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Founding Dean -

**College of Medicine, Adventist University of the
Philippines**

- ❑ PEDIATRICIAN – CARDIOLOGIST**
- ❑ PIONEER PROFESSOR OF MEDICINE**
College of Medicine, West Visayas State University
- ❑ HEALTH LECTURER**
Amazing Facts Bible Prophecy Seminars
- ❑ PAST PRESIDENT : IMS, PPS, PMWA, and**
Bosom FRIENDS, Inc – Breast Cancer Support Group

❑ WOUNDED HEALER & ADVOCATE OF HEALING AND

THE

WOUNDED HEALER

AS

LIFESTYLE ADVOCATE

An Ancient Kings Dream



**“This the
dream...”**



Daniel 2:36



Gold

Babylon

605 – 539 BC

Silver

Medo-Persia

539 – 331 BC

Brass

Greece

331 – 168 BC

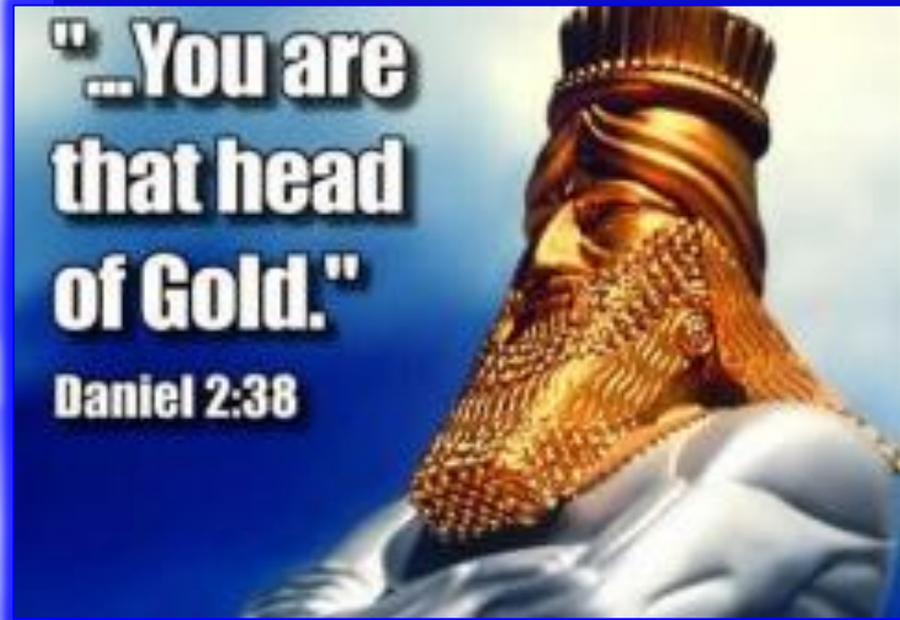
Iron

Rome

168 BC – AD 476

Divided Europe

Iron & Clay AD 476 – Present



**... a stone cut out . . .
without hands**

The ROCK of Ages

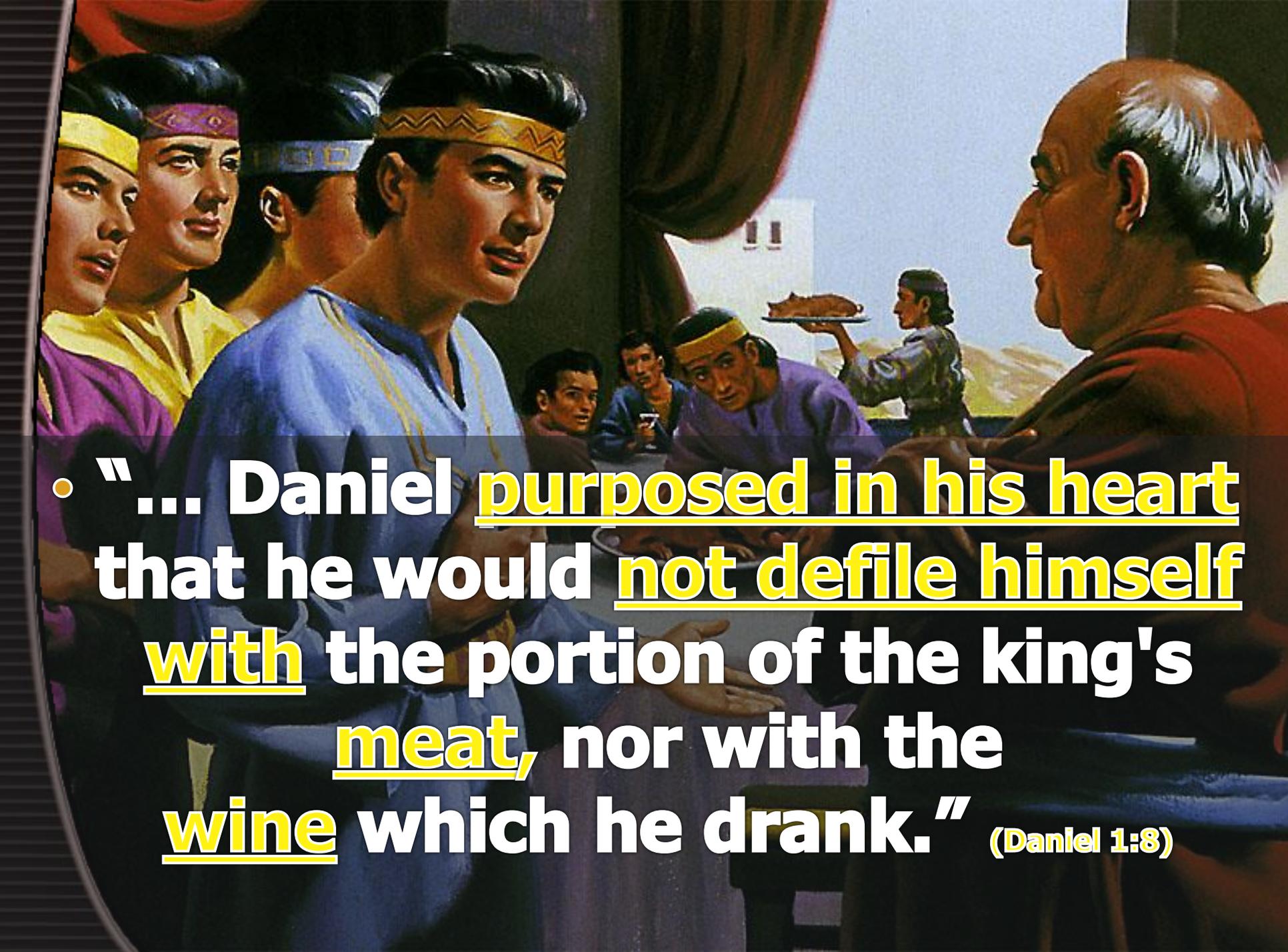




DANIEL

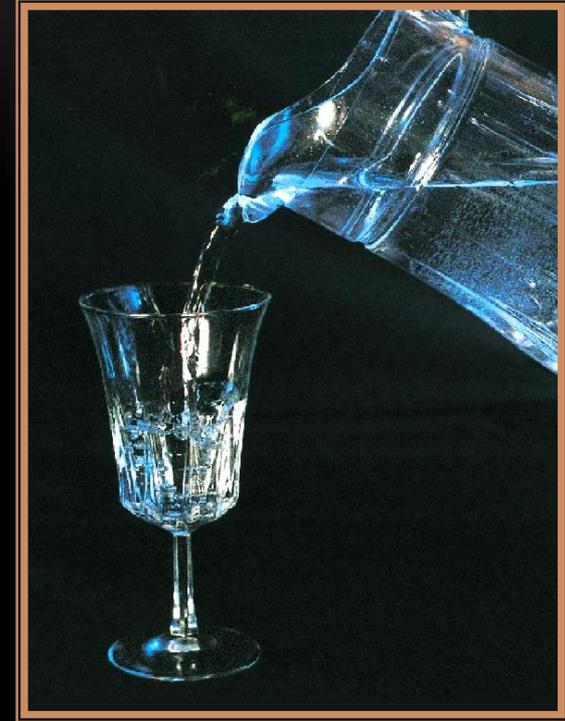


**the Hebrew
captive who was
called to recount
and interpret King
Nebuchadnezzar's
earth-shattering
dream....**



• “... Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank.” (Daniel 1:8)

What kind of diet did Daniel ask for?



“ Test us for ten days,” he said, give us vegetables to eat and water to drink.”

(Daniel 1 : 12)

What was the result of Daniel's Diet of just vegetables and water?

Daniel 1: 15-16 –

“After ten days they **looked healthier and better** fed than all the young men who ate the king's food.”

“So the guard **took away the king's special food** and wine, **feeding them vegetables** instead.”



What else was the result of Daniel's Diet which was in obedience to God?

