



**G O S P E L**  
S O U N D E R S  
Rekindling Reformation

Laikipia Sanitarium and Mission Centre

**HEALTH NEWSLETTER , MAY 2022**

# Laikipia Sanitarium and Mission Center

*The Work Progress and Hindrances*

God's purpose in giving the third angel's message to the world is to prepare a people to stand true to Him during the investigative judgment. This is the purpose for which we establish and maintain our publishing houses, our schools, our sanitariums, hygienic restaurants, treatment rooms, and food factories. This is our purpose in carrying forward every line of work in the cause. Ms 154, 1902, p. 4.

## Sanitarium work

### The Sanitarium work

As seventh day Adventists, we need to understand deeply what the Sanitarium work entails for it is one of the principle agencies in which we are to carry forward the finishing work.

In the book of Luke 10:30 says "And Jesus answering said, A certain [man] went down from Jerusalem to Jericho, and **fell among thieves**, which stripped him of **his raiment**, and **wounded [him]**, and **departed**, leaving [him] half dead.

We are told of a certain man who was fell among thieves. This is a saddening situation friends. He was fell by thieves. Now we all know that when you fall in the hands of thieves, you are at their mercy. They can kill you or leave you dead. We thank the Lord that this man still had some life. He was a half dead. But, I still to impress in our hearts something so serious. In John 10:10 we see further the works of a thief. "The thief cometh not, but for to steal, and to kill, and to destroy:" Note these three things. To steal. To Kill. To Destroy. Have that in your mind. What is the Good news then, we read in the second part that "am come that they might have **life**, and that they might have [it] **more abundantly**."

Christ has come to give life and to give it more abundantly. Now this is our work. To give live, and give it more abundantly. Through the establishments of sanitariums, we can achieve the mission Christ has left unto us to reach nations, kindred, tongues and people.

### What is the purpose for our sanitariums?

**To help the sick to recover soundness of body and mind.**

"Again and again during the past five years symbolic representations have been presented to me in visions of the night, showing what we ought to be doing in sanitarium work **to help the sick to recover soundness of body and mind**. On the night of October 10, 1901, I was unable to sleep after half past eleven at night. **Many things** regarding the sanitarium work were presented to me in figures and symbols. I was shown sanitariums near Los Angeles in running order. At one place I saw sanitarium work being carried on in a beautiful building. On the grounds surrounding the building there were many fruit trees. This institution, which was away from the city, was filled with life and activity. {PH094 14.1}

### Teaching people health Principles

By the work of our sanitariums, suffering is to be relieved and health restored. **People are to be taught how, by carefulness in eating and drinking, they may keep well**. Christ died to save men from ruin. Our sanitariums are to be His helping hand, teaching men and women how to live in such a way as to honor and glorify God. If this work is not done by our sanitariums, a great mistake is made by those conducting them. {1MR 66.5}

The establishment of this institution should be according to the right patterns. Only this pattern can finish the work.

*Those who do not conduct sanitariums in the right way lose their opportunity to help the very ones who need to make a reform in their manner of living. Our sanitariums are established for a special purpose, **to teach people that we do not live to eat, but that we eat to live**. {1MR 67.1}*

## Laikipia sanitarium and Mission center, the foundation laid

### Our Story

*To the work! To the work! We are servants of God; Let us follow the path, That our Master has trod; With the balm of His counsel , Our strength to renew, Let us do with our might What our hands find to do.*

This work has been in our mind for a long time. The burden of beginning self supporting institutions that operates in line with the third angels message has been our prayer. It has taken self sacrifice, surrender and determination to make sure that the work of God is set in every part of the world in totality. The men who decided to leave the comfort of their homes, the incessant life of city life ; slept in the cold and faced diverse challenges in life. It all lived in their minds to see that publishing houses are raised, sanitarium work is initiated, and planting of bible workers in every part of the country that God would enabled them.

