



PRODUCING QUALITY PRODUCTS FOR A HIGHER PURPOSE - HEALTH AND HAPPINESS FOR YOU AND FOR YOU TO SHARE WITH THE WORLD!



2017 SUMMER CATALOG B

ABOUT US:

A Canadian Christian company specializing in design, printing, and production of vegan cooking, vegetarian health, and more. We run several websites that offer FREE items and information:

BodyMindHealth4u.com OR VVCS.ca - FREE recipes, cookbooks, videos, nutrition information, online courses, and health articles.

SDApersonalministries.com - all kinds of FREE stuff for personal outreach and public evangelism.

BibleHealth4u.com - Bible texts and more on all manner of health.

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SIMPLE COOKING WITH ESSENTIAL OILS

Item: CB202

Price: \$8.95

Essential oils have been used for centuries but we are only now truly seeing the health potential of these natural remedies. Studies are being done on both the aromatic properties as well as ingesting. This book includes some tips from reliable scientific journals. Take the step toward better health as we journey into the world of essential oils with food. This full color, picture for

EVERY recipe, 56 page cookbook will get you started on the road to using oils in your cooking. 5.5 x 5.5 spiral bound. Oils are simply tools and will not cure any disease. Oils are concentrated and not a substitute for natural, whole foods. They are used much like a seasoning in this book. See below for this book using herbs and extracts in place of oils.

SIMPLE COOKING WITH ANGELA POCH

Item: CB203

Price: \$8.95

Adapted from the above cookbook, this book includes some health tips on plant foods and more from reliable scientific journals. Take the step toward better health with natural plant foods. This full color, picture for EVERY recipe, 56 page cookbook will get you started with simple and easy cooking. 5.5 x 5.5 spiral bound.



FOOD GUIDE POSTER

Item: HM001

Price: 25 for \$9.95

For the strict vegetarian or vegan! This food guide follows the combined recommendations of ADA and WHO as well as research on nutrition for vegans. A simple to use format. 8.5 x 11 glossy, cover stock paper.



OUR FAVOURITES

Item: CB008 Price: \$15.95

By Angela Poch, CN. 150 pages of sample recipes from all 7 of the Healthy Home Cookin' cookbooks. Our very favourites all in one book.

Buy in quantities for gifts! 5 for \$49.95; 10 for \$79.95

OUR GLUTEN FREE FAVOURITES

Item: CB008GF Price: \$15.95

By Angela Poch, CN. 150 pages of our gluten free favourites from the Healthy Home Cookin' Series.

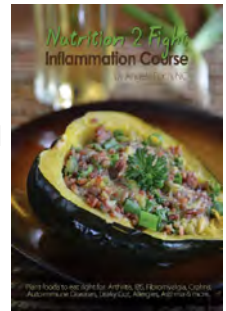
Buy in quantities for gifts! 5 for \$49.95; 10 for \$79.95



NUTRITION 2 FIGHT INFLAMMATION COURSE

Item: N2RI Price: **Sale \$95** DVD & Cookbook (Regular \$179.95 or get online for only \$10)

Comes with cookbook below. This 2+ hour video course will give you the tools to fight inflammation like never before. Well researched from main stream medical journals, the information has science to back it up! Learn the BIGGEST myth about nightshades, Discover how inflammation reacts in your body, find out the top 5+ foods for reducing inflammation, and much, much more!



Available to newsletter subscribers for \$10 - visit www.VVCS.ca for details



NUTRITION 2 FIGHT INFLAMMATION COOKBOOK

Item: CB201 Price: \$29.95 full color

By Angela Poch, CN. 150 pages, full color, spiral bound, almost a photo for every recipe. This gluten free, sugar free, very low fat, low "carb", cookbook was written in response to clients needs under doctors supervision. Studies are showing inflammation is a risk factor in many diseases: psoriasis, crohns, fibromylgia, auto immune disorders, and many others.

INCREASE METABOLISM & NATURAL WEIGHT LOSS

Item: MR Price: **SALE \$79** DVD Course (regular \$200)

Do you want to lose weight and are tired of diet ups and downs? Would you rather increase how fast your body burns calories than exercise till your exhausted? Get a permanent life style solution to the yo-yo diets. All you need to get started is a willingness to make simple changes to your everyday life.