Daniel 1: 17 –

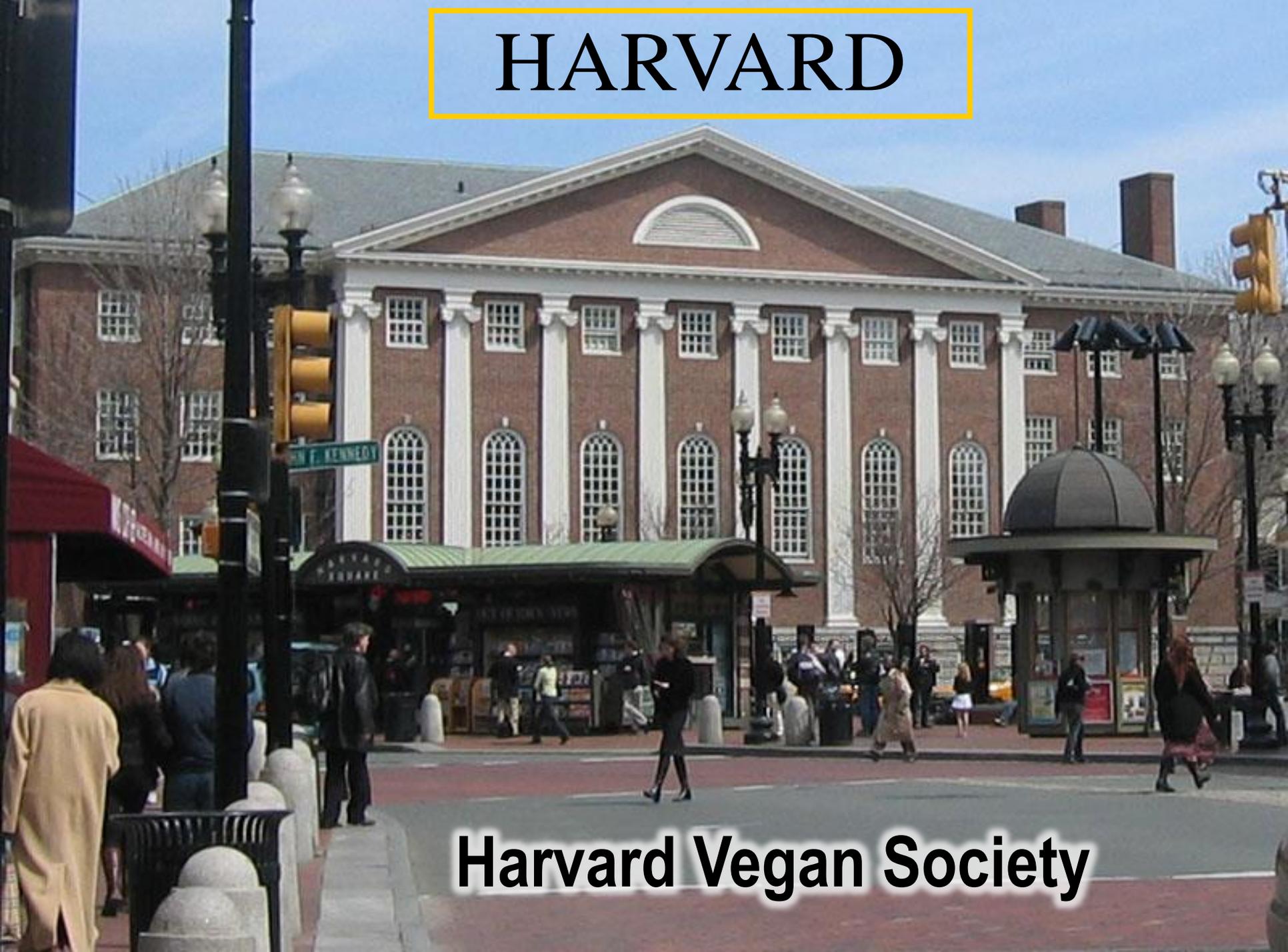
“To these four young men God gave knowledge and understanding of all kinds of literature and learning.

And Daniel could understand visions and dreams of all kinds.”



TODAY
Findings of
Scientific
Research
Confirm the
Wisdom of
Daniel's Diet !

HARVARD

A photograph of a large, classical-style brick building with a portico of white columns, likely a Harvard building. The scene includes a street with traffic lights, a bus stop, and pedestrians.

Harvard Vegan Society

HAS THE BOOK OF DANIEL BEEN UNSEALED TO THE GENERAL PUBLIC?



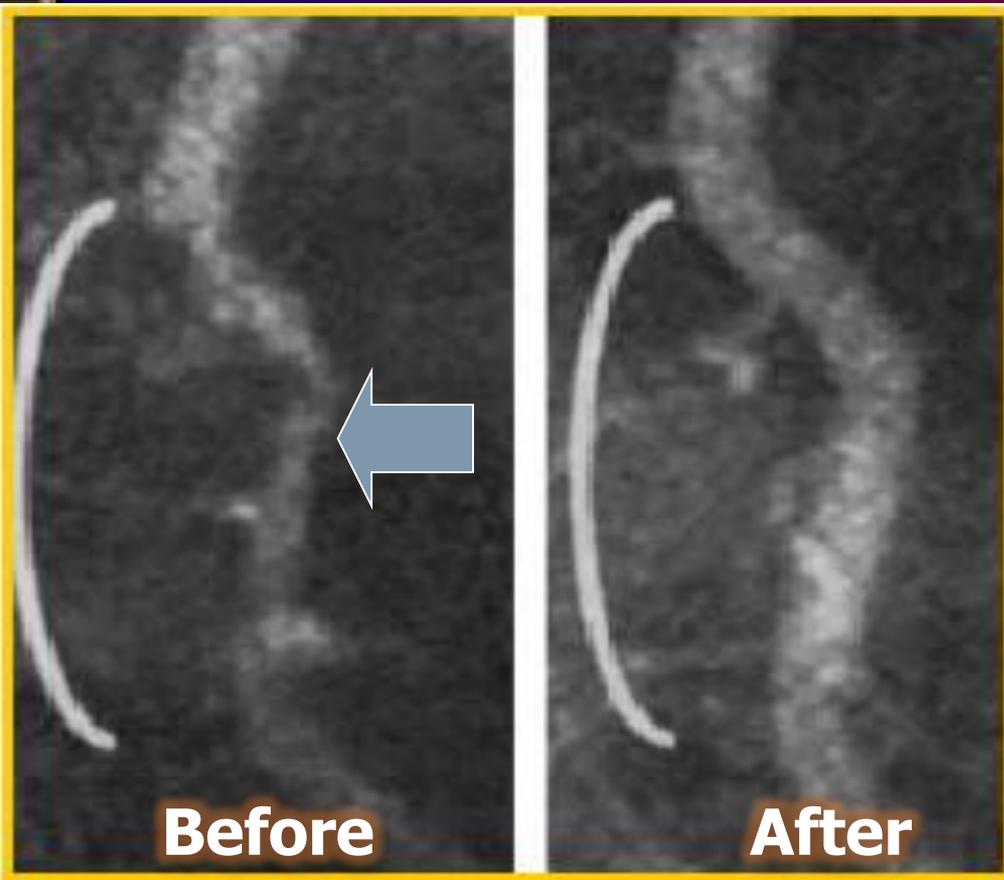
Plaque Reducing Diet

Caldwell Esselstyn, Jr., MD,
of the Cleveland Clinic

- “The optimal diet consists of grains, legumes, vegetables, and fruit, with <10%-15% of its calories coming from fat.”



Plaque Reducing Diet



Dr. Caldwell Esselstyn has shown on angiography that blockages in coronary arteries can be reversed by changes in diet.

Plaque Reducing Diet

He goes on to say that, "This diet (Daniel's) minimizes the likelihood of stroke, obesity, hypertension, type 2 diabetes, and cancers

..."



A WOUNDED HEALER

SHARES HER

MEDICAL HISTORY

& TESTIMONY

Definition

WOUNDED HEALER :

a person whose **personal experience of illness / trauma** has left lingering effects – in the form of **lessons learned** that later served in **ministering to other sufferers.**

(Jackson, SW 2001. **The Wounded Healer.**

Bulletin of the History of Medicine)

Chiron of Greek Mythology

- ❑ centaur, rejected by his parents
- ❑ **wounded** by Hercules
- ❑ invented medicine to **heal himself**
- ❑ taught Aesclepius the art of healing
- ❑ initially immortal, prayed to his gods to become mortal
- ❑ eventually died while saving Prometheus
- ❑ the first “**wounded healer**”



