



# CHIP CHAT

FOR ALUMNI & FRIENDS - OCTOBER 1, 2003

## Water, Water, Water

### Study Links Water with Heart Health

Not drinking enough water could be as harmful to a person's heart as smoking, according to a study by Loma Linda University and Medical Center. Researchers at the California-based institution said that drinking a sufficient amount of water every day significantly lowers the risk of coronary heart disease.

Jacqueline Chan, chief researcher on the project, told reporters at an April 25 news conference that sufficient water is as important to heart health as other factors such as diet, exercise, and abstinence from smoking.

Statistics gathered from a study of Seventh-day Adventists in California showed that healthy men who drank five or more glasses of water every day had a 54 percent decrease in the risk of fatal coronary heart disease, compared with those who drank only two glasses of water. Women who drank five glasses of water each day lowered their fatal heart attack risk by 41 percent.

The data for these findings comes out of the Adventist Health Study, a massive research project begun in 1973 that tracked the health of more than 20,000 Californian Seventh-day Adventists.

Researchers believe that drinking a high volume of plain water works to thin the blood, thus lowering the risk of blood clots. People who replaced some of the water with other fluids, such as fruit juice, milk, or soda, did not receive the same protection, researchers found.

### Quotable Quotes

**“Water is the only drink for a wise man.”** –*H. D. Thoreau*

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“In health and in sickness, pure water is one of Heaven's choicest blessings. Its proper use promotes health. It is the beverage, which God provided to quench the thirst of animals and man. Drank freely, it helps to supply the necessities of the system, and assists nature to resist disease.” –*Ellen White p.237 M.H.*

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The only answer that makes sense when the question is asked, “Want a drink?” is “No, thank you, but I would enjoy some water or juice.” –*Neil Nedley, p450 PP*

## **Did You Know?**

### **Water or Coke**

1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

### **And now for the properties of Coke:**

1. In many states (in the USA) the highway patrol carries two gallons of coke in the truck to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of Coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous China.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Applying a cloth soaked in Coke to the rusted bolt for several minutes.
7. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains.
8. It will also clean road haze from your windshield.

### **For Your Info:**

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous material placards reserved for highly corrosive materials.
3. The distributors of Coke have been using it to clean the engines of their trucks for 20 years!

### **Now the question is, would you like a glass of water or a coke?**

**Advertisements tell us Coke is “the Real Thing.” Don’t believe it! Water is “the Real Thing!”**  
–thanks to Hope Munro, Adairsville GA for forwarding this to me

## Microwave Warning

“About five days ago, my 26-year-old son decided to have a cup of instant coffee. He took a cup of water and put it in the microwave to heat it up (something that he had done numerous times before). I am not sure how long he set the timer for but he told me he wanted to bring the water to a boil.

When the timer shut the oven off, he removed the cup from the oven. As he looked into the cup he noted that the water was not boiling. Then instantly the water in the cup “blew up” into his face.

The cup remained intact until he threw it out of his hand but all the water had flown out into his face due to the buildup of energy. His whole face is blistered and he has 1<sup>st</sup> and 2<sup>nd</sup> degree burns to his face, which may leave scarring. He may also have lost partial sight in his left eye.

While at the hospital, the doctor who was attending to him stated that this is a fairly common occurrence and water (alone) should never be heated in a microwave oven. If water is heated in this manner, something such as a wooden stir stick or a tea bag should be placed in the cup to diffuse the energy.

Here is what our science teacher has to say on the matter:

“Thanks for the microwave warning. I have seen this happen before. It is caused by a phenomenon known as super heating. It can occur any time water is heated and will particularly occur if the vessel that the water is heated in is new. What happens is that the water heats faster than the vapor bubbles can form. If the cup is very new then it is unlikely to have small surface scratches inside it that provide a place for the bubbles to form. As the bubbles cannot form and release some of the heat that has built up, the liquid does not boil, and the liquid continues to heat up well past its boiling point. What then usually happens is that the liquid is bumped or jarred, which is just enough of a shock to cause the bubbles to rapidly form and expel the hot liquid. The rapid formation of bubbles is also why a carbonated beverage spews when opened after having been shaken.” *This is one of those Internet things that was forwarded to me. Pass this on... it could save a lot of pain and suffering.*

