



emphasis: ^{Y O U R}health

VOLUME 27, ISSUE 5, SEPTEMBER, 2016

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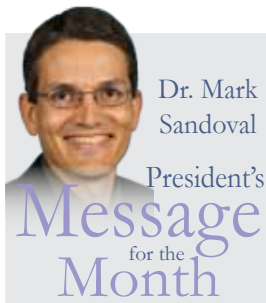
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Dr. Mark Sandoval
President's Message for the Month

"Natural means, used in accordance with God's will, bring about supernatural results." (E. G. White, *Selected Messages*, v. 2, p. 346)

I have studied this inspired phrase many times, and I have come to a number of conclusions as a result.

1. God blesses natural means.
2. Those natural means can be used in a good way (in accordance with God's will), or in a bad way (not in accordance...).
3. When those natural means are used in a good way, their results are supernatural (more powerful/effective than you would expect from the natural properties of the thing itself).
4. The effects are not based upon the natural means. They are based upon the supernatural God.
5. Faith (which is according to God's will) is an essential prerequisite to the supernatural results.
6. My use of the natural means is simply an outworking of my faith in the supernatural God.

For years, we have used simple, natural means, and the Lord has blessed. He continues to amaze us with His supernatural results!

A LIGHT In Cuba

MISSION TRIP REPORT

By Mark Sandoval, M.D.

In July I had the rare privilege of traveling to Cuba to be a part of a team of professionals teaching a special LIGHT (Lay Institute for Global Health Training) course to Cuban healthcare professionals. World Youth Group, directed by Henry and Arleen Stubbs, has been working in Cuba for many years, and for the last 10 years they have incorporated medical missionary training as a part of their evangelism efforts there. Since then, their evangelistic work has taken off.

After training over 300 lay medical missionaries, and employing over 60 of them as village medical/Bible workers across Cuba, the local Union requested that World Youth Group train their healthcare professionals as well. That is how this experience came to life.

On July 15, part of our team flew to Cuba to begin our experience. We had the privilege of enjoying a day of worship and fellowship and then a day of preparation before beginning two weeks of intensive classes in lifestyle modification, natural remedies, mental health, and Bible topics.

Those precious healthcare providers were challenged to see their need of a living, transforming relationship with Jesus, of their responsibility to share that light and life with their patients, of the power of simple natural remedies and lifestyle changes in the prevention and management of disease and injury, and of the need for and means of obtaining mental health after a biblical manner. Some of the healthcare providers were skeptical about the natural remedies and what effects they could produce, and in His providence, the Lord allowed a situation to develop which gave a living example of the principles which were shared in the classes.

One family of healthcare providers was present with their young daughter. During the course of the classes, their daughter became ill with fever and vomiting, and was eventually diagnosed with bronchitis/asthma. Initially, the family saw one of the pediatricians, who was present for the meetings, that prescribed antibiotics and a bronchodilator. The family then asked me about their daughter's situation. I assessed her and agreed that she had a reactive airway disease, but I recommended hot and cold fomentations to the chest in addition to rehydration fluids.

We were on an institute campus, so I requested the kitchen staff to boil water while I secured cold water, ice, a couple basins, towels and a washcloth for the treatments. We did about 5 exchanges of chest fomentations and her lungs sounded better, but they were not completely improved. The following day I did another 5 exchanges, and she was feeling much better, had no fever, had not vomited for at least 24 hours, and was pretty much back to normal. Her lungs only revealed a small amount of wheezing when I listened last. I knew she would



recover well from there, and she did.

After that incident, all of the healthcare providers whom we were teaching began to realize the power of the simple, natural treatments they were learning, and many later gave testimonies of how the Lord was working on their hearts to change their practices and incorporate what they had learned in ways that would bring temporal and eternal results.

It was truly a blessing working with those precious people, watching their understanding of the power of God's natural means grow, and seeing them put into practice what they learned. I have been in contact with several of the participants since, and one has told me that he has entered into full-time ministry with the encouragement and education that he received. Praise God from whom all blessings flow!



Potato Curry

- 1 1/4 t. sea salt
- 2 t. cumin
- 1 1/2 t. turmeric
- 1 t. ground ginger
- 1 t. paprika
- 1 1/2 c. onion, chopped
- 4 garlic cloves, minced
- 4 c. (1-inch) cubed peeled Yukon gold potato (about 1 1/2 pounds)
- 3 c. (1-inch) cubed peeled acorn squash (about 3/4 pound) OR cooked garbanzos
- 1 c. red bell pepper, chopped
- 2 c. water
- 1/2 c. coconut milk
- 1/2 c. fresh cilantro, chopped

Sauté onion and garlic. Add rest of ingredients, except cilantro. Cook for 25 minutes or until potato is tender. Sprinkle with cilantro. Serve hot over rice or with roti wrap.





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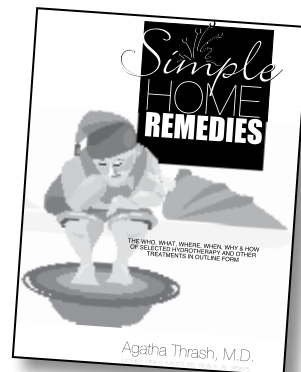
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