

Safeliz News



Safeliz is an international company that promotes total health and provides education for the family. Since 1903, our books and magazines seek to help people prevent disease by educating them in the principles of good health.

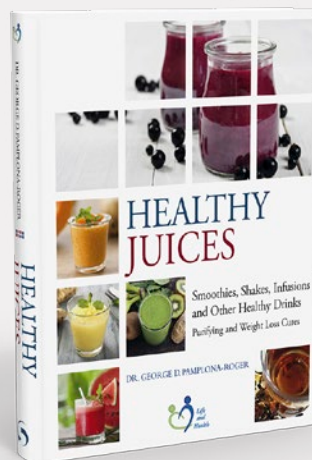


Safeliz has the joy of introducing to you some new products about to be released, or that have been released in the last few months:

Healthy Juices

[See video](#)

Written by Dr. Jorge Pamplona, it is the newest book in the *Life and Health* series. The work presents juices, shakes, milk alternatives, teas, and all kinds of drinks that can help promote health, showing how they can prevent and treat disease. It also features juices used for losing weight and for detoxing, as well as for preventing and fighting cancer and other sicknesses. All time best-selling book by Safeliz. More than 500,000 copies have been sold in one year. It is 352 pages in hardcover, available in English, Spanish, Portuguese, German, and French.



- Vegetarian All
- Gluten-free Suitable for celiac sufferers
- Diabetes Use in moderation
- Food Allergy No special warnings
- Antioxidant Power 1,649 ORAC units per serving (33% of Maximum Daily Value)
- Acid Load (PRAL) -5.89 mEq/100 g

INGREDIENTS
 For one, 250 ml serving

- 1 fennel bulb [about 234 g]
- ½ onion [about 35 g]
- 3 carrots [about 61 g each]
- 1 tablespoon of honey [about 21 g]
- Substitution: molasses

PREPARATION

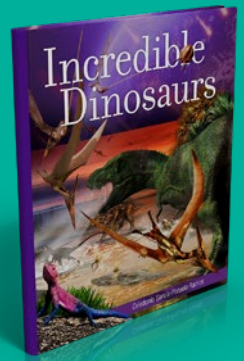
- a. Process the fennel, onion, and carrots in a juicer, extractor or grinder.
- b. Add the honey.
- c. It is advisable to drink (not cold).

“There are many places in which the voice of the minister cannot be heard, places which can be reached only by our publications.”
Colporteur Ministry, p. 4

Incredible Dinosaurs

See video 

This is the newest addition to the series on nature. Along with *Amazing Nature*, *Nature's Amazing Migrations* and *The Amazing World of Insects*, *Incredible Dinosaurs* will excite children and parents with its intriguing and superb content. It features marvelous illustrations and, like the other books of the series, it is designed to allow parents to spend quality time with their children, to read and learn together. A cut-out dinosaur to be assembled is also included as part of the book, a 3D replica of a Triceratops. It is 104 pages in hardcover, available in English, Spanish, and French, by author Celedonio García-Pozuelo Ramos.



101 Secrets to a Healthy Life

See video 

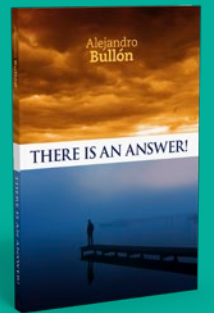
The newest book in the New Lifestyle series offers very practical counsel, tips, and advice for a healthy life. Through this great work, Doctor José Alberto González reveals 101 secrets to a wholesome life. The book gives special emphasis to the eight natural remedies, including guidelines on how to make them a habit. It also features charts and beautiful illustrations, like any other Safeliz book. A total of 200 pages in hardcover, available in English and French.



There Is an Answer!

See video 

Written by Pastor Alejandro Bullón, a recognized evangelist from South America, it provides answers for the most important questions people have in life. Pastor Bullón applies his successful and practical methods of sharing the Gospel that will contribute to bringing many people to the foot of the cross. It features colored illustrations throughout, charts and many additional resources. It is 140 pages in softcover, available in English, Spanish, and French.



Memorable Encounters

Written by Dr. Roberto Badenas, it is the illustrated version of the book *Meet Jesus / Encounters*, originally produced in black and white. Due to its high demand and popularity as a sharing book, it comes with beautiful illustrations and in the same size of the illustrated *Steps to Christ*, by Safeliz. Dr. Badenas presents the encounters Jesus had with different people and how lives were changed because of those encounters. It is 196 pages in softcover, available in English, Spanish, and French.



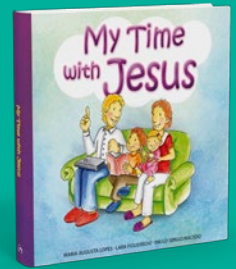
My Prayer Journal

Produced in partnership with the Women's Ministries Department of the General Conference, this special and beautiful journal is a tool for women to develop their relationship with God. *My Prayer Journal* features selected texts from Ellen White on prayer, and blank pages where women can write their prayer experiences and spiritual journey. The blank pages follow the four steps of the GC United Prayer Initiative: Adoration, Confession, Supplication, and Thanksgiving. It is a powerful tool for the spiritual growth of SDA women and, at the same time, an excellent gift option. It is 144 pages in hardcover, available in English, Spanish, and French.



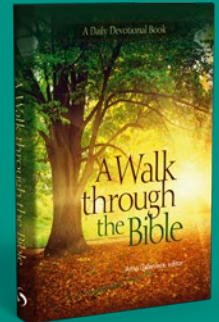
My Time with Jesus

This has 180 messages nicely illustrated for parents to use at worship time with toddlers, aged 1 to 4. This hardcover book has 192 pages and is available in English, Spanish, Portuguese, and French.



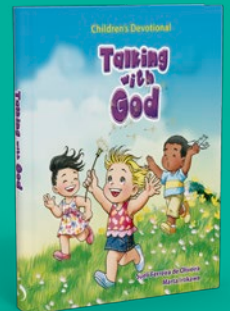
A Walk through the Bible

A daily devotional for adults, written by several church leaders and professors from Africa and the General Conference. The messages are based on the sequence of the Bible with powerful application for every Christian living nowadays. It is 376 pages in hardcover, available in English and French.



Talking with God

A daily 384-page devotional for children, ages 5 to 7, beautifully illustrated. Available in English and French.



Additional information about these materials can be found at www.safeliz.com and www.publicacionesadventistas.com

