

# HEALTH MINISTRIES RESOURCES A-Z

## Addition/Abuse Recovery/Crisis

24/7 Crisis Hotline [https://sk.211.ca/saskatchewan\\_247\\_hour\\_crisis\\_hotlines](https://sk.211.ca/saskatchewan_247_hour_crisis_hotlines)

DrugRehab.com <https://www.drugrehab.com/>

Is a web resource provided and funded by Advanced Recovery Systems.

Email: [ebustamante@drugrehab.com](mailto:ebustamante@drugrehab.com)

Phone: 1.855.520.2898

Drug Alternative Program <http://www.drugalternativeprogram.com>

A Christian, drug free, sober living recovery home providing a variety of resources for individuals affected by chemical dependency. The Drug Alternative Program promotes rehabilitation through diet, exercise, hard work, recreation, spiritual counsel.

Email: [dapcalif@aol.com](mailto:dapcalif@aol.com)

Phone: 1.800.784.1094

Just As I Am Ministries <http://www.justasiamministries.com/>

Rich and Susan Kollenberg are a husband and wife team with a burden to help addicts and their families with the devastation, turmoil, and difficult lifestyle that addiction brings.

Email: [info@justasiamministries.com](mailto:info@justasiamministries.com)

Phone: 1.916.645.1297

The Bridge to Recovery <https://www.thebridgetorecovery.com/>

This offers help for people with relationship issues, as well as substance abuse, compulsive behavior, sexual abuse, sexual addiction, and drug and alcoholic relapse services.

Email: [thebridgetorecovery@hotmail.com](mailto:thebridgetorecovery@hotmail.com)

Phone: 1.877.866.8661

## Books

Alberta ABC Christian Store 1.403.782.4416

North American Division Health Ministries <https://nadhealth.org/resources/books/>

Advent Source <https://www.adventsource.org/search?query=health+books&section=othe>

Amazon <https://www.amazon.com/books-used-books-textbooks/b?ie=UTF8&node=283155>

*A Call to Medical Evangelism & Health Education* – Ellen G. White

*Counsels on Health* – Ellen G. White

*Counsels on Diets & Food* – Ellen G. White

*Temperance* – Ellen G. White

*The Ministry of Healing & Study Guides* – Ellen G. White

*10 Secrets to Living 10 Times Better*

<https://thebeehives.org/product/10-secrets-to-living-10-times-better/>

*101 Secrets to A Healthy Life* - Jorge Alberto Gonzalez, M. D

*8 Secrets of a Health 100* (ISBN 9780982040911) - Des Cummings

*Charcoal Remedies* - <http://www.charcoalremedies.com/>

*China Study* (ISBN 978-1941631560) – T. Colin Campbell

*Depression: The Way Out* (ISBN 9780966197945) - Dr. Neil Nedley

Dr. Neal Barnard's Program for Reversing Diabetes (ISBN 9781635651270) —Dr. Neil Barnard

*Easy Steps to Better Health* (ISBN 9780816322008) - Shawn Boonstra

*God's Free Health Care Plan* - Bill May  
<https://www.afbookstore.com/products/god-s-free-health-plan-by-bill-may-af-sg13>

*Goodbye Diabetes* (ISBN 978-1878046222) - Wes Youngberg

*Health Power* (ISBN 9780828016988) by Aileen Ludington & Dr. Hans Diehl

*Healthy Self: 10 Habits of the Longest Living Americans*  
<https://thebeehives.org/product/healthy-self/>

*Health Smart* (ISBN 9780984182114) - Walt Thompson

*Hello Healthy* (ISBN 9781878046758) - Dr. Wes Youngberg

*Home Health Care* (ISBN 978-1904685487) - John M. Wilby; Richard J.B. Willis

*How Not To Die* (ISBN 978-1509852505) - Michael Gregor M.D.

*How Not to Diet* (ISBN 978-1250066114) - Michael Gregor M.D.

