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# *our firm* FOUNDATION

*The Immutable Law of God • Christ Our Righteousness • The Seventh-day Sabbath  
The Three Angels' Messages • The Non-Immortality of the Soul • The Sanctuary*



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# Editorial

Clark Floyd

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*"God was clearly instituting a memorial for His creating the earth and all the creatures upon it."*

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*Clark Floyd, editor of Our Firm Foundation magazine, has been co-host of the radio program Bible Answers with Clark and Lee and is a licensed attorney and an ordained Seventh-day Adventist pastor. He has spoken internationally and makes his home in the beautiful mountains of western North Carolina.*

"Thus the heavens and the earth were finished, and all the host of them. And on the Seventh day God ended his work which he had made: and he rested on the Seventh day from all his work which he had made. And God blessed the Seventh day, and sanctified it: because that in it he had rested from all his work which God created and made." Gen. 2:1-3.

I am working on memorizing the above few verses as I walk my seven dogs in the morning. Seven is God's perfect number, not one, not six, not any other number.

Notice that in these short three verses that appear immediately after the creation story, God makes it very clear which day is His day, the Lord's day—(1) "and on the Seventh day God ended his work;" (2) "and he rested on the Seventh day;" (3) "and God blessed the Seventh day."

God was clearly instituting a memorial for His creating the earth and all the creatures upon it—"Because that in it he had rested from all his work which God created and made."

One of Satan's great deceptions was to convince a pagan people to worship the sun on the first day of the week. And then Satan successfully influenced the Roman Catholic Church and finally the Protestants to adopt this first day, or Sunday, as their day of worship, thus removing their adoration away from God's Creation. Even the pope has uplifted evolution over creation.

The Roman Catholic Church adopted Sunday, or the first day, as

their official day of worship in the council of Laodicea in 336 A.D. The Protestants, even though they recognized many of the flaws in the theology of the Catholic Church, failed to detect the non Biblical nature of the first day of the week as God's Holy rest day. And so today the Catholic Church thinks of herself as the Mother Church that her wayward daughters need to come home to. Her sign of authority is Sunday keeping.

I am sharing these thoughts in this editorial because I recognize that we are very close to a Sunday law, and our readers need to reacquire themselves with the reasons we will never keep Sunday over the Seventh day, even under threat of persecution.

In response to the question, "Have you any other way of proving that the church has power to institute festivals of precept?" Stephen Keenan wrote, "Had she not such power, she could not have done that in which all modern religionists agree with her—she could not have substituted the observance of Sunday, the first day of the week, for the observance of Saturday, the seventh day, a change for which there is no Scriptural authority." Stephen Keenan, A Doctrinal Catechism, p. 174.

And again, Cardinal Gibbons in Faith of Our Fathers, pp. 111 & 112, wrote, "You may read the Bible from Genesis to Revelation and you will not find a single line authorizing the sanctification of Sunday. The Scriptures enforce the observance of Saturday, a day which we never sanctify."

And Monsignor Segar wrote, "It was the Catholic Church which, by the authority of Jesus Christ, has transferred this rest to Sunday in remembrance of the resurrection of our Lord. Thus the observance of Sunday by the Protestants is an homage they pay, in spite of themselves, to the authority of the (Catholic) Church." Monsignor Segar, Plain Talk about the Protestantism of Today, p. 225.

A question arises in regard to whether the Lord desired a change of His special day to honor the day on which He arose from the grave.

We must remember that Jesus rested over the seventh day in accordance with the commandment and arose very early the first day. "For I am the Lord, I change not." Malachi 3:6. "Jesus Christ the same yesterday, and today, and for ever." Hebrews 13:8.

We as a people know that Satan has many deceptions for those seeking to surrender themselves fully to Jesus, but God has given not only the Scriptures and the prophets who have written them to make our path easier, but He has also given us an end time prophet to open the way even more.

Our prophet has written: "Thus light was given that helped us to understand the scriptures in regard to Christ, His mission, and His priesthood. A line of truth extending from that time to the time when we shall enter the city of God, was made plain to me, and I gave to others the instruction that the Lord had given me." 1SM 207.

**Our Mission:**

It is the mission of Hope International and the editors of *Our Firm Foundation* to clearly present Christ and His truth. The days remaining for this world are few, and we must work quickly. We must boldly proclaim the historic truths of Adventism that place us on so firm a foundation in the midst of this troubled world. —Editor

**Executive Director:**

Joe Olson  
executivedirector@hopeint.org

**Editor:**

Clark Floyd  
editorial@hopeint.org

**Copy-editor:**

Reen Swindle

**Director of Hope For Health:**

Heather Olson, N.D., R.N., C.H.  
hopeforhealth@hopeint.org

**Bookstore Manager:**

Georgine Olson  
shipping@hopeint.org

**About Hope International:**

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We are accepting article-length manuscripts (3000 words) for possible publication in *Our Firm Foundation*. We prefer that submissions be submitted in Word .doc format as a computer file. Include a digital picture and a short bio. Please address all correspondence to Editor, *Our Firm Foundation*, P.O. Box 220, Knoxville, IL 61448, or by email to editorial@hopeint.org.

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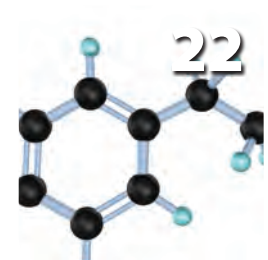
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# How To Fix a Struggling Marriage



By Joe Olson

Since I have done messages on both what the man should do for a perfect marriage, and what a woman should do for the same, I thought there might be some value in talking about what to do if one or the other spouse is *not* following God's instruction.

If both spouses are committed to God and each other, everything can work out very nicely. But what if both are *not* committed to God? What if both are not committed even to each other? Or, what if one is not as committed as the other? What if

one does not accept what the Bible says about the man's or the woman's duties? What then?

## *The man and the woman are to be one*

Again, let's go to the only source of wisdom that is never wrong. As we have already learned, God is very transparent about what He expects from a woman and a man in a marriage. And God was well aware that men and women would not listen to Him regarding the marriage relation.

Nothing escapes the eyes of Him with whom we have to do. Here is what God was looking for in a marriage... "Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh." Gen. 2:24. Both the man and the woman were to be one. Obviously they were not to be one person, but so joined in love and commitment and goals and desires that they would appear as a single unit. And of course, it goes without saying that a marriage should not be entered into without much discussion and prayer to see if the two prospective marriage partners are truly one in soul, mind and spirit.

## *A couple is not to be cut apart*

But, what happens when a couple marry, and find they are not compatible? What happens if the two *were* compatible at one time, but now they are not? Does the scripture have any instruction on these issues? "But from the beginning of the creation God made them male and female. For this cause shall a man leave his father and mother, and cleave to his wife; And they twain shall be one flesh: so then they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder." Mark 10:6-9. According to the word of God, when two people become one flesh, or in other words, married, they are joined, and are not to be cut apart or "put asunder".

## *We need to seek God's wisdom when deciding to marry*

God is very often not asked about the impending marriage. Or, if He is, it is more rhetorical than an actual

question about who to marry. But, if you get married, God has “joined” you “together”. There is nothing in scripture that says *we* decide who are actually joined together by God, and who are not. If you marry, you are joined by God. Don’t let the devil take you down the deep pit of not accepting that what we do is real.

Every act has its consequences and there is nothing in scripture that indicates we get, “do-overs”. Certainly we can be forgiven, and cleansed and made holy again, but there simply are no, “I’d like to try that over” situations. That is why it is so very important that we *beg* God for guidance when we get married. When we marry, it is for life. We do not get to decide that we have made the wrong decision, and now we want out. Neither man or woman is allowed to break that bond.

### *Marriage symbolizes our union with God*

You see, the marriage relation is an example of the relationship between Christ and the Church. There is only to be one decision between God and man... between the Church and Jesus Christ. Either you marry, or you don’t. There is to be no getting into one bed and then another and yet another.

What kind of symbol would it be if marriage lasts as long as you simply feel like it? We would be in and out of our relationship with Christ every day. God does not want that kind of relationship, and He said it will not be so in our marital relationships either. We are supposed to work it out.

With God and the Church of course, one side of the relationship is already perfect. So, the side that needs to work it out is ours. We are the problem, but God will never

divorce us, and He does not want us to leave Him.

This is one of the biggest reasons for not allowing divorce... the whole symbolism goes in the trash if we pick new spouses all the time. The symbolism is very, very important. Marriage symbolizes our union with God. We are not to hop in and out of relationships with other gods. God wants our relationship to be with Him and to be forever. Mortal marriages are to be life-long.

### *We cannot fix it, but Jesus can*

Now, please don’t get down or discouraged... especially if you are in a bad relationship. I just need to lay the groundwork for what God set up and



wants from us.

We may not like what we hear, but just like with the Church and God, the problem lies with us. **WE** are the ones who need to be fixed. And God loves us enough to try to fix the relationship. If our marriage is messed up, then we need to try to fix it. If you are thinking... this is impossible... you are right... at least, partially. “And Jesus looking upon them saith, With men it is impossible, but not



with God: for with God all things are possible.” Mark 10:27. If we try to fix our marriages without God, then you are right... we are doomed to failure. The only way for anything to work is with Jesus. Without God, everything falls apart. But with Him, all things are possible! Praise God!

### *We are to do the right thing,,, regardless!*

Now, to fix a struggling marriage, both partners need to follow God’s instruction that I mentioned in the other two messages. Remember, we are to do *our* part of the marriage contract *regardless* if the other is complying or not. This is crucial! If you plan on fixing the marriage by fixing the *other* person, you will fail miserably. If we were able to “fix” our marriage partner, God would have “fixed” Lucifer before he became Satan. Or, He would have “fixed” Adam and Eve before they sinned. No, we cannot “fix” the other person. Let’s be very, very clear about this... we cannot fix the other person. God does not help us fix other people. Oh, you can be sure God fixes people... He just doesn’t fix them on or for someone else’s account. You see, God always allows free will. We always get to do what we want.

The most effective way to make a marriage worse is to try to fix the other person. Let me say that again... The most effective way to make a marriage *worse* is to try to fix the other



person. That never, ever works... for the man, or the woman. You simply cannot get married and then hope to change the person. I'm sure I can get a thousand "Amens" on that one from married people.

### *Submit yourselves to God for renewal*

Once we have established that we cannot fix the other person in a struggling marriage, what do you suppose we *can* try to fix? Of course, it is ourselves. We can only fix ourselves, or better said, we can only submit ourselves to God for His repair and renewal. "Submit yourselves therefore to God. Resist the devil, and he will flee from you." James 4:7. If we submit to God, and follow His instruction as to what kind of person and what kind of spouse and what kind of Christian *we* are to be, we will have gone a long way in improving our marriage relationships.

### *Dealing with marital problems is good practice for what is to come*

For you women who have read or watched my message on the men's responsibility to love their wives, I'd like to ask a question: If the man followed the Bible's instructions regarding how he is to treat his wife,



how many of you would still be unhappy? Many marriages would instantly improve if just one of the partners would do their spousal duty. Of course it would be better if both did it, but I guarantee that if just one would actually follow God's instructions, there would be many far happier marriages.

Same with the woman... even if her husband didn't follow God's instruction, if *she* did, so many marriages would be better off. There is never any loss for doing the right thing, no matter if no one else does. And the day is coming where very few will be doing the right thing, and we may have to stand alone doing the right. In a struggling marriage, it may end up being good practice for what is to shortly come to pass.

### *Okay, now what?*

So far, we have fixed many a marriage by correcting two different issues. One, quit trying to change the other person. Two, *you* do the right thing even if he or she does not. Those two things will dramatically lower the divorce rate. Those two things will dramatically fix a lot of church problems too. If you forget about trying to fix everyone else, and focus on yourself and God's desire to fix you, we

will have far fewer problems all the way around.

