



Little Lambs Inc

A John & Eileen Sala Prison Ministry

<http://www.littlelambsinc.org>

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JULY 2016

I am going to deviate a little this month and focus on two scriptures and something I feel very passionate about, health!

And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. Gen 1:29-30

My people are destroyed for lack of knowledge. Hos 4:6

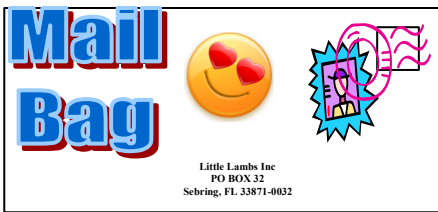
In 1986, because of stress, my colon ruptured and I lived with a double colostomy for a year. That experience taught me the great value of my health. A new respect dawned on me for my body when I no longer had it at my beck and call, especially with 4 children. A profound realization occurred that you cannot be fighting for your life literally and be very effective for the Lord! All my energies were devoted to staying alive.

After being healed, physically, surgically, spiritually, I returned to nursing and took a refresher course in Wichita, Ks. I was stunned by the total focus being applied to the 'Metabolic Syndrome', something I had not learned about in nursing, neither had I read about it in my husband's medical journals. (It was later defined in 1988 by Raeven.) Nevertheless, this new 'lifestyle-related' disease was on the march bringing with it high blood pressure, heart disease, hitting the liver with fatty liver disease and marching on to kill the kidney with kidney disease and producing late-onset diabetes. Some years later, Alzheimer's has been said to be 'diabetes of the brain.'



Sidelined with a back problem in June, I typed 'sugar' into Google and wow, what did I find. I have found that the Metabolic Syndrome is driven by the increased sugar in our diets. Not by fat, but by sugar! And it has marched on to not only affect adults but it is ravaging our children. With the increase of sugar in almost all foods and drinks, especially juices, children as young as one are consuming enormous amounts of sugar a day bringing to them heart disease with high triglycerides, type 2 diabetes and well as blood pressure problems and obesity. This sugar in the diet is also bringing an epidemic of non-alcoholic fatty liver disease, in children as well as in adults. 1% of 2-4 year olds are diagnosed with Non alcoholic fatty liver disease (CDC 2015 website) as are 17% of 15-19 yr olds and 38% of obese children. With a reliance on prepared food containing lots of salt and sugar, (they remove the fat, put sugar in its place) the American Heart Association says that 34% of American adults are affected with fatty liver disease. The International Diabetes Foundation says world wide the statistics are the same: 25% of world's adults have full blown Metabolic Syndrome. People with metabolic syndrome are 2 times as likely to die from and 3x as likely to have a heart attack or stroke compared to people without the syndrome. People with Metabolic Syndrome have a 5x greater risk of developing type 2 diabetes. Up to 80% of 200 million people with diabetes globally will die from heart disease. Metabolic disease and diabetes are ahead of HIV/AIDS in deaths yet the problem is not as well recognized. Our new plague!

In Gen. 1:29-30 God gave us the grasses, grains, vegetables and fruits for food, a vegan diet if you please with probably a lot of raw! Later in Gen 9:3 He added meat (every moving thing). But because we lack the information about what is happening to our food through engineering and processing, we do not understand that it is killing us. Diabetic Association and The Heart Association recommend only 6 teaspoons of sugar a day! Some slices of bread have 2 tsps in one slice. Muffins and pastries contain 8 and above teaspoons in that one item! Statistics show that everyone is consuming as much as 40 teaspoons of sugar a day! 'Healthy' Vitamin Water has 33 gm of sugar in a bottle! Some large coffees and smoothies have 30 and 40 tsps of sugar each! One sugar soda a day for one year is enough to give you pre-diabetes! (Dr. Lustig in Sugar The Bitter Truth) All of this fat is stored in the liver, bringing us fatty liver disease! *Continued page 4*



**Graduation
Marriage & Family
Avon Park Prison
July 26, 2016**

I stand here today a changed man. When I came to prison I was broken. There was no reaching me. At the age of 15, I was already addicted to alcohol. Not only had it destroyed me but also the lives of my wife and children and others around me. I come from a dysfunctional family of alcoholics who never taught us kids about boundaries or showed us how to care for one another. To me I thought this behavior was normal. I knew no other lifestyle outside of our home. Even though I knew as I grew older how alcohol destroys lives, I still chose the path to drink and abuse others such as my father did. Through God's grace I'm here today 5 years sober and now have a loving relationship with my wife, children and family. I thank God for this achievement and also grateful for the opportunity to be a part of these programs which have helped me make changes in my life and be a responsible person having applied boundaries and living by God's word. I'm able to communicate and deal with situations where before I was not properly equipped to make decisions that concerned my life or others around me. The Spirit of the Lord has placed a whole new way of thinking in me. Ms. Eileen, thank you for more tools and God's word to daily further my recovery and help restoring broken relationships. Phillip

Good News...from a disciple

I've been done with this last lesson for a month but I know I was soon to be released & would not receive a reply after my discharge. I have 18 months on parole and I have paroled to Calvary Commission Seminary School in Lindale. I live on campus and got to classes and church 6 days a week. I just wanted to say thank you for helping me in my walk to stay in the Lord's light and I feel that this is the place for me right now. Thank you for the lessons and if you continue to send them I will still do them in my spare time. Again thank you and bless you and your ministry. It's folks like you that help turn around folks like me! Praise God! In prayer. Wilson, Tx.

