



AMERICAN UNION

NEWSLETTER

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*Emil Bainhardt
Western Field Health Leader
Novato, California*

The term “superfoods” was initially coined for marketing purposes, but no single food can guarantee sound health or disease prevention. Nutritionists generally recommend a balanced diet which includes combining healthful choices from a variety of food groups. Some foods, however, stand out for offering significant nutrients which have the ability to enhance healthful eating, reduce the risk of certain diseases, and help to manage chronic conditions. Over the years, researchers have identified a number of such foods that boost a healthful diet. Following is a good list.

Avocados

Offer poly- and monounsaturated fats and magnesium to help regulate blood sugar and blood pressure. Can help reduce the risk of heart disease.

Berries

As powerful antioxidants, berries help to keep the brain healthy, fight against cancer-causing free radicals, and reduce the risk of diabetes, heart disease, and Alzheimer’s Disease.

Broccoli

May contribute to lower risk of cancer and other diseases. Broccoli, Brussels sprouts, bok choy, cauliflower, and cabbage are all classified as cruciferous veggies that are full of fiber. Not only is fiber good for you, but it makes you feel full longer, which could help with weight loss.

Garlic and onions

Contribute to a healthy heart. Garlic has antibacterial and antiviral properties. These two vegetables also benefit those with diabetes, high cholesterol, and high blood pressure.

Mushrooms

Have antibacterial, antioxidant, and anti-bacterial properties. Research has yielded promising data showing that mushrooms may be used as a complementary treatment for breast cancer.

Nuts and seeds

Offer plant protein that helps to regulate weight. Walnuts are at the top of the superfood list with their antioxidant power helping to prevent diseases such as certain types of cancer. Other nuts have their own superpowers: almonds for heart health, cashews for cognition, and Brazil nuts for

cancer. Nuts and seeds are a great source of protein, fat, and fiber.

Dark leafy greens

Arugula, kale, collard greens, spinach, lettuce, and Swiss chard get their vibrant colors from chlorophyll, which keeps plants healthy; and the dietary fiber found in dark greens can decrease the risk of colorectal cancer, according to the American Institute for Cancer Research.

Ancient grains

Include grains that have been unchanged in the last few hundred years; choose those that are organic and “whole,” instead of processed. For example, brown rice provides more nutrients and fiber than white rice. Also, consider barley, bulgur wheat, buckwheat, quinoa, and sprouted grains. These grains contain fiber, antioxidants, and vitamins; they may prevent type 2 diabetes, cancer, and heart disease.

Citrus fruits

Oranges, grapefruit, lemons, and limes contain fiber and vitamin C. One study published in July 2018 in *The American Journal of Clinical Nutrition* found that adults ages 50 and older who ate oranges every day had a 60 percent less chance of developing macular degenera-





tion compared with those who did not eat oranges.

Sweet potatoes

Like carrots, beets, parsnips, potatoes, and yams, sweet potatoes are root vegetables that provide healthful carbohydrates for energy. Their anti-inflammatory, antioxidative, and antimicrobial properties may contribute to preventing diabetes, obesity, and cancer.

Beans and legumes

This class of foods provides plant-based protein. It includes chickpeas, edamame, lentils, peas, and many types of beans. These nutrients are full of fiber and vitamins. They help with weight loss and regulation of blood sugar.

Tomatoes

These are high in vitamin C and lycopene, which has been shown to reduce the risk of prostate cancer. Actually, cooked toma-

atoes are considered more nutritious than raw tomatoes.

In reading the list, it seems clear that many of the superfoods help to control diabetes, blood pressure, heart disease, and obesity. These conditions are in part attributed to overeating and a sedentary lifestyle. Let us take to heart the instruction God gave to the first human pair in Genesis 1:29, *English Standard Version*: "And God said, 'Behold, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit. You shall have them for food.'"

Another important thought on nutrition: "Let food be thy medicine, and let medicine be thy food." This famous quotation is often attributed to Hippocrates. Let us include more of these high-nutrient foods in our daily diet.

Disclaimer: This article is intended to provide helpful and informative material on the subject of nutrition. It is offered with the understanding that the author and the publisher are not engaged in rendering medical, health, or any other kind of personal professional services. If the reader requires personal medical assistance, a competent professional should be consulted.



The American Union officers and planning committee would like to invite you to the upcoming American Union Conference. We encourage everyone to make plans to attend this event and receive rich spiritual blessings.

