

MOUNT SHASTA SEVENTH-DAY ADVENTIST CHURCH

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To Whom It May Concern:

I have known Dr. Youngberg since our paths first crossed while attending the School of Public Health at Loma Linda University in the 1980's. In the intervening years Dr. Youngberg's success in helping people reduce their risk of chronic disease, and in many cases reversing the disease altogether, has garnered the respect of the medical community and been a blessing to people around the world.

Recently, our church sponsored a three-part community health seminar featuring Dr. Youngberg. Our local hospital paid for all advertising for the event. In addition, church physicians shared Dr. Youngberg's *Goodbye Diabetes* book with dozens of their colleagues and invited their patients to attend; church members welcomed their friends.

The series turned out to be one of the best-ever health events conducted at our church, as evidenced by the testimonies of those who came, the many books and DVD's that were sold, and the dozens of talks that have been downloaded from our church website or shared in CD form. Church members personally expressed their appreciation for Dr. Youngberg's balanced approach.

Dr. Youngberg did not limit his talks to subjects such as exercise and diet; he also addressed matters of the heart, such as forgiveness, and how stress and unresolved issues affect our disease risk. After hearing Dr. Youngberg's Sabbath sermon on forgiveness, one lady who was attending for the first time responded with tears of relief. "Now I understand why I really have diabetes," she said. "I've been harboring resentment about things that happened to me more than 40 years ago." She is now looking forward to beginning Bible studies and being liberated from the underlying bitterness that has made her sick, in addition to learning how to put into practice simple health principles.

One person commented, "Dr. Youngberg doesn't talk down to the audience, but identifies himself with us." Several observed, "He inspires me with hope."

As coordinator of this weekend series, I am deeply grateful for Dr. Youngberg's commitment to sharing this life-saving message with the world, patterned after the healing ministry of Jesus Christ, who mingled with men as One desiring their highest good. Dr. Youngberg's humility and genuine interest in others is evident. I highly recommend Dr. Youngberg as a presenter, one who reaches to the heart of each listener with hope for a better life both now and for eternity.

Patti Guthrie, MPH
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