5)—that they can be sanctified by prayer.

This idea that we are free from the laws of health because we prayed over our food and God blesses whatever we eat is not even logical. Would we accept that from our children? If our kids pour frosted flakes into their bowl, put a tablespoon of sugar on top, add a scoop of chocolate ice cream, then douse it all with caramel syrup, we would ask, “What in the world do you think you are doing?” Would we accept the answer, “Don’t worry, Mom and Dad, I’m going to ask Jesus to bless it”? Of course not! Then why do we think we can tempt the Lord by going against the basic principles of health in the Bible just because we prayed over it?

What about meat offered to idols? Wasn’t it okay for Christians to eat whatever meat was sold in the market? The Gentiles would present meat to an idol for a blessing, and afterward sell it in the marketplace for a profit. A good Jew in a Gentile market might want to buy a goat, turkey or sheep, but they were concerned the meat might have been offered to false gods before it was sold. Paul said to them, “Look, the idol is nothing” (see 1 Corinthians 8:4). If it’s sanctified by the Word of God, you can eat that goat, turkey or sheep, even if it was offered to an idol. If you’ve prayed over it, don’t worry about it.

It’s like eating Chinese food in Chinese restaurants. Many of them have a Buddha displayed in their restaurant. The cook or waitress

might be a Buddhist and say a prayer over the food before it is brought to the table, but it's not going to hurt us if they offered our food to the Buddha first; as long as we have made healthy choices and say our own blessing of thanks before we eat. That's what Paul is discussing.

Some will say, what about the vision Peter had in Acts 10? An angel told Cornelius, a Gentile, to send for Peter. Normally, Jews did not preach to Gentiles in those early days, but Cornelius sent messengers anyway. Peter was praying on the roof of the house where he was staying, and God gave him a vision of a sheet that came down from heaven



full of all kinds of unclean animals. God said, "Rise, Peter; kill and eat." Notice what Peter said: "Not so, Lord; for I have never eaten any thing that is common or unclean." And God responded, "What God hath cleansed, that call not thou common" (see Acts 10:1–15). This happened three times. As he was wondering what a vision like that could mean, the Gentile messengers knocked on the door and asked for him to come with them. Peter immediately understood the vision. (And it had nothing to do with food, or what we are allowed to eat.)

The Jews had considered the Gentiles to be unclean, especially Roman soldiers. Right there, Peter learned what God thought about Gentiles. He said, "God hath showed me **I should not call any man common or unclean**" verse 28. He didn't say God told me not to call swine, snakes and dogs unclean, but **not to call any man unclean**. I repeat: this vision had nothing to do with clean and unclean foods! It had everything to do with taking the gospel to the Gentiles.

What's a good basic health rule for Christians?

"Every man that striveth for the mastery is temperate in all things." 1 Corinthians 9:25. When you think about temperance with food and drink, think in the context of a traffic light. A green light means go, red means to stop, and yellow means caution. Some things are absolutely "no." We're not supposed to eat what God calls an abomination. If we are going to eat clean meat, that is a yellow light; do it in moderation. There are a lot of treats that are okay from time to time, but if we are eating desserts with every meal, it's going to start to show. And of course, some foods have the green light as long as we are temperate.

In October 2017, the Centers for Disease Control and Prevention [CDC] released a troubling new report showing that almost 40% of American adults and nearly 20% of adolescents are obese—the highest rates ever recorded in the U.S. And the statistics continue to get worse. We're being destroyed by abundance. It used to be that people were dying every year because of malnutrition and starvation. Now, more people in our country die from overeating. The Bible is clear: "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap" Galatians 6:7.

One of the big offenders is soda. A friend of mine I had not seen for



a while had lost 30 pounds. I said, "Brother, you look great! What did you do?" He said, "I did one thing: I stopped drinking soda. That's all I did. I don't exercise more. I didn't change my diet. I just gave up soda and I lost 30 pounds." You see kids all the time walking around nursing a soda pop, and

they're struggling with obesity, which often leads to diabetes. They start getting sick before they even begin to live. This is not God's plan.

Are Bible health principles still practical today?

