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The Uchee Pines
Institute health
and news letter



emphasis: 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 **March 29, April 19, and May 10**

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

March 22-26 Plan now to attend!

Spring Seminar Simple Remedies & Preventive Medicine

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

- Spinal Pain
- Diabetes
- Heart Disease
- Gardening
- Eating Disorder
- Hydrotherapy
- Fats and Oils
- Medical Missionary Series
- Posttraumatic Growth
- Healthful Cooking

Speakers include:
James Horsley, 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

Featured Speaker: Frank Fournier

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Dedicated LE Trainees

In January we welcomed 11 dedicated Lifestyle Educator trainees. Their homelands varying from the United States to



Jamaica, Trinidad, and Africa. Why did they come to Uchee Pines?

"I worked as a nurse for eighteen years. Seeing the traditional side of medicine and the frustration of many patients, I knew there had to be a better way. My husband and I became more and more interested in health and disease prevention. We also learned that the health message is the right arm of the gospel. We came to Uchee Pines to learn how to educate others on health and natural remedies and how to ultimately lead others to Christ." —Amy K.

"The Lord has directed me to Uchee Pines because I firmly believe in the Medical Missionary work. Here at Uchee Pines I will be exposed to the learning of the use of natural remedies

as related to God's health laws." —Vivett P.

"My husband* came to Uchee Pines as a health guest and I accompanied

him. I was impressed with the way we were treated and I want to do the same thing for others." —Kathy C.

"I have had a desire to be involved in a health ministry for quite some time. I realized that the path I was on, working long hours to obtain things that will someday melt with fervent heat was not going to prepare my family and I for the tough times ahead nor would we be fitted for the kingdom of heaven. I desire to fully commit everything to Him and learn how to help others physically and spiritually in these last days. I believe we are in the Lord's will and there is no better place to be!" —Mike K.

*Kathy's husband, Jerry, accepted Jesus as his Savior while at Uchee Pines. His amazing story was published in the September 2013 issue.

single-minded service

GLOBAL MISSIONS

Don Miller reports on his trip to Bolivia.

There is a rock they refer to as Signal Rock in an un-named river in Bolivia. If you can see it, you might be able to make it out to civilization. When returning to town, the rock is in the first river needing to be forded...there are six others just to make it to pavement. Welcome to Instituto Quebrada Leon in central Bolivia. There was a day when the water passing high over the rock gave no indication a rock even existed. This was the beginning of the rainy season.

Carved into the jungle that stretches to the Amazon River basin is a medical missionary training school serving all of South America. Conditions are spartan by western standards but that does not deter the spirit of the staff and students who bounce and ford their way into this beautiful edenic spot. Begun a few years ago by Dr. Dosung Kim and family, the institution provides a valuable service, not just to the students who come from Columbia, Brazil, Chili, Peru, Argentina, Venezuela, Paraguay and a few other countries; but they provide valuable service to the local citizens scratching out a meager living from the tired soil.

For those of you who have never served in a third-world environment, a brief sketch might be of some value, if for no other reason than to fuel your prayers. Here are a few realities:

- **Washing water:** Very cold as it flows through a 2-inch pipe from a reservoir in the hills.

When it rains, the pipe often becomes clogged leaving us with a mere trickle. When it is a trickle, forget a shower.

- **Drinking water:** Most people drink it having been run through a simple in-line filter. Some drink it after it has run through another charcoal filter. After the third bout of nausea, vomiting and diarrhea, I had to switch to the SODIS system, which is Solar Disinfection.

Each day I filled three one quart can-



ning jars with water and sat them in direct sunlight for the day. Never became sick again. Same technique I used in Zimbabwe.

- **Laundry:** Grab a bucket and start scrubbing. If the pipe is plugged, go down to the stream or river and bring back a bucket or two. When done, don't throw it away as it is very useful to flush toilets. And on the way to and from the water, watch for ticks and snakes.

- **Mosquitos:** A constant menace, day and night. How some of the students survive without a mosquito net is a mystery.

- **Electricity:** Outside of the classroom and kitchen, and then only when the generator is running or the solar cells are charged, there is no electricity. Dorms are dark and quiet. Candles are the common light source but they only add more heat, something you don't need most of the time.

- **Food:** Mostly home grown, it is simple and plentiful. During my time at Instituto Quebrada Leon we came into mango season. We went from eating an occasional mango to carting away

wheel barrows full of fallen fruit every morning.

- **People:** This is what always makes a place; the people. People who are willing to endure hardness as soldiers of Christ and bring hope to others. It is time for all of us to serve Jesus.



Creamy Tomato Soup

3 c. soy milk (or any kind of milk you want to use)

1 T. onion powder

½ t. garlic powder

1 1/2 t. salt

2 T. sweet basil

1 ½ T. honey (or other sweetener)

1 ½ T. cornstarch or arrowroot powder

6 oz. tomato paste (or 1 can tomato sauce)

2 qt. whole canned tomatoes

Mix all ingredients into a 4 quart kettle except the tomato sauce and whole tomatoes. Blend tomatoes (4 cups at a time) on high for 30 seconds. Add to pot and mix together. Bring to a boil, stirring constantly. Cook on medium heat about 15 minutes. Serve immediately or chill.

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President's
Message
for the
Month

This issue of *Emphasis: Your Health* focuses on mission, both our global outreach in the ministry of Don Miller, and our group of Lifestyle Educator medical missionaries. Both have decided to dedicate their lives to the mission they have been called to; some on the beginning phase, some intermediate, and some long-time. I hope that, as you see the group pictured on the front, and realize that all ages and stages of experience are represented, you will be encouraged to pursue whatever mission God has called you to. You are never beyond the call, as long as life and reason allow. Answer God's mission call, and you will never have regrets. I'd like to share a quick update regarding my Mother, Dr. Agatha Thrash. She continues in much the same condition. Physically, she is still relatively strong and able to function, but there has been serious impairment of her mental abilities and personality. I hope you will continue to keep her in your prayers, and I thank you for all the kind notes and letters of support we have received. I am sorry I cannot answer all personally, but know we think of you with appreciation.