



Christian Contributors

Identify outstanding Adventists or Christians who have made important contributions to or through the area of **HEALTH**:

Some examples:

Mrs. Blessie Varona: a nutritionist who wrote *Healing Wonders of Nutrition*

Dr. Charity Cordero -Tumangday who was top in 1998 on the Physicians Board Exam. She is a graduate of Lipa Academy

Dr. Ben Carson, an Adventist surgeon of renown.

Dr. Richli, flying doctor, was medical director of Manila Sanitarium and Hospital

Mrs. Adela Pumarada Fernando, 1st Adventist to get number 1 in the Nurses Board Examination.

She supports many poor but deserving student nurses.

Eliseo Bautista, medical doctor, donated the nursing building at AUP and devoted time to medical rallies.

Hulda Crooks, a mountain climber, proved that health lifestyle of Adventists can sustain mountain climbing even at a very old age of 65 and up

Mrs. Herminia Ladion, nurse, physical therapist, author of books on natural medicine (*Healing Wonders of Water* and *Healing Wonders of Herbs*)

Dr. Harry Miller, a medical doctor, built hospitals in the Philippines and China and made soymilk as an alternative to human and animal milk

Dr. John Harvey Kellogg, medical pioneer, developer of corn flakes and granola, a health food

Dr. Indrasena Wijenayaki, former AUP professor, now an international lecturer on drug abuse prevention

Dr. Lee, developed NEWSTART seminars

Additional examples:
