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The Uchee Pines  
Institute health  
and news letter



# emphasis: health

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## You can make gratitude a habit!

by Magna Parks-Porterfield, Ph.D. (Psychologist)

**G**ratitude – how thankful are you? We all have the capacity to express gratitude. But, many of us fall short in this area. Psychologists have actually studied the habits of “grateful” people and what they’ve found is quite insightful. In an article on this topic, author Jeremy Smith shares some of these findings. Here is a summary of what he discovered:

1. *Once in a while they think about death and loss.* Several studies show that when this is done, it makes you more grateful for the life you have at the present time.

2. *They take the good things as gifts, not birthrights.* Their humility and appreciation of life prevents them from feeling that others owe them things because they’re special or somehow deserving of it.

3. *They’re not only grateful for things, but for people.* They recognize the importance of relationships and express this openly – this may include sharing with family members or someone else who does something they appreciate, such as a courteous service person or the friendly flight attendant.

4. *They mention specific things.*

Grateful people pay attention to details and make specific statements to express their gratitude such as “I really appreciate that you got up early to make my breakfast this morning.”

5. *They thank outside the box.* Dr. Robert Emmons, one of the experts in the study of gratitude says the following: “It’s easy to feel grateful for the good things. No one ‘feels’ grateful that he or she has lost a job or a home or good health or has taken a devastating hit on his or her retirement portfolio.” However, research on grateful people show that they view adversity or losses as stepping-stones for growth. They are individuals who focus on the “silver lining behind every dark cloud,” so to speak.\*

As you review these habits, can you see any that you need to cultivate? If you do, there is hope! You can make a decision today to become more intentional with your expression of gratitude and practice these habits on a regular basis. In good times and in bad, the expression of gratitude will be rewarding. This helps me understand even better the words of Paul in Philippians 4:4, which says, “Rejoice in the Lord always, and again I say, Rejoice!”

\*Adapted from Smith, Jeremy (2013, November 20). Six habits of grateful people. Retrieved from [http://greatergood.berkeley.edu/article/item/six\\_habits\\_of\\_highly\\_grateful\\_people](http://greatergood.berkeley.edu/article/item/six_habits_of_highly_grateful_people)

MAY WE SEND “EMPHASIS: YOUR HEALTH” TO YOU BY E-MAIL INSTEAD? RESPOND TO [EYH@UCHEEPINES.ORG](mailto:EYH@UCHEEPINES.ORG)

## COMING EVENTS

Next Lifestyle Sessions at the Lifestyle Center begin **August 30, September 27** (10 day session - call for price), and **October 11**

**Fall Seminar – September 20-24.** Come learn more about natural remedies, lifestyle, and more. Register now!  
[www.ucheepines.org](http://www.ucheepines.org)  
OR call: 334-855-4764

September 20-24 Plan now to attend!

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Come learn what you can do naturally, by yourself, for yourself, and for others, to combat disease. Classes include:

- Autoimmune Thyroid Disease
- Celiac Disease
- Multiple Sclerosis
- Gardening
- Hydrotherapy/Simple Home Remedies
- Healthful Cooking
- and much more!

Speakers include:  
Scott Grivas, MD  
Mark Sandoval, MD  
Magna Parks-Porterfield, PhD  
Raimeca Martin, FNP  
Louie Sousa, LC  
Florence Harris, ND, NS  
Andrey Pershin, LC  
Don Korenko, CPA  
Valerie Schreiber, LC  
Helena Tolis, LC

Register today: (334) 855-4764

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## President's Message for the Month

High blood pressure is the number one risk factor for death and disability in the world, and it is estimated that 1 billion adults over the age of 25 suffer from high blood pressure. It is also estimated that 20% of all non-communicable disease deaths yearly (7.6 million) are secondary to high blood pressure. It is also estimated that suboptimal blood pressure costs the world about 3.6 trillion dollars every year.

If we could just develop a safe medication that will reliably decrease blood pressures which also happens to be healthy for you, we could make billions or trillions of dollars every year. Thankfully, we don't need to do that, because the Lord already made it. The medication is called flaxseed.

How much do you take? Research shows that taking 2 tablespoons of ground flax seed daily can decrease your blood pressure as good as, and sometimes better, than blood pressure medication.

So, before you pop that pill, eat your flax!

# COOKING CLASS

## COUNTRY LIFE HOLDS MONTHLY COOKING CLASS

Country Life Natural Food Store and Vegan Restaurant in Columbus, GA held its monthly community Cooking Class on Thursday, July 23. Seventeen people braved afternoon thunderstorms to attend the presentation, entitled "Vegan 101," an introduction to preparing delicious and nutritious plant-based meal options for breakfast, lunch, and dinner.

The classes are usually presented by Lifestyle Educators or Counselors from Uchee Pines Lifestyle Center. However, this time it was the Restaurant Staff at Country Life who shared how to prepare the simple yet memorable dishes. Shirley presented breakfast selections such as Scrambled Tofu, Potato Waffles, and Veggie Patties. Lunch items were prepared by Afryea, including a colorful Bean Salad and two types of salad dressings, Lemon Herb and Sunny Coconut. And Eric and Claudia demonstrated how to make Fruit Pizza and Fruit Smoothies as a light supper. Recipes were distributed for each dish, Menus for the Restaurant were handed out, and multiple copies of Ernestine Finley's Cooking Workbook were sold as well.

Attendees were enthusiastic about the simple preparations, and the beautiful and delicious food they sampled. Comments such as "I'm so glad I found out about this class," "You'll see me again," and "God bless you for what you're doing here," were heard from the crowd as they headed home with the next day's meals in hand.

In addition to the monthly Cooking Class, Country Life has

hosted numerous events this year, including classes on Juicing for Health, Square-Foot Gardening, several Herbal Workshops, a lecture on the effect of nutrition in preventing and treating cancer, and the popular Dinner with the Doctor, which begins with a light meal and ends with a Health talk by Uchee Pines Physician, Dr. Mark Sandoval. Country Life also hosts a weekly Bible Study which has attracted many from the surrounding community.

"We want to do more for the community than just sell products and feed people," said Store Manager Richard Cecere. "We want to share information on all areas of healthful living so that people are educated and given practical instruction they can use in everyday life to improve their health. Country Life and Uchee Pines have been involved in the Medical Missionary work for over forty years, serving people from all over the world. We feel privileged that we can be a part of this incredible legacy, and hear the testimonies of those whose lives have been restored through God's healing way."

To learn more about Country Life, please contact them at 706-323-9194, or find them on Facebook for upcoming events.



## Walnut Olive Burgers

- 1 c. olives, black or green
- 1 ½ c. of walnuts
- 1 c. juice from olives
- 1 c. water
- 3 ½ c. rolled oats
- 1 c. finely chopped onions
- 1 c. chopped walnuts
- 1 t. salt
- ½ t. of each: sage, thyme, garlic powder, onion powder
- ¼ t. marjoram

Blend the olives, 1 ½ c. of walnuts, olive juice, and water in the blender until smooth. Pour into a bowl and add remaining ingredients. Mix well and allow it to set for 15 minutes so that oats can absorb the liquid. Preheat oven to 350 F. Line a cookie sheet with parchment paper. Using a 1/3 c. scoop or ice cream scoop, shape the mixture into patties on the cookie sheet. Bake at 350F for 20 min. Flip the burgers and bake for another 20 min. or until golden.