Look at some of the principles God gives in His Word—very simple things. There are quarantine procedures to control contagious diseases (see Leviticus 13:46). Have you heard about the Ebola crisis? They found the prevention by using the quarantine guidelines in Leviticus.

Human body waste should be buried (see Deuteronomy 23:12-13). It's simple sanitation. Most countries have a place designated for restroom needs. I've been to a few places where there are not designated places for a bathroom, and they have all kinds of disease problems.

Washing the body inside and out controls germs (see Leviticus 17:15-16). Drink lots of water—good, pure water; and take baths.

Moral living prevents sexual disease (see Leviticus 18; Proverbs 5:1-12; Colossians 3:5-6). That's a self-evident truth.

Both the Old and New Testaments say that animal fat and blood should not be eaten (see Leviticus 3:17; 7:22-24; Acts 15:19-20).

It's not just the food we eat. Hatred and bitterness are detrimental to one's health (see Leviticus 19:17-18; Proverbs 15:17; Hebrews 12:14-15). Some people are sick because of what they are eating; a lot of people are sick because of what's eating them. They are mad and bitter; they keep nursing grudges and can't forgive. This affects their stress level and thus their health.

Our bodies need proper rest (see Psalm 127:2; Mark 6:31). There has never been a time when people are so short on sleep as they are now, because of computers, florescent lights and so much more to entertain. People are not resting, and it is shortening their lifespan.

Exercise and work are important. God put humanity in a garden, to dress and keep it—to work with the plants (see Genesis 2:15). He wants us to be active, so we need to stay busy doing good things. God gave us bodies with muscles; if we don't use them, they atrophy and our bones get weak. It's very simple: **use it or lose it.**

Have a positive attitude. The Bible says a happy spirit is health to the bones (see Proverbs 17:22). Keep in mind that the life we live will influence others. Our parents' habits will affect our children unto the third and fourth generations (see Exodus 20:5; 34:7), so be a good example. A lot of people say, "Well, I just inherited this metabolism; that's why I struggle with my weight." However, what they actually inherited was the living practices of their parents; they end up with the same health issues as their parents, then pass those on to their children.

How can I make these changes that God wants me to make?

The Bible says He will take away "the detestable things" (see Ezekiel 11:18). And notice this: "I will give you one heart, and I will put a new spirit within you, ... that you may walk in My statutes, and keep Mine ordinances" Ezekiel 11:19-20. How can we do it? He puts a new spirit within us. I know it's difficult to make changes in our lives. I was addicted to ice cream for forty years. I shared my story in the sermon "Cold Confession" (available on YouTube). I'm not saying ice cream is a sin for everyone, but it was for me. I was addicted and struggled; it was a real battle. I had to have ice cream every single day. It wasn't until six years ago when I was finally able to be free; I know what a struggle is. It did not look like it was hurting me, but I knew it had a grip, and I finally gained the victory. God wants to give all of us victory; whatever our struggles are, we can pray and ask Him to help us overcome.[2]

[1] A fruit is anything that is the product of a blossom; anything that comes from any other part of the plant, whether it's the stalk, the leaves or the bulbs is a vegetable. We understand that "herbs" in Genesis 3:18 refers to vegetables.

[2] Used by permission of Pastor Doug Batchelor and Amazing Facts.



Coffee—As God intended

By Martin Bernar

Antioquia, Colombia, is one of my favorite places in the world. Antioquia is a province in Colombia renowned for its stunning natural beauty and coffee plantations. The country produces the world's best coffee, and Colombians are proud of their coffee culture. Coffee farms surround Antioquia's largest city, Medellín. Forbes magazine named Medellín as one of the world's coolest cities to visit back in 2018. The surrounding coffee farms are part of the tourist draw; they're picturesque. Although I'm no coffee addict, a coffee farm visit is a must in Colombia. Little did I know I would become a coffee aficionado [enthusiast], but let's go back to the beginning ...

Coffee beans are harvested by hand, for the same reason that strawberries are hand-picked. The coffee berries do not all ripen at the same time; so the picker has to pick only the red ones, while leaving the green ones on the vine. It is a slow process, and pickers get paid very little. The coffee farmer also gets paid very little. Coffee should cost several times the amount it costs today so growers and harvesters can receive a decent return for their efforts. The farmers often subsidize their earnings with banana or tomato production, just to survive.