Aesclepiu

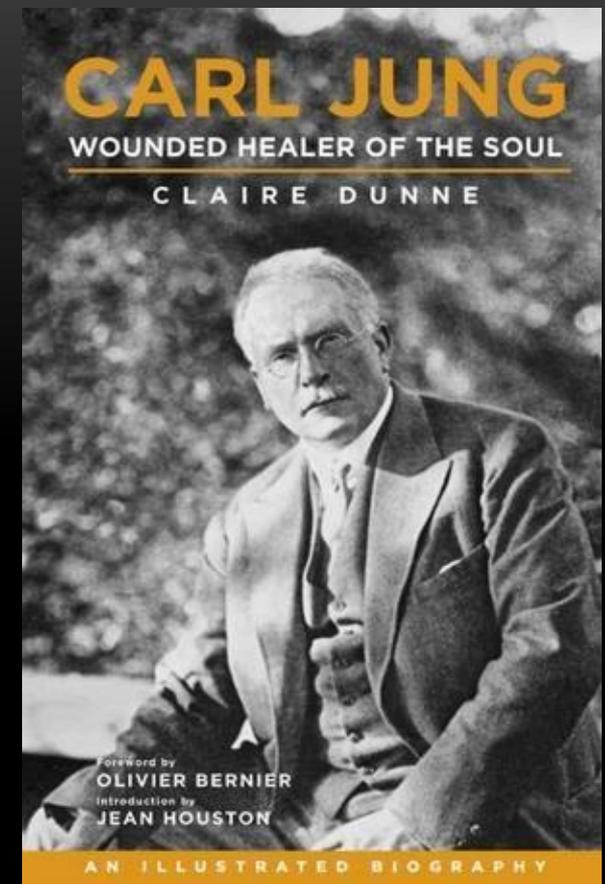
S

- ❑ believed to be an actual historical figure, a **Greek doctor with wounds**
- ❑ known for his **staff with a snake**
- ❑ established a sanctuary in Epidarius
- ❑ his Asclepiads “clan” of followers grew & considered him a Greco-Roman **god of healing**



Carl Gustav Jung

- ◆ Psychopathology's “wounded healer” of the soul
- ◆ “ Only that which the doctor can put right in himself, can he hope to put right in his patient.”
- ◆ “ It is his own hurt that gives the measure of his power to heal.” ... “the meaning of the Greek myth of the **WOUNDED PHYSICIAN.**”



Fundamental Questions of Psychotherapy

Physicians on the “Other Side”

□ At some point in the doctors’ lives : they land on the “other side” of the fence. . . .

□ Unrelenting pain . . . diagnostic evidence, awaken them to the reality - they have now crossed to the patient’s role.

Spiro & Mandell

□ **become reformers of their specialty, or experience a higher quality of life after diagnosis & recovery.**

The Vulnerable Healer. Maulen, B (2002)

Cancer: A Personal Journey. Notes from the Edge.
The Diary of Peter J. Morgan, MD, Oncologist

Chabner, BA (1997)

- ◆ Physician training in **hematology-oncology**
- ◆ Age 29 : **synovial sarcoma & lung metastasis**
- ◆ Recorded his spiritual triumph
- ◆ **Inspired others** to appreciate the **joys in life**
- ◆ Before he succumbed to death, 3 yrs after diagnosis,
touched many lives with his testimony

Seattle Physician, Heal Thyself. Seattle Doctor Seeks Cure for Lambert-Eaton Syndrome.

Carol Smith (25 November 1999). Post - Intelligence
Reporter.

- ◆ Kevin Parsons, IM - Geriatrics
- ◆ Age 37 - Lambert-Eaton Syndrome : an extremely rare autoimmune neuromuscular disease, with crippling, often fatal, weakness
- ◆ Made journey from doctor - to patient - to medical researcher taking experimental drugs to temporarily restore strength for hours, thus helping himself and other patients

www.aDoctorsJourneyWithCancer.net

- ◆ **Yang Chen, MD.** Gastroenterologist - Medical Professor, University of Colorado, Denver.
- ◆ **Metastatic lung** (without any vices in life)
- ◆ Stayed calm & positive, **assisting other cancer patients & their families to cope**
- ◆ Shared his Christian **FAITH**; saw himself as “**a broken clay jar**” through which **God’s light can shine**, to lead, **comfort, & strengthen** others who likewise suffer
- ◆ His **website** chronicled his journey “**to offer hope & encouragement to others**”

A TRIPLE WHAMMY!!!

- BRAIN STROKE
- BREAST CANCER
- UTERINE CANCER

2003 - 2005

My Scriptural Inspiration during illness :

**“Be JOYFUL in hope,
PATIENT in affliction,
and FAITHFUL in prayer.”**

Roman 12 : 12

2 Kings 20

Verse 6 :

**“I have heard your prayer and
seen your tears;**

I will heal you.”

**I claimed the
Lord's promise !**

CHRIST HEALED ME



LESSONS

LEARNED

&

SHARED

Woundedness or

A Christian **Brokenness** writer expressed this truth :

“Those who have been gripped by the power of the Holy Spirit and are used for God’s glory are those who have been . . .

... **broken** in their **finances**, ... in their **self-will**,
... in their **ambitions**, ... in their **lofty ideals**, ... in
their **worldly reputation**, ... in their **desires**, and often,
... **broken in their health.** “

... a Servant of God,
a Triumphant Grand Slam Survivor
of Life's Most Difficult Challenges. . .

HEALED BY THE GREAT
PHYSICIAN,

IN BOTH BODY AND
to Fulfill a Mission ...

an Advocacy for Healing & Wholeness
through Healthy Lifestyle

**Through
My Testimony
I am able to . . .**

**Promote
My Advocacy**

and

Share My Faith





**Bosom FRIENDS,
Inc.**

**Breast Cancer
Support Group**

TV Lectures & Public Fora on Healthy Lifestyle for Cancer Prevention





THE
BEST
PROTECTION
IS

Prevention
thru
Healthy Lifestyle

“God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health, and make no effort to prevent disease....”

EG WHITE

Health Principles & the 8 Laws of Health

**"Pure air, sunlight,
abstemiousness, rest,
exercise, proper diet, the
use of water, trust in
Divine power - these are
the **true remedies.**"**

Ellen G. White, *Ministry of Healing*

NEWSTART

Eight simple principles of healthy living:

1. **N**utrition
2. **E**xercise
3. **W**ater
4. **S**unlight
5. **T**emperance
6. **A**ir
7. **R**est
8. **T**rust in God



**Elected 2 Terms as
IMS President
2009-10 & 2010-11**

**PROMOTED MY
ADVOCACY ON
HEALTHY LIFESTYLE**



Healthy Lifestyle

versus

Pharmaceutical Drugs

for Disease Prevention and
Treatment

Advocacy Efforts Recognized

Outstanding
Leadership
Award

in 2010 by the

Philippine
Medical
Association



HEALTHY LIFESTYLE

LECTURES

to :

Schools / Institutions

Government & Private Organizations

Churches / Religious Groups

Ministry to Jail Inmates

JAIL MINISTRY

Jaro Jail, Iloilo City



Ministry to
Roman Catholic
Priests

50th Anniversary Antique Catholic Diocese



NEWSTART Seminar for PRIESTS

San Jose,

Antique Diocese

8 HEALTH PRINCIPLES

NEW START

1. Nutrition
2. Exercise
3. Water
4. Sunlight
5. Temperance
6. ~~Love~~
7. Rest
8. Trust in Creator God



Ministry to
Roman Catholic Nuns

NEWSTART Seminars for Nuns

Daughters of St. Dominic, Tagaytay



Pink Sisters - Tagaytay

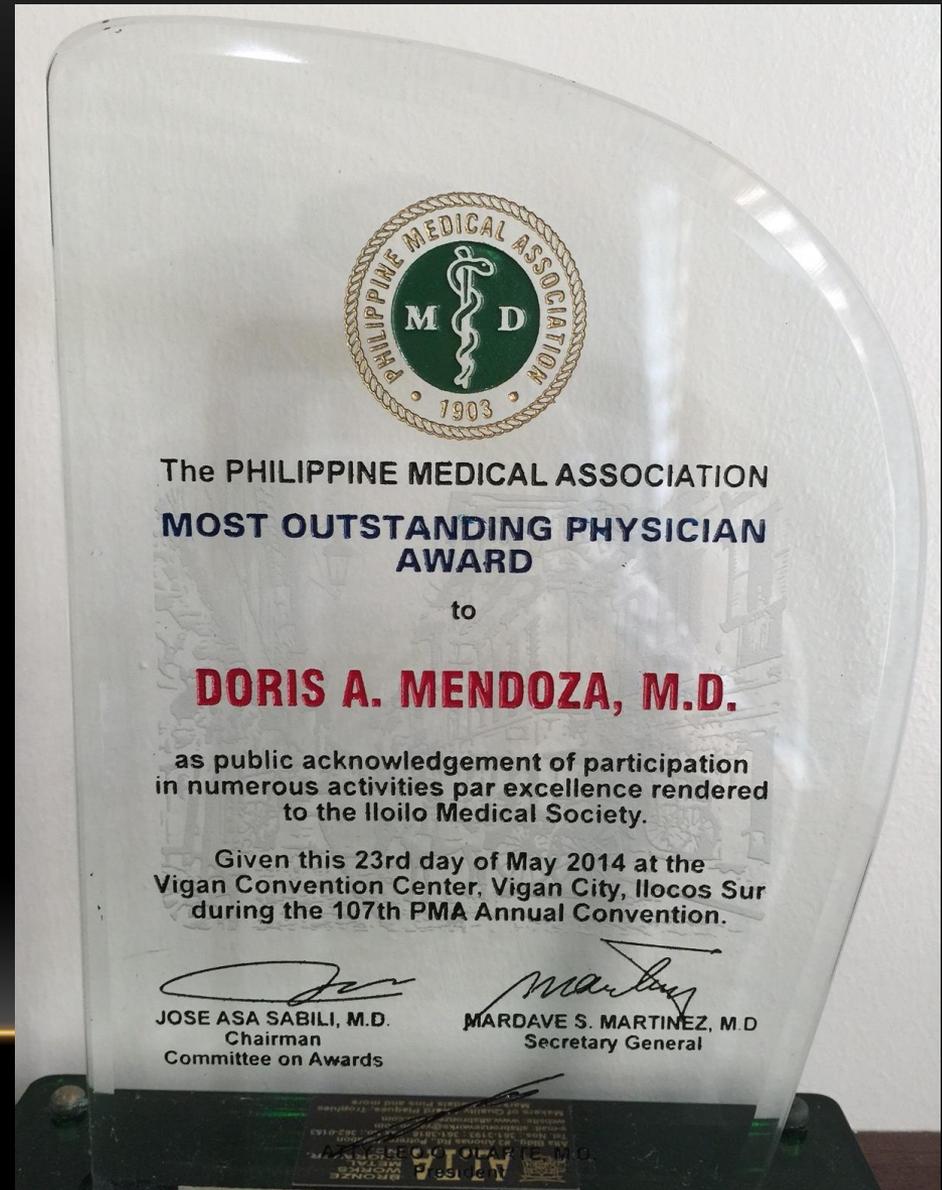


Psalm 37 : 5 - "Commit thy way unto the LORD."