This approx 2 hr course is laid out with short videos complete with handouts for key points. Written and instructed by Angela Poch, NC, it is based on current scientific research. This course is not a diet and does not provide strict meals, it guides you with principles you can use for your own favorite foods. Thus it can be adapted for all kinds of 'diets' - gluten free, low carb, diabetes, and so on.

There is no magic pill or special food to melt fat off. Instead, discover the steps to creating a metabolic rate diet. Plus learn other simple and easy ways to increase metabolism. There is even a section for life coaches, nutritionists, and fitness experts. We've provided a program outline as well as a market tips.

Available to newsletter subscribers for \$10 - visit www.VVCS.ca for details



BECOME VEGAN, VEGETARIAN, OR FLEXITARIAN

Item: BV Price: \$79 DVD Course with cookbook

After taking this approx. 1 hr course (plus two books!) you will be able to make an informed choice as to whether you want to be vegan, vegetarian or something in between. With tools to help produce that change in your life.

Learn the basics of how to become a vegan/vegetarian and find out why it's such a great change to make for yourself and the world around you. Taking the plunge is easy because we will give you tools for change starting with how to meet challenges of making changes. This course focuses on how to make lasting changes.

You will learn how to find delicious recipes online for FREE and get a basic understanding of the nutritional components needed for health and what are the common issues with a vegan diet.

Comes with Our Favourites Cookbook as seen on pg. 6.

Available to newsletter subscribers for FREE - visit www.VVCS.ca for details



NUTRITION 4 OPTIMAL HEALTH

Item: N4OH

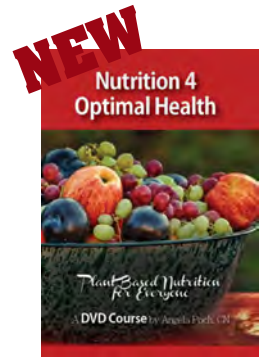
Price: \$79 DVD Course

A detailed 2 hour nutritional course for the everyday health enthusiast and for vegans and vegetarians. From how much calcium do you need to where to get it from. Includes resources like: lists and helpful tips.

This basic nutrition course teaches about: RDA's, DRI, AI, UL, calories, carbohydrates, proteins, fats, vitamins and minerals. Learn how to read food labels, keys to understanding food claims, how to create a proper menu, where to find vegan sources for hard to get nutrients, how to eat a plant based diet, and much more.

After this course you will have the basic foundation for nutrition and you can decide if you want to pursue a career in nutrition as a dietician or nutritionist. In fact, if you read all the supplemented materials and recommended readings you will have more of a nutritional background than the average doctor!

Available to newsletter subscribers for \$10 - visit www.VVCS.ca for details



NUTRITIONAL THERAPY

Item: NT

Price: \$79 DVD Course

This intermediate nutrition course assumes you understand basic nutrition such as what are RDA's, calories, carbohydrates, proteins, fats, vitamins and minerals. See the above course for all that info and more.

This course will dig deeper into specific nutrients and how those affect the body. From our DNA and food to how to glean specific nutrients from certain foods. From phytochemicals to omega 3, learn why we need these nutrients and where to get them from. Discover how studies involving supplements vs studies on diet show eating whole foods provides more benefits than pills, in fact supplements have NOT been shown to reduce the risk of disease. Become knowledgeable in how to choose foods to prevent disease. After this course, you will be able to create menus filled with powerful nutrients, based on an optimal diet for longevity and quality of life.

Includes a section for those who want to share health with others.

Available to newsletter subscribers for \$10 - visit www.VVCS.ca for details



HEALTHY FAMILIES

Item: HF Price: DVD Course

**COMING
SOON**

Coming soon! This course help guide you step by step to creating a healthier environment for your children. From diet and exercise to self-worth and social skills, find out how you can may your home life a joy. Starting with a foundation of a healthy diet and how food affects your children's mood and mental state along with their physical health, this course builds up to teaching your kids to think healthy for themselves.

