

Gerry & Denise Beauchemin

## Great Commission Support Ministry News

May 2015

### International School of Primary Dental Care (Dental Training for Missions)

#### Visitors from Seattle

Our mission partners, Jason and Meggan Padvorac, visited us for three weeks (Jan 13- Feb 2) to work on dental training projects. They drove all the way from Seattle, WA with their 20 month old daughter Jonna. It was a wonderful time of fellowship, bonding as friends, and serious ministry discussions, planning and activities. Please pray for Meggan, as she is due to deliver their second baby any day now.

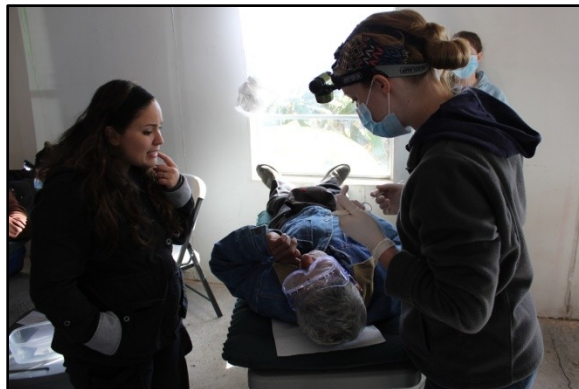
#### Online Discovery

Jason found, as he searched online for Atraumatic Restorative Treatment (A.R.T.), that we are the only ones offering regular courses. He is very motivated to apply his computer and marketing skills to help make our program more widely known. In review:

A.R.T. is “bush” dentistry geared for lay people—a simplified approach to dental treatment. It is low in cost with no electricity or air compression; pain-free when done slowly and gently; no injections are needed! It's great with young children.

#### Teaching Together; Planning for the Future

Jason and I prepared and taught together a dental course to five students—Julio, Todd, Krysta Jill, and David. Four are students with To Every Tribe Mission, Los Fresnos, Texas. Julio is a Bible school grad and friend from church with a heart for missions. The course included a field trip to a Mexican village about two hours south of Texas. It went very well and the students seemed to be happy with the training. It was a good teaching experience for Jason as he continues to develop and expand his teaching and clinical skills. Jason and I also worked on various dental projects and had numerous discussions looking at specific ways we can improve our dental training methodology, especially in facilitating the multiplication of this training in the developing world.



L: Young patient all smiles and with hand balloon.  
Above: Translator, patient and student.



Top Left: Mission team

Top Right: Students with Gerry and Jason behind Gerry. Julio right of Gerry.

Left: Patient and team translator

### Teleconference—Pioneering a new vision

Jason, Dr. Dee and I enjoyed a 1½ hour teleconference. It was a great time for Jason and Dee to get acquainted. We all connect very well and have unique gifts and experiences which complement each other. We believe God is entrusting us with a vision and responsibility—to help meet dental suffering in the world in the context of God's love in Christ.

### Research Projects

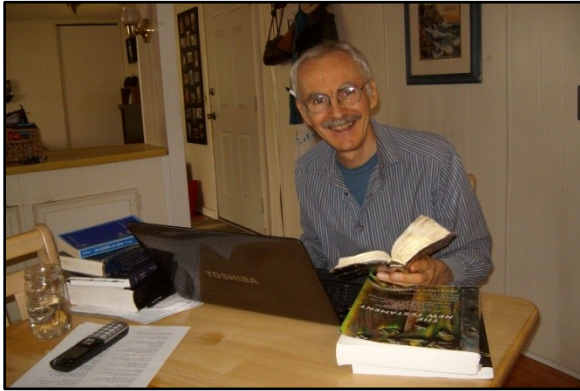
Lesion Sterilization and Tissue Repair (LSTR) is an innovative new dental procedure originating in Japan. It attempts to heal diseased pulps without complicated root canals or mutilating extractions. We all decided, instead of continuing to pursue our own LSTR research, we should closely monitor the findings and conclusions of others. Luke Fisher, RN, in the D. R. Congo, however, will continue doing limited LSTR because his team remains on site to follow-up his patients. I had traveled to DRC last fall to teach a dental class with him and help with LSTR. We discussed his ministry last week. He will evaluate his LSTR patients this fall and submit a report.