**Advocacies for
Health and
Healthy
Lifestyle :**

**MOST
OUTSTANDING
PHYSICIAN
AWARD**

**PMA Convention:
May 2014**



Revised and Expanded
Over 1 million copies sold!

Millennium Three Edition

NONE OF THESE DISEASES

THE BIBLE'S HEALTH SECRETS
FOR THE 21ST CENTURY



S. I. McMillen, M.D.
& David E. Stern, M.D.

After thousands of years,
medical science rediscovers a
startling prescription for full
and healthy living: *the Bible!*

God told the Israelites when He brought them out of Egypt, "If you listen carefully to the voice of the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who heals you" (Exod. 15:26).

“IF you will **obey Me completely by doing what I consider right and by keeping My commands, I will not punish you with any of the **diseases** that I brought upon the Egyptians**

for - - -”
“I am the Lord, who heals you.”

(Exodus 15:26)

What diseases . . .



. . . did the Egyptian Pharaohs die of?

- 
- ❖ **Cancer**
 - ❖ **Diabetes**
 - ❖ **Obesity**
 - ❖ **Hypertension**
 - ❖ **Heart Disease**

Lifestyle Diseases

Modern-Day Lifestyle Diseases

❖ **Cancer**

❖ **Diabetes**

❖ **Obesity**

❖ **Hypertension**

❖ **Heart Disease**

In God's Image

Psalm 139: 13



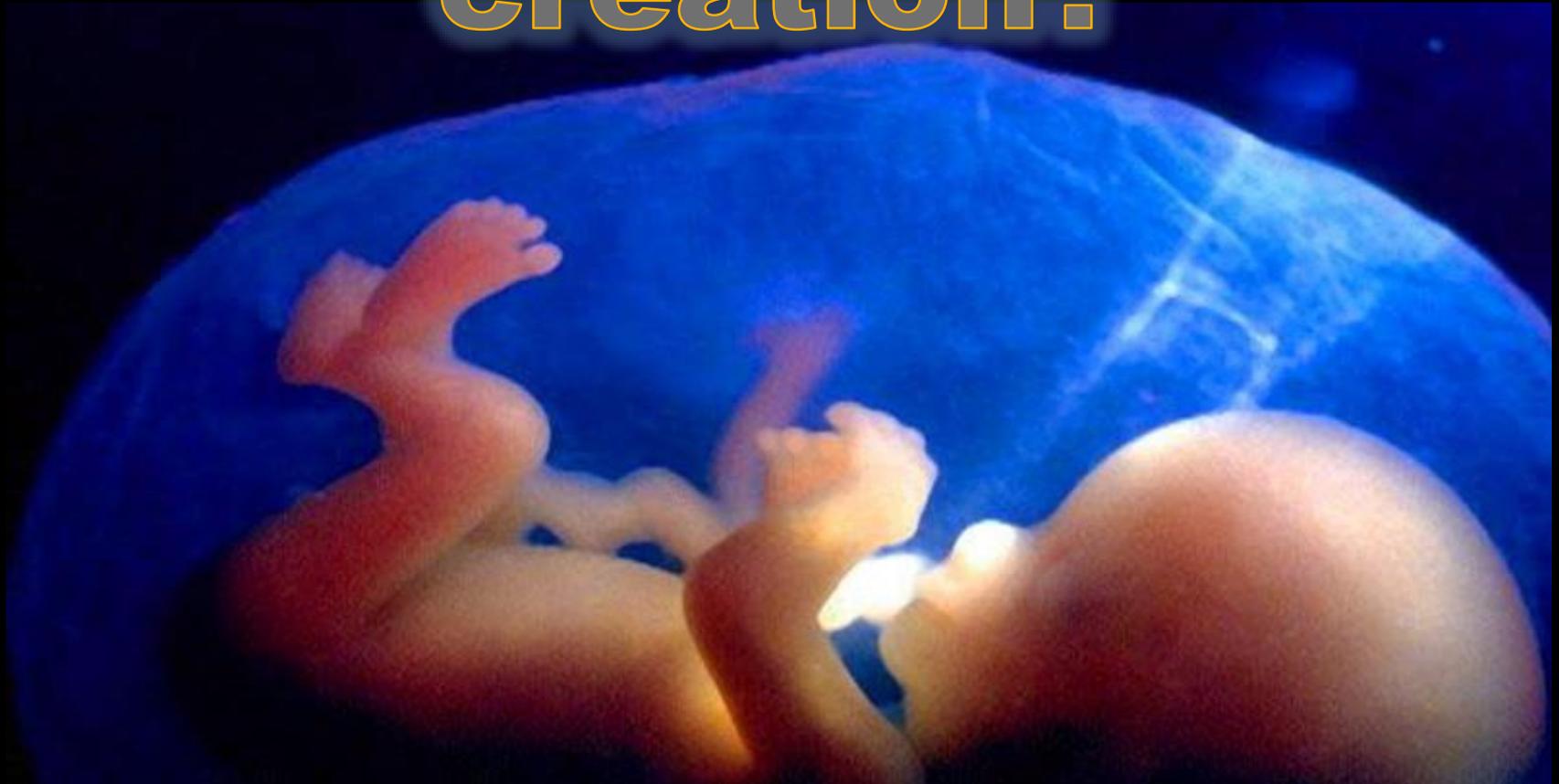
***“ For Thou didst form my inward parts;
Thou didst weave me in my mother’s
womb . . . ”***

Psalm 139:14



***“ I will give thanks to Thee,
for I am fearfully and wonderfully made.”***

**What have we done
to God's wonderful
creation?**



Genetics is the Loaded Gun . . .



Bad Lifestyle
is the Trigger
that **KILLS**
us.



**We PULL the
TRIGGER when**



...

**WE COMMIT
7 DEADLY SINS
AGAINST OUR
OWN BODIES**



7 DEADLY SINS
That We Commit Against
Our Bodies

1. Smoking

2. Spirits

(Alcohol, Drugs, Caffeine, etc)



7 DEADLY SINS
That We Commit Against
Our Bodies

3. Salt

4. Sugar

5. Saturated Fats



7 DEADLY SINS
That We Commit Against
Our Bodies

6. Sedentary Activity

7. Stressful living

7 DEADLY SINS Against Our

Bodies

◆ **Smoking**

◆ **Spirits**

◆ **Salts**

◆ **Sugar**

◆ **Saturated Fats**

◆ **Sedentary Activity**

◆ **Stressful living**



**Where
CENTENARIANS
Live ...**

BLUE ZONES

BLUE ZONES

... are geographic locations in the world, comprising communities of people that have identifiable factors that lead to **longevity (old age)... up to **age 100 years or more!****

BLUE ZONES

**... Where Chronic disease:
Cancer, Heart Disease,
Dementia and Depression
are significantly less or
virtually unknown.**



