

WIRELESS  
WELLNESS PLAN



PART 3: NATIVE CULTURE  
& SPIRITUALITY



EMBRACING THE  
UNCHANGING

# AMERICAN INDIAN **Living**

VOLUME 2, ISSUE 1

## *The Creator God*

*Thoughts about divine control ...*

*The Spiritual Side of Health*

*Prescription: God*

*From Victim to Victory*

*Eternal Rewards*

*The Rest of the Story*

SAGE ADVICE: AROMA AND FLAVOR FROM THE GARDEN

# Diabetes & Native Americans



## **The American Diabetes Association— Working to Improve the Lives of Native Americans with Diabetes.**

### **Advocacy**

Advocacy at the American Diabetes Association (ADA) works to improve health care, fight discrimination, and increase the federal commitment to diabetes. ADA is a leader in supporting the Diabetes Prevention and Access to Care (DPAC) Act. This legislation seeks to promote and improve care, prevention, treatment and education of diabetes within racial and ethnic minority groups, including the Native American community.

### **Books**

Our publications remain the nation's most authoritative resources on diabetes, they include *Diabetes Forecast*, a monthly consumer magazine. ADA is also the world's leading publisher of books for people with diabetes and health care professionals, with more than 160 titles in print.

### **Community-based Activities**

#### **Awakening the Spirit:**

#### **Pathways to Diabetes Prevention & Control**

Awakening the Spirit maintains a solid presence in the advocacy arena. Nationally and locally, volunteers work to encourage Members of Congress to continue funding grassroots diabetes education programs in Native American communities throughout the country. Writing, faxing, calling and visiting congressional members are several strategies employed at the community level to lobby for issues of concern specifically addressing diabetes needs in the Native American community. Recently, ADA spearheaded an effort wherein several Native American communities, representing 17 states, shared personal stories illustrating the critical role diabetes funding plays in their local efforts to create healthy communities. These stories were shared with various Members of Congress.

### **Call Center**

Our trained staff at 1-800-DIABETES are dedicated to answering thousands of calls and e-mails every day from people with diabetes, their families, friends and health care providers. Information representatives serve as a source the public can count on to provide support, encouragement, and education on diabetes management; our Call Center is available M-F 8:30am-8:00pm. Information packets are tailored to meet the specific needs of each caller.

### **Research**

The American Diabetes Association funds medical research to help people with diabetes live longer, healthier, and happier lives. ADA is currently supporting projects specifically targeting the Native American community. Topics include:

- The role of the primary care clinician in the prevention of diabetes among Native American adolescents and young adults in Southwestern communities
- Translator education and the translation of diabetes terms and concepts into Navajo

The Association recently began funding fellowships for under-represented minority postdoctoral candidates in an effort to increase the number of investigators of color pursuing careers in diabetes research.

### **Web Site**

Our Web site, [diabetes.org](http://diabetes.org), widely regarded as one of the most informative diabetes and nutrition resources on the Web, averages more than 26 million page views each year. Persons seeking information specifically targeting the Native American community can visit our program pages as well as connect with others through our Native American Community Forum. [Diabetes.org](http://Diabetes.org) also offers a variety of free e-newsletters to keep you up to date on the latest diabetes information.

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- 4 SAGE ADVICE**  
Aroma, flavor, and health benefits from the garden.
- 6 SPIRITUAL SIDE OF HEALTH**  
God's original wellness plan still works today.
- 8 PRESCRIPTION: GOD**  
Does what you believe affect how fast you heal?
- 11 FROM VICTIM TO VICTORY**  
One woman's journey beyond the unthinkable.
- 14 ETERNAL REWARDS**  
Powerful stress relief is just outside your door.
- 17 THE REST OF THE STORY**  
Adequate sleep isn't a luxury. It's essential.
- 20 WIRELESS WELLNESS PLAN**  
Diabetes and health management just got simpler.
- 23 NATIVE CULTURE & SPIRITUALITY, PART III**  
What objective observers said about Natives.
- 27 EMBRACING THE UNCHANGING**  
What can I cling to in a chaotic world?
- 28 STRESS AT WORK**  
Challenges from business's rapidly increasing pace.

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# Sage Advice

Sweet scented herb offers benefits for both the gardener and the health-conscious individual.

by WINSTON J. CRAIG



There are about 900 different varieties of sage (*Salvia*). These plants — members of the mint family — offer interesting and diverse aromas, textures, and colors. Their flowers produce abundant nectar, making them a favorite destination of bees. Many varieties, such as the cardinal and painted sage, serve as picturesque ornamentals and combine well with other garden plants.

Some varieties boast medicinal and culinary uses.

The genus name *Salvia* is derived from the Latin verb *Salvere*, which means “to heal,” “to be saved,” or “to be well.” This makes a strong statement about the curative properties of sage. The herb has long been associated with medicinal value, good health, and long life. An old Arabian proverb asks, “How can a man die who has sage in his garden?” Sage has also been used as a general tonic for fatigue and a lack of concentration.

### AROMA AND FLAVORING

Some varieties possess an aromatic fresh, fruity scent like citrus and pineapple, while others reflect the aroma of members of the mint family such as lavender, oregano, or rosemary.

Many species of sage grow in the western United States where they’re often used locally for flavoring foods and beverages. More than a few sport bright red or yellow flowers that are especially attractive to hummingbirds.

The common garden sage, *Salvia officinalis*, is the hardiest and most widely used of the sage plants. This evergreen, highly aromatic, and perennial shrub grows to about two feet high and does well in dry, sunny climates when planted in well-drained soil. The leaves appear rough-textured, grey-green in color, and have a camphor-like aroma. The attractive violet-blue flowers bloom throughout the summer.

### COMMON USES

Common sage leaves — either fresh or dried — are a very popular culinary herb used in meat and cheese dishes, beans, and vegetarian entrées. The leaves also appear in vegetable salads, salad dressings, and fruit salads. Some chefs include the flowers as well. For cooking purposes, blue sage or

Spanish sage can be substituted for the common garden variety. When partnered with onion, sage helps create a great stuffing. Dried sage leaves are a common ingredient of potpourris.

Sage seeds may be ground and used in baking while the aromatic foliage flavors teas. It also can be found in shampoos, perfumes, soaps, toothpaste, and other personal cosmetics.

### GOOD MEDICINE

Sage is known to possess astringent, antiseptic, antispasmodic, and antibacterial properties. Years ago, it was used medicinally in ancient Egypt, Greece, and Rome. The leaves treated wounds, sores, and ulcers. It served as a common mouthwash for sore mouths, inflammation of the throat, hoarseness, and cough. Even today, sage extracts are used in many of the same ways. For example, infusions of sage leaves are found in gargles or mouthwashes created to aid inflamed sore throats, mouth ulcers, and gum diseases. About three drops in 100 milliliters of water make an effective gargle.

A tea created from sage is useful as an aid to digestion. In Europe it’s commonly used for an upset stomach and gastrointestinal complaints and also to treat excessive perspiration. Its anti-secretory properties make it effective in reducing sweat secretion. This has increased the popularity of sage for the treatment of hot flashes and night sweats associated with menopause.

Since sage is rich in tannins, phenolic acids, and flavonoids, it possesses anti-inflammatory properties and is useful for the treatment of gingivitis and inflammation of the mucous membranes of the mouth and

throat. About five grams of dried leaves or two tea bags are typically used to make a tea for internal use.

Rosemary and sage have very different foliage shape and texture, and possess differing aromas and flavors. But, they have a similar phytochemistry. Both are rich in phenolic diterpenoid compounds such as carnosol, carnosinic acid, and rosmanol, as well as the triterpenoid ursolic acid. These compounds provide a strong antioxidant effect and inhibit tumors. They can arrest tumor cell replication and stimulate the detoxification of cancer causing substances.

### OTHER USEFUL VARIETIES

Clary sage, a hairy aromatic plant with a vanilla aroma, has been used in lotions to treat wounds and inflammation of the eye. Its oil is popular in aromatherapy. Mexican chia is a sage plant found in Latin America where its seeds help create a refreshing drink known by the same name. The dried seeds are also ground into meal for baking or pressed to make oil.

While common sage is safe in normal use, its oil can be toxic when introduced in large amounts due to its content of thujone. The oil should not be used internally for medicinal use by pregnant women because it’s reported to trigger abortion. It can also affect the menstrual cycle. In large amounts — or chronic use of smaller amounts — the oil of sage may also cause dizziness and rapid heartbeat, and provoke epileptic seizures. However, the oil from Spanish sage may be safely used in food preparations since it is virtually free of thujone.

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*Winston Craig, Ph.D., is professor of nutrition at Andrews University, Berrien Springs, Michigan.*

# The Spiritual Side of Health

*As we grow older, our metabolism begins to slow even as schedules speed up.*

*Many men and women today want to get in shape, but seldom have time for exercise. They often make the mistake of diving into miracle diets, hoping for overnight success without making any real changes to their everyday life. However, in order to gain success in any area, we might want to include an often overlooked element: GOD.*

*by KACI LANE*



Since God created each of us different, it should come as no surprise that no two bodies work exactly the same. Knowing this, we must find out how our bodies react to certain foods and exercises, and then choose meals and methods that work best.

Earth's first inhabitants were given earth's first employment — to care for the world. (Not exactly a sit-down job.) “God blessed [Adam and Eve] and said to them, ‘Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground’” (Genesis 1: 28). There were gardens to tend, animals to care for, places to go, things to see. The Bible even says that in “the cool of the day” God and His

newly created couple would get together and walk among the trees of the garden (Genesis 3:8).

The Creator knew that any type of physical activity burns more calories than just sitting around. That hasn't changed. Today, many women have discovered that lugging around a baby seat builds great muscles. So does walking behind a lawn mower, swinging a snow shovel or garden hoe, and cleaning house. Since Eden, each of these activities has counted as a bona fide, God-blessed exercise.

