



emphasis: ^{Y O U R}health

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Someone Great by Kimberly Kodimer

On September 3, 2015 this world lost someone great—Dr. Agatha Thrash. She was great, not because she had anything of herself of which to boast. She would be the first to tell you that. No, it was because she was humble, teachable, and willing to be used of God. And God did a great work through this vessel. She fought long and hard in the army of the Lord and on September 6 she was tucked into the earth, settled into her final rest, awaiting the call from God at the Second Coming of Jesus (1 Thessalonians 4:16).

The funeral service was attended by many, despite short notice. Uchee Pines' chapel was filled to overflowing as people squeezed together in pews or stood alongside the walls. Dr. Mark Sandoval, president of Uchee Pines, gave the welcome; then Dr. Agatha's daughter Ann and her husband Pastor Keith Trumbo read Psalm 23, which Dr. Agatha had requested for the occasion, as well as Isaiah 57:1-2 and Revelation 14:13. Janet Gedeon sang, "In the Land of Fadeless Day," and Pastor Atkinson of the Uchee Pines SDA church read the Eulogy. The Homily by John Champen, who has been a Uchee Piner for nearly 30 years, and testimonies from loved ones followed. "And

Can It Be?" was sung by the congregation in closing and the casket was carried out as the melodious strains of violin and piano blended together, filling the air. Dr. Agatha always loved violin and piano music.

The sun was shining bright and hot as people gathered at the grave side, but when Pastor Trumbo began to speak a cloud rolled in, providing shade to all.

Tears filled many eyes as the casket was laid in the earth and many took part in tenderly covering it with dirt. No sooner had the precious treasure been covered then the rain began to fall. At first it was just a sprinkling, then a downpour. As I sat and watched it seemed as though heaven was in sympathy with earth, and it too wept.

The world lost someone great that day. Dr. Agatha was an amazing woman. As John Champen had put it in the homily, she was "a wife, mother, grandmother, physician, author, publisher, professor, cofounder of Uchee Pines, Bible teacher, Sabbath school teacher, friend, and faithful preacher of righteousness." Dr. Agatha lived what she believed and poured her all into the cause she loved—the cause of God. How can we honor such a life? By following her example and giving all to God.



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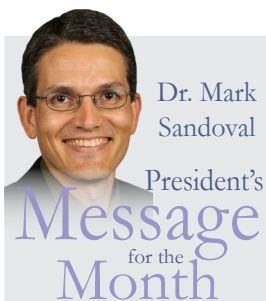
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Dr. Agatha Thrash: *A Life*

ABOUT MY MOM

by Calvin Thrash, III

A legacy is “something that someone has achieved that continues to exist after they die.” A pioneer of such a broad work of natural healing and health education, Dr. Agatha has left behind a large legacy. And we seek, by God’s grace, to expand that legacy to many others.

We request your help in three specific ways:

- 1) Please send us your memories of how Dr. Agatha has touched and inspired you. We would like to share these memories with her family and with you. Please send responses to EYH@ucheepines.org or mail to “Dr. Agatha Memories”, Uchee Pines Institute, 30 Uchee Pines Road, Seale, AL 36875.
- 2) Contribute to the Dr. Agatha Thrash Memorial Fund, which will be used to carry forward her legacy of healing and health education. You can donate at www.ucheepines.org/donate or mail us a check marked “Dr. Agatha Thrash Memorial Fund.” If she has touched your life, help her legacy touch others.
- 3) Study or volunteer at Uchee Pines to further the ministry she spent her life promoting.

I CAN’T THINK OF ANYTHING I’d rather do less!” Dr. Agatha Thrash, a young, ambitious and urbane physician was speaking with A.C. Becker, the pastor of the Columbus, Georgia First Seventh-day Adventist Church. “If I were planning to join a church, it certainly wouldn’t be yours. I’ve been to all the significant churches in Columbus, and I’ve never even seen yours. You have less than 200 members!” Pastor Becker had just suggested Bible studies, finally being able to meet with Dr. Thrash after repeatedly being “rescheduled.” As they continued to talk, Dr. Thrash’s Southern upbringing began to nag at her sensibilities. “I’m being awfully rude to this fellow. Perhaps I should at least agree to his plan, and I can cancel politely later.”

