



emphasis: ^{Y O U R} health

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The Uchee Pines campus became a buzzing hive of activity from March 20 through 25. More than 90 people from Canada, the Bahamas, and the USA swarmed the campus for our Spring Seminar, which was entitled: *Reviving Life*.

We had a wonderful lineup of speakers this seminar. **David DeRose, M.D., M.P.H.**, who is the host and executive producer of *American Indian Living Radio*, a syndicated radio program heard on hundreds of radio stations across the US, and founder and international speaker with *CompassHealth Consulting, Inc.* challenged us to get healthy God's way. **Chester Clark III**, pastor, evangelist, and international speaker fed our souls. **Paula Eakins, M.S.** nutritionist and cancer survivor, and her husband, **Curtis**

Eakins, N.D., who host the *Abundant Living* TV program kept us laughing and crying while they inspired us with hope. **Magna Parks-Porterfield, Ph.D.**, psychologist, author, and president of *Be In Good Health*, relieved our stress. **Helena Tolis, L.C.** and **Valerie Schreiber, N.D., L.C., D.M.T.** had us rolling in laughter as they taught us how to use hydrotherapy and common items you can find in your kitchen cabinet to treat injuries and disease. **Don Korenko, C.P.A.**, gave us a passion for gardening—the square foot way. And **Lydialajewel Wannemacher, L.C.** helped us see the beauty and power of herbs.

Usually there is a registration fee for the seminar, but this time we decided to offer it for free. We are so glad that we did,

(continued inside)



For more information on Uchee Pines, visit our website,
www.uchepines.org, or call, 1-877-UCHEEPINES.



Dr. Mark Sandoval

President's Message for the Month

Ivan was bursting with excitement! He was off of his diabetes meds, he was off of his high blood pressure meds, he was off all of his meds, and he was feeling and doing great! Before he came to Uchee Pines he felt like he was dying. In fact, his sisters feared that he really was dying, so they sponsored him to come (they themselves had been here years before with cancer, and are doing quite well). Since coming to Uchee Pines, Ivan has energy, passion, and a new lease on life. Now, instead of moping around and feeling bad, he is walking and running again. He is even preparing for the first 5K race of his life, and looking ahead at victory. God can use simple, natural means to bring about supernatural results. All healing comes from Him, and we praise Him for all He does.

*You can see Ivan's full testimony on our website: ucheepines.org/lifestyle-center/guest-testimonials or on Uchee Pines Institute YouTube channel: youtube.com/channel/UC1TQrC0hWCBfW-x0y-sUkb2g

It's Cancer-Go Nuts!

CAN NUTS REALLY AFFECT CANCER?

BY MARK SANDOVAL, M.D.

According to the World Health Organization, there were 14 million new cases of cancer and 8.2 million cancer-related deaths worldwide in 2012. They also state that the number of new cases is expected to rise by about 70% over the next two decades. Cancer is not going away any time soon. So, what can you do about it?

Uchee Pines has been helping people with cancer for over 40 years, and research is confirming many of the practices that we have been using for quite some time. Today, I want to share with you some dietary factors that can help you decrease your risk of cancer or improve your chances of surviving cancer-free if you already have it.

My advice for you today is simple—go nuts! I don't mean run around crazy and screaming at the sky. I mean eat nuts in moderate amounts (about a handful), and regularly (daily).

Why? Nuts are an excellent source of antioxidants. In fact, 25 walnuts have the same antioxidant effect as the Vitamin C that would be found in 100 oranges! The two common nuts in the American diet that have the highest antioxidant content are walnuts and pecans, beating out peanuts, pistachios, cashews, almonds, brazil nuts, pine nuts, macadamia nuts, and hazelnuts (in decreasing order).

Nut intake has been shown to decrease breast cancer development in women, and even to decrease the development of fibrocystic breast disease (a potential precursor to breast cancer) in the daughters of mothers who ate more nuts compared to mothers who ate fewer nuts.

Research shows that two handfuls of nuts consumed per week can significantly reduce the risk of pancreatic cancer in women, compared to those who mostly avoid nut consumption.