As you begin your journey to optimum health, plan the workout; don't plan around it. Those of us on tight schedules need to figure out a time that fits our lifestyle, and stick with it. Routines form habits, which, over time, deliver results.

While some prefer to join groups or seek out a workout buddy, others

prefer to exercise alone, saying it provides a few moments of quality time with God as they jog along listening to soul-stirring, spirit-filled music.

For others, a good friend or spouse can make exercise much more enjoyable. Inviting someone else to join them usually boosts their confidence and motivates them to get in shape.

### EDEN-INSPIRED FOOD FIXES

Just as with exercise, the amounts and combinations of food we enjoy will vary among individuals. Still, we can learn practical methods of training our minds to eat the way Adam and Eve ate.

>> 1. *Eat slowly.* Somehow I can't see earth's first diners doing anything in a hurry — and for good reason. The body takes approximately 20 minutes to signal the brain it feels full. If we eat slower, we'll eventually end up eating less. This may seem hard on a short lunch break from work or classes, but with a little effort we can succeed. For example, I used to eat lunch at my desk when I felt pushed for time — it beat driving someplace and waiting for food to show up on my table. Now I find a quiet place away from my desk where I can slowly chew each bite for around 20 seconds instead of simply breaking my food into small enough chunks to fit down my throat. It took about a week to get in the routine. Now my mouth automatically chews for that length of time. Also, eating with others slows down the pace, because conversations take some of the focus off our plates.

>> 2. *Avoid junk food.* Adam and Eve enjoyed their nourishment fresh from the trees or rich, verdant earth. That's why I try to keep junk

food out of easy reach — both at work and at home. We're more likely to eat what we crave if it's easily accessible. Also, that trip to the store for a sugary or oversalty snack can serve as a deterrent. When I do make the effort, I choose snacks that are low in both sugar and salt and come in small, single-serving sizes. The less junk food we eat, the less our bodies will crave it. Even more important, children should not have access to health-destroying junk food either. They need to see adults enjoying what's good for them, not sneaking nibbles of what's not.

>> 3. *Eat a variety.* God placed a huge variety of foods on the earth for a purpose. To Adam and Eve He said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food" (Genesis 1:29). Today, many diet plans restrict their followers from eating certain foods that contain important proteins, health-sustaining fats, or energizing carbohydrates. God designed us to live in balance, eating a rich variety of whole grains, fruits, vegetables, beans, and nuts. Our bodies were created to run properly on such powerful fuel.



**God created the original health plan, and provided beautiful, tasty foods to help make it work.**

>> 4. *Eat real meals.* We need to get in the habit of eating breakfast each and every day — and I'm not talking about a hot drink and a doughnut. Our metabolism starts operating the moment we place fresh nutrition in our bodies. Everyone can make time to eat a healthy cereal bar with a piece of raw fruit. But why not toss in a small cup of yogurt or a bowl of whole-grain cereal with soy milk? Then, when lunchtime arrives, we won't be so famished that we overeat. Sure, our bodies may feel hungry at odd times during the day, but we need to learn to deny cravings and pace our metabolisms, giving our bodies a chance to feed off the food already stored inside us. Many times our "hunger" is just a craving in disguise.

>> 5. *Treat yourself occasionally.* Notice the word "occasionally." It won't harm us to eat a piece of cake on special occasions such as weddings, birthdays, or family gatherings. And I don't think the God who created us and gave His life for us will get too bent out of shape if we enjoy an ice-cream cone from time to time. However, dinnertime and every visit to a nice restaurant don't fall into the category of "special occasions." Many health-conscious people allow themselves a fun dessert or a favorite snack food once a week.

We're a long way from Eden. But the plans God made for our well-being still apply. It's beneficial to remember that earth's first inhabitants were forced to live in a world ruled by sin because of one temptation they failed to resist: appetite.

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*Kaci Lane writes from Tuscaloosa, Alabama, where she's a freelance graphic designer, writer, and editor.*

# Prescription:



Does what you BELIEVE affect how fast you HEAL?

BY BARBARA KOGAN

**IS SPIRITUALITY GOOD FOR YOUR HEALTH?"** The question hangs in the auditorium air as Stephen E. Straus, M.D., director of the National Center for Complementary and Alternative Medicine (NCCAM), looks out over the Christian clergy and local seminary students assembled at the National Institutes of Health (NIH) campus hospital in Bethesda, Maryland. "Does spirituality have a medicinal value alternative to normative procedures?" he continues. "Can we live longer and get better more quickly?"

Harvard University's Anne

Harrington, Ph.D., distinguished lecturer for the NCCAM, takes her place behind the podium and begins her response to those questions by pointing to a chart indicating prayer as the number one practice among more than 31,000 adults the center surveyed. Forty-three percent of those polled said that they prayed for their own health, and 24 percent prayed for others as well.

The results of that survey led to federal funding of five NIH studies on prayer, spirituality, and healing. Researchers knew that patients prayed. They wanted to know how and why that simple practice enhanced their health.

## **GODLESS EXAM ROOMS**

Christian spirituality — as defined by the studies — is the belief an individual has in one God. While 67 percent of doctors surveyed professed a belief in God, and 95 percent felt that a patient's spiritual outlook was important to handling health difficulties, less than 20 percent of all patient visits included spiritual factors.

Practitioners felt that lack of time was an important barrier to addressing those elements in their patients' diagnoses. However, a majority stated that proper training in how to manage such issues could overcome those barriers and improve their ability to more fully

respond to a patient's spiritual requirements.

To help bridge the gap between patient and health-care provider, the NCCAM defines prayer as “an active process of appealing to a higher power, specifically for health reasons,” and includes individual or group prayer on behalf of one's self or others. The term spirituality is broader, defined as “an individual's sense of purpose and meaning in life beyond material values, including religion.”

At Johns Hopkins University's Department of Managed Care in Baltimore, Maryland, clinicians measured the spiritual pulse of patients in order to identify perceived barriers to integrating spirituality into their care. They discovered that 90 percent of adults believe in God, 82 percent pray weekly, and a majority want their physicians to address spirituality during a visit.

Harrington cites that, within the past five years, 70 medical schools have begun offering courses in spirituality and health. With proper post-doctoral medical education training, physicians are learning to gather not only a patient's medical and family health history during an examination, but their spiritual history as well.

Studies have shown that attending church is good for the immune system and allows changes in brain chemicals that “kick-start” many health practices. Increasing scientific research also suggests that not only are religion and spirituality connected directly to mental and physical health, but they also can play a powerful role in the medical treatment of patients with severe chronic illnesses.

Warming to her subject, Harrington goes on to explain that “Presently, we're dealing with

spirituality on a cultural level. Medicine will be better off when we start dealing with spirituality on an ethical level.” She adds that patients' immune systems are crying out for spirituality. But doctors can't hear spirituality on their stethoscopes, and therefore, many don't consider it to be medically curative. Harrington declares that an ethical and moral agenda — instead of a purely scientific agenda — should be adhered to by health-care providers.

NCCAM's future studies will also evaluate the curative effects of contemplation, meditation, and faith.

### **MAKING THE CONNECTION**

When frightened or concerned about their health, most people turn to their main source of strength. They don't wait until scientific research creates a framework built on what other people believe. Harrington cites the Seventh-day Adventist Church as being known for the health benefits associated with a vegetarian diet and a strong sense of community — faith elements not always shared by other religions.

## **Doctors can't hear spirituality on stethoscopes. Many don't consider it to be medically curative.**

North Carolina's Duke University researchers found that when organized religious activities were included in a patient's care, his or her acute-care hospitalization stay was shorter. The robust and persistent effects of religiousness and/or spirituality in long-term health care were well documented as particularly beneficial among African-

Americans and women over 50.

Children represent another area of consideration. With the rapidly increasing use of complementary therapies, North Carolina's Wake Forest University School of Medicine researchers also discovered an improved effectiveness in clinical practice and enriched, deepened pediatric patient response during clinical care. The cases, reported in a clinical pediatric journal, supported the use of spirituality-based role-playing and personal reflection in complementary medicine.

### **EVIDENCE OF FAITH**

The interest in the possibility that religious and spiritual activity may confer health benefits is increasing. A Columbia-Presbyterian Medical Center director of behavioral medicine feels it's important to conduct clinical trials in order to provide the scientific basis that will allow physicians to make recommendations such as “attend religious services” along with their regular medical treatment.

Harrington provides a poignant example correlating increased longevity with church attendance within an almost entirely Italian-

American tightly knit community in Roseto, Pennsylvania. In the years following World War II, the members of this community boasted the lowest heart-disease rates in the entire United States. An earlier eight-year study found the average life span was 83.

Cardiac mortality in Roseto hovered near zero in men 55 to 64, half the national average in

spite of high levels of obesity and other lifestyle risk factors. This led researchers to write about the role of faith and belief in stimulating the ability to heal. The community's spiritual integrity included faith that God could see them through any surgery. Twenty years after the initial Roseto coronary artery disease study, the same spiritual philosophy was being confirmed in other studies.

However, after 30 years had passed, Roseto residents' values and goals were becoming more in line with the more materialistic views held by the residents of nearby Bangor. The death rate from myocardial infarctions (heart attacks) increased to equal that of their less spiritually inclined neighbors. A 50-year Roseto-Bangor comparison completed by nearby Bethlehem, Pennsylvania, Lehigh University, found that the mortality rate increase experienced by the Rosetans was owing to a larger number of younger men and elderly women in the community. The "Americanization" of Roseto, with its reduced solidarity and church attendance, created the matched mortality between these two originally diverse communities.

Texas researchers, in reviewing a national health interview survey on multiple causes of death and its relationship with religious

attendance, found that people who never attended church had a 1.87 times higher risk of death than those who attended more than once a week. Non-attendance increased the likelihood of being unhealthy, having a reduced life expectancy of seven years when compared with churchgoers, and dying. Five years after their published study, additional researchers were confirming that religious involvement is linked to mortality risks. The evidence was strongest for public religious activity and the weakest for private religious activity.

