

# Health For A Lifetime

3ABN Ministry Resources • (618) 627-4651

## GUEST: Dr. Phil Mills

- HFAL 033 Different Strokes for Different Folks
- HFAL 034 Making Par on Your Strokes
- HFAL 035 Protecting Your Most Vital Asset
- HFAL 036 Dealing with Chronic Pain
- HFAL 037 Joint Problems

## GUEST: Kevin Bryant

- HFAL 038 Choosing the Best Nursing Home
- HFAL 039 The Good & Bad of Cholesterol
- HFAL 040 Natural Remedies for Heart Disease
- HFAL 041 Natural Remedies for Geriatric Concerns

## GUEST: Dr. Glen Wiltse

- HFAL 042 The Taste That Kills
- HFAL 043 Healthy Hearts
- HFAL 044 Healthy Eating
- HFAL 045 Your Immunity, Faith & Prayer, Pt. 1
- HFAL 046 Your Immunity, Faith & Prayer, Pt. 2
- HFAL 047 Brittle Bones

## GUEST: Bernell Baldwin

- HFAL 048 Frontal Lobe
- HFAL 049 Brain War, Pt. 1
- HFAL 050 Brain War, Pt. 2
- HFAL 051 Alzheimer's / Dementia
- HFAL 052 The Soybean Advantage
- HFAL 053 Saving Your Heart

## GUEST: Patti Barnes

- HFAL 054 Prenatal Care
- HFAL 055 Nutrition
- HFAL 056 Home Births
- HFAL 057 Labor & Delivery
- HFAL 058 Post-Partum

## GUEST: Dr. Hans Diehl

- HFAL 059 The Brain: Over Fed, Under Nourished
- HFAL 060 Forgiveness

## GUEST: Ashraf Maher

- HFAL 061 Testimony

## GUEST: Dr. Neil Nedley

- HFAL 062 The Wonderful Mind
- HFAL 063 Depression
- HFAL 064 Diet and Depression
- HFAL 065 Lifestyle & Depression, Pt. 1
- HFAL 066 Lifestyle & Depression, Pt. 2

## GUEST: Dr. Mary Anne McNeilus

- HFAL 067 The Pharmacy in Your Kitchen, Pt. 1
- HFAL 068 The Pharmacy in Your Kitchen, Pt. 2
- HFAL 069 The Pharmacy in Your Kitchen, Pt. 3

## GUEST: Richard Nelson

- HFAL 070 Newstart for Life
- HFAL 071 Health Expo Around the World

## GUEST: Dr. Zeno Charles-Marcel

- HFAL 072 Best Choice
- HFAL 073 Allergies
- HFAL 074 Heart Disease

- HFAL 075 Total Health
- HFAL 076 Be Active
- HFAL 077 Sweet Blood, Sour Deal
- HFAL 078 Results

## GUEST: Dr. David DeRose

- HFAL 079 Homocysteine
- HFAL 080 Weight Reduction, Pt. 1
- HFAL 081 Weight Reduction, Pt. 2
- HFAL 082 Native American Health Practices
- HFAL 083 Social Support
- HFAL 084 You Can Be a Vegetarian
- HFAL 085 The Good News about Exercise

## GUEST: Tim Arnott

- HFAL 086 The Good News about Diabetes
- HFAL 087 What Is Optimum Cholesterol?

## GUEST: Dr. David DeRose

- HFAL 088 Medication: Promises & Pitfalls, Pt. 1
- HFAL 089 Medication: Promises & Pitfalls, Pt. 2

## GUEST: Skip MacCarty

- HFAL 090 The Stress Tank
- HFAL 091 The Bible and Stress
- HFAL 092 Stress and Relaxation

## GUEST: Allan Handsides

- HFAL 097 AIDS in Africa
- HFAL 098 Water
- HFAL 099 Food
- HFAL 100 Women's Health Issues
- HFAL 101 Heart Health

## GUEST: Skip MacCarty

- HFAL 102 Time Management & Stress
- HFAL 103 Relationships & Stress
- HFAL 104 Viewpoint & Stress
- HFAL 105 Stress Absorbers, Pt. 1
- HFAL 106 Nutrition & Stress
- HFAL 107 Exercise & Stress
- HFAL 108 Life Management & Stress
- HFAL 109 Stress Absorbers, Pt. 2
- HFAL 110 Hymns & Stress Management
- HFAL 111 Divine Stress

