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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 **June 15, August 3 and August 24**

Restoration Health Session – July 6-16 – A 10-day health program that will revolutionize and enrich your knowledge of wellness.

Do you want to be a medical missionary? Apply now for the next 6-month training session for **Lifestyle Educators**, beginning **July 6!**

The Bottom Line

Live to be 100 – 11. Be conscientious

Conscientiousness—being prudent, persistent, and well organized—can lengthen your life!

In a study done that followed 1,500 children for eight decades, it was found that those who were prudent and dependable lived the longest. It was also reported that they tended to have happier marriages and more satisfying work lives than their less conscientious peers.*

It's true once again, "The health of the body depends more upon heart healthfulness than many suppose."**



*To read more about the study visit www.npr.org/2011/03/24/134827587/secrets-to-longevity-its-not-all-about-broccoli

**E. G. White, *Selected Messages*, v. 2, p. 237

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One of the first in the area

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The Bottom Line

Live to be 100



Seven Plants that Repel Insects

It's that time of year again! Learn some natural ways to repel those annoying insects.

Mint – Not only is it fragrant and beautiful, but mint is good for deterring ants and mice! Plant around your house, especially near your entryways, to help ward off those pests. Then use it in those summer recipes and drinks as an added bonus!



Basil – Another fragrant kitchen herb, it can be used to repel flies.



Bay Leaves – Often used in cooking, bugs hate the scent of this bitter herb. Flies, moths, mice, earwigs and roaches all don't like it. Use fresh plants or dried bay leaves.

Catnip – Yes, the same stuff that attracts cats can repel bugs as well! Considered to be more effective at repelling insects than DEET (the

powerful ingredient commonly found in insect repellents). Crush the leaves and rub them onto the skin to send bugs away!

Citronella – One of the "oldest tricks in the book" when it comes to insect repelling plants, citronella is famous for making bugs hate it! Rub a drop or two of the oil onto skin and plant in your yard.

Lemon Balm – A part of the mint family, lemon balm produces a strong lemony odor that many pests hate.



Lavender – Who doesn't love the beautiful purple flowers and calm, relaxing scent of the lavender plant? Probably everyone but bugs! Besides planting in your garden, hang dried lavender in your closet to deter moths from eating your clothes!



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

canvassing conclusions

SPECIAL THOUGHTS FROM THE CLASS ON CANVASSING

by Kimberly Kodimer and LydiaLaJewel Wannemacher

One of the activities in our Lifestyle Educator program is canvassing. Trainees go door-to-door giving books for donations on topics such as health and spiritual renewal. This gives the trainees opportunities to draw close to the people in our community, right in their own homes, and use the knowledge they have learned in class. “It was neat to not just share books but be able to talk with the people,” said Josiah, a Lifestyle Educator trainee who will be finishing up the program the middle of June. One house he and his partner went to had a number of people standing outside. As they canvassed, the people started asking lots of questions about different health problems they were having. Josiah was able to share about natural remedies, herbs, hydrotherapy, and lifestyle changes that would be helpful for some of their problems. “It was a real blessing to me,” comments Josiah, “just to see how valuable the information we have learned really is, and then to see how grateful the people were to receive it.”

Before the trainees start knocking on doors each week, they spend time in the classroom for prayer and to learn how to most effectively help our community. At the end of

several weeks, when the class came to a close, their teacher shared some special thoughts:

As I reflect on our time together, emotions rush through my mind, but the most prominent is gratitude.

One of my students expressed, “I think you were the perfect teacher for our class with this subject.” I was shocked. All along the way I felt keenly my imperfection, but I realized as the statement rang in my ears that it wasn’t anything of myself that made me the “perfect teacher” for this class, it was because I was the one who had the most to learn from my students.

Canvassing, unlike many of the other classes—A&P, Daniel and Revelation, even Christian Ethics—is not one you can sit in, comfortably taking notes in preparation for a test, and hoping it sticks long enough for it to be practical one day. Canvassing is the test. And the practical? Well, your practicum starts the second day in.

Canvassing, like agriculture, is one of those things in life that both reveal and develop character. It is for this development that the Lord saw fit to put me through this class and I am most thankful. And too, I’m grateful for the witness of my enthusiastic, persevering, and dedicated class, friends, and soldiers. The patience and love of Jesus that shown through, their sincere concern to help me rise to the best of my ability, and the deep consecration to the work of God was an inspiration.

Now, the Lifestyle Educator program is nearly over, as you go forward, I challenge you not to ask if you’re perfect for the task requested or if it is suited to your skills and preferences. Rather ask, is it perfect for you? Will it challenge you to grow in ways that you would prefer to hide under the covers than to think about? Will it call forth self-surrender, self-control, and self-denial? Even for good things? Will it stretch you till you wonder if you’ll ever recover the same shape, the same person you were? If it doesn’t do these things—stretch and grow you, how worth-while is it anyway? Remember, who you are right now is not who Jesus wants you to become. So do hard things. And never, never, never give up.

Good thoughts for each of us to apply to our lives, no matter what task comes to us.



Carob Peanut Butter Cups

4 T. coconut oil
4 T. carob powder
½ - ¾ tsp. stevia
peanut butter

Note: You will need to repeat the process so take that into account when getting your ingredients.

In a small saucepan melt oil, add carob powder and stevia. Mix till all ingredients are evenly incorporated. Don't let it get too hot or else it will get clumpy. Pour mixture into a container so that it is about ¼ inch thick. Freeze till firm. Next evenly spread peanut butter over hardened carob. Make another batch of the carob mixture and pour over PB. Freeze till hardened all the way through. Cut into small squares. Store extra in freezer.



President's
Message
for the
Month

Our first Lifestyle Educator program of 2014 is drawing near its close. Shortly this group of Educators will be dedicated, and continue in mission service for God. As you read this issue, you will see a few of the outreach programs our Lifestyle Educators and Lifestyle Counselors have been involved in lately. I hope you will be inspired and motivated to do something to help your community that will be a blessing to humanity and a “smile” from heaven. May God be with those seeking to lighten the suffering of His children, and further the cause of Christ in this earth.

Spanish Health Expo

It all started with the encouragement of Dr. Agatha Thrash as she told José and his wife Maria about the Spanish Health Expo banners that were in storage. As Lifestyle Counselors finishing the training program, José and Maria have a great desire to reach out to the Spanish community and help them with their physical and spiritual well-being. Earlier this year they took Dr. Agatha’s suggestion and started organizing a Spanish Health Expo in Columbus, Georgia. This would be one of the first Spanish Health Expos in the area and José and Maria gave it their all.

It was just a “hole-in-the-wall” place where they set things up in town, but people came. When they arrived they were taken around to each “Laws of Health” station. Volunteer trainees and staff from Uchee Pines manned each station, explaining the importance of exercise, nutrition, water, trust in God, etc. As the people moved from station to station they worked through their own “health assessment” paper to determine what areas in which they needed to improve. In addition there was a food demonstration stand where healthful recipes were being prepared. About midday, Dr. Wynn Horsley came out to give a medical lecture.

Around 150 people attended. Twenty-three of them requested Bible studies or a Prophecy Seminar, besides more health information. Praise God for the work being done in the community!