I spent the greater part of a day with Dr. Nyla Gordon in her dental office here in Brownsville. We explored ways that our students might practice on an artificial tooth secured in a real mouth. She was intrigued. We tried various ideas and found something that might work—securing an artificial tooth adjacent the premolars. She practiced on me but it was very uncomfortable. We have to fine-tune it more. I plan to discuss our results with Dr. Yi and Dr. Dee (if present) in Oklahoma during our class at Institute of Biblical Community Development (I.B.C.D) in June. If this succeeds, it will greatly facilitate the clinical phase of our training.

## Continuing Education

I am thankful that my submission of 36 CE credits for 2015-2017, with the Saskatchewan Dental Therapist Association, has been approved. Though I do not practice dentistry in Canada, it is important, as a dental educator, that I maintain accreditation as a dental therapist with a recognized North American dental association. Thank you Lord!

## New Book Update



It has been over two years in the making, with lots of prayer and study.

I prefer to not share the title publically just yet.

My purpose in this book is to present a simpler, more concise presentation of our blessed hope.

This book highlights God's loving character through ten compelling and revealing Biblical themes.

It is "simpler" because I refer to endnotes for the more in-depth material. I'm about 99% done—just fine-tuning now. If you have English language skills, please contact me!

Your prayers are very appreciated. Thank you!

## Other News

Our Health Journey:

Update and report on Gerry's extensive nutritional and health study. See attachment.

## Getting Things Done

I've been feeling frustrated for quite some time because of a feeling of inefficiency with my "to do" list. No matter how I've tried to organize myself, I always feel like things are out of control. Well, I spent about a week looking closely into this and found a system that seems to be working for me. In case you might be interested, here's a few links I found helpful:

<https://hamberg.no/gtd> <https://GettingThingsDone.com> <https://toodledo.com>

## Northern India

Friends in New Delhi emailed us saying earthquakes in Nepal were also felt in India measuring 7.1, mainly in northern cities like New Delhi, Calcutta, and others. Experts in Delhi said that an earthquake of the magnitude which occurred in Nepal, in Delhi would probably kill 17 million people within minutes because of overpopulation. None of the schools, hospitals and residences there are built to withstand strong quakes. People are in great fear. They asked for our prayers for protection. Let's also keep praying and doing what we can for those suffering in Nepal as the Lord would lead us.

# Denise's Corner

## Women's Bible Study



My ladies and I are continuing on with *30 Life Principles* by Charles Stanley. We thought that we would get through this study maybe two lessons at a time. Even at that rate the study would take us fifteen weeks.

Week after week, one or the other will have been impacted by some aspect of the lesson and such great sharing follows. I'm so glad to be part of a group of women who share honestly with one another.

We are finding no matter the topic of the lesson (i.e. being led by the Holy Spirit or our intimacy with God) the bottom line in each lesson is obedience and trust. There is no victorious Christian life without obedience to God and trust in him.

I have joined another bible study group at the church we attend. I'm happy to be there and just participate without the responsibility of leading. We're doing a Beth Moore study on First and Second Thessalonians entitled *Children of the Day*. So far I am being very blessed by it and finding the daily study challenging and rewarding. It's a good way to start my day.

## MOPS

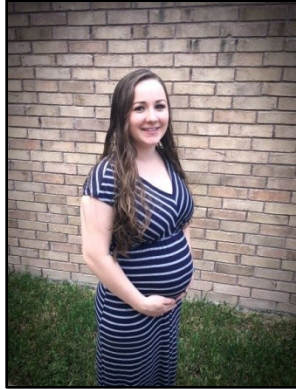
It's hard to believe the MOPS season is almost over. We take a break for summer. I always miss the moms so much during those months. I'm already looking forward to next semester which will start in August.

We may have two new mentors joining us and it will be so much better for the group. The goal is to have a mentor at every table. This past year it has been two of us rotating between five or six tables.

*"May the Lord Jesus Christ himself and God our Father, who loved us and by his grace gives us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word." 2 Thessalonians 2:16-17 (NIV)*

# Family News

Our last newsletter was jam packed with family news as there was so much going on in our growing family. You may recall I mentioned that Nicole and Paul had a twinkle in their eyes at Christmas. They had a secret....hmmm, did you miss that? Well it's no longer a secret, and you may have already heard, they are expecting their first child! Yes! And it's a GIRL! Dora King Petrarca is due to arrive September 1<sup>st</sup>. We are looking forward to welcoming her into our family. Nicole is doing very well with the pregnancy.



