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The Uchee Pines  
Institute health  
and news letter



# emphasis: health

VOLUME 25, ISSUE 9, NOVEMBER, 2014



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 **January 4** and  
**January 25**

New  
**Lifestyle  
Educator**  
6-month  
training program  
beginning  
**January 5, 2015**

APPLY NOW!

## Pumpkin Pie

|   |                    |
|---|--------------------|
| 1 3/4 c. cooked pumpkin (15 oz. can)        | 1 can coconut milk |
| 1/2 c. pitted dates                         | 1/2 c. honey       |
| 1/4 c. cornstarch                           | 1 t. vanilla       |
| 1/2 t. maple flavoring                      | 1/2 t. coriander   |
| 1/2 t. fresh peeled or dry ginger, optional | 1/2 t. salt        |

*Blend all ingredients together in the blender until smooth.  
Pour into an unbaked pie shell and bake at 350° for 1 hour.*



### Inside

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Recipe  
Pumpkin Pie

## What are you most thankful for at Uchee Pines?

I am most thankful for the open heartedness of Drs. Calvin and Agatha Thrash who were used of God to establish Uchee Pines Institute. I first saw Dr. Agatha Thrash in 1978 at the Oakwood College SDA Church. She had the sermon for the Medical Day worship hour on Sabbath. I was thoroughly impressed with her sermon and the afternoon talks with the Q & A period.

Nine years later I was invited to join the Uchee Pines Staff, (then Uchee Pines) serving as the Lifestyle Educator Coordinator, which began my working relations with the Thrash's and the fine team of dedicated missionaries here. As a member of the Executive Committee, I was repeatedly impressed by the generous interest the Thrash family demonstrated in the work and workers here, and around the world. The initial gift of 200 hundred acres to the Institute, was followed by further donations of houses and lands over the years. And there has been an endless stream of medical professionals who came for training in natural medicine and medical missionary work at little or no charge.

Again I am thankful for the examples of Christian generosity care and kindness I have found at Uchee Pines Institute.

John Champen  
Chaplain

For more information on Uchee Pines, visit our website,  
[www.ucheeperines.org](http://www.ucheeperines.org), or call, 1-877-UCHEEPINES.





# DON'T FALL THIS FALL!

Thanksgiving is a holiday that doesn't seem to get its fair share of recognition. Perhaps it's because humans tend to be fearful and pessimistic naturally. It is a divine gift to be thankful, even if things are not going quite the way we might think they should! Just today I was reading a quote along those lines. *We may be facing a life-threatening illness or enjoying good health. We may be perfectly content in our home or facing a move and dreading it. We may be prospering financially or struggling to pay the mortgage. We may be enjoying a great marriage, or the relationship may be strained. We may feel very close to God, or we may feel distant from Him. Faith is not dependent on our feelings or our circumstances* (Mark Finley, *Week of Prayer Readings*, 2014). Pastor Finley then points us to Habakkuk 3:17-21, which says that even if there is disaster, we should still praise the Lord! Blessings in this Thanksgiving season!

When thinking of Thanksgiving, what comes to mind? Delicious loafs seasoned to perfection? Steaming mashed potatoes dripping with gravy? Pumpkin, apple, and pecan pie topped with fluffy whipped cream? Thanksgiving Dinner is definitely a highlight of the last Thursday in November, but most often it is not a "healthy meal." Change that this year with these delicious and healthy recipes.

### Bread Dressing

- |   |                             |
|---|-----------------------------|
| 3 stalks celery                                 | 1 c. chopped onions         |
| 1 t. sage                                       | 2 T. Chicken-Like Seasoning |
| ½ t. Italian Seasoning                          | 1 T. parsley flakes         |
| ½ t. garlic powder                              | 2 c. water                  |
| 9 c. whole wheat croutons (toasted cubed bread) |                             |

Simmer celery, onions, seasonings, and water till tender. Toss all ingredients together. Spray casserole dish and bake covered at 400° for 1 hour.



### Holiday Nut Loaf

- |                                      |                              |
|--------------------------------------|------------------------------|
| 1 c. tofu                            | ½ c. water                   |
| 2 cloves garlic, minced              | ½ T. Country Style Seasoning |
| ¼ c. gluten flour                    | 1 ½ t. salt                  |
| 1 T. onion powder                    | 1 t. sage                    |
| 2 c. pecans or other nut             | 2 c. chopped onion           |
| 3-4 c. soft whole grain bread crumbs |                              |

Blend tofu, water, garlic, seasonings. Combine remaining ingredients in a mixing bowl. Add blended ingredients and mix. Spray loaf pan and bake covered at 350° for 1 hour. Remove cover and bake another 30 minutes. Let cool 5 minutes before removing from pan. Turn upside down to serve.

As we sit down with our families this holiday season may our hearts return the thanks to the One who has given all.

Have you practiced being thankful this year? Most of us tend to fall into the "negative" category. This not only casts a shadow on our own day, but on everyone around us as well. And besides this, negative thoughts actually damage our health. The mind/body connection is stronger than most realize. What are you most thankful for this year? We took a survey and asked our trainees and staff, "What about Uchee Pines are you most thankful for," and this is what they said:

## returning thanks

I am grateful to discover God's purpose for my life—my life work. Many a soul journeys through this earth attempting to fill a void due to their unknown purpose...I have found, with indescribable satisfaction, the purpose of why I was created...this key has liberated me from the bondage of earthly disappointment as finite things were used to fill an infinite hole. When one realizes their place in God's vineyard and their use on earth, life's quality becomes dramatically increased. As the caged bird released, as the slave freed, as the Sun's ability to pierce through the storm clouds, so has been my experience as I found Christ at Uchee. Galatians 5:1, "Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage." —Jai H., Trainee

“ The people! That's what makes Uchee Pines. ”  
Luis V., Country Life

For adherence to the true standards and uplifting them before our congregation. For many true Christians in our church and institution. —Andrey P., Research Assistant

I am grateful for God's grace toward me, that He chooses to use a broken vessel like myself to accomplish His will in the lives of others. I am grateful for those He has allowed me to come into contact with at Uchee Pines, staff, students, and guests, and how we have mutually helped each other. I am grateful for the message of health and healing that God has given us, to be able to see that message working out in the lives of the guests who come to our center. —Mark S., Staff Physician

I am most thankful that here at Uchee Pines they help us realize our importance as Medical Missionaries and encourages us to reach out to a dying world. —Shanice S., Trainee



Are you attending the Generation of Youth for Christ (GYC) conference in Phoenix, AZ this year? If so, be sure to visit the Uchee Pines booth in the exhibit hall. We would love to see you!