Now, if you are doing all you can to submit to the Lord, and to hold up your end of the spousal duties, and there are still problems... then what? Frankly, very few people get to this point because they rarely submit to God fully and rarely agree to do their own duty if the other is does not. But let's assume that the person has, and the marriage is still struggling. Let's assume after the man actually loves the woman like God loves the church, and she is still not happy (if you can imagine such a thing)... what now? And the other way as well... let's assume the woman is being obedient and compliant and submissive and respectful to her husband, and he is still not happy, (if you could imagine that)... what then?



### *What else can be done?*

Then it is time to sit down with the other and ask, what more the man or the woman expects. Truly sit down in a prayerful and concerned and compassionate way and try to reason together. "What could have been done more to my vineyard, that I have not done in it? wherefore, when I looked that it should bring forth grapes, brought it forth wild grapes?" Isa. 5:4.

In other words, when you talk and ask your spouse what more you could have done, you are asking why there are "wild grapes" or discontentedness or unhappiness? "What more are you looking for?" "What else could I have



done?” “What more do you want of me?” The goal is to get the other to enumerate the problems he or she still sees or thinks exist. Now sometimes you will be shown that you are not following what the Bible says are your duties, and you need to be able to listen and accept what the other person is saying. Often others can see us better than we can see ourselves. You have to be willing to listen, and try to impartially judge.



she is being submissive. You do not say, “You’re not submissive to me.” You say, “Honey, remember yesterday when I asked you not to buy those expensive shoes because we couldn’t

afford them?” That is a very specific instance and now she can replay that scene and decide if that happened or did not happen. Then

she can see if she submitted to her husband or not.

large percentage of marriages will be repaired. Actually, that is a lot of the work of the marriage counselor... just to get you to speak and/or listen to one another.

### *Remember Job’s three friends*

Now, if you have been the godly man or woman in the marriage, you have not tried to “fix” your partner, but focused on making yourself the best marriage partner you can be, and then you have asked, “What more could I do?” and you *still* need help... then what? NOW you can get divorced... right? I mean, after all this effort and prayer and sacrifice... if he or she is still not happy, surely NOW you are free to go and do what you want... right? What does the Bible say?

And as silly as it might sound, most people at this point simply justify doing whatever they want based on what seems logical to them, and a lot of time, to their friends as well. Don’t forget that the devil wants to ruin relationships in a marriage because

he knows that these are symbols of the marriage between the Church and our Saviour. He will whisper, “You have done all you could, it’s time to let it go.” He will even inspire your friends to tell you to give it up... remember Job’s three friends? But none of those guides and friends are God, are they? We are not to follow, “cunningly devised fables”.

### *Address specific issues*

But, there need to be specifics. In order to be fair and to help the person grow, you need to point out very specific behaviors and actions that you deem are not the way they should be. And remember, the way they should be is according to the Bible. You cannot simply say, “You’re not loving,” or “You don’t listen to me,” or “You don’t talk to me.” That is very unfair to the other partner. That’s just a judgment, and there is no other recourse but to simply agree or disagree. There is no “fix” because we have not addressed any specific issue. It’s like taking your car to the mechanic and telling him to make it better. Saying, “It doesn’t run like I want it to” will not really give him the diagnostic information that he needs to make any corrective adjustments. You need to point out what your spouse did on a specific day at a specific time and what specifically happened and how that specifically did not follow God’s instruction. Was that enough “specifics”?

Let’s use a few examples. Let’s say that you are the man, and your wife says she is following the Bible counsel to be a good wife, and you do not feel

### *Exactly what is the problem?*

Let’s say you are the woman, and your husband is following the counsel to be a good husband, but you do not feel he is being loving. Again, you cannot simply say, “You’re not loving.” You have to be specific. *What* was not loving? If he is not loving, you ought to be able to bring many examples to his mind. And remember, we are talking about the Biblical, or holy type of love. Show him what he is doing or does that has proven to you that he is not the loving man he is supposed to be. Calmly, rationally, prayerfully talk to each other.



Many, many, many times, the devil insinuates things in our minds that are not really there. He suggests that your husband is not loving, or that your wife is not obedient. Giving specifics can very often bring the truth to light. If these things are done, another

### *What does Jesus say?*

As Christians, we listen to what God, and God alone, has to say. So, what does the Bible say you do then? “Know ye not, brethren, (for I speak to them that know the law,) how that the law hath dominion over a man



as long as he liveth? For the woman which hath an husband is bound by the law to her husband so long as he liveth; but if the husband be dead, she is loosed from the law of her husband. So then if, while her husband liveth, she be married to another man, she shall be called an adulteress: but if her husband be dead, she is free from that law; so that she is no adulteress, though she be married to another man.” Rom. 7:1-3. Sounds a lot like, “till death do us part” doesn’t it? And this applies just as much to the man as it does the woman. What God hath joined together, let no man put asunder. There is simply no divorce just because you do not get along, or things are not working well.

This is what Jesus says about those who want to end their marriages... “And he saith unto them, Whosoever shall put away his wife, and marry another, committeth adultery against her. And if a woman shall put away her husband, and be married to another, she committeth adultery.” Mark

10:11,12. There is no “putting away”. If you do, Jesus says it is adultery. “Thou shalt not commit adultery.” Ex. 20:14. We cannot keep the fourth commandment and break the seventh and think we are okay. We are to stay together.

### *You are to stay for the sake of your family*

And we may rightly ask, “Why?” Specifically, when one is trying to do the right thing but the other is not, why try to stay and work it out? Paul tried to explain one of the reasons it is good to stay together, even if things aren’t all you want them to be... “But to the rest speak I, not the Lord: If any

brother hath a wife that believeth not, and she be pleased to dwell with him, let him not put her away.

And the woman which hath an husband that believeth not, and if he be pleased to dwell with her, let her not leave him. For the unbelieving husband is sanctified by the wife, and

the unbelieving wife is sanctified by the husband: else were your children unclean; but now are they holy.” 1 Cor. 7:12-14.

You stay for your spouse. You stay for your kids. Remember, at the end of the day, it is not about you. We are to die to self and live for God. And God says to stay.

Paul points out that the unbeliever is sanctified by the believer in the family. Do you realize how cool that is? Do you have any idea how many times God did something *because of* someone else? The scripture is filled with examples where God or someone else did something, for someone else’s sake. Here are just a few...

“... I am with thee, and will bless thee, and multiply thy seed for my servant Abraham’s



sake.” Gen. 26:24. “... the LORD blessed the Egyptian’s house for Joseph’s sake...” Gen. 39:5. “Notwithstanding in thy days I will not do it for David thy father’s sake...” 1 Kings

11:12. “Yet the LORD would not destroy Judah for David his servant’s sake...” 2 Kings 8:19. “For Jacob my servant’s sake, and Israel mine elect, I have even called thee by thy name...” Isa. 45:4.

### *As Christians, often what we do is to be for the sake of others*

And how can we forget that all of our blessings come to us because of our Saviour Jesus Christ’s sake. “And every one that hath forsaken houses, or brethren, or sisters, or father, or mother, or wife, or children, or lands, for my name’s sake, shall receive an hundredfold, and shall inherit everlasting life.” Matt. 19:29.

God even does things for the *elect’s* sake... “And except those days should be shortened, there should no flesh be saved: but for the elect’s sake those days shall be shortened.” Matt. 24:22. There are too many examples to even address that show that often what we do and what we endure and what we suffer, is for others’ sakes.





## *If they choose to go, then we are to let them*

And Paul goes on to say what might happen as a result of our sacrifice...

“For what knowest thou, O wife, whether thou shalt save thy husband? or how knowest thou, O man, whether thou shalt save thy wife?” 1 Cor. 7:16. It might be their salvation that results! We may have to endure; we may have to struggle; we may have to deny ourselves... but it might result in the salvation of our spouse’s soul! Isn’t that worth it? As Christians, shouldn’t we be willing to endure whatever it takes that they might have a chance to come home to heaven? If your spouse wants to stay with you, even though he or she doesn’t want to live the life of a Christian, we should allow them that opportunity. However, if they don’t want to walk in the Lord’s footsteps, then we are to let them go if they want to. “But if the unbelieving depart, let him depart. A brother or a sister is not under bondage in such cases: but God hath called us to peace.” 1 Cor. 7:15. We are free to be apart if the unbeliever wants to be done with the believer. I said free to be “apart”, not free to marry again. “But I say unto you, That whosoever shall put away his wife, saving for the cause of fornication, causeth her to commit adultery: and whosoever shall marry her that is divorced committeth adultery.” Matt. 5:32. The Bible is very clear as to when a man or woman can get married again... it is when the spouse of that person commits adultery. It is in that case and in that case only



that a person is Biblically free to marry another. The goal of course is not to be free, but to fix the marriage.

But sometimes there is no fixing. Sometimes, the devil has been so effective that one spouse or the other simply says, “I am done.”

When that happens, we are to allow the free will of our spouse and let them go. And as you let them go, praying for them continually that they might come back to God, you can stand before God knowing you have done all you could. And if and when they find another person to share their life with, you then are free to do the same.

## *God understands perfectly what we are experiencing*

And this time, I think you will make a much more informed decision about who to marry. This time, maybe we will ask God who we should marry, or even if we should marry, and really, really listen. God too has been In this situation. The people before the flood were to be His people and witnesses, His “wife”, but they left Him. He then chose Abraham and his descendents, but they killed His Son, and left Him. Then His new Church, or wife, was the Christian Church, but they left Him, too, and we went into the dark ages of Catholicism.



Then His Church became the reformers and the Protestants. And they, too, left their Husband, and now His Church is the Seventh-day Adventist people.

You see, God really does know what we experience, and we can see why He so badly wants us to work it out with our spouses. But, as right and pure and holy as God is, everyone is still allowed to make their own choices, and as we can see, the Church has often chosen to not be with its Spouse,

Jesus Christ. When this happens, there is no sin in looking for another spouse, Jesus has done the same over the ages.

## *We all retain the power of choice*

And even if we do find the one we feel will really fit the bill, remember, we all retain our power of choice to do what we want. Paul, looking at these things and knowing what success rate the devil has with us, felt that we were better off not marrying. However, he did say it was only for people who could “hear” it. Jesus Christ is really the only One who will love us and give us all we want forever and ever. But the next best thing to Jesus Christ is a spouse who lives for and loves Jesus Christ more than anything else in this world. If you find *that* spouse, you will have a wonderful and glorious marriage this side of heaven.



Joe Olson serves as the executive director and chairman of the board of Hope International. He also travels as an international speaker.

# Individual Consecration Needed

Mrs. E. G. White

God chose a people for himself, and gave them the name of Christian. This is a royal name, given to those who join themselves to Christ. It is of this name that James is speaking when he says, "Do not rich men oppress you, and draw you before the judgment seats? Do not they blaspheme that worthy name by the which ye are called?" And Peter says, "If any man suffer as a Christian, let him not be ashamed; but let him glorify God on this behalf."



"If any man will come after me, let him deny himself, and take up his cross, and follow me."

## *We are to show steady personal growth*

In a special sense Seventh-day Adventists have been set in this world as watchmen and light bearers. To them has been entrusted the last message of mercy for a perishing world. On them is shining wonderful light from the Word of God. What manner of persons, then, ought they to be?

Our lives should show steady spiritual growth. But I have seen that which makes me tremble--men and women dwarfed in character, possessing the Word of God, which tells them what they must do in order to be saved, yet unsanctified and unholy. They do not enjoy the strength provided for every Christian, because they refuse to be Christlike.

God expects those who bear the name of Christ to represent him in thought, word, and deed. Their thoughts are to be pure, and their words and deeds noble and uplifting, drawing those around them nearer to the Saviour.

## *Are we what God would have us to be?*

It is the purpose of God to glorify himself in his people before the world. He longs to make them channels through which he can pour his boundless love and mercy. But are

we what God would have us?--No, we are not. The members of our churches in every place need to examine themselves closely, and surrender their lives unreservedly to God. They need to grasp the offered gifts of heaven, and live out their love and gratitude. Did they

## *Selflessness is the mark of true Christian character*

In the life of the true Christian there is nothing of self. Self is dead. There was no selfishness in the life that Christ lived while on this earth. Bearing our nature, he lived a life wholly devoted to the service of others.

