

Health Ministries

Resource Catalog

Everything you need to lead a comprehensive health ministry including resources for Let's Move Day, community-friendly seminars, helping people cope with addictions, abuse prevention, lifestyle change, and more.



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INSIDE

HELPFUL RESOURCES AND IDEAS FOR YOUR MINISTRY



DEAR MINISTRY LEADER,

Your efforts are helping the church tell the world about Jesus. It is exciting when members use innovative ministries to attract visitors and help them follow Christ. Thank you for what you do for the Lord.

Surveys show that the majority of new members say their friends and relatives were the deciding factor in their search for a new church. So as we connect with our friends, neighbors, and acquaintances, remember that AdventSource is the place to find resources, information, and support for your ministry. These resources can help make your desire to share Jesus with others into an effective outreach. Together we can tell the world of a wonderful Savior.

Health Ministries

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Lincoln, NE 68506

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AdventSource Resource Catalog
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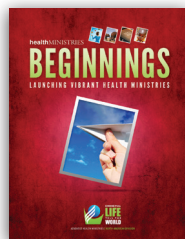
Prices subject to change
without notice.
Printed in the USA.

Beginnings: Launching Vibrant Health Ministries

This complete manual will help you discover how your church can become a center for health, healing, and wholeness in the community. Although many secular organizations offer smoking cessation clinics, cooking schools, and other life-changing programs, none of them offer the life-changing power found in Jesus Christ.

Prepared by NAD Health Ministries (AdventSource)

Product #	Price
#500222	\$8.95



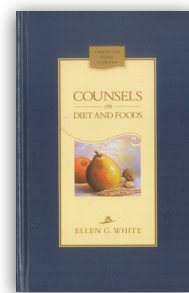
AVAILABLE IN SPANISH

Counsels on Diet and Foods

Decades before many physiologists were concerned with the close relationship between diet and health, Ellen G. White in her writings clearly pointed out the connection between the food we eat and our physical and spiritual welfare. This book reflects the full range of instruction on the subject from Mrs. White's pen. (Hardcover.)

By Ellen G. White (Review & Herald)

Product #	Price
#417631	\$19.95



Quick Start Guide for Health Ministries

This *Quick Start Guide for Health Ministries* is full of important information to help you start or revitalize a ministry at your local church. This guide contains a job description, instructions for getting started, tips for maintaining a successful ministry, troubleshooting suggestions, recommended resources, and more. Whether you're new to this ministry or a seasoned volunteer, this *Quick Start Guide* will inspire you with lots of great ideas you can immediately put to use in your local church.

Prepared by NAD Health Ministries (AdventSource)

Product #	Price
#500228	\$2.95

Quantity discounts available



AVAILABLE IN SPANISH

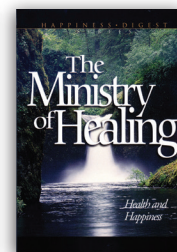
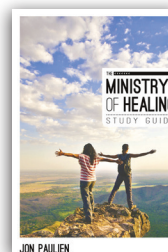
The Ministry of Healing

Ellen G. White's popular guide to a healthy and happy lifestyle is part of the required reading for level 1 of the Lifestyle Certification process. This 222-page paperback version covers topics such as nature and God, helping the tempted, ministry to the rich, diet and health, home influence, and more.

By Ellen G. White (Better Living Productions)

Product	#Item	Price
#500055	Book*	\$1.95
#500653	Study Guide	\$13.99

*The book is available in Spanish



AVAILABLE IN SPANISH

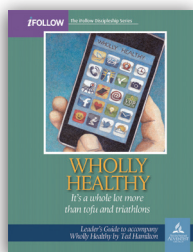
Wholly Healthy

Wholly Healthy is not the "same old, same old" self-help book. If you're interested in thinking about health in a different way, if you're open to a wider perspective, if you're serious about a "wholly healthy" life, then this study is for you. Ted Hamilton has gathered in one place an eclectic mosaic of thoughts, wisdom, stories, insights, and views that will cause you to pause and reflect deeply about your own health, wholeness, and sense of wellbeing. A critical element that threads itself throughout *Wholly Healthy* is a commonsense approach to health couched in an uncompromising plea for balance. If one would just improve the balance of one's living by 10 percent by implementing some of these concepts, this book will have been worth more than the time and money that was invested.