### **THERAPEUTIC BENEFITS OF PRAYER**

A San Francisco intercessory prayer (IP) group focused on 192 hospitalized Christian coronary care individuals and compared the results with 201 individuals in a control group without IP. During the 10-month study, members of the IP group experienced a significantly lower severity during their hospitalization; those in the control group required ventilatory assistance, antibiotics, and diuretic medication more frequently. The collected data suggests that prayer to a Christian God — one of the oldest forms of therapy — produces definite therapeutic benefits. The study also acknowledges that little attention is being devoted to

these benefits in modern medical literature.

Harvard Medical School researchers, knowing that prayer is common in the U.S., conducted a national survey of 2,055 individuals in 1998 to determine prayer's prevalence and patterns. They discovered that 35 percent of those surveyed prayed for health concerns, 75 percent went to God concerning their overall wellness, and 22 percent petitioned for specific concerns. While 69 percent found prayer "very helpful," only 11 percent discussed this with their physician.

Harrington concludes her remarks at the NIH campus hospital auditorium by saying that multi-site national researchers have found that patients experience significant improvement in disease-fighting antibodies after participating in a mindful meditation program. Spirituality and emotional well-being also allowed for alterations in brain structure and immune system functioning.

Is spirituality good for your health? In study after study, science is uncovering irrefutable evidence to support what people of faith have known for a long, long time.

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*Barbara Anan Kogan, O.D., writes on health topics from her home in Washington, D.C.*



# From Victim ... to Victory

by JOY SWIFT

ONE WOMAN'S JOURNEY BEYOND THE UNTHINKABLE

Like so many other crimes that leave victims behind, the perpetrators of this assault had no real motive for their actions. One of the murderers was my 12-year-old son's best friend. His accomplice didn't even know the children's names. Yet he was willing to help kill four innocent kids ranging in age from 7 months to 14 years who were simply in their own living room watching television.

When the carnage was over, four lay dead. But many more victims were left alive to cope with the tragedy and to deal with indescribable grief.

Being a victim changed me. I could no longer walk naively through life. I couldn't trust anyone. Every thought, every movement was motivated by self-preservation.

Though my heart finally healed from its damage, it was left terribly scarred. Those of you who have been victims understand what I'm saying. Whether you are a casualty of incest, rape, robbery, assault, or even murder, you never forget the details, and you relive them again and again in your mind. Being a victim becomes a part of who

I used to be a murder victim.

Some of you may ask,

"How can you still be alive?"

Because they didn't kill me.

They killed my children.

Two young men entered my house one evening ...

and gunned them all down.

you are. It influences your own perception of your self-worth and affects your response to everyday events for the rest of your life.

But I am no longer a victim. Today I am a victor! The change did not come quickly, nor did it come easily. The process took years to accomplish. And it could not have happened at all if it weren't for the man from Nazareth.

## DIVINE SCARS

Jesus Christ was a victim. And like me, He carries the scars in His hands and feet to prove it.

But it was sin that left the biggest scar — right in the middle of His heart. The Bible says that He will carry these scars forever, to remind us that He, too, was a victim.

But there's something different about Jesus. While we avoid being victimized, He willingly came to this earth for the express purpose of experiencing just that. Those who loved Him most were also victims. They watched helplessly as the man they believed to be the Promised One surrendered His last breath on a cross. All their hopes were murdered with Jesus. They were so sure that He was the Messiah. Now He lay in a tomb. How could everything they believed in fall apart so quickly, so violently?

If the story were to end there, we victims would have no hope. Like the crucified Jesus, we'd remain victims — some in graves, others walking witnesses to the tragedies in our own lives. We'd be people covered in scars with little chance of recovery and no chance to overcome our circumstances.

But the story doesn't end there. On the third day Jesus Christ rose victorious from the grave.

In that moment He won the victory over sin. Since the wages of sin is death, He also won the victory over death.

Just as He was willing to come to this earth to experience our pain and our anguish, our death and our grave, He's willing to share His victory with us!

## TEN WAYS TO THINK LIKE A VICTOR

Once we realize that we don't have to remain a victim, our focus changes. We cling to His victory, and claim it as our own. The scars remain, and they continue to influence our actions and responses, but we need something

to remind us that we are victors and can remain victors in any situation.

Here are several things I've learned to do that have helped me think and act as a victor.

>> 1. **Don't Be a Victim.** The first step is to make a conscious decision not to be a victim. Avoid any situation that might set you up to be victimized, either by another human being or sheer circumstance.

This doesn't mean you have to go live in a cave. Even in a cave, trouble will find you. And too often it gets help from someone bigger than you and me.

The Bible says, "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms" (Ephesians 6:12).

We are not battling against mere humans. We're fighting against forces we don't even see. Our only protection against such a formidable foe is Jesus Christ. He is the difference between us being a victim and being a victor.

>> 2. **Practice Everyday.** In elementary school we had fire drills to prepare us for real emergencies. Everyday life is filled with opportunities to help us prepare for the real emergencies in our lives. I'm not suggesting that we spend all our sunny days braced against tragedy, waiting for something bad to happen. But we can use minor inconveniences and small tragedies to practice putting things in their proper perspective, and rolling with the punches. We have to keep our hand tightly in Christ's, and trust that He will see us through every circumstance. Practice truly does make perfect.

>> 3. **Think Positively.** One of my favorite sayings is: "I hope this is the worst thing that happens to me today." I've used this simple statement to help me look at circumstances more positively. No day will be as dark as the night we lost the children. In comparison, everything else is spilled milk. And that's a good attitude, because if you see very bad things happening in your life as merely spilled milk, you're going to cope with them a lot better.

Make this your motto: "I shall live each day knowing that nothing could possibly happen to me today that God and I can't handle together."

>> 4. **This Too Shall Pass.** Sometimes, no matter how much we've prepared ourselves to stand with Christ and keep a positive outlook, something happens that throws us completely over the edge. Even the disciples felt doomed when a storm swept over them at sea. And Jesus was right there in the boat with them.

Four simple words give me courage in situations such as those: "This too shall pass." No matter how bleak circumstances may seem, if I can just hang on a little longer and remain calm while the storm rages, I'll get through this. Jesus is right here in the boat with me.

>> 5. **Trust God.** The adversary is out to destroy us. He'll use the most drastic means imaginable to make us believe that God is not there. But if we believe the Bible, and if we have faith that God will do what He says He will do, then nothing in life can defeat us.

We have to make the decision — in every situation — to lean on Him. He has more courage, more strength, more common sense, and more problem-solving skills

than any of us could ever muster. We can put the greatest minds and the mightiest men together in one room, and they cannot hold a candle to what God can do in the blink of an eye.

Instead of telling God how big your problems are, start telling your problems just how big your God is. Then watch your victories multiply.

>> 6. **Don't Ask Why.** Too often, when tragedy strikes, we get so lost in the “why” questions that we struggle to remember that God is in control. Why did this happen to me? What did I do to deserve this? If God loves me, why didn't He stop this from happening?

We get so lost in the circumstances, so lost in trying to make sense of the senseless, that we lose sight of the One who knows what's going on from beginning to end. We become victims to every circumstance we encounter. Instead of asking God “why?” ask, “Now that it has happened, what should I do to become a victor?”

>> 7. **Only I Can Make Me Mad.** My husband taught me a long time ago that only I can make me mad. No matter what happens, I'm the one responsible for my emotions.

As a teacher in a small Christian school, I've used this with my students. When a fifth-grader whines, “Mrs. Swift, so-and-so is making faces at me, and he called me a squirt,” I tell him to just let it go in one ear and out the other. “He's just trying to get to you. If you don't let him get to you, you win! Remind yourself that only you can make yourself mad.”

Several students have come back to me and said, “Mrs. Swift, I did what you told me, and it works! Only I can make myself mad.”

>> 8. **Widen Your Coping Range.** We cope with life on three levels. Everyday life keeps us in the middle where we cope on a normal level. When something bad happens, we are either thrown into a state of hysteria or down into a state of depression — neither of which is healthy for us.

Our goal, then, is to widen our normal coping range so that fewer situations throw us into hysteria or depression; the range of what we can endure broadens. It has nothing to do with how physically strong we are. It has everything to do with inner strengths and weaknesses. The best part is that when our own strength fails us, God's strength sustains us.

I have always been a strong-willed person. But when the kids were murdered, I told God that

cases it's downright impossible if we try to do it on our own.

I have every right in the world to hate the two young men who murdered my children. But if I am to be counted among the sons and daughters of God, I must be willing to love all of God's children as much as He loves each of us. I must be willing to love the sinner and hate the sin.

As a parent, I can understand this. There's nothing my children could ever do to make me stop loving them, and longing for their salvation. And that's exactly how God feels about His kids, too.

If we rise above the tragedy, and forgive the perpetrators, we turn the whole ordeal into a victory for us. We're no longer their victims; we become victors. The same holds true for the victims they killed.

## What did I do to deserve this? If God loves me, why didn't He stop this from happening?

I wasn't strong enough to live without them. When I gave up, He gave me His strength to get through it, and He continues to get me through it on a daily basis.

>> 9. **Meet Every Challenge with Enthusiasm.** I don't care if it's climbing Mount Everest or cleaning the dirtiest bathroom you've ever seen in your life — rise to the challenge, put your whole heart into it, and meet the challenge with enthusiasm. Like the apostle Paul, remind yourself that “I can do everything through him who gives me strength” (Philippians 4:13).

>> 10. **Forgive Your Trespassers.** OK. This is the tough one — especially for victims. I'm not going to pretend that it's easy. In many

If Christ's sacrifice was sufficient to save my children eternally, then the grave has no hold on them. The victory is already theirs.

The only true victims in this situation now are the perpetrators themselves, because they fell victim to the great deceiver. But God loves all His children unconditionally, as I love mine. That means that even the perpetrators are welcome in the kingdom — if they turn away from their sins and cling to Jesus Christ.

