

2017 Summer Catalog



PRODUCING QUALITY PRODUCTS FOR A HIGHER
PURPOSE - HEALTH AND HAPPINESS FOR YOU AND FOR
YOU TO SHARE WITH THE WORLD!

A Canadian Christian company specializing in graphic design, printing, DVD production, vegan cooking, vegetarian health, and more. Dedicated to helping others live healthier, happier lives. We run several websites that offer FREE items and information here are just 3:

VVCS.ca - FREE recipes, cookbooks, videos, nutrition information, online courses, and health articles.

SDApersonalministries.com - all kinds of FREE stuff for personal outreach and public evangelism.

BibleHealth4u.com - Bible texts and more on all manner of health.

Prices and content subject to change and availability. Revised March 29, 2017

CONTENTS

Simple Cooking With Essential Oils.....	3	10
Simple Cooking With Angela Poch	3	Start Your Own Cooking School.....	10
Food Guide Poster.....	3	Info Sheets.....	11
Our Favourites	4	Private Cooking & Nutrition Lessons.....	13
Our Gluten Free Favourites	4	Food for Thought.....	13
Nutrition 2 Fight Inflammation Cookbook	4	TVCS - Salads	13
.....	4	Cooking at 3ABN	13
Nutrition 2 Fight Inflammation Course	4	Health Bookmarkers.....	14
Metabolism & Weight Loss	5	Health & More Sharing Cards	15
Become Vegan, Vegetarian, or Flexitarian	5	Pastor Terry McComb's Books & DVDs.....	16
Nutrition 4 Vegans, Vegetarians, & Flexitarians	6	Origins: The First Week of Time	16
Nutritional Therapy	6	Gospel According to... Series	16
Healthy Home Cookin' Cookbooks	7	Gospel According to a Dandelion.....	16
Vol. 1 - Cakes, Puddings, Parfaits & More	7	Darwin and the Cross	17
.....	7	Heart Read Nature	17
Vol. 2 - Seasonal Treats: Canning, Camping & Holidays.....	7	Creation, Evolution, or Both?	17
.....	7	Creation vs Evolution.....	17
Vol. 3 - Pasta, Potatoes, Millet & Rice	7	Cross As Seen in Nature	17
.....	7	Books we've helped published or print ..	18
Vol. 4 - Pies, Cobblers, Cookies & Cheesecakes	7	Children's Picture Book of Animal Poems	18
.....	7	18
Vol. 5 - Breakfast, Brunch, Soup & Salad ..	7	Birds Bring Messages to Millie.....	18
.....	7	Winnie Ninny Poo Poo.....	18
Vol. 6 - Better For You Entrees	7	Order Form.....	19
.....	7	Ways to order	20
Vol. 7 - Breads, Biscuits, Crackers & Muffins	7	Discounts & Wholesale.....	20
.....	7		
Children's Health Course.....	8		
Happy Kids Cooking DVD SET	8		
In His Image - Biology Course	8		
Food Allergies & Sensitivities Book	9		
Allergy Discovery Workbook	9		
Becoming a Vegan or Vegetarian.....	9		
The Ultimate Lemon Cleanse	9		
Vegan Vegetarian Cooking School.....	10		
VCSS Sharing Guide & Exhibition License			



SIMPLE COOKING WITH ESSENTIAL OILS

Item: CB202

Retail Price: \$8.95

Essential oils have been used for centuries but we are only now truly seeing the health potential of these natural remedies. Studies are being done on both the aromatic properties as well as ingesting. This book includes some tips from reliable scientific journals. Take the step toward

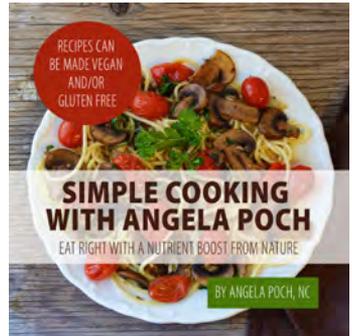
better health as we journey into the world of essential oils with food. This full color, picture for EVERY recipe, 56 page cookbook will get you started on the road to using oils in your cooking. 5.5 x 5.5 spiral bound. Oils are simply tools and will not cure any disease. Oils are concentrated and not a substitute for natural, whole foods. They are used much like a seasoning in this book. See below for this book using herbs and extracts in place of oils.

SIMPLE COOKING WITH ANGELA POCH

Item: CB203

Retail Price: \$8.95

Adapted from the above cookbook, this book includes some health tips on plant foods and more from reliable scientific journals. Take the step toward better health with natural plant foods. This full color, picture for EVERY recipe, 56 page cookbook will get you started with simple and easy cooking. 5.5 x 5.5 spiral bound.



FOOD GUIDE POSTER

Item: HM001

Retail Price: 25 for \$9.95

For the strict vegetarian or vegan! This food guide follows the combined recommendations of ADA and WHO as well as research on nutrition for vegans. A simple to use format. 8.5 x 11 glossy, cover stock paper.



