

Christian HealthCare

NEWSLETTER

MEMBER LETTER:

I enjoy telling others about Samaritan

It has been such a blessing to receive the shares and notes of encouragement from other Samaritan members. What a relief it's been to get help with the expense of my surgery.

More importantly, what a blessing it's been to have my brothers and sisters in Christ praying for recovery on my behalf. The power of prayer works!

I always enjoy watching people's reactions when I tell them about Samaritan and share firsthand how amazing it is. Sending a check to someone you've never met before may seem like a strange thing to do, but I tell others it's been an extremely rewarding and satisfying experience for me. And it's been heartwarming to be on the receiving end of it!

*Linda Kaufmann
Fort Wayne, Indiana*

New study shows statins exhibit no benefit for prevention of heart disease

by Bill Sardi

A revealing report, largely unreported by the news media, and ignored by health regulatory agencies and physician groups, demands that guidelines for use of statin cholesterol-lowering drugs be re-evaluated in light of newly analyzed science.

Researchers in Japan analyzed studies published after 2004-2005 when new regulations for how to conduct human clinical trials went into effect.¹ The new guidelines require all sponsors of drug trials to publish negative or inconclusive studies, not just positive studies; and they require full reporting of side effects.

As it turns out, researchers in Japan, only analyzing human clinical trials launched after 2004-2005 found that statin drugs do indeed lower circulating levels of "bad" LDL (low-density lipoproteins) but exhibit no benefit in prevention of coronary heart disease!

While cardiologists maintain statin drugs are effective in the prevention of coronary heart disease, those claims are based upon research prior to the 2004-2005 regulations. Industry (drug company)-supported studies were not included in the analysis by the researchers in Japan. Their report calls for urgent re-evaluation of statin drugs based on the following findings:

Statin drugs reduce cell energy to heart muscle cells, as measured by ATP

(adenotriphosphate) in the power plants (mitochondria) of living cells. Statins reduce cellular energy by depletion of an internal antioxidant coenzyme Q10. Statin drugs are described as "mitochondrial toxins." Cellular energy depletion leads to heart muscle damage.

Statin drugs deplete the trace mineral selenium that is required to produce an internal antioxidant—glutathione (glu-ta-thy-on) peroxidase, which is inhibited by statin drugs. A decline in glutathione peroxidase levels is associated with coronary heart disease.

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Sharing Summary from April

Shares:	\$16,779,266	Personalized prayer requests of the members with Needs are in the Prayer Guide. Please use your version of the Prayer Guide to support the members assigned to you.
Needs:	\$16,649,638	
In Negotiation:	\$2,239,468	
New Needs:	2,503	
Total Needs:	4,806	
New Rewards:	240	Member Households: 59,688 (as of 3/23/16)
Miscarriages:	43	
Final Rewards:	9	

Contact Us: 877-764-2426 samaritanministries.org/members

Questions about?	Email	Phone Menu
Your medical need	needs@samaritanministries.org	1 - 1
Shares you are sending or receiving	shares@samaritanministries.org	1 - 2
Your membership	membership@samaritanministries.org	1 - 3

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Member Services Manager

Remember:



SEND A NOTE—
Burdens can be lightened emotionally as we encourage one another in the Lord.



PAY YOUR SHARE—
Burdens can be lightened physically as we do our part to financially meet others' needs as they would in our time of need.



ALWAYS STAY ALERT IN PRAYER—
Burdens can be lightened spiritually as we unite to call upon the God of the impossible.

A civilization goes splat!

by Rob Slane

What are we to make of a civilization that says there is no difference between male and female—that allows men to use the women’s restroom if they self-identify as female?

In case you missed it, last month’s newsletter featured an article by WORLD magazine publisher Joel Belz about a city ordinance in Charlotte, North Carolina, that “by any sensible reading will make sex-specific restrooms illegal.” Since then the North Carolina state legislature responded by passing a law defining the terms “male” and “female” as a person’s “immutable biological sex as objectively determined by anatomy and genetics at time of birth.” The public outcry continues as I write this. The governor of New York banned non-essential travel to North Carolina, Bruce Springsteen cancelled a concert in North Carolina, and the NBA threatened to move the All-Star game to another state.

It may seem irrational to us, but this development is the logical next step for our Western civilization, which seems determined to defy our Creator’s design.

Consider that decades of no-fault divorce preceded the moment we suddenly decided that marriage is now so important that we just had to extend the “right” to two men. Or that the average person spends five hours out of every twenty-four watching moving pictures on a box. Or that we once had men like George Washington, Thomas Jefferson, and Benjamin Franklin leading us, but now have people of the caliber of ... well I won’t mention their names, you know who they are ... vying for rule.

What should we make of a civilization that makes it legal to kill hundreds of thousands of its own citizens each year? How about a civilization where those that support those deaths do so by invoking words like “my choice” and “my right”? And a civilization that, when faced with a barrage of videos exposing the harvesting of baby organs, prosecutes the guy that made the videos, rather than the organ harvesters?

I could go on, but by now you know what I am describing. Hopefully you will have correctly identified it as an asylum, a madhouse of gargantuan proportions where craziness and folly, far from being looked upon as things to be avoided, are celebrated with banners and ribbons and parades and held up as evidence of something called “progress.”

Progress? Bruce Springsteen certainly thinks so. He cancelled the show in North Carolina because he wanted to raise his voice “in opposition to those who continue to push us backwards instead of forwards.” That’s right. Correctly identifying an X chromosome as an X chromosome and not a Y chromosome is a mark of backwardness, and forcing bakers to write stuff that directly contradicts their ethical beliefs is a sign of forwardness.

