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The Uchee Pines
Institute health
and news letter



emphasis: ^{Y O U R}health

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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 **July 19, August 9, and August 30**

Lifestyle Educator training begins July 14.

ASI International Convention – Spokane, Washington, August 5-8.

Fall Seminar – September 20-24. Come learn more about natural remedies, lifestyle, and more. Register now! www.ucheepestines.org OR call: 334-855-4764

The Bottom Line Online Training

We are excited to announce the opening of our new Online Course, the Lifestyle Educator Extension Online Course (LEX)! Uchee Pines, in cooperation with Wildwood's College of Health Evangelism, has a new, robust LEX course for those who cannot get away from home and work for 6 months at a time. This course provides up-to-date medical missionary training on a reliable and user-friendly online platform.

Our program includes 23 classes which cover topics such as nutrition, applied physiology, disease & treatment, herbs, massage, hydrotherapy, self-supporting work, health talks, Christian living, last day events, and much more. Class structure includes online videos, homework assignments, and live instructors who will provide feedback and assist you through your course.

Students have one year to complete their studies, and can do so at their own pace and in their own free time.

We encourage all who cannot join us on campus for training to register for our new LEX course. You can find more information and register at: www.ucheepestines.org/training-programs/lex



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Industries Development

For most of Uchee Pines' existence, the source of income for the institute has primarily been the lifestyle center and secondarily our Country Life Restaurant and Natural Food Store. In an attempt to diversify our financial resources, however, the executive committee has recently approved a plan to develop various industries across campus.

Under the direction of the newly formed Industries & Development Subcommittee, funds will regularly be set aside to invest in one department on campus. These funds will be used to develop the infrastructure of that department so that it will become successful in three areas:

1. That department will provide resources and services to the campus at large and to the community.
2. Those resources and services will generate funds so that the department can be financially self-supporting.
3. That department will provide quality hands-on education to our students so that they can be trained in that industry.

The Industries & Development

Subcommittee has chosen five projects to sequentially invest in: (1) The farm, (2) an on-campus co-op/farmer's market, (3) a bakery, (4) an online store, and (5) a media department.

Our first project—the farm—will include infrastructure necessary for high-intensity vegetable gardening, initially with 50X50 plots, a two-wheeled tractor, irrigation, and a wash station. David Radoja, our new farm manager, brings to our campus a lot of experience in this agricultural style, and is helping us plan for the initial and continued development of our farm.

The farm project will initially require a \$20,000 investment. Further project investments will be determined as we near that project's initiation. If you are interested in contributing to this (or other) project(s), please contact Don Korenko in our business office. As always, we solicit your prayers. If you would like to volunteer at Uchee Pines in any of these projects, please let our human resources department know of your desire. Uchee Pines Institute: (334) 855-4764





President's
Message
 for the
Month

Dear Friends,

How do *you* define success? Uchee Pines Institute does not define success by the number of students we have, by the size of our farm, by the number of our volunteers, or by the number of guests that we treat in our lifestyle center. We define success by how closely our work reflects the character of Christ. And we recognize that we cannot attain that measure of success on our own.

To have the character of Christ, one needs to spend quality time in quantity with God. Each of us must begin our day with our Lord in fervent prayer, reviewing our previous day to see what defects still lodge in our hearts, seeking God for a new heart. We must spend time reading His Word, and contemplating His love. Only as we spend this time with Him can we expect success.

Would you join us in seeking this success in your own life? It is a worthy goal, one that brings peace and lasting joy.

Planned Partnership Program Intro

For where your treasure is, there your heart will be also." Matthew 6:21. Where is your treasure? Is it on things of real value, or things that merely pass away without any positive, lasting value? Many sink \$2.50 on coffee and an extra \$10 eating out every day, and others spend hundreds of dollars every year on tasty, but unnecessary and unhealthy food. Their treasure is wrapped up in taste, comfort, and a little extravagance. Do you want a better treasure than that?

Since the early 1970's, tens of thousands of individuals have benefitted from the ministry of Uchee Pines Institute. I have heard from and worked with individuals who were supposed to die whom are alive today because of God's working through the health principles they learned and put into practice at Uchee Pines. Possibly less dramatic, but definitely more important, I know of individuals who have come to Uchee Pines and surrendered their lives to Christ and joyfully faced their last days in peace, knowing that they would spend eternity with their Lord. I know of others who have come as students and staff who have found eternal purpose and passion to reach the world with the message of God's love and healing grace. Each of these found a Treasure of inestimable worth.