OUR FAVOURITES

Item: CB008
\$15.95

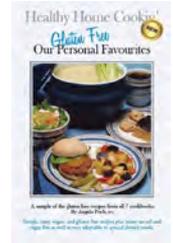
By Angela Poch, CN. 150 pages of sample recipes from all 7 of the Healthy Home Cookin' cookbooks. Our very favourites all in one book.

Buy in quantities for gifts! 5 for \$49.95; 10 for \$79.95

OUR GLUTEN FREE FAVOURITES

Item: CB008GF
\$15.95

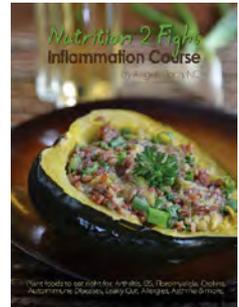
By Angela Poch, CN. 150 pages of our gluten free favourites from the Healthy Home Cookin' Series.



NUTRITION 2 FIGHT INFLAMMATION COURSE

Item: N2RI
Sale \$95 DVD & Cookbook (Regular \$179.95)

Comes with cookbook below. This 2+ hour video course will give you the tools to fight inflammation like never before. Well researched from main stream medical journals, the information has science to back it up! Learn the BIGGEST myth about nightshades, Discover how inflammation reacts in your body, find out the top 5+ foods for reducing inflammation, and much, much more!

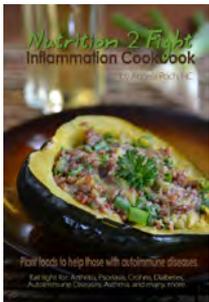


Buy in quantities for gifts! 5 for \$49.95; 10 for \$79.95

NUTRITION 2 FIGHT INFLAMMATION COOKBOOK

Item: CB201
\$29.95

By Angela Poch, CN. 150 pages, FULL COLOR, almost a photo for every recipe. This gluten free, sugar free, very low fat, low "carb", cookbook was written in response to several doctors creating a diet that helped one patient become 90% pain free from arthritis. Studies are showing inflammation is a risk factor in many diseases: psoriasis, crohns, fibromylgia, auto immune disorders, and many others.



METABOLISM & WEIGHT LOSS

Item: N2RI

SALE \$79 DVD Course (regular \$200)

Do you want to lose weight and are tired of diet ups and downs? Would you rather increase how fast your body burns calories than exercise till your exhausted? Get a permanent life style solution to the yo-yo diets. All you need to get started is a willingness to make simple changes to your everyday life.

This approx 2 hr course is laid out with short videos complete with handouts for key points. Written and instructed by Angela Poch, NC, it is based on current scientific research. This course is not a diet and does not provide strict meals, it guides you with principles you can use for your own favorite foods. Thus it can be adapted for all kinds of 'diets' - gluten free, low carb, diabetes, and so on.

There is no magic pill or special food to melt fat off. Instead, discover the steps to creating a metabolic rate diet. Plus learn other simple and easy ways to increase metabolism. There is even a section for life coaches, nutritionists, and fitness experts. We've provided a program outline as well as a market tips.

Available ONLINE for \$10 - visit www.VVCS.ca for details



BECOME VEGAN, VEGETARIAN, OR FLEXITARIAN

Item: N2RI

\$79 DVD Course with cookbook

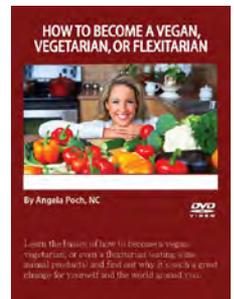
After taking this approx. 1 hr course (plus two books!) you will be able to make an informed choice as to whether you want to be vegan, vegetarian or something in between. With tools to help produce that change in your life.

Learn the basics of how to become a vegan/vegetarian and find out why it's such a great change to make for yourself and the world around you. Taking the plunge is easy because we will give you tools for change starting with how to meet challenges of making changes. This course focuses on how to make lasting changes.

You will learn how to find delicious recipes online for FREE and get a basic understanding of the nutritional components needed for health and what are the common issues with a vegan diet.

Comes with Our Favourites Cookbook as seen on pg. 6.

Available ONLINE for \$10 - visit www.VVCS.ca for details



We do video production and low cost printing visit: www.HigherPath.ca

NUTRITION 4 OPTIMAL HEALTH - INCLUDES TIPS FOR VEGANS AND VEGETARIANS

Item: N4OH

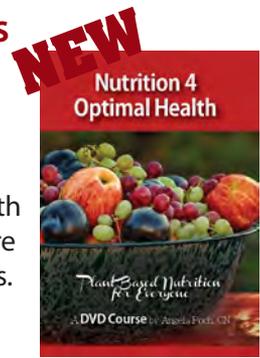
Sale \$79 DVD Course (Regular \$150)

A detailed 2 hour nutritional course for the everyday health enthusiast. From how much calcium do you need to where to get it from. Includes resources like: lists and helpful tips.