By Ted Hamilton (AdventSource)

Product #	Item	Price
#417745	Leader's Guide	\$4.99
#417740	Participant Guide	\$5.99

Quantity discounts available





Choose Full Life ▶

Ten Choices for a Full Life

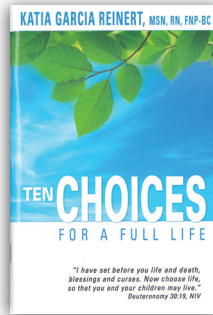
AVAILABLE IN SPANISH

God has a plan for our health. This book provides the data and makes a compelling case for lifestyle change. It also encourages us that no matter how many times we may have failed, God invites us to start afresh today.

By Katia Reinert (Pacific Press)

Product # Price
#500565 \$3.49

Quantity discounts available



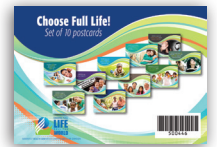
Choose Full Life Postcards

This set includes 10 Choose Full Life postcards advocating positive lifestyle choices such as saying no to alcohol and tobacco, exercising and eating a balanced diet, and more.

Prepared by NAD Health Ministries (AdventSource)

Product # Price
#500446 \$1.00/set of 10

*Also available individually



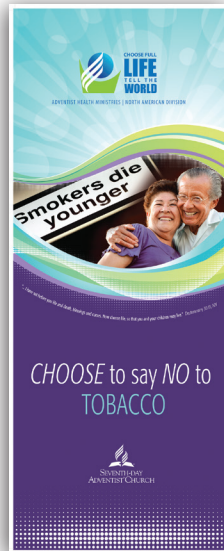
Choose Full Life Posters

This set of 10 posters highlights 10 ways people can choose full life: say no to tobacco, eat more plant foods, choose a balanced diet, and more.

Prepared by NAD Health Ministries (AdventSource)

Product # Price
#500424 \$9.95/set of 10

*Also available individually



Choose Full Life Lapel Pin

This lapel pin features the North American Division Health Ministries logo.

Product # Price
#500442 \$1.95



CONNECT WITH NAD HEALTH MINISTRIES

- NADHealth.org
- NADHealthSummit.com
- AdventistFCN.org
- Twitter: @NADHealth

NAD HEALTH WEBSITE

Visit **NADHealth.org** to find information about Adventist health ministries, upcoming events, resources, and more.



HEALTH MINISTRIES NEWSLETTER

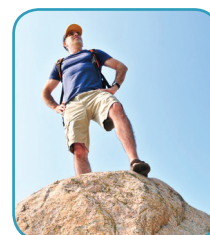
Sign up for a free subscription to the NAD Health Ministries email newsletter at **NADHealth.org**. This newsletter features articles about health, upcoming training events, tips for your health ministry, and more.



NAD Adventist Recovery Ministries ▶

ADVENTIST RECOVERY MINISTRIES

There is Christ-centered help for all addictions! Adventist Recovery Ministries, a ministry of the North American Division Health Ministries Department, is dedicated to the principles of anonymity and confidentiality, and sharing experiences, strength, and hope in a safe place. Visit NADHealth.org to find resources, learn more about the ministry, find events, give back, and more.



Journey to Wholeness

Journey to Wholeness is a support system for people of any faith who are struggling with things that are hurting them or the people they love. It presents a 12-step model for understanding God and ourselves as God's creation.

Journey to Wholeness assists participants in addressing an unlimited number of problems, traveling as individuals who are committed to health, healing, sanity, and serenity. Participants will discover that solutions lie in relying on God's power manifested in the wisdom and strength of numbers.