## GUEST: Eric Shadle

- HFAL 112 Physiology of Menopause
- HFAL 113 Preventing Cardiovascular Disease
- HFAL 114 Osteoporosis
- HFAL 115 Alternative to HRT
- HFAL 116 CHIPS Program

## GUEST: George Guthrie

- HFAL 128 Diabetes, Type 1
- HFAL 129 Diabetes, Type 2
- HFAL 130 Vitamin D
- HFAL 131 Cholesterol / Lipids
- HFAL 132 Trans Fats
- HFAL 133 Weight Loss

# The 3ABN Miracle Story

## "MENDING BROKEN PEOPLE UPDATED"

Danny Shelton shares the miraculous story of God's leading in the beginning of Three Angels Broadcasting Network. You'll be amazed as you see the miraculous events that paved the way for 3ABN to preach the Three Angels' Messages to a lost and dying world via television and radio.

Order Item #MSV for video or #MSD for DVD  
 \$20.00 suggested donation inside USA  
 \$24.00 suggested donation outside USA

# 3ABN Flagship Programs

## 3ABN TODAY LIVE

Your 3ABN Family hosts this two-hour Thursday night "LIVE" version of "3ABN Today." You'll enjoy the testimonies and praise reports of guests from around the world. The program features viewer call-ins and free special offers!

2 hours/\$21.00 each suggested donation inside USA  
 2 hours/\$26.00 each suggested donation outside USA

- TL04501 - Bible Questions, John & Angela Lomacang, John Stanton, John Dinzey
- TL04502 Bible Questions Live, Kay Kuzma, Walter Thompson
- TL04503 Bible Questions Live, Danny Shelton, Shelley Quinn
- TL04504 Three Days and Three Nights, Kenneth Cox
- TL04505 4th of July Special, Nick Miller, James Standish
- TL04506 Depression, Neil Nedley, Don Mackintosh
- TL04507 Voice of Prophecy / Jim Gilley
- TL04508 Behind the Scenes at 3ABN, July 2004
- TL04509 Asian Aid, Helen Eager, Garwin McNeilus
- TL04510 We Can Keep Them in Church, Gary Hopkins, Myrna Tetz
- TL04511 Curtis Eakins, Paula Eakins
- TL04512 Behind the Scenes at 3ABN, August 2004
- TL04513 Shelton Family Musical Special
- TL04514 God Still Works Miracles! Mark Finley
- TL04515 Fun, Fit and Free! Gwen Foster
- TL04516 Behind the Scenes at 3ABN, September 2004
- TL04517 3ABN Fall Camp Meeting Bible Questions Live '04
- TL04518 Disarming Diabetes, Hans Diehl
- TL04519 Behind the Scenes at 3ABN, October 2004

- TL04520 Mission Awareness, Mike Ryan, Gerry Karst, Gary Krause, Rick Kajiura
- TL04521 Revival in Our Church, Doug Batchelor
- TL04522 Bible Questions Live, Mollie Steenson, Shelley Quinn, Rick Odle, John Dinzey
- TL04523 3ABN 20th Anniversary Special
- TL04524 Behind the Scenes at 3ABN, November 2004
- TL04525 Thanksgiving Special, 2004

## 3ABN TODAY

3ABN's signature program featuring inspirational guests, health tips, music, and the best vegetarian cuisine.

60 minutes/\$14.00 suggested donation each inside USA  
 60 minutes/\$18.00 suggested donation each outside USA