This basic nutrition course teaches about: RDA's, DRI, AI, UL, calories, carbohydrates, proteins, fats, vitamins and minerals. Learn how to read food labels, keys to understanding food claims, how to create a proper menu, where to find vegan sources for hard to get nutrients, how to eat a plant based diet, and much more.

After this course you will have the basic foundation for nutrition and you can decide if you want to pursue a career in nutrition as a dietician or nutritionist. In fact, if you read all the supplemented materials and recommended readings you will have more of a nutritional background than the average doctor!

Available ONLINE for \$10 - visit www.VVCS.ca for details



NUTRITIONAL THERAPY

Item: NT

Sale \$79 DVD Course (regular \$150)

This intermediate nutrition course assumes you understand basic nutrition such as what are RDA's, calories, carbohydrates, proteins, fats, vitamins and minerals. See the above course for all that info and more.

This course will dig deeper into specific nutrients and how those affect the body. From our DNA and food to how to glean specific nutrients from certain foods. From phytochemicals to omega 3, learn why we need these nutrients and where to get them from. Discover how studies involving supplements vs studies on diet show eating whole foods provides more benefits than pills, in fact supplements have NOT been shown to reduce the risk of disease. Become knowledgeable in how to choose foods to prevent disease. After this course, you will be able to create menus filled with powerful nutrients, based on an optimal diet for longevity and quality of life.

Includes a section for those who want to share health with others.

Available ONLINE for \$10 - visit www.VVCS.ca for details

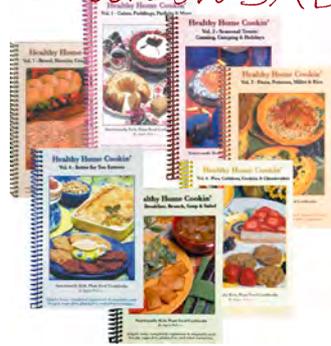


HEALTHY HOME COOKIN' COOKBOOKS

As seen on 3ABN

Great for those with food allergies such as wheat, soy or gluten!

In this series, each cookbook is independent but together they provide a complete library. All are adaptable to various needs whether gluten free (75% of recipes are gf), sugar free, or low-fat. Simple, wholesome recipes. Coil bound, 150 pgs each, several full color photos.



\$18.95 each (see below for complete set)

VOL. 1 - CAKES, PUDDINGS, PARFAITS & MORE

Item: CB001 Delicious low fat, low calorie recipes for light dinners or desserts.

VOL. 2 - SEASONAL TREATS: CANNING, CAMPING & HOLIDAYS

Item: CB002 Ideas for healthy canning, camping, traveling, and special holidays.

VOL. 3 - PASTA, POTATOES, MILLET & RICE

Item: CB003 Pasta, rice, potatoes, and grains from quinoa to bulgur.

VOL. 4 - PIES, COBBLERS, COOKIES & CHEESECAKES

Item: CB004 Light healthful alternatives for desserts, including bars and more.

VOL. 5 - BREAKFAST, BRUNCH, SOUP & SALAD

Item: CB005 Warm breakfasts, quick cold cereals, soups, salads, sack lunches, etc.

VOL. 6 - BETTER FOR YOU ENTREES

Item: CB006 Burgers, roasts, and casseroles to please the whole family.

VOL. 7 - BREADS, BISCUITS, CRACKERS & MUFFINS

Item: CB007 Wholesome bread with wheat free alternatives. Easy to follow.

"Angela has put together excellent recipes. The combination of recipes along with nutritional information and facts outlined throughout each book will become more than just a cookbook in ones kitchen, but rather a resourceful too. It is an honor to recommend Angela's cookbooks."

Darlene Blaney, PhD, NCP; President, Total Health School of Nutrition and co-author of the CHIP Cookbook"

"These attractive and easy recipes provide an excellent opportunity to learn more ways to enjoy plant-based meals and reduce the risk of many chronic diseases."

*Vicki Griffin, MPA, MACN;
Lifestyle
Matters Health Series*

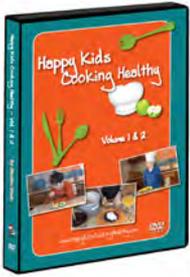
SAVE \$\$\$ COMPLETE SET \$125 - ITEM: CB009

HAPPY KIDS COOKING DVD SET

Item: DVD0501 (2 disc set)

Retail Price: \$19.95 DVD Set (included in course below)

Volume 1 & 2 with 11/12 year old Jordan Poch. AS SEEN on FIRSTLIGHT TV Network in New Zealand. Make some fun and easy vegan macaroni and cheese, ceaser salad, waffles, vegan ice cream and more. Jordan is fun to watch and your kids will really enjoy cooking in the kitchen with Jordan. 2 DVD's Approx. 90 min total. (One egg is used but Jordan shares a vegan substitute.)