A few years back I wrote a satirical piece for another publication which dealt with what I called “Transkindophobia.” I was trying to get ahead of the curve to anticipate a time when, bored with merely changing genders, someone somewhere would come up with the idea

of changing their kind. From man to giraffe in fact. Not only this, but a new “hate” label would have to be invented for those who called out this madness: transkindophobia. But things have moved on apace since then, with reality not only catching up with satire but kicking up dust in its face as it sprints on past, so I was only mildly surprised when I read recently of a man who, having first tried to become a woman (emphasis on tried—it’s that irksome Y chromosome again), is now trying to turn himself into a dragon. I’m not sure what chromosomes dragons have—D maybe?—but he’d love to have them. And no, unfortunately I’m not kidding. Google “Eva Tiamat Medusa” if you need convincing and prepare yourself for a shock.

The problem, though, is not so much the odd “transgender dragon,” but rather that what two minutes ago was seen by 99 percent as obvious folly now has the official stamp of approval. “Men are men,” “women are women” is something that every previous generation would—without fail—have readily confirmed. But now men may be women, or six-year-old girls or even dragons, and this is sold to us like the unearthing of infinite wisdom that has been buried beneath thousands of years of human backwardness and repression.

The Bruce Springsteens and the “progressives” of this world see a new world opening up before them, one where the old certainties are being left behind and we’re all being made new again. Forwards march! But unfortunately what they

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Darren Doane Filmmaker

by Michael Miller

For most people, making a movie sounds like great fun. For director Darren Doane, it's grueling.

Not the preparation or the finalization of a film. Just the making of it.

"Films will beat you up," the Samaritan Ministries member says.

Yet he keeps going back for more and does it to bring the life-changing Christian message to new audiences.

Darren is the director of several feature-length films, including collaborations with actor Kirk Cameron (*Unstoppable*, *Mercy Rule*, and *Saving Christmas*), and has produced and directed documen-

taries, including *Collision*, about a series of debates between atheist Christopher Hitchens and pastor Douglas Wilson, and *The Free Speech Apocalypse*, about Wilson's controversial 2012 visit to Indiana University to speak about traditional marriage and family. He does it all through his production company, XPX2.

However, he says his latest movie was a joy to make: watching (and filming) his children as they grew up. *They Grow Up Fast* is a narrated selection of family videos Darren has taken over the past decade documenting the growth of his four children. (Look for more details about the release in next month's newsletter.)

Fellow filmmaker and Samaritan member Colin Gunn (*Wait Till It's*

Free, Indoctrination) appreciates Darren's abilities.

"Darren Doane is a huge asset to the filmmaking community," Colin says. "He's never afraid to shy away from important topics for the Church and our nation."

Darren honed his cinematic skills on years of shooting music videos (he stopped counting at 400) and commercials for such companies as Nike and Toyota. Before that, he had hoped to be a comic book artist. A plethora of rejection letters snuffed that plan. Then Darren, whose father handled "old-school" special effects in Hollywood, decided to think about something else to do.

"I always had a camera in my hand," he says. "I grew up shooting Super 8 cameras and cutting film and splicing it together and paint-

ing things on the frames of the film. And I loved music.”

He decided to combine that love of music and film, and started a production company in 1990 at age 18.

At first he had to film weddings and christenings to make ends meet—“any filming job you can get.” But living in Southern California helped him to meet grunge and alternative bands when that movement was just getting started.

“I’d beg for a chance to make a music video for them,” he says. “If they had a hundred or two hundred bucks, I’d make a video for them.”

That taught him every aspect of filmmaking, from production and direction to editing.

“I was the kid making videos over at those indie labels,” he says.

His work with bands like Blink-182 and Snapcase eventually drew the attention of label Tooth & Nail, which released Christian alternative bands’ music. They hired him, and it saved his soul.

“Since I was the guy doing all the ‘cool bands,’ Christian labels were like, ‘We should get the guy who’s doing all the cool videos and see if he’ll work with our Christian acts,’” Darren says.

“Next thing you know, I’m spending all my time around Christians. Nobody shared the Gospel with me. Nobody told me that Jesus had a plan for my life. I was just immersed in Christian culture. I was like, ‘I want to be a part of this people.’ That’s how I became a Christian.”

Despite his status as a new Christian, Darren chose not to turn his back on his secular work up to that point. Instead, he used the credibility he had built in the secular music industry to guide non-Christian bands and labels away from “immoral or cheesy or lame” ideas.

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Why SMI?

Filmmaker Darren Doane says the trajectory of his life is “trouble making.” That’s why he’s a member of Samaritan Ministries.

“Every time I go and do something, there’s just this sense of like, ‘Oh, Darren, what are you doing?’” he says. “That was the response when I first told people about Samaritan.”

Darren learned about the ministry when he encountered a Samaritan representative at a World Vision conference around 2009.

“When I came back, I was telling everybody about Samaritan Ministries,” he says. “Everyone was like, ‘Oh, gosh, another thing that has to be completely against the system? You actually want me to feel bad about an insurance company paying for abortions? Darren, why can’t you just get along with everybody?’”

Ditching health insurance and joining a health care sharing ministry follows that life trajectory, he says. He was culturally rebellious before he became a Christian, and that continued, but in the right way.

“When I became a Christian, it was pretty clear that wasn’t going to change,” Darren says, adding, “That’s a maturation issue, too, finding the right things to buck against.”

What sold him wasn’t just the financial aspect (the Doanes had been paying \$1,600 a month for health insurance) of being in health care sharing, or even the moral aspect, as passionate as he was about that. It was how Christians could help one another through a ministry like Samaritan.

“It was like, when Christians come together with their resources, we have more than enough,” he says.

“We have so much. I just loved it.”