Prepared by NAD Adventist Recovery Ministries (AdventSource)

Product #	Item	Price
#420741	Complete Set	\$39.95
#420742	Facilitator's Guide	\$19.95
#420743	Participant's Guide Set	\$24.95

*Individual guides also available

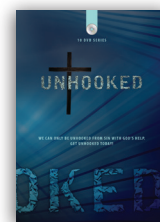


Unhooked DVD Series

Unhooked is a series focusing on common addictions and unhealthy behaviors. Hear survivors tell their stories, clinical experts explain behaviors and treatment options, and pastors point to Jesus who brings emotional and spiritual strength. If you are fighting an addiction or if you are interested in learning more to support a loved one, this program will bring you the understanding and tools you need.

Prepared by NAD Adventist Recovery Ministries (AdventSource)

Product #	Price
#500555	\$39.95



SAVE \$10 Buy the *Journey to Wholeness* set and *Unhooked* set
#500560 **\$69.95**

JOURNEY TO LIFE NEWSLETTER

Sign up to receive Journey to Life, a free email newsletter from Adventist Recovery Ministries, at NADHealth.org.



Adventist Recovery Ministries Brochure

This colorful 8-page brochure outlines Adventist Recovery Ministries (ARMin). It includes an overview of ARMin, a list of resources, the 12 steps to recovery, and more.

Product #	Price
#500425	Free





Faith Community Nursing ▶

FAITH COMMUNITY NURSING

Faith Community Nursing is the specialized practice of professional nursing that focuses on the intentional care of the spirit as part of the process of promoting holistic health and preventing or minimizing illness in a faith community. Visit AdventistHealth.org to learn more.



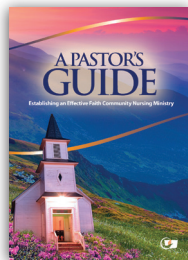
Faith Community Nursing Pastor's Guide

This is a pastor's complete guide to starting a Faith Community Nursing program in a local congregation. The DVD features stories from three congregations, promotional materials, and more. It is ideal for sharing with the congregation and church board.

Prepared by NAD Health Ministries (AdventSource)

Pastor's Guide and The Heart of Healing DVD

Product #	Price
#500108	\$14.95

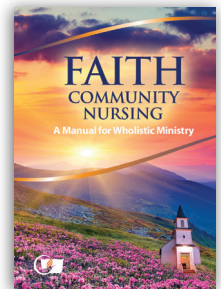


Faith Community Nursing Manual

The Faith Community Nursing ministry operates through the skills of registered nurses serving within a ministerial setting and functioning within a health ministry. This complete manual will help you learn more about starting a local Faith Community Nursing program, recruiting nursing staff, assessment tools for congregational health, tips for visiting the sick, and more.

Prepared by NAD Health Ministries (AdventSource)

Product #	Item	Price
#500105	Faith Community Nursing Manual	\$11.95
#500106	AAFCN Brochure	Free



The Heart of Healing DVD

This DVD includes interviews with pastors, nurses, and church and community members from three churches that have active Faith Community Nursing ministries. Each church has a different story about how Faith Community Nursing impacted their church and community.

Prepared by NAD Health Ministries (AdventSource)

Product #	Price
#500107	\$11.95



ADVENTIST ASSOCIATION OF FAITH COMMUNITY NURSING

Visit NADHealth.org to find training dates, resources, and much more. Join the Adventist Association of Faith Community Nursing to receive the newsletter, get discounts on training, and have access to members-only resources on the website.

HEALTH SABBATH

Each year, the North American Division designates the second Sabbath in February as Health Sabbath. This lends an opportunity for our churches to focus their entire Sabbath services on the importance of good health and how health ministry enhances the mission of the Seventh-day Adventist Church.

Invite your friends and neighbors to Health Sabbath. Show them that you care for them, including their physical, mental, social, and spiritual needs.