So began the Bible studies that ultimately led to Agatha and Calvin Thrash, both physicians and both atheists, joining one of the smallest and lesser known churches in Columbus, Georgia. Although she had agreed to Pastor Becker’s request for studies, she was completely uninterested and bored with the first two studies. She played with her jewelry and tried to keep from falling asleep, while the pastor pointed out from the Bible how much God loves us, and the unerring accuracy of the Bible. Dr. Agatha didn’t believe in God or the Bible, so these were absolutely uninteresting subjects to her professional, scientific and pragmatic mind. After each study, Pastor Becker had asked if he could return the next week for another Bible study. “Of course, I’d love to continue to study!” It was just a small “Southern lady” fib, and she fully intended to have her secretary call with some excuse and cancel the appointment before the next meeting. Each time, however, it slipped her mind to have the assistant call, and each time, Pastor Becker showed up at the appointed time, ready for her Bible study. By the third study, Dr. Agatha was wondering how she could end the meetings without being “awfully rude,” but for some reason, Pastor Becker decided to present “What Happens When We Die,” as his study that day. “Wait a minute,” Dr. Agatha thought. “This isn’t what I was taught as a child.” She addressed Pastor Becker, “So, you’re telling me that when a person dies, they aren’t floating around somewhere, but actually do not know anything?” “Well,” Pastor Becker answered, “let’s see again what the Bible says.” As they went back over the Bible texts, Dr. Thrash began to wonder what other ideas she had been taught were from the Bible that might not actually be there. As a pathologist, the truth from the Bible about the subject of death made sense. She had always doubted that disembodied spirits of departed loved ones floated about, making weird things happen. The Lord



Well Lived



was able to speak to her scientific mind and soon a profound and thorough conversion experience and love for God, His Word and His Church took the place of a self-centered pursuit of personal achievement, wealth and a godless scientific worldview. About six months later, her husband joined her in membership in the Seventh-day Adventist Church.

The Thrashes were both scholars, and quickly began reading books by Ellen White addressed to physicians; books such as *Ministry of Healing*, *Medical Ministry*, and *Counsels on Health*. They noticed a distinct difference in the type of practice God had directed in those books, and the way they had been taught in medical school. "Where can we find physicians who practice this way?" Dr. Agatha wondered. Inquiries seemed to lead nowhere, until an official in the General Conference suggested they look into the "sanitarium work" being practiced in a rural location near Chattanooga, Tennessee, called "Wildwood." The Thrash family visited there in 1967, staying in the home of the medical director, and observing the program that was being carried on in their original sanitarium, now known as Wildwood Lifestyle Center. The seed for an idea was planted, and after Dr. Calvin spent a year earning his Masters in Public Health from the new department headed by Dr. Mervyn Harding at

*The Lord is
my shepherd;
I shall not want.
He maketh me
to lie down
in green pastures:
he leadeth me beside
the still waters.
He restoreth my soul:
he leadeth me
in the paths
of righteousness
for his name's sake.
Yea, though I walk
through the valley
of the shadow of death,
I will fear no evil:
for thou art with me;
thy rod and thy staff
they comfort me.
Thou preparest
a table before me
in the presence
of mine enemies:
thou anointest
my head with oil;
my cup runneth over.
Surely goodness and
mercy shall follow me
all the days of my life:
and I will dwell
in the house of the Lord
for ever.**

*It was Dr. Agatha Thrash's request that Psalm 23 be read at her funeral.



Loma Linda University, they bought a 200-acre tract they simply called “The Farm.” In July of 1970, “The Farm” was donated to a newly formed non-profit—Uchee Pines Institute.

Uchee Pines was not much more than a name for a few months, but quickly a building was built that became known as the “Cafetorium,” since many meetings—including lectures, school for the community’s children, religious services, and meals—were being held there. Many times, though, meals and activities were held at the Thrash’s home.

