



Uchee Pines Institute  
30 Uchee Pines Rd  
Seale, AL 36875-5713

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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](mailto:EYH@UCHEEPINES.ORG)

## COMING EVENTS

Next **Lifestyle Sessions** at the Lifestyle Center begin **November 16** and **December 7**

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

APPLY NOW!

## The Bottom Line

Allergies

The awareness of food allergies has spread across the nation. Every family seems to be affected, yet a recent study shows that there's another type of allergy that causes more deaths—allergies related to medications.

In the span of around ten years, less than seven percent of allergy-related deaths were from food allergies, while almost sixty percent were caused by medications. "Medications can be dangerous," said study researcher Dr. Elina Jerschow.

Health advocate E. G.



White spoke of the same thing years ago, "Drug medication should be worked away from as fast as possible, until entirely discarded. Education should be given on proper diet, dress, and exercise." "Drug medication, as it is generally practiced, is a curse. Educate away from drugs. Use them less and less, and depend more upon hygienic agencies; then nature will respond to God's physician—pure air, pure water, proper exercise, a clear conscience." God has given resources for healing. Let's reason from cause to affect.

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parallels

GYC  
Visit our booth!

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Something warm for  
those cold mornings

The Bottom Line  
Allergies



## opportunities in obstacles

The story is told of a king many, many years ago, who had a boulder placed in the middle of an often used road. The boulder in place, he hid a short distance from the spot and watched to see if anyone would remove the huge rock. As the day wore on, some of the king's wealthiest merchants and courtiers came down the road. Each of them merely walked around it. While doing so, many of them, perturbed at the inconvenience, loudly castigated the king to each other for not keeping the roads in better condition. Not a one of them did anything about removing the obstacle from the thoroughfare. But then a peasant came along, pressed under the weight of a load of vegetables he was taking to market. When he came to the boulder, instead of

complaining and going around the thing, he laid down his heavy burden and took hold of the offending mass. Already tired from the load he had been carrying, he called on his inner reserves in an effort to move the stone to the side of the road. It took considerable effort, much sweat, and not a little valuable time, but at last the task was successfully completed.

**Every obstacle presents an opportunity to improve one's condition.**

Returning to his load of vegetables, a leather bag caught his eye lying right where the boulder had been. The bag contained a large amount of gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway. The lowly peasant learned what many more favored will never understand; every obstacle presents an opportunity to improve one's condition.

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

# healing wounds

## PARALLELS BETWEEN PHYSICAL AND SPIRITUAL HEALING

by Andrey Pershin

**H**ealing of a physical wound follows several stages: clotting, inflammation, proliferation and remodeling. We will take a look into the wonders and riches of parallels between physical healing and spiritual healing.

### Clotting and Repentance

After a fresh cut of the skin we see a clot forming in the place of damaged blood vessels which effectively stops the bleeding. This is the first stage of healing.

When we have sinned the first step in the healing process is to reconnect us with God through repentance. Sincere repentance is lifesaving as we can see from the example of the thief on the cross. He had no time for going through all the steps of restoration but the grace of God made him safe for eternity right there and then. He had definite victory over his sins by surrendering to Christ.

### Inflammation and Consequences

The purpose of the second stage, which is inflammation of the physical wound, is to bring fresh blood and white blood cells to kill pathogens and to remove debris. After repentance there are painful consequences of our sin, like it was with David's son who died even though his father repented of his sin (2 Samuel 12:14).

Why does God allow this pain to come into our life? Because it brings a deeper realization of the sinfulness of sin. Healing powers from God make even a stronger impression of the cause and effect of sin. Not only are we the ones who are affected by our sin, but other people can be affected by it also. Many Christians stop at this stage. They go through the same painful experience over and over without learning the lesson. They do not allow healing agents to remove infection, to clean the wound and to proceed to the third stage, which is restoration.

Inflammation can be very strong. The longer tissues are inflamed the more advanced is the damage to the tissues and the longer it will take for the wound to heal. Repentance must be followed by practical steps of deep searching and cleansing of heart from, for example, a sinful habit.

### Proliferation and a Pure Life

The third stage of physical wound healing is proliferation. Collagen matrix is growing



and the blood clot previously closing the cut is replaced by epithelium. Nature goes an extra mile producing collagen in excess, beyond the needed amount and this results in a scar. The scar can be quite noticeable. At this stage of healing, spiritually speaking, we are learning to live a pure life. We may even go to some extremes, like fasting many days or withdrawing from certain contacts or influences which we know would make a detrimental blow to our spiritual life when we feel spiritually weak and which we could withstand if we were strong. This is an important part of the healing process. We want to simplify our life and spend much time being nourished by the Lord. Unfortunately, some Christians

stop at this stage. They have trouble understanding God's guidance in their life. God's word, providence, council of godly and experienced people, the voice of the Holy Spirit through our conscience, and the sense of duty, are the ways God communicates His will. Each of these is a pole pointing in the right direction. The more poles you have lined up, the more confident you can be in God's guidance. Too much scarring can cause adhesions when fibrous bands form between tissues and organs. Wandering without definite direction can cause us to make more mistakes, pain and unnecessary sufferings in our life.

### Remodeling and Restoration

Finally, we got to the fourth stage. During remodeling of the scar excess the epithelial tissue is removed and the wounded part of the body restored, as much as possible, to its healthy normal condition. If the cut was small and all stages followed in quick succession then one can hardly tell a difference. But the longer it took to get to the fourth stage the more likely that a scar—a permanent reminder of the painful event—will remain. We should note that, as in physical healing, spiritual healing may have different stages overlapping to a certain degree as each stage prepares our body for the next one.

As we all desire healing we can pray: "Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for thou art my praise." (Jeremiah 17:14) The wonderful promise is made: "For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD..." (Jeremiah 30:17)

## Baked Oatmeal

- 1 c. chopped dates
- 1 3/4 c. chopped fresh fruit of your choice—apples, peaches, etc.
- 3 c. rolled oats
- 6 c. Soy or Nut Milk
- 1 t. vanilla
- 3/4 t. salt
- 1 c. shredded coconut

Place all ingredients in a 3qt casserole dish. Cover and bake at 350 degrees for 45 min. Cool slightly before serving.



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



Last edition of this newsletter, I gave an update on my mother's condition following her stroke on November 22, 2013; listing her encouraging improvements, especially in the last couple of months. As anyone who prints any news knows, it may be "old" before the reader even receives it, and this is now the case. On September 8th, Mom again suffered a series of strokes that has further reduced her abilities. I wish I could tell you that she has a good possibility of recovery, but this is not the case. Although she still eats well, does some daily tasks and takes walks on campus—she lost most of her personality that Monday evening. We are not sure if she recognizes us, as she did after the first stroke last year; but she is in the care of our physicians here at Uchee Pines, who are following her wishes in regard to using the natural remedies she taught and recommended. As each human in this world knows, life here is unpredictable. We have great hope in Jesus' promises for the future when He will set everything right once again.