Visit NADHealth.org to learn more and download resources for Health Sabbath.



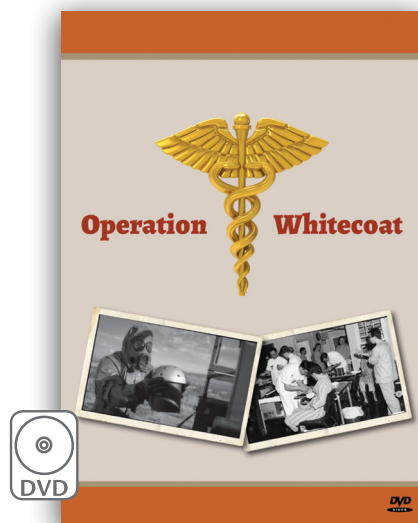
Operation Whitecoat DVD

During the Cold War, more than 2,300 non-combatant conscientious objectors from the Seventh-day Adventist Church volunteered to serve their country by participating in U. S. Army medical experiments focused on developing defensive medical countermeasures against the Soviet Union's bio-warfare capabilities. These volunteers were exposed to experimental vaccines and infectious pathogens.

Operation Whitecoat tells the story of these patriots—their commitment to both their religious principles and desire to serve in America's defense, their courage to participate in these tests, and their contributions that went far beyond Army biodefense.

Directed by Randall Larsen and Aashish Edakadampil (AdventSource)

Product #	Price
#419369	\$14.95



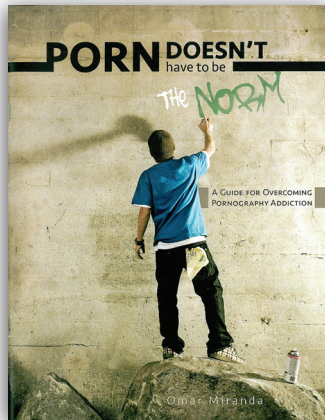
Porn Doesn't Have to be the Norm

Whether you are struggling with an addiction to pornography, you are seeking to help a loved one, or you want to create a change in your church and community, this book can help you get started. This book includes information about the dangers of pornography, how to recognize pornography addiction, sample programs for churches, helpful resources, and more.

By Omar Miranda (AdventSource)

Product #	Price
#351793	\$2.95

Quantity discounts available



NEW!

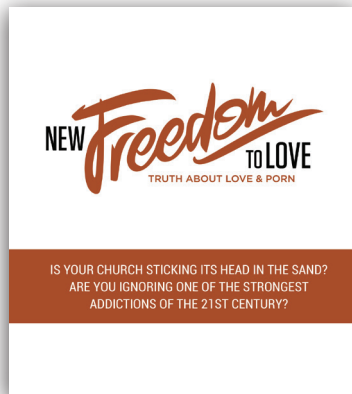
New Freedom to Love USB

New Freedom to Love is a five-part seminar that opens the subject of pornography for frank discussion. It raises awareness of the pornography epidemic and gives churches a tool to help members and their families. This seminar provides an educational, holistic look at how pornography affects us biochemically, emotionally, and spiritually.

Edited by Claudio Consuegra (AdventSource)

Product #	Price
#351867	\$19.95

To learn more visit NewFreedomToLove.org



We've got a lot to inspire you!



At *Vibrant Life*, our passion is keeping you in the loop with up-to-date, reliable information that will help you feel better and live a longer, stronger life.

Sometimes all you need to do is take that first step, and we'll be right there coaching you on subjects that will make a difference in your life.

You can achieve better health for yourself and your family! We want to invite you to start today by ordering *Vibrant Life*.

Order online at:
www.VibrantLife.com
Call: 1-800-545-2449 or
Mail: US\$19.95* for
one year (six issues) to:
Vibrant Life
P.O. Box 5353
Nampa, ID 83653-5353

* For each address outside the U.S.A. please enclose payment and add US\$8.00 per subscription for additional postage.