Many farmers allow you to pick some coffee berries. I thought I would be able to pick one basket full but was exhausted after picking only a third of a basket. Then my hand-picked coffee berries went into a processor where a machine separates the pulp from the pit—the coffee bean. Each berry has two pits or seeds. The coffee beans are then laid on a special platform to be sundried. When I asked what is made from the delicious pulp, I was in for the shock of my life: It is discarded for compost.

“But it’s a delicious fruit!” I protested. “Yes,” replied the farmer, “it is delicious, but consumers want only the pits [coffee beans],” His wife later shared that she uses the fruit in her homemade cakes, but there is no other commercial use, so the sweet, delicious fruit is discarded for compost, later used to fertilize new coffee plants.

It is as if you harvested peaches or plums, threw away the pulp, and used only the pit for consumption. How upside down! Nevertheless, that is exactly what is happening with coffee berries. Could we pervert God’s plan any better? The coffee fruit tastes delicious and is meant to be consumed, not the pit. As I returned home, I searched the internet and could find very little information on coffee fruit. I found only one company that dehydrates the fruit and grinds it into powder which is used as an antioxidant to be added to other fruit drinks. I have never seen coffee fruit jam in any country. It would be a health food at its best and sweet enough without adding extra sugar.

Coffee berries are perhaps the planet’s most forgotten fruit, hiding in plain sight. While coffee is the world’s most popular beverage, most people have not heard of coffee fruit. What we know to be coffee beans is actually the seeds of a delicious fruit. The seed is a very hard piece of wood that can only be cracked with a hammer. Its hard structure is compromised only after roasting, just as any piece of wood disintegrates when burned. The burned (roasted) coffee seeds is then ground into powder.

Coffee drinkers run water through the burned wood, which results in a dark slush, “coffee.” The process itself tells us this was never meant to be. Why would a slush derived from burned wood become the world’s most popular drink? The answer is simple: it contains the addictive substance, caffeine, which God never intended to be consumed.



Yet, the most valuable and delicious part of the plant—its fruit—is discarded. I left the coffee farm with a sense of sadness. We humans tend to twist everything God makes.

The following text came to mind: “There is no class guilty of greater perversion and abuse of His precious gifts than are those who employ the products of the soil in the manufacture of intoxicating liquors. The nutritive grains, the healthful, delicious fruits, are converted into beverages that pervert the senses and madden the brain” (*Counsels for the Church*, 102). While coffee is no liquor, the principle applies. We employ the products of soil intended for our nutrition to produce intoxicating substances.

The coffee plant has a purpose. It bears delicious fruit whose red pulp has free-radical-fighting antioxidants. Antioxidants help maintain our body’s natural protection against oxidation, a potentially damaging process. In other words, antioxidants are like our body’s bodyguard.[1] Coffee is a healthy, low-calorie fruit, which may protect from ailments such as type 2 diabetes, Parkinson’s, and liver diseases.[2] It is a true superfood; a juicy secret full of nutrition. After my coffee farm visit, I have become a coffee fruit aficionado [enthusiast].

If you ever travel to areas where coffee is produced, do stop by a coffee farm. The coffee fruit grows year around. So whenever you visit you will always find ripe, red berries that not only taste delicious, but are a nutritional powerhouse. **It is coffee as God intended.**[3]

[1] www.drinkbai.com/whats-inside

[2] www.pastemagazine.com/articles/2015/06/coffee-fruit-natures-wasted-superfood.html

[3] Used by permission of Steps to Life Landmarks and the author.