## Designer Waters

Sports drinks, such as Gatorade and Powerade, have been around a long time now. Formulated to contain just the right amount of sugar and sodium, they help conserve carbohydrate stores in athletes during endurance exercise. Now new stoked-up, doctored-up "fitness" waters are on the scene—containing soy, vitamins, calcium, caffeine, and/or herbs such as ginkgo. Many manufacturers veer close to making actual health claims; various "consultants" claim that the drinks promote better hydration. These fortified waters are a dubious choice. *—UC Berkeley Wellness Letter*

## Cool Websites

### Use caution in health food stores

Consumers need to be cautious regarding advice they receive in health food stores. Employees readily give information and product recommendations –often without mentioning possible adverse reactions or interactions with medical treatments.

<http://www.msnbc.com/news/968657.asp>

### The Cures of Cold Water Therapy (Germany)

If this article doesn't get your attention, try the cold water... it will!

<http://www.wholehealthmd.com/news/viewarticle/0,1513,820,00.html>

### Cybersoup and other recipes from the WWW:

If you love to cook, post your best recipes on the web here... or find some interesting ideas here. Go have a little fun browsing.

<http://www.netcooks.com/>

*Disclaimer: Links to websites referred to in this newsletter do not necessarily constitute endorsement by the Adventist Chip Association for all of the content therein.*

## Water and Weight Loss

Among its other benefits, water plays a major part in weight loss. Since water contains no calories, it can serve as an appetite suppressant, and helps the body metabolize stored fat, it may possibly be one of the most significant factors in losing weight. In the article "Water Bearers", (Shape magazine) Elizabeth Austin notes, "**water is the single most important nutrient you take in every day. It's fat -free, cholesterol-free, low in sodium, and completely without calories.**"

Also, drinking more water helps to reduce water retention by stimulating your kidneys. Studies have recommended that if you are overweight according to average height and weight comparison charts, you should add one glass of water to your daily requirement (8 glasses) for every 25 pounds over your recommended weight.

Dehydration leads to excess body fat, poor muscle tone & size, decreased digestive efficiency & organ function, increased toxicity, joint & muscle soreness, & water retention. Water works to keep muscles and skin toned.

There is a difference between drinking pure water & beverages that contain water. Fruit juice, soft drinks, coffee, etc., may contain substances that are not healthy, and actually contradict some of the positive effects of the added water. Caffeinated beverages stimulate the adrenal glands and act as diuretics, robbing your body of necessary water. Soft drinks contain phosphorus, which can lead to depletion of bone calcium. Soda contains sodium. Fruit juices contain a lot of sugar. These drinks may tax the body more than they cleanse it. A 12-ounce can of regular soda contains 9-10 teaspoons of sugar and loads of empty calories.

