

MOM WAS A SUPERB cook and made the best white-flour tortillas. One noon we came from working in the field and sat down to a delicious meal. When we reached for the tortillas and uncovered them, we were disgusted. They were brown and stiff. Horrors! We were hungry. Who would dare feed anyone shoe leather like these lousy tortillas?

Incensed deprecations were hurled at Mom, who had lovingly offered us the best she knew. She had read that whole wheat was better than white flour, though the entrenched custom is to use white tortillas.

Poor Mom, she had to bear with a family who should have been thanking her for her love. She undoubtedly wept alone in her closet. What brutality on our part. I hate to think of it!

But Mom was much bigger than to succumb to our stupid nonsense. She happily returned to making white-

flour tortillas. But then one day she put just a little whole wheat in the dough. When we saw little brown specks in our favorite white tortillas, a howl of protest went up immediately. But we were hungry and, because the tortillas were not much different than usual, we began to eat them. For some time after that we had the same tortillas with a few brown specks, even though we grumbled some about them.

Then one day we saw more brown spots than previously, though not greatly different than before. Again a howl of protest went up. But again we were hungry enough to eat them with grumbling. A few days later the tortillas were again darker than before. This continued for a long time until Mom had us eating the best tortillas in town, with the best nutrition, and they were delicious to us. All credit is due to God who selected a loving

mother who was willing to withstand the assaults of an ungracious, unthankful family.

Now a white tortilla is insipid and rubbery to me. It takes time to change dietary habits, but when there is love, it can be done even with the most culturally ingrained taste habits. Dietary habits are difficult to change, but you can choose new ones.

Take heart! A change in a health habit is but a glimpse of the transforming changes God desires to make in our lives, if we allow Him.

Are you willing to make the changes God wants to make in your life?

ALBERT SANCHEZ

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

Come and travel with us.

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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HEALTH TIPS!

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Changing Dietary Habits

*I will give you a new heart
and put a new spirit in you.
Ezekiel. 36:26, NIV*