*Live More Active CHIP with DVD* (ISBN 1921292954) - Dr. Darren Morton

*Manual of Hydrotherapy & Massage* (ISBN 978-0816300235)

*Prevent and Reverse Heart Disease* (ISBN 978-1583333006) - Dr. Caldwell Esselstyn

*Proof Positive* (ISBN 9780966197938) - Dr. Neil Nedley

*Super-Sized Kids* (ISBN 9780446577601) - Walt Larimore M.D

*The Blue Zones* (ISBN 9781426207556) - Dan Buettner

*The Engine 2 Diet* (ISBN 978-1455591176) - Rip Esselstyn

*The Lost Art of Thinking* (ISBN 978-0966197921) – Dr. Neil Nedley

*The Methuselah Factor* (ISBN 9781942730088) by David DeRose  
<https://www.afbookstore.com/products/the-methuselah-factor-by-dr-david-derose>

*The Starch Solution* (ISBN 978-1623360276) - Dr. John McDougall

*Understanding Nutrition* (ISBN 9781904685555) - Dr. Clemency Mitchell

*Vibrant Health* (ISBN 9781909545892) - Dr. Clemency Mitchell

*Whole* (ISBN 9781937856243) -T. Colin Campbell

## **Booklets for Sharing**

*Light Up Your Life Health Habits Booklet*

<http://lightingtheworld.org/store/product/light-up-your-life-health-habits-booklet/>

*Books* authored by Don Hall <http://myllh.org/health-books-and-equipment/> or local Adventist Book Center

*9 Ways to Prevent Diabetes* – Learn proven ways to reduce your risk of type-2 diabetes. Or, if you have diabetes, how to minimize risk of complications.

*Staying Healthy for Life* – Guidelines for good health and preventing diseases such as heart problems, cancer, diabetes, and high blood pressure. Also, chapters on healthy eating, exercise, and managing stress.

*The Vegetarian Advantage* – Learn the many health advantages of a plant-based diet, both for your personal health and for the health of our planet.

*Step Into Fitness & Health* – A guide to developing your personal fitness and health program.

*Weight Management for Life* – A guide for managing your weight for a lifetime. Includes a calorie controlled eating plan, exercise and stress management guidelines.

## BOOKMARKS

10 Health Tips Bookmark

<https://www.afbookstore.com/products/10-health-tips-bookmark-25-pack-by-amazing-facts>

## COUNSELLING

Jennifer Jill Schwirzer Counseling <http://www.jenniferschwirzer.com>

This is the website for Jennifer Schwirzer, NCC, LPC. She practices counseling in Philadelphia, including phone counseling and face to face counseling. She counsels from a Christian perspective, using cognitive-behavioral and other modalities.

Email: [jennifer@jenniferjill.org](mailto:jennifer@jenniferjill.org)

Phone: 1.215.233.1286

## DVDs

*Connection between Religion & Health*

<https://www.youtube.com/watch?v=O4iF2wCVHXg&t=5s>

Health Research on Spirituality & Health - Harold Koenig, MD, Duke University

*Controlling Cravings with Contentment* by Wes Youngberg

<https://www.adventsource.org/store/adult-ministries/health-ministries/controlling-cravings-with-contentment-dvd-set-37420>

*Ancient Secrets, Modern Health* by Dr. David DeRose

<https://www.compasshealth.net/product/ancient-secrets-modern-health/>

*Changing Bad Habits For Good* by Dr. David DeRose

<https://www.compasshealth.net/product/changing-bad-habits-for-good/>

*Ancient Health: 8 Lifestyle Secrets* by Anchor Points Films

<https://www.afbookstore.com/products/ancient-health-8-lifestyle-secrets-by-anchor-points-films-dv-ah>

*Light Up Your Health DVD Set* (20 DVDs with 33 programs)

<http://lightingtheworld.org/store/product/complete-light-up-your-lifeherbs-dvd-set/>

*In His Image: The Human Body* (9-part series) by Pastor Terry McComb

<http://gospelcreation.ca/resource-pages/inhisimage.htm>

*Healthy Christians DVD Series*

<https://www.adventsource.org/search?query=adventists%20and%20healthy%20living&section=other&page=3>

## FAITH COMMUNITY NURSING

Adventist Association of Faith Community Nursing (FCN), <https://nadhealth.org/aafcn/> previously known as Parish Nurse, is a trained nurse who serves within a faith community to improve the health of its members. They recognize that spiritual care is central to the practice of an FCN and, working with the pastoral team, facilitate wholistic health for the congregation. The FCN works to integrate the standards of health within the context of faith. Please see website for more information.

## GRANTS

**Versacare Foundation** <http://versacare.org/>

Versacare established The Versafund to support the principles and mission of the church by providing grants to creative ministry projects within the North American and Inter-American Divisions of the Seventh-day Adventist church.

Email: [versacare@aol.com](mailto:versacare@aol.com)

Phone: 1.951.343.5800

## HANDICAP RESOURCES

**Visually Impaired** In Canada, more than 800,000 people are blind or partially sighted. Since the most common eye diseases are age-related and Canada's aging population continues to increase, the number Canadians with blindness or partial sight is expected to double in the next 25 years. They offer support to those who are sight-impaired. People who lose their sight may not enjoy the same rights and benefits that other Canadians enjoy, and they may experience social isolation and stigma. And while vision loss itself may not be fatal, it can precipitate other serious health impacts, such as clinical depression, and for seniors, falls and early admission to nursing homes.