"Be ye therefore perfect," is God's word to us. And in order that we might obey this word, he sent his only begotten Son to this earth to live in our behalf a perfect life. We have before us his example; and the strength by which he lived this life is at our disposal. In thought, word, and act Jesus was sinless. Perfection marked all that he did. He points us to the path that he trod, saying,



do this, they would regard time as too precious to be spent in faultfinding and criticism. When God's people bring the righteousness of Christ into the daily life, sinners will be converted, and victories over the enemy will be gained.

## *A firm stand against Satan must be taken*

Let us come up to the help of the Lord, to the help of the Lord against the mighty powers of darkness. Satan is working with intensity of purpose to enslave and destroy souls. Let us take a firm stand against him. He who is fully consecrated to the service of God will be made strong for



the battle. He will be strengthened with "all might." He who feels his weakness, and wrestles with God as did Jacob, saying, "I will not let thee go, except thou bless me," will go forth with the fresh anointing of the Holy Spirit. The atmosphere of heaven will surround him. He will go about doing good. His influence will be a positive force in favor of the religion of Christ.

God calls for light bearers, who will fill the world with the light and peace and joy that come from Christ. He calls for humble men, men who cherish a sense of their weakness, and who remember what the service of God demands of them--the propriety of speech and action which shows the power of the grace of Christ. Such ones will reveal in their lives the virtues of Christ's character.

*The world is not being warned as it should be*

There needs to be a deeper work of grace in the hearts of God's people. Less of self, and more of Christ, must be seen. Tests, close and sharp, are coming to all. The religion of the Bible must be interwoven with all that we do and say. Every business transaction must be fragrant with the presence of God.

The condition of things in this world bears unmistakable evidence that the end of all things is at hand. Men's hearts are filled with pride and selfishness. Theft and murder are common. And the world is not being warned as it should be. Thousands are perishing in sin, and the last message of mercy is yet to be proclaimed in the power of the Spirit. How little is being done in comparison with what must be done! Souls are perishing out of Christ. In the future men will be moved by the Spirit to leave their ordinary employment, and enter the fields in which the warning message has never been proclaimed. Many will be endued with power from on high. These workers will labor wisely, not expending means lavishly, but studying how souls can be brought to a knowledge of the truth. This work men and women can take hold of for the love of Christ.



*The work is not finished till Christ says "It is finished"*

Time is precious. The destiny of souls is in the balance. God is holding back his judgments, waiting for the message to be sounded to all. There are many who have not

yet heard the testing message of truth for this time. The last call of mercy is to be proclaimed throughout the earth. Heavenly angels have long been waiting for human agents, the members of the church, to co-operate with them in the great work to be done. They are waiting for you. So vast is the field, so comprehensive the design, that every sanctified heart will be pressed into service as an agent of divine power.

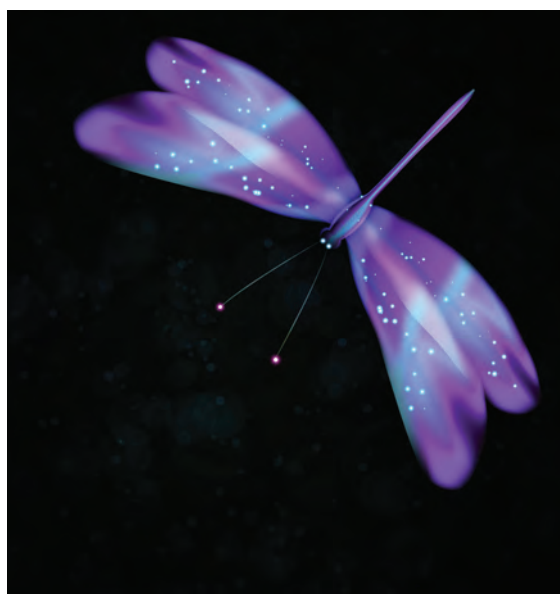
At infinite cost a way of salvation has been provided. Shall Christ's great sacrifice be in vain? Shall the earth be entirely controlled by satanic agencies? The salvation of souls is dependent upon the consecration and activity of the members of the church of God.

The Lord calls upon those who believe in him to be workers together with him. While their life shall last, they are not to feel that their work is done. Until the time shall come when Christ shall say "It is finished," the work for the saving of souls will not decrease, but will grow in importance. A thousand times more work for God might be accomplished if all his children would fully consecrate themselves to him. If they would improve every opportunity for doing good, doors for service would open before them. They would be called to bear greater responsibilities.



*Our lives must fully reflect the characteristics of Christ*

The same devotion, the same self-sacrifice, the same subjection to the claims of the Word of God, that were manifest in the life of Christ, must be seen in the lives of his servants. He left his home of security and peace, left the glory that he had with the Father, left his position on the throne of the universe. He went forth, a suffering, tempted man, went forth in solitude,



to sow in tears,  
to water with his  
blood, the seed of  
life for a lost world.

In like manner  
his servants are  
to go forth to  
sow. The warning  
message is to be  
carried to all parts  
of the world.

Our books are  
to be published in many different languages. With these  
books, humble, faithful men are to go forth as colporteur-  
evangelists, bearing the truth to many who would  
otherwise never be enlightened. Those who take up this  
line of work are to go prepared to do medical missionary  
work. The sick and suffering are to be helped. Many for  
whom this work of mercy is done will hear and accept the  
words of life.

*Our character is to be polished  
after the similitude of a palace*

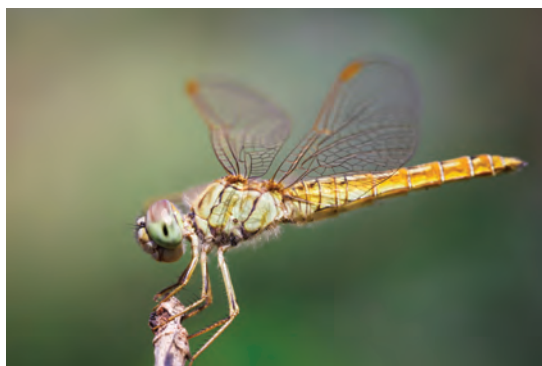
It is not learned, eloquent  
workers that are needed now,  
but humble, Christlike men and  
women, who have learned from  
Jesus of Nazareth to be meek and  
lowly, and who, trusting in his  
strength, will go forth into the  
highways and hedges to give the  
invitation, "Come; for all things  
are now ready."

Not all can go as missionaries to foreign fields, but all  
can live the Christlife where they are. All can give of their  
means for the support of workers in foreign fields. And  
all can engage in home missionary work. Let not parents  
forget the great mission field that lies before them in the  
home. In the children committed to her,  
every mother has a sacred charge from God.  
"Take this son, this daughter," God says,  
"and train it for me. Give it a character  
polished after the similitude of a palace,  
that it may shine in the courts of the Lord  
forever."

*The Lord calls upon each of us to make  
known His truths*

The light and glory that shines from  
the throne of God rests upon the faithful  
mother as she tries to educate her children  
to resist the influence of evil.

Church-members, let the light shine



forth. Let your voices be heard in humble prayer, in  
witness against the intemperance, the folly, and the  
amusements of the world, and in proclamation of  
the truth for this time. Your voice, your influence,  
your time--all these are gifts from God, to be used in  
winning souls to Christ.

My brethren and sisters, you have a voice, you  
have reason, you have capabilities, and the Lord  
calls upon you to make known his truth. Visit your  
neighbors, and show an interest in the salvation of  
their souls. Arouse every spiritual energy to action.  
Tell those whom you visit that the end of all things  
is at hand. The Lord Jesus Christ will open the door of  
their hearts, and will make lasting impressions upon their  
minds.

*Those who reflect light will receive more light*

Strive to arouse men and women from their spiritual  
insensibility. Tell them how you found Jesus, and how  
blessed you have been since you gained an experience in  
his service. Tell them what blessing  
comes to you as you sit at the feet  
of Jesus, and learn precious lessons  
from his Word. Tell them of the  
gladness and joy that there is in the  
Christian life. Your warm, fervent  
words will convince them that you  
have found the pearl of great price.  
Let your cheerful, encouraging  
words show them that you have  
certainly found the higher way.

This is genuine missionary work,  
and as it is done, many will awake as from a dream.

The gospel commission is never to lose its force on the  
minds of the people of God. Into the darkness of sin the  
light of truth is to shine, that the darkness may be expelled.  
Those who reflect light will receive more light to reflect.  
New power will be brought into the church.

*Labor with self-sacrifice  
for the sake of others*

Let companies of  
Christian workers unite  
to help the needy and to  
proclaim the truth for this  
time. As they labor with  
self-sacrifice, for the sake of  
others denying themselves  
of that which they have  
heretofore enjoyed, but  
have not really needed,  
they are God's helping  
hand.



The Lord calls upon his people to arouse out of sleep. The end of all things is at hand. When those who know the truth will be laborers together with God, the fruits of righteousness will appear. By the revelation of the love of God in missionary effort, many will be awakened to see the sinfulness of their own course of action. They will see that in the past their selfishness has disqualified them to be laborers together with God. The exhibition of the love of God as seen in unselfish ministry to others will be the means of leading many souls to believe the Word of God just as it reads.



*Those who know not the gospel, know not God*

God desires to refresh his people by the gift of the Holy Spirit, baptizing them anew in his love. There is no need for a dearth of the Spirit in the church. After Christ's ascension, the Holy Spirit came upon the waiting, praying, believing disciples with a fulness and power that reached every heart. In the future, the earth is to be lightened with the glory of God. A holy influence is to go forth to the world from those who are sanctified through the truth. The earth is to be encircled with an atmosphere of grace. The Holy Spirit is to work on human hearts, taking the things of God, and showing them to men.

The message of salvation is not to be proclaimed in a few places only, but throughout the world. Those who know not the gospel are in the darkness of unbelief. They know not God. Why is the church so indolent, so selfish, so weak? Why do the members not make earnest efforts to proclaim the message of mercy, that others may know the joy of salvation through Christ?

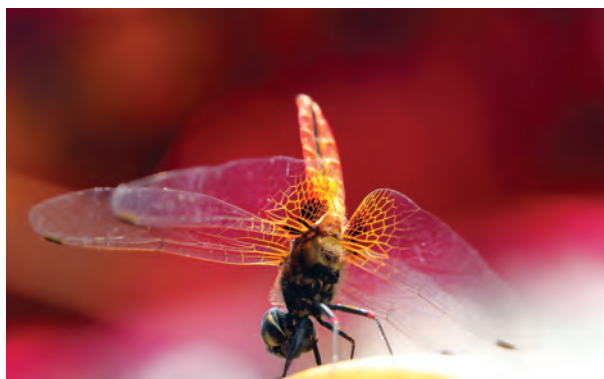
*Soon every man will be judged according to his deeds*

Ye churches of the living God, study the promises of the Saviour, and think of how your lack of faith, of spirituality, of divine power, is hindering the coming of Christ. If you would go forth to do the Lord's work, angels of heaven would go before you, preparing hearts to receive the gospel. Were every one of us a genuine missionary, the message for this time would be proclaimed speedily in all lands, to every nation and people and tongue. Are you individually workers together with God? If not, why not?



The kingdoms of this world are soon to become the kingdoms of our Lord and of his Christ. "The seventh angel sounded, and there were great voices in heaven, saying, The kingdoms of this world are become the kingdoms of our Lord, and of his Christ; and he shall reign forever and ever." There is to be a rapid and triumphant spread of the gospel.

"The Lord, whom ye seek, shall suddenly come to his temple. . . . Who may abide the day of his coming? and who shall stand when he appeareth? for he is like a refiner's fire, and like fullers' soap: and he shall sit as a refiner and purifier of silver." Soon every man will be judged according to his deeds.