What you will learn:

- How to make exercise fun
- What is healthy eating
- How to encourage your child to eat fruit and vegetables
- What can you do to wean your child off watching too much TV
- How to promote a healthy home

Subscribe to our newsletter to be notified when available - visit www.VVCS.ca

OTHER COURSES THAT WE ARE WORKING ON:

Vegetarian Teen Cooking - Jordan Poch's cooking combined with health talks. – ETA August 2017

Nutrition, CBT and the Brain – help for depression, anxiety, brain function, eating disorders, and more. – ETA September 2017

Dangers of a Vegan/Vegetarian Diet – a mini course on the issues of fads, extremes, plus why leaving out the spiritual component from health is a mistake. Vegan new age vs vegetarian Centarians. – ETA October 2017

A Brand NEW Vegan Vegetarian Cooking School Program – TBA

Misunderstood foods & Researching Health: Soy, canola oil, chocolate, carob, alcohol, etc. sifting through the junk, the extremes, the paranoia, and the propaganda – TBA

And more!

Subscribe to our newsletter to be notified when available - visit www.VVCS.ca for details

HEALTH & WELLNESS COACHING COURSE - BECOME A HEALTH COACH!

**COMING
SOON**

Item: HCP Price: DVD Course

Coming soon! This course is adapted directly from the book Ministry of Healing. This course is about educating you. Laying the foundations for your abilities as a health worker, wellness coach, or health ministry leader. A coach is not a counsellor, nor do they give advice. A coach provides tools to allow the client to discover and grown on their own. This provides lasting change and reduced mistakes, on your part, and conflict.

I will be approaching this course from a Health Ministry Leader and Wellness Coach point of view, but anyone can learn from this course. There is very little information specific to only one profession or calling. If you want to share Jesus, you should take this course.

Who should take this course:

- All health ministry leaders.
- All health workers of any kind.
- Pastors & Spiritual leaders.
- Those who want to use health as an outreach tool.
- Anyone who wants to share Jesus.

What you will be able to:

- Be an effective health coach using Ministry of Healing as your guide.
- Develop your own Health Principle list using God's word as your guide.
- Combine spiritual, mental, and physical wellbeing.
- Bridge the gap between health outreach programs and regular evangelism.
- Teach others how to have a healthy lifestyle.
- Reach out to a lost and dying world in a way that touches even the hardest of hearts.

Prerequisites:

A desire to serve God with all your heart. A commitment to surrender to God's leading, wherever it may take you.

Subscribe to our newsletter to be notified when available - visit www.VVCS.ca

HEALTHY HOME COOKIN' COOKBOOKS

As seen on 3ABN

Great for those with food allergies such as wheat, soy or gluten!

In this series, each cookbook is independent but together they provide a complete library. All are adaptable to various needs whether gluten free (75% of recipes are gf), sugar free, or low-fat. Simple, wholesome recipes. Coil bound, 150 pgs each, several full color photos.

\$18.95 each (see below for complete set)



VOL. 1 - LIGHT SUPPERS, CAKES, PUDDINGS & MORE

Item: CB001 Delicious low fat, low calorie recipes for light dinners or deserts.

VOL. 2 - SEASONAL TREATS: CANNING, CAMPING & HOLIDAYS

Item: CB002 Ideas for healthy canning, camping, traveling, and special holidays.

VOL. 3 - PASTA, POTATOES, MILLET & RICE

Item: CB003 Pasta, rice, potatoes, and grains from quinoa to bulgur.

VOL. 4 - PIES, COBBLERS, COOKIES & CHEESECAKES

Item: CB004 Light healthful alternatives for deserts, including bars and more.

VOL. 5 - BREAKFAST, BRUNCH, SOUP & SALAD

Item: CB005 Warm breakfasts, quick cold cereals, soups, salads, sack lunches, etc.

VOL. 6 - BETTER FOR YOU ENTREES

Item: CB006 Burgers, roasts, and casseroles to please the whole family.

VOL. 7 - BREADS, CRACKERS & MUFFINS

Item: CB007 Wholesome bread with wheat free alternatives. Easy to follow.

SAVE \$\$\$ COMPLETE SET \$125 - ITEM: CB009

"Angela has put together excellent recipes. The combination of recipes along with nutritional information and facts outlined throughout each book will become more than just a cookbook in ones kitchen, but rather a resourceful too. It is an honor to recommend Angela's cookbooks."

