



# A Pattern Health Retreat

## Hypertension

Did you know that in 2019 about 500 million people died of hypertension-related diseases, for example heart attacks, strokes, congestive heart failure, and kidney failure. This statistic was reported by the World Health Organization (WHO) and is astounding in its magnitude. What is hypertension that it can cause such trauma? Let's explore that subject.

### What is it?

Blood pressure is the force of blood as it pushes against the walls of the arteries as the heart pumps blood. An individual's blood pressure is defined by two measurements. Number one, the systolic blood pressure which is the pressure in the arteries when the heart pumps blood, and number two, the diastolic pressure, which is the pressure in the arteries when the heart relaxes between beats. Untreated high blood pressure results in the strain on the heart and arteries which if not corrected will eventually cause damage to other organ systems resulting in hypertension-related diseases such as heart attacks, strokes, congestive heart failure, or kidney failure.

In 2017 the American College of Cardiology and American Heart Association issued their definition of normal and high blood pressure readings. Three categories were listed:

- 1) Normal blood pressure—less than 120/less than 80.
- 2) Elevated blood pressure—120 to 129/less than 80
- 3) Hypertension, stage 1—130-139/80-89; stage 2—at least 140/at least 90.

### What causes hypertension?

Next let's look at causes of hypertension. Most patients with high blood pressure are labeled by the medical profession as having primary or essential hypertension. This simply means that the cause is undetermined. A much smaller group of patients with hypertension are labeled as having as having secondary hypertension caused by diabetes, chronic kidney disease, sleep apnea, and certain endocrine-related disorders such as hyperthyroidism, Cushing's Disease, and hyperaldosteronism.

Physicians treating patients with hypertension should be aware of these secondary causes and exclude these by appropriate laboratory testing and appropriate imaging studies.

Returning to the topic of primary or essential hypertension, it is now recognized that many lifestyle factors may cause hypertension in this group of patients. The best known of many of these influences are smoking, alcohol consumption, being over ideal weight, consuming a diet highly concentrated in animal fats, lack of physical activity, excess dietary salt intake, also excess sugar in the diet, stress, and of course, stress.

### Prevention and therapy

Now recognizing the importance of causal lifestyle factors as mentioned above in producing hypertension, what should be the first-line approach to prevention and treatment of this disease state in the majority of people? We recommend the following in of all our patients seen in our clinic and health retreat:

- 1) Eat a full plant-based diet, including fruits, vegetables, whole grains, nuts and seeds, and legumes.
- 2) Get outdoor exercise in the fresh air and sunlight every day of the week, weather permitting. The recommended duration of



exercise should be 30 to 60 minutes per day. Brisk walking is considered to be one of the best exercises for most patients. Also useful work outdoors can be engaged in for several hours per day, time permitting. Depending upon your health condition, it may be best to check with your physician before starting any exercise program.

- 3) Drink an adequate amount of water, which for most people would be six to eight glasses per day. Water will help dilute the blood and make it less viscous (thick) and therefore easier for the heart to pump.
- 4) Avoid the use of coffee, tea, alcohol, and tobacco. Nicotine, caffeine, and alcohol are well-recognized by the medical world as increasing blood pressure in individuals using these products. Excess sugar in the diet should also be avoided since this can make the blood more viscous and harder for the heart to pump. Sugar also depresses the immune system and makes an individual more susceptible to viral and bacterial infections.
- 5) Manage stress by prayer, study of the scriptures, and counseling where needed and appropriate.
- 6) Plan for adequate sleep, of good quality, each night of the week. Certain herbs such as passion flower, hops, and valerian root may help to induce sleep, along with melatonin. Six to eight hours of sleep per night would be a healthy range for most people. Another component of perfect rest is found in keeping holy God's seventh-day Sabbath each Saturday (Exodus 20:8-11). This affords us the blessing of setting aside all secular work, and spending time with God by studying His Word, meditating on His promises, engaging in community fellowship and worship, spending time with family members and friends to strengthen the bonds of love, and going out in nature and enjoying God's handiwork as demonstrated in His marvelous creation.
- 7) Achieve and maintain ideal weight by practicing temperance in the amount of food taken with each meal, the number of meals eaten each day, and exercising each day, as previously mentioned. If a person is overweight, losing even five pounds can lower the blood pressure. Each pound of excess fat requires nearly one additional mile of blood vessels! This means more mileage to which the heart needs to pump and supply blood!
- 8) Trust in God to help and empower you by His grace to make these needed lifestyle changes which will inevitably lead to health and healing for all diseases as well as a more abundant life, as promised by Jesus to all His children. as recorded in the scriptures in John 10:10. Remember the words of Jesus as recorded in the scriptures, "I can do all things through Christ who strengthens me," Phil. 4:13. But without Christ I can do nothing, John 15:5. God's blessings to all, —*Andrew S. Grivas, M.D.*