*Prepare for the judgment, that you may meet*

*Him in peace*  
My brother,  
my sister, I urge  
you to prepare for

the coming of Christ in the clouds of heaven. Day by day cast the love of the world out of your hearts. Understand by experience what it means to have fellowship with Christ. Prepare for the judgment, that when Christ shall come, to be admired in all them that believe, you may be among those who will meet him in peace. In that day the redeemed will shine forth in the glory of the Father and the Son. The angels, touching their golden harps, will welcome the King and his trophies of victory--those who have been washed and made white in the blood of the Lamb. A song of triumph will peal forth, filling all heaven. Christ has conquered. He enters the heavenly courts, accompanied by his redeemed ones, the witnesses that his mission of suffering and sacrifice has

not been in vain.  
RH, November 23, 1905



*Ellen G. White, 1827–1915, received the spiritual gift of prophecy, and the fruits of her life and work accord with the biblical tests of a true messenger of God. To this day, her counsels are an incalculable blessing to God's people around the world.*



# THE FAITH OF RAHAB

by Clark Floyd

“By Faith the harlot Rahab perished not with them that believed not, when she had received the spies with peace.” Hebrews 11:31.

How could the Israelites not have a strong faith? They had been delivered from their bondage to the Egyptians by a miracle of God—the opening of the Red Sea for their crossing over on dry land, and the closing of the Red Sea over the heads of the Egyptians that pursued them. They had been fed manna in their travels for their sustenance. Water had been brought forth from a rock for their thirst. They had been successful against enemies much more plentiful than themselves. God, through Moses, was their ever present guide. This was all first-hand, full-sight, right-on deliverance preliminary to making them a great nation, and yet they failed for lack of faith.

## **The Israelites experienced a lack of faith and separation from the world**

Instead of trusting in the Lord with all their hearts and not leaning on their own understanding, they felt it

necessary to check things out—they would send spies to canvas the land and bring back a report. Ten spies said the people were too big, the land too hard to conquer, the battles ahead too difficult—their faith was too small. But two, Caleb and Joshua, had full faith and trust in what God could do, as did Moses. They knew that He would and could deliver this land to this people.

An additional problem that the Israelites faced was their failure to keep themselves separate from the

surrounding nations and their evil influences. Midianite women were able to successfully wander into the camp of the Israelites and seduce some of the men, including some of the leaders.

## **The sad results of their lack of faith**

The net result to these people, the children of God, the Israelites, was that the initial group that set out to occupy the promised land was not allowed to enter, but ended up wandering in the wilderness for forty years, and in fact, all but two, Caleb and Joshua, died in that wilderness never realizing the promise, because of lack of faith.

Moses, who would not be able to enter in, but was allowed to see the land from the top of a mountain—died on the border and was buried by angels, later to be resurrected to go to heaven.

## **Moses repeated God’s law to the Israelites**

One of the last acts of Moses was to give the new group, the children of the old group, the counsel contained in the Book of





Deuteronomy, preparatory to their entering in to the promised land. They were to take up where their parents had failed.

Deuteronomy is often called the second speech for it is a rehearsal of counsel preparatory for this new group's entry. It was retrospective in that it looked backward at where they had been. It was introspective in that it looked inward at the heart of the new group, and it was prospective in that it looked forward in regard to what needed to be done. The covenant of ten commandments was repeated. And Joshua was picked as leader.

“And the Lord said unto Moses, Take thee Joshua the son of Nun, a man in whom is the spirit, and lay thine hand upon him: And set him before Eleazar the priest, and before all the congregation: and give him a charge in their sight. And thou shalt put some of thine honour upon him, that all the congregation of the children of Israel may be obedient....And Moses did as the Lord commanded him.” Num. 27:18-20 & 22.

Thus Joshua became the designated leader of this new group of Israelites as they prepared to enter the promised land. A hint of the fact that God had seen Joshua's character at the time the spies were chosen is found in the Book of Numbers, in chapter 13. In verse 8, we read, “Of the tribe of Ephraim, Oshea, the son of Nun” was chosen as one of the twelve spies. And later, in that same chapter, at verse 16, we read, “These are the names of the men which Moses sent to spy out the land. And Moses called Oshea the son of Nun Jehoshua.” The footnote for the meaning of this name is, “he shall save”. And in the King



James New Testament, Joshua is called “Jesus”. (See Acts 7:45 and Hebrews 4:8)

### God directed the spies to where they needed to go

The first mission of this new group of Israelites would be to cross the Jordan River and conquer the city of Jericho with all of its inhabitants.

“And Joshua the son of Nun sent out of Shittim two men to spy secretly, saying, go view the land even Jericho. And they went, and came unto an harlot's house named Rahab, and lodged there.” Joshua 2:1.

God really didn't need spies, but there were reasons for what He had Joshua do. Before He had only two out of twelve spies that were faithful

and brought back a good report. Now He would have two out of two that would bring back a good report. But that was not all. God knows all, and He knew about Rahab's new-found faith and that of her family. God directed the



spies where they needed to go, not only for their encouragement, but also to save a soul.

### Rahab asks that her family's lives be spared

Listen to Rahab's testimony: “She said unto the men, I know that the Lord hath given you the land, and that your terror is fallen upon us, and that all the inhabitants of the land faint because of you. For we have heard how the Lord dried up the water of the Red Sea for you, when ye came out of Egypt, and what ye did unto the two kings of the Amorites, that were on the other side Jordan, Sihon and Og, whom ye utterly destroyed. And as soon as we had heard these things our hearts did melt, neither did there



remain any more courage in any man, because of you, for the Lord your God, he is God in heaven above, and in earth beneath.” Joshua 2:9-11.

She goes on to ask that she, her father and mother, and brothers and sisters would be spared—“deliver our lives from death”. Joshua 2:13. And she bound a scarlet thread from the window of her house so that Joshua and the army would recognize the household to save—somewhat reminiscent of the blood on the door post. Notice that her instructions from the two spies were explicit, and that she followed them precisely.

### Rahab's actions were based on a faith derived from what she had heard

Rahab had faith because of what she heard, and she, a harlot, acted on

that faith. The Israelites who wandered in the wilderness for 40 years and failed to go into the promised land should have had a strong faith based on actual sight, but the majority of them failed in regard to their faith.

Our faith is based on what we have read or have heard through preaching of the Word. Where will we be as God's true people enter into the promised land—left in the wilderness or entering in with God's people?

There are six points of faith that Rahab demonstrated in her life that each of us needs to also realize in our lives—I have started each with an “S” for easier recall—saving faith, singular faith, stable faith, self-denying faith, sympathizing faith, and sanctifying faith.

1. Hers was a saving faith—She was saved physically amid the general destruction of Jericho only through faith. Her body and the bodies of her family were saved from the sword. And



her soul was saved from sin and from the fires of hell. She was no longer a harlot, and, in fact, ended up in the line of Christ.

2. She had a singular faith—She stood alone, with her family. It is easy to believe when everybody else believes. But she was in the midst of a town in which she grew up. Her friends were there. They were into



3. She had a stable faith—She might say, “the thing is unlikely, but I believe it.” The massive Jordan River is between Jericho and Joshua's troops. Jericho has very strong walls. The Israelites are a bunch of former slaves. And what is this marching around the city and blowing the horns. But she hung on through it all, even though these thoughts could have made her wonder.
4. She had a self-denying faith—She risked her life for the sake of the spies. If caught she would be called a traitor, and she and her family would most likely be dishonored and killed.
5. She had a sympathizing faith—She didn't do what she did only for herself. She desired mercy for her relations—her father, her mother, her sisters and her brothers. When we are converted, we need to be the means for converting others.

6. Sanctifying faith—She was no longer a harlot. She married Salmon and became the great grandmother of David.

Dear friends, we are on the border of the promised land. WE could have gone in earlier.

“It was not the will of God that Israel should wander 40 years in the wilderness; He desired to lead them directly to the land of Canaan, and establish them there, a holy, happy people. But ‘they could not enter in because of unbelief’. Heb. 3:17.

Because of their backsliding and



apostasy they perished in the desert, and others were raised up to enter the promised land. In like manner, it was not the will of God that the coming of Christ should be so long delayed and His people should remain so many years in this world of sin and sorrow. But unbelief separated them from God. As they refused to do the work which He had appointed them, others were raised up to proclaim the message.” GC 458.

Will we be the generation to move forward with the faith of Rahab?



*Clark Floyd, editor of Our Firm Foundation magazine, has been co-host of the radio program Bible Answers with Clark and Lee and is a licensed attorney and an ordained Seventh-day Adventist pastor. He has spoken internationally and makes his home in the beautiful mountains of western North Carolina.*



# When Love Comes Down



When love came down—  
To take a cross and leave a crown  
And robes of light for pilgrim's gown,  
He came a Stranger to his own,  
When Love came down.

When Love hung on the tree—  
His heart's blood flowed for you and me,  
That we might live, that we might be  
With him through all eternity,  
When Love hung on the tree.

When Love lay dead—  
“The face of God was veiled in dread,  
Seraph and cherub weeping fell  
As rose that awful chant from hell  
‘The Son lies dead!’”

When Love awoke—  
Ten thousand saints adoring spoke.  
The golden harps of heaven rang,  
And blood-marked throngs triumphant  
sang:  
“He lives, he reigns forever more,”  
The Lamb of God—to die no more—  
love awoke.

--H. A. Kean



# Hope for Health



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### BARBERRY

Barberry has been compared to goldenseal; they share many of the same benefits. All of these herbs contain berberine and some other potentially beneficial alkaloids, such as “berbamine,” which has been shown in research to help reduce inflammation and fight free radicals. Because of its acid content, barberry is believed to be a mild diuretic, helping flush extra water out of the body. It’s also been used traditionally as a “bitter” to help digestion.

### ECHINACEA

Echinacea is about the most popular natural herb that we reach for to bolster the immune system and to fight off many winter ailments. Echinacea, called ‘King of the blood purifiers’ in some herbal manuscripts, has also been traditionally used to help acne, boils and difficult skin conditions.

### GOLDENSEAL

Goldenseal is another one of the popular herbs that we reach for to help protect us from winter ailments and it also helps to stop inflammation and start the healing process of sinus and respiratory mucous passages caused from these ailments.

### LICORICE

Licorice contains two substances, glycyrrhizin and glycyrrhetic acid, that have been shown to increase the body’s supply of one of nature’s most powerful agents, interferon. Interferon helps to stimulate the activity of other beneficial immune cells. Licorice can help suppress coughs and moisten lungs; this makes it especially good for those winter ills. Licorice is considered a “harmonizing herb.” This means it helps other herbs to work more effectively when used in this formula. Licorice also aids in detoxifying the liver.

### MYRRH

Myrrh is one of the oldest medicines in the world. It has been mentioned in Egyptian medical texts since 2,800 BC, and is one of many herbs mentioned in the Ebers Papyrus and the Bible. Like frankincense, myrrh resin is a predominant part of the tree’s immune system. Many of the therapeutic functions of myrrh are similar to the ancient herb frankincense. Myrrh is more astringent, antiseptic, disinfectant, bitter, and tonic than frankincense. Like frankincense, myrrh has a long history of use for a wide range of conditions, with virtually no toxicity. Myrrh is a specific and highly effective antiseptic and astringent for inflammations of the mouth, throat, and gums, and is an excellent herb for the use of immune system boosting and for fighting off the ailments of the respiratory system.