### Program Code/Topic

- TDY04002 Overview & New Converts, Julia Outkina
- TDY04003 Personal Testimony, Ruben & Lisa Carr
- TDY04004 Maasai Development Project, Jan Meharry, Celeste Lee
- TDY04006 3ABN Donations, Bruce & Tammy Chance
- TDY04007 3ABN Russia: Overview & New Converts, Julia Outkina
- TDY04009 Global Evangelism, Ronnie & Teresa Shelton
- TDY04010 Child Advocacy Center / CASA, Vicki Sleyko, Charles Garnatti, Mariah Hayes & Kathy Schimpf
- TDY04011 Vocal Training, Judy Rodman
- TDY04012 Valor, John Laws, Daniel Johnson, David Kenamer
- TDY04013 Jim McDonald World Ministries, Jim McDonald, Katie McDonald
- TDY04014 3ABN Russia, the Center, the Converts, Julia Outkina
- TDY04015 Russian Evangelism, Gene & Pat McClintock, Julia Outkina
- TDY04016 Personal Testimony, AnaLaura Chávez
- TDY04017 Personal Testimony, Hiram Galvez
- TDY04018 Personal Testimony, Jay Lawrence, Rebecca Lawrence
- TDY04019 Word Warriors, J.D. Quinn, Shelley Quinn
- TDY04020 Closed Captioning, Chip Doss, Esther Doss
- TDY04021 Personal Testimony, Jan Kuzma, Kay Kuzma
- TDY04022 Personal Testimony, Paul Vandel, Elaine Vandel
- TDY04023 3ABN Book of Miracles, Kay Kuzma
- TDY04024 Personal Testimony, Allison Durham Speer
- TDY04025 Archaeological Diggings, David Down, Lorna Down
- TDY04026 ASI Interviews, Wesley Willbanks, Rafael Rosa
- TDY04027 3ABN Australia, John & Rosemary Malkiewicz
- TDY04028 Personal Testimony, Michael Harris
- TDY04030 ASI Interviews, Jessica Frame, Scott & Lorena McKenzie, Robert Burnette
- TDY04034 Russian Summer Camp, John Kantor, Anatoliy Gurov, Vladimir Tkachuk

# ON The Road

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**SPEAKER: Angel Rodriguez**  
OTR 384 Adventist Truth & the Sanctuary, Pt. 1  
OTR 385 Adventist Truth & the Sanctuary, Pt. 2  
OTR 386 Adventist Truth: Judgment & Salvation, Pt. 1  
OTR 387 Adventist Truth: Judgment & Salvation, Pt. 2  
OTR 388 Adventist Truth: Hope, Angel Rodriguez  
**Concert:**  
OTR 389 Michael Harris Concert

**SPEAKER: Mark Finley**  
**TITLE: 2003 3ABN Camp Meeting**  
OTR 390 Armageddon: The Middle East Crisis  
OTR 391 Armageddon: Last Day Events  
see also ONRD 361 - 364

**TITLE: 2003 Michigan Camp Meeting**  
**SPEAKER: Randy Skeete**  
OTR 392 — First Look at the Last Straw  
OTR 393 — New Life—Not New Age  
OTR 394 — Don't Do Me No Favors

**SPEAKER: Vicki Griffin**  
OTR 395 Recovery  
OTR 396 The Entertainment Trap  
OTR 397 It Is Well

**SPEAKER: Doug Batchelor**  
OTR 398 Free From Sin  
OTR 399 Resisting Temptation  
OTR 400 Power in Purity

**Concert:**  
OTR 401 Musical Variety

## TITLE: 2003 ASI Highlights

Get the entire set for only a suggested donation of \$99.95 , or individual tapes for only \$20.00 inside the USA. These programs have been edited for time and do not contain all the original material.

Get the entire set for only a suggested donation of \$119.94, or individual tapes for only \$24.00 outside the USA. These programs have been edited for time and do not contain all the original material.

TAPE 1 (OTR402 ) Opening Night; (part of our Thursday Night Live Program) Invocation: Floyd Miller; Welcome: Denzil McNeilus, Ron Christman Special Music: Shama & Phoebe Eller; Intro to Speaker: Ron Christman; Keynote Address: Russell Burrill; Special Music: Walesia Robinson-Cates, Benediction: Viorel Catarama

(OTR403) Mark & Ernestine Finley  
TAPE 2 (OTR404) Members in Action, Second Evening; Kim Busl, Carol Squire, Craig Cleveland, Jeremy Brousson, Jeremy Wellman, Ray & Tammie Beirele, Julia Dickman, Eleasah Houston, Leasa Hodges, Dr. Anna Slepetchuk, Alyosha Ostapenko, Benny Moore, Merlin & Jo Ann Fjarli; Barbara Randall, Robert Horner, Linda de Romanett, Carl Sadau, Tito Charneco, George McNeilus; Special Music: Adrian Pressley  
(OTR405) Friday Morning Prayer Session; Special Music: Kathy Russell; Intro to Speaker: Karen Houghton; Speaker: Peter Neri, "Because You Have Prayed"; Special Music: Native American Choir

