



“...whoever would be great among you must be your servant.” Mark 10:43

Carol & Dick Cover/701 N Lincoln St/Northfield MN 55057/507-645-7202

Guests at God's banquet: our manners are showing

One of my favorite news-magazines [we receive three] is *The Jerusalem Report*. I clipped an article from the October 7, 2002 issue that I want to review. In an article called “Guests at God's Banquet” Jeremy Benstein, fellowship director of the Abraham Joshua Heschel Center for Environmental Learning and Leadership in Tel Aviv, comments on the Torah portion for the sabbath on the 5th of October last year: Genesis 1:1 to 6:8. He begins:

“What are the opening chapters of Genesis about? Many people today read them as science—a factual description of the creation of the world. For others, they are ancient Middle Eastern mythology, or a piece of intellectual history—a canonical text that has helped shape the West. For still others, they are theology—God's word telling us primarily about God: divine mastery and mystery....”

Benstein quotes the late scholar Rabbi Abraham J. Heschel who saw the Bible as ‘God's anthropology’—a God's eye view of people.

“Applying that perspective to Genesis illuminates some of the key issues confronting humanity today....Genesis provides striking insights into

the question of global sustainability—how to live responsibly in this world so we and coming generations can prosper.

“Environmentalists shudder when reading Chapter 1 of Genesis, which contains that nasty command: ‘Be fruitful and multiply, fill the earth and conquer it, and have dominion over the fish of the sea, and the birds of the heaven, and all the beasts that crawl on the earth.’ Actually, 3,000 years ago this must have been an uplifting blessing, promising hope and dignity for a society with a short average life span and a great susceptibility to natural threats. Only recently have we fulfilled this ‘blessing’ beyond any pre-modern's dreams.

“Chapter 2, a strikingly different portrayal of creation, provides the crucial counterpoint, giving human beings the task of ‘*le'ovdah*’ the garden, and by implication, the earth. The Hebrew phrase has been translated as ‘to work and to guard,’ ‘to till and to tend,’ ‘to work and to watch,’ ‘to serve and preserve.’ All point to the contemporary concept of sustainable development. Working the land is crucial for human flourishing—but guarding the earth is the critical complement. We

need to guard the results of our work. In the struggle for the earth's fruits, we sow the seeds of our own, and the world's destruction—unless we temper our toil with responsibility and concern for posterity....”

In the next section, Bernstein considers some rabbinical points of view on why Adam was created last. Was it because the human was the “pinnacle and purpose of creation”? Not necessarily. Adam was created last, says one rabbi, so “heretics can't claim that God had a partner in Creation.” Although “we are created in God's image, and charged with imitating God, we are not God, and must not appropriate for ourselves God-like powers of creation. People who oppose wide-scale genetic engineering share this gut concern.”

Another rabbi caustically addresses the question of why Adam was created last: “If the human should get too haughty, he should be reminded that the gnat preceded him in Creation.”

I like the last answer: “Like a mortal king who builds a palace, sets the table, and only then invites the guest of honor,” God, the King, invites us to be guests of honor at his feast.

“Just think,” says Benstein, of what you would and wouldn't do as a guest in someone else's home. How much would you eat from their table—even if you felt it were a banquet laid for you? Would you chop up the furniture for kindling? Kill the pets? Deny other guests their share of the host's bounty? Whether we base this sensibility on belief in God or not—we are indeed guests, here for a twinkling in the cosmic long haul. We continue acting as the haughty master of the house at our peril.”

Our core values are always posted on our website. We haven't printed them in our newsletter recently. You will find them on page 4, and relevant to this story. We agree with the conclusion above, if not the whole article. Environmental ethics and sustainable agriculture and other development policy should be based on the understanding that we need to be well-mannered guests at God's banquet. Even better would be to **serve** in humility as Jesus did. Although he was the Master of the universe, it was he who girded himself with a towel and washed the feet of disciples—those who liked to argue about who was greatest. Jesus came to serve—can we do less? +++

Announcing the OHS keynote speaker: Gordon Tessler PhD

"Myth #5:

Combining exercise with a low calorie diet is the perfect marriage that guarantees weight loss.

"Low calorie diets are low energy diets! Who feels like exercising on a starvation diet? If you did not feel like exercising before dieting, what makes you think you will feel like exercising on a diet that does not even support basic body functions? On a calorie-deficient diet the body wants to conserve energy, not increase its activity by exercising more." Gordon S. Tessler PhD, ***Breaking the Fat Barrier.***

You may remember that last quarter this page was devoted to a review of some thoughts by Gordon Tessler PhD on biblically clean and unclean meats from his book, *The Genesis Diet*.