AMERICAN UNION CONFERENCE

"BEHOLD THE MAN" (John 19:4)

Wednesday, December 20, to
Sunday, December 24, 2023

Norman College
Norman Park, Georgia

For reservations:
Call 229-769-3011

"Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. 'The Lord is very pitiful, and of tender mercy.' James 5:11. His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing is too great for Him to bear, for He holds up worlds, He rules over all the affairs of the universe. Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no joy cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest. 'He healeth the broken in heart, and bindeth up their wounds.' Psalm 147:3. The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watchcare, nor another soul for whom He gave His beloved Son." –Steps to Christ, p. 100.



Henry Dering
Cameron Park, California

Courtship is a special, romantic time in life when a couple gets to know each other more personally and can make a decision for or against marriage. During this interesting period, observations are made on both sides to determine whether the individuals concerned will be right for each other. A mutual agreement is made to forego special friendship with anyone else. There is a general understanding between the two parties that each occupies the place of highest esteem in the mind of the other. This period of going together is a preparation for married life. The time spent together should not be limited to formal occasions; but a good portion of it should be devoted to informal, everyday settings. That way the couple has an opportunity to properly observe each other in terms of practical living.

It is good for the young lady to see the young man in work clothes. It gives her an opportunity to judge his industriousness and efficiency. And she may wear an apron while preparing some dishes for her family when her boyfriend comes to visit her. The young man should observe her cooking skills carefully. After all, is he not considering eating at her table for the rest of his life? By coming into each other's homes, each one can see much that would never be revealed in a formal setting.

The relationships between the various members of a household tell much about a young man or lady. "Has my lover a mother? What is the stamp of her character? Does he recognize his obligations to her? Is he mindful of her wishes and

happiness? If he does not respect and honor his mother, will he manifest respect and love, kindness and attention, toward his wife?" —Ellen G. White, *Messages to Young People*, p. 450. Many of the character traits that are revealed during courtship—such as lack of respect for mother or father, inefficiency, disorderliness, or uncleanness—are very apt to carry over into married life. In contemplating marriage, it would be advisable to take an inventory of your prospective bride or groom. Note carefully the following areas:

1. Does he share your faith? "Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? And what communion hath light with darkness?" 2 Corinthians 6:14.
2. Are you proud of your prospective marriage partner, or are you ashamed of him and feel apologetic when you are seen in his company?
3. Can he hold a job, or is he lazy and unstable? Remember that the husband will be the main breadwinner, especially when the wife has little children to take care of.
4. Do you have common interests and goals?
5. Do your parents and friends admire your prospective fiancé (or fiancée)? Parents may see many things to which the youth are temporarily blind. Their evaluation is valuable but not infallible.
6. Do you love him even though he has faults of character? Can you disagree and still love him? Do not expect a person to be perfect. "All have sinned,

and come short of the glory of God." Romans 3:23. Do not assume that the other person's faults will automatically disappear after you get married.

7. Does he like children?
8. Is he habitually happy, optimistic, and cheerful?
9. Does he accept sound advice graciously, or does he indulge in heated arguments? Some people feel that they are always right in their opinions.

During courtship it is wise to pay attention to those factors which tend toward marital happiness.

Engagement

This preparatory stage brings the couple a step closer to the wedding day. It means that a solemn promise has been made between a young man and a young woman, indicating to their social group that his or her choice of a life's partner is now complete and that marriage is soon to follow. The word "soon" does not mean on the "spur of the moment," in a week or two. The length of engagement will vary, depending upon circumstances and preferences. "Be not in haste. Early marriages are not to be encouraged. A relation so important as marriage and so far-reaching in its results should not be entered upon hastily, without sufficient preparation, and before the mental and physical powers are well developed." —*Messages to Young People*, p. 438.

An old saying, "Marry in haste; repent in leisure," is still applicable today. It is impossible to become acquainted with someone in just a few weeks or months. Take your time! Do not rush into this solemn relationship and later regret your mistake. Make sure of what you are doing. Pray to God for the right decision. Surveys indicate that the highest percentage of successful marriages occurs among those whose engagement is relatively long. This is a matter to be worked out to the mutual satisfaction of both parties. Too short an engagement—such as several weeks—does not allow for the joy of careful planning. But a long engagement—say, a year or more—can be an emotional drain and lead to unhappiness.

At the time of engagement, it is wise to discuss fundamental issues that pertain to marriage. The understandings reached serve as a foundation upon which the couple can pledge their mutual faith. For instance, the subject of children—such as when and the number of children that they would like to have—should be discussed.

Even though their preferences may not be fulfilled through no fault of their own, or due to an illness that may develop later on, still the matter of children should be discussed to avoid serious misunderstanding later on. If one party desires children and the other does not, and the decision is made after marriage, it may threaten the stability of the home.