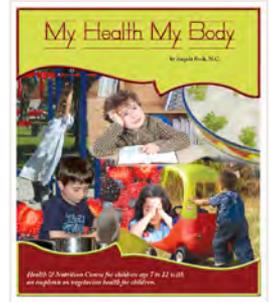
CHILDREN'S HEALTH COURSE

Item: HBK2710

Retail Price: \$89.95 binder edition wt above DVD

This complete health course for children age 7 to 12 is sure to help homeschoolers and vegetarians alike, from a creation perspective. (A vegetarian perspective, but good for any diet)

The 9 chapters include: A Better Body is Important, Stepping Up into Good Health, My Mind Makes My Moods, Making My Muscle Move, Fabulous Foods that Feed Me, Water Within & Without, Super Sunshine & Ample Air, Slumbering Sleep, and Taming Tom with Temperance. Each of these chapters covers a health principle in depth and has an assignment. There is also a final exam for homeschoolers. Printed book: 8 1/2 x 11, 3 ring binder, over 60 pages of info and fun. In full color, plus extras like posters and worksheets! PLUS FREE BONUS - the 2 vol Kids Cooking DVD set as seen above!



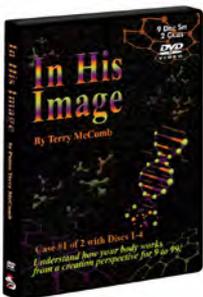
CHILDREN'S HEALTH COURSE WITH COOKING VIDEOS AVAILABLE ONLINE FOR ONLY \$10 AT [WWW.VVCS.CA](http://www.VVCS.ca)

IN HIS IMAGE - BIOLOGY COURSE

Item: DVD1700

Retail Price: \$79.95 DVD

9 DVD Disc set. by Terry McComb. Look at the human body from a creation perspective. Aimed at teaching basic anatomy, physiology, and health for teens and pre-teens this program is good for all ages who want learn about the body. Wonder of the Cell, Circulation, The Brain, Muscular System, Digestion, Skeletal System, and much more in this 9 HOUR series.



OPTIMAL HEALTH

Item: N40H

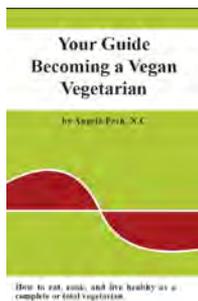
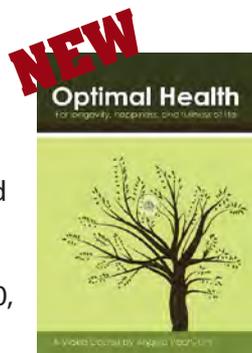
Sale \$20 DVD Course (FREE online!)

This approx. 1.5 hr course on total health and wellness is for anyone who would like to know how to live longer and have a higher quality of life. From happiness to healthy, learn from the Blue Zones how to get the most out of life. The Blue Zones are groups of people who often live to 100, and are active well into their 90's.

Designed as a sharing program this course is inclusive to all people and cultures. It shares health principles in a non-threatening way and is a great bridge between diet and spirituality. Using the latest scientific research and news articles this course approaches the Adventist lifestyle in a whole new way. Use this course to introduce vegetarian cooking or a depression recover seminar or a prophecy seminar. Angela approached this course using principles from Ministry of Healing, but offers it in a scientific manner. Permission to show in churches or large venues is granted, but we'd love to hear what you are doing and we can offer you poster designs and marketing materials.

After the 15 lessons you will have the basic foundation for how to live longer and the tools for better relationships and finding happiness.

Available ONLINE FREE - visit www.VVCS.ca for details

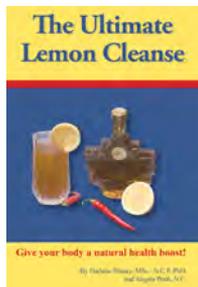


BECOMING A VEGAN OR VEGETARIAN

Item: HBK182680

Retail Price: \$12.95

By Angela Poch, CN. Need help going vegan or vegetarian? Not sure if you are getting adequate nutrition? This 80 pg. book teaches how to change and how it affects those around you. VERY similar to the course on pg. 5, but not as current.



THE ULTIMATE LEMON CLEANSE

Item: HBK182369

Retail Price: \$9.95

by Darlene Blaney, PhD, NCP, and Angela Poch, CN. Simple, cost effective way to cleanse the body with natural foods readily available. Bible based for sound principles. Get the effects of fasting with a little food to keep your energy going strong. 5 1/2 x 8 1/2, 28 pages.

VEGAN VEGETARIAN COOKING SCHOOL

Item: WCS

Retail Price: \$197 (online \$10 at www.VVCS.ca)

These DVDs and included 220 page spiral bound lesson book was developed by Angela Poch, CN. and include recipes, demos, and information to be a healthy vegan.

Lesson 1 - Getting Started - measuring, tips, etc.

