

# HealthWorks

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## Wellspring Diabetes Program Provides Inroads to Church Outreach

Those who coordinate a Wellspring Diabetes Program never know the amazing extent of influence it may have, as Rob Long, an Evangelist/Pastor from the Mid-America Union found out this past summer. But first, he had to find a way to attract individuals with diabetes in need of help to attend.

Wellspring is a community-based version of the Lifestyle Center of America's Stopping Diabetes Program. Wellspring provides 32 hours of DVD presentations, a coordinator training manual and related participant materials designed so that anyone, whether a healthcare professional or not, can present a program in their community.

Melanie and Bob are perfect examples of two different personalities in need of improving their health. Melanie was in a pre-diabetic state and also suffered from lupus. Bob has had diabetes for more than 20 years and struggled with weight problems.

Melanie was anxious to attend the program when she heard about it. Bob didn't want anything to do with it.

Melanie, an RN, said, "Luckily I had not needed to start taking medications, but my doctor told me that with a wavering blood sugar, I have all the predispositions to develop diabetes."

"I had already made some dietary changes when I learned the Adventist health message, but this program convinced me that a plant based diet is important," she says. "I adhered to the diet and began a program of walking 2-3 miles a day. I lost 24 pounds (and is continuing to lose weight), and my blood sugar stabilized."

Even though coerced by his wife to attend, Bob ended up enjoying the program—especially when improvements in his health began to develop.

"I realized how much I needed to do something for my health," said Bob. "In Wellspring, I lost more than 10 pounds in that first month, and have reduced my insulin by 50 percent. My doctor feels this program is great and says 'to keep it up.'"



This Wellspring program turned out to be a great success with 17 participants, thanks to the sponsorship of the Lee Summit SDA Church, and the direction of Pastor Long. Pastor Long's wife, Chris, coordinated the delicious, healthful recipes and food samples with the help of eight other ladies from the church.

"As an evangelist, I have wanted to incorporate more of the health message into my evangelism," said Pastor Long.

"Wellspring provided a great opportunity to do that. And during this program, I saw a revival of interest in the health message among our members. Many took it back to their churches."

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# New One-Year Diabetes Program is the First of Its Kind

The focus these days at Lifestyle Center of America (LCA) is not only at stopping diabetes but providing a program that ensures long term success. "Short term results are nice but it's the lasting lifestyle changes that we strive to help our guests achieve" says Sid Lloyd, President/CEO. "For the last two years we have been tracking the success of our guests after their stay and we found that about six to nine months out, some of them start slipping from their new lifestyle patterns," adds Lloyd.

In response to the recent data, LCA is introducing the Stopping Diabetes Program. Beginning in January of 2005, guests will embark on a comprehensive year-long experience aimed at stopping diabetes before it stops them. After an initial 12 or 18-day stay at LCA, guests will return home to start a 12-month follow-up program aimed at assisting them in maintaining their new lifestyle changes at home.

Designed into the Stopping Diabetes Program is also a four day return visit to LCA approximately six months after their initial stay. This refresher check-up allows for fine tuning with their care team at the Center as well as refocusing personal goals and strengthening areas of challenge.

George Guthrie, MD, LCA's Medical Director remarks, "we see it as a very positive opportunity that our guests can return to LCA after experiencing their chosen lifestyle changes in the real world. Not only do they have more perspective on the realities of lifestyle change but we can help re-focus, fine tune and find motivation to build on their successes."

**"We exist to help people stop the progression of diabetes and restore their health"**

Lifestyle Center of America's diabetes program is recognized by the American Diabetes Association. LCA's staff includes board certified doctors, DrPH level health educators, a PhD nutritionist, fitness specialists, a behavior health counselor and culinary education staff. The Stopping Diabetes Program has provided benefits to those with type 2 or type 1 diabetes, insulin resistance syndrome, high blood pressure, extra weight, coronary artery disease, high cholesterol and triglycerides.

"We exist to help people stop the progression of diabetes and restore their health" says Lloyd. "We are excited about the potential impact the year-long Stopping Diabetes Program has on long term success. It is our goal to protect each guest's investment to the fullest, allowing the best chance for long term success."

For more information about the Stopping Diabetes Program, call LCA toll free 1-800-213-8955 or visit [www.lifestylecenter.org](http://www.lifestylecenter.org).