The Grace of God and moving by faith has been the impetus by which this noble work is hung on. The idea of the sanitarium work was deeply impressed in our minds when two of our missionaries fell very sick to the extent of losing their lives. This was the providence of God to move out of our comfort zones to set up the sanitarium for the caring of the sick and spiritual nourishment to the dying world. One of our missionaries sacrificed the money that was to be used in treating and taking care of his invalid wife to see that a land is secured in the country side to set up a sanitarium. Though not enough money it was, but by faith, the wheel had began rolling .Oh for that a sacrificing mind , oh for that faith. The story and the experiences underlying this work can be narrated and foretold over and over again. The story of faith , the story of toil, the story of sacrifice. God bless you my brother Zaddock, Sami and all that have engaged in setting up this work. To the work , to the work , we shall sing and work.



The work of constructing the sanitarium begins. The zeal and hope of developing a medical missionary treatment Centre and a school of gospel medical missionary work workers by faith can be seen from a far.

*Habakkuk 2:1-3 I will stand upon my watch, and set me upon the tower, and will watch to see what he will say unto me, and what I shall answer when I am reproved. And the LORD answered me, and said, Write the vision, and make [it] plain upon tables, that he may run that readeth it. For the vision [is] yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.*



**Sample pictures of the progress of the construction work.**

The facility is constructed on a 3 acre land. One third of the land is for gardening.

The first phase of the work is complete. The house has one medium sized lounge that can carry about 20 people, a dining room that can have dining table with eight chairs around it. A medium kitchen, one master bedroom, two bedrooms and a physician room. We have a base with one tank,

We thank the Lord for all that he has done.



## Purpose of our sanitariums...

### Agency for teaching truth and revival of pure, elevated morality

In our sanitariums, the truth is to be cherished, not banished or hidden from sight. The light is to shine forth in clear, distinct rays. **These institutions are the Lord's facilities for the revival of pure, elevated morality.** We do not establish them as a speculative business, but to help men and women to follow right habits of living. Letter 233, 1905, pp. 9, 10. (To Dr. and Mrs. D. H. Kress, August 9, 1905.) {1MR 67.2}

-Sanitarium work has also been begun in Nashville. This must be given Our sanitariums have been established for the **purpose** of support. Medical missionary work is indeed the helping hand of the gospel ministry. It opens the way for the entrance of truth. {RH, May 27, 1902 par. 2}

### -Bring peace and rest to troubled mind

Our sanitariums are to be an agency for bringing peace and rest to the troubled mind. If you can inspire the despondent with hopeful, saving faith, contentment and cheerfulness will take the place of discouragement and unrest. Wonderful changes will then be wrought in their physical condition. Christ will restore both body and soul; and, realizing His compassion and love, they will rest in Him. He is the bright and morning star, shining amid the moral darkness of this sinful, corrupt world. He is the light of the world, and all who give their hearts to Him will find peace and rest and joy." {PH094 18.3}

The sanitariums that shall be established are to be God's memorials, **agencies in the conversion of many souls.** Ms 33, 1901, p. 2.

Our sanitariums have been established for the purpose of **preparing a people for the second coming of our Lord and Saviour.** Letter 284, 1906, pp. 2, 3.



## What we are Doing and intend to do...

**Sanitarium Work-** *Lifestyle Diseases treatments protocols, education on health principles, and Spiritual health and growth.*

House – House Ministry and Community Outreach

Organic farming and Coaching on hygienic Gardening principles

*Training Gospel Medical missionary Workers*



*One of the treatment rooms*

Sanitariums and treatment-rooms should be established in many places. These will open doors for the entrance of Bible truth. {SpTB12x 6.1}

This building is well adapted for sanitarium purposes, and is in a beautiful location. At present preparations are being made as fast as

possible for the opening of the institution. Treatment rooms have been

put up, and almost all the rooms in the house have been repainted. {14MR

Our sick rooms still need improvement , we have two flash toilets. But they cant be used now because of lack of water and incompletion of the sewerage system.



Our first in patient.

