



A Pattern Health Retreat

Doctor's notes: Correct Posture and Proper Breathing



God has made man upright.... Ecclesiastes 7:29

"It is a great thing to ensure health by placing ourselves in right relations to the laws of life.

"Among the first things to be aimed at should be a correct position, both in sitting and in standing. God made man upright, and He desires him to possess not only the physical but the mental and moral benefit, the grace

and dignity and self-possession, the courage and self-reliance, which an erect bearing so greatly tends to promote.

"The lungs should be allowed the greatest freedom possible. Their capacity is developed by free action; it diminishes if they are cramped and compressed. Hence the ill effects of the practice so common, especially in sedentary pursuits of stooping at one's work. In this position it is impossible to breathe deeply. Superficial breathing soon becomes a habit, and the lungs lose their power to expand.... Thus an insufficient supply of oxygen is received. The blood moves sluggishly.

"Next in importance to right position are respiration and vocal culture. The one who sits and stands erect is more likely than others to breathe properly.... To ensure correct delivery in reading and speaking, see that the abdominal muscles have full play in breathing, and that the respiratory organs are unrestricted. Let the strain come on the muscles of the abdomen rather than on those of the throat. Great weariness and serious disease of the throat and lungs may thus be prevented.



Simple steam-bath demo



Demonstrating healing hydrotherapy to our neighbors

"In order to enjoy good health, we must ask the Lord to bless us, and then do what we can to place ourselves under conditions the most favorable to health."

—White, E.G., *My Life Today*, p. 128.

Community outreach

We are thankful for opportunities to minister during this Covid pandemic. In addition to the lifestyle guests and clinic patients we have been privileged to serve, we also enjoyed reaching out to the community. Our medical team traveled several hours north to share health presentations with a group of very receptive individuals. The participants appreciated learning about God's simple remedies such as lifestyle modification, water treatments, and herbal usage. Locally, we went door to door inviting our neighbors to join us for a similar presentation. A small but enthusiastic turnout seemed to enjoy the occasion as much as we did.

Dr. Grivas continues to speak via Zoom or in person to young health professionals who are receiving medical missionary training at Uchee Pines Health Institute, Wildwood Lifestyle Center, and in Brazil. He has also fulfilled a need for those desiring natural health information by assisting in radio

broadcasts and Zoom meetings for medical missionary trainees and Adventist churches in St. Louis and New York. He presented topics on health and spirituality from the Three Angels' Messages of Revelation 14.

Hanging on to last year's leaves

Every spring, trees get ready to serve both themselves, the environment, and oxygen-requiring creatures in their vicinity. As the weather warms and sap flow increases, any dead foliage retained from the previous year is generally dropped to make room for the new growth. The leaves are, "in a sense, food factories" to supply the tree with nutrition. This complex process designed by God utilizes soil, water, carbon dioxide, and sunlight. The excess water passes into the atmosphere and cools it; the byproduct oxygen from the food-making is also returned to the air. "The leaves ... absorb carbon dioxide from the air and release oxygen, thus purifying the atmosphere so that man may be able to breathe."²

Considering these vital functions of leaves, one might wonder why, at times, certain trees retain last year's dead leaves longer than usual. This question came to my mind while sitting on our back porch one day this summer. As I was observing the trees, I noticed many oaks still hanging on to their old, dead brown leaves long after the new ones were busily growing. Although I don't have a definite explanation for this occurrence, it did give me food for thought, inspiring an analogy from the trees to people's habits and the health implications.



In the first book of the Bible, God said, "Let us make man in our image, after our likeness," Genesis 1:26. Jesus told us that "God is a Spirit"—has a spiritual nature, Mark 4:24. We conclude that our highest purpose is to reflect God's character. In fact, in 2 Peter 1:4, the Scriptures inform us that by the promises of God, "we might be partakers of the divine nature, having escaped the corruption that is in the world through lust." How would that nature look? Verses 5 through 7 give us a short list: diligence, faith, virtue, knowledge, temperance, patience, godliness, brotherly kindness, and charity. Do we exhibit those qualities? Or are we perhaps trying to hang onto old habits while hoping to achieve the purpose of our creation?

