

A WOMAN IN her 50s told me the following story:

"When I was in my late teens, living a secular lifestyle, I had my first anxious and blue period. For about five days, I had a vague sense of dread and moped around lifeless. I found pleasure in almost nothing, and wondered why I had been born. As the years went by, the blue periods increased. I expected some day to require hospitalization and medications. I was never entirely peaceful.

"When I was 33 years old, I became a Seventh-day Adventist Christian and learned healthful living was important. I began to exercise, to eat only at mealtimes, and stopped drinking the eight to 10 cups of coffee, tea, or colas I had consumed daily since my early teens. Almost immediately, I noticed I was steadier on my feet. Within a month the chronic anxiety from my stressful job diminished, but it

was almost 18 months before I realized I had gone a year without any depression. It's now been more than 20 years."

More than 150 years ago, God impressed Ellen G. White that coffee and tea artificially stimulated the system and then caused depression. (See *Counsels on Health*, p. 124.) Now we know the real culprit is caffeine. What does medical literature have to say about the dangers of caffeine in coffee, tea, colas, and chocolate? Not only do these caffeinated beverages cause depression, but they also increase the risk of headaches, infertility, chronic anxiety, allergies, muscular tremors, osteoporosis, and a host of other problems. The more caffeine, the higher the risk (*Internal Medicine News*, May 15, 1981, p. 6). Not until we did this research did we realize that substances with caffeine are on the list of the top 10 food groups causing food sensitivities, surpassed only by milk. If people only realized the dangers, they could enjoy the

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many healthful substitutes that are currently available.

God promises that we will avoid the diseases of the "Egyptians" (Ex. 15:26) if we follow His health principles. Most of us won't know until eternity just how blessed we have been by following a healthy lifestyle and how many diseases we have avoided because we "diligently" listened to the Lord.

Thank You, Creator God, for giving Your children knowledge about how to have peace and a sound mind—and help me to say no to beverages that might cause depression.

AGATHA THRASH

Victory in Christ is our goal -
Health of body, mind, and soul.

Come and travel with us.

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Natural Remedies

1. Pure air—open up your home and breath deeply
2. Sunlight—has a healing effect on body and home; a dark home breeds disease
3. Moderation—in all things
4. Rest—with regularity of times to rise and go to bed
5. Exercise—regularly but with moderation
6. Proper diet—wide variety of natural foods prepared simply, with few condiments
7. Water—is the best beverage. It should replace most other drinks.
8. Trust in Divine Power—brings peace and health

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Saturdays 9:00 A.M. to Noon

HEALTH TIPS!

7



Drink and Depression

For God has not given us the spirit of fear, but of power and of love and of a sound mind. 2 Tim. 1:7, NKJK

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