THE MOST EVIL PLAN EVER HATCHED IN 3 EASY-TO-UNDERSTAND STEPS

STEP 1

**TRICK PEOPLE INTO BEING AFRAID OF A FABRICATED
THREAT FOR AN ENTIRE YEAR SO THEY GIVE AWAY
THEIR RIGHTS AND FREEDOMS IN EXCHANGE FOR A
PERCEPTION OF SAFETY**

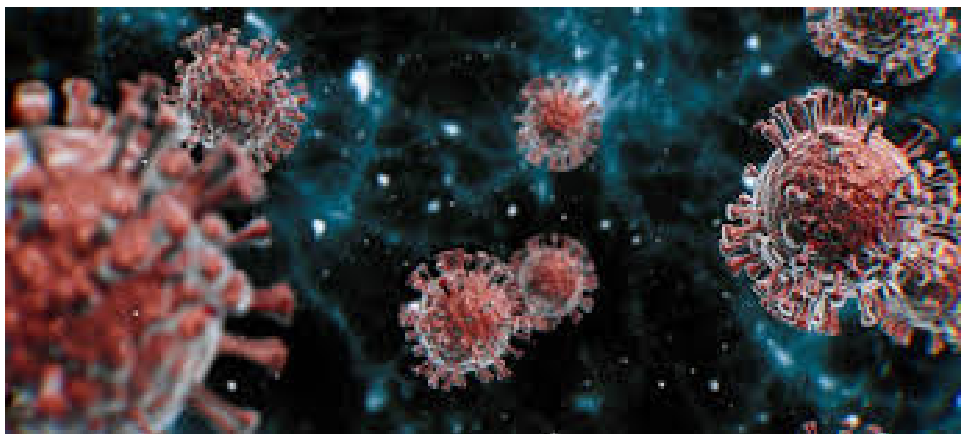
STEP 2

**TRICK PEOPLE INTO TAKING A POISON THAT THEY
BELIEVE WILL PROTECT THEM FROM THE FABRICATED
THREAT AND WILL ALLOW THEM TO REGAIN THEIR
RIGHTS AND FREEDOMS THAT THEY GAVE AWAY**

STEP 3

**WHEN PEOPLE START GETTING SICK AND DYING
FROM THE POISON, TRICK THEM INTO BELIEVING THE
FABRICATED THREAT HAS MUTATED SO THEY TAKE
MORE POISON AND PERMANENTLY GIVE AWAY THEIR
RIGHTS AND FREEDOMS**

WILL YOU ALLOW THIS EVIL PLAN TO PROCEED?



The Deadly COVID Cytokine Storm

By Milton Teske, MD

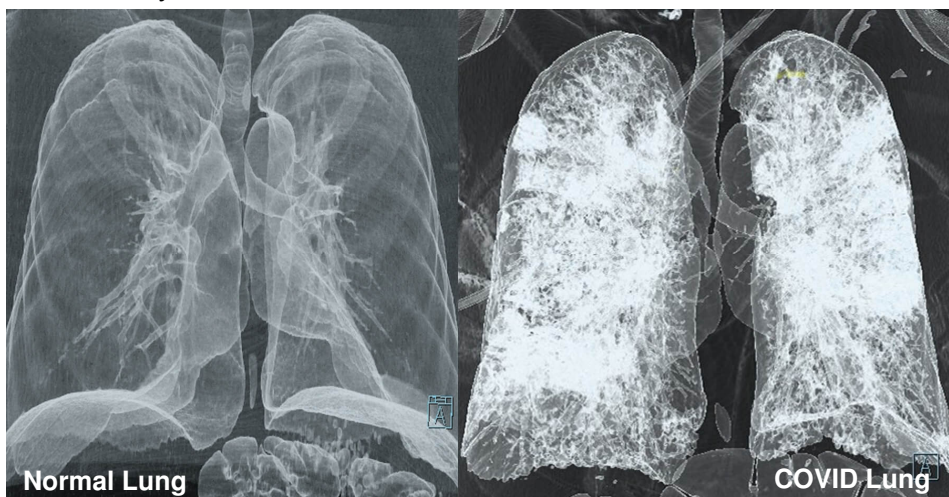
Evil minds, inspired by Satan, the architect of all suffering and death, have created a bioweapon, now let loose upon the earth. In tightly sealed suits and helmets, looking more like space aliens from another world, breathing highly filtered air, and with only a thin membrane separating their skin from the microbes they cannot see, they carry on their nefarious work. Using the new tools of genetic engineering, they cut and paste pieces of genetic code. Working with an already-known, deadly coronavirus, they make numerous small modifications to the code that will build its spike protein. The spikes on the virus surface are structures that attach to a human cell, break through the protective cell membrane, then inject the viral RNA code into the cell. By taking some pieces of code from an HIV virus and inserting them where they will alter the distal surface of the new protein spike they are building for the coronavirus, they have now transformed the virus into an extremely contagious, highly infective pathogen. You might remember the SARS epidemic a few years ago that, although deadly, died out and disappeared after infecting a few thousand. Now, that same virus with the new modified spike protein is already infecting millions around the world with hundreds of thousands of deaths—and it is still spreading.