To assist us in continuing this service to others we ask you to join the Planned Partnership Program. Planned Partners regularly contribute to Uchee Pines ministry, whether it is \$1/day (\$30/month), \$5/day (\$150/month), \$10/day (\$300/month), or more. Our Planned Partners believe that the services that are offered here, the services that many of them have been personally blessed with, are worth investing in so that others can be similarly benefitted. Becoming a Planned Partner helps us help others for good.

How can you participate?

- 1. Automatic Bill Pay.** If you do any type of online banking, your bank almost always has a "Bill Pay" feature. Just add Uchee Pines as an automatic bill to your account. This bill can be set up to be paid monthly, semi-monthly, or any time frame you desire.
- 2. PayPal.** Login to the Uchee Pines website at www.UcheePines.org and click on the "Donate" button. You can set up automatic payments with PayPal also. When you log in, put the amount of your donation in the blank, and click on the "Make This Recurring (Monthly)" button.
- 3. Paper checks.** Each month you could send a check or you could write a number of postdated checks for 6-12 months and they would be cashed when they become due.
- 4. Credit card payments.** We can take credit card payments over the phone at any time.

The ability to reach a soul for eternity, to stop someone's pain, to help reverse the disease process that is threatening to unravel their life, to assist students in learning how to help others come to freedom and find a lasting relationship with their Lord; this is worth much more than a daily coffee and a meal out on the road. Thank you for recognizing this, for choosing to deny yourself in order to help a soul, and for becoming a Planned Partner with Uchee Pines.

So, eat healthy, save money, sacrifice your wants, and invest what you save into a treasure that lasts. Help us accomplish our mission of *Improving Health...One Choice At A Time!*

Overcoming Negative Thoughts

by Mark Sandoval, M.D.

Thoughts like worry, fear, bitterness, and guilt can cripple us emotionally and physically. And unfortunately, many of us have never found the key to freedom from these thoughts. But the solution is simple.

Overcoming negative thoughts comes down to a principle, which I call the displacement principle. It goes something like this: If you are thinking about negative things, think about something else. If I have a negative thought, I simply displace it by actively thinking upon something else.

Suppose that your negative thought or feeling is one of guilt. Maybe you think, "God can never forgive me for what I have done." What can you replace that with? I would suggest 1 John 1:9, "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." Take a 3X5 card, write out the text for 1 John 1:9, along with a prayer of faith like this one: "Lord, thank you for giving me the truth of Your Word. I choose to believe that I am forgiven, because You said so. Thank You for forgiving me."

Now comes the 4-Second Rule. From the time that you realize you are thinking negatively, you have 4 seconds to pull out your 3X5 card and start reading it out loud. Why out loud? Because "faith cometh by hearing, and hearing by the word of God." Romans 10:17. Every time you have the negative thought/feeling, read out loud what is on your 3X5 card, and concentrating on what you are reading. If you get done and the negative thought/feeling is still there, do it again!



This is a battle of the mind. Imagine you are in an old fashioned battle with swords and shields. Now, imagine that the enemy line is advancing toward you, and you leave your sword in its sheath. What will happen to you? You will die. If you take your sword out and take one whack at the enemy with it and put it back in its sheath, what will happen to you? You will still die. The only way you will survive the battle is if you use the sword every time the enemy advances. We are told in Ephesians 6:17 that the sword of the Spirit is the Word of God. So, every time the thought or feeling comes, use your sword!

If your issue is feeling unloved, take Jeremiah 31:3, "I have loved you with an everlasting love; therefore with lovingkindness I have drawn you." Write a prayer of faith like this one: "Lord, thank You for giving me the truth of Your Word. I choose to believe that I am loved because You said so. Thank You for loving me." Every time you recognized that you feel unloved or have a thought of being unloved, you have four seconds to pull out your Jeremiah 31:3 card and read it out loud. If, when you are done, the unloved feeling/thought persists, do it again!

Take it from my experience, the battle is fierce early on, but with time, the negative thoughts and feelings become less intense and come less often, until there is a consistent victory over those negative thoughts and feelings.

For other issues, consider these texts. "I can't do it." Philippians 4:13. "I'm not worth it." John 3:16. "I am all alone." Hebrews 13:5.