Lesson 2 - Ingredients used in vegan cooking plus substitutions

Lesson 3 - Cold Quick Breakfasts - helping your mornings go quick

Lesson 4 - Hot Breakfasts - the most important meal of the day

Lesson 5 - Sack Lunches - ideas for the road plus BONUS 3ABN "Lets Cook"

Lesson 6 - Hot Lunches & Main meals - the hardy meals of the day

Lesson 7 - Simple Suppers

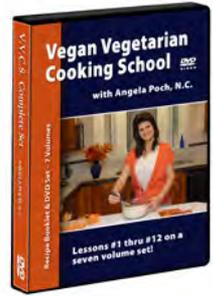
Lesson 8 - Healthy Vegan Holidays - make special occasions taste great

Lesson 9 - Holidays Part 2 plus fondant cake decorating

Lesson 10 - Breads & Spreads plus BONUS 3ABN "Today Program"

Lesson 11 - Soups & Crackers

Lesson 12 - Healthy Desserts



**Sample videos
and recipes:
www.VVCS.ca**

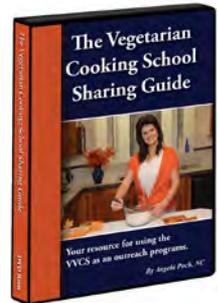
Extra Lesson book (for those taking course online): \$29.95ea or see below.

VVCS SHARING GUIDE & EXHIBITION LICENSE

Item: VCSG

\$57 license & guide

Do you want to show the Vegan Vegetarian Cooking School in your church? If you don't have time to put on your own cooking school this is for you! This purchase entitles one individual/church to use VVCS for public showing. Great for Bible Workers!!! Purchase Lesson Books in bulk.



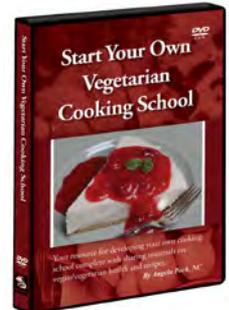
Extra Lesson books: 1 for \$29.95; 10 for \$129.95

START YOUR OWN COOKING SCHOOL

Item: DVD1001

Retail Price: \$29.95 (FREE online)

Developed by Angela Poch, CN. Includes hundreds of pages of resources to put on your own cooking school. Complete with how to do cooking demos, marketing materials, recipes, and lesson booklet to show you how! Includes DVD Rom for computer, plus a video DVD of a live cooking class - no fancy editing, just the real deal.



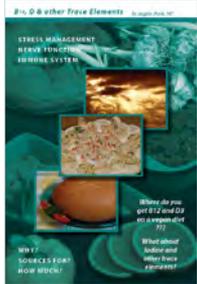
It's a "How to do a Cooking School" in a box!

INFO SHEETS

Item: (see below)

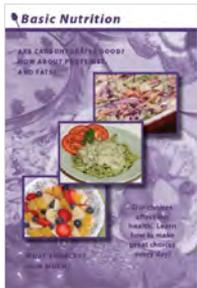
Retail Price: 50 for \$19.95 (choose one title)

Perfect for health seminar handouts these brochures were written by Angela Poch, CN. Use for cooking schools, health seminars, Depression Recovery Programs, etc. With a solid frame work of scientific facts, and references to medical journal articles, these full color, 4 page brochures are packed full of information.



B12, D, & Other Trace Elements Item: IS2628

Covers the most common nutrients vegans may have trouble getting as well as info on trace minerals



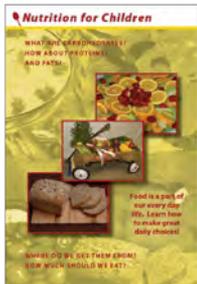
Basic Nutrition Item: IS2550

This brochure is on basic nutrition for vegans and vegetarians, includes the vegetarian pyramid in a way you can understand.



Calcium Item: IS2543

This brochure is packed full of information on calcium, from: how much do we need to good sources of it in the food we eat.



Children's Info Sheet Item: IS2536

This one is for children. Similar to our Basic Nutrition sheet. It also comes with question page for children to fill in.



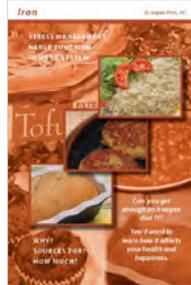
Exercise Item: IS2437

Packed full of info on what kind of exercise is most beneficial, why it is so good for you, and many other tips. Special info on IT training!



Fat's-Good & Bad Item: IS2994

For those who are worried about fat. Are you getting enough or too much? What about Omega 3? And much more.



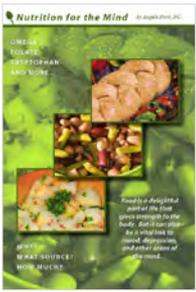
Iron Item: IS2635

Are you getting enough? What are the best sources? How does it relate to anemia? And much more in this informational sheet.



Music for the Mind Item: IS2604

Understand why music affects us the way it does, and how to use music to your best mental health advantage.