If you are someone who has attended one or more of the Optimal Health Seminars we have hosted at St Olaf College every even year since 1994, you will be interested to know that we have just received confirmation that Gordon and Laura Tessler will be our Thursday/Friday speakers at the end of July 2004. If you keep a two-year calendar, now's the time to circle July 29-31, 2004. If you don't, don't worry; we'll probably remind you in most issues of *ink spots* between now and then.

For several years I have used Dr Tessler's video, *Eating God's Way: the Biblical Foundation for Optimum Nutrition*, and his book, *The Genesis Diet*, in our classes. We feel we know Laura from her introduction of her husband in the live seminar he is doing in the video. More recently I have purchased her 268-page cookbook, *Cooking for Life*. We were pleased to learn that Laura Tessler is a

frequent seminar speaker as well. The last husband/wife team we had, Dane and Vicki Griffin PhD, were with us in 2000. It's helpful to see how nutritional teaching plays out in family life when both members of the couple have their own gifts and areas of expertise.

Dr Tessler has another book, *Breaking the Fat Barrier*. Chapter Two addresses common myths about dieting. Myth #1 is "*Eating too many calories causes you to become overweight.*" Although all of Laura's recipes in both books include calorie counts, they also list fat grams, carbohydrate grams, protein, cholesterol, sodium, and dietary fiber.

When the US Department of Agriculture and the US Department of Health and Human Services published "Nutrition and your Health: Dietary Guidelines for Americans" they noted that 42% of all calories in the American diet come from dietary fat.

There is little obesity in China, even though the Chinese typically consume 20% more calories than Americans, but only 15% of those calo-

ries are from dietary fat.

If you have ever felt condemned comparing yourself with thin people because you think that they have self control and you don't, you will be encouraged by Dr Tessler's answer to Myth #6: *Your dieting efforts failed because you did not have enough will power.* Although some weightloss programs promise that you can lose all your excess weight by going on their low-calorie plans, you soon discover that restricted calorie "diets don't work because starvation is against the basic instinct to live." He notes that our culture's preoccupation with dieting gives quite an advantage to the diet industry since they "are practically guaranteed repeat customers." Of course the best part of the book is not the myths but the practical solutions Dr Tessler offers.

We are certain that you will like Dr Tessler's gentle spirit and his common sense approach to discovering and maintaining good health. We're excited to be able to host the Tesslers, and we hope that many of you will make plans to join us in July 2004. +++

When you create your own healthy eating program, you discover the power of eliminating habits that do not serve your body well

Recent issues of the *Reader's Digest* introduced a dietary program called "Change One." In the 10-week *Let's Be Well* term which we have just completed, fourteen participants experimented with creating their own personal **change one** plan by writing a goal of their own choice for each of the ten weeks. Using a food journal based on the biblical food pyramid in *The Word on Health* by Dr Michael Jacobson, our textbook, we diligently recorded categories of foods we ate and wrote down a new goal each week so that by the end of the term we had made ten changes.

Sooner or later, each of us decided that we needed to deal with our love/hate relationship with sweets. Dr Jacobson allows three sweets per week. Some participants learned that was too many. Those who were ruthless in eliminating consumption of any sugars at all, even honey, experienced a greater sense of well being, fewer symptoms of arthritis and/or fibromyalgia, and less depression or brain fog.

Please note that *Let's Be Well* also teaches that healthful living includes plenty of fruits and vegetables in a balance of raw and cooked, adequate amounts of clean water, and other components that support a healthy lifestyle, such as rest before mid-

night and a weekly sabbath, fresh air, sunshine, and exercise, especially walking. All of these disciplines **replenish** our bodies and complement the good changes we have made when we **eliminate** processed foods and other poor dietary choices.

Research has shown that those who design their own dietary programs are more successful at maintaining weightloss than those who follow a prescribed program. What we liked about Dr Jacobson's book was that he gave us sound principles to work with, but let us choose foods that suited our personal preferences. One member of our class even designed her own food pyramid taking into account the several models we have considered in class: the Hallelujah diet, Weigh of Wisdom, the Mediterranean diet, and Dr Jacobson's. *Let's Be Well* is a **workshop**. Those who work at it make the most progress.

I still have a few copies of *The Word on Health*, so let me know if you'd like a copy. Twenty-one dollars will cover the cost of the book, including shipping. Every member of the class commented on how scholarly, yet practical the book was. Or, join us in 2004 for spring semester. We now offer distance learning and had three participants from Western MN this term taking the class by video. +++

Question and Answer—

Quick spots: what about Coral Calcium? Everyone's promoting it.

Not I, thank you. Have you ever seen coral reefs? They are magnificent. I am concerned, and so are the editors of newsletters like *Environmental Nutrition*, about the kind of environmental damage that the proliferation of companies harvesting coral calcium might be causing.