Research on Longevity

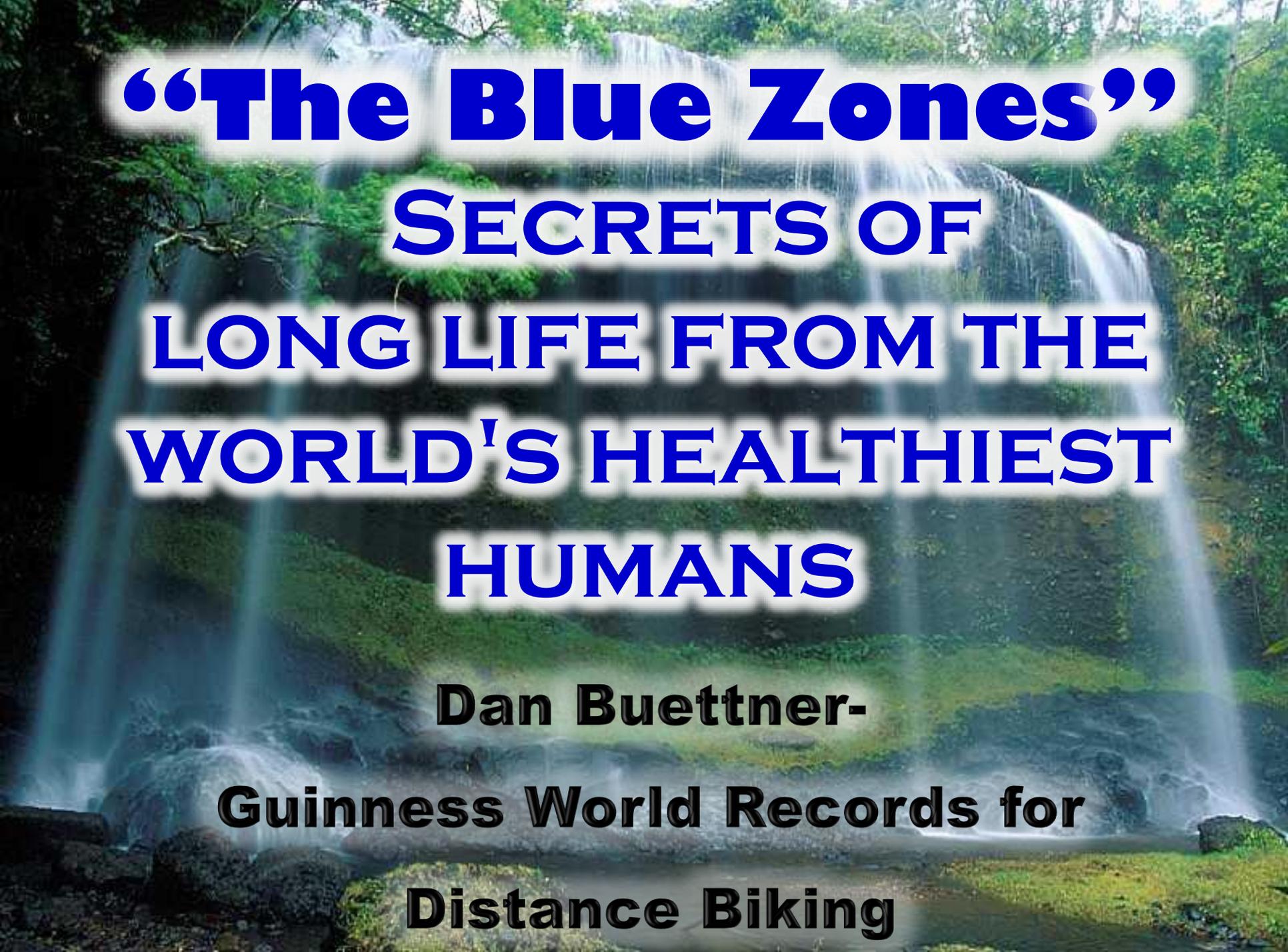
First Published

National Geographic Nov 2005

Blue Zones

Healthiest Humans live in the Blue Zones

- ◆ **Okinawa, Japan**
- ◆ **Ikaria, Greece**
- ◆ **Loma Linda, California, USA**
- ◆ **Sardinia, Italy**
- ◆ **Nicoya Peninsula, Costa Rica**

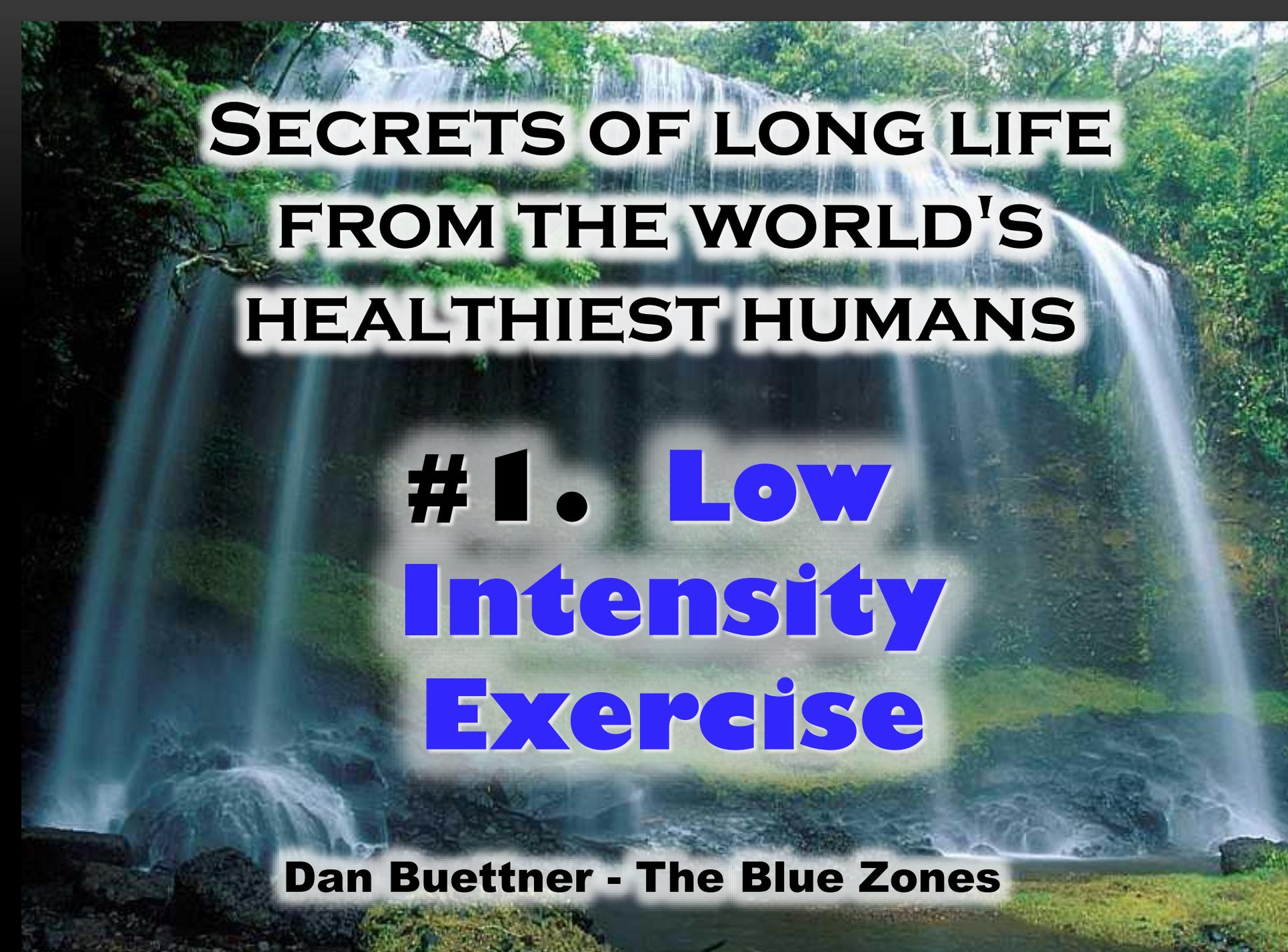
A vibrant, multi-tiered waterfall flows through a dense, green forest. The water is crystal clear and creates a misty spray at the base. The surrounding foliage is thick and lush, with various shades of green. The overall scene is serene and natural.