Darren also says that since he and his family have joined, they have submitted a few needs but not all that they could have. He takes seriously Samaritan’s idea that for health care needs we should first look to our own resources, then those of our local church, and finally the Body of Christ through Samaritan membership.

“It wasn’t until we got to a point in time when the economics were lower, and all of a sudden the bills came in, that I decided I was going to start a need,” he says. “It trained me to be consistent that this is not an ATM for anything that happens in your life. I’m still responsible. I only look to Samaritan when I don’t have the money.”

Darren is still amazed by health care sharing, he says.

“The idea alone is so counterintuitive, that people don’t even believe it’s real,” he says. “Those are the kind of things that God wants us to be thinking about. God wants us to figure out these riddles (Proverbs 1:6). That’s what brings wisdom and that’s what brings maturity.”

Health care sharing also offers an action point for Christians who understand that health insurance is not consistent with what they believe and how they do things, he adds.

“What I love about Samaritan Ministries is that it has actually offered the solution,” Darren says. ♦



“I had more of a voice to tell people, ‘No, you don’t want a video with a bunch of girls doing X, Y, and Z. We should do this instead.’

“That was nice, because then trying to be good at your craft can all of a sudden have the kind of influence on hopefully shaping a particular culture,” he says.

At Tooth & Nail, he made videos for bands like MxPx and the Orange County Supertones, but the idea of feature films, “which was always the goal,” led him to save resources toward that end. In the late 1990s, he made *Godmoney*, a film released in 1999 about a streetwise young man whose past returns to haunt him.

“By the end of that movie, I’d become a Christian,” Darren says.

That didn’t make it any easier to make movies, though.

“Every year or two, I would try to find the resources to make a long-form feature, and every time I’d make one, it’d be a very difficult experience,” Darren says. “I would learn a lot, but kind of realize where my shortcomings were and where my skill set wasn’t up to par.”

Making a feature film “consumes” a person, Darren says. It became a bit easier when filmmaking went digital around 2002, though.

“I really began to find my niche in regards to what kind of filmmaker

“It’s a crazy industry. You learn a lot about business. You learn a lot about the free market. You learn a lot about how the world really works, because films will beat you up.”

I was,” Darren says. “All of a sudden making a feature film wasn’t as hard. I could be my own cinematographer. The cameras were lighter. Filmmaking became more do-able for me. I found a home.”

He also was a lot busier, learning about distribution and trying to sell a film.

“It’s a crazy industry,” he says. “You learn a lot about business. You learn a lot about the free market. You learn a lot about capitalism. You learn a lot about how the world really works, because films will beat you up. I would do a movie and

say, ‘I’m never doing another movie again, I’m done with that.’ Two years later ... ‘I’m never doing this again.’”

It was at one of those “never again” moments that Kirk Cameron asked him for help finishing a movie about the Christian foundations of the United States called *Monumental*. The two men enjoyed working together, so *Unstoppable* and *Mercy Rule* followed, then they made *Saving Christmas*.

Darren acted in that last movie thanks to casting trouble. Cameron was supposed to play the role of the guy who hates Christmas and equates it with paganism, materialism, and greed, but they were having trouble finding someone for the character who would explain why it was OK to celebrate Christmas. In rehearsals, Darren would take Kirk’s part as the anti-Christmas guy sometimes, and finally, according to Darren, Kirk said, “You know what? Why don’t you play that part and I’ll play the other guy? You should play the jerk. I shouldn’t play the jerk. You’re a way better jerk than me.”

“I think we made that decision with about a week to go,” Darren says.

The part of Christian White came easy to Darren, he says.

“I think I’m amazing (in the movie) because I’m just being a jerk,” Darren says. “It’s a very light-hearted film, but the seriousness of it was that I was that guy. I was Christian White. I was the uber-Christian. ‘I don’t see Christmas in the Bible. It’s paganism.’ I was that guy convincing my family why we weren’t going to do Christmas. It’s almost embarrassing to say, but I was down that road. I was no fun. And I was doing it all in the name of being Biblical.”

After an initially positive reception of *Saving Christmas*, the harsh disapproval of other Christians took Darren by surprise.

“I thought Christians were going to be like, ‘Woo-hoo! Amen! Hallelujah!’ It was like, ‘You are a pagan devil worshipper.’ I was not prepared for it,” he says.

A major Christian bookstore chain even refused to carry *Saving Christmas*, although, Darren says, the film ended up as the No. 1-selling DVD at a non-Christian chain store.

Similar pushback happened with *Collision*, about the Wilson-Hitchens debates. It was the only movie in Darren’s career that he has watched and thought, “I like this.” However, it was also the first controversial movie that Darren had made since the dawn of amateur Internet reviews on such sites as Amazon.

“Everyone (posting on Amazon) said what a piece of junk they thought it was,” Darren says.

But a few years later, he started meeting people who told him that *Collision* had changed their lives, or

that it had changed Christian filmmaking.

Or, more importantly, that it had started bringing people to Christ. One man who formerly worked in a rehab center run by Christians said he had screened the movie for hundreds of men and that it had led many to Christ.

“I was almost in tears, because from the moment I became a Christian, I’ve wanted to bring someone to Christ,” Darren says. “And then all of a sudden, looking at this guy, I was like, ‘Oh my goodness, Lord. You let me be a part of Your Kingdom in such a way as to bring people into Your Kingdom.’ I was just blown away.”

For now, Darren is working on the release of *They Grow Up Fast* and the DVD release of *Free Speech Apocalypse*.

He’s also helping a startup called FindYourCalling.com with its marketing strategy. The site guides young people and their families in choosing careers, finding suitable colleges, and making a realistic plan to pay for it all. It fits Christians well, he says, because it’s a way to search for truth and practice good stewardship.