**Canadian National Institute for the Blind - CNIB** <https://www.cnib.ca/en/programs-and-services?region=sk>

**Canadian Federation of the Blind - CFB** <http://www.cfb.ca/>

**Vision 2020 Canada** <http://www.vision2020canada.ca/en/resources/Pages/default.aspx>

**Vision 2020 Canada Equipment**

[https://www.bridges-canada.com/collections/low-vision-and-blindness-full-collection?qclid=Cj0KCQiA-bjyBRCcARIsAFboWg1XK8walxYNa6kKkZH5btUsZVrbX63\\_NgG5id-cPjT86RmbWVVeOmgaAICWEALw\\_wcB](https://www.bridges-canada.com/collections/low-vision-and-blindness-full-collection?qclid=Cj0KCQiA-bjyBRCcARIsAFboWg1XK8walxYNa6kKkZH5btUsZVrbX63_NgG5id-cPjT86RmbWVVeOmgaAICWEALw_wcB)

**Foothills Camp for the Visually Impaired** <https://www.foothillscamp.ca/>

**Loss of Hearing**

According to Statistics Canada more than one million adults across the country reported having a hearing-related disability. Other studies indicate that this is under reported and the true number is over three million.

**Canadian Hearing Services (CHS)** <https://www.chs.ca/services/helpful-resources>

**Canadian Hard of Hearing Association** <https://www.chha.ca/>

**SDA Booklet on Deafness**

<https://www.adventsource.org/ministry-plus/articles/booklet-on-deaf-ministry-now-available-480>

## HEALTH EXPO

Health Education Resources (HER) <http://www.healthexpobanners.com/>  
Everything you need to hold a Health Expo for your community  
Email: [cleveland@HealthExpoBanners.com](mailto:cleveland@HealthExpoBanners.com)  
Phone: 1.423.290.3737

Children's Health Expo materials also available  
<https://healthexporesources.com/product-category/childrens-expo/>

## HEALTH SPEAKERS

Adventist Health Speakers:  
[http://ec2-54-91-209-152.compute-1.amazonaws.com/media\\_resources/6294](http://ec2-54-91-209-152.compute-1.amazonaws.com/media_resources/6294)

## KIDS HEALTH

Health Habits for Kids Workbook Ages 9-12 Teaches kids the 8 Laws of Health  
<http://lightingtheworld.org/store/product/health-habits-booklet-for-kids-pack-of-10/>

Healthy Inside Out: Fun Skits For Kids  
<https://www.adventsource.org/store/childrens-ministries/skits-crafts-and-bible-games/healthy-inside-out-fun-skits-for-kids-37989>

Creation Health Kids (8 sessions courses suitable for VBS Program)  
<http://creationhealthkids.com/>

Bible Fun Stuff Crafty Cooking <https://www.adventsource.org/store/childrens-ministries/skits-crafts-and-bible-games/bible-fun-stuff-crafty-cookin-37441>

Supersized Kids <https://www.adventhealth.com/adventhealth-press/supersized-kids>

Children's Health Expo <https://healthexporesources.com/product-category/childrens-expo/>

Celebrations! Healthy Inside Out  
<https://www.adventsource.org/store/adventurer-club/leadership/curriculum/busy-bee/celebrations-healthy-inside-out-37988>

Draw Me Healthy <https://www.adventsource.org/store/adventurer-club/leadership/curriculum/sunbeam/draw-me-healthy-37671>

I Want to Be Healthy- Beginner's Program by Janet Sage  
<https://www.adventsource.org/store/childrens-ministries/sabbath-school-helps/beginner/i-want-to-be-healthy-22583>

Sean Learns The Tummy Town Way Book <https://www.adventsource.org/store/adventurer-club/leadership/curriculum/builder/sean-learns-the-tummy-town-way-37731>

## MAGAZINES

*The Journal of Health & Healing* <https://journalofhealth.org/>

*Balanced Living* - 4 Set Magazine Pak <https://www.lifestylematters.com/product/33>

- Super-Sized Kids
- Super Foods That Fight Cancer
- Hearts on Fire
- Chronic Pain: Roots and Remedies

*Vibrant Life Magazine* <https://www.vibrantlife.com/>

### *Vibrant Life* - Special Sharing Edition Magazines

- *Forever Young: Secrets to Longevity*
- *How to Lose Weight & Keep It Off*
- *Going Vegetarian*
- *Heart Matters*
- *How to Stop Smoking*
- *Hope is Alive*

