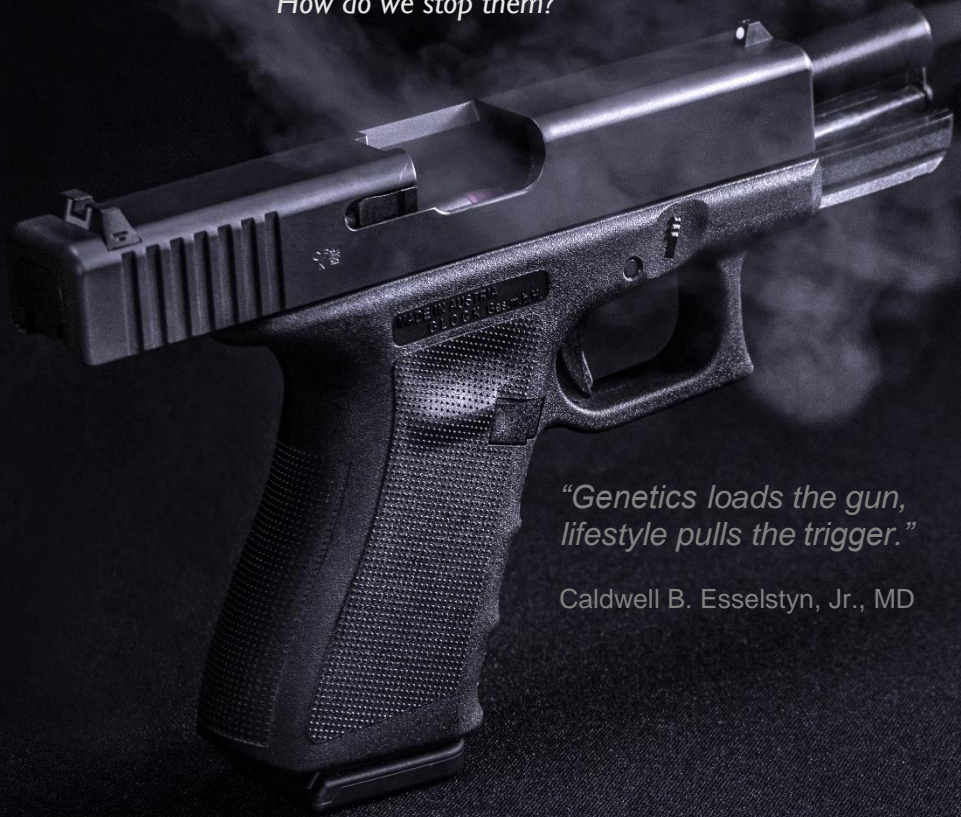


May 1, 2019

Volume 1, Issue 1

The Top 3 Killers

How do we stop them?



*“Genetics loads the gun,
lifestyle pulls the trigger.”*

Caldwell B. Esselstyn, Jr., MD

Brought to you by...

Chain of Truth Ministries

Our vision is to bring hope, health & wholeness to your home.

Table of Contents

The Top Three Killers 1

Symptoms 1

Root Causes 2

What’s Hurting Us? 2

Solutions 3

For More Information 4

Contact 5

Chain of Truth Ministries

Hope, Health & Wholeness for All

Healing is only a prayer away.



The Top Three Killers

In India, the top three causes of death are ischemic heart disease, chronic obstructive pulmonary disorder and stroke. Although these illnesses cause many deaths, there is no need to fear because there are simple solutions to prevent them. Do you want to know how to prevent these illnesses? Keep on reading to find out more!

Symptoms

Ischemia means that blood flow is restricted or reduced in a part of the body. Ischemic heart disease is defined by a narrowing of heart arteries that supply oxygenated blood to the heart muscle. Due to narrowed arteries caused by fatty plaque accumulation, blood flow is reduced to the heart, and can ultimately lead to a heart attack. People may experience angina pectoris, which is the medical term for chest pain or discomfort caused by coronary artery disease. Some symptoms such as pressure, fullness, squeezing or pain in the center of the chest, discomfort in the neck, jaw, shoulder, back or arm may be signs that the heart is not getting enough oxygenated blood. Some people may experience no symptoms at all and suddenly die of a heart attack.

Chronic obstructive pulmonary disease or COPD is a term used to describe progressive lung diseases. These lung diseases can include emphysema, chronic bronchitis and refractory asthma. People suffering from COPD most commonly experience increasing breathlessness. Common symptoms include increased shortness of breath, frequent coughing, wheezing and tightness in the chest.