## CHIP Happenings

- Oct. 5 **Lacombe, AB** starting 3<sup>rd</sup> CHIP –Vicki Moore, *Director*  
**Mississauga, ON** starting 2<sup>nd</sup> CHIP –Chris St. Hillaire, *Director*  
**Whitehorse, YT** starting 12<sup>th</sup> CHIP –Butch Johnson, *Director*
- 6 **Adairsville, GA** starting 2<sup>nd</sup> CHIP –Eric Taylor, *Director*  
**Anchorage, AK** starting 2<sup>nd</sup> CHIP –Pam Libby, *Director*  
**Bristol, VT** starting first CHIP –Paula Roeloffs, *Director*  
**Dalton GA** starting 2<sup>nd</sup> CHIP –George Lee, *Director*  
**Everett, WA** starting first CHIP –Brad Brown, *Director*  
**Fairview, NC** starting first CHIP –Bob Forbes, *Director*  
**Medicine Hat, AB** starting 2<sup>nd</sup> CHIP –Doreen Cazes, *Director*
- 13 **Seaside, OR** starting first CHIP –Susan Armstrong, *Director*  
**Westbank, BC** starting 2<sup>nd</sup> CHIP –Ted Corbett, *Director*
- 14 **Greeley Hill, CA** starting first CHIP –Marilyn Wilcox, *Director*  
**New Westminster, BC** starting 4<sup>th</sup> CHIP –Lilliana Spasojevic, *Director*
- 19 **Portland (Boring) OR** starting 2<sup>nd</sup> CHIP –Don Schafer, *Director*  
**Wetaskwin, AB** starting 4<sup>th</sup> CHIP –Harald Zinner, *Director*  
**Lethbridge, AB** starting first CHIP –Gerald Ingram, *Director*
- 20 **Calgary, AB** starting 4<sup>th</sup> CHIP –Ron Blaney, *Director*  
**Chilliwack, BC** starting 5<sup>th</sup> CHIP –Anne Clawson, *Director*  
**Moab, UT** starting 2<sup>nd</sup> CHIP –Iris Skowbo, *Director*  
**Sedan, KS** starting first CHIP –Sandra Wolfe, *Director*
- 27 **Edmonton, AB** starting 5<sup>th</sup> CHIP –Christine Simpson, *Director*  
**Moose Jaw, SK** starting 2<sup>nd</sup> CHIP –Janet LaLonde, *Director*  
**Sedgewick, AB** starting first CHIP –Patsy Trefz, *Director*  
**Vernon, BC** starting 2<sup>nd</sup> CHIP –Pam Pfannmueller, *Director*

*What's happening in your area? Why not drop me a note so I can share it?  
Let us know when your next CHIP program is scheduled so we can post it on our  
web site. –Sherwin Goerlitz: [chipchat@sdachip.org](mailto:chipchat@sdachip.org)*

## Looking for a CHIP Program?

Check out the CHIP Website to find the location and date of the next CHIP closest to you and share it with your friend or family member.  
<http://sdachip.org/locations/>

## Upcoming Events

### The Mad Cowboy's 7-city Canadian Speaking Tour

#### What in the world is **Howard Lyman's BIG BEEF?**

Best selling co-author and Oprah Winfrey's co-defendant Howard Lyman – “**The Mad Cowboy: Plain Truth from the Cattle Rancher Who Won't Eat meat**” –has become an icon of the vegetarian, animal rights, and sustainable agriculture movements. His talk promises to be a lively and thought-provoking presentation touching on mad cow disease, organic farming, genetically modified crops and the understanding that if the future is going to be brighter it will come from consumer support of producers who work in concert with nature, organically, humanely and in a sustained fashion.

#### **Winnipeg, Manitoba**

Wednesday, October 1st, 7:30 PM  
Winnipeg Art Gallery  
Muriel Richardson Auditorium  
Tickets: Sliding scale  
Hosted by: The Winnipeg Vegetarian Association  
[www.mts.net/~wva/lyman.html](http://www.mts.net/~wva/lyman.html)

#### **Calgary, Alberta**

Thursday, October 2nd, 7:00 PM  
University of Calgary, ICT Building  
Lecture Theatre 1, Room 102  
856 Campus Place  
Tickets: Voluntary Contribution

#### **Edmonton, Alberta**

Sunday, October 5th, 7 PM  
Stanley A. Milner Library (Main)  
7 Sir Winston Churchill Square  
Tickets: Free, but donations are welcomed  
Hosted by: Vegetarians of Alberta  
[www.planet.eon.net/~voa/](http://www.planet.eon.net/~voa/)

[Click on this link to see Lyman's poster:](#)

***Why not invite a friend to join you  
For this unforgettable event!***

#### **Kelowna, British Columbia**

Monday, October 6th, 7:30 PM  
Kelowna Community Theatre  
1375 Water Street (across from Grand Hotel)  
Tickets: Freewill offering –Hosted by: CHIP

#### **Abbotsford, BC**

Tuesday, October 7th, 7:00 PM  
Abbey Arts Centre  
2329 Crescent Way (West off McCallum Road)  
Tickets: A freewill collection  
Hosted by: CHIP