## Reaching the less fortunate

The most unfortunate may bear the image of God, and they are of value to God. Those who have true religion will realize that it is their supreme duty to reveal Christ to men, to make manifest the fact that they have learned in the school of Christ. O that we might individually realize that we are simply stewards in trust of

God's means, and that we are to use the gifts God has given us, as Christ used his eternal riches, in seeking and saving that which is lost. We are only trustees, only stewards, and by and by we must give a reckoning to the Master. He will inquire how we have used his goods, and whether or not we have ministered to his family

in the world. If we have enjoyed the comforts and blessings of life, and have had no care for those who were less fortunate, and have failed to relieve those who were needy and suffering, for whom Christ has given his life, we shall not hear the words of approval, "Well done, thou good and faithful servant." {RH, December 10, 1895 par. 6}

The Laikipia Sanitarium and mission center is situated among the pastoralists. This people are nomads who keep moving from place to place in such of pastures for their animals. Recently life has been so tough for these people because of

the long drought. There is lack of water and the grass has dried up. Some families can go for a long time without enough food. Sometimes we visit homes and find old women at home with no food. God is calling us to feed the hungry . It reminds me of this song>

“To the work! To the work!  
Let the hungry be fed;  
To the fountain of life  
Let the weary be led;  
In the cross and its banner  
Our glory shall be,  
While we herald the tidings,  
“Salvation is free!”

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*Herd boys enjoying the porridge we offered unto them*



*Donating some food to this grand mother and her grand children*



*One of the treatment rooms*

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## Garden missionary

Christian farmers can do real missionary work in helping the poor to find homes on the land and in teaching them how to till the soil and make it productive. Teach them how to use the implements of agriculture, how to cultivate various crops, how to plant and care for orchards. {MH 193.2}

Let proper methods be taught to all who are willing to learn. If any do not wish you to speak to them of advanced ideas, let the lessons be given silently. Keep up the culture of your own land. Drop a word to your neighbors when you can, and let the harvest be eloquent in favor of right methods. Demonstrate what can be done with the land when properly worked.

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*Onions farming at the Sanitarium. At the beginning when there were rains. The greatest blessings we are having here is rich and fertile soils that are very productive.*

False witness is often borne in condemning land that, if properly worked, would yield rich returns. The narrow plans, the little strength put forth, the little study as to the best methods, call loudly for reform. {MH 193.3}



Apples seedlings

Cabbages



Carrots



Real charity helps men to help themselves. If one comes to our door and asks for food, we should not turn him away hungry; his poverty may be the result of misfortune. But true beneficence means more than mere gifts. It means a genuine interest in the welfare of others. We should seek to understand the needs of the poor and distressed, and to give them the help that will benefit them most. To give thought and time and personal effort costs far more than merely to give money. But it is the truest charity. {MH 195.2}

## Current Crisis

**Currently the sanitarium is facing various challenges such as Lack of water, we dearly need a constant water source to sustain farming and to help the surrounding communities.**

**This area is deeply in a remote area with lots of wild animals like elephants. Now, elephants are a threat to the farms around if you don't have a strong fence with lights all around to scare them away.**

**We had some bananas in our facilities , but when the elephants broke down the fence, they destroyed and eat all of them. We are praying that God may provide enough to solve these hindrances that is making His work not to continue efficiently.**



**Drought in the area. Agricultural work cannot continue all crops in the farm has dried out.**



The Sanitarium farm during the droughts

## Future hope of Setting more houses for workers and students

Those who are laboring in places where the work has not long been started will often find themselves in great need of better facilities. Their work will seem to be hindered for lack of these facilities; but let them not worry. Let them take the whole matter to the Lord in prayer. When trying to build up the work in new territory, we have often gone to the limit of our resources. At times it has seemed as if we could advance no farther. But we kept our petitions ascending to the heavenly courts, all the time denying self; and God heard and answered our prayers, sending us means for the advancement of the work. {ST, August 24, 1904 par. 5}