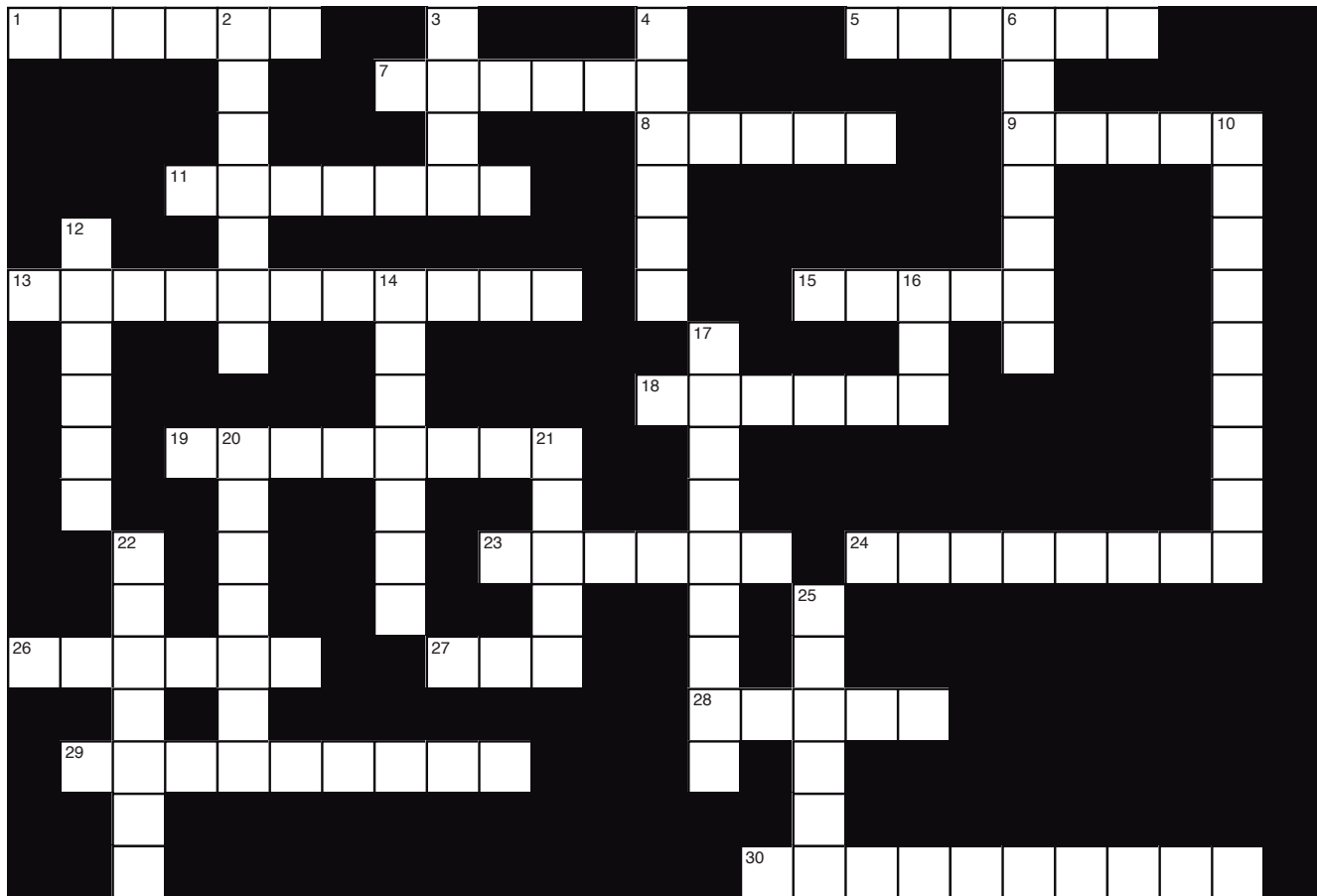
\*These statements have not been evaluated by the FDA. This product is not intended to prevent, diagnose, treat, or cure any disease.



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# Christian Crossword



## ACROSS

1. One in authority
5. Prophet fed by the ravens
7. False stories
8. The first letter of the Hebrew alphabet
9. The first bird Noah sent out
11. A story told to make a spiritual point
13. A Law of God
15. "The scepter shall not depart from \_\_\_\_..."
18. The firstborn son of Jacob
19. One who comes between
23. Site of Ezekiel's visions
24. A disciple from Cyprus who gave his property to the cause of the early church
26. Jeremiah's faithful friend and scribe
27. He received very little sympathy from his friends
28. The plant that was a shadow over Jonah's head
29. The father of Darius the Mede
30. The blind beggar healed by Jesus

## DOWN

2. The father of Samuel
3. A deity of the Canaanites
4. He has been called the St. Paul of the Old Testament
6. The king of this city sent representatives to a harlot to inquire about spies

10. The people to whom Jonah preached
12. An Israeli spy that became a leader
14. A supernatural happening
16. He shall be a "serpent by the way"
17. A history of a people's background
20. Now God had brought Daniel into favor with the prince of the \_\_\_\_.
21. She put a scarlet cord outside her window
22. A son of Moses
25. Name given by Greeks and Romans to designate Edom

## Answers from Christian Crossword published in the June 2012 issue of Our Firm Foundation



## Excitotoxins Part 11: How to Reverse the Damage – Neurotransmitters



Dr. Olson comes from a long line of health professionals including MDs, naturopaths, and osteopaths. Having always wanted to help people, especially in the area of health, she was a missionary to Belize and Korea. A national speaker, an RN for years, a certified herbologist, and a naturopathic doctor, Dr. Olson is utilizing this experience and wealth of knowledge for the benefit of people all over the world.

Last month we went over a variety of nutrients that help to nourish and protect the areas of the brain that receive damage as a result of the excitatory state. With excitotoxins in nearly every processed food, while it is vitally important that we learn what those foods are and avoid them, it is also important to do what we can to reverse the damage and protect our bodies. We dealt with protecting the brain itself, but is there anyway to help promote healthy **neurotransmitters**?

A few months back, I explained that excitotoxins can cause the neurotransmitters in the brain to fire rapidly, misfire, or have trouble communicating with each other (resulting in a variety of health problems). This month we'll be dealing with what nutrients we need to make sure are in our diets in order to keep our neurotransmitters healthy and working properly. But first, what are neurotransmitters?

### What Are Neurotransmitters?

Neurotransmitters are chemicals that relay messages between nerve cells. There are two main types of neurotransmitters: Excitatory and Inhibitory. Some, like serotonin, can be both.

1. **Excitatory:** Excitatory neurotransmitters and their receptors **increase** the neuron's internal electrical activity and excitability. This increases the likelihood that a neuron will relay an incoming signal. (Epinephrine, norepinephrine, dopamine, glutamate and phenylethylamine (PEA) are

excitatory). Excessive excitation (as with excitotoxic damage) can lead to *seizures, insomnia, anxiety, and many, many other clinical conditions*.

2. **Inhibitory:** In contrast, inhibitory neurotransmitters and their receptors **reduce** neuronal excitability and increase the likelihood that an incoming signal will be terminated (serotonin, GABA, taurine and glycine are inhibitory). Excessive neuronal inhibition can result in *incoordination, sluggishness, sedation, and anesthesia*.

For optimal functioning, the brain must **balance** the excitatory and inhibitory influences. Optimizing neurotransmission by balancing neurotransmitter levels can have a **tremendously positive** effect on the body, as many of the symptoms experienced by the chronically ill have **neurotransmitter imbalance** as a common link. Correcting the neurotransmitter imbalances improves the overall signaling within the neurons and results in systemic improvement of symptoms.

### So, let's take a look at some of the neurotransmitters:

1. **Acetylcholine:** Acetylcholine was the first neurotransmitter to be discovered. It was isolated in 1921 by a German biologist named Otto Loewi, who would

later win the Nobel Prize for his work. A neurotransmitter synthesized in the body by choline, lecithin, and vitamin co-factors such as C, B1 and B6; it is important in the role of **behavior and memory**; low levels of acetylcholine may result in forgetfulness. In fact, there is a link between acetylcholine and Alzheimer's disease: Studies show around a 90% loss of acetylcholine in the brains of people suffering from Alzheimer's. Acetylcholine has many functions, one being responsible for much of the stimulation of muscles, including the muscles of the gastro-



intestinal system. An interesting example of the way acetylcholine works with muscle control is paralysis. The plant poisons curare (cure-aree) and hemlock

cause paralysis by **blocking** the acetylcholine receptor sites of muscle cells. Also, the well-known poison, botulin, works by preventing the vesicles in the axon ending from releasing acetylcholine, causing paralysis.

Acetylcholine is the most abundant neurotransmitter in the body and controls the release of the hormone vasopressin, which helps control blood pressure and plays a key role in the regulation of water, glucose, and salts in the blood. It is also found in sensory





neurons and in the autonomic nervous system, and plays a part in scheduling REM (dream) sleep.

### Nutrition for Acetylcholine

Acetylcholine cannot be produced without adequate supplies of vitamin B1. Because acetylcholine is used by the nervous system to ensure proper muscle tone in the heart, deficiency of B1 can also result in compromised heart function. Deficiencies of this neurotransmitter can also result in: forgetfulness and loss of enthusiasm for life, disorganization and a lack of planning and knowing “what to do next”, and attention deficit disorder. So you want to make sure you have the necessary nutrients to create acetylcholine!

### Nutrients needed to form acetylcholine and their sources:

#### L-Tryptophan

**Raw:** Asparagus, oregano, thyme, broccoli, pumpkin seeds, Brussels sprouts, cauliflower, cucumber, romaine lettuce, celery, apricot, sesame seeds, cabbage, summer squash, flaxseeds, beets, eggplant, sunflower seeds, cashews, garlic, green peas, bell peppers, almonds, plums, onions, tomatoes, carrots, chives, dandelion greens, endive, fennel, snap beans, spinach, sprouted oats, sprouted chickpeas, sprouted lentils, and pumpkin seeds.

**Cooked:** Spinach, mustard greens, turnip greens, collard greens, Swiss chard, kale, kidney beans, black beans, lima beans, pinto beans, navy beans, garbanzo beans, buckwheat, sweet potatoes, quinoa, white potato, winter squash

#### Choline

**Raw:** Almonds, apples, sesame seeds, flaxseeds, cauliflower, common white mushrooms, broccoli, green beans, Brussels sprouts, asparagus, tomatoes,

and green peas

**Cooked:** Swiss chard, collard greens, spinach, navy beans, lentils, oats, potatoes, and (roasted) peanuts.

#### Vitamin B1 (Thiamin)

**Raw:** Asparagus, avocado, common white mushrooms, romaine lettuce, green leafy vegetables, Brussels sprouts, green peas, summer squash, green beans, cabbage, tomatoes, broccoli, flaxseeds, cauliflower, bell peppers, pineapple, garlic, sesame seeds, and cantaloupe.

**Cooked:** Spinach, mustard greens, turnip greens, kale, Swiss chard, collard greens, black beans, navy beans, lentils, lima beans, pinto beans, kidney beans, rice bran, and wheat germ.

#### Vitamin B6

**Raw:** Summer squash, shiitake mushrooms, bananas, common white mushroom, bell peppers, garlic, cauliflower, broccoli, cabbage, Brussels sprouts, green beans, romaine lettuce, celery, tomatoes, leeks, eggplant, carrots, onions, green peas, cantaloupe, sunflower seeds, apples, watermelon, pineapple, avocado, grapes, and ginger root.

**Cooked:** Turnip greens, mustard greens, winter squash, white potatoes, and sweet potatoes.

#### Vitamin C

**Raw:** Bell peppers, parsley, broccoli, Brussels sprouts, cauliflower, lemon and lemon juice, lime and lime juice, strawberries, acerola cherries, kiwi, papaya, cabbage, romaine lettuce, oranges and other citrus fruits, cantaloupe, summer squash, tomatoes, green beans, raspberries, pineapple, fennel, cranberries, asparagus, apricot, garlic, plums, leeks, celery, cucumber, onions, blueberries, green peas, carrots, beets, bananas, eggplant, guava, apples, pear, avocado, grapes,

and corn.

**Cooked:** Mustard greens, kale, turnip greens, Swiss chard, collard greens, spinach, winter squash, sweet potatoes, and white potatoes.