Nicole's been busy studying graphic design at University of Texas Pan American and working in their graphics department. So she's a little tired but so excited as she begins to prepare their nest for their little one. We can't believe our baby is having a baby!

Please be praying for Renee and Azarja and family. They have been waiting on an answer from the South African government as to whether or not Ezra, their youngest, will be granted a visa. He has already been denied once and they submitted an appeal two months ago.

This is delaying their decision as to when they may come home this year. Their three year commitment to Mercy Air ends in November. They are trying to make a decision whether or not to renew for another three years. They have been praying for the Lord's direction. The government's visa decision is not the only factor bearing on their decision.

Should they decide to continue with Mercy Air for three more years, they would come home for a summer visit rather than wait until their visas expire in November. If Ezra is denied a visa again, the decision will be made for them, they will have to leave and Ezra would not be allowed to return for at least 5 years!

Anna and Dave and their little family are doing well. Anna has returned to her job part time and is able to be home with the kids in the afternoons.

We're so blessed to have so many wonderful grand-babies. We just wish they were all a little closer! Thank God for Skype, an awesome way to keep in touch – when it works properly.

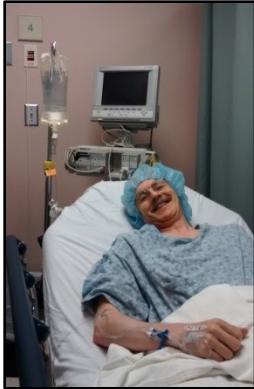


Thank you!

Thank you for taking the time to read our news. We wish we could visit in person. Don't forget about Skype! It's not just for family.

## Our Health Journey

### Hernia Surgery



On May 7<sup>th</sup> I had surgery to repair an inguinal hernia I have had for two years caused by me pushing a heavy cement platform to the entrance of our mobile home. Stupid! About a week later, I noticed a lump in my lower abdomen. I saw a doctor and was told it could get very bad if I let it go too long. Since we now have insurance, we decided I should get it done.

To those on Facebook, thank you for your prayers. I am doing a little better each day, but I have to rest a lot. I should be fully recovered in time for my June car trip (driving a standard) to Oklahoma for my next class.

I just want to say a special “thank you” to Denise. You’ve been such a great nurse, always making sure I’m okay and have everything I need. It’s made all the difference.

### Health & Nutrition Studies

As you may know, two years ago Denise was diagnosed with bone marrow failure (Aplastic Anemia), a condition where one’s own immune system destroys its blood producing cells in the bone marrow. She was miraculously (we believe) accepted in a clinical trial at the National Institutes of Health in Bethesda, MD. She had a successful response to the treatment. She has been on medication that suppresses her immune system giving her bone marrow a chance to make the necessary blood cells. She has been maintaining fairly normal blood counts. The only medical cure for Aplastic Anemia is a bone marrow stem cell transplant.

A few months ago, Denise was concerned that her lab test results were showing her absolute neutrophil count trending slowly downward. This led her to attend an online webinar presenting the latest updates on Aplastic Anemia. It left her feeling somewhat troubled. A lipid panel showed a high cholesterol level also.

As for me, about ten weeks ago I started having constant “ringing” in my ears. Denise also has had that for eleven years now. She says no cure is presently known. Also, I have enlarged inferior turbinates making it more difficult to breathe through my nose at night. I have postponed having surgery for now, trying some dietary changes to see if it will help. All these things motivated me to seriously revisit the subject of nutrition and health.

These last two months have been an intense time of study. I felt I had to make health my priority right now. I purchased over a dozen e-books which defended both low and high carb diets. The low-carb —“Paleo” version is the latest craze. I also read hundreds of reviews. I didn’t approach this in a vacuum, as I’ve been reading on nutrition for most my life. If you’re like me, you’ve probably been overwhelmed with all the conflicting hype. Here are my conclusions:

### Steps for Health

1. Seek and nurture the fruits of the Spirit (Gal 5:22-23).
2. Rest in God. “You will keep him in perfect **peace**, whose mind is stayed on You, because he trusts in You.” (Isa 26:3) Health authorities constantly emphasize the importance of managing

stress. **Love, joy and peace** are essential to good health.