Bricks in place to construct more rooms for workers and students

### ENCOURAGEMENTS TO BE IN THE WORK

#### LEARN TO BELIEVE

Lay every care at the feet of the Redeemer. "Ask, and it shall be given unto you." Work, and pray, and believe with the whole heart. Do not wait till the money is in your hands before doing anything. God has declared that the standard of truth is to be planted in many places. Learn to believe, as you pray to God for help. Practise self-denial; for Christ's whole life on this earth was one of self-denial. He came to show us what we must be and do in order to gain eternal life. {ST, August 24, 1904 par. 6}

Do your best, and then wait, patiently, hopefully, rejoicingly, because the promises of God can not fail. Failure comes because many who could put their means into circulation for the advancement of God's work are lacking in faith. The longer they withhold their means, the less faith they will have. They are barrier builders, who fearfully retard the work of God. {ST, August 24, 1904 par. 7}

#### Sewing Classes in the Offing



*We have just gotten a donation of a new sewing machine*

## COOKERY TIME

### Crispy falafels

#### Ingredients

- ⇒ 2 cups dried chickpeas (soaked)
- ⇒ 1 onion diced
- ⇒ 2 cloves garlic, minced
- ⇒ 3/4 cup flat leaf parsley leaves, chopped
- ⇒ 1/4 cup cilantro leaves chopped
- ⇒ 1 Tbsp chickpea flour
- ⇒ 2 tbsp. cumin powder
- ⇒ 2 tbsp. ground coriander
- ⇒ 1/2 cayenne pepper (optional)
- ⇒ 1/2 tbsp. sea salt

#### Instructions

Place all the ingredients into a food processor and pulse until the chickpeas are finely minced. Do not over-pulse- the mixture should be coarse not smooth/pasty.

Using your hands, shape the falafels mixture into small balls about 1.5" (3.8 cm) in diameter

Arrange about 9 falafels balls in a single layer in your air fryer basket and air-fry for about 15 minutes at 370-380°C

Repeat this process until you use up all the dough. The falafel is done when it's golden brown and crispy.

If you don't own an air fryer, you can bake the falafels at 375°F until golden brown, about 30 minutes, flipping once at the halfway point for even cooking.

Enjoy with your homemade sauce or just plain.

Note: soak the chickpeas in water for overnight so that they soften up. Drain, the water, rinse the chickpeas thoroughly and use as instructed.

#### DO NOT COOK THE CHICKPEAS

2 cups dried chickpeas yields about 5 cups soaked chickpeas.

(courtesy of Chef Remi Wilberforce)



## Health Line-Reversing Prostrate Cancer

Prostate cancer starts from the prostate gland which is:

–Found below the bladder and in front of the rectum.

–it is the size of a walnut or golf ball.

–Makes the fluid that is part of semen

### Aromatization process.

If we want to overcome prostate cancer. We must stop the aromatization process. How will we do this? We must give foods that are high in natural estrogen to block the aromatase in converted more androgens into estrogen. We will give more of the foods that we didn't want to administer to the fibroid case. Do you understand me. We want to stop this abnormal conversion process..

When the level of estrogen increases in the male system, a lot of the androgens are converted into dihydrotestosterone through an enzyme called **aromatase**. Aromatase is an enzyme or complex of enzymes that promotes the conversion of an androgen into estrogen. This process leads to the low testosterone in the male system. This will make the man to have a flaccid body, making him more like a woman in physical structure. A man with high estrogen-Dihydrotestosterone levels in the body will begin to bald in the middle of the head.

### REVERSAL PROTOCOL PROGRAM

Exercise, the patient should walk about 8kms daily

Daily intake of water , about 10-12 glasses . sometimes the retention of old urine is a result of little water in the system. We need to drink lot of water to help our bladder eliminate the urine. We need also not to retain the urine when we feel the urge to urinate. If you do urine retention, some toxins will be absorbed into the prostate gland and this usually cause prostatitis.

