



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

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The Uchee Pines
Institute health
and news letter



emphasis: ^{Y O U R}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 **May 25** and **June 15**

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 – 9. Be a creature of habit

Creatures of habit (good ones) tend to live longer! Did you know that centenarians often live strict routines? It's true! Years ago an active health promoter wrote, "The importance of regularity in the time for eating and sleeping should not be overlooked." (E. G. White, *Education*, p. 205)

Daily going to bed and waking up at the same time is a great habit to keep the body in steady equilibrium, which is easily disrupted as one increases in years. As the body ages, the physiology becomes more frail and one doesn't bounce back as quickly as they once did if not getting enough rest or skipping meals. The immune defenses are weakened, leaving one more susceptible to sickness and disease.

"Health may be earned by *proper habits of life* and may be made to yield interest and compound interest." (E. G. White, *Testimonies*, v. 4, p. 408)

*We first make our habits,
and then our habits make us.*

—Unknown

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Television and Irritability

by Dr. Agatha Thrash

During my senior year in medical school, three of us were given the privilege of being "doctors" for the Georgia Institute for Mental Defectives under the supervision of one of the pediatrics' professors at the Medical College of Georgia. In exchange for our work we received room, board, and a small stipend. Among the inmates at the Institute were 30 bed patients so severely handicapped they were unable to walk, and usually unable to say more than a dozen words. Because they must be confined all day in their beds, or in a crib, or playpen, they often became agitated and loud, necessitating sedating by the nursing staff in order to avoid a general uproar.

Because the population in this open ward was stable, we knew approximately how much of the sedatives we would use each month. We generally expected our drug bill



would be about \$500 per month, give or take \$50.

In 1954 our medical staff decided we would put a television in each corner of the large ward so that all patients could see the screen suspended from a rod from the ceiling. We believed that, since it had been reported that mothers could put their children in front of the television and get their house work done, we would see a great reduction in the amount of sedatives required each month for our severely defective patients, and the nurses could enjoy an easier day.

(continued inside)

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



President's
Message
for the
Month

poison with a capital C

THE BROWN DRINK

This is a true case history; only the setting and name has been changed.

Madge Branaka had worked for the Barnum and Bailey circus for many years. And although the excitement of the road, the animals, the people, and the circus atmosphere had given her great pleasure, she had been looking forward to retirement for years so that she and her accountant husband could have a vegetable garden and flowers around a home in Louisiana. A few months before retirement, Madge began experiencing an inability to sleep. If she got three hours of sleep a night she considered herself fortunate.

She was always tired—more tired than she felt could be due to sleep loss. She had always been able to tolerate the long days and short nights during her hectic years with the circus, but never had she experienced such overpowering fatigue. Most of her muscles ached; and headache, backache and an uncomfortable feeling in her stomach were constant companions. She added medication upon medication in a vain attempt to rediscover what it was like to feel normal again. The specter of cancer then began casting its dark shadow in the gray recesses of her mind. Fear dimmed her hopes for the vegetable garden of her dreams. One day she sat down to write her sister. Balancing a pad on her knees she immediately became aware that her legs, which had been “nervous” for several months, had become so uncomfortable that she could not keep them still long enough to write “Dear Sally.” She felt dismal over her physical plight. She knew that something must be done, but was afraid to face the diagnosis she believed to be inevitable.

A visit the next week for a physical exam failed to reveal anything significant. After being told she had negative laboratory tests and x-rays, she began taking sleeping pills. Six years and six physicians later only found her in a much worse physical and mental condition. Madge had hit bottom; she now wished for death. At this point she decided, out of desperation, to take a friend's advice and go to one of those “natural” health places. She was directed to our Lifestyle Center in Alabama called Uchee Pines Institute, where medical doctors and their assistants use natural remedies and lifestyle counseling to treat disease.

