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The Uchee Pines  
Institute health  
and news letter



# emphasis: YOUR health

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## COMING EVENTS

Next **Lifestyle Sessions** at the Lifestyle Center begin **April 19, May 10, and May 31**

**Health Emphasis Weekend** with Dr. Mark Sandoval and team in Crown Pointe, Indiana – **May 8 through 10.** For more information contact: [eyh@ucheepines.org](mailto:eyh@ucheepines.org)

## The Bottom Line

Mental Health Promotes Physical Health

The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression.

Grief, anxiety, discontent, remorse, guilt, distrust,

all tend to break down the life forces and to invite decay and death. Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease, the cause of which is wholly imaginary.

Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. "A merry [rejoicing] heart doeth good like a medicine." Proverbs 17:22. In the treatment of the sick, the effect of mental influence should not be overlooked. Rightly used, this influence affords one of the most effective agencies for combating disease.<sup>1</sup>

1. E. G. White, *The Ministry of Healing*, p. 241

### Inside

#### The Mind's Mirror

By beholding we are changed

#### Recipe

Curry cashews & Cauliflower curry

#### The Bottom Line

Mental health promotes physical health



## new life

by Kimberly Kodimer

I walked down the winding road headed back to work. All around were signs of the dreary winter—barn trees and brown dead leaves scattering the ground. As I walked something colorful caught my eye. I stopped and took a few steps backward. There along the roadside were sparkling purple flowers, kissed by the rain early that morning. A touch of beauty, promising the spring of new life. Quickening my pace, a search began—a search for the little treasures that were springing to life and sharing a precious message from God. By the time I reached work I had found many treasures, and the walk that began dull and dreary ended in beauty and blessing—not because anything had changed



around me, but because I had changed what I focused on.

This week has been our annual Spring Seminar at Uchee Pines. At our seminars a host of topics are presented by our physicians and staff, all centering in health and wellness. Each presentation is packed with valuable information, from overcoming addictions to simple home remedies for sickness.

As I sat through the meetings I saw a common thread sown throughout each presentation—"where's your focus?" Having the wrong focus can actually make you sick and prevent you from getting well. It's something we need to take seriously. Let's start today to focus on the right, to gather the beautiful treasures along our pathway. Here and there are messages from God, messages of hope and newness of life. Let's notice them.



# the mind's mirror

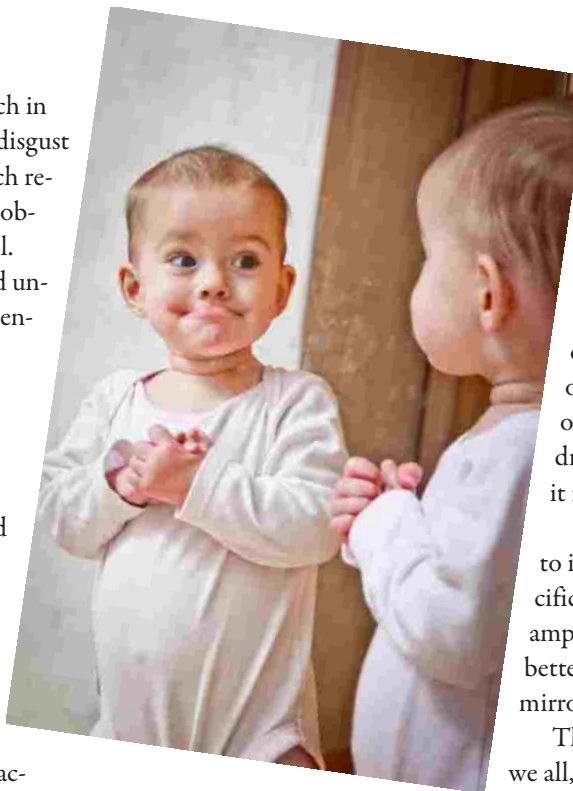
## BY BEHOLDING WE ARE CHANGED.

by Rukiya Charles, Lifestyle Counselor

You see a stranger stub her toe and you immediately flinch in sympathy, or you notice a friend wrinkle up his face in disgust while tasting some food and suddenly your own stomach recoils at the thought of eating. Or how about when you observe someone yawning, not long after you begin to yawn as well. How does this happen? This ability to immediately respond and understand what other people are experiencing has long baffled scientists, but research now suggests a fascinating explanation: brain cells called mirror neurons.