### *Signs of the Times Magazine* - Life Matters Health Series

- *8 Secrets to Better Health*
- *How to Love Your Marriage*
- *Living Longer and Feeling Better*
- *Lose Weight, Feel Great*
- *Why Be a Vegetarian*
- *The Benefits of a Belief*

### *The Rest of Your Life Magazine*

<https://www.afbookstore.com/products/the-rest-of-your-life-magazine-by-amazing-facts-bk-ryl>

Loaded with vivid, full-color graphics and fascinating facts, this one-of-a-kind magazine reveals the astonishing truth about the seventh-day Sabbath, including its history from ancient times to the present! You'll discover the origin of the Sabbath, how religious leaders have distorted it, and how elements within God's church have tried to change it. But even better, you'll learn how it was meant to be an incredible blessing for all mankind forever. See how Sabbath-keeping can improve your life and even your health, and why it's critical for you to know the future of God's holy day! (48 pages)

### *Amazing Health Facts - 8 Health Secrets to Living Stronger and Longer*

<https://www.afbookstore.com/products/amazing-health-facts-magazine-by-amazing-facts-af-ahf>

## **NATURAL HEALING**

For centuries, people have turned to natural sources to achieve healing. Especially now, as prescription drugs lead millions into abuse, alternative methods that do not involve highly addictive drugs are being sought after. Here, we share links to favorite natural remedies.

Massage <https://lifeandhealth.org/topics/readandwatch/heal/massage>

Hydrotherapy <https://lifeandhealth.org/topics/healing/hydrotherapy>

Charcoal <https://lifeandhealth.org/topics/healing/charcoal>

Herbal Remedies <https://lifeandhealth.org/topics/healing/herbal>

Herbal Remedies Online Training <https://lightingtheworld.org/training/herbal-remedies/>

Natural Remedies for the Home - DVD Set

<http://lightingtheworld.org/store/product/light-up-your-life-natural-remedies-for-the-home-dvds/>

Herbal Remedies - DVD Set <http://lightingtheworld.org/store/product/herbal-remedies-dvds/>

## STRESS & GRIEF RECOVERY

WellChoices Consulting <http://www.wellchoices.com>

Pastor Cameron Johnston is a stress fitness coach and conducts health ministry emphasis weekends and community seminars on wellness and stress reduction.

Email: [cameronj@wellchoices.com](mailto:cameronj@wellchoices.com)

Phone: 1.888.973.3388

## TRACTS & PAMPHLETS

Balanced Living Tract - Set of 26 <https://www.lifestylematters.com/product/155>

- *Alcohol: Why Not?*
- *Change Your Mind: Change Your Life*
- *Chronic Pain: Roots and Remedies*
- *Creating Connections: Why Relationships Matter*
- *Digestion: A Churning Question*
- *Depression: Lifestyle Keys for Beating the Blues*
- *Engineered For Success*
- *Exercise: It Goes to Your Head*
- *Finding Peace in Your Crazy Busy World*
- *Free On the Inside: Changing Bad Habits for Good*
- *Health In a Hurry*
- *Healthy Weight Helps*
- *Hurried, Worried & Buried*
- *Immune Health: Your Firm Foundation*
- *Life After Loss: Growth After Grief*
- *Lifestyle Links Diabetes: Hope for The Diabetic*
- *Lifestyle Links for Healthy Blood Pressure*
- *Mind/Body Health Connections*
- *Quenching the Fires of Heart Disease*
- *Super Foods that Fight Cancer*
- *The Buzz on Beverages*
- *The Entertainment Trap*
- *The Vegetarian Edge*
- *These Doctors Still Make House Calls*
- *Up in Smoke*
- *Who Can I Trust?*

Lifestyle Matters Glow Tracts - Sample Set of 24 <https://www.lifestylematters.com/product/206>

Giving Light to Our World Glow Tracts <https://glowonline.org/literature/>

- *America's Top Killer*
- *Breaking Addictions*
- *Diabetes Undone*
- *Healthy is Kosher*
- *Living Water*
- *Secrets of Peak Mental Health*
- *Steps to Health*

**Note:** There are also many other glow tracts available at this site with a more spiritual content

## 8 Amazing Steps to Maximize Your Health Glow Tract

<https://www.afbookstore.com/products/afacts-tracts-8-amazing-steps-to-optimize-your-health-100-pack-by-amazing-facts>