The victory belongs to all of us if only we will grab hold of it and refuse to let go. In Christ nobody has to end up a victim.

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*Joy Swift is a writer, public speaker, and independent sewing contractor. She lives in Bitterroot Valley, Montana, with her husband, George.*

# Eternal Rewards



by JOHN & WENDY GIST

## THE WORLD'S MOST POWERFUL STRESS ANTIDOTE IS WAITING JUST OUTSIDE YOUR DOOR.

**I**N the ABC reality-based television series *Brat Camp*, nine troubled teens found themselves transported into the Oregon wilds in the hope that, with the guidance of experienced counselors, nature might help defeat the demons haunting their young minds. The series was controversial, with some critics suggesting that the woes of the troubled youth were being exploited for monetary profit. In fact, two of the participants, Isaiah and Jada, were later arrested for serious crimes. But for the other seven young people, something changed in them during their brief brush with the great untamed.

People have been looking to nature for spiritual balance and physical renewal for centuries. Many find it. What is there about nature, about the silent, sublime solitude of walking solitary paths, that touches the human heart?

The answer lies not so much in

the trees, flowers, or desert sands, but in a person's willingness to accept the unseen power that drives the natural world.

### SCIENCE AND HISTORY

From a purely scientific perspective, nature supplies the mold used to make penicillin, the poppy seeds from which painkillers such as morphine and codeine spring, and the bark of yew trees, which, research suggests, may boast powerful anticancer agents. A mere 50 years ago, most pharmaceuticals were created from one or more natural components. Hippocrates, the father of medicine, understood its potential when he wrote, "Nature cures — not the physician."

Nature, it seems, is a storehouse not only of food, but of medicine. It's also a place to escape the maddening crowd of the city and the hustle-bustle of modern living; a true blessing that allows us humans — and all biological organisms under the sun — the gift of life.

But nature, for all her splendor, can be indifferent to the life she spawns. Hurricanes, tsunamis, volcanoes, and earthquakes indiscriminately end lives and wreak havoc on survivors. The Lisbon earthquake of 1755, in which a reported 30,000 people died in the first two minutes of the disaster, inspired the French writer Voltaire to pen his famous composition, "Poem of the Lisbon Disaster," in which the author questions the "all is good" sentiment popular at the time. Rousseau, Voltaire's contemporary and equally formidable writer, disagreed with Voltaire in a letter. The immanentist philosopher

Immanuel Kant responded to the disaster by initiating a discussion concerning the good that comes from harm in the hope of elevating the concept of the sublime. For many of the most intellectual thinkers of the century, such “natural acts” called their faith in the inherent goodness of God into question.

Even today, doubt lingers in the aftermath of natural disasters. The great tsunami of 2004, in which more than 200,000 lives were lost in Indonesia, the Maldives, Sri Lanka, and other countries, caused many to curse the heavens. A year later and closer to home, Hurricane Katrina hammered the once proud city of New Orleans, drowning citizens who couldn’t escape to higher ground. Nature can be as cruel as she is kind. So why do we keep turning to her in times of stress?

### **DEVELOPING AWARENESS**

The American philosopher Thoreau discovered a sense of transcendence in studying the natural world. His magnum

opus, *Walden*, is a handbook for nature lovers across the globe. Saint Augustine, one of the most brilliant writers in the Christian canon, delighted in praising God as he observed creatures such as lizards and spiders. He explored nature as an allegory for religious experience.

Christ Himself, after His baptism, withdrew into the wilderness and fasted for 40 days. There, the Bible states, He was tested by Satan and emerged triumphant. The question then remains: If nature can be indifferent or even cruel when dealing with its environment, why do so many humans insist on perceiving nature as capable of healing troubled minds and hearts?

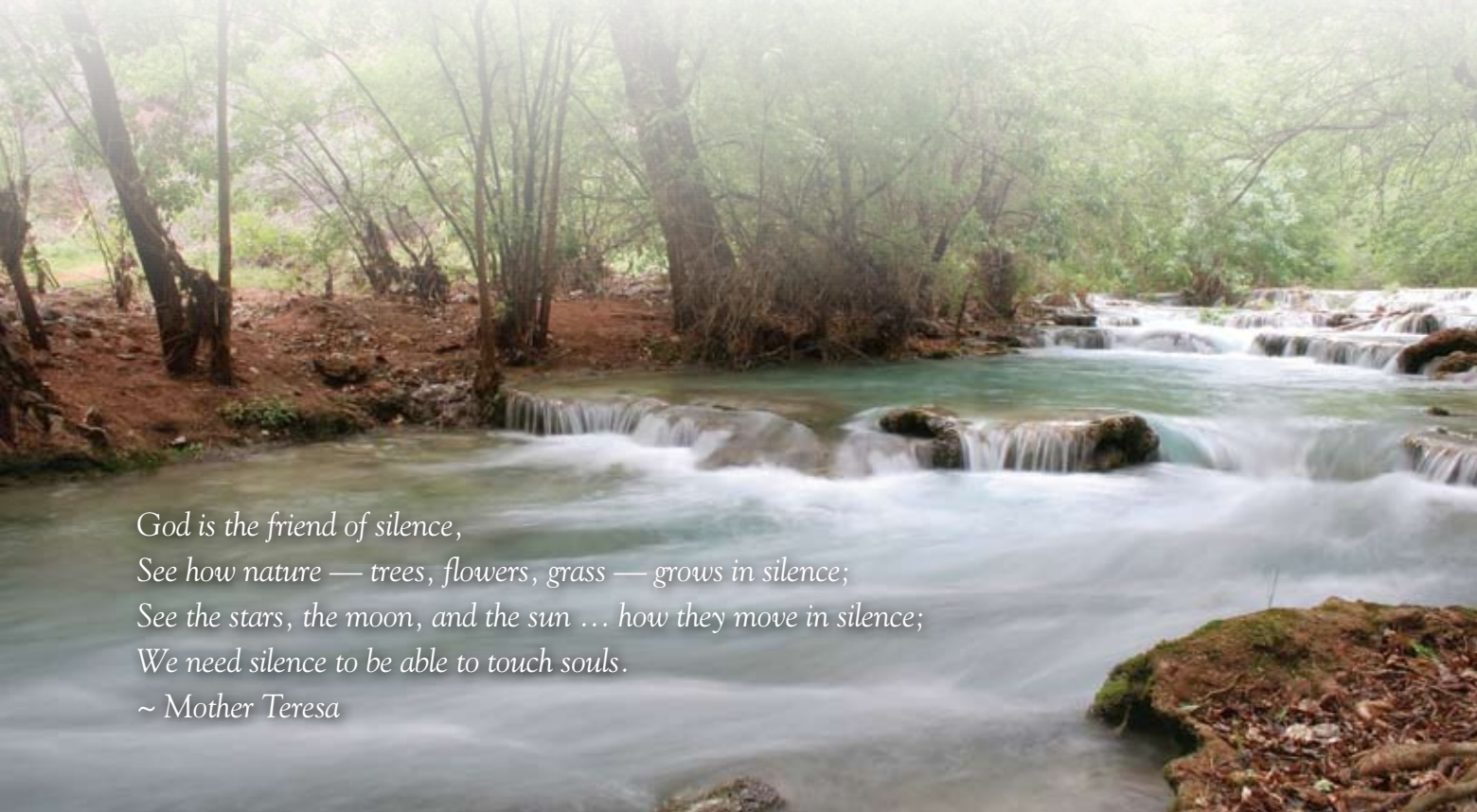
The answer is as simple as a falling leaf. When one is immersed in nature, the individual ego is shed like a snake’s skin, and a truer sense of self emerges. The natural world is bigger than we are — stronger, more resilient, capable of outlasting us without even breaking a sweat.

As an avid backpacker, I can personally attest to this truth. In the wilderness, one must face the basic facts of life — food, shelter, water, and, most important, awareness of one’s surroundings — in order to avoid danger and discover beauty.

Relationships with fellow seekers, out of necessity, become straightforward as each relies on the other. This heightened awareness serves to attune the mind to the process of living. In the song of the running stream or swirl of wind sashaying through the leaves, nature welcomes the ego-driven human back into his or her original, God-created state. Nature, it seems, is not indifferent. Rather, she is beyond ego and, as such, is unwaveringly fair. There’s nothing personal in her dangers ... or her wonders.

### **POTENTIAL HUMILITY**

The Trappist monk Thomas Merton wrote, “One has to be alone, under the sky, before everything falls into place and one finds his or her own place in the



*God is the friend of silence,  
See how nature — trees, flowers, grass — grows in silence;  
See the stars, the moon, and the sun ... how they move in silence;  
We need silence to be able to touch souls.  
~ Mother Teresa*

midst of it all. We have to have the humility to realize ourselves as part of nature.” The humility of which Merton writes — a key ingredient in the preponderance of world religions — brings with it the realization that one need not comprehend the ebbs and tides of the universe to feel at peace. Humility allows the seeker to let go of the finite and identify with the infinite. Nature provides the common ground on which both God and man can peacefully walk.

In the hubbub of secular life — commuting, cell phones, commercial bombardment through television, radio, and the Internet — it’s too easy to get caught up in the human condition and forget that we’re merely part of a much greater whole. Secular living tends to ignore spiritual development. But it’s this spiritual development — this growing awareness of the one true God — that sets us apart from every other creature on earth. Ignoring this powerful element in our lives retards our potential. However, immersing ourselves in nature, whether it be on a daily walk or a three-week jaunt into the wilderness, serves to affirm the spiritual capacity inherent in each human being.