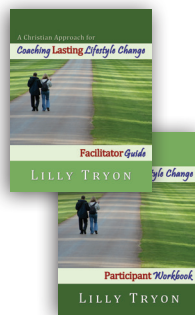
Programs for Local Churches ▶

Coaching Lasting Lifestyle Change

The facilitator guide provides everything you need to lead a *Coaching Lasting Lifestyle Change* training program. The guide includes resources for organizing and promoting the training, as well as step-by-step instructions. Includes three DVDs and a resource CD.

By Lilly Tryon (AdventSource)

Product #	Item	Price
#500226	Facilitator Guide with DVD	\$49.99
#500225	Participant Workbook	\$24.99



HOW DO I ORDER?

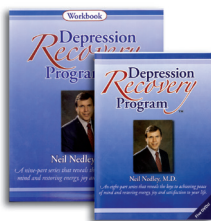
- ➔ Visit AdventSource.org
- ➔ Call us at 402.486.8800
- ➔ Fax your order to 402.486.8819
- ➔ Mail in the order form from this catalog

Depression Recovery Program

What you focus on with your mind and what you put into and do with your body dramatically affects every part of your well-being. Dr. Nedley gives abundant evidence of this and sets forth a clear path to follow in order to renew your mind and bring about a lasting cure in as little as eight to 20 weeks.

By Neil Nedley, M.D. (Review & Herald)

Product #	Price
#500350	\$159.95



Simple Solutions Presenter's Pack

The *Simple Solutions* Presenter's Pack contains all the tools you need to help others implement simple lifestyle changes that protect against the ravages of stress and depression. It will also help participants lower their risk for lifestyle diseases such as diabetes, heart disease, obesity, and stroke. The Presenter's Pack includes a facilitator's manual, DVDs, book, PowerPoint presentations, cookbook, and more.

(Lifestyle Matters)

Product #	Price
#500635	\$100.00



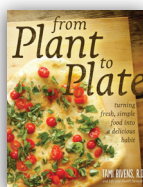
Cookbooks ▶

From Plant to Plate Diabetes Education Cookbook

Created with freshness, simplicity, and overall wellness in mind, the 100-plus vegan recipes were created to help you transform your health for the long term, starting now.

By Tami Bivens (Life and Health Network)

Product #	Price
#500652	\$20.00

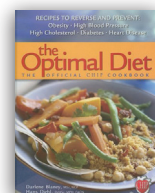


The Optimal Diet Cookbook

If you want to enjoy good food—and good health—this book is for you! This is the official cookbook of the CHIP program.

By Darlene Blaney and Hans Diehl (Autumn House)

Product #	Price
#500657	\$19.95



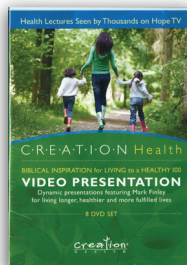
CREATION Health: Healthy 100

America's health crisis can only be solved as we take charge of our health and make the wise choice to live in harmony with the Creator's health principles. This eight-part video series includes scientific information on health and spirituality in an inspirational, highly motivating style. Learn how to reduce your risk of 21st century killer disease such as heart disease, stroke, cancer, and diabetes. Featuring Mark Finley and Des Cummings.

By CREATION Health (Florida Hospital Publishing)

Set of 8 DVDs

Product # Price
#425897 **\$39.99**



AVAILABLE IN SPANISH & FRENCH

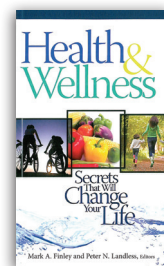
Health & Wellness

How much would you pay to learn the secrets to lifelong health and wellness? *Health and Wellness: Secrets That Will Change Your Life* shows you spectacularly simple ways to avoid such chronic killers as cancer, diabetes, heart disease, and obesity. You'll learn how good nutrition heals the body and boosts the mind; how purpose increases resilience; how love and forgiveness mend the heart!