When a blood vessel that carries oxygen and nutrients to the brain is blocked by a clot or bursts, this is termed a stroke. As a result, a part of the brain cannot get the nutrients and oxygen it needs and brain cells begin to die. Someone having a stroke may experience sudden weakness, paralysis, confusion, trouble speaking or understanding speech, trouble seeing in one or both eyes, problems breathing, dizziness, trouble walking, loss of balance, loss of consciousness or sudden and severe headache.

Root Causes

Our lifestyles play an important role in improving and maintaining our health. What we eat is very important. The consumption of animal fat will contribute to atherosclerosis which is a condition characterized by fatty plaque accumulation in the body's blood vessels. These plaques can build up and block entire arteries gradually leading to ischemic heart disease and finally death. Atherosclerotic plaques can rupture and form blood clots that can block blood flow to the brain leading to a stroke. Moreover, COPD often occurs in people over 40 years of age who have a history of smoking. Our living environment also contributes positively or negatively to our health. Long term exposure to air pollution from lung irritants including certain chemicals, dust, or fumes can contribute to the development of COPD.

What's Hurting Us?

Our bad lifestyle choices are hurting us. Eating animal products and processed foods contribute to increased fat accumulation in blood vessels and needlessly exposes us to chemicals that harm our bodies.

Other factors including living in crowded and polluted cities and smoking all contribute to the development of mental health disorders, various cancers and COPD. We need to make drastic lifestyle changes! What changes should we make? Keep on reading to find out more!

“... implementing a diet of simple whole foods (lots of fresh fruits, vegetables, whole-grain products and legumes, and some seeds and nuts), devoid of any animal products, offers the greatest clinical benefit and the potential to reverse disease.”

--The Optimal Diet, Darlene Blaney, MSc, NCP and Hans Diehl, DrHSc, MPH, FACN

Solutions

A Plant Based Diet

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

(Genesis 1:29, King James Version Bible)

Before sin entered the world, God directed our ancient parents to eat plants. Fruits, grains, nuts, seeds and vegetables constitute the best diet for humans. Nuts and seeds contain healthy fats that do not contribute to disease, but rather support good health.

Country Living and Clean Fresh Air

And seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him: (Matthew 5:1, KJV)

When he was come down from the mountain, great multitudes followed him. (Matthew 8:1, KJV)

Jesus Christ spent time in the outdoors in the countryside away from the hustle and bustle of city life. Both Jesus and His disciples got exercise in the open air. We should spend as much time as we can in the countryside breathing in good quality fresh air.

“Tobacco is a slow, insidious, but most malignant poison. In whatever form it is used, it tells upon the constitution; it is all the more dangerous because its effects are slow and at first hardly perceptible. It excites and then paralyzes the nerves. It weakens and clouds the brain....”

*The Ministry of Healing
Ellen White*

If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

(1 Corinthians 3:17, KJV)

The use of tobacco products and exposure to second hand smoke defiles the human body. Both cigarettes and electronic cigarettes harm our lungs and contain chemicals that cause cancer.

For More Information Read These Great Books!

MINISTRY OF HEALING

By Ellen G. White

This book deals with sickness of the soul and the healing balm to be found by trusting God for all things. Ministry of Healing will point you to a life full of joy and gladness—a life in touch with the Source of healing power.

COUNSELS ON HEALTH

By Ellen G. White

This volume brings together the counsels Ellen White received on this topic during seven decades. Topics include Essentials to Health, Diet and Health, Outdoor Life and Physical Activity, Teaching Health Principles, and Holiness of Life

COUNSELS ON DIET & FOODS

By Ellen G. White

The author offers inspired advice on an often neglected factor in religion: how to eat for optimum health. The compilers have included almost everything Ellen White wrote on such topics as vegetarianism, fasting, digestion, overeating, and the relationship of diet to spirituality.

TEMPERANCE

By Ellen G. White

Through the years, she urged everyone, both young and old, to practice temperance and to promote it vigorously. Although society has changed markedly since Mrs. White lived and wrote, the principles she stressed regarding temperance remain remarkably relevant to contemporary life.

COUNSELS ON AGRICULTURE

By Ellen G. White

In this volume you will find counsels applicable to anyone who wants to come closer to God's ideal lifestyle.

HEALTHFUL LIVING

By Ellen G. White

Mrs. White is a respected member of educational institutions around the world. She stressed the importance of adequate exercise and rest, adoption of the most healthful diet possible, and abstinence from alcoholic beverages and tobacco.

If you are interested
in obtaining any of
the listed books,
please contact...

chainoftruth@outlook.com



*Chain of Truth
Ministries*

“The man who does not read has no
advantage over the man who cannot read.”

~Mark Twain~



Chain of Truth Ministries

Ontario, Canada

www.chainoftruth.org