The first real program at Uchee Pines was a day camp for overweight girls. Since there were no housing facilities on campus, the Uchee Pines bus—a 1969 Volkswagen “pop-top” camper—would come by the homes of the girls in the morning and pick them up. A day with the Thrashes began with “morning worship,” then breakfast and outside exercise (practical things, like clearing brush and making trails in the woods), followed by lunch and a similar program for the afternoon. All the meals were what the Thrashes were eating: vegan and delicious. All the girls lost weight to their target over that summer program, and many reached their “ideal weight,” losing more than they had thought they could. This experience developed the blueprint for future lifestyle programs: staying with people who already practice an ideal lifestyle, using specific natural remedies combined with the best in current medical thought, and learning by doing. Foundational to all this was trust in Divine power, which alone could bring about the healing desired.

“When we first started Uchee Pines, we didn’t really know any natural remedies other than a hot bath,” Dr. Agatha said. “God gave some astounding miracles that strengthened our faith, and as we progressed in knowledge of natural remedies, we saw an increasing and broadening of those miracles to include many ‘incurable’ cases. Since there was little that could be done with standard medicine, the glory for those miracles must go to our Creator.”

The Thrashes, along with George and Marie McClure, a couple who had been instrumental in starting Wildwood, began a training school for medical missionaries, which has grown into the Lifestyle Educator and Lifestyle Counselor programs at Uchee Pines. While designed for laypeople, these programs are robust, serious, and practical; designed to equip workers for God in the area of lifestyle and simple remedies. Since beginning in the early 1970s with a summer “Youth Seminar,” these programs have seen thousands trained with the tools to serve in God’s work, not only directly in a lifestyle center setting, but as an adjunct to whatever one does as a witnessing and evangelistic activity. Pastors, educators, and Bible workers, as well as doctors, nurses and many tradespeople have used the training as a complement to, and even an introduction to, evangelism and Bible studies. In its truest form, medical missionary training is simply teaching people the best way to live healthy, productive and pain-free lives as long as possible in this world, and giving hope for the world to come. The deep appreciation Drs. Agatha and Calvin Thrash had for true science and inspiration helped these programs maintain balance and uniqueness. This legacy continues in both the educational department and the Lifestyle Center.

After having patients stay with them in their home, the ministry of lifestyle medicine the Thrashes were practicing grew and needed more room. So, in 1974, a center was built that was called by a Cherokee word, “Anvwodi” (pronounced “ann-u-WOE-dee”), meaning, “Get-Well-Place.” This center followed in the footsteps of Seventh-day Adventist “sanitarium” work, using a healthy diet and exercise as primary treatment measures, along with other lifestyle modifications and simple, rational natural remedies, such as hydrotherapy and massage. Initially, the Uchee Pines facility was called a “Conditioning Center,” but in the 1980s a better name was coined, and since then, it has been known as the Lifestyle Center. The Uchee Pines Lifestyle Center was crowded, almost from the start, and a new Lifestyle

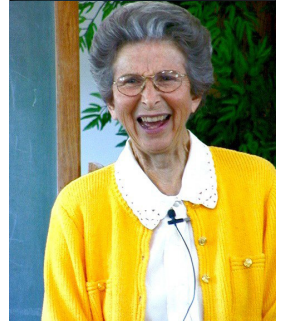
Center was built entirely from donations; coming into use in 2010. Dr. Agatha Thrash was widowed by then, but did not spend her time mourning. Her indomitable spirit led her to continue in the teaching and outreach of Uchee Pines, and she was the medical director in the new Center from 2011 till she could no longer function in that capacity after her stroke in November, 2013.

During the 1980s and 1990s, Dr. Agatha wrote fifteen books on treating disease naturally, and began health emphasis tours across the United States. These tours expanded into nearly every country of the world, and her practical presentations have been helpful to millions of individuals who put her suggestions into practice. A fledgling network called Three Angel's Broadcasting was begun during this time period, and Danny Shelton invited Dr. Thrash to present a series on health and simple home remedies. This expanded into a nearly thirty year relationship with the network, with nearly hundreds of programs being presented to the millions who tune in to both the television and radio networks. She had an inimitable style that combined Southern grace with practical medicine for the average person, in *Help Yourself to Health*. Those who participated with her in these televised presentations marveled at her ability to wind up and end her show right on the dot designated by the countdown clock. She rarely had an outtake, and almost never had to "cut" for a mistake.