If you want to avoid or treat liver cancer, the three nuts that have the greatest effect in reducing liver cancer cell growth are walnuts, pecans, and...peanuts! That's right—peanuts. Coming in 4th place is almonds. But what about colon cancer cells? The top three nuts are... walnuts, pecans, and peanuts again! But this time, almonds, pine nuts and macadamia nuts also have good effect.

So, how do nuts work? Research shows that nuts induce cancer cell death, inhibit the ability of cancer cells to multiply, reduce the potential to spread to other locations, inactivate genes that promote cancer cell survival, inhibit enzymes that increase cancer cell invasiveness, and inactivate molecules that promote the formation of new blood vessels through which cancer cells receive nutrients.



How should you eat your nuts? Preferably raw or dry roasted. Try to avoid salted, honey-roasted, oil-roasted or other processed nuts. It may be better to eat the nuts than to eat the nut butter, but nut butter will be better for you than no nuts at all. Make sure you chew your nuts well, because some people with diverticulosis can develop a painful and potentially life-threatening condition called diverticulitis because of un-chewed pieces of nuts in the colon.

What if you have cholesterol problems? We have found that people on a completely plant-based diet (with no animal products or byproducts in their diet) who continue to have high cholesterol usually do so because of the use of oils (in cooking, salad dressings, condiments, etc.), or too much nuts (several handfuls of nuts daily, or drinking almond milk, eating roasted nuts, making nut loaf, cashew cheese sauce or other nut-containing dishes, and sprinkling nuts on their salads). Try to limit your total daily nut intake to a handful (about 100 grams), and you should be fine.

So, just as a recap: nuts can reduce your risk of developing cancer or dying from it; the three nuts most effective against cancer in the research are walnuts, pecans, and peanuts; you should eat them in moderation (handful), and regularly (daily); make sure that you chew them thoroughly; and don't go nuts over nuts—eat them in moderation.

Reviving Life, continued from front

because many more were able to come and be blessed by the speakers and hands-on classes. The consensus was strong, "This was a wonderful seminar. God was close, the speakers were knowledgeable and passionate about their topics, and the atmosphere was peaceful, yet charged with excitement. I want to come back again, and next time I'm going to bring more friends and family with me!"

If you missed the Spring Seminar, don't worry. We will have the Fall Seminar from September 25 through 29 this year—and it will be free! So, call 1-877-UCHEEPINES or go to www.ucheepines.org/seminars/simple-remedies-preventive-medicine to reserve your spot.

To see what you missed, check out the Spring Seminar 2016 link on the Media section of our website: www.ucheepines.org/media

"Miracle" Mayonnaise

- 1/2 c. sunflower seeds (or cashews or almonds)
- 1 c. cooked millet (freshly cooked and still hot—can use freshly cooked cornmeal, polenta, or grits instead of millet)
- 1 t. salt
- 1 T. onion powder
- 1/4 c. lemon juice
- 1 c. warm water

Blend all ingredients until very smooth. Pour into container. Chill.

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COMING EVENTS

Next Lifestyle Sessions at the Lifestyle Center begin May 8 & May 29

Do you want to be trained in medical missionary work?

Apply today!
www.ucheepines.org
Lifestyle Educator and Lifestyle Counselor courses begin in July.

Dr. DeRose specials— hurry it's not too late! 50% off

Dr. David DeRose just gave a series of health presentations on the Uchee Pines campus. If you were not able to take advantage of the half price option on many of his popular DVDs, you can still save 50% on selected health videos until the end of April. To get the discounts go to lifestartseminars.com (www.lifestartseminars.com/product-category/dvd/) before April 30, 2016 and use the coupon code "Uchee16". Or, if you live in the Columbus, GA area, you can save shipping charges and get your materials right away from the gift shop at Uchee Pines. As an added bonus: if you purchase through Uchee Pines (either in person or by phone) with any order of \$50 or more you'll receive your choice of a free copy of Dr. DeRose's book dealing with infectious disease prevention (entitled "Evading Ebola") or a set of two health booklets ("Dealing with Stress" and "Fasting and Prayer") that Dr. DeRose recently authored with Pastor John Bradshaw. If you want these special offers through Uchee Pines, HURRY; this bonus offer is based on current inventory and supplies are limited.

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