Darlene Blaney, PhD, NCP; President, Total Health School of Nutrition and co-author of the CHIP Cookbook"

"These attractive and easy recipes provide an excellent opportunity to learn more ways to enjoy plant-based meals and reduce the risk of many chronic diseases."

*Vicki Griffin, MPA, MACN;
Lifestyle
Matters Health Series*

HAPPY KIDS COOKING DVD

Item: DVD0501 (2 disc set)

Price: \$19.95 DVD Set



Volume 1 & 2 with 11/12 year old Jordan Poch. AS SEEN on FIRSTLIGHT TV Network in New Zealand. Make some fun and easy vegan macaroni and cheese, ceaser salad, waffles, vegan ice cream and more. Jordan is fun to watch and your kids will really enjoy cooking in the kitchen with Jordan. 2 DVD's Approx. 90 min total. (One egg is used but Jordan shares a vegan substitute.)

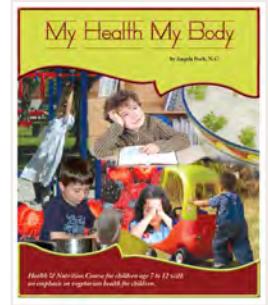
CHILDREN'S HEALTH COURSE

Item: HBK2710

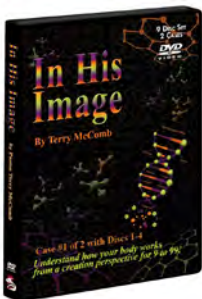
Price: \$89.95 binder wt DVD

This complete health course for children age 7 to 12 is sure to help homeschoolers and vegetarians alike, from a creation perspective. (A vegetarian perspective, but good for any diet)

The 9 chapters include: A Better Body is Important, Stepping Up into Good Health, My Mind Makes My Moods, Making My Muscle Move, Fabulous Foods that Feed Me, Water Within & Without, Super Sunshine & Ample Air, Slumbering Sleep, and Taming Tom with Temperance. Each of these chapters covers a health principle in depth and has an assignment. There is also a final exam for homeschoolers. Printed book: 8 1/2 x 11, 3 ring binder, over 60 pages of info and fun. In full color, plus extras like posters and worksheets! PLUS FREE BONUS - the 2 vol Kids Cooking DVD set as seen above!



CHILDREN'S HEALTH COURSE WITH COOKING VIDEOS AVAILABLE ONLINE FOR ONLY \$10 AT [WWW.VVCS.CA](http://www.vvcs.ca)



IN HIS IMAGE - BIOLOGY COURSE

Item: DVD1700

Price: \$79.95 DVD

9 DVD Disc set. by Terry McComb. Look at the human body from a creation perspective. Aimed at teaching basic anatomy, physiology, and health for teens and pre-teens this program is good for all ages who want learn about the body. Wonder of the Cell, Circulation, The Brain, Muscular System, Digestion, Skeletal System, and much more in this 9 HOUR series.

OPTIMAL HEALTH - A JOURNEY TO ABUNDANT LIFE

ITEM: OH Price: Sale \$20 for DVD (FREE online!)

NEW

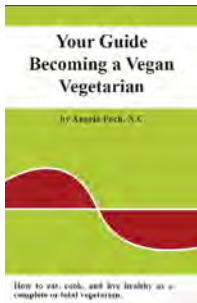
This approx. 1.5 hr course on total health and wellness is for anyone who would like to know how to live longer and have a higher quality of life. From happiness to healthy, learn from the Blue Zones how to get the most out of life. The Blue Zones are groups of people who often live to 100, and are active well into their 90's.



Designed as a sharing program this course is inclusive to all people and cultures. It shares health principles in a non-threatening way and is a great bridge between diet and spirituality. Using the latest scientific research and news articles this course approaches the Adventist lifestyle in a whole new way. Use this course to introduce vegetarian cooking or a depression recover seminar or a prophecy seminar. Angela approached this course using principles from Ministry of Healing, but offers it in a scientific manner. Permission to show in churches or large venues is granted, but we'd love to hear what you are doing and we can offer you poster designs and marketing materials.

After the 15 lessons you will have the basic foundation for how to live longer and the tools for better relationships and finding happiness.