### THE MIRACLE OF BEING

If you find yourself feeling stressed out with too many bills, not enough time, too much noise, and not enough compassion, dig a hole in your busy schedule and take a walk in a natural setting. Tune in to the miracle of creation, the symmetry of a newly sprung leaf, the brilliant colors of the dandelion, the rings in the trunk of a fallen tree, the mind-boggling beat of the hummingbird’s wings. One merely needs to stop and smell the roses to be awed by

the mysterious beauty of nature. “Earth has no sorrow,” naturalist John Muir wrote, “that earth cannot heal.”

Thomas Wolfe, the American author who penned *Look Homeward Angel*, summed it up beautifully when he said, “Nature is the one place where miracles

Do not lose your desire  
to walk. Every day I  
walk myself into a state  
of well-being and walk  
away from illness.  
I know of no thought  
so burdensome that  
one cannot walk away  
from it. ~SØREN KIERKEGAARD



not only happen, but they happen all the time.”

### TRENDS AND OPPORTUNITIES

The trend in looking to nature to heal psychological and spiritual wounds continues to grow. Naropa University, in Boulder, Colorado, offers a master of arts degree in wilderness therapy. The program, according to the university handbook, “synthesizes clinical and theoretical coursework in counseling psychology with contemplative practice, wilderness skills training, and ecological approaches to therapy.” This program and others like it promise to help those disenchanted with the secular life to locate or reaffirm their unique God-ordained capacity.

Most of us, however, need only set some time aside to experience the healing powers of nature. Christian philosopher Søren Kierkegaard suggests, “Above all, do not lose your desire to walk. Every day I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it.”

Get up and get out. Set aside time each week to totally immerse yourself in God’s creation. As you experience the stress-releasing power of nature, you just might find that for which you’ve been searching for so long — yourself.

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Wendy Gist graduated with honors from Clayton College of Natural Health. She is a writer concentrating on natural health issues. John Gist is a critically acclaimed, award-winning author and former director of professional writing at Western Carolina University. The Gists live in Silver City, New Mexico.



# The Rest of the Story

“Wake up, Sleeping Beauty,” my husband said gently one morning as he attempted to nudge me into consciousness. “H’mmm,” I responded, rolling over to savor a few more moments of precious sleep.

by PATRICIA HUMPHREY

I dread having to get up in the morning. While I don’t consider myself a night owl, I’m not exactly a morning person either. Getting up during the “wee hours” isn’t my favorite thing to do.

I don’t know how it is with you, but the days in which I am sleep-deprived don’t exactly go down in

history as my better days. Not only do I yawn constantly; my mood, energy level, even my thought processes are affected when I don’t get my full quota of “ZZZs.”

I’ve always known intuitively that I need adequate sleep in order to function at my best. But lately I’ve made some surprising

discoveries about the benefits of enjoying a good night’s rest and the serious health consequences of not doing so.

According to the National Sleep Foundation, about one third of Americans sleep six and a half hours or less per night. That’s under the optimum seven



**Studies indicate that millions of adults aren't meeting their minimum sleep need in order to be fully alert the next day.**

to eight hours that most experts recommend.

Each year the organization conducts a poll on the sleep habits of typical Americans. One of their studies indicated that “while many Americans enjoy the benefits of sufficient sleep, as many as 47 million adults may be putting themselves at risk for injury or health and behavior problems because they aren’t meeting their minimum sleep need in order to be fully alert the next day.”

Merriam-Webster’s Collegiate Dictionary (eleventh edition) defines sleep as “the natural periodic suspension of consciousness during which the powers of the body are restored.” Sleep allows the body to recharge and rejuvenate. It’s essential to good health. Without it, our bodies wouldn’t be able to function.

Sleep also brings other benefits. For example, according to a study conducted by researchers at the Beth Israel Deaconess Medical Center and published in the June 30, 2005, issue of

*Neuroscience*, getting adequate nighttime rest can improve a person’s memory. More specifically, sleep improves a person’s ability to retain knowledge about words, says a study conducted by The University of Chicago and reported in the magazine *Nature*.

**SLEEP DEPRIVATION HURTS**

If enjoying a sound memory isn’t enough to convince you of the importance of a good night’s rest, consider this: Conditions such as heart disease and high blood pressure have been linked to a lack of sleep. This was discovered in a Harvard study of 70,000 women and reported in an article published in *Reader’s Digest* in 2005. In that study, women who got less than seven hours of sleep had a slightly elevated risk of heart disease. Other findings revealed that a lack of sleep is associated with higher levels of stress hormones, elevated blood pressure, and increased blood-sugar levels.

But don’t be tempted to think that if eight hours is good, more is better. The same study found

that nine or more hours of sleep tended to increase the risk of heart disease.

David White, M.D., a Harvard Medical School researcher who helped conduct the study, reiterates what they discovered in the article entitled “Sleep Soundly for Heart Health.” He writes: “We followed [the women] for about 10 years, and what we found was that if they slept less than six or seven hours per night, the incidence of heart attacks went up relatively steeply. People who slept about five hours a night had about a 40 percent higher rate of heart attack than people who slept eight hours a night. Surprisingly, people who slept nine or more hours also had more heart attacks, though there was not as big an effect.”

Other studies indicate that a lack of sleep impacts not only the heart, but the mind as well. According to Mark Mahowald, a professor of neurology at the University of Minnesota Medical School, “One complete night of sleep deprivation is as impairing in simulated driving tests as a legally intoxicating blood-alcohol level.”

**SLEEP AND WEIGHT**

Now here’s an interesting tidbit you possibly never considered: If you’re struggling with a weight problem, your answer might be to change your sleeping habits. A groundbreaking study reported in the December 6, 2004, issue of *USA Today* revealed some surprising findings. Too little sleep can make you fat! The scientific explanation is that sleep loss raises the levels of a hunger hormone and lowers the levels of a hormone that creates a sense of satiety or fullness. The end result? Overeating and weight gain.

All this represents just a sampling of the more than 20,000

studies on sleep conducted by researchers over the years. Scientists are continually making new discoveries about the value of getting a good night's rest. Diabetes, insulin resistance, depression, impaired sexual functioning, and proneness to injuries are also some of the many conditions associated with a lack of sleep.

### REST VERSUS SLEEP

Catching eight hours of shut-eye in the prone position is not the only way to help restore our bodies. Remember the definition of sleep mentioned earlier? Though we often tend to equate rest with sleep there is actually a difference.

Webster defines rest as “a bodily state characterized by minimal functional and metabolic activities; to cease from action or motion; refrain from labor or exertion; to be free from anxiety or disturbance.” In other words, when we're resting, we're not necessarily unconscious, but are taking time out for a change of pace. We're slowing down, taking a break from the hustle and bustle and stress of our normal workday activities.

Think about it. Have you ever had one of those days when you're going nonstop from the moment you wake up until you literally collapse into bed at night? I sure have. Imagine if you were to carry on like that day after day, week after week. What do you think would be the result? You'd literally wear yourself out, become sick, and die.

Kevin Trudeau, author of *Natural Cures “They” Don't Want You to Know About*, compares that scenario to taking a battery-powered device and leaving it on until the battery is completely drained. He says that turning the

device on for short periods and then turning it off for a while actually doubles the life of the battery. In the same way, rest lengthens our life span.

Some experts recommend taking a 20-minute daytime nap as a way of refreshing the brain and body — sort of like turning the battery on and off. A study of Japanese men found that a 20-minute nap improved their performance level and self-confidence.



### GOOD NIGHT'S REST

According to Milton Crane, M.D., and Barbara Crane, R.D., of the Weimar Institute in California, insomnia (having difficulty sleeping) is the most common sleep disturbance today. Here's what they suggest for dealing with a mild case:

- » Go to bed and get up at the same time every day.
- » Avoid caffeine.
- » Don't drink alcohol. It's not a good sedative despite what some recommend.
- » Get regular exercise.
- » Take a warm (not hot) bath or shower before bed.
- » Keep your bedroom well ventilated.
- » Spend time in reflection and prayer.

I once had a colleague who would close his office door for 30 minutes every day, stretch out on the floor, and take a snooze. At the time, I thought the practice was rather strange. But in light of this latest research, I believe he was actually a step ahead.

### AN ANCIENT CONCEPT

Though research continues to shed light on the importance of rest, the idea is as old as time itself. The Bible — in both the Old and the New Testaments — advocates the concept of rest. In Matthew 11:28 Jesus gave a refreshing invitation when He said, “Come to me, all you who are weary and burdened, and I will give you rest.” In Jeremiah 6:16 God promises that if we walk in the “good way” we will find “rest for [our] souls.”

Even as far back as the book of Genesis, the Bible states that “by the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy” (Genesis 2:2). I like to think that God didn't rest because He was tired. Instead, He allowed Himself time to reflect on and enjoy His handiwork. If it worked for the Creator of the universe, it surely can work for us.

### BOTTOM LINE

The bottom line: Adequate sleep isn't a luxury. It's essential to our health. If you're still not convinced, try this little experiment: Start going to bed an hour earlier than usual. I guarantee, you'll soon discover for yourself the rest of the story. I'm certainly up for the challenge. How about you?

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*Freelance writer Patricia Humphrey lives in Keene, Texas.*

# WIRELESS

The path to diabetes and health management just got simpler.

## WELLNESS PLAN

**A**re you having trouble getting your diabetes or other health concerns under control?

Wouldn't it be great if there were a team of health experts who could be with you 24/7 to guide you toward healthier patterns? Wellness4Life™ can help you down this path. It's like having your personal physician holding your hand, showing you the way toward your goals; and, you have your own personal cheering squad rooting you on. Just think how it will feel to have more energy, feel better about yourself, and have healthy habits to pass on to future generations.

Diane Henry, a Houston Independent School District (HISD) employee who has diabetes, says, "Having this Wellness Wireless program is just unbelievable!" Diane brought her phone — loaded with the Wellness4Life™ program — to her school and shared it with co-workers so they could see



what it could do for them. Diane has been learning easy ways to improve her numbers in order to get control of her diabetes. She is happy to report that her numbers have stabilized since becoming a Wellness4Life™ member.