By Mark Finley and Peter Landless (Pacific Press)

Product # Price
#500619 **\$1.99**

Quantity discounts available

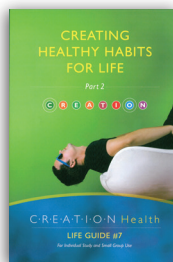
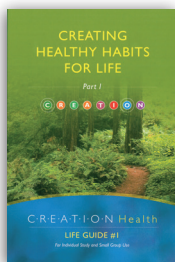


Creating Healthy Habits for Life - Life Guide

In Part 1 of *Creating Healthy Habits for Life*, you'll learn how to make effective choices for a lifetime of wellbeing. In part 2 you'll discover how to make positive choices.

Prepared by CREATION Health (Florida Hospital Publishing)

Product # Item Price
#500570 Part 1 - Choice **\$12.95**
#500571 Part 2 - Outlook **\$12.95**

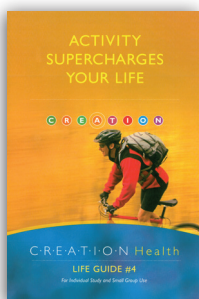


Activity Supercharges Your Life - Life Guide

Activity is a powerful way to grow, feel great, keep healthy, and thrive. Through this guide you'll transform your activity patterns and revolutionize your lifestyle!

Prepared by CREATION Health (Florida Hospital Publishing)

Product # Price
#500575 **\$12.95**

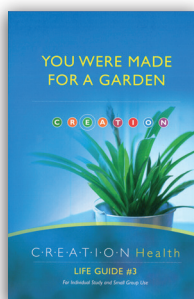


You Were Made for a Garden - Life Guide

In this Life Guide, you'll discover ways to reinvent your environment and revitalize your life.

Prepared by CREATION Health (Florida Hospital Publishing)

Product # Price
#500580 **\$12.95**



Rest At Its Best - Life Guide

Proper rest is a powerful antidote for this common problem. Take a journey through this Life Guide and be rejuvenated by the power of rest!

Prepared by CREATION Health (Florida Hospital Publishing)

Product # Price
#500585 **\$12.95**





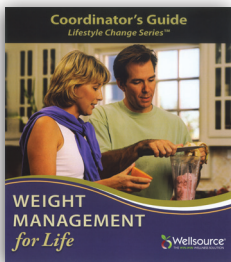
Lifelong Health ▶

Weight Management for Life Coordinator's Guide

Weight Management for Life is a ready-to-use lifestyle change package combining weight management with disease risk reduction. The program combines group interaction to report progress, solve problems, and offer support, instruction on principles of weight management, behavior change concepts, and a weekly health-related topic presented as a wellness challenge. Key features include setting realistic goals and an appropriate calorie control eating plan; developing a physical activity plan, weekly motivation, instruction, and problem solving; group support and accountability; self-monitoring; and recording progress and measuring outcomes. It is designed for community leaders to use in 10 weekly sessions in homes, churches, or other community locations. Participant materials can be printed from the CD. Each weekly meeting will last a little over an hour.

By Don Hall (Wellsource)

Product # Price
#500525 \$330.00

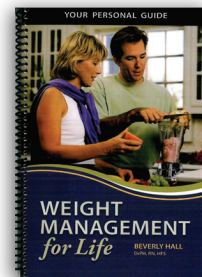


Weight Management for Life

This weight management guide provides a practical, professional, and achievable approach to weight loss and better health for a lifetime.

By Beverly Hall (Wellsource)

Product # Price
#500528 \$14.95

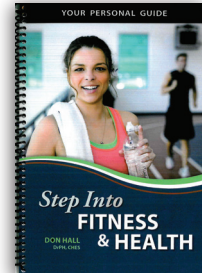


Step Into Fitness and Health

The steps outlined in this book are relatively easy to take. But you'll need to work on them every day—and keep written records—until you make healthy, active living a permanent part of your daily life.

