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The Uchee Pines  
Institute health  
and news letter



# emphasis: <sup>YOUR</sup>health

VOLUME 26, ISSUE 2, FEBRUARY, 2015

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 **February 15, March 8, and March 29**

**Health Emphasis Weekend** with Dr. Mark Sandoval and team in La Porte, Indiana – March 5 through 8. For more information contact: [eyh@ucheepines.org](mailto: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

## my experience as a trainee

by Shantavia Gittens

There are many things I can say about my Uchee Pines experience, but here are a few things that stood out the most:

- the friendliness of the staff,
- the thoroughness of the physicians
- the facility
- the depth of the educational program

Uchee Pines has a very distinguished Lifestyle Center. It not only met my expectations but exceeded them. I came to Uchee Pines as an intern and was here for six months in the capacity of Lifestyle Counselor. Right away, as I met the staff and other students, a warm atmosphere and ready acceptance made me feel right at home.

I was very impressed with the medical staff at the Lifestyle Center. They addressed not only the physical and the mental, but also the spiritual needs of the lifestyle guests. They went beyond the call of duty in dedicating their time, even until the wee hours of the day. Where a guest was in need, someone was there, indeed.

Whether it was a physician or Lifestyle Counselor, all have been a blessing to me. Through my experience with the physicians, I learned new ways of reaching out, new aspects of counseling and more ways of pointing individuals to Christ as their Chief Physician.

The facility is immaculate. It affords efficiency, cleanliness, space, and best of all, a charming rural environment. I have seen guests blessed just by being in nature. So many are looking for a retreat, away from the hassle of everyday experiences city stresses. Uchee Pines is the place.

Finally, I have learned much. Having a lifestyle guest assigned to me was a blessing. I've learned new simple remedies, and had the opportunity to evaluate the causes of disease and the experiences of fellow Lifestyle Counselors. I will be sharing with people the things I have learned that they, too, can be blessed.

Uchee Pines staff and students, continue on doing what you are doing for the Lord!

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President's  
**Message**  
for the  
**Month**

Last weekend, our administrative team took some time to spend a few days on a leadership retreat at Camp Alamisco, which is about an hour and a half away. I had invited Herb Pohlka to join us as our devotional speaker, and mentioned that, since he's been in this type of work for decades, perhaps it would be good to recount some experiences and "go back to basics" spiritually. I have to say that I enjoyed hearing about the events over the years, but was really blessed in reviewing "the old, old story," and the place God has for each one in His plan. This issue of EYH contains some testimonials, but the recurring theme is that God can bless in simple ways.

Recently, I came across a paper my father, Calvin Thrash, Jr., M.D., had written over 45 years ago on health and evangelistic work from the 1920s and 30s. As I read the accounts of success various individuals had in helping people both physically and spiritually by using the very same methods we employ today, I was impressed with the timeless nature of the message that God has given in nature and His Word. What Dad wrote then, I have to agree with as appropriate today: "All that is necessary is that we realize that the records of the marvelous providences of God in past ages, as His servant has so aptly put it: '...were not written merely that we might read and wonder, but that the same faith which wrought in God's servants of old might work in us.' " I hope this is true in your life, as well.

# the way to a man's heart...

## A TESTIMONY FROM ONE OF OUR LIFESTYLE CENTER GUESTS

*God can do amazing things as we follow His plan.*

One of Jim's foremost health problems was ulcers. He had been in the hospital three times because of bleeding, and the doctors finally suggested that he have an operation. Jim knew that the fried foods and coffee he was served while in the hospital would not help his stomach any, so he figured that the operation would not do much good either. But Uchee Pines won his heart by healing his stomach. "Two days after I got here, and after being on this type of diet for two weeks already, the problem stopped and I haven't had any problem since. I feel so much better!"

Jim's other major health concern was asthma. Ever since he was a young man, Jim had struggled to catch his breath and found sports and other strenuous activities to be hard. "When I first came here I probably couldn't have walked 1/4 mile," he said.

"He made vast improvement," commented Jim's Lifestyle Counselor. "When he got here he sat on his bed, leaned-over with his hands on his knees, which is the typical posture for asthmatics. When he left he could sit normally and relax and breathe with virtually no strain." Also, by the time he left, Jim was using his inhaler only 3-4 times a day, whereas before he had been using it 20 times a day.

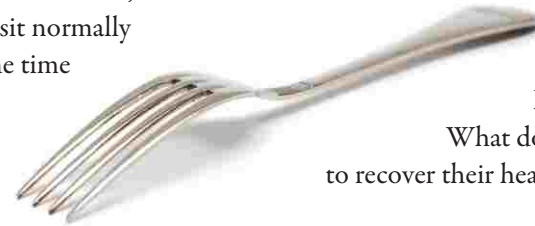
"I'm walking over three miles every day now," Jim remarked. "And I'm not anywhere near as tired after three

miles as I was at 1/4 mile in any way, shape or form...The asthma has improved I would say approximately 90% to what it was just before I came here. I believe the diet had a lot to do with it."

What type of diet was Jim eating? A total vegetarian cuisine! This means no meat, cheese or other dairy products, which especially aggravate asthma, but such tasty dishes as lasagna, spaghetti, and burgers made from vegetables, whole grains, beans, and nuts. But his program also consisted of daily walks through the woods and meadows, hydrotherapy, and sincere prayer.

"I definitely believe that the only way to keep our health up is to stay on the diet and the exercise," Jim declared, including his wife in his statement. "My wife was one of the worst ones here," he said and then told how her recovery from pernicious anemia during a previous session convinced him that Uchee Pines could help him, too.

What does he think about the place that has helped him and his wife to recover their health? "It's just indescribable."



“I thank God for the gift of Uchee Pines and for ordering my steps here. I've been on a lot of retreats, I've done a lot of programs, but this is a taste of heaven.”

—Lifestyle Center Guest



### Hummus

- 2 cups cooked garbanzos
- 2-3 Tbsp lemon juice
- 3/4 tsp salt
- 1/2 cup tahini (opt)
- 1/3 – 1/2 cup garbanzo juice or water
- 1 1/4 tsp onion powder
- 2 garlic cloves OR 1/2 tsp garlic powder

Use a food processor to blend all ingredients for 1-2 minutes until creamy. May add chopped olives or bell peppers after blended.

Use as a delicious spread or dip. If you want to use it as a dressing, double the water.