Diane submits her blood glucose readings and transmits

them directly through her cell phone. Wellness4Life™ calculates her hemoglobin A1c levels and sends her data to her physician for her, leaving her fully aware of her trends. Diane didn't even have to travel to get her information to her doctor! When she gets busy and forgets to submit her data, she is reminded promptly with a text message; this helps Diane stay focused on all of her diabetes management goals, whether focusing on weight management or exercise.

Diane told Wellness Wireless that so easily recording her blood sugar has helped her keep track and control her levels. While she's at work, the store, or on vacation, Diane is able to check and submit her personal medical data and view her exercise or meal plan suggestions from her phone. She said, "There was this health tip that they gave me, and it was just something I never would have thought about before that

would help me.” Each of Diane’s experiences came directly from her cell phone, and kept her connected and in control of her lifestyle improvements 24/7.

Another Wellness4Life™ user was happy to announce that her physician wants to get on board by introducing this program to her patients. She said, “I even brought my phone and demonstrated it to my personal primary care physician, and she thought it was an awesome tool to have, and said that everyone should have it!” Another Wellness Wireless goal is to have the government implement this wireless healthcare program into the healthcare system, making it easier for everyone to have and afford access to a healthier way of life.

#### **EXACTLY WHAT DOES WELLNESS WIRELESS DO?**

Many aren’t aware of diabetes symptoms, and too many — especially Native Americans — are going untreated. Do you know if you are diabetic or how to manage it if you are? Do you know what lifestyle changes you may need to help prevent this disease or to deter diabetes complications? Are you afraid you won’t be able to make changes?

Try thinking of it this way: Native Americans grew their own foods, tended their gardens, and actively tracked, trapped, and captured their meats. This daily physical activity, combined with healthy eating habits, maintained their healthy lifestyles. Now it seems that quick, fatty foods and inactive routines have taken control. Good lifestyle habits were there, but then turned into unhealthy, “Americanized” routines. The ability to recreate habits is possible, and Wellness Wireless has found an easy way for

**The wellness program can help you learn the easy way to get exercise in during your busy day. Tools such as a built-in cellular phone pedometer track the numbers of steps you take and send the data to your physician.**



you to find your way back to your wellness path.

Due to the world around us making it so easy to eat unhealthy foods, many of us are letting ourselves go and decreasing our activity levels. (Sorry, getting up to find the T.V. remote doesn't count as activity.) This sedentary lifestyle is a major contributing factor to the onset of diabetes, and can be helped.

## Submit your diabetes data and if the reading is abnormal, an on-call expert will contact you.

Increasingly, Native Americans have been redirected from their former lifestyles into an unhealthy way of life by inactivity and poor eating habits, creating an alarming number of Native American diabetics. What's even more alarming is that many don't even know if they are diabetic, leaving them susceptible to the consequences of this on-the-go, fast-food world. This was taken into consideration while finding creative ways to engage you into more active patterns and easier meal plan options. While we give you the tool you need to personalize your plan, you are the one who has to take it into your own hands from there.


This wellness program can help you learn easy ways to get daily exercise, and you can view your steps from the built-in cellular pedometer. It tracks all of your health data and sends it to your physician. It provides your health information; your personalized meal plans; health tips, health clubs, and challenges; and your personal health records. And, it targets your goals and rewards.

Users are able to feel safely taken care of by receiving diabetes

health alerts from their cell phone. Wellness4Life™ member Jacquelyn Derouselle calls her cell phone her "diabetes phone," and says, "I call it my 'diabetes phone' because it has a program in it that helps me control my diabetes with submission of my blood sugar readings directly through the Wellness4Life™ program." Jacquelyn also enjoys the access to wireless exercise clubs and

tips that suit her personal needs. She proudly says, "I like this Wellness4Life™ program."

You check and submit your diabetes health data and transmit it all to your health care physician. If your reading is abnormal, an on-call expert will check on you and ask you to eat and submit again or take appropriate measures. It has always been so hard to schedule appointments in time to pay attention to your health, but now you can learn to control it right from your cell, which helps you and your physician stay on top of your health needs in between doctor visits.

An illustration of a hand with the index finger pointing upwards. A speech bubble originates from the tip of the finger, containing text. The hand is rendered in a dark brown color with white outlines for the fingers and palm.

**Inactivity and poor eating habits have created an alarming number of Native American diabetics.**

Wellness Wireless is here to help you find the exact amount of personal attention you need, or want, concerning your health, without having to travel to get it. Whether you want diabetes control, nutrition and/or weight management, exercise coaching, or wellness education, we can help you achieve these goals.

Our Wellness4Life™ program coaches you into healthier habits 24/7, and all from your cell phone. There are numerous creative programs to choose from and options to select that create your own personalized package. You be the designer, and we'll be your personal assistant.

We've got to start taking our health and our children's health seriously. Sure, there's always the "I've really got to start losing some weight..." or "We should join a gym..." Sound familiar? If so, great start! You're aware of what you need or want to do to change your lifestyle. Congratulations! Now, let's do something about it.

Sometimes it helps knowing you're not alone, and being able to share about barriers and successes can be comforting. The Wellness Wireless Community does just that. Engaging in discussions about your diabetes or other health concerns creates a support system, which is healthy for your peace of mind. You're not alone in this, and Wellness Wireless can help.

Learning, implementing, and teaching further generations how to properly maintain a healthier way of life can have substantially positive outcomes for you and your children. This can then create a pattern of healthier living for generations to come, and put an end to this diabetes epidemic.

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*Health leaders wanting more information may call (502) 552-8735.*

# Indian Culture & Spirituality

by FRED L. ROGERS

**I**n our last issue we agreed to discuss the similarities of our ancestors and that of old Israel. To many people it has been a surprise to discover that the Native People of this country were so civilized and advanced in their culture. But these misconceptions are not surprising, due to the history that has been presented concerning our people, and the suppression of the truth. Why would the truth be suppressed? Let me digress for a moment.

We have already discussed that the Native People were totally misrepresented by the

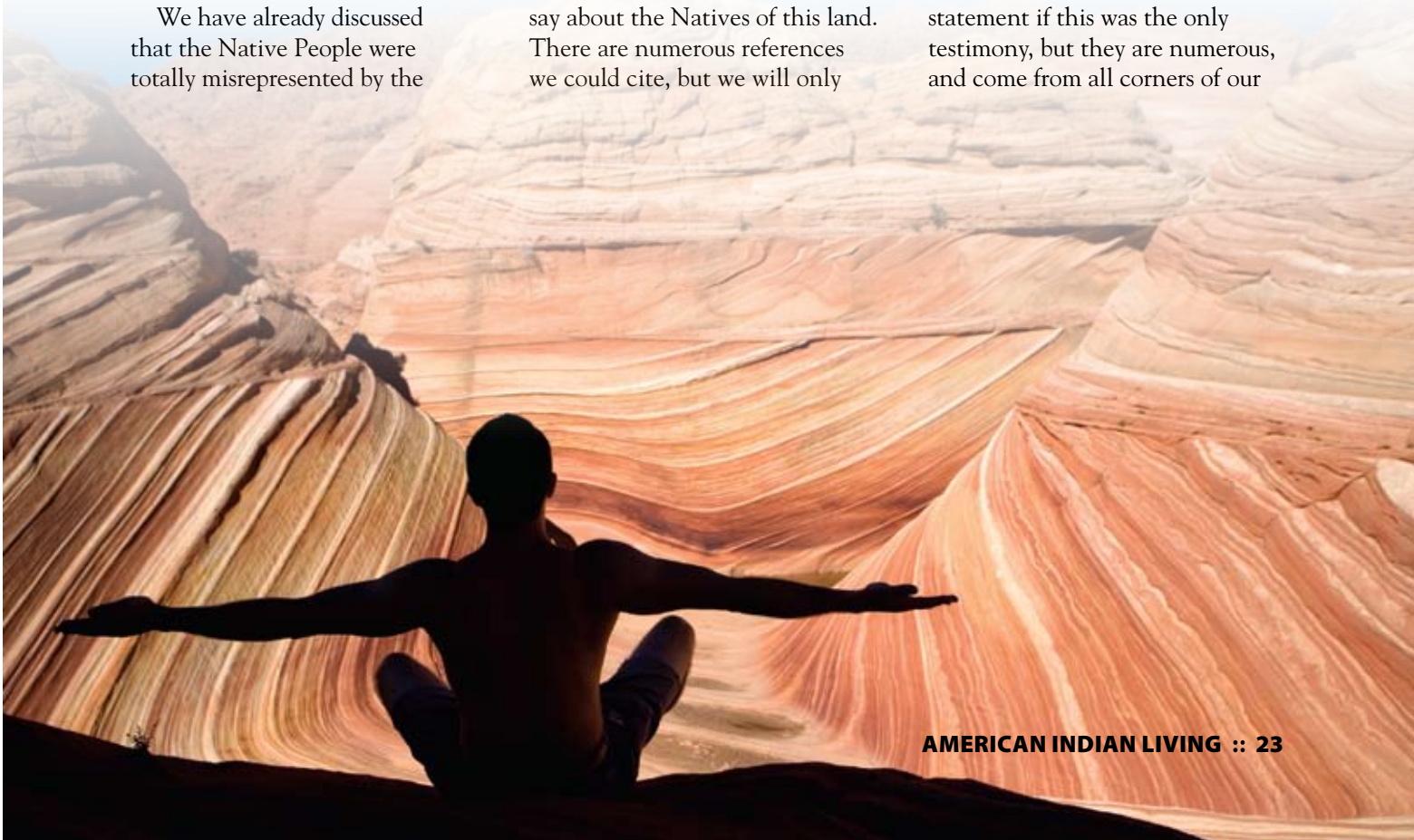
invaders of their lands. We have pointed out how they (Natives) were represented as savages and less-than-human, even though they had the form of humans (see part 1, quote of Jennings). We also discovered the reason this was done was to justify, via international and religious law, the confiscation of the Indians' land.

