



# 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.



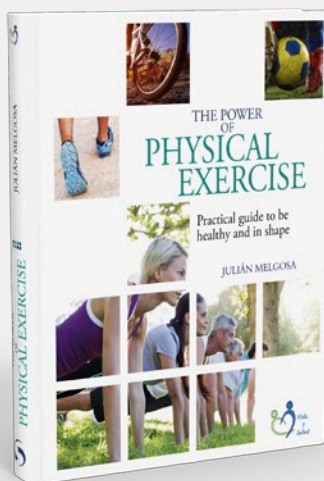
a persistent... muscles, or its... show inflammation of... when the affected muscle is... often in older people who do not... physical exercise, as their muscles and... flexibility with age.



## We are glad to present some of our latest products:

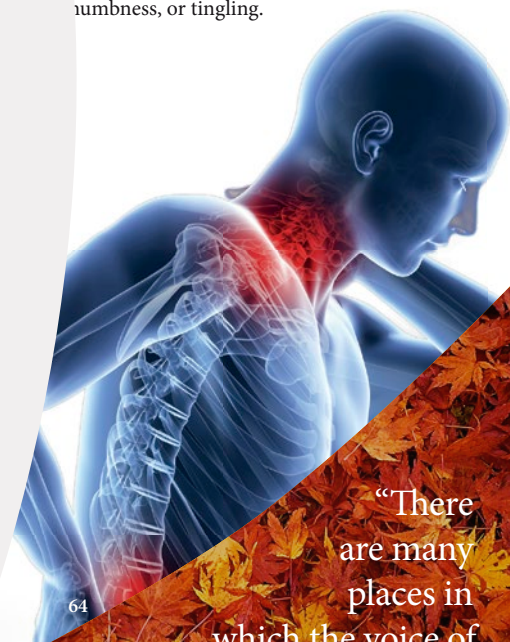
### *The Power of Physical Exercise*

Written by doctor Julián Melgosa, this is the latest book in the *Life and Health Series*. It presents the benefits of physical exercise for the body, mind, and spirit. It introduces the sports and exercises appropriate for the different stages of life. One special chapter features step-by-step exercises for health-related problems and for optimal physical and mental health. It is a 310-pages hardcover, with illustrations and detailed charts, available in English, Spanish, and French.



### HOW TO TREAT CONTRACTIONS

Contractions present a wide spectrum of severity, and it is important to evaluate the aches and pains in order to seek a doctor when the pain persists. A physician must also be consulted when there is sensation of sharp pain, numbness, or tingling.



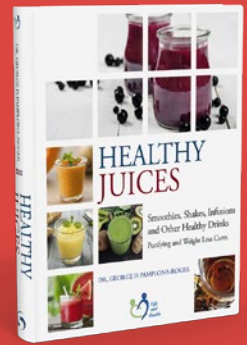
“There are many places in which the voice of the minister cannot be heard, places which can be reached only by our publications.”  
*Colporteur Ministry, p. 4*

## Life and Health Series

See video 

Apart from the latest book, *The Power of Physical Exercise*, this series includes *Enjoy Life*, *Healthy Body*, *Healthy and Strong*, and *Positive Mind*. All of them are available in English, Spanish, and French.

In addition, it includes ***Healthy Juices***, the most recent book written by Dr. Jorge Pamplona, with more than 700,000 copies sold worldwide in just a little over one year. It presents juices, shakes, milk alternatives, teas, and all kinds of drinks that can help promote health, and shows how these drinks can prevent and treat disease. It also features juices for losing weight, for detoxing, as well as for preventing and fighting cancer and other sicknesses. It is 352 pages in hardcover, and available in English, Spanish, Portuguese, German, French, and Romanian (and other languages very soon).



## Steps to Christ - Coloring Edition

This classical and inspiring book by Ellen White has been prepared with beautiful illustrations to color in, a practice that helps to reduce daily stress and anxiety. Produced as part of the celebration of the 125th anniversary of the work, it has 128 pages including the full text and plenty of illustrations to color in. It is available in English, Spanish, and French.



## Woman's Bible

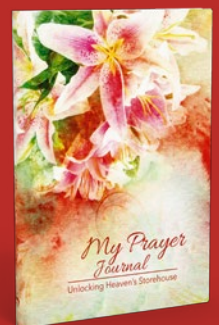
See video 

Especially intended and developed for today's women, this Bible features special resources for women (Bible Studies, beautiful illustrations, commentaries, articles...). It is a co-production of the SDA General Conference Women's Ministries Department and Editorial Safeliz, and it is available in four different colored covers in English, Spanish, French, and Portuguese.



## 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. It 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.



## The Last Empire

Written by doctor Vanderlei Dorneles, this book addresses the coherence and logic of the Seventh-day Adventist interpretation of Revelation 13. It considers American history before the mid-nineteenth century, with the assumption that American culture is composed of a set of symbols, historical documents, official speeches, movies, books, and sermons, among other things, that attach a messianic role to the United States in constructing a new world. It has 172 pages in softcover. In English.



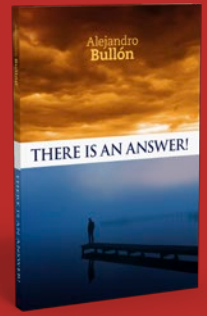
Additional information about these materials can be found at [www.safeliz.com](http://www.safeliz.com), [www.safelizbibles.com](http://www.safelizbibles.com) and [www.publicacionesadventistas.com](http://www.publicacionesadventistas.com).



## ***There Is an Answer!***

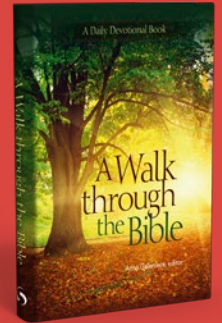
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Written by Pastor Alejandro Bullón, a recognized evangelist from South America, it provides answers for the most important questions people have in life. Pastor Bullón applies his successful and practical methods of sharing the Gospel that will contribute 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.



## ***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.



## ***My Time with Jesus***

This has 80 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.



Additional information about these materials can be found at [www.safeliz.com](http://www.safeliz.com), [www.safelizbibles.com](http://www.safelizbibles.com) and [www.publicacionesadventistas.com](http://www.publicacionesadventistas.com).