From Micky at Avon Park Prison: Marriage/ Family Class
To begin with I came to this class with a very open mind. Not really knowing what to expect, but I'm here to tell you I got more than I could have imagined. First of all my teacher is great, a woman of God that is very passionate and faithful to her calling (Ms Eileen). And as much as she loves the Lord, I just knew in my spirit this would be a great experience. You see, I'm a Born Again Christian so there's a connect.

I could see a lot of this material that we covered in class really opened my mind and eyes as I look back on my childhood. However by using all I have learned from the class to make me a better father as well as grandfather that God would have me be.

Everything was fine in my life until I started to experiment with drugs. It started out smoking a small amount of pot....however as time went on that only would lead to drinking and then cocaine. This is where my life took a turn for the worst because of my very poor choices. As I look back I can see myself in this addictive cycle that we discussed in class. I'm sitting there reading over these lessons and in my mind I'm saying 'this is me'. From the mood swings, the withdrawals, adultery, affairs, not being a caring father only concerned about myself and the things that pleases my flesh....and not to mention what I was doing to my brain! The things I've learned in this class let me know it's only by God's grace that I'm alive to talk about it and make the changes to live for God and please Him. I still have a long way to go. I thank God for my family and the relationship with my daughters. However I'm thankful for the foundation that Little Lambs has equipped me with to use for my good that I may be a productive citizen and be a father, son, brother, and eventually the husband that God would have me to be. (Jer. 29:11) God has saved me for a reason. My plan: I made a mess and wrecked my life. But thank God for Jesus, things are slowly coming back together in God's time and plan. God's promises are true so my hope and future is in Him. Thank you...May God continue to bless you and your ministry! Mickey

**Assistant Chaplain Needed
At Avon Park Correctional
20-40 hours a week paid position Must be ordained
Call Chaplain Joria at 863-453-3174**

From Manatee Co. Jail....

I've been in jail 18 months. Since day "1" I've seek the Lord and His will for my life. I've found that one of my gifts is teaching, so I have a group of "5" men total getting together day and night, studying God's word, praying and praising Him. I'm from Argentina and indigent. So if possible any material you can send me, books, bible studies, etc will be a great blessing for this little church in Port Manatee. I do have "5" children so I count on your prayers. In Christ, Rodrigo

Dear Salas, I want to thank you for these wonderful and informative Bible Studies. They have helped me to increase my understanding of my reading and helped me to have a much more intimate relationship with God. I am working on my second year in prison and have had some ups and down. I have heard stories of things that have happened to others with my charges and know that God is with me and protects me. I look around and see the greater majority focused on carnal things of this word, abusing their neighbors, taking advantage of them, enforcing their will on others physically, and dragging my spirits down daily. I know that if it wasn't for the strength of God I would have caved in and 'gone psych'. I do not know what the future has in store for me but I will face it with God at my side providing me the strength to return to my family. You need not respond. I have needed to tell someone these things and have kept my family from knowing the dirty details. Bro., Scott.

A Graduate who has exited prison June 4.....

This is my third time taking this class, and one of the things I have learned is I believe this class is like the Bible... The more I go to it, and use what I have learned from it, it makes me a better person, a smarter person, a more able person to hopefully help someone else. This class has taught me about codependency and being an enabler. I was that certified co dependent for her. I was that false bottom. This class made me realize that in all reality I was hurting her more than helping her and it was causing my family to be a dysfunctional family. I would cover for my wife and ask my children to do the same. This class has taught me about the core belief system and again made me realize how I suppressed all of my beliefs to cater to her beliefs and to keep her happy. I can go on and one about the endless list of things that I have learned from you Mrs. Eileen and your class but my hand might fall off (LOL). I would really like to thank you for all of your wisdom, knowledge and time that you have given to me. I will continue to use what you have taught me in here on eh outside when I EOS on June 4th, 2016.

In the name of our Lord Jesus Christ I write to you.

I am saying first that I, Benigno, thank God and Jesus Christ for these Bible Studies that you send. I am grateful to the Lord and to you Brethren.