Before we make the connections of our ancestors with the children of Israel, let's first look at what honest visitors had to say about the Natives of this land. There are numerous references we could cite, but we will only

use a few. John James lived with the Choctaw Indians of Texas for some 60 years and had this to say of their religion.

"I claim for the North American Indian, the purest religion, and the loftiest conception of the Great creator, of any non-Christian religion that has ever been known to this old world..." Gospel of Redman, Ernest Thompson Seton p. 2.

Questions could be raised about the truthfulness of the above statement if this was the only testimony, but they are numerous, and come from all corners of our





land. This is one of the tests that I apply to truthfulness of what was written about the history of our people. If many different people from different parts of the country are saying the same thing, I can place confidence in what is being said.

So let's cite a few more statements concerning the religion of our ancestors.

Washington Irving, in *The Adventures of Captain Bonneville* (1837, p. 171), quotes Bonneville after his visit to the Flatheads, Nez Perce, in 1834. This was before contact had been made by white traders or missionaries. Bonneville stated flatly: "Simply to call these people religious would convey but a faint idea of the deep hue of piety and devotion which pervades their whole conduct. Their honesty is immaculate, and their purity of purpose and their observance of the rites of their religion are most uniform and remarkable. They are certainly more like a nation of saints than a horde of savages."

Ernest Seton, employed as a guide in 1912-14 a man by the name of Tom Newcomb. Newcomb had served as a scout of the Miles campaign, and had lived with the Lakota People in the early 70's. Seton quoted Newcomb as saying: "I tell you I never saw more kindness or real Christianity anywhere. The poor, the sick, the aged, the widows, and the orphans were always looked after first. After every hunt, a good sized chunk of meat was dropped at each door where it was most needed. I was treated like a brother; and I tell you I have never seen any community of church people that was as really truly Christian as that band of Indians" *Gospel of the Redman*, Seton p. 3.

I will share one more account given to us by Seton about a Jesuit missionary that he became acquainted with at Standing Rock, Fort Yates, North Dakota, the summer of 1912. A.M. Beede had gone to North Dakota with visions of converting the Native People to his particular form of religion. Even though he was young and enthusiastic concerning the task that lay before him, he was honest and sincere. We know this by the approach that he pursued.

He devoted time to learning the language and studying the culture of the people that he wanted to reach. Into his studies he ceased to call the Native People "benighted heathens," and was admitting they were a noble race with high standards of religion and ethics. He also admitted that the medicine lodge was a true church of God.

Some years later, Seton once again visited missionary Beede, but discovered he was now a lawyer. Beede told Seton the following: "I realized that the

*Gospel of the Redman*, Seton, p. 37-38.

But, were the early Native Americans really similar to the Children of Israel? Again we will seek the testimony of different people from different corners of America. First we learn from a Cherokee by the name of Dr. Emmett Starr, who wrote *The History of the Cherokees* (1921).

Starr was born in 1870 in Indian Territory and died in 1930 in St. Louis. Being a Cherokee that era makes him a credible source to gather the information that we seek. Starr had the following to say concerning our point. "When the early missionaries came among the Cherokees, they were astonished at the similarity of the religious traditions of the Cherokees to the biblical accounts" p. 23. Although Starr did not say Israel, it becomes obvious to what he is referring.

Now we must consider what others had to say on the subject. James Adair was a man that devoted his life to recording the

## Their purity of purpose and observance of the rites of their religion are remarkable. ~ CPT. BONNEVILLE

Lakota were worshippers of the one true God, and their religion was one of truth and kindness. They do not need a missionary, but they do need a lawyer to defend them in the courts. So I abandoned my role as missionary and studied law. After some years, I was admitted to the bar of North Dakota, and now I am their permanent official advocate in all cases involving Indians that come into court. Of course the missionaries have unfrocked me, and the Indian agents hate me..."

history of the Native People living in the Southeastern area of our country. Adair plainly states, "From the most exact observation I could make in the long time I traded among the Indian Americans, I was forced to believe them literally descended from the Israelites, either while they were a maritime power, or soon after the general captivity; the latter however is the most probable. This descent I shall endeavor to prove from their religious rites, civil and marital customs, their

marriages, funeral ceremonies, manners, language, traditions, and a variety of particulars.” *Cherokee Beliefs and Practices*, James Adair, p. 14-15.

We will look at one last reference on this point. Garrick Mallery was born in 1831 and wrote several books on Native Americans. He stated in his book, *Picture Writing of the American Indians* (1886), the following: “The most surprising fact relating to the North America Indians, which until lately had not been realized, is that they habitually lived in and by religion to a degree comparable with that of the Old Israelites under the theocracy. This was sometimes ignored, and sometimes denied in terms, by many of the early missionaries and explores. The aboriginal religion was not their (missionaries’) religion and therefore was not recognized to have an existence or

was pronounced to be satanic.”

If you have read the preceding articles of this series, you know why the Native Americans religion was ignored, denied, and pronounced to be satanic. The hatred that was created between the Native population and the newcomers was intense.

In part 2 of this series, we got a glimpse of how far this hatred had spread, with people like Lynn S. Love who believed he was doing the will of God by exterminating Indians. How ironic that his name should be love.

The plan apparently was to denigrate the Native American people so that everyone would believe they should be exterminated and that it was the will of God. This rational would satisfy the requirement of international law and the unfounded belief of the church which said that you could

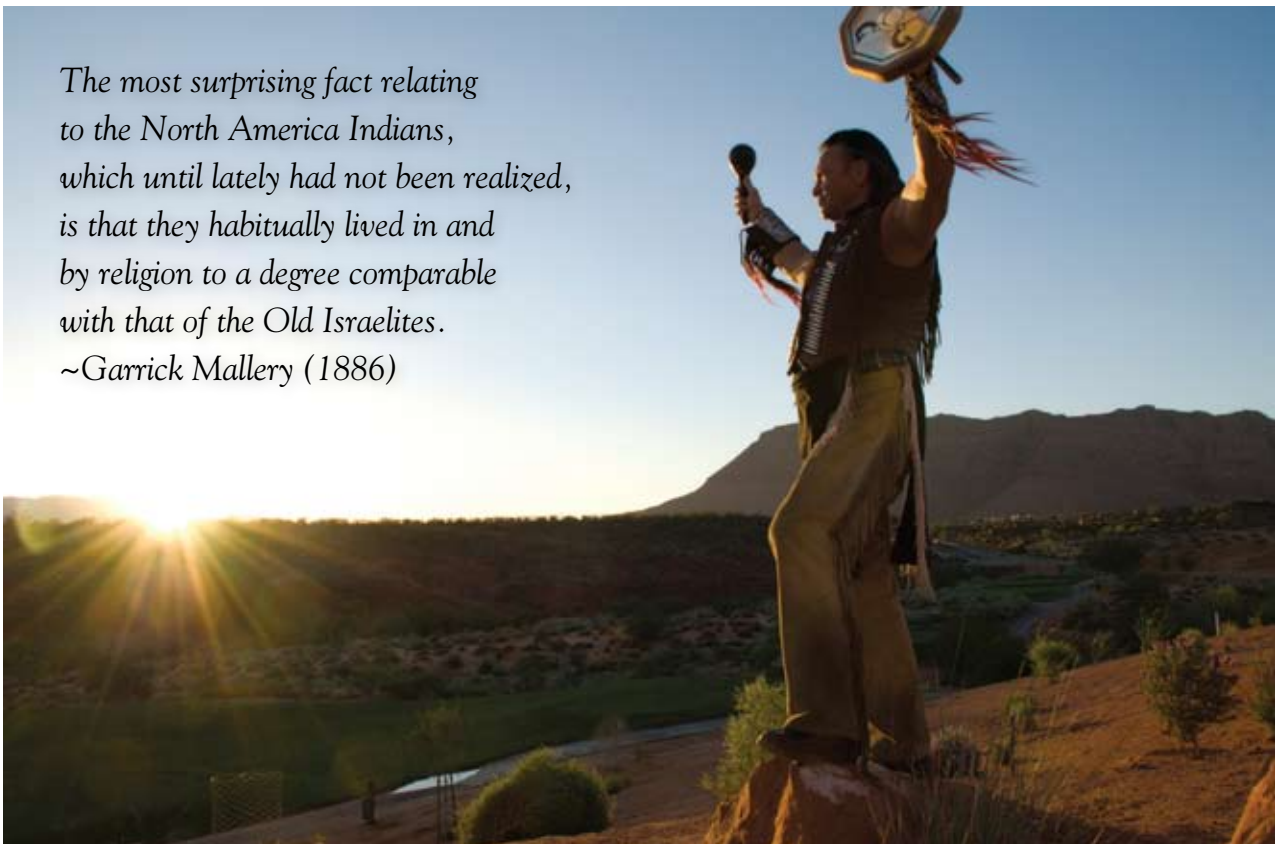
dispossess a people of their land if they were heathens and savages. But, had the truth been presented as Mallery alludes to in the above statement, the invasion would have been illegal.

We do not have space to list the comparison between our ancestors and old Israel in this article. That will have to wait until the next issue, but I will leave you with just one to ponder. In the Bible, God told the Children of Israel to establish six cities of refuge (Numbers 35: 6-15). We shall discover that the Native Americans also had cities of refuge. We will cover this in more detail in our next issue.

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*“Indian Culture and Spirituality” deals with myths promoted over the years about the American Indian people. Any comments or questions may be directed to [flcrogers@msn.com](mailto:flcrogers@msn.com).*

*The most surprising fact relating to the North America Indians, which until lately had not been realized, is that they habitually lived in and by religion to a degree comparable with that of the Old Israelites.*  
~Garrick Mallery (1886)





# EMBRACING THE UNCHANGING

What can I cling to when the world seems so chaotic?