“This website is going to truly change lives,” Darren says. “This is the kind of truth we want to be bringing into the world.” ♦

Darren Doane on filmmaking

Interested in filmmaking? Try Darren Doane’s “30 Sunrise Challenge.” Using any video camera, film 30 sunrises in a row, each one from a different spot, even if it’s 10 yards away from a previously used one. Then edit those 30 sunrises together and put a piece of music to it. “If you can get through those 30 sunrises, the odds are pretty good that you are cut out for filming,” Darren says.

The most difficult part of filmmaking is people, Darren says. “People are messy. I’m messy. When you put 20, 30, 40 people together for five weeks, six weeks, eight weeks, it’s messy. I believe it’s the only short-term job that can actually create monsters. I walk on a film set and I’m like, ‘OK, here we go, another grueling eight weeks of something that’s going to beat me up and possibly destroy my life.’ So I take it one day at a time, one scene at a time. I just want to get through it, I want to make it good, I want to still come home and be a good father, be a good husband, focused in on my kids. I don’t want to come home completely absorbed in this movie and this process and go down this rabbit hole of being an artist and ‘I’m making a movie.’

“I love everything else. I love thinking about movies, I love editing, I love putting the music in there and the score. I love that process, because it’s just you and one or two other people at that point.” ♦

Drug Muggers: Which Medications are Robbing Your Body of Essential Nutrients— and Natural Ways to Restore Them

by Suzy Cohen, Registered Pharmacist
reviewed by Alyssa Klaus

Medication has quickly become a normal way of life in America. The rate of heart disease, diabetes, thyroid conditions, and many other illnesses has continued to rise, and drug manufacturers are always ready with a slew of new drugs to combat them.

Suzy Cohen, a pharmacist for more than 26 years and author of the syndicated health column “Dear Pharmacist,” would be the first to tell you that often these drugs are helpful and necessary. However, she would also tell you that they often deplete vital nutrients from our bodies, which can cause even more damage.

How can this be combatted in a society that is becoming increasingly dependent on drugs? Knowledge. In her book, *Drug Muggers*, Cohen says that “if you have to take medicine, then you should know how to stay safer on it.”

So then, what exactly is a “drug mugger”? Cohen defines it as “an over-the-counter or prescribed medication, food, herb, medical condition, or lifestyle choice that is capable of robbing your body’s natural stores of an important vitamin, mineral, or hormone.” Yes, you read that right. While Cohen mostly focuses on medications in her book, she does shed light onto other areas that could cause a depletion of vital nutrients as well. For example, coffee may cause a depletion of calcium, magnesium, and zinc, among many others, and stress has been shown to take a toll on your body’s

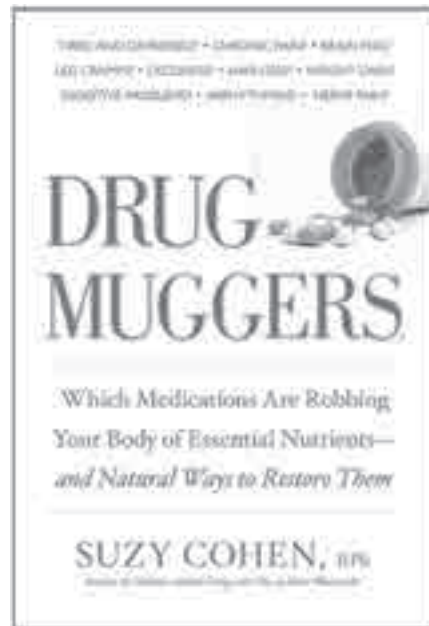
B vitamins.

This information is found in part one of her book, in which she also provides us with what she calls a “punch list” of drugs and the nutrients they “mug” from us. Cohen weighs in heavily on Statins and hormone replacement treatments. Statins, for example, block the production of CoQ10, a nutrient that produces energy in every cell of the body. This can cause leg cramps, high blood pressure, shortness of breath, fatigue, and many other symptoms. Cohen says that these new symptoms can often be misread and cause people to be diagnosed with additional conditions that they don’t actually have. This, she says, is why it is essential that people educate themselves about not only the nutrients that their body needs, but about the medications they are taking.

(Cohen provides a handy chart showing common drug muggers and nutrients to combat them, which is reprinted on page 10.)

The second part of Cohen’s book is a comprehensive directory of vital nutrients, starting with vitamin A and going all the way to zinc. The sheer volume of information offered up in these pages can be intimidating, but with the help of the list in the prior section, you can easily check which vitamins and nutrients that a medication or lifestyle could be stealing and then find the correlating chapters on them.

In this section, each chapter begins by explaining what particular



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ISBN: 978-1605294162
www.SuzyCohen.com

role a specific vitamin or nutrient plays in our bodies, along with what a deficiency would look like, and what might be “mugging” you of these nutrients.

Next, Cohen gives some tips on how to remedy the situation. Her “Put This on Your Plate” section suggests foods that are high in particular nutrients, followed by suggested doses of the nutrient for either “general health” or those being “mugged.”

After a few more tidbits of information and suggestions on how to “install a nutrient security system,” she wraps up with “What’s in My Cupboard.” Here, she lists companies that she trusts when it comes to particular vitamins or nutrients, saving readers the time and effort it

takes to find reputable sources.

In the final part of her book, Cohen imparts some much needed tips about supplements from her 26 years as a pharmacist, especially when it comes to choosing them and steering clear of the most common tricks used by manufacturers. For example, she says that you should expect to pay more for quality vitamins, saying “the cost to produce vitamin supplements includes the bottle, shipping, marketing, and distribution. I’m not a mathematical genius, but how much was left to invest in the quality of those vitamins if they only cost \$10?” She also says not to fall for the one pill trick. The amount of necessary daily nutrients cannot be found in one multivitamin pill. It often takes three

to six high-quality capsules a day to achieve an optimal level of nutrients.