Nutrition for the Mind Item: IS2444

What nutrients are especially good for the brain? In what foods are they found? How do those nutrients affect the body? Answers to these questions and more



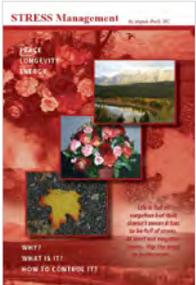
Protein Item: IS2642

Are there concerns for vegan and protein? Dispel some of the age old myths regarding protein and vegans. Learn about complete proteins, essential amino acids, and more.



Rest Item: IS2598

From why we need rest to how much do you actually need, this pamphlet will help you get a better nights rest, or at least give you some tips on how to get there.



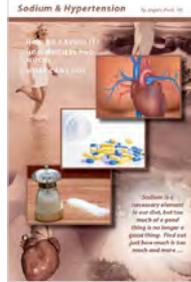
STRESS Item: IS2475

Full of information and tips on how to deal with stress. With references to medical journals this makes a great resource handout for seminars.



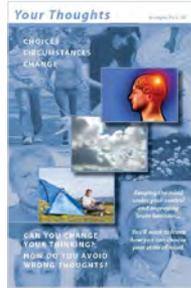
Sodium & Hypertension Item: IS2932

by Angela Poch, CN. How much salt does one actually need anyway? How does salt affect those with heart and circulatory problems? Get the answers to these questions.



Water Item: IS2420

This brochure is packed full of information on how much water to drink, what kind of water to drink, and why it is so good for you.



Your Thoughts Item: IS2864

Cognitive Behavior Therapy. Just how do you control your thoughts? Nice for Depression Recovery or Stress seminars.

GET THESE ALL FREE ONLINE www.vvcs.ca

(For other health materials like nutritional counselling forms, posters, surveys, flyers, postcards, and other items please contact us!)

PRIVATE NUTRITION LESSONS OR COACHING

Item: CB-CUSTOM

\$499 (no further discounts)

Private video lesson from Angela Poch, graduate of Total Health School of Nutrition, diploma in Life Coaching, and cookbook author! It's like having a private instructor in your own home. Is your diet so limited you don't know WHAT to eat? Want personalized, individual attention? Need a CHIP or Depression Recovery alumni speaker? Would you like a professional, private showing for a special event? We can make videos for whatever you need. With expert cook, health coach, and nutritionist Angela Poch, CN.



Package Includes:

30 min personal phone interview (during office hours)

45 min prepared video lesson based on phone interview

30 min follow up live Q & A on zoom or other video chat

FREE access to ALL our courses currently online (retail value over \$600)

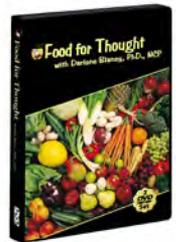
Unlimited email and/or texting support for 30 days

FOOD FOR THOUGHT

Item: DVD0999

Retail Price: \$19.95

With Darlene Blaney, PhD, NCP coauthor of the Official CHIP cookbook. Darlene demonstrates a number of recipes during the 3 hour 2 DVD set, filmed at 3ABN.

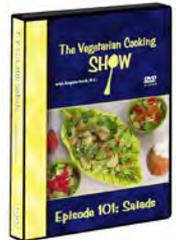


TVCS - SALADS

Item: DVD0100

Retail Price: \$9.95

With Angela Poch, CN. Make some fresh crispy salads with 3 delicious dressings - Raspberry, French, and Ceaser. Approx. 30 minutes.

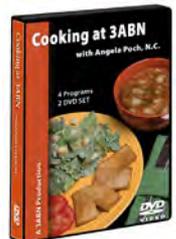


COOKING AT 3ABN

Item: DVD0001

Retail Price: \$19.95

With Angela Poch, CN. Filmed at 3ABN. Learn to cook an easy vegetarian meal, getting rave reviews, plus lunch box ideas and much more in this 2.5 hour DVD set of 2.



HEALTH BOOKMARKERS

Item: (see below images)
Retail Price: 1000 for \$127

2" x 8" Full color printed one side. 16pt, glossy card stock, press run, high quality.

Orders of 1000 or more get FREE full color on reverse side with custom info OR choose a verse and/or send us an image for additional \$20.

Trust In God

"Courage, hope, faith, sympathy, love promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. A merry (rejoicing) heart doeth good like a medicine!" Proverbs 17:22. (MH 241.3)

BibleHealth4u.com

SBK2010

Rest

"When Jesus said to His disciples that the harvest was great and the laborers were few, He did not urge upon them the necessity of ceaseless toil, but bade them, 'Tarry ye therefore the Lord of the harvest, that He will send forth laborers into His harvest.' Matt 9:1. To His toil-worn workers today as really as to His first disciples He speaks these words of compassion, 'Come ye yourselves apart... and rest awhile.'" (MH 58.2)

BibleHealth4u.com

SBK2020

Country Living

"And so far as possible, all who are seeking to recover health should place themselves amid country surroundings, where they can have the benefit of outdoor life. Nature is God's physician. The pure air, the glad sunshine, the flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving, life-giving." (MH 121)