**T**he earth is spinning around, and sometimes it seems like our lives are spinning around, too. Life is so uncertain. When things are not going well, we can feel insecure inside. And when things are going well, some people, instead of enjoying the moment, wonder how long it will last.

Why is it that some people go through this uncertain life with a sense of security and happiness, while others are always anxious and troubled? Is it that certain personalities focus on the positive while others only visualize negative outcomes? If you walk through a rose garden and watch people's reactions, there do seem to be people who ooh and ah over the beautiful roses and others who notice how big the thorns are and how many weeds exist.

But, what if you are one of those "unfortunate" people who by personality tend to be a little more negatively focused? Is there anything you can do about it? Do you have to live your life in the humdrum while others are having more fun than you, and they are living life to the fullest while you are missing out? Proverbs 23:7 states, "For as he [a man] thinketh in his heart, so is he..." So the thoughts that we think affect how we feel. Awesome! That

gives us power to do something about ourselves. So, positive thoughts lead to happier feelings. But how can we have positive thoughts when we live in an ever changing world that may put us in circumstances that we do not like?

What can we hold on to that is stable and unchanging while living in a changing world? Where can we direct our thoughts so that we can have happy feelings and feel safe and secure even while living on a scary planet? "For I am the Lord, I change not..." Malachi 3:6. So the Bible tells us that there is One who is stable and constant. We also know that this unchangeable Creator God is also very powerful. He has enough power to make things exist from His spoken Word as is shown when He made the world.

But is He a trustworthy friend? Is God someone that I can hold on to with all of my emotions? Well, He certainly has done a lot for us by giving His son Jesus to die. John 3:16 states "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." So God gave us a BIG gift — but how does He feel about us? God tells us in Jeremiah 31:3, "Yea, I have loved thee with an everlasting love:

therefore with lovingkindness have I drawn thee."

It is so wonderful to be loved by the most powerful Being in the universe. "Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God..." 1 John 3:1. "Can a woman forget her suckling child, that she should not have compassion on the son of her womb? Yea, they may forget, yet will I not forget thee. Behold, I have graven thee upon the palms of my hands..." Isaiah 49:15,16. What do we do in the face of such love? It is so amazing, so big, so beyond our full comprehension. Walk in this love. Feel His arms around you. No matter what is happening in the world, the atmosphere of this love can comfort you and carry you.

Happiness becomes a gift that God places in your heart. It is not quenched by circumstances, but becomes stronger through trial. You can carry it with you everywhere you go. "Peace I leave with you, my peace I give unto you: not as the world giveth give I unto you. Let not your heart be troubled, neither let it be afraid" John 14:27. Hold on to God, because He is holding on to you.

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*by Kathlyn Schleifer, R.N., M.S.*

# Dealing with Stress at Work

BUSINESS'S RAPIDLY  
INCREASING PACE  
CHALLENGES EVEN  
THE BEST WORKERS



by KATHY SIMMONS

**IS** your job stressing you out? Don't feel alone. A recent Gallup poll shows only 14 percent of workers are dissatisfied with their job, while a whopping 34 percent are dissatisfied with how much stress they face at work. Stress elicited the highest level of dissatisfaction from a list of common problems — even exceeding recognition, promotion opportunities, and salary!

Sadly, anxiety in the workplace is likely to increase. Stiff competition, expanding roles, and demanding technological advances all blend together to produce a heavy dose of stress.

So what's the answer? Obviously you can't control technology, the world's economy, or even how your coworkers or boss chooses to behave. But you can master the way you filter stress so that it takes a minimal toll on your attitude and physical health. Following are some tips for keeping stress at bay.

## **STRESS IS A RESPONSE**

Picture this: Two coworkers' phones ring simultaneously. One of them answers right away with a smile, eager to satisfy the caller in a cheerful manner. The other grumbles loudly, protesting that the phone is ringing again. Her blood pressure rises, and she makes it vehemently clear to all within earshot how much she resents the intrusion. What's the difference between these two workers? One thing is certain: it's not the phone.

Top performers don't come in contact with fewer potentially stressful situations. Nor do they avoid challenges. They simply have learned to monitor their responses so that they are in control.

The next time you are faced with an irritable boss, traffic jam, or pressing deadline, remember that the event does not determine

your response — only you can do that. Deciding to remain calm is sure to lead to a better outcome than succumbing to emotions such as fear or anger.

### LEARN TO LAUGH

Laughter is powerful. In the words of Mark Twain: “Against the assault of laughter nothing can stand.”

Psychologist Steve Wilson, author of *The Art of Mixing Work and Play* and *Super Humor Power*, knows the value of humor in stressful situations. Wilson explains, “The immune effect of laughter stays with us for a lifetime. In light of the data about how stress defeats the immune system, the saying ‘laughter is the best medicine’ contains indisputable scientific backing.”

A hearty laugh relaxes muscles, reduces levels of stress-creating hormones, and lowers blood pressure. Furthermore, people simply get along better and perform more creatively in a fun environment. Have you ever noticed how a well-timed joke can cut through tension and misunderstandings? So it is with stress.

You can drastically lower your personal stress level by taking a few laugh breaks. Sharpen your sense of humor, and you are sure to dull the effects of stress.

### BE GENTLE WITH YOURSELF

You wouldn’t remain friends for long with someone who constantly makes remarks such as “You’ll never finish” or “You can’t handle that,” would you? So why tolerate it in yourself? A positive mindset is more than half the battle when it comes to managing stress effectively. When faced with a situation in which you are likely to feel defeated, repeat kind and positive words to yourself.

For example, suppose an unhappy customer verbally berates you. A natural response would be to lash out and become defensive. Another reaction is the “whipped puppy” response, when you feel like an undeserving victim. These attitudes will only cause the situation to become more stressful. Instead, take a deep breath and say something like “I will remain calm. By the time we hang up, we will be having a friendly discussion.” Treat yourself with care and concern — just as any supportive friend would. Practice positive self-talk at every opportunity.

### TAKE “TECHNOLOGY HOLIDAY”

Technology was supposed to make our lives easier. But many have come to realize that it’s actually a double-edged sword, creeping into our personal lives and increasing stress levels. Laptop computers, pagers, and cellular phones have,

du Puis explains. He advises that escaping e-mail, voice mail, cell phones, and beepers even during the evening or lunch hour is a sound step toward lowering stress.

### JUST SAY NO

The less control people have over their workday, the more likely they are to suffer stress-related illnesses. Somewhere along the line we convinced ourselves that saying no is rude. We fear people won’t like us. Unfortunately this logic carries a steep price tag in matters of stress.

The next time someone asks “Got a minute?” try answering politely, “Not right now. Can I get with you later?” You might be surprised how well they will take it — and how much more control you will have over your workday.

### FORGIVE AND FORGET

Have you known coworkers who remained in perpetual states of

## Commit to unloading grudges and anger ... Stress is a choice that you don’t have to make

in essence, created a 24-hour office from which there is no escape. Surveys show that 60 percent of workers feel their levels of stress have increased since computers made their debut into the workplace. Nearly 50 percent feel their workload has increased since then.

Eighteen years of practice in the field of occupational medicine have enlightened Robert du Puis, M.D., author of *How to Avoid High Tech Stress*, of the dangers of technology. He encourages employees to take a technology holiday to reduce stress.

“Putting technology in proper perspective as a useful tool, but not allowing it to run our lives, is becoming increasingly difficult,”

resentment? Studies show that reliving a negative experience carries an undesirable consequence — it forces the grudge holder to relive the physiology that went along with the stressful moment. The stress is repeated as many times as they choose to walk down unpleasant memory lanes. Commit to unloading grudges and anger in order to reduce your stress level.

One thing is for sure: Stress is a choice you don’t have to make. Your physical health, coworkers, family, and emotional well-being will all thank you for learning the skill of strong stress management.

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*Kathy Simmons is a writer living in Marietta, Georgia.*



# Holbrook

## SEVENTH-DAY ADVENTIST

# Indian School

*"COME TO HOLBROOK INDIAN SCHOOL – IT'S A PEACEFUL, LOVING PLACE TO BE."*

We are looking for two bright high school students from 50 nations located more than 500 miles from Holbrook, Arizona, who want to find a better life, more abundant with greater hope for the future.

The Winfred L. Stevens Foundation is offering 100 scholarships of \$750 each, which will be matched by private donors, making a total of \$1,500 for the school year at Holbrook Indian School. Wyn Stevens had always loved Native Americans and has been helpful to many of them. She had Native American blood from the Cherokee and Chickasaw nations.

When she died November 13, 1994, she gave the bulk of her wealth to set up a foundation to give for charitable causes; the Native American needs were high on her list. Her family share her vision of helping the first Americans to become everything that is possible for them to be.

Holbrook Indian School is a Seventh-day Adventist boarding school, providing education for children through high school. Not only is it setting



a high standard of academic excellence, but it also has practical courses in vocational arts, making it possible for students to make good livelihood upon graduation if they choose not to go on to higher education. The food served is healthful and tasty. The campus spirit is friendly, and young people mature with high moral training, equipped to set an example to their fellow Native Americans.

If you have a potential student, or know of one, why not write immediately for an enrollment packet and position your youth for a place in school for the opening of the 2008-2009 school year?

Your decision to attend Holbrook Indian School could be the beginning of an experience that will take you through eternity. Are you game? Be sure to ask about Winifred L. Stevens Foundation grant. Contact: Principal, Holbrook Seventh-day Adventist Indian Mission School, P.O. Box 910, Holbrook, Arizona 86025; phone number: (928) 524-6845; email: [hisnativechildren@yahoo.com](mailto:hisnativechildren@yahoo.com).



Holbrook Seventh-day Adventist Indian Mission School, P.O. Box 910, Holbrook, Arizona 86025  
Ph: 928-524-6845 - Fax: 928-524-3190 - webpage - [www.hissda.org](http://www.hissda.org) - email [hisnativechildren@yahoo.com](mailto:hisnativechildren@yahoo.com)

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-Kally M. '08

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