It is important for us, who want to develop optimal health, to understand that the brain is constantly changing. Those portions used oftenest take over the adjacent territories or "maps" in the brain, and solidify their control. "Most of us think of the brain as a container, and learning as putting something in it. When we try to break a bad habit, we think the solution is to put something new into the container. But when we learn a bad habit, it takes over a brain map, and each time we repeat it, it claims more control of that map and prevents the use of that space for 'good' habits."³ In effect, we are trying to keep the old, dead leaves on the tree while "putting on" new ones that we have come to believe are best for us. Unfortunately, our brain's real estate is apportioned by the principle of "use it or lose it." How can we use this knowledge to map our brains to do the good things and stop the bad? Simply put, use it—for the development of the good.

To proliferate the "green leaves" phase of your life, you need to be proactive in pursuing good habits, and persist in practicing them. For instance, as you learn that exercise is vital for good health, you must get up and move, often, and every day. As you realize that animal-based foods predispose you to disease, choose to only eat plant-based foods. Starve those old neurons out of your brain territory. In other words, only by determinedly persisting in well-doing, and just as determinedly avoiding the old bad-doing, can you begin to drop the brown leaves and regain the comprehensive health and vigor God created you to have. Keep in mind the impact of your five senses, seeing, hearing, touching, tasting, and smelling, to influence your thoughts and actions for better or worse. Guard these avenues well. "For as he thinks in his heart, so is he," Proverbs 23:7. With God's help, think right. This will change the very structure of your brain. You will be a "new you" with only "green leaves." —Joyce Grivas

References

1. Grimm, W.C., *The Book of Trees*, Hawthorn Books, Inc., NY, 1962.
2. Ibid.
3. Doidge, N., *The Brain that Changes Itself*, The Penguin Group, NY, 2007.

Upcoming Lifestyle Sessions

2020: Oct 18-29; Nov 1-12; Dec 6-17

Testimonies from Our Guests

Trust in the Lord with all your heart and don't depend on your own understanding. Put the Lord first in everything you do and He will direct your life. Proverbs 3:5-6, *The Clear Word*

My husband Robert and I left sunny Seffner, Florida to travel to cold Bourbon, Missouri in April 2020 during the midst of the COVID-19 pandemic. I was on a journey of faith and healing. In July 2019, I experienced numbness in my left foot as well as unintended weight loss. A variety of labs and referrals for specialty services basically failed to identify any notable health abnormalities. Four months later I experienced sudden hearing loss. An ENT specialist initially attributed the hearing loss to autoimmunity. In January 2020, I suffered vertigo symptoms. A dear friend suggested I consult with Dr. Scott Grivas, the Medical Director at A Pattern Health Retreat. As a result of my phone consultations with Dr. Grivas during which he prayed for me and recommended natural remedies, I decided to attend the 11-Day Program at A Pattern.

I believe God arranged to provide for my focused care since Robert and I were the only program guests during that session. I was totally blessed by the program's holistic health approach for body, mind and spirit. Although these were not new principles to me, I had not practiced them with intentionality. My knowledge of healthy lifestyle principles was enhanced through the informative health lectures. I was spiritually uplifted by the morning and evening devotional time and heartfelt prayers for my healing. I enjoyed delicious and nutritious meals, participated in plant-based cooking classes, received careful medical consultation and healing hydrotherapy, engaged in light morning exercise, and took nature walks witnessing the Creator God's handiwork. My whole experience at A Pattern was wrapped in overt care, competence, and compassion by each member of the staff. Because of my time there, I am following God's plan for health and healing more carefully. While I continue to pray for complete recovery of my health, I am so grateful for the ministry of A Pattern. —Kristin John



I learned about A Pattern Health Retreat through my cousin. She was scheduled to attend a lifestyle session there, and called to let me know she would be unavailable for our usual prayer-line appointment. My curiosity was piqued, and after asking her more about what the lifestyle program included, I decided I wanted to go, too! Within a matter of hours it was arranged, and soon we both arrived at the health center, she coming from Florida, and I, from New Jersey. I had been suffering from PTSD following an explosion, and hoped for a better way of dealing with the aftermath than the medications and stress I was experiencing. It was clearly God who orchestrated this opportunity, and I am thankful for it!