Why? Because God has given me grace to be able to help other brothers in Christ like me who ask for help. I have received much help and am thankful for these studies.

Why? Because of you I have been reconciled again with our Heavenly Father.

Why? Because I used to read the Bible as if it were another common book. Now, with your help, I can concentrate on God's Word. Thank you , Benigno

Simple Thanks: I would like to thank you for providing me with an opportunity to learn and grow through the Little Lambs School of the Bible. The two tracts I received with my lesson has given me clarity and assurance on many things that I have went before God in prayer about. These were the answers to many prayers. Thank you! Willie, Tn

Dear Salas, thank you so much:)

I've never so Welcome- truly:) the little baby picture was touching:) It's going in my bible when I graduate.:)



This bible study was not what I was expecting, it's just what I need.:) I don't know the bible - at all. This lesson had me going thru it forwards and backwards. I don't have a bible of my own that's one of the reasons I'm taking your studies. I'm using my cell-partners. Thank God it's indexed. I'd be lost looking up the different books. :)

I like how you have us copy verses- the word gets absorbed 3 ways, by reading it, then writing it, then I say it as I match it making sure it is correct. I believe God has a plan for me and learning thru your lessons is part of that plan.:) Thank you for being there. Terry. Ok



Pray for our nation this Fourth of July!

Continued from page one We are seeing more and more news reports of children dying suddenly during sporting practice because of undiagnosed metabolic syndrome! This mirrors the adult population.



Now let me talk about salt! Salt is a big factor in metabolic syndrome because of its affect on blood pressure and the kidneys. High blood pressure will not only cause strokes, but the high pressure destroys the delicate filters in the kidney. Just like sugar, there are tons of hidden salt in all processed and restaurant foods! It is easy to get an entrée at a famous chain restaurant with over 3, 600 mg of sodium. Do you know that the recommended amount daily **total** (in bread, and cheese, and meat, and all chips, sodas, etc) is 2,300 mg of sodium, one teaspoon! A can of Campbell's soup 1/2 cup of Chicken noodle soup has 940 mg of sodium. Cereals like Raisin Bran will have 350 mg Na alone! Cheese 200 mg a slice! A plain bagel, 450 mg. A kids Lunchables with ham and Swiss with crackers has 1,130 mg of sodium! Heinz catsup has a whopping 190 mg per teaspoon! Our next generation will become adults with serious health problems. The military is already worried that we will not be able to field a healthy force. If you are diagnosed with high blood pressure, seriously get off the salt! **Read all the labels, thoroughly, especially the salt and sugar content.** Go to your cabinet or fridge now and check these labels. Before going to a restaurant, check out their nutritional information before ordering. But better still, **cook at home.** Home cooking is the safest with all the wonderful low calorie yet wholesome recipes online. Pinterest is a great site to find raw or vegan recipes or just plain paleo as they say! I have a 'board' on pinterest.org also for recipes.

You can find all this sugar and salt information by Googling Dr. Lustig and sugar. His video "Sugar—the Bitter Truth" is on my Facebook page, Eileen Sala. YouTube also has the "Sugar Babies" Series which are extremely informative. Also very informative is the video "Fed Up". It is reported that there are 79 million pre-diabetic people in the USA (AMPA.org) as well as the 25.8 million diagnosed and undiagnosed diabetics.

I am saying all this because I love you and I don't want you or your children or my volunteers or partners to suffer needlessly. I have had three volunteers in their 90's and enjoyed seeing them come in once or twice a week. Jan's mom enrolled and completed our studies while in her nineties as well as coming in twice a week. I jealously guard my volunteers' health! They will tell you that I want to knock out that 'lack of knowledge' thing and get them all informed. For me it is a personal thing, I love and respect them and want them to have the best life possible. We all want to be serving the Lord when we go home, not sitting somewhere waiting to be cared for. You can call me for more information! 863-273-7388

Well that's enough said on my soapbox. Now to carry it out! Remember to exercise some every day. Rejoice that God has given us a diet of grasses, herbs and fruits. Before processing and sugar, the first men lived hundreds of years! Methuselah lived 969 years! And from all biblical accounts were pretty healthy. Abraham was siring children in his second hundred year! Have a great summer and remember us in your prayers!

Much love, Eileen Sala

Schedule July 2016

Mon...Avon Park Prison Bible Study

Mon...Overcomers with Hogar Resa

Tue...Overcomers Avon Park Prison

**Tue...Marriage & Family/Biblical
Boundaries Avon Park Prison**

**Wed...Anger Management/Biblical
Boundaries First Presbyterian
Church @ 7 pm**

**Wed... Overcomers Bible Fellowship
Church @ 6 pm**

**Thurs..Released to Love, Women Co-
dependent recovery @ 6:30 pm**

**@ Little Lambs Inc
Counseling by Appointment
863-273-7388**

A New Class