“The Blue Zones”
SECRETS OF
LONG LIFE FROM THE
WORLD'S HEALTHIEST
HUMANS

Dan Buettner-

Guinness World Records for

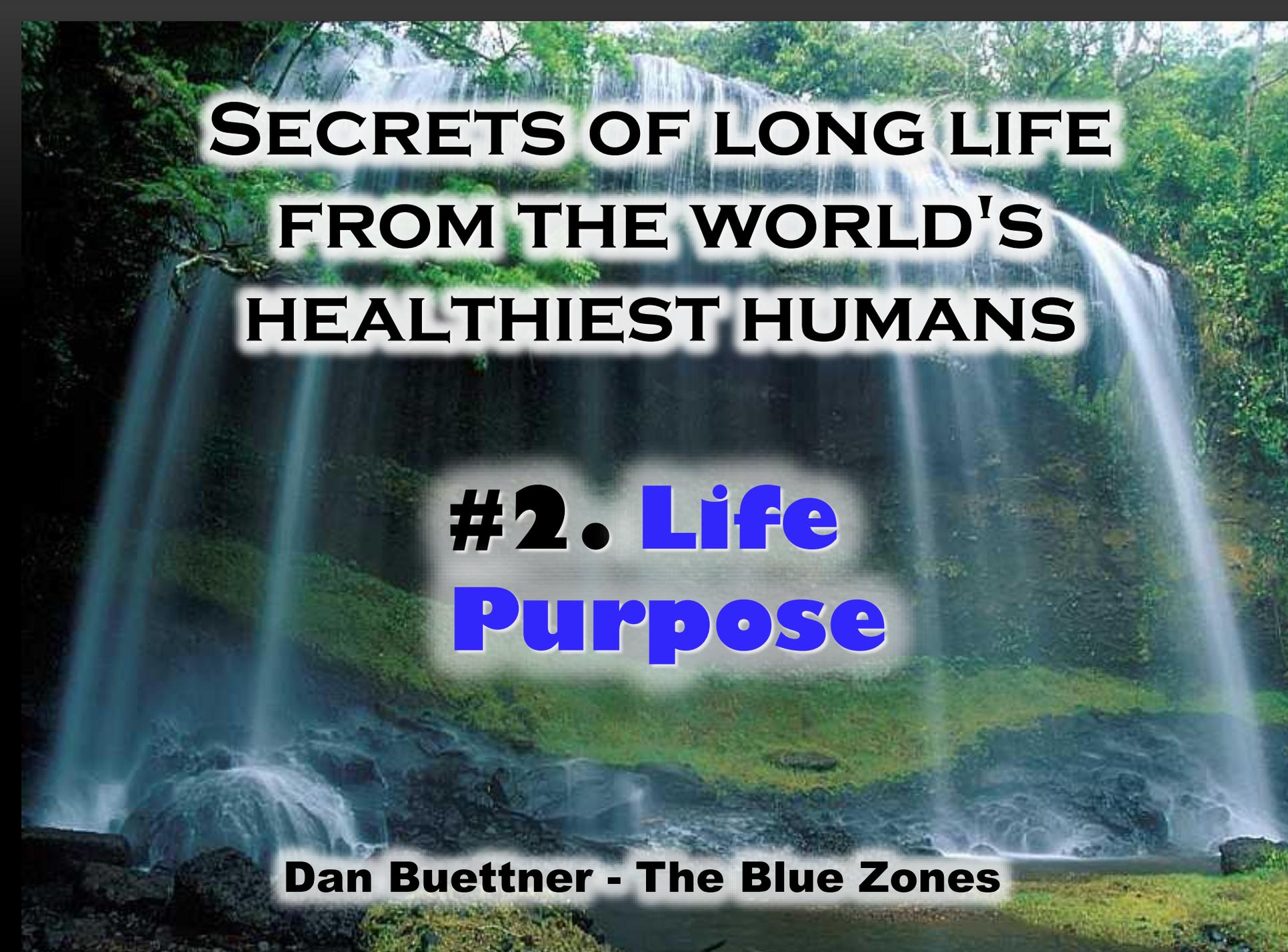
Distance Biking



**SECRETS OF LONG LIFE
FROM THE WORLD'S
HEALTHIEST HUMANS**

**#1. Low
Intensity
Exercise**

Dan Buettner - The Blue Zones

A vibrant, multi-tiered waterfall flows through a dense, green forest. The water is clear and bright, creating a misty spray at the base. The surrounding foliage is thick and verdant, with sunlight filtering through the trees.

SECRETS OF LONG LIFE FROM THE WORLD'S HEALTHIEST HUMANS

#2. Life Purpose

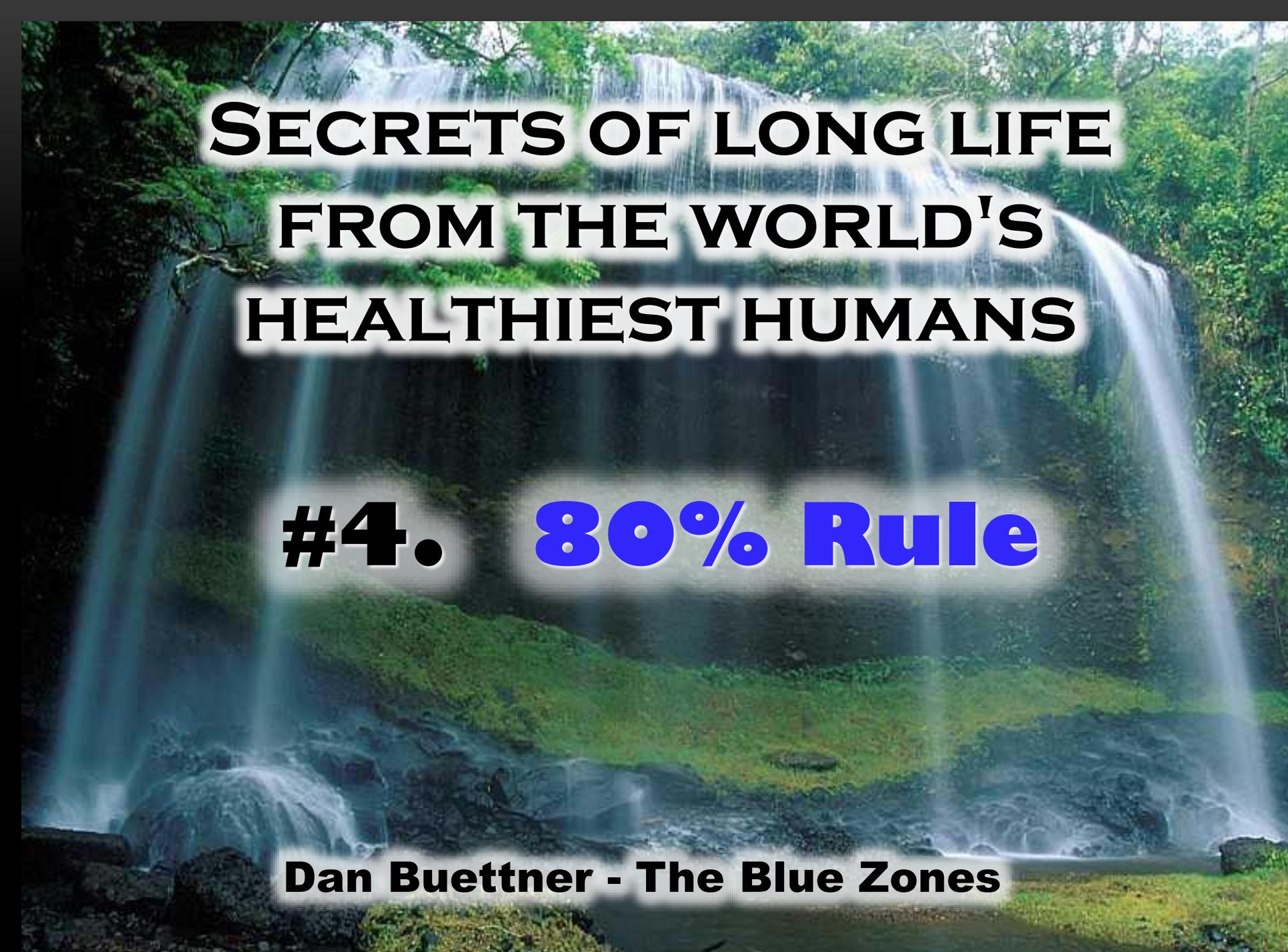
Dan Buettner - The Blue Zones



**SECRETS OF LONG LIFE
FROM THE WORLD'S
HEALTHIEST HUMANS**

**#3. Rest
(sleep 7-8 hrs)**

Dan Buettner - The Blue Zones



**SECRETS OF LONG LIFE
FROM THE WORLD'S
HEALTHIEST HUMANS**

#4. 80% Rule

Dan Buettner - The Blue Zones



**SECRETS OF LONG LIFE
FROM THE WORLD'S
HEALTHIEST HUMANS**

#5.