During the program I learned why a plant-based diet is helpful, which motivated me to put it into practice. I really appreciated being able to freely ask questions of the staff and their willing responses. They seemed to genuinely believe in the information they shared. Their lives demonstrated the health principles that we were taught, and they clearly cared about our wellbeing. The atmosphere was peaceful and nurturing. I sensed God was there, and that He was guiding the doctor as he sought wisdom from Him on how to care for each of the guests. Both the service and the food were great, and the fellowship so congenial. It was such a blessing!

Since returning home, my PTSD has improved. I find myself feeling less stressed, and able to relate more calmly and positively to work and other daily challenges. I've enjoyed keeping in touch with my fellow guests, and making and sharing some of the natural health products we were taught about. And I've seen physical improvements, too. My cholesterol levels were borderline before visiting the retreat, but by following a plant-based diet, I am seeing I can correct this without medications. I really recommend this program. Many people suffering from health concerns and on medications could be free by changing their diet and lifestyle. Why wait until it may be too late—prevention is so much better than cure! —Marie Chantal Beecham

I have had great results with A Pattern. Consequently, some of my physicians are becoming confident in the healing protocol I am following. They see the before and after results and are impressed with the progress I've gained. I have had recovery from a lot of issues, including my kidneys, liver, and weight loss that I attribute to God's blessings through Dr. Grivas's consultation and the natural treatments. Each time I've come to the Retreat I return home improved and the progress continues, as the bloodwork and clinical results demonstrate. The service-minded attentive staff, the therapies, the consultations, the natural remedies, and medical care all combine to provide a wonderful healing atmosphere for people.

The outside atmosphere has also been such a blessing. Every morning I loved getting up and looking out at the pond and animals and just drinking in the



Sylvia with the Grivases

peacefulness. I also appreciated the big deck and patio, so that those who can't walk a lot on the hills, country roads, or paths, can still enjoy exercising and relaxing in the fresh air and nature. —*Sylvia Harleaux*

Would you like to help sponsor financially-challenged guests to come to the Health Center? We have had numerous very grateful guests attend who would've been unable to do so without the kind support of donors.



Sunlight was given to us from a loving Designer who knows just what is best for our human frame. It constitutes an essential component for health, provided during creation week before any living thing was made.

Here are 7 significant ways that sunlight impacts our physical and mental health.

1. Increased vitamin D: Sun exposure is the best way to promote vitamin D synthesis in the body. And this critical "vitamin" or hormone, actually, is linked to many important physiological processes, including inflammation reduction, cell-growth regulation, and immune function. "Inadequate levels of this vitamin have been associated with an increased rate of infection, cancer, and mortality rate after surgery, says Dr. M. Roizen, Chief Wellness Officer at Cleveland Clinic, Ohio.

Vitamin D and Covid: A recent study published in *Aging Clinical and Experimental Research* cited results from an examination of average vitamin D levels among European residents. The researchers found a correlation between low vitamin D levels and higher rates of Covid-19 infections and, even more significantly, Covid-19 deaths.

"Previous studies have shown that vitamin D protected against acute respiratory tract infection overall, and older adults, the group most deficient in vitamin D, are also the ones most seriously affected by Covid-19," stated Petre Cristian Ille, a co-author of the study. Getting vitamin D levels into the normal range may be helpful, he continues, since Vitamin D has multiple roles that may strengthen its ability to repel Covid-19. For example, low D levels seem to impair the development of macrophages, the white blood cells that eat invading pathogens, including viruses.

2. Improved mood: Sun exposure increases your serotonin levels and helps prevent Seasonal Affective Disorder (SAD). Time in the sun can also help people with anxiety and depression, especially in combination with other treatments. Significantly, the availability of sunshine has more impact on mood than rainfall, temperature, or any other environmental factor.

3. Higher quality sleep: That serotonin you soak up from the sun's rays does more than boost your mood; it also help you get more restful sleep at night. The brighter your daylight exposure, the more melatonin you produce at night. Moreover, the amount of daylight exposure you get is crucial in maintaining a normal circadian rhythm or sleep-wake cycle.

4. Stronger bones: Another vital benefits of vitamin D is that of building stronger bones and teeth. Inadequate levels of D are linked to diseases such as osteoporosis and rickets. While calcium intake is also crucial for bone health, adequate sun exposure facilitates your body's absorption of the calcium.