By Don Hall (Wellsource)

Product # Price
#500520 \$14.95



ADVENTIST HEALTH WEBSITES

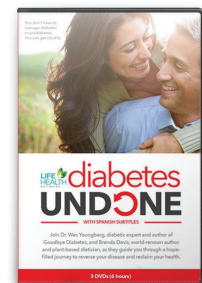
- ▶ ChipHealth.com
- ▶ NewStartGlobal.com
- ▶ LifestyleMatters.com
- ▶ FactsWithHope.org
- ▶ LightingTheWorld.org

Diabetes Undone

This dynamic video course will empower you to address the root causes of diabetes through simple lifestyle strategies such as nutrition, exercise, comprehensive testing, and more. Participants will experience a hopeful journey to undo disease and reclaim health.

Dr. Wes Youngberg (Life and Health Network)

Product # Price
#500654 \$199.99

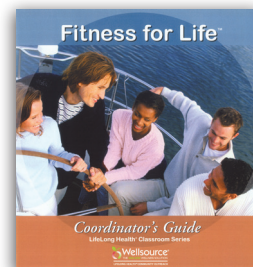


Fitness for Life Coordinator's Guide

Fitness for Life is a ready-to-use lifestyle change outreach package combining moderate exercise, nutrition, and motivation with behavior change. Participation, not merely listening, will make participants successful. The program is designed for church and other community leaders to use in 10 weekly sessions with small or large groups. The program is appropriate for community centers, church fellowship rooms, and homes. *Fitness for Life* is based on the latest research linking physical activity with mental health and reduced risk of cardiovascular disease, diabetes, osteoporosis, and injuries. Handouts may be printed from the CD for participants to log progress and review presentations. Each 60-90 minute session includes health-promoting and risk-reducing insights in PowerPoint format. Over 300 visuals are also suitable for 5-15 minute Health Nuggets.

By Don Hall (Wellsource)

Product #	Price
#500530	\$330.00

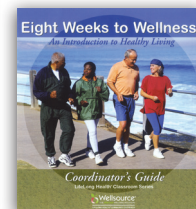
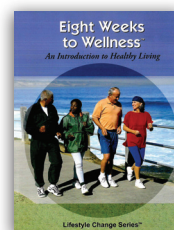


Eight Weeks to Wellness

Eight Weeks to Wellness is an up-to-date, ready-to-use, common sense health outreach package that promotes positive lifestyle behaviors. Success follows daily participation in the program, not merely listening during eight weekly 60-90 minute sessions. Includes a CD with PowerPoint presentations for each session. Participants record daily progress and review weekly topics in a 40-page participant guide sold separately. Suitable for use in churches, homes, and other community locations. *Eight Weeks to Wellness* combines the latest evidence-based health research and tested behavior change principles to encourage participants to experience a healthier lifestyle. Research from world-renowned journals and guidelines from the National Institutes of Health are referenced on each slide as appropriate. Promotional and resource materials are included. Over 350 visuals can also be used in single presentations or in 5-15 minute Health Nuggets.

By Don Hall (Wellsource)

Product #	Item	Price
#500535	Coordinator's Guide	\$330.00
#500538	Participant Guide	\$6.95



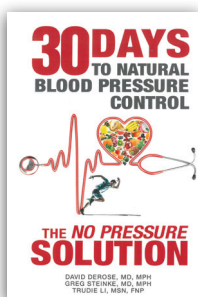
NEW!

30 Days to Natural Blood Pressure Control

Even if you haven't received the diagnosis yet, as many as three-quarters of the Western world will have to contend with high blood pressure sometime in their lives. However, you no longer need to be a victim. The authors draw from cutting-edge medical research and their decades of clinical experience to guide you on an amazing 30-day journey.

By Drs. David DeRose and Greg Steinke with Li Trudie (CompassHealth)

Product #	Price
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By Dr. Allan Handysides et al. (Pacific Press)

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Homes of Hope and Health ▶

Homes of Hope and Health

AVAILABLE IN SPANISH

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Discover the latest scientific information on re-engineering genetic health risk. There is hope for those who choose a new direction. True, you can't change your genes, but recent experiments indicate that you can throw the switch and turn disease-promoting genes off and health-transforming genes on. 60 minutes.