Available ONLINE FREE - visit www.VVCS.ca for details



BECOMING A VEGAN OR VEGETARIAN

Item: HBK182680 Price: \$12.95

By Angela Poch, CN. Need help going vegan or vegetarian? Not sure if you are getting adequate nutrition? This 80 pg. book teaches how to change and how it affects those around you. VERY similar to the course on pg. 5, but not as current.



THE ULTIMATE LEMON CLEANSE

Item: HBK182369 Price: \$9.95

by Darlene Blaney, PhD, NCP, and Angela Poch, CN. Simple, cost effective way to cleanse the body with natural foods readily available. Bible based for sound principles. Get the effects of fasting with a little food to keep your energy going strong. 5 1/2 x 8 1/2, 28 pages.

VEGAN VEGETARIAN COOKING SCHOOL

Item: WCS Price: \$197 (online \$10 at www.VVCS.ca)

These DVDs and included 220 page spiral bound lesson book was developed by Angela Poch, CN. and include recipes, demos, and information to be a healthy vegan.

Lesson 1 - Getting Started - measuring, tips, etc.

Lesson 2 - Ingredients used in vegan cooking plus substitutions

Lesson 3 - Cold Quick Breakfasts - helping your mornings go quick

Lesson 4 - Hot Breakfasts - the most important meal of the day

Lesson 5 - Sack Lunches - ideas for the road plus BONUS 3ABN "Lets Cook"

Lesson 6 - Hot Lunches & Main meals - the hardy meals of the day

Lesson 7 - Simple Suppers

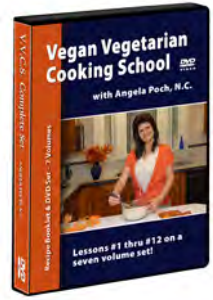
Lesson 8 - Healthy Vegan Holidays - make special occasions taste great

Lesson 9 - Holidays Part 2 plus fondant cake decorating

Lesson 10 - Breads & Spreads plus BONUS 3ABN "Today Program"

Lesson 11 - Soups & Crackers

Lesson 12 - Healthy Desserts



**Sample videos
and recipes:
www.VVCS.ca**

Extra Lesson book (for those taking course online): \$29.95ea or see below.

VVCS SHARING GUIDE & LICENSE

Item: VCSSG Price: \$57 license & guide

Do you want to show the Vegan Vegetarian Cooking School in your church? If you don't have time to put on your own cooking school this is for you! This purchase entitles one individual/church to use VVCS for public showing. Great for Bible Workers!!! Purchase Lesson Books in bulk.

Extra Lesson books: 1 for \$29.95; 10 for \$129.95

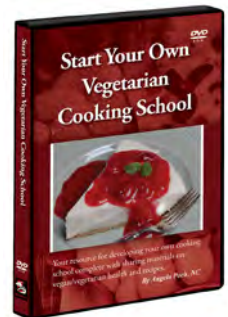


START YOUR OWN COOKING SCHOOL

Item: DVD1001 Price: \$29.95 (FREE online)

Developed by Angela Poch, CN. Includes resources and instructions, complete with cooking demos, marketing materials, recipes, and a lesson booklet to show you how! Includes DVD Rom for computer, plus a video DVD of a live cooking class - no fancy editing, just the real deal.

"How to do a Cooking School" in a box!



HEALTH INFORMATION SHEETS

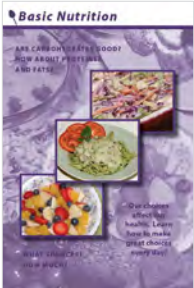
Item: (see below) Price: 50 for \$19.95 (choose one title)

Perfect for health seminar handouts these brochures were written by Angela Poch, CN. Use for cooking schools, health seminars, Depression Recovery Programs, etc. With a solid frame work of scientific facts, and references to medical journal articles, these full color, 4 page brochures are packed full of information.



B12, D, & Other Trace Elements Item: IS2628

Covers the most common nutrients vegans may have trouble getting as well as info on trace minerals



Basic Nutrition Item: IS2550

This brochure is on basic nutrition for vegans and vegetarians, includes the vegetarian pyramid in a way you can understand.



Calcium Item: IS2543

This brochure is packed full of information on calcium, from: how much do we need to good sources of it in the food we eat.



Children's Info Sheet Item: IS2536

This one is for children. Similar to our Basic Nutrition sheet. It also comes with question page for children to fill in.