5. Lower blood pressure: When sunlight hits your skin, your body releases nitric oxide into your blood. This compound lowers blood pressure and improves heart health. Maintaining a healthy blood pressure can reduce your risks of cardiac disease and stroke.

6. Healing skin conditions: According to the World Health Organization, sun exposure might also help to treat several skin conditions, such as psoriasis, eczema, jaundice, and acne.

7. Promotes sanitization as a natural germicide.

8. Lowers blood sugar levels.

9. Reduces cholesterol levels.

With all these health benefits, it is of utmost importance that we spend some time outdoors each day, so we can enjoy the blessed light our Heavenly Father has so graciously provided for us. So, who needs sunshine? *We all do!* —*Opal Forrester*

Projects update

Our alternative power setup is still in progress. The generator can now supply the entire lifestyle center with power in an outage. We hope to implement solar panels, the first phase of which costs \$8,000. Our front deck, so frequently enjoyed for exercise, worships, and relaxing outdoors, is deteriorating and will need to be replaced soon. Many of the health center's windows are old and also in need of replacement.

Should you like to support any of these needs, we sincerely thank you. Donations may be sent to *A Pattern Health Retreat, 250 Richter Road, Bourbon, MO, 65441.*



Morning exercises on the deck



Multigrain Waffles

¼ cup organic red hard wheat-berries*, soaked overnight
 ¼ cup whole-grain barley berries, soaked overnight. The soaked berries should about double in size, resulting in 1 cup total grain.

1 cup organic rolled oats**
 1 tsp salt
 ½ cup raw cashews or raw sunflower seeds (your preference)
 1-2 tbsp raw honey

Place all ingredients in blender and pour enough almond milk to just cover ingredients. Begin blending on low for a few seconds then increase to maximum speed. You will probably need to add more milk to achieve a smooth creamy consistency. The batter will need to be a bit liquidy to ensure proper leavening when pouring onto a preheated waffle iron. Set the iron halfway between medium and high.

These end up light, fluffy and delicious! Serve with thickened fruit, raw sliced mango, or topping of your choice. Enjoy!!

*May replace with other whole grains such as white wheat berries, kamut, or millet.

**We suggest using organic oats to avoid the pesticide residues possibly found in regular oats.

Tasty Plant-based Lasagna

Tomato sauce:
 1½ c chopped onions
 2 cloves of garlic, minced
 ¾ c chopped green peppers or other vegetables if desired
 4-5 c canned tomatoes w/ juice (4 c makes a firmer lasagna)
 ¼ c tomato paste
 1-2 tsp basil, according to your preference
 1 tsp oregano
 1-3 tsp salt, to taste
 1-3 tbsp honey, depending on acidity of tomatoes

2-3 tbsp olive oil

In a pot, saute garlic, onions, and peppers in water until tender. Mash canned tomatoes and add to pot along with remaining ingredients. Simmer one hour to blend flavors.

Tofu "ricotta" cheese:

3 c tofu
 2 c *tofu mayonnaise* or other vegan mayonnaise
 2 tsp sweet basil
 2 tsp onion powder
 2 tsp salt

Tofu mayonnaise:

12 oz firm tofu
 1 tsp onion powder
 ¼ tsp garlic powder
 ¾ tsp salt
 1-2 tbsp olive oil
 2-3 tbsp lemon juice, preferably fresh
 ¼ tsp celery powder
 2-4 tbsp water

Blend all ingredients until smooth.

Cheese sauce:

Vegan cheese of your choice. We enjoy the one from the "Macaroni and Cheese" recipe, *Seven Secrets* cookbook, p. 30.

Assembling the lasagna:

Pour 2½ cups of tomato sauce in a 9 x 13" baking dish.

Lay whole-grain lasagna noodles over sauce. Cover with ¾ cup tofu ricotta cheese. Apply another layer of lasagna noodles followed by ¾ cup more tofu ricotta. If desired, add a layer of about 1 cup spinach or cooked kale. Follow with ¾ cup tomato sauce, another layer of noodles, 3½ cup more tomato sauce, and top with cheese sauce.

Bake covered at 350° for 45-60" until a butter knife will easily pass through the noodles. —*Bill and Elizabeth Pyke*