#### Lecithin

**Raw:** Cauliflower, soybeans, peanuts, sunflower seeds, and cabbage.

**Cooked:** Soybeans, wheat germ, grains, and peanuts or sunflower seeds (roasted).

### 2. Norepinephrine

In 1946, a Swedish biologist by the name of Ulf von Euler discovered norepinephrine (formerly called noradrenalin). He also won a Nobel Prize. Norepinephrine is a neurotransmitter synthesized by the amino acids **L-phenylalanine** and **L-tyrosine**, along with **vitamins B6, C, niacin** and others. Norepinephrine is strongly associated with bringing our nervous systems into “high alert.” It is prevalent in the sympathetic nervous system, and it increases our heart rate and our blood pressure. Our adrenal glands release it into the blood stream, along with its close

relative epinephrine (aka adrenalin).

Stress tends to deplete our store of adrenalin, while exercise tends to increase it. Amphetamines (like “speed”) work by

causing the release of norepinephrine, as well as other neurotransmitters, such as dopamine and serotonin. Norepinephrine is also involved in sleep patterns, learning, and is important for forming memories. It functions in energy, drive, and arousal. Deficiencies result in a lack of drive. So you want to make sure you have the necessary nutrients to create norepinephrine!



## Nutrients needed to form norepinephrine and their sources:

### L-Phenylalanine

**Raw:** Apples, pineapples, beets, carrots, parsley, spinach, tomatoes, nutritional yeast, and most nuts.

**Cooked:** Most varieties of beans.

**L-Tyrosine** – People trying to improve their tyrosine levels are often told to eat more tyrosine-rich foods. However, most go-to tyrosine foods are animal proteins – steak, fish, etc. Interestingly, most people who eat meat cook it first – which actually can strip the food of the tyrosine that they were trying to get in the first place. **For tyrosine, eat these instead:**

**Raw:** Almonds, avocados, pumpkin seeds, sesame seeds, seaweed, blue-green algae (like spirulina or chlorella), and spinach.

**Cooked:** Mustard greens, wheat, oats, kidney beans, lima beans, and soybeans.

### Vitamin B6

**Raw:** Summer squash, shiitake mushrooms, bananas, common white mushroom, bell peppers, garlic, cauliflower, broccoli, cabbage, Brussels sprouts, green beans, romaine lettuce, celery, tomatoes, leeks, eggplant, carrots, onions, green peas, cantaloupe, sunflower seeds, apples, watermelon, pineapple, avocado, grapes, and ginger root.

**Cooked:** Turnip greens, mustard greens, winter squash, white potatoes, and sweet potatoes.

### Vitamin C

**Raw:** See previous list for raw sources of vitamin C.

**Cooked:** See previous list for cooked sources of vitamin C.



### Vitamin B3 (Niacin)

**Raw:** Crimini mushrooms (button/white/common), shiitake mushroom, asparagus, almonds, tomatoes, bell peppers, summer squash, eggplant, green peas, green beans, fennel, carrots, cantaloupe, cauliflower, broccoli, corn, Brussels sprouts, apples, sesame seeds, pine nuts, sunflower seeds, and red chili peppers.

**Cooked:** Mustard greens, collard greens, peanuts (roasted), spinach, turnip greens, swiss chard, kale, barley, brown rice, buckwheat, split peas, wild rice, and sweet potatoes.

### 3. Dopamine

Another relative of norepinephrine and epinephrine is dopamine, discovered to be a neurotransmitter in the 1950s by another Swede, Arvid Carlsson. Like norepinephrine, dopamine is a neurotransmitter synthesized from the amino acids L-phenylalanine and L-tyrosine. It stimulates the pituitary gland to produce a hormone that burns fat and builds muscle. **Don't we all want a healthy level of this!**

Dopamine is an inhibitory neurotransmitter, meaning that when it finds its way to its receptor sites, it **blocks** the tendency of that neuron to fire. Dopamine is strongly associated with reward mechanisms in the brain. Drugs like cocaine, opium, heroin, and alcohol increase the levels of dopamine, as does nicotine. If it feels good, dopamine neurons are probably involved!

The severe mental illness schizophrenia has been shown to involve **excessive** amounts of dopamine in the frontal lobes, and drugs that block dopamine are used

to help schizophrenics. Recently, it has been noted that low dopamine may be related not only to the unsociability of schizophrenics, but also to their tendency toward social anxiety. On the other hand, too **little** dopamine in the motor areas of the brain is responsible for Parkinson's disease, which involves uncontrollable muscle tremors. It was the same Arvid Carlsson mentioned before who figured out that the precursor to dopamine (called L-dopa) could alleviate some of the symptoms of Parkinson's. He was awarded the Nobel Prize in 2000. Having too much or too little dopamine can cause problems. This is why you want to provide your body with the nutrients needed to maintain and regulate healthy levels of this neurotransmitter. Nutrients involved in dopamine production and regulation include: **L-Phenylalanine, L-Tyrosine, and vitamin B6.**

Dopamine functions in pleasure, reward, good feelings toward others, and maternal/paternal love. Deficiencies result in sugar cravings, depression, and "anhedonia" - a condition in which the person experiences no pleasure, the world looks colorless, they feel an inability to "love", and they have no remorse about personal behavior. Want to be healthy and **happy**? Make sure you have the necessary nutrients to create dopamine!

## Nutrients needed to form dopamine and their sources:

### L-Phenylalanine

**Raw:** Apples, pineapples, beets, carrots, parsley, spinach, tomatoes, nutritional yeast, and most nuts.

**Cooked:** Most varieties of beans.

### L-Tyrosine

**Raw:** Almonds, avocados, pumpkin



seeds, sesame seeds, seaweed, blue-green algae (like spirulina or chlorella), and spinach.

**Cooked:** Mustard greens, wheat, oats, kidney beans, lima beans, and soybeans.

#### Vitamin B6

**Raw:** See previous list for raw sources of vitamin B6.

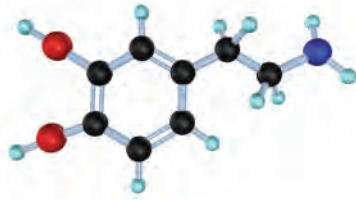
**Cooked:** See previous list for cooked sources of vitamin B6.

#### 4. GABA

In 1950, Eugene Roberts and J. Awapara discovered GABA (gamma aminobutyric acid), which is usually an *inhibitory* neurotransmitter. Regarding brain chemistry and brain health, GABA may be among **the most important** of all nonessential nutrients. Found in the hippocampus, this neurotransmitter is important for **staying calm**.

GABA's main purpose is to **prevent the over-firing of the nerve cells** and to **decrease** overall neuron activities occurring within the CNS. It acts like a **brake** to the excitatory neurotransmitters that lead to anxiety, which is why the brain uses it to promote a sense of calmness and tranquility. Increasing the GABA levels may prove extremely beneficial as a healthy natural alternative to many addictive "tranquilizing" prescription drugs (such as benzodiazepines), to those suffering from certain forms of restlessness and/or anxiety.

GABA is also equally important in the mediation of muscle activities and in the stimulation of certain glands located throughout the body. People with **too little** GABA tend to suffer from anxiety disorders, and



drugs like Valium work by enhancing the effects of GABA (valerian root works in the same way). Many other drugs influence GABA receptors, including alcohol and barbiturates,

and users of these substances may develop anxiety-related disorders. The manufacturing of GABA in the brain is regulated by B-vitamin compounds, particularly **B6**, along with **glutamine, calcium, magnesium, L-theanine**, and **protein**.

GABA deficiency can result in anxiety problems, feelings that things are closing in around you, unexplained panic, panic attacks, nervousness, irritability, restlessness, allergies, blurred vision, clammy hands, butterflies in the stomach, dizziness, IBS, constipation, neuropathy, fibromyalgia, headache, insomnia, trembling or shaking, tinnitus, manic depression, mood disorders, and when it is lacking in certain parts of the brain, epilepsy results. So you want to make sure you have the necessary nutrients to create GABA!

#### **Nutrients needed to form GABA and their sources:**

##### Vitamin B6

**Raw:** See previous list for raw sources of vitamin B6.

**Cooked:** See previous list for cooked sources of vitamin B6.

**Glutamine** (Glutamine is a necessary neurotransmitter. It is healthy in the very small amounts that are found in natural unprocessed foods, however, in processed foods it is found in dangerously high concentrations and acts as a potent neurotoxin.)

**Raw:** Spinach, cabbage, parsley, beets, almonds, broccoli, walnuts,

oranges, lemons, limes, grapefruit, tomatoes, and bananas.

**Cooked:** Foods high in protein most likely contain high levels of glutamate such as: all beans, legumes, and nuts, also: whole grain oats, rice bran, brown rice, and white potatoes.

##### Calcium

**Raw:** Thyme, oregano, dill, rosemary, celery, romaine lettuce, sesame seeds, spinach, green leafy vegetables, cabbage, fennel, broccoli, garlic, asparagus, green beans, Brussels sprouts, leeks, apples, oranges, and crimini mushrooms (button/white/common).

**Cooked:** Turnip greens, spinach, collard greens, mustard greens, sea vegetables, blackstrap molasses, Swiss chard, kale, rhubarb, and black eyed peas.

##### Magnesium

**Raw:** Sea vegetables, kelp, chlorella, spirulina, summer squash, pumpkin seeds, cucumber, dill, romaine lettuce, green beans, flaxseeds, asparagus, celery, broccoli, sesame seeds, sesame butter (tahini), bananas, artichokes, spinach, tomatoes, cauliflower, shiitake mushrooms, eggplant, sunflower seeds, Brazil nuts, squash seeds, watermelon seeds, fennel, ginger root, beets, Brussels sprouts, cashews, almonds, green peas, leeks, raspberries, apples, crimini mushrooms (button/white/common), bell peppers, strawberries, cantaloupe, figs, and watermelon.

**Cooked:** Swiss chard, spinach, mustard greens, blackstrap molasses, collard greens, kale, quinoa, black beans, wheat, oats, navy beans, lima beans, millet, winter squash, pinto beans, kidney beans, and rye.

##### L-Theanine

**Raw:** Bay bolete mushrooms and spinach.

**Cooked:** Oats and whole grains.

## Protein

**Raw: Nuts:** Almonds, cashews, chia seeds, flaxseeds, filberts, hemp seeds, peanuts (actually a legume), pecans, pumpkin seeds, sesame seeds, sunflower seeds, and walnuts.

**Vegetables:** Artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, cauliflower, cucumbers, eggplant, green peas, green pepper, spinach, kale, lettuce, crimini mushrooms (button/white/common), mustard greens, onions, garlic, potatoes, spinach, tomatoes, turnip greens, watercress, yams, summer squash, and zucchini.

**Fruits:** Apples, bananas, cantaloupe, grapes, grapefruit, honeydew melons, oranges, papayas, peaches, pears, pineapples, strawberries, tangerines, and watermelon.

**Cooked: Greens:** Mustard greens, spinach, Swiss chard, collard greens, turnip greens, and kale.

**Legumes:** Garbanzo beans, kidney beans, lentils, lima beans, black beans, pinto beans, navy beans, soybeans, split peas, and peanuts (roasted).

**Grains:** Barley, brown rice, buckwheat, millet, oatmeal, quinoa, rye, wheat germ, wheat, wild rice.

## 5. Serotonin

Vittorio Erspamer first discovered what we now call serotonin in the 1930s, but it was found for the first time in blood serum, in 1948 by Irvine Page, who named it serotonin (from “serum-tonic”). Serotonin is an inhibitory neurotransmitter synthesized from L-tryptophan, and is a **pre-cursor** to the hormone melatonin (see more about melatonin below). It has been found to be intimately involved in **emotion and**

**mood.** Serotonin plays a major role in regulating sleep, reducing pain, producing a sense of calm, decreasing appetite, regulating blood clotting, promoting emotional stability, reducing anxiety, aiding arousal, improving thinking ability, and alleviating depression.