Plant Power

Dan Buettner - The Blue Zones



**SECRETS OF LONG LIFE
FROM THE WORLD'S
HEALTHIEST HUMANS**

**#6. Red “Fruit of
the Vine”- Red /
Violet Grape Juice**

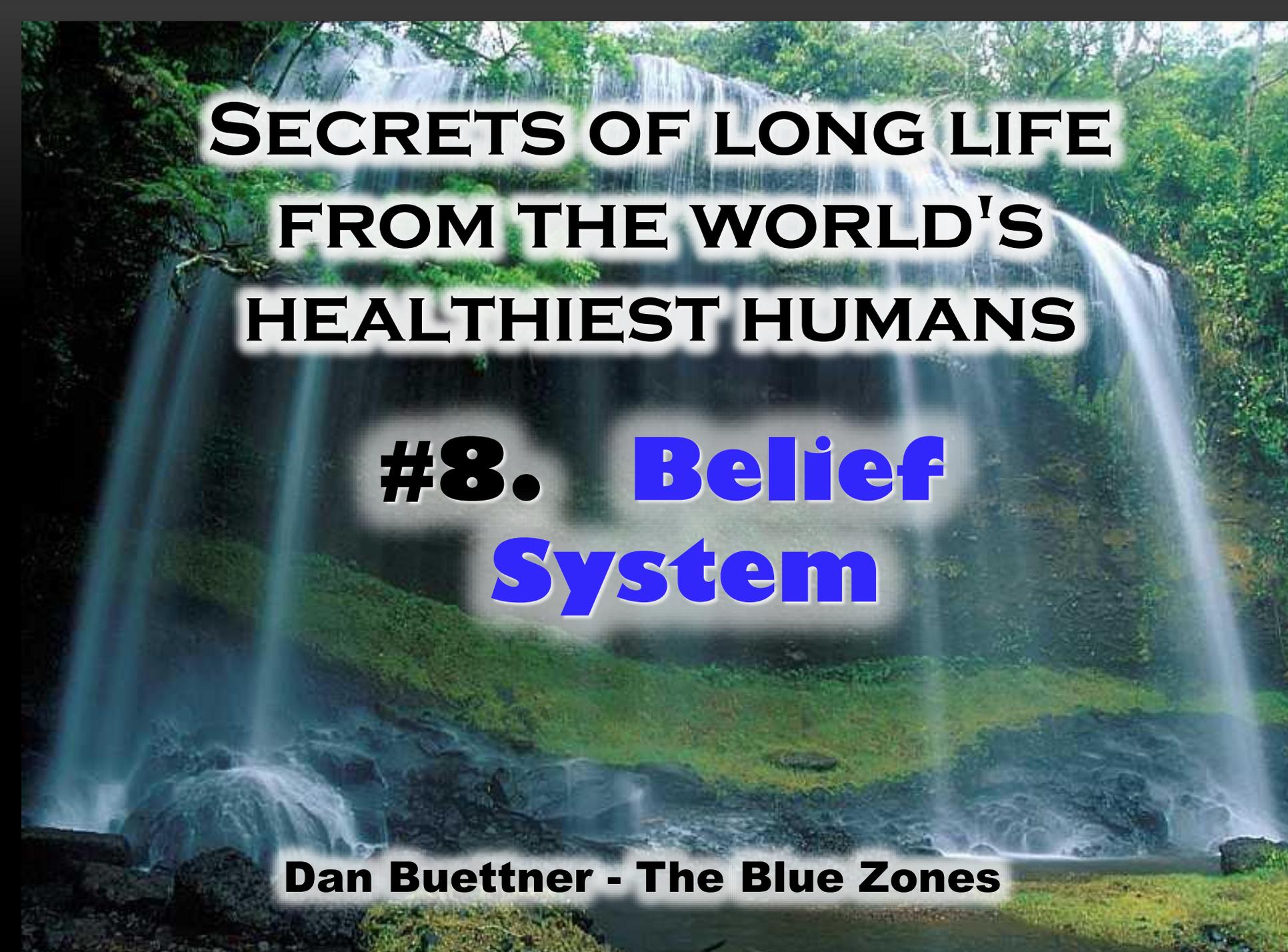
Dan Buettner - The Blue Zones



**SECRETS OF LONG LIFE
FROM THE WORLD'S
HEALTHIEST HUMANS**

**#7. Family /
Social Life**

Dan Buettner - The Blue Zones



**SECRETS OF LONG LIFE
FROM THE WORLD'S
HEALTHIEST HUMANS**

**#8. Belief
System**

Dan Buettner - The Blue Zones

A lush green forest with a waterfall cascading down rocks. The water is white and foamy as it falls, surrounded by dense green foliage and trees. The scene is bright and natural.

Dan Buettner - The Blue Zones

SECRETS OF THE WORLD'S OLDEST & HEALTHIEST HUMANS

#1. Low Intensity Exercise

#2. Life Purpose

#3. Rest (sleep 7-8 hrs)

#4. 80% Rule

#5. Plant Power

#6. Red “Fruit of the Vine”

#7. Family / Social Life

#8. Belief System

Research Findings & Recommendations . . .

It's very clear that
the **more meat you eat,**
the **earlier you die.**

**Cut out as much meat
as you can.**

Research Findings & Recommendations . . .

**It is indisputable that we
are all better off with a
plant-based diet;
Mostly greens & tofu.**

Research Findings & Recommendations . . .

80 percent rule

In Okinawa they say:

“ HARA HACHI BU ”

**Eat only until you are
80 percent full.**

Secret to Longevity :

LIMIT CALORIC INTAKE

&

**MAINTAIN ACTIVE
LIFESTYLE**

Blue Zones

◆ **Okinawa, Japan**

◆ **Ikaria, Greece**

◆ **Loma Linda, California, USA**

◆ **Nicoya Peninsula, Costa Rica**

◆ **Sardinia,
Italy**



**One of
the 5 Blue
Zones**

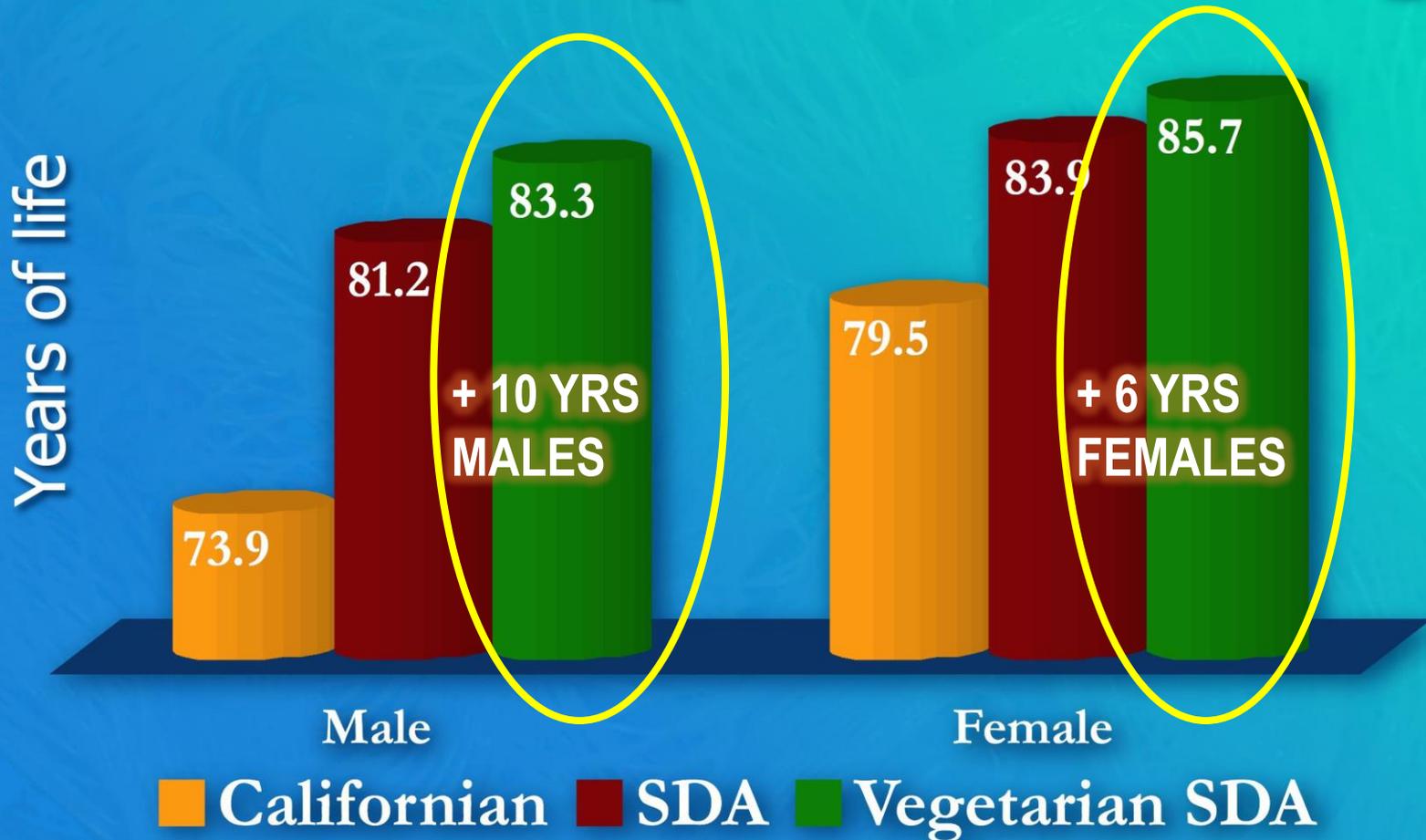
**Loma Linda University School of
Medicine, Loma Linda,
California, USA**

Adventist Health Study

Comprising
hundreds of
thousands of
subjects, spanning
years of research,
and published in
**Scientific
Medical Journals**

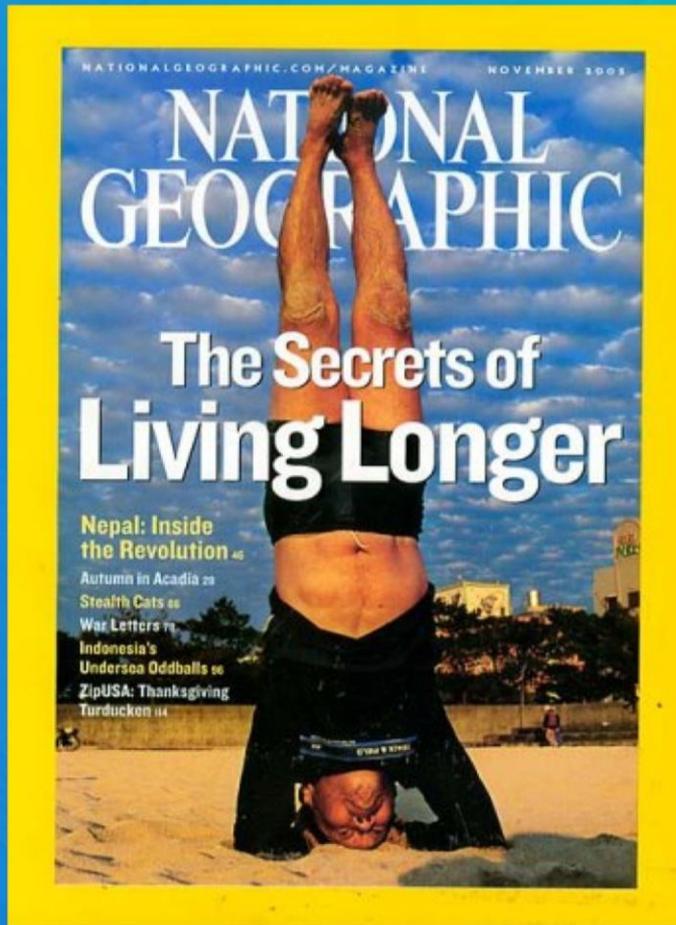


Life Expectancy



AHS-1 1976-88

How They Live Longer:



Seventh-day Adventists

- ◆ Don't smoke.
- ◆ Put family first.
- ◆ Active everyday.
- ◆ Keep socially engaged.
- ◆ Eat fruits, vegetables, & whole grains.
- ◆ Eat nuts & beans.
- ◆ Observe the Sabbath.
- ◆ Have faith.

