

HealthWorks

A newsletter published by the Health Ministries Department of the North American Division

Volume 6, Number 3

May-June 2004

New Health Outreach Program Focuses on Diabetes

It wasn't a personal health concern that brought Sylvia Donahue to Lifestyle Center of America's (LCA) 19-day program last September. It was the hope of bringing a proven lifestyle program to her own community in Fletcher, North Carolina.

Sylvia first became interested in preventative health after going through a stop-smoking clinic, but without a medical background she wasn't sure how she could influence other's lives in a positive, healthy way. She was introduced to LCA at the ASI Convention in New Mexico last summer when she heard about the Wellspring Diabetes Program.

She became so interested in this community-based program and the valuable information she could teach others that she planned a visit to LCA to experience the program first hand.

Her LCA experience was nothing but positive and after returning home, she found a facility (a local retirement center) to host her Wellspring sessions, a co-sponsor, and started getting the word out. "We had nine participants plus spouses," says Sylvia, "and everyone made it through the 16-session course."

Sylvia and her co-host made the experience memorable for the group. Instead of just watching the cooking DVD segments that accompany the program, they prepared a dinner for each of the sessions. This way the participants could come straight from work and enjoy a good meal and fellowship. "It was fun to eat with them," remembers Sylvia, "because they were not vegetarian and yet they were enjoying all this good



Lifestyle Center of America

food. It was so different from the high fat, low fiber meals they were used to."

Although the good food made the program fun, some participants were still skeptical before the first session. One gentleman in particular, Joe, had diabetes for 10 years and was very resistant to attending. He was battling depression, had two bad heart valves and his kidneys were not

functioning well enough for a heart catheterization. His doctors said that nothing more could be done for him. Joe's wife told him that since he was not willing to change his lifestyle, the only thing left for him to do was to start writing his obituary! He attended the first meeting and even brought a couple of his friends.

Joe faithfully attended the program and started exercising and eating right. He lost more than 20 pounds, and has been able to significantly reduce his insulin (under his doctor's supervision). These kinds of results were typical among all the participants.

Becoming a Wellspring Diabetes Program coordinator is highly rewarding, affordable and easier to run than you might think. Wellspring provides a centralized office that handles participant registration, ships materials and offers coordinator support.

To keep from placing a financial burden on a coordinator, the fee for the coordinator materials is refundable. There is also a per participant reimbursement available to help defray the costs involved with holding a program.

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What's more, you don't have to be the expert. All 16 sessions are on DVD and are presented by LCA's medical and doctoral team, allowing anyone who has a passion to help others the opportunity to run a program. A comprehensive coordinator training manual, a handy CD-ROM filled with editable promotional documents and a comprehensive training DVD provide everything a coordinator needs to put on a successful program.

Why the focus on diabetes you might ask? Isn't eating healthy and exercising good for everyone? Dr. Tim Arnott, a physician at Lifestyle Center of America® explains why the Wellspring Diabetes Program™ focuses specifically on type 2 diabetes:

"People suffering from type 2 diabetes become very motivated as their disease progresses. The prospect of changing their lifestyle becomes much more attractive compared to the alternative of increased medications, possible loss of eyesight, amputation, or loss of kidney function," states Arnott.

Diabetes is reaching epidemic proportions, with approximately 18 million people diagnosed and an even greater number who have pre-diabetes or the insulin resistance syndrome. People right in your back yard are suffering from type 2 diabetes and Wellspring provides you with a proven tool to bring hope to your community.

Also Dr. Arnott notes, "We provide a plant-based diet, however, for someone struggling with diabetes, not all plant foods are equal. In fact some plant foods that are typically thought as being good (i.e. carrots, potatoes, grapes, etc.) can actually cause problems to a person with diabetes. If someone is insulin resistant or has diabetes, they need to choose plant-based foods wisely. For example, vegetables that grow above the ground (i.e., leaf, flower, and stem vegetables like broccoli and kale) are safe to eat in abundance because they are extremely low in calories, are 80% water, and minimally raise blood sugar levels.