## Temperance—the Shield and Foundation of Liberty

"In the beginning" the Great I AM, our Creator, made everything on this planet. Christ was the active agent in this creation, having created every visible and invisible thing in the heavens and in earth, which includes the natural laws and moral law (Colossians 1:16). This fact underscores the reason worship and obedience is due Him. The Ten Commandments lay out the interpersonal rules of behavior He established to grant the largest freedoms possible while protecting all from unwarranted infringement of these liberties. Temperance, the wise use of beneficial entities, and avoidance of all harmful things, was thus established from the beginning to protect the new creation.

In this creation, man was to have dominion over the lower orders of beings, but answered to God for his stewardship. Although his original nature was predisposed to doing right, in which state he was to experience total happiness and freedom, he was created with an awesome responsibility, freedom of choice. He could choose to disobey the wise laws. Adam and Eve, our progenitors, used their freedom of choice to deviate from loyalty to God and His laws. They thereby lost their perfection, with which was connected self-control. Their character was changed from an innate unselfishness and morality, to the selfishness we see displayed on a global scale today.

God had an answer to restore to each person their choice-making mechanism, the will, and along with it the eternal life which had been conditionally given Adam and Eve. This is worked out on an individual basis, choice by choice. The motivation to encourage them to do so was found in the offer of a Substitute to take the punishment for the sins committed. Those who would accept that Savior's pardon, and the accompanying overcoming power, could be restored. The restoration encompassed the renewed ability to daily make choices that would comply with the law of freedom.

Practically, what would change? Those surrendering the old nature for the new would be freed from bondage, which is the "forced submission to the control of others". All became slaves when their wills were placed under Satan control, and this submission is called sin. Many mechanisms add pressure, such as propaganda, fear, and other psychological manipulation. These devices appeal to our five senses, and have mental, moral, and physical results. Poor lifestyle choices increase the risk for excess weight from improper eating, cancer, hypertension, diabetes, depression and so on. These diseases, and many others, often born of poor decisions, also impair the ability to think and make healthier choices. Surrendering the will to God gives back to man his self-control, also known as temperance. No longer will he choose to break the laws designed to give man liberty, but will elect to think and do right. Rather than being enticed by colorful advertising, he will believe he has been forgiven, restored, and will choose to eat for nourishment. He will be enabled to devise a workable plan for overcoming, which

might be to decide to eat only two meals daily, with no snacks, adding in more fruits and vegetables, and eliminating those tasty but health-destroying articles of diet, such as alcohol, flesh foods, and refined foods. He will plan to exercise more than inclination promotes but not to excess itself.

Whatever negative habits we may have, recovery involves regaining self-control, to exercise temperance in all things. We will need to be honest with ourselves as we consider our thoughts and actions, and acknowledge and accept responsibility for our inherited or self-chosen wrong tendencies. In other words, we decide to choose to submit our long-damaged will to God, who will change it into likeness to His character. It is a very active process, by which we choose to believe and trust God, whose character of love is revealed in Scripture, ask for specific help in areas of need (for example: to stop gossiping, or overeating, or smoking, or other addictive behaviors), believe He is able to keep us from thinking or doing those things, and thank Him that He is already actively changing our brain to make the better choice. Choice by choice, we will act out our faith by choosing the right and resisting the wrong. If we fail now and then, do not despair; start over. The temperate life will be a life of freedom, gained by winning the big battles one by one. Start now; be a winner! —Joyce Grivas