BibleHealth4u.com

SBK2030

Diet

"Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet." (MH 58)

"Eat according to your best judgment, and when you have asked the Lord to bless the food for the strengthening of your body, believe that He hears your prayer and be at rest." (MH 121)

BibleHealth4u.com

SBK2040

Exercise

"More people die for want of exercise than through over-fatigue; very many more rust out than wear out... they should make up their minds to exercise in the open air, as much as they can." (11)

BibleHealth4u.com

SBK2050

Fresh Air

"For the Spirit of God has made me, and the breath of the Almighty gives me life." Job 33:4

"Encourage them to breathe the fresh air, teach them to breathe deeply, and in breathing and speaking to exercise the abdominal muscles. This is an education that will be invaluable to them." (MH 224.4)

BibleHealth4u.com

SBK2060

Water

"For truly I tell you, whoever gives you a cup of water to drink because you bear the name of Christ will by no means lose the reward." Mark 9:41 "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... it helps to supply the necessities of the system, and assists nature to resist disease." (KD 419.1)

BibleHealth4u.com

SBK2070

Sunlight

"Truly the light is sweet & a pleasant thing it is for the eyes to behold the sun." Ecc. 11:7

"... the sun that carries healing in its beams, would soothe & cheer & make them happy, joyous & healthful." (MH 148.1)

BibleHealth4u.com

SBK2080

Temperance

"And now drink no wine nor strong drink, neither eat any unclean thing." James 1:13, 7

"Temperance reformers have a work to do in educating the people in these lines. Teach them that health, character, and even life are endangered by the use of stimulants, which excite the enervated energies to unnatural, spasmodic action, in relation to tea, coffee, alcohol, and tobacco, which are the only safe course to be taken, not taste, not handle." (MH 121)

BibleHealth4u.com

SBK2090

Health

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge." (MH 127.2)

BibleHealth4u.com

SBK2100

All may possess a cheerful countenance, a gentle voice, a courteous manner, and these are elements of power. Children are attracted by a cheerful, sunny demeanor. Show them kindness and courtesy, and they will manifest the same spirit toward you and one another. Education p 240

BibleHealth4u.com

SBK1060

Like the sunflower, which turns its face constantly toward the sun, you must look continually toward the Source of light, that you may catch every ray possible. (E. White, Oct 6, 1887)

BibleHealth4u.com

SBK4075

HEALTH & MORE SHARING CARDS

Item: see below

Retail Price: \$89.95 for 1000 cards

These business card size are perfect for keeping in your wallet and dropping them like leaves of autumn or have a resource to share when asked a Bible question.

Simple, effective tools for evangelism!



SBC101 - Free Vegan Recipes



SBC102 - Exercise



SBC106 - Mark of the Beast Card



SBC107 - Sabbath Card



SBC105 - Hell Fire Card



SBC104 - Ghosts & Death Card

More being developed or get one custom made!

We do video production and low cost printing visit: www.HigherPath.ca

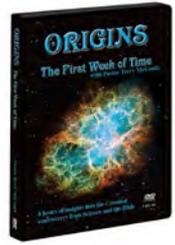
PASTOR TERRY McCOMB'S BOOKS & DVDs

ORIGINS: THE FIRST WEEK OF TIME

Item: DVD3004

Retail Price: \$24.95 DVD

Pastor Terry McComb. An 8 part study of the Genesis 1 account of Creation. Each program is about 60 min with principles found both in science and scripture. 4 disc set.



GOSPEL ACCORDING TO... SERIES

BIBLE BASED SCIENCE MATERIAL

By Pastor Terry and Jean McComb who have home schooled their four sons. This series is designed to get parents and children into God's outdoor classroom (even if they live in a city).

"NEXT TO THE BIBLE NATURE SHOULD BE OUR GREATEST STUDY"

Each lesson is a multi-learning unit: Science; Character; Bible; and a practical outdoors project for the family. Ideally these lessons, good for all ages, should be taught by an adult at the child's learning level. With 22-32 character building lessons per 40-60 paged book, you'll want all 4 titles:

The Gospel According to a Dandelion

Item: BK202323 \$16.95 each

...According to a Blade of Grass

Item: BK202330 \$16.95 each

...According to a Snow Flake

Item: BK202316 \$16.95 each

...According to a Tree

Item: BK202309 \$16.95 each



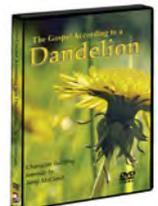
GET ALL 4 BOOKS, PLUS THE DVD BELOW FOR \$69 BK202SET

GOSPEL ACCORDING TO A DANDELION

Item: DVD3006

Retail Price: \$12.95 DVD

Learn the how God teaches us through the flowers of the field and find 3 things you MUST unlearn first! Approx 58 min.



DARWIN AND THE CROSS

Item: DVD3007

Retail Price: \$12.95 DVD

Modeled after "The Cross of Christ as Seen in Nature" This 60 min presentation shows nature vividly illustrates selflessness with stories that defy the survival of the fittest.

