

TEN-YEAR-OLD JULIE had been to the doctor more than 20 times since the age of 1, taking numerous rounds of antibiotics, mainly for earaches. The doctor bills were overwhelming. Since cold weather began, Julie had seen the doctor one to three times a month. In January, the pediatrician said Julie had to take another round of antibiotics and then have tubes put in her eardrums because of the thick secretions behind the drums.

Julie's mother felt she needed a second opinion and called me. I suggested she keep Julie's extremities clothed well, avoid sweets, have her drink plenty of water to keep the secretions thin, and avoid milk products. Milk gives many children secretions too thick to pass from the middle ear through the eustachian tube to the throat, causing the fluid to build up behind the drums.

For weeks we heard nothing. Then

in May, the mother called to say Julie had gone for five months with no earaches! She exclaimed, "Such simple things with such good results!"

Three months later Julie contracted a bad case of poison ivy. When the pediatrician saw her she exclaimed, "Why, I haven't seen Julie since January. That last course of antibiotics must have cleared up the germs causing all those earaches."

"No," her mother answered. "I felt uncomfortable with Julie taking antibiotics so often, so I called for a second opinion, and the physician recommended she stop drinking milk. Since then Julie has not had a single earache." The doctor seemed pleased and remarked, "Yes, that can do it." And added, "Milk sensitivity is probably the commonest cause of middle ear infections in children."

If a child has more than two colds in one winter, we suspect milk sensitivity. Replace milk with greens, whole grains, legumes (beans and peas), or fortified

soy milk. Children quickly adapt to the change, and love the freedom from colds and earaches.

Being a Christian parent leads one into a relationship with God that opens up lines of study into two important books—the Bible and God's book of nature. Both must be read prayerfully and carefully to discern truth and find healing. Soon the world will be healed of all sin and disease—and children will have no more earaches! Oh, glorious day!

*Thank You, wise God, for providing two important books to help us find healing truth.*

AGATHA THRASH

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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## Rightly Dividing Nature's Book

*Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. 2 Tim. 2:15*