Just because something is trendy doesn't mean that it makes any sense. Humans are not designed to eat rocks. In my parents' era, it was dolomite, which was later shown to contain lead. Dave Frahm, who is a doctor of naturopathy, in this month's issue of *HealthQuarterly*, tackles the question:

Q: *I am lactose intolerant and have next to no calcium in my diet....What do you think of Coral Calcium? I've taken it for a week or so, but feel my heart races often on the days I take it. I know it is the rage on TV these days, but I'm skeptical..*

A: *You don't get calcium from dairy products, due to the fact that they burn to an acid ash after digestion. Since the bloodstream*

needs to stay slightly alkaline to remain in good health, the body robs the bones of calcium in order to alkalinize the acidifying impact of dairy. By the way, everyone is lactose intolerant. Nobody should be doing any dairy products, with the possible exception of organic butter, plain yogurt, and plain kefir. Every one tests strong to these. Calcium is a mineral from the earth found in all plants. Broccoli and leafy greens are the very best source. I've never tested anyone strong to Coral Calcium. [Dr Frahm tests with muscle response testing: MRT]

The biggest animals on the planet get their calcium from grasses and grains. Personally, we find that BarleyLife is a green grass product that nature has balanced to contain high quality protein; 10 vitamins including B12; eight important minerals including calcium; enzymes; and chlorophyll. More information can be found on our website, and for heartwarming testimonies and a carefully-researched comparison of BarleyLife with another barley product, we'd encourage you to visit Andrew Foote's website: www.itsyourhealth2.com. +++

Let's Be Well, Inc

...serving health seekers since 1992. How may we serve you?

Carol & Dick Cover/ 701 N Lincoln St/
Northfield MN 55057/ 507-645-7202

Tollfree: 877-6-BE WELL

Fax: 507-645-2594

Email: letsbewellinc@cs.com

Website: www.letsbewellinc.com

Disclaimer: Materials and information, whether oral or written, distributed by *Let's Be Well Inc*, are intended to be descriptive of opinions and research currently available and must not be construed as prescriptive. Those who use our materials must judiciously evaluate and compare them with other resources. *Let's Be Well Inc* is not responsible for their use. Those who have physical disorders should consult a qualified medical practitioner. +++

CORE VALUES: *Let's Be Well*

- Honoring God, the Creator of Life, in all that we do. He is worthy to receive glory and honor, because he has created all things for his pleasure. [Revelation 4:1]
- Caring about good stewardship of his creation, the earth and other creatures. [The earth is the Lord's and the fullness thereof. Psalm 24:1]
- Encouraging personal responsibility for healthy life choices, out of respect for the amazingly complex bodies he gave us. [Romans 12:1-2]
- Facilitating education about wellness, or wholeness of body, soul, and spirit, [3 John 2] using credible resources, for those who would like to make informed choices, as they adapt to life in a broken world.
- Sharing carefully-chosen products consistent with *Let's Be Well's* principles of eliminating and replenishing, as taught in our classes. +++

Your choice: receive a hard copy of our newsletter or an e-dition

We recently sent about 1,000 postcards to those on our mailing list, in an effort to discover how many people would be willing to receive our newsletter as an e-mail.

As replies have come in, we are making a special file for these names/e-mail addresses. If you did not receive a postcard and would be willing to have our e-dition, we'd be pleased to hear from you. Our e-mail address is letsbewellinc@cs.com.

We want you to know that we do not buy addresses from anyone.

For the past 9 years, our newsletter has been sent to former participants of our *Let's Be Well* classes, members of our AIM network, and others who have requested a subscription and make a donation to help cover our printing/ mailing costs.

We are glad to offer you an e-mail version, because the costs and time involved in mailing 1,100 copies has become burdensome. **[If you'd rather not receive our newsletter at all, please let us know.]**

We certainly we don't want you to hit your delete button when you receive it, thinking that it is just more *spam*. The *US News and World Report* April 20, 2003 edition reports on the annoyance of unsolicited e-mails called *spam*. "A minor nuisance just a few years ago, *spam* has mushroomed into a menace that could cripple the Internet..." A graph called *Spamalanche* shows that in 2000 only 4% of all e-mail messages were *spam*. According to *Brightmail*, as

of March 2003, 45% of all e-mail is *spam*.

We will be certain to **carefully protect your privacy**. No list with your name/address will appear at the top of our *ink spots* e-dition. Nor will we ever share our list with anyone.

If you are an AIM member, we encourage **you** to give AIM your e-mail address. Then you can receive announcements of specials and notices about teleclasses. AIM's teleclass presenters are superb. Try one soon! +++

Super Saturday tapes available

Judith Sims of Educational Resources is making available cassette tapes from the *Super Saturday* seminar with Mary Ruth Swope PhD at the Levee Café in Hastings MN that was held on May 3rd.

These may be ordered directly from Judith, but you will need an order blank. You can print it from our website, or you may request one via e-mail from Angie Olson: behealthyone@cs.com. If you prefer to call her, Angie's phone number is 651-437-5668.