By John B. Youngberg (WIN! Wellness)

Product # Price
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Controlling Cravings with Contentment

This powerful six-hour series shows how you can re-engineer your genetic health risk using lifestyle and nutritional medicine strategies and unlock the steps that enable natural healing.

By Dr. Wes Youngberg (WIN! Wellness)

Product # Price
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Homes of Hope and Health Bundle of 8

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- *Pressing Forward*
- *Finishing Strong*
- *Reversing Diabetes and Heart Disease*
- *Turning Good Genes ON and Bad Genes OFF DVD*
- *Re-Engineering Genetic Health Risks DVD Set*
- *Transforming Sickness Into Health DVD Set*
- *Controlling Cravings with Contentment DVD Set*

By John B. Youngberg (WIN! Wellness)

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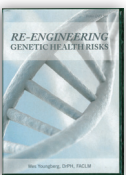


Re-Engineering Genetic Health Risks

In this exciting six-hour series, learn how to transform your genetic health with lifestyle and nutritional medicine strategies! Presentations include Hope for Diabetes, Five Transforming Tests, and Ten Keys to Defeat Depression.

By Dr. Wes Youngberg (WIN! Wellness)

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Dr. Wes Youngberg explains in this four-hour series how simple lab tests can help address underlying factors in fatigue and weight gain.

By Wes Youngberg (WIN! Wellness)

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Goodbye Diabetes and Heart Disease is a motivational presentation featuring Dr. Wes Youngberg talking about preventing and reversing diabetes the natural way. 71 minutes.

By John B. Youngberg (WIN! Wellness)

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Youngberg DVDs

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- *Goodbye Diabetes and Heart Disease*
- *Controlling Cravings with Contentment*
- *Transforming Sickness Into Health*
- *Turning Good Genes ON and Bad Genes OFF*
- *Re-engineering Genetic Health Risks*

By Dr. Wes Youngberg (WIN! Wellness)

Product # Price
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Facts with Hope

These one-minute videos were created to share evidence-based principles for a more abundant life. As you choose to care for your body and mind intelligently you will be in a position to better communicate with God, sense His presence, and discern His purpose for your life.

By NAD Health Ministries
(NAD Health Ministries)

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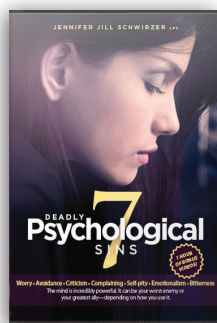


7 Deadly Psychological Sins

Discover the negative thinking patterns that influence your emotional health and learn how to implement simple replacement behaviors.

By Jennifer Jill Schwarzer (Life and Health Network)

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7 Deadly Relationships Sins

Learn how to identify and replace ineffective and destructive communication habits and watch your relationships blossom.

By Jennifer Jill Schwarzer (Life and Health Network)

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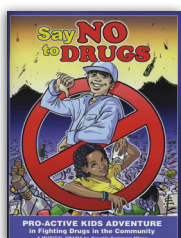
Children ▶

Say No to Drugs Book & CD Set

This original skit with music focuses on healthy behaviors while avoiding drug abuse. This drama is ideal for use at home, church, or school. Includes two CDs and one book.

By Saustin Sampson Mfune (Pacific Press)

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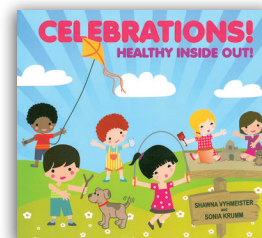


Celebrations! Healthy Inside Out!

This book is all about the joy of being healthy inside and out! Kids will learn about exercises, choices, rest, nutrition, and more.

By Sonia Krumm and Shawna Vyhmeister (Pacific Press)

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