Other ways to avoid poor supplements include checking quality control, watching for additives, selecting a biologically active formula, and, perhaps most importantly, being aware of false claims. Cohen advises her readers to use caution when using unique herbal products or supplements as there is often no clinical research to support their claims and they can even be detrimental to your health.

Drug Muggers may seem like an intimidating read because of its textbook-like format, but in reality it is an exceptional resource for those taking medication or striving to improve their health. Cohen helps her readers to reduce the legwork

by providing an inside look into the world of vitamins and supplements, and even provides a list of what are, in her opinion, reputable supplement manufacturers. While this book can carve a path for its readers into the the wide unknown of vitamins and supplements, it is not the Swiss Army knife of vitamin knowledge. In the end, Cohen says, “educate yourself about the supplements you take. Then educate yourself some more.” Readers must read with discretion and, with your own practitioner, decide how the information here can further your overall health and wellness. ♦

The information provided in this article is for educational purposes and is not meant as medical advice.

How they rob you

At least half of the drugs approved in the United States commonly deplete specific nutrients, creating the need for nutritional supplementation. More drugs probably deplete nutrients; we just don’t have the data to prove it yet. The mechanisms by which drugs mug you can vary. Most people assume it’s because the drug grabs hold of a nutrient in the gut and takes it out of the system through the gastrointestinal tract (called chelation). Certainly, a drug can mug you this way, but there are other ways, too.

- Altering the acidity in your gastrointestinal or urinary tract.
- Stimulating or inhibiting enzymes involved in the transport of nutrients around your body.
- Stimulating or inhibiting enzymes involved in activating nutrients or in transforming them into more usable substances.

Also, certain drugs require specific nutrients in order to work; they might need to bind to protein, for example, or perhaps they require a specific nutrient in order to be detoxified in your liver. So just by virtue of taking a certain drug, you may need more of a particular nutrient.

Let me put all this in perspective. You need concrete, nails, and wood to create a building. For the human body, you need the right building materials, too, such as carbohydrates, protein, and healthy fats. But this foundation will do you no good if you don’t have the proper vitamins and minerals in it, because then your body can’t synthesize new tissue or provide the cellular energy you need to move, breathe, and talk. Drugs can alter your body’s ability to absorb, digest, transport, break down, or eliminate toxic compounds that you encounter every day, just by their ability to steal vital nutrients from you. The cascading effect affects your quality of life and may remain undiscovered for years as you get on a medication merry-go-round. ♦

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Drug Muggers

Continued from page 9

Supplement/ Nutrient	Drug Muggers it will battle	Benefits*
Vitamin B6 (pyridoxine)	Antibiotics, diuretics, antidepressants, acid-reducing medications, estrogen-containing drugs, theophylline	Works with folic acid to break down homocysteine, supporting a healthy cardiovascular system; strengthens the immune system; promotes kidney health; helps prevent various nervous and skin disorders; acts as a natural diuretic; has antiaging properties; reduces dry mouth and urination problems caused by tricyclic antidepressants
Vitamin B12 (methylcobalamin)	Antibiotics, diabetes medications, cholesterol medications, estrogen-containing drugs, diuretics, acid-blockers, gout medications	Supports red blood cell production and breakdown of homocysteine, strengthening the cardiovascular system; promotes energy production; maintains a healthy nervous system; properly utilizes fats, protein, and carbohydrates; enhances concentration, mood, memory, and balance; protects against secondhand cigarette smoke
Calcium	Thyroid medications, salicylates, diuretics	Boosts bone and oral health, cardiovascular health, digestive health, and immune function
Calcium/ Magnesium combination	Acid-reducing medications, blood pressure medications, salicylates, diuretics, thyroid medications, antibiotics, estrogen-containing drugs, laxatives	Helps maintain strong bones and healthy teeth; supports digestive tract function and colon health; boosts cardiovascular and nervous system health, healthy metabolism, and mental health
CoQ10 (Coenzyme Q10)	Blood pressure medications, diabetes medications, cholesterol medications, acid-reducing medications	Boosts heart health; efficiently breaks down fats, protein, and carbohydrates; acts as an antioxidant; promotes energy production
Vitamin D ₃	Cholesterol medications, laxatives	Strengthens the immune system; supports bone, joint, muscle, and skin health; has antiaging properties; supports colon, pancreas, and stomach health; helps maintain healthy blood pressure and cardiovascular health; protects the brain and reproductive organs; decreases risk of diabetes and metabolic syndrome; improves mood
High-quality multivitamin	Antibiotics, blood pressure medications, diabetes medications, acid-reducing medications, cholesterol medications, estrogen-containing drugs, salicylates, NSAIDs, diuretics, antidepressants, laxatives, gout medications, colchicine	Strengthens the immune system; promotes healthy vision and bone, skin, and nail strength; has antioxidant and antiaging properties; boosts digestive health, wound healing, and nervous system function; promotes metabolic function and cardiovascular health; prevents neural tube birth defects; promotes energy, sleep, mental health, and the list goes on!
Iodoral (iodine iodide) and selenium	Breathing medications, fluoride toothpastes, vegetable oil, citrus-flavored soda	Supports female reproductive health; boosts thyroid health; promotes metabolic function and energy production
Trace minerals (Boron, magnesium, copper, manganese, phosphorus, selenium)	Blood pressure medications, diuretics, acid-reducing medications, estrogen-containing drugs	Supports bone health; strengthens immune system; promotes healthy blood pressure; maintains nervous system function; helps digestive system; boosts heart health and red blood cell production; has antioxidant properties; supports metabolic functions

* These statements have not been evaluated by the Food and Drug Administration. Drug Muggers is not intended to diagnose, treat, cure, or prevent any disease.