Exercise Item: IS2437

Packed full of info on what kind of exercise is most beneficial, why it is so good for you, and many other tips. Special info on IT training!



Fat's-Good & Bad Item: IS2994

For those who are worried about fat. Are you getting enough or too much? What about Omega 3? And much more.



Iron Item: IS2635

Are you getting enough? What are the best sources? How does it relate to anemia? And much more in this informational sheet.



Music for the Mind Item: IS2604

Understand why music affects us the way it does, and how to use music to your best mental health advantage.



**Nutrition for the Mind
Item: IS2444**

What nutrients are especially good for the brain? In what foods are they found? How do those nutrients affect the body? Answers to these questions and more



**Protein
Item: IS2642**

Are there concerns for vegan and protein? Dispel some of the age old myths regarding protein and vegans. Learn about complete proteins, essential amino acids, and more.



**Rest
Item: IS2598**

From why we need rest to how much do you actually need, this pamphlet will help you get a better nights rest, or at least give you some tips on how to get there.



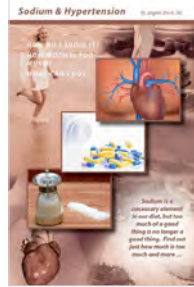
**STRESS
Item: IS2475**

Full of information and tips on how to deal with stress. With references to medical journals this makes a great resource handout for seminars.



**Sodium & Hypertension
Item: IS2932**

by Angela Poch, CN. How much salt does one actually need anyway? How does salt affect those with heart and circulatory problems? Get the answers to these questions.



**Water
Item: IS2420**

This brochure is packed full of information on how much water to drink, what kind of water to drink, and why it is so good for you.



**Your Thoughts
Item: IS2864**

Cognitive Behavior Therapy. Just how do you control your thoughts? Nice for Depression Recovery or Stress seminars.

GET THESE ALL FREE ONLINE www.VVCS.ca

(For other health materials like nutritional counselling forms, posters, surveys, flyers, postcards, and other items please contact us!)

WELLNESS & LIFE COACHING

Get One-on-One Nutrition, Health, & Life Coaching Sessions with Angela Poch. From time to time we need someone to talk to in our life about what really matters to us and how to accomplish happiness and success. With expert cook, health/wellness coach, certified life coach, certified cognitive behavior therapist, and certified nutritionist Angela Poch.



Perhaps you've tried diets, read books, watch videos, but still struggle with positive lifestyle changes. Maybe you are overwhelmed with how to practically apply it all to your life? A life or wellness coach can be a helpful tool to getting you on the road to health using an integrative approach of body and mind. We work as a team helping you in areas such as creating a wholesome diet, developing an exercise plan, ways to improve sleep, stress management, balancing relationships, and emotional wellness.

A wellness coach is not a doctor or dietician and cannot provide diagnoses or treatment of disorders and disease. They are a guide to help you make your own choices to positive lifestyle changes which often prevent and even reverse disease. To learn more about lifestyle and health take our free "Optimal Health" course here. And to learn more about your coach, Angela Poch, visit us online www.VVCS.ca

How it works:

We visit either by Skype/Zoom/phone or in person in Galloway BC, Canada (RV rental & RV space available).

What you can accomplish:

- * create goals for wellness
- * make healthy lifestyle choices for longevity and quality of life
- * choose the right food and recipes for you
- * deal effectively with problem areas like food allergies, special diets, and so on

Office Hours:

7am to 11am MT – Monday to Thursday (contact us for available times)

Various Payment Options

OPTION 1: Personal Direction for Getting Started or a Quick Tune-Up (1 session)

Looking for a few quick tips to feel a healthier (and happier)? Need to create your primary wellness goal? Or just want a quick inspirational session with Angela? This quick one-time session of 45 min via zoom or skype (or in person for locals), plus comes with a follow up email. The cost is \$150 CND.

OPTION 2: Personalized Optimal Health (8 sessions)

Need more support? Have a restricted diet and/or complications to your goal pathway? Working on getting the most out of your health? Get three months of help and support. First session is 45 min, with a follow-up 45 min session 1 week later plus emails in between. Then 6 – 45 min sessions either by phone or zoom/

We do video production and low cost printing visit: www.HigherPath.ca

skype (your choice) every 2 weeks with unlimited email support during that time. The cost is \$500 CND (save \$400).