#### **Victoria, BC**

Wednesday, October 8th, 6:30 PM  
First Meet Hall 932 Balmore  
"Thanksgiving with the Mad Cowboy"  
Includes Lyman's talk, entertainment by "Shutterfly" and a seasonal vegan buffet by Green Cuisine  
Tickets: \$20.00 per adult and \$5.00 per child  
Hosted by: VIVA - Vancouver Island Vegetarian Association [www.islandveg.com](http://www.islandveg.com)

#### **Vancouver, B.C.**

Thursday, October 9th 7 - 9 PM  
Alice MacKay Room - Central Library  
350 West Georgia Street  
Tickets: Donations welcomed  
Hosted by: EarthSave Canada [www.earthsave.bc.ca](http://www.earthsave.bc.ca)

## Recipe of the Day

# Split Pea Soup

This past week I remembered enjoying pea soup years ago at a restaurant in northern California... so I asked Shirley to see what she could do to satisfy my latest whim. She did... and it was a home run. I'm sure that you will enjoy it too.

**2 cups dried green split peas**  
**2 quarts water**  
**1 large stalk celery, diced**  
**2 carrots, diced**  
**1 large potato, peeled and diced**  
**1 onion, chopped**  
**2 large bay leaves**  
**½ tsp cumin**  
**½ tsp cinnamon**  
**½ tsp ground cardamom**  
**salt and pepper to taste**

<b>NutritionFacts</b>	
per serving makes 12 servings	
<b>Amount per serving</b>	
<b>Calories</b>	139
Calories from fat	3
<b>% Daily Value *</b>	
<b>Total Fat 0.4g</b>	1%
Saturated Fat 0.1g	1%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 215mg</b>	9%
<b>Total Carbohydrate 25.3g</b>	8%
Dietary Fiber 9.3g	37%
<b>Protein 8.7g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
<b>Additional Information</b>	
2.2% of calories from Fat 72.8% from Carbohydrates 25% from Protein	

Rinse the split peas and put in a soup pot with the water. Add all the other ingredients and bring to a boil. Simmer for 45 minutes to an hour.

Remove bay leaves and puree soup. To serve, top each bowl with 1 T. soy cream and chopped chives and parsley.

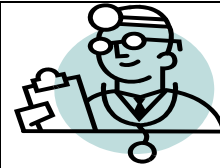
A father was trying to teach his young son the evils of alcohol. He put one worm in a glass of water and another worm in a glass of whiskey. The worm in the water lived, while the one in the whiskey curled up and died.

"All right, son," asked the father, "what does that show you?"

"Well, Dad, it shows that if you drink alcohol, you won't have worms."

## Laugh a Little

### DOCTOR'S Rx



A man goes to the doctor and tells him that he hasn't been feeling well. The doctor examines him, leaves the room and comes back with three different bottles of pills.

The doctor says, "Take the green pill with a big glass of water when you get up. Take the blue pill with a big glass of water after lunch. Then just before going to bed, take the red pill with another big glass of water."

Startled to be put on so much medicine the man stammers, "My goodness, doc, exactly what's my problem?"

Doctor says, "You're not drinking enough water."

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### The Dream

"I had the strangest dream last night," a young man told his psychiatrist. "I saw my mother but, when she turned around to look at me, I noticed that she had your face. As you can imagine, I found this very disturbing. In fact, I woke up immediately and couldn't get back to sleep. I just lay there in bed waiting for morning to come. Then I got up, drank a Coke, and came right over here for my appointment. I thought you could help me explain the meaning of this strange dream."

The psychiatrist was silent for a minute before responding: "A Coke? That's a breakfast?"

### Closing Thought

*And Jesus said, "If anyone is thirsty, let him come to Me and drink."  
John 7:37*

**What is CHIP?** CHIP stands for **Coronary Health Improvement Project**. The Adventist CHIP Association is an international, non-profit, grassroots and volunteer-driven organization whose mission is: *To inspire, equip, and support local Seventh-day Adventist churches to develop CHIP programs that model the healing ministry of Jesus Christ.* To find out more about CHIP or the next CHIP program nearest you check out Adventist CHIP Online at <http://www.sdachip.org>

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