Statin drugs inhibit the conversion of vitamin K1 from vegetable sources to vitamin K2 that in turn acts to inhibit calcification of coronary arteries that supply the heart with oxygen and nutrients. The combination of vitamin K-depleting blood thinners (warfarin) with statin drugs, which is a common combination,

coronary heart disease events (heart attacks) in trials conducted before 2004-2005 and those conducted afterward.

I revealed that the 30 percent alleged reduction in heart attacks (non-mortal heart attacks, not mortal ones) with statin drugs is a statistical ruse. To read more on the

scribing cholesterol-lowering medications cannot ignore the moral responsibility of 'informed consent.' Patients must be informed of all statin adverse effects, including the ability to CAUSE coronary heart disease and heart failure, an onset of diabetes, cancer, birth defects, and nerve and kidney disorders. Most of these adverse effects of statins become apparent after six or more years of statin therapy. The chronic administration could ultimately lead to statin adverse effects as pharmaceutical and biochemical research has now demonstrated."^{3,4} ♦

These researchers go on to say, “Patients must be informed of all statin adverse effects, including the ability to CAUSE coronary heart disease and heart failure, an onset of diabetes, cancer, birth defects and nerve and kidney disorders.

hastens the development of artery-stiffening calcifications.

Researchers in Japan also note that statin drugs impair the human immune system.

Researchers in Japan conducted a large-scale study of statin drugs among subjects with total cholesterol that exceeded 220 milligrams/deciliter of blood. After six years of statin drug use an increase in mortality for cardiovascular disease, cancer, and all causes was recorded.

Another study that was reviewed, conducted among veterans over a five-year span, concluded that subjects prescribed statin drug therapy were 1.6 times more likely to suffer death from all causes.

The researchers in Japan report a considerable disparity between the 30 percent relative reduction in

subject refer to my 2008 report, *The Cholesterol Ruse*.²

Statin drug users may experience heart failure on average six years following statin drug use. Cessation of statin drug use by heart failure patients and supplementation with 240 mg of coenzyme Q10 showed significant improvement in heart muscle function. It is not likely that physicians recognize heart failure as a drug side effect since it commonly occurs six years following the first statin drug use.

The conclusion by these researchers is that: “the applicability of statin drugs should be severely restricted” and that clinicians not rely on drug information provided by drug company-sponsored trials.

These researchers go on to say: “Physicians who are involved in pre-

Disclaimer: The information in this article is for educational purposes and not meant as medical advice. Consult with your personal physician before making any changes in your medication.

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Bill Sardi is a consumer advocate and health care research analyst, and member of Light House Church in La Verne, California. Read about his latest research at knowledgeofhealth.com.

1. “Review of new regulations for the conduct of clinical trials of investigational medicinal products.” *British Journal Obstetrics Gynecology*, 2007. <www.ncbi.nlm.nih.gov/pubmed/17635485>
2. “The Cholesterol Ruse.” <www.lewrockwell.com/2008/01/bill-sardi/the-cholesterol-ruse/>
3. “Statins stimulate atherosclerosis and heart failure: pharmacological mechanisms.” *Expert Reviews Clinical Pharmacology*, March 2015. <www.ncbi.nlm.nih.gov/pubmed/25655639>
4. “Correction to: Statins stimulate atherosclerosis and heart failure: pharmacological mechanisms.” *Expert Reviews Clinical Pharmacology*, June 2016. <www.tandfonline.com/doi/full/10.1586/17512433.2015.1055111>

Member Letters

As a pastor, I am used to giving, sharing, and encouraging others, but I was not ready for the overwhelming love that we received from the Samaritan Ministries members. The love of the body of Christ was very moving and we were astonished much of the response was from members near us! It was great to feel a connection with other believers that we don't normally get to fellowship with. We are glad to be a part of this ministry that reflects the character and priority of Jesus.

*Charles Robinson
Sabetha, Kansas*

After seeing people around us dealing with insurance—trying to figure out what is covered, which providers they can see, coverage that is constantly changing—I am especially thankful for the simplicity and clarity of Samaritan Ministries!

*Melissa Rice
Longmont, Colorado*

My husband and I are both self-employed. We have always had to pay for our own insurance and we have never had great coverage. After the birth of our first daughter, we also had to pay for about \$9000 in bills that weren't covered. This was a huge burden to bear.

We had prepared for this child as best as we could, putting aside money in an HSA while floating our astronomical monthly premium, but

we still experienced so many unexpected bills, and ended up using our savings to pay them.

Being a member of Samaritan is not only better for us financially speaking, but it is a blessing to us to know that we have the opportunity to help alleviate the burden of another family's medical need.

We had tossed around the idea of

and help is overwhelming. We have felt very loved, taken care of, and blessed.

*Aimee Charnock
Olympia, Washington*

I can't quite explain the feeling in my heart over the profound gratitude and joy we're experiencing as we receive shares for my son's injury. We feel like an Acts 2 body of believers. Sharing in each other's health care needs has humbled us and brought us closer to the Lord.

Thank you to the staff also for your gift of administration as you organize the community of sharing.

*Rick and Bonnie Erpelding
Kasson, Minnesota*

switching to Samaritan for probably two years before taking the plunge. Andy and I listened to a talk show about Samaritan and felt in our hearts that we needed to switch. A few days later, we received a notice saying our monthly premium was doubling because of the Affordable Care Act. We knew then it was time for a change. I'm so glad we made the switch.