Vitamin C 1000IU twice a day

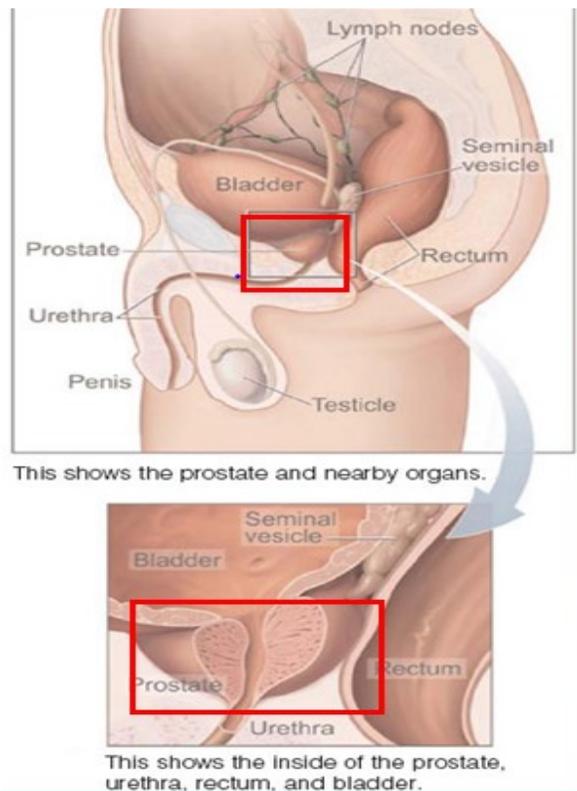
Magnesium 500gms twice a day

Zinc 60gms twice a day

Take pumpkin seeds

2tbsp flax seed oil twice a day

85% Raw diet



85% raw diet

Colon cleanse: do a high enema with coffee, garlic, molasses, catnip. You can chose one to begin with. About a minimum of three enemas.

Constipation sometimes cause the prostate to inflame since some of the toxins get absorbed by the prostate gland. You got to do evacuations and clean up of the colon for the health of your body.

Do a salt glow or skin brushing

### SALT GLOW

Let's start by getting rid of some of these toxins. A Salt Glow is a very useful treatment where we use salt.

Use cooked tomatoes seasoned with little salt and fenugreek.

### Herbal aids.

Stinging nettle, prunus Africana bark (pageum), saw palmetto, wild yam powder, avocado seed powder, comfrey root, marshmallow root, maca root, albizia bark, tylossema root, fever few, corn silk, parseley, tumer-ick

Mix all together in a gallon of water. Let them steep overnight. The following morning simmer them for 30 minutes. Sieve out. Then simmer down to half the volume. Add 8 glasses of blackstrap molasses. Boil for 5 minutes. Cool down. Then refrigerate. Drink half a glass three times a day.

In the morning and evening , you should apply this cream on the testicles.

### PROSTATE CANCER CREAM

DMSO 3 oz., Wild yam 5 TBSP, Vitamin E oil 1 oz., Black cohosh 1 oz.

Peppermint oil 1 TBSP, Cayenne 1 oz., Menthol crystals 1TBSP

Mix and apply over lower stomach three times daily.

This will help the reversal of aromatization. It has high progesterone that lowers the estrogen levels.

*To be continued next month*

# The Solemn Appeal for Support

You can help in finishing the work. By God's grace we are bound to work together in carrying out the work in every line to give the third angels message to the world. Be part of this work by donating something.

## Areas of need for the Laikipia Sanitarium and mission Centre

Drilling a sustainable water source for gardening and use within the Centre and the community.

Making a good fencing for the center

Building more rooms for workers and students and a hall for training .

Feel free to visit our website at [www.gospelsoundersministry.org](http://www.gospelsoundersministry.org) or contact us on Facebook



[www.gospelsoundersministry.org](http://www.gospelsoundersministry.org)



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[samiwilberforce@yahoo.com](mailto:samiwilberforce@yahoo.com)

## FINISH THE WORK

The last rays of merciful light, the last message of mercy to be given to the world, is a revelation of His character of love. The children of God are to manifest His glory. In their own life and character they are to reveal what the grace of God has done for them. The light of the Sun of Righteousness is to shine forth in good works--in words of truth and deeds of holiness. Christ's object lessons pg. 405/406



**GOSPEL**  
**SOUNDERS**  
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