L-Tryptophan is an essential amino acid, which functions as a biochemical precursor for the neurotransmitter serotonin. Once in the brain, **L-tryptophan** is converted to serotonin. Research has shown that dieters tend to become depressed about two weeks into a diet; about the time their serotonin levels have dropped due to decreased carbohydrate intake. **Vitamins B1** (thiamine), **B2** (riboflavin) and **B6** (pyridoxine) as well as **Vitamin B9** (folic acid), **selenium**, and **magnesium** are also necessary for proper serotonin levels.

Deficiencies of serotonin have been shown to lead to depression, lack of rational emotion, feelings of irritability, sudden/unexplained tears, sleep problems, an increased appetite for carbohydrates (starchy foods) and trouble sleeping,

migraines, irritable bowel syndrome, fibromyalgia, problems with anger control, obsessive-compulsive disorder, and suicide. So you want to make sure you have the necessary nutrients to create serotonin!

## **Nutrients needed to form Serotonin and their sources:**

### L-Tryptophan

**Raw:** Asparagus, oregano, thyme, broccoli, pumpkin seeds, Brussels

sprouts, cauliflower, cucumber, romaine lettuce, celery, apricot, sesame seeds, cabbage, summer squash, flaxseeds, beets, eggplant, sunflower seeds, cashews, garlic, green peas, bell peppers, almonds, plums, onions, tomatoes, carrots, chives, dandelion greens, endive, fennel, snap beans, spinach, sprouted oats, sprouted chickpeas, sprouted lentils, and pumpkin seeds.

**Cooked:** Spinach, mustard greens, turnip greens, collard greens, Swiss chard, kale, kidney beans, black beans, lima beans, pinto beans, navy beans, garbanzo beans, buckwheat, sweet potatoes, quinoa, white potatoes, and winter squash.

### Vitamin B1 (Thiamin)

**Raw:** Asparagus, avocado, common white mushrooms, romaine lettuce, green leafy vegetables, Brussels sprouts, green peas, summer squash, green beans, cabbage, tomatoes, broccoli, flaxseeds, cauliflower, bell peppers, pineapple, garlic, sesame seeds, and cantaloupe.

**Cooked:** Spinach, mustard greens, turnip greens, kale, swiss chard, collard greens, black beans, navy beans, lentils, lima beans, pinto beans, kidney beans, rice bran, and wheat germ.

### Vitamin B2 (Riboflavin):

**Raw:** Crimini (common/white) mushroom, summer squash, asparagus, shiitake mushroom, romaine lettuce, celery, tomatoes, strawberries, raspberries, plums, broccoli, green beans, bell peppers, cauliflower, spinach, Brussels sprouts, green peas, almonds, and carrots.

**Cooked:** Spinach, Swiss chard, mustard greens, collard greens, turnip greens, kale, summer squash, asparagus, broccoli, and winter squash.

### Vitamin B6 (Pyridoxine)

**Raw:** Summer squash, shiitake mushrooms, bananas, crimini (common/







white) mushroom, bell peppers, garlic, cauliflower, broccoli, cabbage, Brussels sprouts, green beans, romaine lettuce, celery, tomatoes, leeks, eggplant, carrots, onions, green peas, cantaloupe, sunflower seeds, apples, watermelon, pineapple, avocado, grapes, and ginger root.

**Cooked:** Turnip greens, mustard greens, winter squash, white potatoes, and sweet potatoes.

### **Vitamin B9 (Folate)**

**Raw:** Romaine lettuce, dark green leafy vegetables, sea vegetables such as: kelp, spirulina, and chlorella, asparagus, beets, cauliflower, celery, broccoli, summer squash, cabbage, bell peppers, Brussels sprouts, green beans, leeks, papaya, eggplant, fennel, tomatoes, strawberries, green peas, oranges, bean sprouts, bananas, crimini (common/white) mushrooms, apples, cantaloupe, avocado, onions, carrots, raspberries, sunflower seeds, and pineapple.

**Cooked:** Turnip greens, mustard greens, spinach, collard greens, lentils, pinto beans, black beans, garbanzo beans, kidney beans, navy beans, lima beans, peas, winter squash, quinoa, kale, Swiss chard, and peanuts (roasted).

### **Selenium:**

**Raw:** Brazil nuts, portabella mushrooms, crimini (common/white) mushrooms, shiitake mushrooms, asparagus, garlic, sunflower seeds, broccoli, and sesame seeds.

**Cooked:** Barley, brown rice, oats, blackstrap molasses, spinach, asparagus, wheat bran, and oat bran.

### **Magnesium**

**Raw:** Sea vegetables, kelp, chlorella, spirulina, summer squash, pumpkin seeds, cucumber, dill, romaine lettuce, green beans, flaxseeds, asparagus, celery, broccoli, sesame seeds, sesame butter (tahini), bananas, artichokes,

spinach, tomatoes, cauliflower, shiitake mushrooms, eggplant, sunflower seeds, Brazil nuts, squash seeds, watermelon seeds, fennel, ginger root, beets, Brussels sprouts, cashews, almonds, green peas, leeks, apples, raspberries, crimini mushrooms (button/white/common), bell peppers, strawberries, cantaloupe, figs, and watermelon.

**Cooked:** Swiss chard, spinach, mustard greens, blackstrap molasses, collard greens, kale, quinoa, black beans, wheat, oats, navy beans, lima beans, millet, winter squash, pinto beans, kidney beans, and rye.

### **More about Melatonin**

Melatonin is secreted at night by the pineal gland in the brain, the retina, as well as other tissues. It regulates our circadian rhythms; that is, our body's internal clock. A well-functioning circadian rhythm is **extremely** important for the proper functioning of **almost all biological functions**. York University Biology Professor Colin Steel, an expert in circadian rhythms, notes that researchers are finding that night-shift workers are experiencing much higher incidences of **cancer, very much due to the fact that their internal clocks have been disrupted!**

Melatonin is also a very powerful antioxidant, even more potent than the famous vitamin E. In particular, it **protects** nuclear and mitochondrial DNA. Of several functions, the mitochondria are linked to **aging, the immune system, as well as the metabolizing of energy**. As we age, our melatonin levels decrease, and many biological researchers believe

that this is one cause of accelerated aging.

### **How to make sure you get enough cell-protecting melatonin:**

Make sure you get all the nutrients necessary for healthy **serotonin** levels. Another simple but sure way to prevent your stores from early depletion is **to get a good night's sleep**. So make sure you're getting to bed on time! Also, it's especially important to sleep in pitch darkness because the creation of melatonin is **inhibited** by light, and **facilitated** by darkness. **Even low light levels can inhibit melatonin production to some extent, so make sure to either turn off the lights, or slip on an eye mask when you're getting your beauty rest.**

### **Summing it all up**

Who needs to worry about their neurotransmitters? Evaluations of neurotransmitter levels has revealed that approximately **84% of the population has some degree of neurotransmitter deficiency or imbalance**. Consider the following incidence of neurotransmitter-related disorders in the US:

Depression, Irritable Bowel Syndrome, Hypertension, Fibromyalgia, Migraine, Obesity/Appetite Control, PMS, etc. Believe it or not, many apparently dissimilar diseases have common components of an underlying neurotransmitter deficiency and therefore can be addressed with similar therapies.

**What can you do?** Give the body what it needs to create





healthy neurotransmitter levels. Neurotransmitters are produced on-site in the neurons of the brain from their amino acid precursors, which can readily cross the blood-brain barrier. Sufficient amino acids plus vitamin and mineral co-factors **must be present to produce sufficient neurotransmitters.**

**Additional important amino acids for proper brain and neurotransmitter function:**

**Histidine:** Apples, pomegranates, alfalfa, beets, carrots, celery, cucumber, dandelion, endive, garlic, radish, spinach, turnip greens.

**Arginine:** Alfalfa, beets, carrots, celery, cucumbers, green vegetables,

leeks, lettuce, potatoes, radishes, parsnips, nutritional yeast.

**Valine:** Apples, almonds, pomegranates, beets, carrots, celery, dandelion greens, lettuce, okra, parsley, parsnips, squash, tomatoes, turnips, nutritional yeast.

**Threonine:** Papayas, alfalfa sprouts, carrots, green leafy vegetables such as celery, collards, kale, and lettuce (especially iceberg), lima beans, laver (nori - seaweed).

**Methionine:** Apples, pineapples, Brazil nuts, filberts, Brussels sprouts, cabbage, cauliflower, chives, dock (sorrel), garlic, horseradish, kale, watercress.



**Lysine:** Apples, apricots, grapes, papayas, pears, alfalfa, beets, carrots, celery, cucumber, dandelion greens, parsley, spinach, turnip greens.

**Leucine:** Avocados, papayas, olives, coconut, sunflower seeds.

**Isoleucine:** Avocados, papayas, olives, coconut, sunflower seeds.

**Phenylalanine (natural, unprocessed):** Apples, pineapples, beets, carrots, parsley, spinach, tomatoes, nutritional yeast.

**Additional nutrients for proper brain and neurotransmitter function:**

**Alpha-lipoic acid** - Exceptional for excitotoxin protection.

**Co-enzyme Q10 & Niacinamide, Riboflavin & Thiamine** - Prevents excitotoxin damage by improving energy in the brain.

**Lecithin** - Repairs injuries to the insulation of nerve cells.

**Magnesium & Zinc** – Offers additional excitotoxin protection.

Well, that about wraps it up! I sincerely hope you have enjoyed learning about excitotoxins as I have! I know it has been a long series this time, but hopefully you have learned something that you can take with you that will help you make wiser food choices for both yourself and your family! Thank you for joining us!! Next month learn about some of the healthiest foods around and what they can do for our bodies!





# Hope for Health



Infections of the urinary tract are the second most common type of infection in the body and (according to the CDC) they account for 8.3 million doctor visits each year! Do you have kidney or bladder problems? Do you suffer from an uncontrolled bladder, or pain, irritation or a burning sensation when you urinate? If so, try RenalDrops today! It cleanses and tones the entire urinary tract!

# RenalDrops

### FUNCTIONS OF THE URINARY SYSTEM INCLUDE:

- Removing waste from the blood (in the form of urine)
- Helping regulate the body's pH levels
- Keeping a stable balance of salts and other substances in the blood
- Producing erythropoietin, a hormone that aids in the formation of red blood cells
- Secreting an enzyme called renin, which helps control blood pressure and electrolyte balance

### Price:

2 oz. liquid\* ..... \$9.99

### Suggested Adult Dosage:

- 6-12 drops (about 1/2 - full dropperful) two to three times a day as needed.

\*contains alcohol

**To Order Call Today:**

**1-800-468-7884**

**or Visit us on the web at:**

**[www.hopeforhealthusa.com](http://www.hopeforhealthusa.com)**

\*Prices listed above do not include shipping and handling or sales tax



**BUCHU** Buchu is well known for soothing and strengthening the urinary system and is used to ease inflammation of the bladder, reduce bloating and excess water weight, alleviate painful urination, and reduce swelling of the prostate. Buchu aids in the elimination of stones, mucus, and uric acid from the kidneys. It is also thought to help with bladder control and the incontinence that is associated with prostate problems. Buchu has a well-known track record for use as a diuretic, as well as a wide range of conditions including stomach ache, joint problems, and winter ailments. Buchu works synergistically with the other herbs in RenalDrops to enhance kidney and urinary tract function.

**CORNSILK** Cornsilk has been used for over a century for kidney, bladder, and prostate problems. Hailed as one of the best herbs for restoring health to the kidneys, it increases urine flow and is highly valued for urinary system support. Cornsilk also has a cleansing effect on urea and can neutralize "scalding" urine (too high in uric acid) and reduce the burning and stinging pain when urinating. Also helpful for urine retention, kidney and bladder inflammation and pain, cornsilk will help open the urinary tract, particularly when there is mucus or gravel in the urine or urinary tract. It has also been used for nighttime bed-wetting problems in both children and adults.