*Andy and Emily Rawls
Boerne, Texas*

We have been brought to tears as we've received each Special Prayer Need check from fellow Samaritan members. The thought that perfect strangers would be moved to give

As we went through the process of having another baby, it seemed daunting to have unexpected circumstances and bills come due. But then reality kicked in. We had nothing to worry about because our God has promised to take care of us. He has promised to be our Provision and our Provider. What a blessing He has given us to be able to count on other believers who are trustworthy and responsible to help share our burdens! God is always faithful!

*James Kirch
Beemer, Nebraska*



I'm thankful I discovered less invasive prostate treatment

by Ken Smith

In late 2009 I was found to have a rising PSA and scheduled an appointment with a physician for testing for prostate cancer. As my wife, a former urology nurse, and I, a very nervous patient, began researching treatment options, the results were not encouraging. Not only were the cure rate results not encouraging, but the personal testimonies of a number of patients undergoing the treatments available at that time resulted in them suffering a host of side effects.

As my wife prepared to go to Vermont to visit her sister, she grabbed the latest issue of Samaritan's Christian Health Care Newsletter. When she got to Vermont she called and shared with me about a new procedure she read about to treat prostate cancer called High Intensity Focused Ultrasound or HIFU. At the time, this procedure was not approved to be conducted in the United States, although it was approved in other countries. The doctor who performed this procedure, Dr. Ronald Wheeler, was located in Sarasota, Florida about 1 ½ hours from our home. I scheduled an appointment where I underwent an MRI-S, which is far safer and more accurate in determining the health of the prostate. Having the traditional needle biopsy may not only miss the diseased portion of the prostate but, through needle tracking, can deposit cancer cells in other parts of the body.

Once it was determined that I had a diseased prostate, I scheduled an appointment with Dr. Wheeler to perform the procedure in Mexico.

It has now been six years since my

procedure and, to date, I continue to have a PSA of <0.1 ng/ml.

Just as important though as being cured of prostate cancer are the side effects. Having a Prostatectomy, which traditionally has a cure rate of about 70 percent, will most likely leave you impotent and wearing diapers for the rest of your life. Further, I don't believe men consider the mental anguish they experience when the above takes place. I know men who are 45 and are now impotent for life.

At this time, six years since my procedure, I have no side effects whatsoever but have full bodily functions.

The main reason for this letter is to inform all who read this that the HIFU procedure was approved by the FDA in 2015. Although it has been approved, there is very limited availability. Also, it should be pointed out that a great deal of the success can be attributed to the experience of the physician performing the procedure.

More than 40,000 men with prostate cancer have been treated with HIFU with a cure rate generally averaging around 65-72 percent. However, with a modification to standard therapy, Dr. Wheeler has been able to demonstrate a cure rate of 100 percent of 57 consecutive patients with a known prostate cancer in a patient group that has a PSA of less than or equal to 8.5 ng/ml over the past 30 months. When you add this data to a group of 67 patients treated from 2006 to 2013, the cure rate drops to 99 percent. The secret is in the experience, the skill, the imaging, and the innovation.

Dr. Wheeler has performed over 400 HIFU procedures. I urge all men who are experiencing prostate issues to consider the HIFU procedure.

More information can be found on his website at www.PanAmHIFU.com. ♦

If you are experiencing prostate problems and would like to speak to members treated with MRI-S or HIFU, send an email to newsletter@samaritanministries.org.

Related articles

Available at
samaritanministries.org/prostate

An innovative approach to prostate problems

Dr. Ronald Wheeler's pioneering research indicates 70 to 80 percent of PSA tests are unnecessary.

The dangers of prostate biopsies

Tumor penetration may spread cancer cells into the track formed by the needle, or by spilling cancerous cells directly into the bloodstream or lymphatic system.

High intensity focused ultrasound treatment (HIFU)

HIFU is a technologically advanced minimally invasive therapy that utilizes sound energy to cause irreversible destruction to cancerous tissue within the prostate without damaging the surrounding tissue.

The Great Prostate Mistake

"I discovered the PSA in 1970. I never dreamed my discovery would lead to a profit-driven public health disaster."

Richard J. Ablin, research professor of immunobiology and pathology at the University of Arizona College of Medicine. *New York Times*, March 10, 2010.

Prayer for the Persecuted Church

Hebrews 13:3 tells us to “Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body.” Our brothers and sisters in Christ around the world are being persecuted for the sake of the Gospel. We need to remember them in prayer. Each month, the Christian Health Care Newsletter will provide updates gleaned from such sources as World Watch Monitor and The Voice of the Martyrs and offer prayer points. Please use them in your personal or group prayer time.

Bomber targets Christians

More than 70 people, at least 29 of them children, were killed in a Pakistan park by a bomber on Easter Sunday. While most of the victims were Muslim, more than a dozen were Christians who were celebrating the Resurrection. A Taliban faction claimed responsibility for the attack and said it was targeting Christians in the children's section of the park. *Pray for healing for the injured, for comfort for grieving families, and for encouragement for Christians in Pakistan.*

Syrian man under attack

A 24-year-old Syrian man living in Lebanon named Jawad is under attack for becoming a Christian six months ago, Voice of the Martyrs reports. In one incident, about 30 people confronted him with sticks, knives, and saws. Besides Jawad, his younger brother and grandmother were injured. VOM reports that Jawad actively shares his faith despite the attacks. *Pray that Jawad*

will remain strong in his faith, for healing for him and his family members, and for favor as he shares the Gospel.