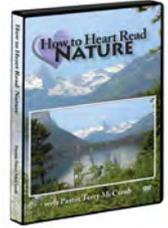


HEART READ NATURE

Item: DVD3001

Retail Price: \$12.95 DVD

Pastor McComb. Learn how to 'read' the book of nature and hear what God has to say to you through His creation. Approx 30 min.



CREATION, EVOLUTION, OR BOTH?

Item: DVD3005

Retail Price: \$24.95 DVD

You can't have Christ and Darwin too. With Pastor's George Hilton and McComb, this 10 part 5 disc set is loaded with information on theistic evolution & more. (Filmed at Camp Hope BC)

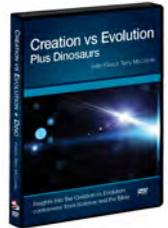


CREATION VS EVOLUTION

Item: DVD3002

Retail Price: \$12.95 DVD

Pastor Terry McComb. Learn the assumptions both creationist and evolutionist make and find out is the study of origins even true science. Approx 60 min.

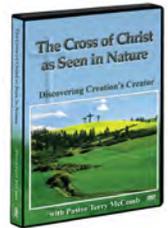


CROSS AS SEEN IN NATURE

Item: DVD3003

Retail Price: \$12.95 DVD

Pastor Terry McComb. Learn the how nature shows the self-denying principle of the cross. Approx 39 min.



WORSHIP HIM

Item: DVD4002

Retail Price: \$12.95 DVD

Pastor Terry McComb. Learn the nature calls us to worship God appropriately. Approx 39 min. (Note publisher does not view music exactly as Pastor McComb. Visit www.VVCS.ca to learn more.)



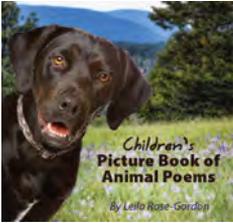
GET IT ALL!!!

IF you would like **ALL of Pastor McComb's** materials, get everything on pg. 16 & 17 PLUS In His Image on pg. 8 for **only \$229** - that saves over 20%*. Use Item #GCALL

** cannot be combined with other price reductions such as wholesale or church discounts*

View some FREE videos and other information on Terry McComb's products and services on his website! You can even have him come speak and present one of these amazing seminars at YOUR CHURCH!

www.GospelCreation.com

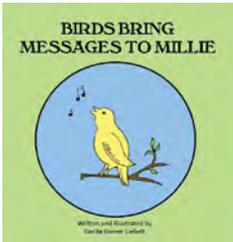


CHILDREN'S PICTURE BOOK OF ANIMAL POEMS

Item: BK784557

Retail Price: \$7.50 full color book

By Leila Rose-Gordon. Book of poetry, written for children. A dog's bark, the flight of a butterfly, busy bees, are new discoveries for little children. Journey with your child and see the world anew through their eyes. 5.5 x 5.5", 32 pages.



BIRDS BRING MESSAGES TO MILLIE

Item: BK784540

Retail Price: \$7.50

By Gerita Liebelt. "Birds Bring Messages to Millie" introduces children, age 4-9, to the thrill of observing birds and learning lessons about God and His love. 8.5 x 8.5", 78 pages.

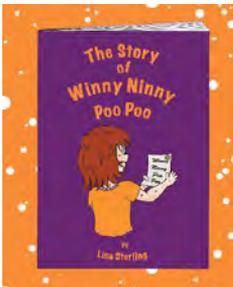
WINNY NINNY POO POO

Item: BK182871

Retail Price: \$9.95 full color illustrated book

Retail Price: \$6.95 coloring book

By Lisa Sterling. In the story, a young girl, Winny Ninny Poo Poo, is teased about her spots. She encounters many challenges in her pursuit to discover why she has spots. Eventually she learns that she has Mastocytosis. Through her journey and her diagnostic discovery, Winny imparts some valuable life lessons to all readers. This full color illustrated book is a great resource. 8.5 x 11, 24 pgs.



WAYS TO ORDER

1. Mail cheque and order form to:

Higher Path Print & Production
3996 Galloway Frtg Rd
Galloway BC V0B 1T2

2. E-mail order to:

angela@higherpath.ca

**All prices in Canadian funds.
(FOR US checks take 20% off the total)**

DISCOUNTS & WHOLESALE

20% off for non-profit organizations, churches, and lay-persons doing outreach. Minimum order of \$150 and includes FREE Shipping.

Wholesale discount of 40% off, requires minimum order of \$250 and must order items in quantities of 3 or more each. Shipping fee \$40 flat rate, FREE shipping for orders over \$400.

Flat rate shipping \$19.95 OR

FREE SHIPPING*

when you spend over \$99

(USA & Canada)

Wholesale orders: flat rate of \$40 for shipping,
wholesale orders over \$400 FREE shipping.

If you have any questions about your order or any of our products:
1-877-597-3883 OR better yet e-mail me angela@higherpath.ca