**HORSETAIL** Horsetail is an herb with diuretic activity and may enhance the body's ability to produce and eliminate urine. Therefore, horsetail may be particularly beneficial for excess fluid build up in the legs and the rest of the body. It is believed that vitamin and mineral-rich horsetail may also help re-mineralize the body, replacing minerals lost due to increased urination. Horsetail extract is also helpful for people suffering from bed-wetting problems, bladder and urinary tract toxicity, weak bladder, and those who suffer from a persistent urge to urinate.

**GOLDENSEAL** Goldenseal is used for kidney and urinary tract issues in traditional medicine as well as many other purposes. In fact, goldenseal is one of the most widely used herbal remedies in the United States! A known immune-supporting herb, goldenseal strengthens the immune system, protects the urinary tract against foreign invaders and, in cases of infection, may help reduce recovery time. It is included in this formula to help boost the body's natural defenses, reduce the likelihood of an infection of the urinary tract, and speed healing.

Did you know? Your kidneys process some 200 quarts of blood daily and remove about 2 quarts of waste and extra water. The extra water and waste become urine, which is sent to your bladder and then released via urination. In traditional medicine, goldenseal is reputed to stimulate your kidneys, helping with this cleansing process and boosting urine production.

**STRAWBERRY LEAF** Strawberry leaf is considered to have cooling, calming and diuretic properties, making it particularly helpful for urinary tract health. It is very high in vitamin C, a water-soluble nutrient which detoxifies the body, strengthens connective tissue, and promotes healing. Additional compounds found in strawberry leaf, such as the natural diuretic caffeic acid, may help pull excess water from the body (the joints in particular) and eliminate it, helping alleviate pain and swelling throughout the body. Strawberry leaf is of great benefit to the urinary tract by acting as a diuretic (promoting the flow of urine) and by acidifying the urine to create a hostile environment for bacteria.

**UVA URSI** Uva ursi, also known as bearberry, contains an antiseptic substance known as arbutin. This herb has astringent, diuretic and tonic effects and helps reduce the accumulation of uric acid. Herbalists have long used uva ursi for chronic bladder problems and to ease the pain from urinary stones or gravel.

\*These statements have not been evaluated by the FDA. This product is not intended to prevent, diagnose, treat, or cure any disease.

*Combining nature, faith, and love to bring healing to the world.*



# “HE CARETH FOR YOU”

Alvaro Delos Westcott

Lightnings flash across the sky,  
And the wild wind rages high;  
But no fears my thoughts alarm,  
God will keep me from all harm.

He has kept me all these years,  
Kept me through both joys and tears;  
And he oft my heart hath stirred  
By the power of his Word.

I will trust him every day,  
As he guides me o'er the way;  
Let him lead me where he will,  
Give him all my heart to fill.

Father, take my hand in thine,  
Let thy presence round me shine;  
Fill me with thy precious love,  
Keep my thoughts on things above;

In thine image make me grow;  
Cleansed from sin, and white as snow,  
Let me sing thy praise above;  
God is good, for “God is love.”





# News Watch



## 1. National Catholic Register, June 3-16, 2012, Scores of Lawsuits Seek Protection of Religious Liberty by Joan Frawley Desmond, Register Senior Editor.

“43 Organizations Go to Court Over Contraceptive Mandate”—Washington—In an unprecedented nationwide action, 43 Catholic dioceses, institutions and individual Catholics filed 12 lawsuits May 21 in federal courts throughout the country, challenging the constitutionality of the Obama administration’s ‘contraceptive mandate’.

“A first Amendment battle has developed in the wake of the controversial federal rule requiring employers to provide co-pay-free abortion drugs, contraception and sterilization in their employee health plans.”

### END TIME PERSPECTIVE:

“The Constitution of the United States guarantees liberty of conscience. Nothing is dearer or more fundamental. Pope Pius IX, in his Encyclical Letter of August 15, 1854, said: ‘The absurd and erroneous doctrines or ravings in defense of liberty of conscience are a most pestilential error—a pest, of all others, most to be dreaded in a state.’ The same pope, in his Encyclical Letter of December 8, 1864, anathematized ‘those who assert the liberty of conscience and of religious worship,’ also ‘all such as maintain that the church may not employ force’.

“The pacific tone of Rome in the United States does not imply a change of heart. She is tolerant where she is helpless. Says Bishop O’Connor: ‘Religious liberty is merely endured

until the opposite can be carried into effect without peril to the Catholic world.”. GC 564.

Editor’s Comment: There is an old saying that an action is objected to depending on whose ox is being gored. I would suggest that our readers hang on to this News Watch. There will be a day soon when a national Sunday law will be obligatory. Then, the cry of the Catholic Church for first amendment rights can be echoed by those faithful Seventh-day Adventists who desire to keep the 4<sup>th</sup> Commandment and Remember the True Sabbath day.

## 2. National Catholic Register, June 3-16, 2012, Fortnight for Freedom Will Celebrate Faith, front page, by Tim Drake.

Washington—In the two weeks leading up to Independence Day, Catholics across the country will gather for prayer, fasting and other events to highlight the importance of religious liberty, in response to the threat against the First Amendment

posed by the U. S. Department of Health and Human Services “contraceptive mandate,” the U. S. bishops have called for a “Fortnight for Freedom.” The 14-day campaign will take place June 21-July 4.

“We recommend to our brother bishops that we focus ‘all the energies the Catholic community can muster’ in a special way,” stated the U.S. Conference of Catholic Bishops’ Ad Hoc Committee for Religious Liberty in its April 12 statement “Our First, Most Cherished Liberty.”

### END TIME PERSPECTIVE:

In speaking of the early Catholic Church, the Great Controversy, at page 45, states: “The Bible was not accepted as the standard of faith. The doctrine of religious freedom was termed heresy, and its upholders were hated and proscribed.”

Editor’s Note: Again we need to see that Religious Liberty is important to the Catholic Church as long as it serves that Church’s purposes, but as soon as it interferes with the purposes of the Church, it will be spoken against.



# Ellen White's *Vision*

## *Death Not Eternal Life in Misery*

Ellen G. White

Satan commenced his deception in Eden. He said to Eve, "Ye shall not surely die." This was Satan's first lesson upon the immortality of the soul, and he has carried on this deception from that time to the present, and will carry it on until the captivity of God's children shall be turned. I was pointed to Adam and Eve in Eden. They partook of the forbidden tree, and then the flaming sword was placed around the tree of life, and they were driven from the garden, lest they should partake of the tree of life, and be immortal sinners. The fruit of this tree was to perpetuate immortality. I heard an angel ask, "Who of the family of Adam have passed that flaming sword, and have partaken of the tree of life?" I heard another angel answer, "Not one of the family of Adam has passed that flaming sword, and partaken of that tree; therefore there is not an immortal sinner." The soul that sinneth, it shall die an everlasting death-- a death from which there will be no hope of resurrection; and then the wrath of God will be appeased.

### *One of Satan's lies simply leads to another*

It was a marvel to me that Satan could succeed so well in making men believe that the words of God, "The soul that sinneth, it shall die", mean that the soul that sinneth it shall not die, but live eternally in misery. Said the angel, "Life is life, whether it is in pain or happiness. Death is without pain, without joy, without hatred."

Satan told his angels to make a special effort to spread the lie first repeated to Eve in Eden, "Ye shall not surely die." And as the error was received by the people, and they were led to believe that man was immortal,

Satan led them on to believe that the sinner would live in eternal misery. Then the way was prepared for Satan to work through his representatives and hold up God before the people as a revengeful tyrant--one who plunges all those into hell who do not please Him, and causes them ever to feel His wrath; and while they suffer unutterable anguish, and writhe in the eternal flames, He is represented as looking down upon them with satisfaction. Satan knew that if this error should be received, God would be hated by many, instead of being loved and adored; and that many would be led to believe that the threatenings of God's Word would not be literally fulfilled, for it would be against His character of benevolence and love to plunge into eternal torments the beings whom He had created.

### *The immortality of the soul is one of Satan's classic deceptions*

Another extreme which Satan has led the people to adopt is entirely to overlook the justice of God, and the threatenings in His Word, and to represent Him as being all mercy, so that not one will perish, but that all, both saint and sinner, will at last be saved in His kingdom.

In consequence of the popular errors of the immortality of the soul and endless misery, Satan takes advantage of another class and leads them to regard the Bible as an uninspired book. They think it teaches many good things; but they cannot rely upon it and love it, because they have been taught that it declares the doctrine of eternal misery.

### *Satan leads many to deny the*

### *very existence of God*

Another class Satan leads on still further, even to deny the existence of God. They can see no consistency in the character of the God of the Bible, if He will inflict horrible tortures upon a portion of the human family to all eternity. Therefore they deny the Bible and its Author and regard death as an eternal sleep.

There is still another class who are fearful and timid. These Satan tempts to commit sin, and after they have sinned, he holds up before them that the wages of sin is not death but life in horrible torments, to be endured throughout the endless ages of eternity. By thus magnifying before their feeble minds the horrors of an endless hell, he takes possession of their minds, and they lose their reason. Then Satan and his angels exult, and the infidel and atheist join in casting reproach upon Christianity. They claim that these evils are the natural results of believing in the Bible and its Author, whereas they are the results of the reception of popular heresy.

### *God put His word plainly in writing so the weakest need not err*

I saw that the heavenly host were filled with indignation at this bold work of Satan. I inquired why all these delusions should be suffered to take effect upon the minds of men when the angels of God were powerful, and if commissioned, could easily break the enemy's power. Then I saw that God knew that Satan would try every art to destroy man; therefore He had caused His word to be written out, and had made His purposes in regard to the human race so plain that the weakest need not err. After having



given His word to man, He had carefully preserved it from destruction by Satan or his angels, or by any of his agents or representatives. While other books might be destroyed, this was to be immortal. And near the close of time, when the delusions of Satan should increase, it was to be so multiplied that all who desired might have a copy, and, if they would, might arm themselves against the deceptions and lying wonders of Satan.

*The Holy Spirit is given as a guide to understanding scripture*

I saw that God had especially guarded the Bible; yet when copies of it were few, learned men had in some instances changed the words, thinking that they were making it more plain, when in reality they were mystifying that which was plain, by causing it to lean to their established views, which were governed by tradition. But I saw that the Word of God, as a whole, is a perfect chain, one portion linking into and explaining another. True seekers for truth need not err; for not only is the Word of God plain and simple in declaring the way of life, but the Holy Spirit is given as a guide in understanding the way to life therein revealed.

*Man will always be free to choose life or death*

I saw that the angels of God are never to control the will. God sets before man life and death. He can have his choice. Many desire life, but still continue to walk in the broad road. They choose to rebel against God's government, notwithstanding His great mercy and compassion in giving His Son to die for them. Those who do not choose to accept of the salvation so dearly purchased, must be punished. But I saw that God would not shut them up in hell to endure endless misery, neither will He take them to heaven; for to bring them into the company of the pure and holy would make them exceedingly miserable. But He will destroy them utterly and cause them to be as if they had not been; then His justice will be satisfied. He formed man out of the dust of the earth, and the disobedient and unholy will be consumed by fire and return to dust again. I saw that the benevolence and compassion of God in this matter should lead all to admire His character and to adore His holy name. After the wicked are destroyed from off the earth, all the heavenly host will say, "Amen!"

*Satan's work is still to devise new delusions*

Satan looks with great satisfaction upon those who profess the name of Christ, yet closely adhere to the delusions which he himself has originated. His work is still to devise new delusions, and his power and art in this direction continually increase. He led his representatives, the popes and the priests, to exalt themselves, and to stir up the people to bitterly persecute and destroy those who were not willing to accept his delusions. Oh, the sufferings and agony which the precious followers of Christ were made to endure! Angels have kept a faithful record of it all. Satan and his evil angels exultingly told the angels who ministered to these suffering saints that they were all to be killed, so that there would not be left a true Christian upon the earth. I saw that the church of God was then pure. There was no danger of men with corrupt hearts coming into it; for the true Christian, who dared to declare his faith, was in danger of the rack, the stake, and every torture which Satan and his evil angels could invent or inspire in the mind of man.

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