## Stop Diabetes before it stops you!



Lifestyle Center of America.

Changing Lifestyles, Restoring Health

Call 1-800-213-8955 to register!

[www.diabeteslifestylecenter.org](http://www.diabeteslifestylecenter.org)

This coupon is good for **\$500** off the price of a

**Stopping Diabetes Program**

when you register by October 1, 2005.

Use this coupon for yourself or pass it on to a friend or loved one!

Coupon is not valid with any other discount. You must attend program within the 2005 calendar year.

# Run a High Quality Cooking School in Your Community Without Lifting a Finger!

Would your church like to present a cooking school for your community, but lacks the time, funds or expertise needed to do one?

Introducing the Wellspring Healthy Cooking three-volume DVD Series. You can almost smell the food as you watch Linda Kennedy, Culinary Arts Director at Lifestyle Center of America (LCA) and Diana Wildermuth guide viewers through 16-30 minutes sessions of healthy cooking recipe demonstrations and instruction.

The restorative plant-based recipes come straight from the Lifestyle Center of America, a premier medical resort that has helped thousands of Americans normalize blood sugar levels, loose weight and reduce their risk of heart disease and stroke.

Press <PLAY> and sit back as your guests learn how to cook healthy meals without spending all day in the kitchen. The 50+ recipes range from quick and easy sandwich ideas to scrumptious gourmet cuisine and all recipes come on 4x6

recipe cards for your convenience.

Does this sound too easy? There's a catch. Your guests won't forgive you if you don't bring them samples of at least some of the recipes demonstrated each session!

Contact your local ABC or call 800-596-5480 extension 3650 for your set today!



## Wellspring Diabetes Program Continued from front cover

Now, about the influence this program had. Pastor Long met the director of Health and Human Services in the Kansas City Federal Building. The director was impressed with the program and wanted to put them in touch with a local American Indian tribe in need of diabetes intervention.

Pastor Long adds, "We explored some opportunities and they seemed positive about doing the program for the 5,000 employees in the federal building. Please pray that the Lord will open up opportunities like this.

"My dream is that the Adventist Church will become known as the place to go to be treated for diabetes, especially in metro areas."

For information on how your church can run a Wellspring Diabetes Program and become known in your community, call 800-596-5480 extension 3650.

## Quick Whole Grain Cornbread

Preheat oven to 350 F. Spray an 8" by 8" baking dish with non-stick spray. In a bowl, stir together the following dry ingredients:

- 1 cup whole grain cornmeal
- 1 ¼ cup whole wheat pastry flour
- ½ teaspoon salt
- 2 teaspoon Rumford baking powder



Blend the below ingredients until creamy (about 45 seconds) and add to the dry ingredients and stir together quickly:

- 2 tablespoons honey or sweetener of your choice
- 2 tablespoons canola oil
- 1¼ cup water or ¾ cup water and ½ cup soy milk
- 2 ounces tofu, silken firm
- 2 teaspoon vanilla

Put in baking dish, spread evenly, and immediately put in oven. For a moister cornbread, place a pan of water underneath it while it is baking. Bake 40-45 minutes. Cool and cut into squares.

*Yields 16 – 2x2 pieces, 1 square = 1 carb choice*

# A Life-Changing Experience

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

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

It was a team effort. The physicians, nurses, nutritionists, cooking instructors and chefs, exercise physiologists, and all the other experts were one hundred percent dedicated to helping us obtain optimum health. The environment was beautiful, restful and comfortable. It was good to get away from the workplace and the telephone calls. I walked 7 or 8 miles each day. There were a number of people who were there for diabetes mastery. Others came because they wanted to lower their blood pressure, lose weight or lower their cholesterol. Each program was personalized according to the individual's condition.



The food was outstanding. The diet was completely plant-based. Every day we attended a cooking school where we learned how to make tasty vegan dishes. It's hard to believe that you could eat so much and yet lose weight. I only lost six pounds,

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 Director of Health Ministries  
 North American Division



The Lifestyle Center of America is located in Sulphur, Oklahoma.

but some lost as much as 23 pounds. That's why I am sharing with you in this issue a little bit about their Stopping Diabetes Program.