## Crystals Reveal Law and Order

If you come to visit A Pattern Lifestyle Center or come as a lifestyle guest in quest for better health, you will notice upon entry a glass cabinet filled with minerals, crystals, gemstones, and seashells. As you observe the displayed specimens, it becomes apparent that many of the minerals have a definite geometric pattern or shape to them as well as a kalidescopic array of colors. Those who are completely unfamiliar with the field of mineralogy may assume that some masterly sculptor or artisan produced these works of art! Indeed, a marvelous skillful Artisan did meticulously form and arrange these magnificent shapes and patterns—a loving Creator who is the Author of every law of chemistry and physics!

These natural treasures reveal a wonder of artistry, order, and natural law. The external appearance of crystals, for example, is determined by their mineral-make-up's invisible and internal atomical structure. The atoms of each chemical, of which minerals are comprised, are uniquely organized and aligned, and produce the various designs and geometric patterns.



By the study of crystal geometry, crystallographers can categorize any crystal into one of six basic crystal systems, isometric, tetragonal, hexagonal, orthorhombic, monoclinic, or triclinic. But from these six original structures, multiplied variations of geometric patterns result! Snowflakes, although not minerals, are an example of crystallization with which many of us are familiar. Such a humble tiny particle, and yet, as many of us may have heard, no two are identical in their intricate symmetrical design!

We readily marvel at the diversity, complexity, and yet order of creation. Minerals form the basic building blocks of our world and hence the formation of life itself. It becomes evident that when our loving Creator put together our world, He used precise divine laws and order even in inanimate physical matter which makes up our visible world. Everything in creation is structured by law, order, and pattern.

Even our physical bodies are governed by “natural” law. When we violate any of these natural laws of health, we inevitably suffer the consequences of disease and illness.

Thankfully the One who designed mankind stands ready to empower us with lifegiving information, strength, and motivation to obey His laws. May we show great honor and respect for our wonderful Creator and Lawgiver by cooperating with Him to enjoy life to the fullest extent possible now and eternally! —Bill Pyke



# Recipe favorites from our kitchen!



## Banana-nut Breakfast Bites

*These simple cookies are so quick to make, hearty, and naturally sweet. Adapted from JoAnn Rachor's recipe in her cookbook Of These Ye May Freely Eat, and shared with her kind permission.*

- 1½ cup mashed ripe bananas
- 1 cup raisins, finely chopped dates, or other dried chopped fruit of your choice
- ½ cup chopped nuts
- 1½ cup quick oats
- ½ tsp salt

Combine the bananas, dried fruit, nuts, and salt. Gently stir in the oats. Lightly form into little balls or mounds using about 1½ tablespoons dough each. Bake at 350° for about 25 minutes until lightly browned on the bottom.

We sometimes add two or three tablespoons flaxseed, shredded coconut, coriander or other spices, lemon or orange zest. Can also use some applesauce or pureed soaked dried fruit for part of the mashed banana. An easy recipe to adapt to your liking!

## Millet Pudding

*Also adapted from JoAnn Rachor's recipe in Of These Ye May Freely Eat. We often double or triple this naturally sweet and easy-to-make recipe.*

- 1 cup hot pineapple juice
- 1 cup hot cooked millet, packed
- soaked/softened dates or other dried fruit of your choice (such as dried pineapple or apricots) if desired for sweetness
- 2 tablespoons washed raw cashews and/or almonds
- ¼ tsp salt
- fresh lemon zest if desired

Blend all the ingredients until very smooth, then cool to thicken.

Very nice eaten plain, topped with a fruit sauce, or layered as a parfait with granola, fresh berries or sliced fruit such as bananas, peaches, mangos, or fruits sauces. May also serve as a topping over waffles, pancakes, or french toast.

Optional: We have made used canned coconut milk in place of the pineapple juice for a nice variation.

May be frozen, but must be reheated to restore creamy consistency.