Her method of teaching was similar to her experience in medical school, which was, "see one, do one, teach one." It was not unusual for those traveling with her on tour to be assigned a topic that they had only seen her present once. Everyone had a part in the presentations—even the driver of the van. Of course, while this method created a bit of anxiety on the part of the tour team, it also provided a richness of experience that the individuals involved would never trade for any other method of learning. It was a privilege to tour with Dr. Agatha Thrash.

Dr. Thrash recognized that some health conditions need longer term help, and she invited, from time to time, those needing an individualized program to stay with her in her home, and learn how she lived her life. It was never unusual to see Dr. Agatha, along with these individuals, working in the garden, cleaning out the ditches along the road, or clearing brush. During her exercise period, if one wished to visit with her, she would invite them to grab a shovel or a hoe, and talk while working. She once met with a group of physicians visiting from Europe by asking them to help spread a load of gravel on the dirt road. They readily grabbed the shovels and had a productive visit; but expressed later that it was the most unusual consultation they had ever experienced! "Exercise neutralizes stress," Dr. Thrash always said; and perhaps that's why she always seemed to be such a calm individual.

Dr. Agatha had a heart problem that she treated naturally for decades, practicing what she preached. She had inherited from her mother an intense privacy regarding any personal health problems (her mother even managed to hide her true age from census officials and government documents for decades!), and many people were completely unaware of her own health issues, as she rarely spoke of them, even to her own family. Eventually, however, the heart issues caused more serious arrhythmias, and age exacerbated the problem. A series of strokes from resulting clots weakened her ability to function, robbed her of her speech, and later robbed her of much of her personality. A serious attack on the 19th of August left her partially paralyzed on the right side, unable to walk, stand unaided, or even swallow well. Even with this, she was dogged and determined, and always wanted to be going somewhere. Finally, her weakened organs could take no more. On Thursday morning, September 3rd, she gave her daughter-in-law, Kelly, a lopsided smile, and then breathed her last. A full life came to an end. Now she awaits God's call to step into eternity.



Random Facts

about

Dr. Agatha Thrash

- ✦ She grew up on her father's dairy farm
- ✦ Entered Medical college at the age of 20
- ✦ Her undergraduate degree was a BS in pre-med with a double major in music/keyboard performance and a minor in physics
- ✦ A friend arranged a blind date with a man by the name of Calvin Thrash, and the rest is history
- ✦ She obtained her private pilots license, and she and Dr. Calvin enjoyed many trips in their small plane
- ✦ They started the first health food store in Columbus, GA
- ✦ She was never idle, even in meetings she would crochet, knit, or pull lint off of laundry
- ✦ She taught a weekly Bible study for 10-plus years

A Woman on a

MEMORIES FROM DONALD MILLER

Don has been associated with Uchee Pines since the early 80s and is currently managing the Global Missions Department.

For many years she was a wanderer, traversing this great land from north to south, east to west, teaching the gospel of good health. Matthew said of Christ, "And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people." Dr. Agatha took this as her *raison d'être* and answered untiringly Christ's admonition to the people, "Go and do likewise." She passed that torch on to me.

But as much as she occupied the threateningly dangerous arena of the adoring public eye, she was never above the mundane duties of life. Once, as we set out on an arduous four month tour of the United States, my young daughter joined us for the first couple of weeks. I was doing my best raising my daughter but many small things would escape my notice; not Dr. Agatha's. As we were driving up the East Coast one day, she leaned over and said in her characteristic manner, "Brother Don, Stacey's garment is damaged; may I repair it?" Of course she had needle and thread amongst her boxes of medical journals and bags of whatnots. I still have a picture of that tour on my desk, Dr. Agatha beaming next to me and Stacey.

