



emphasis: YOUR health

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Country Life Natural Food Store and Vegetarian Restaurant recently had two opportunities to share God's health message in the city of Columbus, GA. The first event was a screening of the documentary film, *Forks Over Knives*, in August. Country Life co-sponsored the event with the Columbus Public Library as an extension of the library's weekly "movie night." The event drew eighty-five viewers (triple the average weekly attendance for other movies), the majority of whom also stayed after the screening for a Q&A session with Uchee Pines physician, Dr. Mark Sandoval.

Those in attendance were given information about Uchee Pines Lifestyle Center, self-assessment health guides, literature with spiritual encouragement, and the monthly menu for Country Life restaurant.

Each attendee also received a schedule of events that would be hosted at Country Life from September through December, where topics from Depression and Stress Management to Heart Disease and Diabetes would be covered, along with workshops on the Use of Herbs, Simple Home Remedies, and Hydrotherapy, Juicing, Home Gardening, and the popular Vegan Cooking Classes, along with the upcoming Smoking Cessation Week.

The next event was the second annual Columbus Consolidated Government Wellness Initiative on October 23. This event attracts businesses and services from across the health spectrum, such as physicians, chiropractors, fitness centers, health insurance carriers, wellness bloggers, and health food stores. Both Country Life and Uchee Pines had a booth, offering blood pressure screenings, counseling, and samples of vegan chili and cheese. It was a blessing to see and hear the reactions of many as they tasted a delicious meatless chili for the first time.

(continued on next page)





Welcome to the holidays, where foods tantalize the taste buds but burden the bathroom scale, and where there is the constant pressure to spend that which belongs to the Lord as if it belonged to us. Do we go along with the flow, or do we resist the rip current?

Rip currents can be very strong, quickly pulling one far out to sea. But I have never seen a rip current catch someone while still on shore. You must be IN the water to be captured by the current. If your feet are planted on solid ground (Jesus—the Word), and you avoid getting into the water of the world, you are safe. But the deeper you get, the easier the current will pull you away.

Purpose in your heart that you will not defile yourself. Ground yourself on the Rock this holiday season. He will help you resist and avoid the holiday rip current, and will give you the joy of overcoming, which is good medicine!

the hidden power of a smile

by Rukiya Charles

Have you ever thought of why the Mona Lisa became one of the most famous paintings of all time? This is a question many people have asked themselves. One possible answer could be that it was because of her smile!

A 30-year research project, launched in California, tried to measure the success and well-being of students throughout their life. What they found was very interesting. By measuring each student's smile in their high school yearbook, researchers were able to predict how fulfilling and long-lasting relationships like marriage would be, how well they would score on their end-of-year testing, how inspiring they would be to others, and how useful their lives would be.

These gelotologists—gelotology is the study of laughter and its effect on the body—found these results astonishing. So, in 2010, at Winstate University, another research project was launched that looked into pre-1950's baseball cards of major players. They found that the span of the player's smile could actually predict the span of his life. Players who didn't smile in their pictures lived an average of 72 years, whereas players with a beaming white smile lived an average of 82 years. Could frequent smiling add 10 more years to your life?

Using ultrasound technology we can now see that developing babies smile even in the womb. When they are born, babies continue to smile. Initially, babies smile in response to their parents' smiles, and even blind babies smile in response to their mother's voice. The average child smiles about 400 times a day, whereas, the average adult (over the age of 30) smiles less than 20 times a day. One-third of the US population smiles less than 5 times a day! How many times do you smile daily?

So what actually happens when we smile? Let's say you experienced a positive situation, like seeing a friend you haven't met in a long time. Neurological signals travel from the cortex of the brain to the brainstem, and from there, the cranial muscles carry the signal further towards the smiling muscles of your face. Sounds simple right? But yet, that's only where it starts. Once the smiling muscles in your face contract, there is a positive feedback loop that now goes back to the brain and reinforces our feeling of joy. Scientists now believe that the act of smiling may actually make our bodies feel better, instead of smiling being a result of feeling good.

Smiling stimulates our brain's reward mechanism in a way that chocolate, a well-regarded pleasure-inducer, cannot match. British researchers found that one smile generates the same level of brain stimulation as up to 2,000 bars of chocolate. That same study found that smiling is as stimulating as receiving up to \$25,000 in cash! However, unlike chocolate, lots



of smiling can actually make you healthier.