3. Eat healthy and moderately exercising **self-control**. Eat slowly, chew well and enjoy your food for more effective digestion.(Dr. Joel Fuhrman)

4. Make adequate and restful sleep a priority.

5. Exercise regularly in a form that is enjoyable to you.

6. Get some sun, but be careful. <http://www.vitamincouncil.org/about-vitamin-d/how-do-i-get-the-vitamin-d-my-body-needs/#> I would verify the need for vitamin D supplementation with a blood test first.

7. Look into “Functional Medicine” as an alternative or adjunct to conventional medicine. <https://www.functionalmedicine.org/>

8. Don't make health your God. We are called to follow Jesus, laying our lives down for Him.

How to eat healthy? I'll summarize it in a simple 20 word nutritional statement by T. Colin Campbell PhD:

**“Eat whole, plant-based foods, with little or no added oil, salt, or refined carbohydrates like sugar or white flour.”** Simple! I believe this is the way our bodies were originally designed to eat before the fall (Gen.1:29-31). For the science behind this, here are some references:

1. **“The China Study:”** T. Colin Campbell PhD and son Thomas Campbell, MD. Most comprehensive nutritional study ever conducted.

2. **“Whole: Rethinking the Science of Nutrition:”** T. C. Campbell (May 2014—2nd Ebook Ed.) Campbell defends his research methodology and conclusions made in the China Study. He does so, in part, by explaining the limitless complexity of the human body and why a whole food plant based lifestyle is the best approach to human nutrition and health. He contrasts two current paradigms in scientific study—reductionism & wholism and makes an airtight case for the latter. At the same time, though, he gives due respect for reductionism, explaining why it is critical that it function within the framework of human physiology as a whole. “The China Study,” in spite of its great acclaim, received some opposition. This is why “Whole...” is important to read and understand.

3. **“The Low-Carb Fraud:”** T. C. Campbell (Feb 2014). Scientific defense of whole food plant based diet showing the flaws of “Paleo.”

4. **“Forks Over Knives”** (96 min movie documentary). Concise defense for a whole food plant based lifestyle. Very well presented. Rent from Amazon Prime Instant Video. There's also a sequel: “Forks Over Knives—the Extended Interviews” (112 min).

**New documentary:** “Plant Pure Nature” will be released (by the same producers) on July 4, 2015.

Trailer: <https://www.kickstarter.com/projects/1524723963/plantpure-nation-a-documentary-with-dr-t-colin-cam>

Website: <http://plantpurenation.com/>

5. **“Uprooting” the Leading Causes of Death:”** (59 min DVD) by Dr. Michael Greger. Greger is quite funny and entertaining, you won't be bored. Rent at Amazon Prime Instant Video (1.99 / wk). Greger's work is keeping up on all the latest nutritional research. He simplifies his findings in concise 3-5 min videos for non-medical people. His site is non-profit. He doesn't sell supplements. See: [nutritionfacts.org](http://nutritionfacts.org)

6. **“The Campbell Plan”** by Thomas Campbell, MD (China Study co-author) Summary of China Study evidence with practical summaries and diet plan.

7. **“Rethink Food: 100+ Doctors Can't Be Wrong”** by Castle and Goodman. Feedback from a wide spectrum of health educators and practitioners.

8. **“Eat to Live”** by Joel Fuhrman MD. I read this a couple years ago. Comprehensive bibliography of scientific support.

9. If you're wondering how we get adequate protein on a whole food plant based lifestyle, see these two short articles: [forksoverknives.com/slaying-protein-myth/](http://forksoverknives.com/slaying-protein-myth/) / [forksoverknives.com/vegan-athlete-protein-addict-to-plant-based-whole-foods/](http://forksoverknives.com/vegan-athlete-protein-addict-to-plant-based-whole-foods/)

10. Wheat gluten? Many writers caution against it. What's the truth? Dr. Greger says... <http://nutritionfacts.org/video/is-gluten-sensitivity-real/>