In one city in the west we had a very good meeting in a large church which had formerly been a Jewish temple. For these tours, I had to plan every stop, arrange for all of our needs, sell the books, drive the vehicle, give a talk, and entertain our evening hosts so Dr. Thrash could slip off to bed. This night, books all packed away, talks all finished, all ready to go to a well deserved night's rest, we were standing with the pastor next to our van. He reached out his hand and said, "Well, thanks for coming, drive safely." Before I could respond, and Dr. Agatha sensing what I would say, she stepped forward and said, "Thank you so much. We'll be going now." The Bible says of Christ, "A bruised reed shall he not break, and smoking flax shall he not quench, till he send forth judgment unto victory." I was ready to send forth some judgment but Dr. Agatha, always the diplomat, spared the pastor that embarrassment. As it was, because of some large rodeo in town, there was not a "room in the inn" anywhere in the city that night. We drove hours north before we found a motel with a suite of rooms available. Vicky Hines, Dr. Agatha's attendant, paid and we had a good, although short, night's rest. Another city was calling and we never tarried.

Often on tour, Dr. Agatha and her attendant would share a room. One thing she never missed was her morning devotionals. Again, her concern for the comfort of others bearing sway, she would not turn on



Journey

a bedroom light. No, no, she would retire to the bathroom to read and have her devotions. I spent many a tenuous hour waiting for my turn in the facility.

At times we had long spans between cities and would have to eat on the run. When she had an apple for lunch, she would take a small pen knife she always carried, and with a pathologist's skill, as if she was preparing tissue for a slide mount, would peel that apple in one thread-thin and unbroken ribbon and finally hold it up, arms spread wide and say, "Look, Brother Don." In the rear view mirror I would see this red garland stretching from one side of the van to the other and Dr. Agatha's beaming face in the middle. She loved laughing.

Back to her sensitive nature, and with the apple incident in mind, she once rescued me in Kentucky. I too would peel my apples before eating them. We were sitting at breakfast one morning in our host's kitchen and I was busily peeling a large red apple. The room became ominously silent and I looked around the table. Renee Zaharie was straining to hold back a laugh, Dr. Agatha was strangely insouciant, but the hostess was glaring at me. Having caught my eye and attention, the hostess said, "The Bible says, 'What God has joined together, we should not part asunder.'" Dr. Agatha ate her apple, peel and all.

We were driving through grape country near PUC one summer when, as we were rounding a curve, were faced with the horrifying sight of a large truck squarely in our lane barreling down at us at a high speed. There was no time to react, no place to go. But in an instant the truck was behind us and we were still on our journey. God always protected us. He was always with Dr. Agatha on her journey. Her journey ended two weeks ago. As God was with us in the Napa Valley, in Mexico, in Canada, in Ukraine, He has always been with Dr. Agatha. And He was with her at the end of her journey too. She awaits the call of the Life-giver when her journey through eternity will begin.

It is early Sabbath morning as I write this. There are so many stories to tell but it is a three hour drive to Fukushima, Japan, and that is where I will be doing what Dr. Agatha taught me to do. I can only pray I can do it with her clan and skill.



*Blessed
are the dead
which die
in the Lord
from
henceforth:
Yea, saith
the Spirit,
that they
may rest from
their labours;
and
their works
do follow them.*

Revelation 14:13





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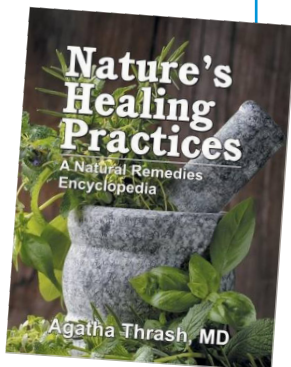
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COMING EVENTS

Next **Lifestyle Sessions** at
the Lifestyle Center begin
October 11, November 1,
and **November 22**



Nature's Healing Practices: A Natural Remedies Encyclopedia

Dr. Agatha Thrash has spent her career helping people improve their wellbeing thanks to her practical and natural approach to health. This, her new and final book, is an extensive volume that contains a wealth of information drawn from Dr. Thrash's books and her and her associates' years of clinical experience. The book is divided into six sections: *Conditions and Diseases*, *Home Emergencies*, *Natural Remedies*, *Herbal Remedies*, *Dietary Information*, *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 how to treat bee stings and other minor home emergencies, how to administer hydrotherapy treatments, what herbs treat what ailments, and what foods to avoid and what foods to eat based on the condition you are battling.

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