Laughter can help to reduce the amount of stress-enhancing hormones—like cortisol and adrenaline. It also increases the level of mood-enhancing hormones—like endorphins—produced in the body. Smiling makes our brains function better, improves memory, relaxes the body, and lowers blood pressure. It also strengthens our immune system by increasing the amount of killer T cells that combat disease.

A smile is a language that can be understood in every country, culture, and race!

In Proverbs 17:22 it says, "A merry heart doeth good like a medicine, but a broken spirit drieth the bones." Once again, God's word is proven true! A kind, cheerful, encouraging disposition will prove more effective than the most powerful medicines. Remember today to smile!

Country Life Shares Health Message (continued from front)

Mary Ratteree, Director of Comprehensive Health Strategies for the city, shared her passion in improving health for the city employees: "I've seen in my own life what these simple health principles can do, and we want to get this life-changing information out to as many people as we can."

Said Country Life Store Manager, Richard Cecere, "Whether we have eighty-five come to an event or just two or three, the goal is the same: to share the Lord's principles of Health, not only of body, but of mind as well. Fortunately, we have access to a treasure-trove of knowledge and experience in the staff at Uchee Pines Institute. They have made these principles and the ministry of health and healing a priority in their lives, and it's a great blessing that they can share that with the community. Every day we have customers come into the store who desire to make huge changes in their diet and lifestyle, but don't know how. We're grateful that we can offer classes and presentations on such a wide variety of health topics, giving them encouragement that they can actually take control of their own health. The testimonies and results in the lives of those who commit to moving forward one step at a time makes it all worthwhile."



Coconut Whipped Topping

- 1 c. water
- 1 rounded T. agar flakes (2 rounded t. if its powder)
- 1/2 c. raw cashews
- 1/3 c. honey
- 1/2 t. salt
- 1 t. vanilla
- 1 can coconut milk (approx. 2 c.)

Stir together the agar and water, and bring to a boil, stirring constantly. Reduce heat and simmer for 1-2 min. Place remaining ingredients in blender along with hot agar mixture. Blend on high until smooth, adding water as needed to make 3 1/2 - 4 c. total mixture. Refrigerate several hours or overnight. Re-blend chilled mixture (it will be very firm). It should be the consistency of cool whip.

Hint: Since this recipe needs blending twice, leave in the blender overnight. Then re-blend, saving the work of washing the blender and containers twice.



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For more information on Uchee Pines, visit our website: www.ucheeprines.org

MAY WE SEND "EMPHASIS: YOUR HEALTH" TO YOU BY E-MAIL INSTEAD? RESPOND TO EYH@UCHEEPINES.ORG

COMING EVENTS

Next **Lifestyle Sessions** at the Lifestyle Center begin **December 13, January 3, and January 24**

Come visit the **Uchee Pines booth** at **GYC** in Louisville, KY – **December 30-January 3.**

New **Lifestyle Educator** 6-month training program beginning **January 4.** **APPLY NOW!**



Nature's Healing Practices: A Natural Remedies Encyclopedia

Dr. Agatha Thrash spent her career helping people improve their wellbeing through her practical and natural approach to health. *Nature's Healing Practices*, her new and final book, is an extensive volume that contains a wealth of information drawn from Dr. Thrash's years of clinical experience. The book is divided into six sections: *Conditions and Diseases*, *Home Emergencies*, *Natural Remedies*, *Herbal Remedies*, *Dietary Information*, and *Supplemental Information*. The first section—*Conditions and Diseases*—makes up the largest portion of the book and serves as a reference guide for a host of ailments; from allergies, Alzheimer's disease, cancer, and cataracts, to headaches, skin diseases, thyroid issues, and women's conditions. Listed in alphabetical order, the various conditions feature case studies, background information, causes, and treatments, including herbal, hydrotherapy, exercise, and dietary suggestions. The rest of the sections provide valuable information, like how to treat bee stings and other minor home emergencies, how to administer hydrotherapy treatments, which herbs treat which ailments, and what foods to avoid and which foods to eat, based on the condition you are battling. **Hardback and soft cover available.**

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