Another subject that needs to be discussed is whether or not the wife should work to help support the family financially. The wife may prefer a career to homemak-

ing, and it is only fair that she express her preference to her fiancé before marriage. It is important that both parties share the same views and sentiments in this important area.

Perhaps the relationship to one or the other's parents may be a crucial matter for some couples. If either party insists on living close to his parents, the decision should be thoroughly discussed and mutually agreed to before marriage. Planning and forethought in this area will prevent many unnecessary complications and upsets.

The total experience of courtship should be thrilling, providing wonderful times together. Yet the emphasis should be placed on a blending of the two personalities rather than on the physical aspects of marriage. The sacredness and strength of the marriage bond depend on mutual respect; therefore, no intimacies should be exchanged in violation of the divine law and one's conscience. Courtship is thus truly the important preparation for marriage. Courtship—God's way—helps to lay the foundation for a truly happy Christian home.



“In the later years of his ministry, Peter was inspired to write to the believers ‘scattered throughout Pontus, Galatia, Cappadocia, Asia, and Bithynia.’ His letters were the means of reviving the courage and strengthening the faith of those who were enduring trial and affliction, and of renewing to good works those who through manifold temptations were in danger of losing their hold upon God. These letters bear the impress of having been written by one in whom the sufferings of Christ and also His consolation had been made to abound; one whose entire being had been transformed by grace, and whose hope of eternal life was sure and steadfast.

“At the very beginning of his first letter the aged servant of God ascribed to his Lord a tribute of praise and thanksgiving. ‘Blessed be the God and Father of our Lord Jesus Christ,’ he exclaimed, ‘which according to His abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead, to an inheritance incorruptible, and undefiled, and that fadeth not away, reserved in heaven for you, who are kept by the power of God through faith unto salvation ready to be revealed in the last time.’

“In this hope of a sure inheritance in the earth made new, the early Christians rejoiced, even in times of severe trial and affliction. ‘Ye greatly rejoice,’ Peter wrote, ‘though now

for a season, if need be, ye are in heaviness through manifold temptations: that the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honor and glory at the appearing of Jesus Christ: whom having not seen, ye love; in whom, though now ye see Him not,... ye rejoice with joy unspeakable and full of glory: receiving the end of your faith, even the salvation of your souls.’ 1 Peter 1:3-9.

“The apostle’s words were written for the instruction of believers in every age, and they have a special significance for those who live at the time when ‘the end of all things is at hand.’ His exhortations and warnings, and his words of faith and courage, are needed by every soul who would maintain his faith ‘steadfast unto the end.’ Hebrews 3:14.

“The apostle sought to teach the believers how important it is to keep the mind from wandering to forbidden themes or from spending its energies on trifling subjects. Those who would not fall a prey to Satan’s devices, must guard well the avenues of the soul; they must avoid reading, seeing, or hearing that which will suggest impure thoughts. The mind must not be left to dwell at random upon every subject that the enemy of souls may suggest. The heart must be faithfully sentinelled, or evils without will awaken evils within, and the soul will wan-

der in darkness. ‘Gird up the loins of your mind,’ Peter wrote, ‘be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;... not fashioning yourselves according to the former lusts in your ignorance: but as He which hath called you is holy, so be ye holy in all manner of conversation; because it is written, Be ye holy; for I am holy.’

“‘Pass the time of your sojourning here in fear: forasmuch as ye know that ye were not redeemed with corruptible things, as silver and gold, from your vain conversation received by tradition from your fathers; but with the precious blood of Christ, as of a Lamb without blemish and without spot: who verily was foreordained before the foundation of the world, but was manifest in these last times for you, who by Him do believe in God, that raised Him up from the dead, and gave Him glory; that your faith and hope might be in God.’ 1 Peter 1:13-21.

“Had silver and gold been sufficient to purchase the salvation of men, how easily might it have been accomplished by Him who says, ‘The silver is Mine, and the gold is Mine.’ Haggai 2:8. But only by the precious blood of the Son of God could the transgressor be redeemed. The plan of salvation was laid in sacrifice. The apostle Paul wrote, ‘Ye know the grace of our Lord Jesus Christ, that, though He was rich, yet for your sakes He became poor, that ye through His poverty might be rich.’ 2 Corinthians 8:9.” —*The Acts of the Apostles*, pp. 516-519.

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4243 US Highway 319 North, Norman Park, GA 31771. Email: info@sda1888.org / Website: sda1888.org.