OPTION 3: Long term support (1 year of unlimited support)

Do you want a personal coach for reaching all your health goals? Get one year of help and support. First session is a live 45 min zoom/Skype session, with a follow-up 45 min session 1 week later plus emails in between. Then 11 - 45 min sessions every month either by phone or zoom/Skype (your choice) with unlimited email support during that time. The cost is \$900 CND (save over \$1000). Buy NOW.

OPTION 4: Monthly support (payments made monthly, one year term)

Do you want a personal coach for reaching all your health goals? Get monthly help and support. One live 45 min zoom/skype/phone session (your choice) each month with unlimited follow-up emails during your subscription. The cost is \$89 per month CND (save \$60 per session).

OPTION 5: On location in Beautiful British Columbia, a full, hands on, practical and personal 10 day Optimal Health Vacation Program

Revitalize and immerse yourself in a relaxing lifestyle program for a vacation experience that will provide tools for optimal health. This 10 day, loosely scheduled, program includes 2 meals per day (you can have your third meal, should you choose to have one, at any of our local restaurants or in your/our RV), an exercise routine, two lectures, a personal session, and free time to explore the BC country side each day with two days completely to yourself. Can customize the program for your needs. World renown Fernie only 20 mins away, Fairmont Hot springs only 1.5 hrs, and Fort Steele heritage 30 minutes away. Lakes, hiking, and much more all out our back door. The cost is \$1800 CND per person, \$2500 for two, friend or spouse, or \$5900 for group of 4. Contact us for other group sizes.). FREE RV parking with - power and water (sanidump available), or rent our RV for an additional \$500, sleeps 9 people. Group rates available. Contact us for details.

Sample daily schedule for in house lifestyle program (except Friday and Saturday - those are free days to do whatever you like):

8 AM breakfast

8:45 AM walk

10:00 AM lecture - two 45 min sessions with 15 min break.

11:45 AM prepare lunch, can watch or help or have free time, your choice.

1:00 PM lunch

1:45 PM walk

2:30 PM person/group session

3 PM and onward free time - go hiking, read a book, etc.

PROVERBS JOURNAL

Item: JNP2451 Price \$12.95

For frontal lobe development, fighting depression, and more!

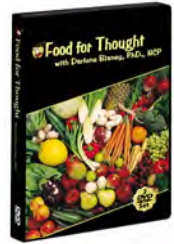
The Proverbs Journal is an excellent tool to aid you in digging deep into Proverbs. 188 pages with ideas how to study Proverbs to make it interesting each time you read it through. From topical studies to tips on how to make it practical.



FOOD FOR THOUGHT

Item: DVD0999 Price: \$19.95

With Darlene Blaney, PhD, NCP coauthor of the Official CHIP cookbook. Darlene demonstrates a number of recipes during the 3 hour 2 DVD set, filmed at 3ABN.



VEGETARIAN COOKING - SALADS

Item: DVD0100 Price: \$9.95

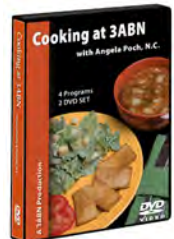
With Angela Poch, CN. Make some fresh crispy salads with 3 delicious dressings - Raspberry, French, and Ceaser. Approx. 30 minutes.



COOKING AT 3ABN

Item: DVD0001 Price: \$19.95

With Angela Poch, CN. Filmed at 3ABN. Learn to cook an easy vegetarian meal, getting rave reviews, plus lunch box ideas and much more in this 2.5 hour DVD set of 2.