*Vibrant Life Tracts* <https://www.adventistbookcenter.com/pocket-vibrant-life.html>

Available in packs of 100 or a sample pack of 1 each

- *You Can Stop Smoking*
- *Is Alcohol Really Good for You?*
- *Little Tips to Lose Lots of Body Weight*
- *Foods that Help to Fight Cancer*
- *16 Ways to Reduce Workday Stress*
- *Forgiveness: A Key to Better Health*
- *Walking: Miracle Medicine*
- *Tired of Being Tired*
- *Water: The Clear Choice*
- *The Healing Power of Prayer*
- *What You Need to Know About High Blood Pressure*
- *Diet and Exercise: What They Can Do For type 2 Diabetes*

## ORGANIZATIONS

Lifestyle Canada <http://LifestyleCanada.org>

Lifestyle Canada Education Service

dedicated to reaching the public through the GLOW Program, Canada Youth Challenge Program, and the iHeal Program. These outreach programs are designed for every member, youth, and professionals respectively.

Email: [jzita@lifestylecanada.org](mailto:jzita@lifestylecanada.org)

Phone: 1.905.576.663

## RESEARCH

Adventist Health Study <http://www.llu.edu/public-health/health/index.page>

All Adventists aged 35 years or older are encouraged to join. (Canadians and African American/Blacks aged 30 years or older). There is no upper age limit.

Email: [ahs2@llu.edu](mailto:ahs2@llu.edu)

Phone: 1.800.247.1699

Nutritionfacts.org “Search” Adventist Health Studies

## WEBSITE Links

Home Health Education Services Online, Inc. <http://www.nhtlh.com>

General Conference Health Ministries <http://healthministries.com/>

Harvard Nutrition <https://www.hsph.harvard.edu/nutritionsource/>

Tufts Health & Nutrition Letter <https://www.nutritionletter.tufts.edu/>

Physicians Committee For Responsible Medicine <https://www.pcrm.org/>

Dr. John McDougall <https://www.drmcDougall.com/>

Dr. Michael Greger <https://nutritionfacts.org/>



## WELLNESS CENTRES

**Black Hills Health and Education Center** <http://www.bhhec.org>

In the beautiful setting of the Black Hills, nestled in the shadows of Mt Rushmore, we offer an intense lifestyle change program, school of massage therapy, personal training internship and more.

Email: [bhhec@aol.com](mailto:bhhec@aol.com)

Phone: 1.800.658.5433

**Wildwood Lifestyle Center & Hospital** <http://www.wildwoodhealth.org>

Lifestyle Center includes jacuzzi, sauna, hydrotherapy, vegetarian cooking classes, educational lectures, smoking cessation, guided hikes, mountain trails. Physicians on staff.

Lifestyle Center: 1.800-634-9355

Hospital & Clinic: 1.800-844-1099

Email: [info@wildwoodhealth.org](mailto:info@wildwoodhealth.org)

Phone: 1.706.820.149

**Eden Valley Institute & Lifestyle Center** <http://www.eden-valley.org>

The Lifestyle Center offers a complete lifestyle approach to wellness using hydrotherapy, massage, exercise, nutrition and cooking classes, trust in God, and natural remedies. The Institute offers training in health education.

Email: [edenvalley@juno.com](mailto:edenvalley@juno.com)

Phone: 1.970.667.1770/1.800.637.9355

**Newstart Lifestyle Program – Weimar** <https://www.newstart.com/>

NEWSTART is a physician monitored, scientifically researched lifestyle change program based on eight fundamental principles proven to help you achieve optimum health: Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest and Trust

**Restoration Ranch** <http://www.healthrestorationranch.com>

Restoration Ranch is a health education and lifestyle improvement facility located in the high desert of southern California close to Palm Springs.

Email: [cleanse7@live.com](mailto:cleanse7@live.com)

Phone: 760.861.3270

**Silver Hills Guest House** <http://www.silverhills.org>

Located in the hills outside Lumby, British Columbia, \. Silver Hills Guest House has been inspiring hope and promoting healing since 1984 and is Canada's only Adventist live-in lifestyle makeover spa.

Email: [phil@silverhills.org](mailto:phil@silverhills.org)

Phone: 1.866.304.7060

## YOUTH

**Youth Alive Program** <https://youthaliveportal.org/en>

Youth Alive is a faith-based program that focuses on preventing at-risk behavior among youth aged 13-25years old by fostering purposeful, wholistic connections and resilience. It equips young people to proactively make positive, healthy choices for life each day.

**CABL Collegiate Advocates For Better Living** <https://nadhealth.org/cabl/>