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The Uchee Pines
Institute health
and news letter



emphasis: YOUR 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 **August 3, August
24, and September 14**

**ASI National
Convention** – August
6–9 in Grand Rapids, MI.
Come visit the Uchee
Pines booth!

Fall Seminar –
September 21-25.
Come learn more about
natural remedies,
lifestyle, and more.
Register now!
www.ucheepestines.org
OR call: 334-855-4764

The Bottom Line

Strength vs. Endurance Training

You may actually get more benefit
from strength training than from en-
durance training.



Dr. Al Sears, founder of the
Center for Health and
Wellness of Royal Palm
Beach, Florida, was driving outside
his neighborhood when he saw a
group of runners taking a rest break.
As he looked them over he noticed
something interesting, almost all of
them had some kind of brace on their
knee, elbow, ankle, or somewhere else
on their body. Pain was on their faces.
They really looked like they were run-

ning for the hospital. Dr. Sears be-
lieves “endurance exercise just makes
you old before your time.”

A study that was done over a 19-
year period on nearly 9,000
men—ages 20 to 80—was published
in the *British Medical Journal*. The
study indicated that those with the
most muscular strength tended to live
the longest. Perhaps tried and true exer-
cises like pushups and pull-ups should
be part of a balanced exercise program.

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The Bottom Line
Strength vs. endurance
training



No More Pain!

Janet* had been in severe,
constant pain. Every day before
going to bed she would ask
God to put her to rest because it
was enough. In order to continue
living she knew that something had
to happen. “It was time to make a
change,” she said, “so I decided to
come to Uchee Pines.”

At the end of her stay, Janet
commented, “I know for a fact that
God is here and the people who are
here are His angels. He uses them.

It’s like they never get tired trying
to make you comfortable.”

Through the Lifestyle Session
Janet’s health made a turn-around.
“At this moment,” she said when
sharing her experience, “not one
part of my body is in pain!” With
face beaming she praised God,
“It’s a miracle! The joy that I feel I
can’t even explain. It makes me
want to cry!”

*Name has been changed.

For more information on Uchee Pines, visit our website,
www.ucheepestines.org, or call, 1-877-UCHEEPINES.

smile, smile, smile

SMILING BENEFITS

Smiling is a God-given blessing.

We've all heard it before, "laughter is the best medicine," but what exactly does that mean? Can smiling and laughter really improve health? Yes, it can! Here are some fun facts about smiling:

Smiling boosts your mood – You may not want to, you may not feel like it, but even if you force yourself to smile you will receive benefits. It has been found by psychologists that if those who are in a bad mood will smile it will help lift their spirits.

Smiling improves your immune system – When you smile your body is actually more relaxed, which aids good health and a stronger immune system.

Smiling is contagious – Yes, we all know it and scientists even back it up, smiling really is contagious. In a study conducted in Sweden, people had difficulty frowning when they looked at other subjects who were smiling.

Smiling relieves stress – Spreading a smile across your face stimulates your body to immediately release endorphins—the chemical that makes you feel better and release stress.

Smiling is easier than frowning – Scientists have discovered that your body has to work harder and use more muscles to frown than it does to smile.

Smiling is a universal sign of happiness – In various cultures, hand shakes, hugs, and bows all have different meanings; smiling however, is known around the world and in all cultures as a sign of happiness and acceptance.

Smiling can be seen from a long distance – People can recognize a smile from up to 300 feet away, making it the most easily recognizable facial expression.



Smiling knows no age – From babies to adulthood we learn a lot of behaviors and sounds from watching the people around us, but smiling is different. Scientists believe that all babies are born with the ability, since even blind babies smile. Babies start smiling in their sleep as soon as they are born.

Smiling helps with pain – Smiling and laughter both have been shown to lessen pain. They release endorphins that lift our mood, but many of these act as natural painkillers too.

Smiling is more attractive than makeup – A research study discovered that 69% of people find women more attractive when they smile than when they are wearing makeup.

Smiling increases lifespan – The effects of a good smile extend past the exterior good looks. People who smile more live longer too—around seven years longer than most, according to one study. It releases stress, helps the heart, and keeps you healthy longer.

God really did know what He was doing when He gave us the ability to smile!

*There is no smile
that God does not mark.*

—E. G. White

Fruit Smoothie Ice Cream

- 1 1/2 c. soy, nut, or coconut milk
- 2 c. frozen bananas**
- 1 1/2 c. frozen strawberries (or other frozen fruit)
- 2 T. honey
- 2 t. vanilla, opt.
- 1 pinch salt (just a tiny pinch for flavor)

Blend all ingredients with half the fruit until smooth. Stop occasionally to stir with a spatula or wooden spoon to help frozen fruit to blend. Add more fruit until a nice thick consistency. Enjoy!

**Buy bananas on sale, when ripe, peel, break in chunks, and freeze in zip lock bag

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trainee dedication

On June 18 there was a Dedication service for eight Lifestyle Educators (LEs) and six Lifestyle Counselors (LCs). The trainees were as diverse as the east is from the west, not just in age and country, but in personality and character. For a year the LCs went through training, and the LEs for six months. Many things were taught, many lessons learned, but the challenge did not end with the Dedication Service. In fact, this was just the beginning. The theme that was chosen was, "Press Toward the Mark," from Phillipines 3:14. This theme was taken to heart in every part of the service—from the words that were shared from the pulpit, to the slideshow recounting the trainees' time at Uchee Pines. No matter how much training one receives, the charge is still the same—*keep pressing toward the mark.*

healing for body and soul

David* came to Uchee Pines with long hair, cowboy hat and boots, a guitar, and smoking away. When he was told that he needed to quit smoking he replied, "I didn't come here to quit smoking, I came here because of cancer."

David had fourth stage prostate cancer. He did quit smoking and followed the program. When he finally returned home and went back to his doctor, he was told, "Oh, well, you must not have had cancer." He was completely cured, but not just physically. Through his experience he turned his life over to God and found healing for his soul.



Scientific studies are interesting. Sometimes they seem to be contradictory, other times ambiguous; but taken together a pattern can emerge. Combining scientific studies with practical experience helps one make informed choices that can lead to a healthier and happier life. On the other hand, a personal testimony is 100% accurate—at least for the individual involved! I remember my Dad saying that there may only be a one-in-a-million chance you will be struck by lightning, but if it happens to you, it's 100%! Why take chances with risky lifestyle choices (like smoking), when simple changes (like a positive outlook) can make such a profound difference in quality of life? *Being cheerful keeps you healthy. It is slow death to be gloomy all the time* (Proverbs 17:22, GNB).