HEALTH BOOKMARKERS

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Trust In God

"Courage, hope, faith, sympathy, love promote health and profling life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. A merry [rejoicing] heart doeth good like a medicine." Proverbs 17:22. (MH 241.3)

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SBK2010

Rest

"When Jesus said to His disciples that the harvest was great and the laborers were few, He did not urge upon them the necessity of ceaseless toil, but bade them, 'Pray ye therefore the Lord of the harvest, that He will send forth laborers into His harvest.' Matt 9:38. To His toil-worn workers today as really as to His first disciples He speaks these words of compassion, 'Come ye yourselves apart, ... and rest awhile.'" (MH 98.2)

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SBK2020

Country Living

"And so far as possible, all who are seeking to recover health should place themselves amid country surroundings, where they can have the benefit of outdoor life. Nature is God's physician. The pure air, the glad sunshine, the flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving, life-giving." (MH 45.2)

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SBK2030

Diet

"Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet." (MH 98.2)

"Eat according to your best judgment; and when you have asked the Lord to bless the food for the strengthening of your body, believe that He hears your prayer, and be at rest." (MH 131)

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Exercise

"More people die for want of exercise than through over-fatigue, very many **more rust out than wear out.** They should make up their minds to exercise in the open air as much as they can." (MH 131)

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SBK2050

Fresh Air

"For the Spirit of God has made me, and the breath of the Almighty gives me life." Job 33:4

"Encourage them to breathe the fresh air. Teach them to breathe deeply, and in breathing and speaking to exercise the abdominal muscles. This is an education that will be invaluable to them." (MH 264-4)

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SBK2060

Water

"For truly I tell you, whoever gives you a cup of water to drink because you bear the name of Christ will by no means lose the reward." Mark 9:41 "In health and in sickness, pure water is one of Heaven's choicest blessings; its proper use promotes health. It is the beverage which God provided... it helps to supply the necessities of the system, and assists nature to resist disease." (D 419.1)

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SBK2070

Sunlight

"Truly the light is sweet & a pleasant thing it is for the eyes to behold the sun." Ecc. 1:17

"... the sun that carries healing in its beams, would soothe & cheer & make them happy, joyous & healthful." (MH 104.1)

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SBK2080

Temperance

"And now drink no wine nor strong drink, neither eat any unclean thing." James 1:13, 7

"Temperance reformers have a work to do in educating the people in these lines. Teach them that health, character, and even life are endangered by the use of stimulants, which excite the exhausted energies to unnatural, spasmodic action, in relation to tea, coffee, alcohol, and tobacco pipes, the only safe course is to touch not, taste not, handle not." (MH 142)

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SBK2090

Health

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge." (MH 127.2)

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SBK2100

All may possess a cheerful countenance, a gentle voice, a courteous manner, and these are elements of power. Children are attracted by a cheerful, sunny demeanor. Show them kindness and courtesy, and they will manifest the same spirit toward you and one another. Education p 240

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SBK1060

Like the sunflower, which turns its face constantly toward the sun, you must look continually toward the Source of light, that you may catch every ray possible.

(E. White - Oct 6, 1887)

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SBK4075

HEALTH & MORE SHARING CARDS

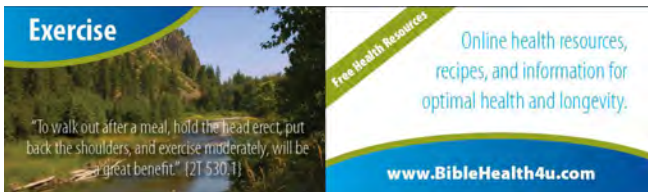
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Simple, effective tools for evangelism!



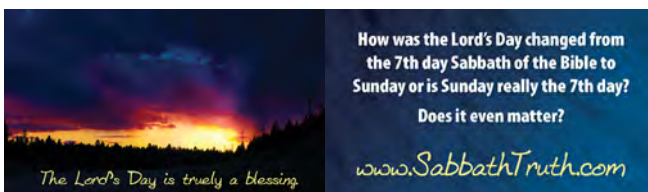
SBC101 - Free Vegan Recipes



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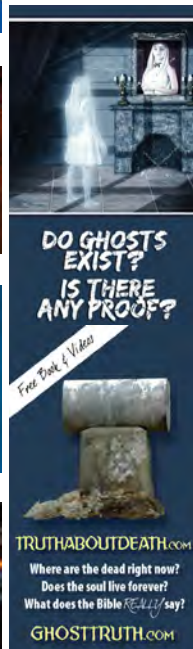
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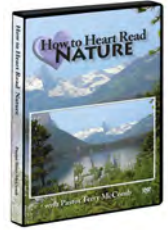
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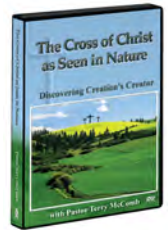
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