Muslims protest construction

The construction of churches remains difficult in Indonesia. More than 700 Muslims surrounded a Catholic Church construction site in Bekasi, Indonesia, on March 7 to protest its building permit, VOM says. Church leaders went through the proper channels for the permit and posted the permission on a large billboard at the site. Protesters tore down the board. *Pray that local government leaders will not bow to threats from the Muslim group that is trying to block construction, and that construction of Santa Clara Catholic Church will be completed.*

Four translators killed

Four Wycliffe translators were killed and several others injured in a raid by militants on a translation office in the Middle East, Wycliffe reports. Several pieces of equipment were destroyed, and books and materials burned. *Praise God that computer hard drives containing the translation work for eight language products were preserved. Pray for the grieving families, and for healing for the injured. Pray also for the conversion of the attackers.*

4 Catholic nuns killed

Four Catholic nuns were killed when gunmen stormed the retirement home they ran in Yemen on March 7, International Christian Concern reports. Eleven other staffers were killed as well, and an Indian priest was kidnapped. Some church sources have reported that the priest

was crucified on Good Friday. *Pray for the residents of the home, and for safety for Christian workers throughout the Islamic world.*

Pastor removed from post

The pastor of the largest government-sanctioned Protestant church in the province of Zhejiang was arrested by authorities recently, ICC reports. Gu Yuese was accused of embezzlement, but it is believed he really was arrested for denouncing a campaign to remove crosses from churches in the province. He was not brought to trial. *Thank God for Pastor Gu Yuese's courage in speaking out against the removals, for his safety, and that all Christians in Zhejiang and across China will remain steadfast in their faith.*

Vietnamese Christian beaten

A Christian dissident was beaten with stones by Vietnamese authorities on February 22, ICC says. Paul Tran Minh Nhat, released from prison last August after serving four years for sedition, was attacked at his home and injured in the head. He and his mother were moved to a house a kilometer away, but the attackers, including security officers, followed and continued stoning the house. *Pray for Paul Nhat's healing, for the protection of him and his mother, and for the protection of Vietnamese believers* ♦

For more information on the persecuted church, contact The Voice of the Martyrs (www.persecution.com, 877-337-0302), International Christian Concern (www.persecution.org, 800-422-5441) or World Watch Monitor (worldwatchmonitor.org).

A civilization goes splat!

Continued from page 3

took to be a new world opening up before them turned out to be a yawning chasm—you know, the one that Wile E. Coyote sees out of the corner of his eye just moments after he thinks he's finally caught Roadrunner, only to realize he's heading for the splat!

In case you didn't know, this is what cultures look like before they die. They proclaim their great and infinite wisdom exactly at that moment of embracing the biggest follies. Yet the arrogance and hubris won't allow them to see it, and it's left for the future historians to scratch their beards and wonder how it was possible for that many people to have believed that up and down are interchangeable concepts.

None of this should come as a surprise, however. Henry van Til said that culture is religion externalized, by which he meant that it is the outworking of what people believe and who they worship. And since our culture decided it did not want to retain God in its knowledge, choosing instead to give itself over to the worship of The Self, God gave us over to a reprobate mind, to do those things which ought not be done (Romans 1:28). And so here we are.

Van Til's comment can be read in such a way as to get us Christians off the hook. The problems are out there with their religion and the culture that they have built, we could say. The mad people are now running the asylum, and since they worship The Self no wonder the culture looks the way it does.

But that won't do. If we could honestly look across the churches in our civilization to see the robust worship of God, the strong procla-

mation of the Gospel, and the commitment to living out the Christian life in all areas of life, the theory might stand up. However, though many such churches exist, they are the exception, not the norm. Worship in the West is, by and large, all about me and my experience. The idea that Christianity could have anything to say to all areas of life and the outside culture is something only believed by weird people.

In other words, it isn't only that the culture we live in is just the externalization of secularism, though it is that. It is also clearly the externalization of a weak, compromised Church.

You don't buy that? OK, do a little thought experiment. Imagine whether transgenderism and the same-sex mirage could ever have gotten off the ground in Medieval Europe, or in the days of Calvin and Knox, or in the colonial period of America. Hard to imagine isn't it, but really not so difficult to imagine in a culture teeming with churches that are—to borrow a fantastic expression once uttered by the Mayor of London—Great Supine Protoplasmic Invertebrate Jellies.

To press the point further, the Apostle Paul is pretty clear that the role of men and women in the family and the church are not the same. If the church thinks that gender is interchangeable when it comes to both family and church, why should we think the culture around us is going to stick firmly with the idea of fixed gender categories in the rest of life?

So we are living in a civilization that is close to collapse. And we can't just blame it on secularism or the worship of The Self. The Church

has played a huge part. So now is the hour that the we urgently need to repent. We need to do this before we all take a tumble off Wile E. Coyote's cliff and find ourselves splat on the rocks below. ♦

*Rob Slane lives with his wife and six home-educated children in Salisbury, England. He is the author of *The God Reality: A Critique of Richard Dawkins' The God Delusion*, contributes to the Canadian magazine *Reformed Perspective*, and blogs on cultural issues from a Biblical perspective at www.theblogmire.com.*

In the Lord I take refuge;
how can you say to my soul,
“Flee like a bird to your mountain...
If the foundations are destroyed,
what can the righteous do?”

Psalm 11:1,3

“Everything’s falling apart. They won’t listen. There’s nothing we can do.”

Today, we hear from many who say there is no hope. Sometimes they are explaining their inaction. Some are selling a “solution” they say will protect us.

Apparently there were plenty of alarmists around when David wrote Psalm 11. His response should guide us all. “In the Lord I take refuge. How can you say ‘Flee...if the foundations are

destroyed, what can the righteous do?’”

In verse 4 David reminds us, “The Lord is in His holy temple; the Lord’s throne is in heaven; His eyes see, His eyelids test the children of man.” In verse 7 he assures us, “the upright shall behold His face.”

When others tell you to flee, make sure you put your confidence in the Lord and obey Him with courage.

For the Kingdom,



Ray King