In the early 1990s, a group of Italian researchers implanted electrodes in the brains of several macaque monkeys in order to study the animals' brain activity during different motor actions, including the clutching of food. One day, as a researcher reached for his own food, he noticed neurons began to fire in the monkeys' premotor cortex—the same area that showed activity when the animals did a similar hand movement. How could this be happening when the monkeys were sitting still and only watching him?

In after years, discovery of mirror neurons—a special class of brain cells that fire not only when an individual performs an action, but also when the individual observes someone else make the same movement—has radically changed the way we think about our brains and ourselves, particularly our social selves. Mirror neurons appear to let us “simulate” not just other people's actions, but the intentions and emotions behind those actions. When you see someone smile, for example, your mirror neurons for smiling fire up, too, creating a sensation in your own mind of the feeling associated



with smiling.

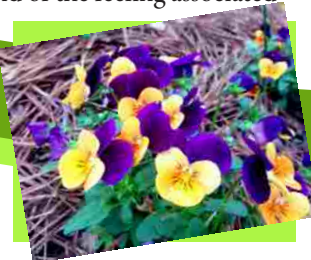
Neuroscientists continue to give us new insight as they further study the activity of mirror neurons. Several key findings have been made:

In 2002 reports showed that in both humans and animals, the mirror system also responds to the sound of actions.

Also, mirror neurons appear to allow us to determine other people's intentions as well as their actions. For example, one area of the mirror neuron system exhibits greater activity in our brains when we observe someone picking up a cup to have a drink than when we watch the same person picking it up to clear it from a table.

And finally, the mirror neuron system also appears to allow us to interpret facial expressions. Whether we are observing a specific expression or making it ourselves (a frown of disgust, for example) the same regions of our brain become activated, and the better we are at interpreting facial expressions, the more active our mirror neuron system.

This discovery reminds me of a particle Bible verse. It says, “But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.” (2 Corinthians 3:18) This verse is physiologically true! We are literally affected, altered or changed by what we behold. By beholding we become changed! Today the choice is yours. Let us behold Christ Jesus and be “changed into his image from glory to glory.”



### Curry Cashews

- 1 ½ c. unsalted cashew
- 1 t. coriander seeds
- 2 t. cumin seeds
- 2 t. cardamom powder
- ½ c. coconut milk
- 1 onion, sliced finely
- 2 garlic cloves, crushed
- 1 red bell pepper
- ½ t. turmeric
- 4 T. coconut cream
- 3 lime leaves or ½ T. lemon grass (finely chopped)
- 1¼ c. water
- ½ -1 T. salts

- Soak cashews in cold water overnight. Drain thoroughly; crush coriander seeds, cumin seed. Add coconut milk to skillet then sauté onion and garlic for 2-3 min. until soft.
- Add crushed spices, salt, turmeric and stir for another minutes.
- Add the coconut cream and water to pan. Bring to a boil, then add cashew nuts and lime leaves.
- Cover the pan, then lower the heat and simmer for about 20 min. Serve hot with rice

### Cauliflower Curry

- 1 onion, chopped
- 3 clv garlic, minced
- 2 t. Country Style Seasoning (see recipe in past issue)
- 1/8 t. cumin
- 1/8 t. turmeric
- ¼ t. coriander
- 1/8 t. fenugreek
- 1/8 t. cardamom, opt
- 2 potatoes, cubed
- ¼ c. water
- cauliflower, one full head--cut into flowerettes
- 1 can coconut milk (14 or 15 oz.)
- 1 can diced tomatoes (15 oz.)
- ½ t. salt (to taste)
- 1 ½ T. lemon juice

- Saute onion, garlic, seasonings, and potatoes in water until onion is clear and water is nearly gone.
- Add coconut milk and diced tomatoes. Bring to a boil. Cook for 10 min. Add cauliflower. Cook for 10 more min., or until potatoes are tender. Add lemon juice and salt, and turn off burner. Serve warm over rice.

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