Cooked beans, cooked 100% whole grains (especially oats, barley, rye, and wheat), and northern fruits (i.e., apples, pears, peaches, plums, cherries, and berries) are powerful nutrition for diabetics, because they are rich in fiber, are 80% water, and low in calories. Nuts and seeds are also recommended because they are high in fiber and polyunsaturated fats, both known to improve diabetes."

The Wellspring Diabetes Program thoroughly educates participants on how to enjoy exercise and how to develop a positive nutritional plan. The following stories show how the Wellspring Diabetes Program can bring hope to your community as well as excitement to your churches health ministry efforts.

The Gridley Seventh-day Adventist Church in Gridley, California, recently sponsored a Wellspring Diabetes Program in their community. Peggy Morentin, MPH who retired from the county health department, coordinated the program, along with several other members of the Gridley church.

"I became interested in the Wellspring program when I was attending a CHIP (coronary health improvement project) lifestyle change program in Vancouver, Washington, last November," states Morentin. "One of the presenters was from LCA, and he mentioned that a Wellspring training program was scheduled in January for Northern California, so I scheduled to attend it."

Morentin became excited about putting on the program, but wanted to first start out with a small group.

She reports, "We placed two articles in the local newspaper, put ads on cable TV, distributed flyers around town and in five local Adventist church bulletins. The result was five participants attending—exactly the right number for our first program. "Participants were very impressed with the information. Everyone learned something new each night—even those of us who are in the healthcare field."

After the first two weeks, one participant had cut her oral medication in half. She stated that it opened her eyes to the fact that even just mild exercise in conjunction with diet was the key to lowering blood sugar.

Another participant noticed a tremendous gain in energy. Morentin says, "One day his wife was calling home to check on him, as she usually did, and couldn't get an answer. She frantically drove home to see if something was wrong, and found that he had been outside working all day."

Along with information presented on DVDs, tasty recipes were given out, along with food samples. Cheryl Andersen, RN conducted a question and answer time during various class sessions.

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Alumni follow-up meetings are being held one night each week, and reports are that everyone is still reducing the amount of their meds, and one participant is controlling blood sugar completely without meds.

“What is really neat is that the physicians of these participants have seen the changes produced by the Wellspring Diabetes Program, a steady improvement that had not been accomplished previously,” says Morentin. “This has been a wonderful program, and an experience that we turned over to the Lord from the beginning. We plan to do it again!”

This past spring, four Adventist churches in Salem, Oregon conducted a Wellspring Diabetes Program for the public. The churches combined to present the program at the Adventist Community Services Center, under the coordination of Merlin Schreiner, an Adventist layman. After publicizing the program in the newspaper and church bulletins, seven people with diabetes joined. Merlin, along with Ed Dysinger, who has a public health degree, led out in the programs, and Ed’s wife Jennifer led out in cooking demonstrations. A nurse was also available to answer specific health questions.

“People had really good results from following the program,” states Merlin. “However, not everybody was gung-ho from the very first. One gentleman, who was very obese, had high cholesterol and glucose levels, and couldn’t exercise because his knees hurt so bad. We talked him into trying to increase his water intake, and almost immediately he felt better and began to exercise. Now he exercises about two hours every day. He also lost 15 pounds and cut his meds in half.”

Another participant had just learned from his doctor that he had diabetes. He saw the ad for the program in his church bulletin and signed up right away because he did not want to have to start taking medications.

Merlin relates, “Some of these folks had tried a lot of different programs. One came in very skeptical, and didn’t speak up at first. As he began to improve he joined in more, and at graduation gave an enthusiastic talk.”

“The DVD and handbook really made this program easy to do. In fact, we enjoyed the reward of seeing folks get so much better, and with the help of some of the participants, we plan to put another program on in September.”