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

## Upcoming Health Ministries-Related Events

**December 1, 2004:** World AIDS Day

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

**October 5-10, 2005:** Health Summit West in Portland, Oregon



# EMPOWERING HEALTH LEADERS TO Reach the Unreached 2005 Health Summits

January 30-February 5, 2005

Orlando Health Summit  
Hilton Orlando  
Altamonte Springs, Florida



Featured Speakers:



**Dr. Jan Paulsen**

*How your church can make an impact in your community.*

**Pastor Mark Finley**

*How to make your church an ongoing evangelistic center.*

October 5-10, 2005

Health Summit West  
Gladstone Convention Center  
Portland, Oregon

Featured Speakers:



**Gordon Botting**

*Proven tools that will make a big impact on your community!*

**Fred Hardinge**

*Reliable and balanced information from health professionals.*

**MORNING SEMINARS**  
9:30 A.M. - 12:30 P.M.

**AFTERNOON SEMINARS**  
2:00 - 5:00 P.M.

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| <ul style="list-style-type: none"> <li>• 7 Steps to Financial Health</li> <li>• Depression</li> <li>• Fitness Training (Exercise)</li> <li>• Forgiveness</li> <li>• Grant Writing</li> <li>• Health Ministry and Parish Nursing</li> <li>• Hydrotherapy</li> <li>• Puppets</li> <li>• StepFast</li> <li>• Stress Management</li> <li>* Vegetarian Cuisine Instructors</li> </ul> | <ul style="list-style-type: none"> <li>• 15 Days to Lower Blood Pressure</li> <li>• Breathe Free Smoking Cessation</li> <li>• Celebrations</li> <li>• CHIP</li> <li>• Community Health Awareness</li> <li>• Wellspring Diabetes Program</li> <li>• Eight Weeks to Wellness</li> <li>• Grief Recovery</li> <li>• Life-Long Weight Management</li> <li>• Regeneration</li> <li>* Vegetarian Cuisine Instructors</li> </ul> |
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\* You must attend both the morning and afternoon seminars to be certified as a Vegetarian Cuisine Instructor.

**FIRST SESSION**

**SECOND SESSION**

- |  |  |
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| <ul style="list-style-type: none"> <li>• Plant-based Nutrition Instructor (Part 1)</li> <li>• Essential Elements of Evangelism</li> <li>• Stress Management</li> <li>• Community Health Assessments &amp; Follow-up</li> <li>• Financial health</li> <li>• Parish Nursing</li> </ul> | <ul style="list-style-type: none"> <li>• Plant-based Nutrition Instructor (Part 2)</li> <li>• Fitness</li> <li>• Healing Grief</li> <li>• Regeneration</li> <li>• CHIP</li> <li>• Forgiving from the Heart</li> <li>• Depression</li> <li>• Wellspring Diabetes Program</li> </ul> |
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**Health is a hot topic today!**

Working to improve the personal health of others is not just a great way to build friendships — it's one of God's chosen methods to reach people for His kingdom.

You may register for these Health Summits by calling Adventist PlusLine at 1-800-732-7587 or by visiting their website, [www.plusline.org](http://www.plusline.org). Payment may be made by credit card, personal check or money order.

# New Health Resources for your Church

When your church participates in community events such as state fairs or health screenings, check into the following health education resources available so your church's booth will make a lasting impression.

## Dr. Arnott's 24 Realistic Ways to Improve Your Health

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



## Pre-Diabetes Survey

Perfect as a handout to educate individuals on their risk for type 2 diabetes and to inform them of any corresponding health education programs planned by your church. If three out of the five questions are answered "yes" then the subject has pre-diabetes which means that unless lifestyle changes are made they have a high risk of getting diabetes. The front side of the survey features the pre-diabetes questions based on information from the National Institute of Health. On the back is a list of nine practical lifestyle tips to help stop the risk of diabetes. For a free copy call 800-596-5480 Ext. 3650.

## Lifestyle Center of America Online Store

Is your church in a rural area or do you have poor access to a health food store? The Lifestyle Center of America's online store is a comprehensive resource to use whether you need hard-to-find health food products for your upcoming cooking school or looking for a quality soy milk maker to add to your church's kitchen. Find all this and more at [www.lifestylecenter.org](http://www.lifestylecenter.org) and click on Online Store. You may also order over the phone by calling 800-596-5480.



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