Unlike Any Other Microbe on This Planet

COVID can attack anything in the body with devastating effects. The transition from mild flu-like symptoms to severe hypoxia, fever, tachycardia, and hypotension can be quite rapid. The mechanisms of this rapid deterioration are still a mystery. This virus behaves like no other virus ever encountered by human beings. It appears that the body's immune system, designed by the Creator to protect us from microbial threats, can become deregulated. This dysregulated immune system,

pushed over the edge by the COVID virus and other factors, spirals out of control, releasing a flood of cytokines. These cytokines are messenger molecules communicating the complex orders for the deadly warfare intended to save our lives. These messengers come in many different forms: interferons, interleukins, tumor-necrosis factors, chemokines, and others. However, the consequences of these orders can be deadly, much like the military commander being overrun by a large enemy force who calls in an artillery barrage or airstrike on his own coordinates.

Once a COVID virus attacks a cell and injects its RNA into the cytoplasm, that cell is doomed and becomes transformed into a virus factory producing thousands of viruses. The wall of this doomed cell will then be dismantled, releasing a swarm of new, highly infective viruses. The cytoplasm of the cell, along with all its essential organelles, pours out through the ruptured cell wall. The life of the cell is over; it is now just cellular debris scattered on the battlefield. The only effective strategy is for the body to immediately destroy an infected cell before viral replication can proceed. There are cells called Killer Ts in our blood, which are very capable of doing just this. And it is the complex cytokine messages that activates these Killer T cells that can become dysregulated into the cytokine storm that causes such severe destruction. While we do not understand the mystery of how COVID does this, the effects of it are very obvious.



Lung Destruction

In the lungs, this over active immune attack can inflict very heavy damage, destroying the respiratory epithelium quite rapidly. The little air sacs in the lungs fill up with a soup made of cellular cytoplasm along with the fragments of cell walls and other parts of the cell remaining from their destruction by the attacking Killer Ts. This battlefield debris filling the lungs appears as white patches on a CT scan (called ground

glass by radiologists). As the damage becomes more widespread, the lungs can no longer fill with air, resulting in shortness of breath or air hunger, along with severe hypoxia. The cytokines also produce fever, chest pain, and body aches, as well as rapid heart rate and breathing.

This acute respiratory distress syndrome (ARDS) can rapidly become fatal. About half of those who get COVID ARDS will die. Doctors in the ICU will use high-flow oxygen and, if needed, place patients on a ventilator to try to maintain enough oxygen to save their lives. They will also use high-dose steroids, monoclonal antibodies, or other biologicals, all in attempts to block the overreacting immune system. They will also use convalescent serum (serum full of antibodies against COVID donated by patients who have recovered) to kill the viruses directly.

Vascular Epithelial Damage

The cells lining the blood vessels are also a target of this destructive attack. They have a special protective coating called a glycocalyx, which prevents blood clots from forming on the vessel walls. With the destruction of this protective layer, the blood starts forming small blood clots in the arteries. In the lungs, these small clots form pulmonary emboli, blocking blood flow and resulting in even more hypoxia. This is one of the reasons ventilator settings need to be different for COVID patients compared to other pneumonia patients. It is also the reason that so many patients placed on ventilators eventually die.

About half of those who die from COVID die from heart failure. As blood clots form in the coronary arteries, they cause heart attacks. Lack of blood flow to the brain can cause headaches and confusion and can progress to strokes with permanent loss of function or death. Legs or arms can clot off and die, resulting in amputations. The kidneys and the liver can also be destroyed by this mechanism as well as experiencing direct damage from the virus. Even the rash known as COVID toes is due to micro clots in the skin (these micro clots are non-life-threatening and will dissolve).