These are just a few stories of how individuals and churches are making a difference in the lives of their friends and neighbors through the Wellspring Diabetes Program.

With a society that is becoming increasingly interested in natural methods of restoring health, the future is bright for using community based lifestyle programs as a tool for community outreach. For more information on bringing the Wellspring Diabetes Program to your community, call 800-596-5480 ext. 3650.

Dr. Arnott's

24 Realistic Ways to Improve Your Health

Just what the doctor ordered!

Confused about the seemingly endless new and often contradictory health information in circulation today? How about a common-sense reality check on living well? Tim Arnott, M.D., of the Lifestyle Center of America has produced this helpful book of 24 short, practical health tips based on scientific research and the Bible that will help you live longer, happier, and healthier.

For example, did you know that women who drink more water lower their risk of heart attack? Or that seven to eight hours of sleep a night can minimize your risk of ever developing diabetes? Want to keep Alzheimer’s at bay? Take 100 micrograms of vitamin B₁₂ supplement every day—especially if you’re a vegetarian! Want to lower your risk of prostate cancer? Find out about this and more in *Dr. Arnott’s 24 Realistic Ways to Improve your Health*.

About the Author

Dr. Timothy Arnott is a lifestyle medicine specialist caring for guests at Lifestyle Center of America in southern Oklahoma. He is board-certified in family practice. He completed residency training at Hinsdale Hospital in Hinsdale, Illinois, and received his Doctorate of Medicine at Loma Linda School of Medicine. He enjoys spending time with his lovely wife, Sylvia, and wonderful daughters Jena, Hana, and Heidi.

For more information about the book or the author, visit www.AdventistBookCenter.com

A Life-Changing Experience

My wife and I just returned from a lovely visit to the Lifestyle Center of America (LCA). Many people are not familiar with this state-of-the-art wellness facility located about 90 miles south of Oklahoma City. I had been one of the speakers when the facility opened in 1996 so I was aware of the beautiful building. I got acquainted with the life-changing experience during my 19-day visit.

The effects of nutritious food and regular exercise under medical guidance started showing up in just a few days. We were weighed, measured, and tested right at the beginning. Our blood was drawn. These medical tests at the beginning and end of the program gave us proof that changes were being made in our bodies. We had no television to keep us up so we went to bed pretty regularly at 9:30 at night and got up in the morning at 5:30.

It was a team effort. The physicians, nurses, nutritionists, cooking instructors and chefs, exercise physiologists, and all the other experts were one hundred percent dedicated to helping us obtain optimum health. The environment was beautiful, restful and comfortable. It was good to get away from the workplace and the telephone calls. I walked 7 or 8 miles each day. There were a number of people who were there for diabetes

mastery. Others came because they wanted to lower their blood pressure, lose weight or lower their cholesterol. Each program was personalized according to the individual's condition.

The food was outstanding. The diet was completely plant-based. Every day we attended a cooking school where we learned how to make tasty vegan dishes. It's hard to believe that you could eat so much and yet lose weight. I only lost six pounds, but some lost as much as 23 pounds. That's why I am sharing with you in this issue a little bit about their diabetes mastery program.

You can be treated for any health challenging problem at LCA, but since diabetes is increasing with such rapidity in America I wanted to share with you what the Lifestyle Center of American is doing for diabetics. If you or someone you know is interested in experiencing one of their life changing programs, please call them. The number is 1-800-213-8955.

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HealthWorks is published by:

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mark your calendar

for these upcoming health ministries-related events

July 16, 2004: Regeneration Ride begins in Metairie, Louisiana and ends on August 6 at Pioneer Memorial SDA Church, Andrews University. FMI contact Reg Burgess (regburgess@earthlink.net).

September 22-26: Health Summit West. FMI visit www.plusline.org and click on Event Registration, then on Health Summit West.

November 18: The Great American Smoke-Out

December 1: World AIDS Day

January 30-February 5, 2005: Health Summit in Orlando, Florida