TAPE 3 (OTR406) Evangelism Forum, Robert Folkenberg, Geoffrey Mbwana, Pardon Mwansa, Tom Murray, Tye Davis, Jamie Trott, Melissa Larson, Michael Larson, Daniela Larson, Bill Tucker, Willard Register, James Zachary, Charlene West, Davis Otis, Ida Otis, Jose Martinez, Robert Lawson, Steve Hamilton  
(OTR407) Friday Evening Session; Special Music: Meline Ponniah; Members in Action: Chester Clark III, Jim Stevens, Louis Torres, Yamil Rosario, Adrian & Christina Holder, Tyler Long, Mike Troxel, Stephanie Jaeger, Marianna Ilaschuk, Jeffrey Rosario (rest of interviews are in OTR408)

TAPE 4 (OTR08) Friday Evening Session Continued; Members in Action: Chester Clark III, Jonathan Miller, Joshua Herschberger, Alonna Smith; Special Music: Sedic & Genaida Benson; Youth Around the Globe, Janice Smith  
(OTR409) Sabbath School Morning; Special Music: Kymbrelee & Sondra Smith, Leah & Carmen Brousson; Evangelism in Action: Vern Erickson/ Kurt Johnson, Gilbert Lucero, Kevin File, Dave Cox, Dan Lesh; Lesson Overview & Study: Doug Batchelor; Special Music Offeratory: The Nelson Family; Special Music: Cadet Sisters

TAPE 5 (OTR410) Sabbath Worship Services; Members in Action: Alonzo Bethea, Rusty McKee, Steve Rinker; Testifying for Jesus/ASI Youth for Jesus: Chad Kreuzer, Jessica Aviles, Justin McNeilus  
(OTR411) ASI Presents/Health Wins Friends for Eternity; Health with Friends, Henry Martin, Charles Cleveland, Karen Houghton, Agatha Thrash, Gwen Foster, Arthur Weaver, Hans Diehl, Jim McHan, Wayne Sharpe, Janie Ritter, Terry Moreland, Ebernezer Chambie

TAPE 6 (OTR412) ASI Presents: The Heralds Concert  
(OTR413) ASI Thursday Morning; Special Music: Adrian Pressley; Members in Action: Neil Nedley, Phil & Sherry Mills, Mark & Patti LaVanture, Carlos Japas & Melissa Japas; Special Music: The Guthrie Family; Vesper Message: Lonnie Melashanko

TAPE 7 (OTR414) Global Evangelism/ Tanzania / Zimbabwe; Special Music: Annette Cambell; Members in Action: Dan Houghten, Shane Lathrom, Donald Casebolt, Nahor Muchiutti

## TITLE: 2003 Rally at Roseburg, Oregon

OTR 419 Today, Stan Beerman

## TITLE: 2003 Spokane, Washington

### SPEAKER: Ty Gibson

OTR 420 The Endless Falling in Love  
OTR 421 Secret Power  
OTR 422 Alluring  
OTR 423 What You See, What You Get

### SPEAKER: Ron Halvorsen

OTR 424 From Gangs to Gods  
OTR 425 The Word Dying Offers Unique Salvation  
OTR 426 The Word Saving Offers Unique Peace  
OTR 427 Returning Offers Unique Hope  
OTR 428 Sinai's Three Secrets, Max Torkelson

# ON The Road

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- OTR 429 Blue Grass Concert by Hand Picked
- OTR 430 Oregon Adventist Mens Chorus
- OTR 431 A Musical Bouquet, Michael Card, Wintley Phipps

**TITLE: 2003 Caldwell, Idaho**

- OTR 432 Go Fish, Karl Haffner

**TITLE: 2003 Yakima, Washington**

- OTR 433 The Challenge Today, Dave Crockett

**TITLE: 2003 Rally, Fresno, California**

- OTR 438 Opening Evening, Stephen Bohr

**TITLE: 2003 Prophets & Prophecy, Fresno CA**

**SPEAKER: Stephen Bohr**

Entire series 7 programs \$77.00 suggested donation inside USA

Entire series 7 programs \$96.00 suggested donation outside USA

- OTR 442 Endtime Gift: When & Where?
- OTR 443 The Testimony of Jesus
- OTR 444 Time Prophecies,
- OTR 445 Moses & the Prophets
- OTR 446 Guidance for the Last Days
- OTR 447 The Lesser Light
- OTR 484 Visionary Experience

**TITLE: Holiday Specials 2003**

- OTR 453 -> No Sign of Rain, Jim Brackett
- OTR 454 -> Morning Song Holiday Music Special

**TITLE: Life of Victory Seminar 2003**

**SPEAKER: John Lomacang**

- OTR 455 -> The Adams Family
- OTR 456 -> I've Fallen & Can't Get Up
- OTR 457 -> Dead Men Walking
- OTR 458 -> Wanted: Dead or Alive
- OTR 459 -> Till Death Do Us Part
- OTR 460 -> He'll Keep the Light On For You
- OTR 461 -> Can You Hear Me Now?
- OTR 462 -> What's Love Got to do With It?
- OTR 463 -> What Would Jesus Do?