We are very sad for those who missed Dr Swope in person. If her AIM teleclass, *Timeless Truths in Nutrition*, is offered again, be sure to register for it. You'll be in for a treat. +++

**LET'S TALK ABOUT ONE OF OUR PRODUCTS—CELL WELLNESS RESTORER**

Because AIM was recently able to reduce the price of Cell Wellness Restorer, there has never been a better time to see what it will do for you. Everyone has favorite products; because my forty years of migraine headaches were addressed by CWR, I am one of its most enthusiastic proponents. At AIM's leadership conference in the fall of 1999, we were given six bottles to try. CWR began helping my fibromyalgia almost immediately. Then, when I decided to stop using ergot, the drug I had used for migraines for many years, in January 2000, the magnesium and other minerals in CWR began to impact my headaches as well. Previously I had filled one prescription per month in order to be able to function. I am happy to report that I still keep my February 2000 ergot prescription in our fridge to prove that I have not had a migraine in three years. I think that is nothing short of a miracle. As someone who used to spend the better part of three days toughing out debilitating pain, often with vomiting, by lying in a dark room with ice packs on my eyes, I am grateful beyond words.

If Cell Wellness Restorer is new to you, you may want some ideas for how to use it. Our personal recommendation is to take a very hot tub bath as often as you can manage it. If you shower in the morning, consider doing a tub bath at night, about an hour before bed. I have found it too stimulating right at bedtime. Other people find it relaxing, and can go right to bed and sleep like a baby. In fact, Dick falls asleep in the tub. I measure it with a one ounce coffee scoop, because I like to come out even. My very precise auditor husband measures everything except CWR. He follows "the more the merrier" principle with CWR. Marriage is so interesting.

Here's my bath routine, recommended for someone with fibromyalgia/arthritis: I fill the tub with the hottest water I can stand. Incidentally, I have an organza sack containing Prills hanging on the faucet to make the water even more mineral-rich. I dry brush myself before I get into the tub, brushing toward my heart. Then I squirt in something organic that makes bubbles, and get in. I wet two heavy washcloths in my hot bathwater. I pour one oz of CWR in a line across the middle of the washcloth. I put it behind my shoulderblades above the waterline. I take the other washcloth and pour one oz across it, corner to corner. I lay it across my chest, with the CWR line positioned to address pain "buttons" on my ribcage. Then I lean back against the washcloth and relax. Later I roll over and rest on my elbows, so that the CWR on the washcloths disperses into the water. If I put on a classical or worship CD before I start my bath that helps me stay

in the tub longer. Ten minutes is minimum; twenty is better. More hot water may be added as the water cools. [I have also found that I can be painfree faster when I omit all forms of sugar. Sugar depletes magnesium.]

The above hot washcloth method would also work for a dislocated shoulder or elbow. Another idea for those who have pain issues is to wash painful areas with hot water and then rub CWR on them. You can leave it on for ten minutes or more, and then shower or take a tub bath.

In the more than two years that we have used CWR, we have enjoyed remarkably softer skin. Heels that used to crack in the wintertime and catch in the carpet are now smooth as a baby's. I never use hand lotion, and considering how old we are, it's amazing that our skin is as soft and relatively unwrinkled as it is. Legs and arms that used to be prickly are smooth. Maybe my personality is even more mellow, since at least fifteen minutes of our 14-hour day is spent relaxing.

May we hear from users of CWR? Please jot down your story so that we can print it for others. We'd also like to send **you** tapes about CWR, if you are interested. Please e-mail us or call on our tollfree number, and we'll send you whatever you ask for, a testimony cassette or a video with Norman Shealy MD describing CWR theory. [We need the videos returned so we can share them with others in our network.]

AIM'S TELECONFERENCE CALLS. Teleclasses will help you to discover the benefits and features of AIM's products. Other products you'll want to learn about are GlucoChrom and GinkgoSense. A price break was secured from the manufacturer, so these products are also more cost-effective than ever. Your orders come with a two-month list of course offerings, and AIM Online will be glad to add you to the list of those who receive e-mail updates on current classes. To take a class, you simply call the 800 # to say that you want to register. You will be given a phone number to call at the appointed time. Again, we'd encourage you to take classes taught by Gerald Phillips, John Shewfelt, Janet Pauly, Jim or Carolyn Kling. In November Dick and I took Ron Wright's superb class on Cell Wellness Restorer. Hearing testimonies of those who have benefited from a particular AIM product lets you know benefits that you may enjoy when you make a commitment to use one or more of them regularly. Life is short. Make the most of it by continuing to grow. As you improve the quality of your own life, you can serve others better. May it be so!

Carol and Dick Cover / 701 N Lincoln St/Northfield MN/507-645-7202

tollfree: 877-6-BE WELL/e-mail: letsbewellinc@cs.com/website: www.letsbewellinc.com