Mortality and Risk Factors

The mortality rate for COVID is about 0.26%. That is twice as deadly as the influenza. However, to look at it another way, that means if you get COVID, your likelihood of **not** dying is 99.74%!

With that said, who dies? We know certain underlying conditions are major risk factors. Diabetes, high blood pressure and atherosclerosis are the main ones. Interestingly, they are all conditions with damaged artery walls, leaving them very susceptible to the clot formation and micro emboli that are seen in most autopsies of COVID deaths. Although it was initially assumed asthma would be a major risk factor for severe COVID pneumonia, it has not turned out that way; asthma sufferers are

at no higher risk than the general population is. Asthma does not affect the artery walls.

Risk Reduction

We know for those who follow God's original plan, a simple plant-based diet without added refined, factory-processed foods can completely restore a badly damaged glycocalyx—sometimes, in only 30 days.^[1] Therefore, not only can you become heart attack proof, but also more unlikely to develop the clots or micro emboli from a COVID infection. This same diet has also been shown to be excellent at stabilizing the immune system, making progression to a cytokine storm very unlikely.

God has designed our immune systems to protect us from plagues and pestilences until the end of this world. If we trust Him and walk in obedience to His directions, we have no need to fear whatever microbes Satan may create and release upon this world.

Fear

Beyond the death and misery this virus has brought upon the world, the greatest damage is beginning to be seen as the massive destruction of liberty and freedom, as the various political forces use this pandemic [plandemic] as a means to further their grasp of power and control. The wealth and economic freedom given to the world, especially to the United States by the Protestant Reformation and its economic system of capitalism, is being swept away by lockdown orders. The middle class, with all its small businesses and independence, is being eliminated, while massive government cash handouts are making dependent slaves of multitudes. Churches and schools are closed, while violent protesting, looting and crimes of all kinds go unpunished.

Is wearing a mask a symbol of submission to a power poised to move ahead with forced vaccinations and mass surveillance of all private citizens? Certain viewpoints are being censored on social media and in the news. Freedom of speech is being replaced by political correctness. Fear makes many willing to trade liberties for security. Massive political and social changes are becoming our way of life in this world.

However, we know God is in control. "Above the distractions of the earth He sits enthroned; all things are open to His divine survey; and from His great and calm eternity He orders that which His providence sees best" (*Testimonies*, vol. 8, p. 272).

We have nothing to fear from this virus of Satan's creation. We have no need to fear illness or death from this microbe as long as we walk in obedience to His commands through faith in His mercy, love, divine power and gifts to us. Neither have we any reason to be fearful of all



the plotting and conspiracies as they appear to triumph in crushing out the liberties of the people.

Jesus said, “My kingdom is not of this world.” We have no stake in either side of the current political divide. We are citizens of another heavenly world, and have a mission to accomplish while here amid the scenes of strife increasing around us. Our only fear should be in failing to be fully persuaded that He loves us and will give us His Holy Spirit as He promised. To abide in Christ and have Him

abide in us must be the all-consuming motive of our lives. When we truly know His power and intense personal love for us, we will be enabled to walk by faith, and with full confidence and assurance, we will be able to say, “Though I walk through the valley of the shadow of death, I will fear no evil” Psalms 23:4.[2]

“A thousand shall fall at thy side and ten thousand at thy right hand, but it shall not come near thee” Psalm 91:7.

- [1] The glycocalyx, also known as the pericellular matrix, is a glycoprotein and glycolipid covering that surrounds the cell membranes of bacteria, epithelial cells, and other cells. <https://en.wikipedia.org/wiki/Glycocalyx>
- [2] We endeavored to reach Dr. Teske for permission to print this article, but we were unable to make contact. We hope he will forgive us for taking liberty to print without permission.

The Brain's Rinse Cycle

By Dr. David Eifrig

Your brain is a washing machine. Granted, it's an incredibly complex, highly developed washing machine, but the cleaning aspect is roughly the



same. There are still many mysteries of the brain—a lot we don't understand. However, we have learned about its self-cleaning features and its correlation to Alzheimer's prevention.