National Geographic. November 2005

A CALL from the AUP

to help **ESTABLISH**

the decades-long awaited

COLLEGE of MEDICINE

AUP COLLEGE OF MEDICINE



**BLESSING &
INAUGURATION
ON**

August 9, 2015



Through CHRIST, Healing and Wholeness



Physician-Missionaries in Christ's Mold



Clinicians

**Social
Mobilizers**

Researchers

Educators

Managers

Physician-Missionaries in Christ's Mold

The Future Five-Star Plus Physicians

CHRIST



... the **Author of Health & Wellness**

... the **Source of All Healing**

... the **Ultimate Wounded Healer**

“ I am the Lord that healeth thee.”

Christ . . . the Wounded Healer

was foretold by Isaiah, God's Prophet

“ . . . Surely He hath borne our sicknesses,
and borne our sorrows . . . He was wounded
for our transgressions, He was crushed for
our iniquities . . . and . . . with His stripes
we are healed. ”

The Holy Bible . Old Testament . Isaiah 53 : 4-5

Christ . . . the Wounded Healer

Was recorded by Simon Peter, Christ's Disciple

“ And He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness, for by His wounds [we] are healed.”

The Holy Bible . New Testament . 1 Peter 2 : 24

FELLOW WOUNDED HEALERS

- Within each of us, there lies a **wounded healer . . .**
- A wounded healer who can extend the experience & wisdom of our **own previous pains** to minister to others . . .
- God can use us **through our wounds**, to bring about healing & health . . .
- Our **personal advocacy to prevent or alleviate suffering** need not be

Adapted from B J Hoff
“Hope Began with Only One”

**My child, I've often heard your question :
this message is My answer.**

You're concerned about the hungry in
the world, millions who are starving . . .
And you ask : “What can I do?” -

FEED ONE

You grieve for all the unborn children
murdered everyday . . .

And you ask : “What can I do?” -

SAVE ONE

You're haunted by the homeless poor
who wander city streets. . .

And you ask : “What can I do?” -

SHELTER ONE

You feel compassion for those who suffer
pain, sorrow & despair. . .

And you ask : “What can I do?” -

COMFORT ONE

Your heart goes out to the lonely, the abused
and the imprisoned . . .

And you ask : “What can I do?” -

LOVE ONE

Remember this, My child . . .

Two thousand years ago, the world was filled with those in need, just as it is today, and **when the helpless & the hopeless called out to Me for mercy .**

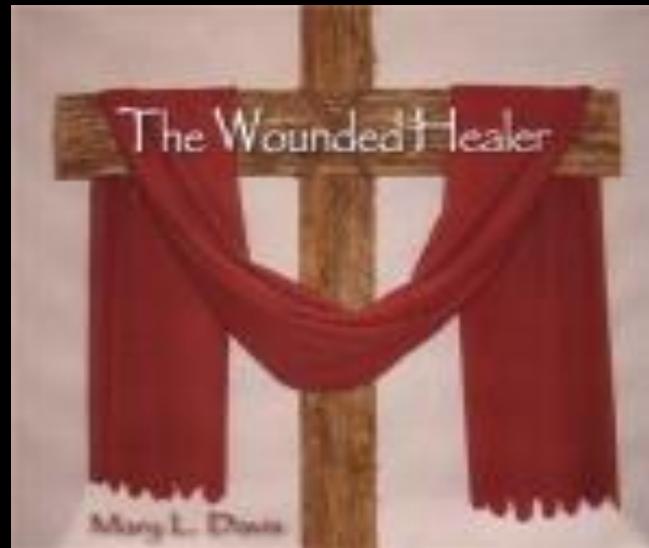
. .

I sent a **SAVIOUR** . . .

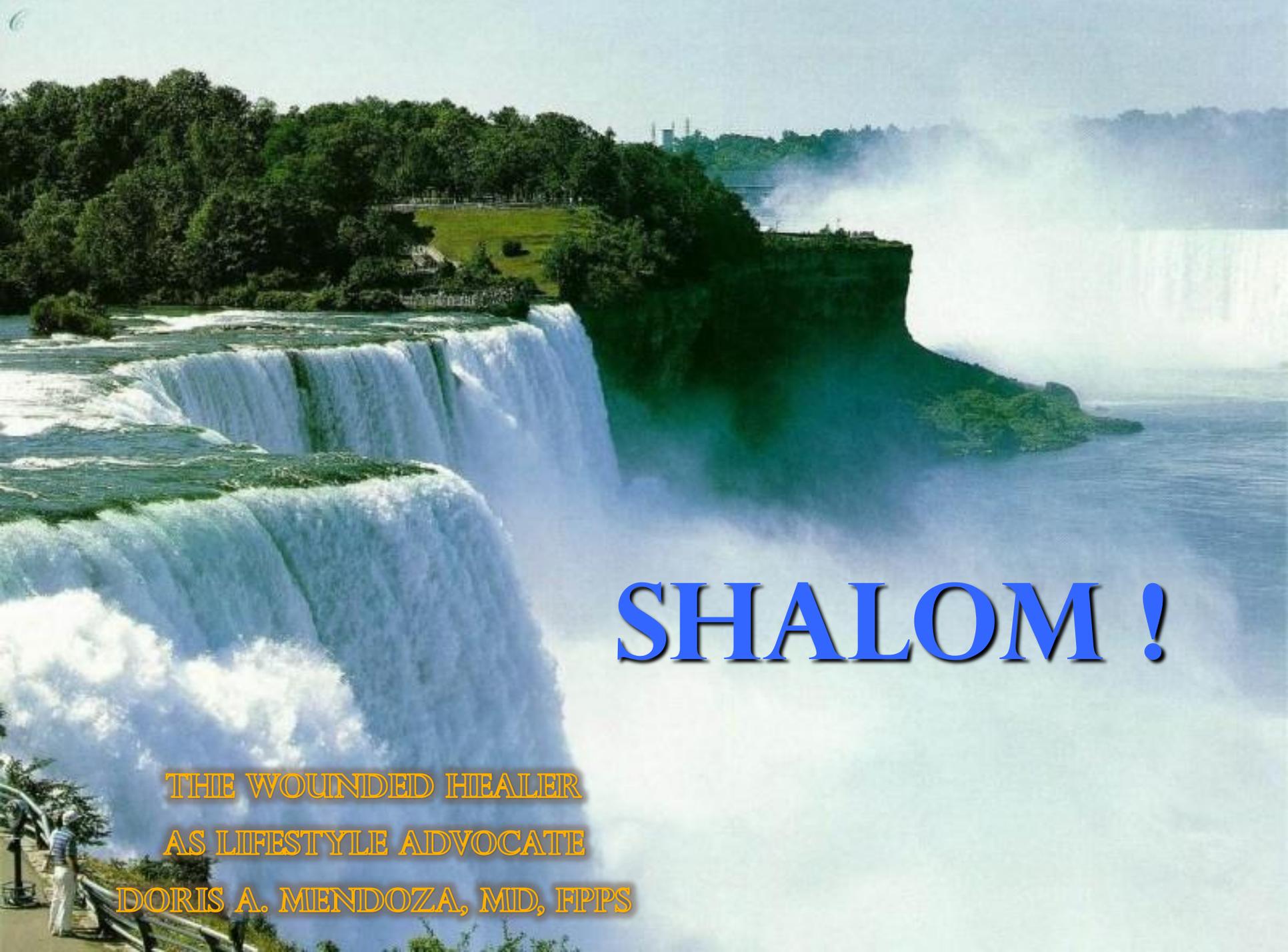
the **WOUNDED ONE**

HOPE, HEALING, & WHOLENESS

BEGAN WITH . . . ONE



THE WOUNDED ONE



SHALOM !

THE WOUNDED HEALER
AS LIFESTYLE ADVOCATE

DORIS A. MENDOZA, MD, FPPS