**TITLE: Eleventh Hour Evidence 2004**

**SPEAKER: David Asscherick**

Entire series 15 programs \$161.00 suggested donation inside USA

Entire series 15 programs \$200.00 suggested donation outside USA

- OTR 469 Pascal's Wager
- OTR 470 Does God Exist?
- OTR 471 Has God Spoken?
- OTR 472 The Resurrection of Jesus Christ: Fact or Fiction?
- OTR 473 Is the Bible God's Word?
- OTR 474 Be Not Deceived
- OTR 475 The Cross - Pt. 1
- OTR 476 The Cross - Pt. 2
- OTR 477 Creation - Pt. 1
- OTR 478 Creation - Pt. 2
- OTR 479 Does Jesus Christ have a Twin? Pt. 1
- OTR 480 Does Jesus Christ have a Twin? Pt. 2

- OTR 481 The United States in Bible Prophecy
- OTR 482 Revelation's Bride
- OTR 483 The Mark and Seal of the Beast

**TITLE: Various Sabbath School and Church Services**

- OTR 485 The Sacred in the Common, Ed Reid, Tampa, Florida
- OTR 486 A Devoted Soul and an Impending Cross, Steve Wohlberg, Wichita, Kansas
- OTR 487 Jesus lays Down His Life for His Friends, John Lomacang, Battle Creek Michigan
- OTR 488 Crisis of Identity, D. Shelton, D. Austin, J. Hopkins, P. Kenyon, Green Bay, Wisconsin
- OTR 489 Noble Prince of Peace, Jack Blanco, Calhoun, Georgia
- OTR 490 It Is By Grace, Shelley Quinn, Calhoun, Georgia

**TITLE: 3ABN Camp Meeting 2004**

- OTR 491 Sacred Concert
- OTR 492 Bible Questions Live, Pt. 1
- OTR 493 Bible Questions Live, Pt. 2
- OTR 494 Dangerous Skies Ahead Pt. 1, John Lomacang
- OTR 495 Dangerous Skies Ahead Pt. 2, John Lomacang
- OTR 496 Understanding God's People in Revelation Pt.1, Mark Finley
- OTR 497 Understanding God's People in Revelation Pt.2, Mark Finley
- OTR 498 Friday Evening Music and Testimonies
- OTR 499 It Is Finished, Mark Finley
- OTR 500 Kid's Time Special, Brenda Walsh
- OTR 501 Sabbath Worship Pt. 1, Danny Shelton
- OTR 502 Sabbath Worship Pt. 2, Danny Shelton
- OTR 503 Sabbath Afternoon Musical Concert
- OTR 504 Intercessory Prayer, Mark Finley
- OTR 505 Sabbath Evening Musical Concert, Pt. 1
- OTR 506 Sabbath Evening Musical Concert, Pt. 2

**TITLE: 2004 AS! Cincinnati, Ohio**

These programs have been edited for time and do not contain all the original material.

- OTR 507 Wednesday Evening, Pt. 1, Chip Doss, Harold Lance, Steve Dickman, Blondel Senior, Dan Houghton, Heidi Domke, Isaiah Duong, Jaime Espinal, Jeanie Weaver, Judy Aitkin, Lee Gugliotto, Lisa Goolsby, Rudy Micelli, Terry Anderson, Vicki Griffin, Wallace Mandigo, Wilbur Atwood
- OTR 508 Wednesday Evening, Pt. 2, Christopher Dellen, Ty Gibson
- OTR 509 Thursday Morning, Pt. 1, David Asscherick, Esther Alva, Esther Doss, Jim Hovey, Joe Dent, Manuel Alva, Mark Black, Pat Arrabito, Ronald Jaudas, Tom Murray
- OTR 510 Thursday Morning, Pt. 2, Carlos Pardeiro, Lewis Walton
- OTR 511 Thursday Evening Pt. 1, Calvin Thrash III, Donna McNeilus, Anna Slepenschuk, Dan Vis, Danny Shelton, Denzil McNeilus, Helen Eager, Lisa Panasuck, Randy Courtad, Viriato Ferreira