A study recently published in *Science* magazine shines light on just how this works. The researchers focused on measuring fluid in the brain called cerebrospinal fluid (CSF). This is a clear liquid one's brain makes out of our blood. It washes over and through the brain and spinal cord.

We know CSF cushions the area and carries nutrients around, but that's all we really thought it did—until now.

This study from Boston University, figured out CSF also clears toxins and waste out of our brains while we sleep. The researchers used MRI tests to watch participants as they slept. What they learned was that the CSF came in waves, washing over the brain in repeated cycles, almost like a slow rotating, washing machine. More interesting than that was the brain sent an electrical signal just before the wave started. This signal pattern matches something we've already seen: the slow brain waves we produce during deep sleep.

There are two types of sleep: non-REM "deep sleep" and REM "dream sleep." (REM stands for "rapid eye movement.") Deep sleep happens during the first half of the sleep cycle. It's during this time of rest when the body repairs itself. The body releases growth hormones and repairs proteins. This is why a person's workout routine continues during sleep. The body repairs and regenerates the muscles as one sleeps. This also shows why sleep is just as important for building muscle as is weight-bearing exercise.

Deep sleep is also when a person builds memory. This type of sleep helps the brain transfer memories from the short-term storage area in the hippocampus to the long-term storage area of the cortex. One needs to sleep to form these memories.

We already know deep sleep is restorative for our bodies, but it's also the restorative cleaning cycle for our brains. Here's the kicker: folks with Alzheimer's have reduced deep sleep brain waves. The Boston University team believes this is the connection: if you don't get enough deep sleep, you lose the ability to turn on this wash cycle with CSF. Then waste builds up and leads to the hallmarks of Alzheimer's: "tangles" and proteins.

An Alzheimer's diagnosis has three defining characteristics:

1. Memory impairment
2. Plaque buildup in the brain tissue
3. "Tangles" of phosphorylated tau proteins

Both the amyloid plaque (a general term for naturally occurring protein fragments; these are hard, insoluble accumulations of protein which clump together between the nerve cells or neurons) and tau tangles can be seen on medical scans. These are the defining traits that distinguish Alzheimer's from less-severe cases of dementia. If this sounds familiar, it's because we talked about a "trash disposal" in our brains that could slow Alzheimer's. We've written



before about something called the "glymphatic system." It didn't appear in medical journals until 2012; and it wasn't until just a year or two ago that it started to be more widely studied. This system is a network that runs through our brains and clears out trash and waste.

Guess what: the glymphatic system includes our CSF pathways. We already knew that sleep turns on the glymphatic system. What we didn't understand was how it worked. This new research finally answers that question. That is why sleep—deep, quality sleep—is so crucial for our health. We now have a pile of evidence showing good sleep prevents Alzheimer's. (I know, young people don't worry about this disease, but the best prevention starts when a person is still young.)

Twice a year, we reset our clocks. That means we mess with our sleep cycle. Nevertheless, don't let this interfere. One of the best sleep tips is to stick to the same bedtime. Training the body and brain to rest at a certain time will lead to an easier time going to sleep and getting into the deep restorative phase.

Make sleep a priority. Don't let social obligations interfere. Consistent bedtime sleep is one of the best ways to take care of the brain.

Here's to our health and wealth!

We Praise Thee with Our Minds

By Hugh T. McElrath

We praise Thee with our minds, O Lord,
Kept sharp to think Thy thoughts;
Come, Holy Ghost with grace out-poured,
To teach what Christ hath taught.

In all our learning, may we seek,
That wisdom - from above;
Which comes to all: the brave, the meek,
Who ask in faith and love.

We praise Thee through our bodies, Lord,
Kept strong to do Thy will;
Thy Spirit's temples, which afford,
A means to praise Thee still.

We give ourselves - a sacrifice,
To live as unto Thee;
For Thou alone hast paid the price,
To bring salvation free.

We praise Thee in our hearts, O King,
Kept pure to know Thy ways;
And raise to Thee a hymn to sing,
Eternally Thy praise.

Although adoring hearts will bow,
As age on ages roll;
We praise Thee in our beings now,
Mind, body, heart and soul.