## Carrot Mayonnaise

*This alternative mayonnaise recipe was shared with us by a short-term volunteer, Gabriela Garcia.*



- 4 boiled or steamed carrots
- juice of 1 fresh lemon
- ½ tsp salt
- 6 tablespoons oil
- 4 cloves garlic

Blend all until very smooth. Keeps well refrigerated.



## Testimonies from Our Guests

**My time at A Pattern was exactly what my mental health needed!** Everyone I met there was so kind! It was the perfect getaway to relax, recharge, and get healthy both physically and mentally. I truly saw Jesus in every staff member and I think of you guys often and miss you all! I've continued eating a vegan diet (I cheat sometimes when my students at school bring me a treat! Can't say no to the cute kiddos!) and my husband is, too! We are also eating two meals a day and taking walks outside when it's not too cold. We've both lost weight and feel great! So thankful for the program!! —*Laura Frary*



**In 2021 I was diagnosed with** cirrhosis of the liver and cancer of the liver. A brother and sister from our church told us about Dr. Grivas and his method of biblical treatment. God then opened the doors for me to go to A Pattern Health Retreat. I couldn't have received a greater blessing! The healthy diet and treatment was a huge blessing, but was overshadowed by the spiritual blessings of the staff. I left there with eight new brothers and sisters. I truly believe that these eight individuals are right where the Lord wants them to be. My desire is to return there with my wife, for I know that we would be blessed again. I pray that the ministry will have the chance to help many more people until the Lord returns. Praise God for places like A Pattern. Meeting the other six lifestyle guests was a great blessing, too, enlarging my spiritual family still more! You might think that the blessings have ended, but since coming home, we have used many of the recipes that were shared with me during the program. My wife is enjoying some of them with me. The staff have continued to check on us and help us with cooking questions. I praise the Lord for helping me to attend the program at A Pattern. All glory to Him! —*Jim Bruce*



**Long before the word pandemic** became an everyday expression in our vocabulary, I registered to visit A Pattern Health Retreat (APHR) for the April 2020 session. Little did I realize at that my visit would actually occur 18 months later. As providence would have it, the timing was perfect. October 2021, my 11-day session provided me the blessing to meet and build relationships with 3 other guests. We have continued to share with each other the Christian fellowship we received from the staff. The time, care and individual attention I received, which began over the phone before I came, was duplicated in every interaction with every team member that worked to ensure that all my needs were met during my visit. I cannot mention all the care received as well as the continued follow-up and guidance Dr. Grivas has given me since returning home, as well as the consistent daily encouragement from the nursing services and my personal coach since coming home and throughout the program. The spiritual healing I received outweighed my physical concerns, which was the catalyst for deciding to come in the first place. APHR reminds me that Jesus did more healing than preaching, which resulted in a more profound spiritual healing. A Pattern Health Retreat truly represents and embodies the spirit of Jesus Christ, our Savior and Pattern! —*BJ Brown Lawson*



**I want to thank the staff** at A Pattern Health Retreat for the excellent treatment I received while there. You were all so very helpful and attentive to all my needs. Well, that was putting it mildly. The love, prayers, hugs and happiness you exuded just made me so happy. As soon as we arrived, we were greeted, shown to our rooms, and helped with our suitcases. We felt right at home and welcome. The hydro and natural remedy sessions were very helpful and well presented, as were the cooking classes. I learned so much. And the food you served was fit for a king!!! So delicious and so healthy! (Thanks for those scrumptious brownies with black walnuts, and for your delicious pizza, the only pizza that Palmer [accompanying friend] has ever liked!) Since attending your retreat, my diet is nearly entirely plant-based, thanks to your wonderful presentations on good health and great cooking classes. God bless each one of you! In His love, —*Elsie Reis*



## Projects update

We are grateful for the newer van just purchased for lifestyle guest transportation and ministry use. Our most urgent current need includes agricultural equipment, as well as the restoration of the lifestyle center's deck and replacement of its old windows. Should you like to support any of these needs, we sincerely thank you. Donations may be made through our website or mailed.



## Upcoming Lifestyle Sessions

**2022: May 1-12; June 12-23; July 3-14; August 7-18; September 4-15; October 2-13; October 30-November 10; November 27-December 8; December 11-22**