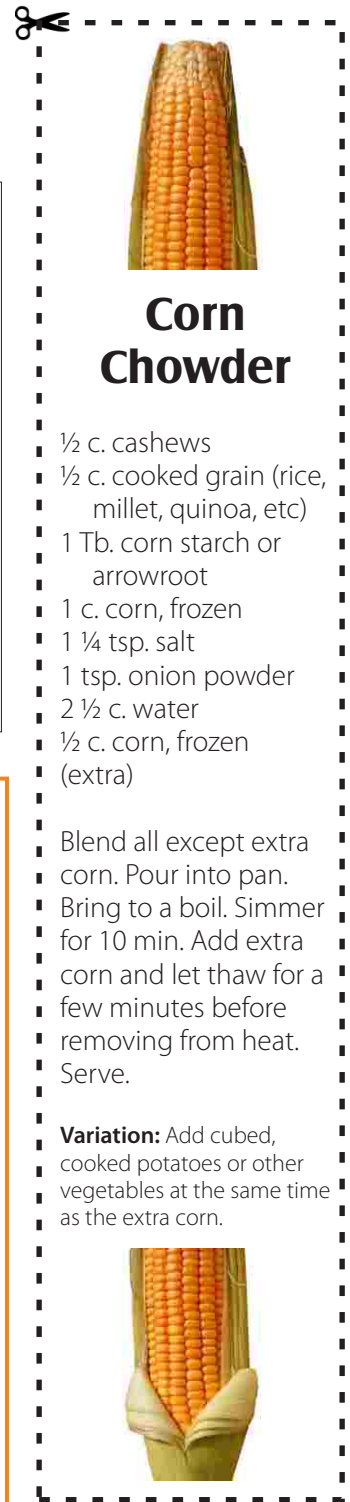
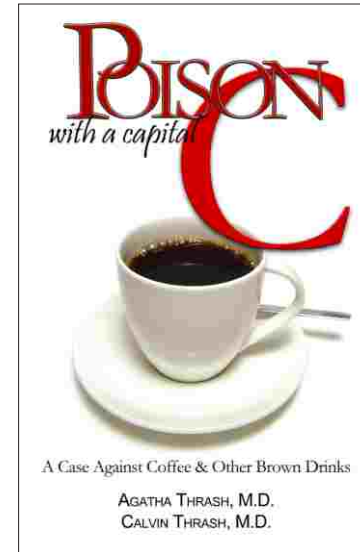
Within a week of her arrival at Uchee Pines she was drug-free, beginning to feel comfortable, and could sleep five or six hours each night. Madge no longer wished for death. For the first time in years she could think favorably about working in a vegetable garden.

In Madge's case, a life-long enjoyment of and dependency on coffee had caused a sleep-robbing condition called “Restless Legs Syndrome.” That, coupled with her poor diet, consisting largely of sweets, TV dinners, and boxed cereals, caused her to be so run down, weak and nervous, that she preferred death to her poor level of health. Today Madge works every day in her garden and produces the most brilliant array of old-fashioned yard flowers in Louisiana. Once a week she takes a four mile walk, just “so she can remember her friends at

Uchee Pines.” She is quick to admit that her worst enemy is a brown drink—coffee.

Restless Legs Syndrome is only one of the multitude of chronic conditions, many of which are disabling, known to be food related. Others include migraines, cystitis, bedwetting, asthma, irritable bowel syndrome, fatigue, sleeplessness, sleepiness, etc.

To learn more about the affects of coffee and other brown drinks, order the book *Poison with a Capital C*, by Drs. Agatha and Calvin Thrash.



Corn Chowder

- ½ c. cashews
- ½ c. cooked grain (rice, millet, quinoa, etc)
- 1 Tb. corn starch or arrowroot
- 1 c. corn, frozen
- 1 ¼ tsp. salt
- 1 tsp. onion powder
- 2 ½ c. water
- ½ c. corn, frozen (extra)

Blend all except extra corn. Pour into pan. Bring to a boil. Simmer for 10 min. Add extra corn and let thaw for a few minutes before removing from heat. Serve.

Variation: Add cubed, cooked potatoes or other vegetables at the same time as the extra corn.



Television and Irritability *(continued from front)*

After the televisions were installed, nobody paid attention until about three months later when we thought of it again. We checked our bill for sedatives and were astounded to find our spending had doubled beginning the very month the televisions were installed. At first we thought the nurses were keeping the patients more sedated so they could watch the television, but on checking we found that none of the three nurses who attended that ward watched television or listened to it at all. One was almost deaf, a second had religious scruples against watching television, and the third was stationed at a desk just out of view of any of the televisions we had installed.

The more we evaluated the matter, the more we recognized it was television that had caused the increased irritability of the patients. We turned the television sets off and there was an immediate decrease in the need for sedatives to the former \$500 a month level.

Most television viewing is, in the words of W. D. Frazee, a pioneer of the medical missionary work in Wildwood, Georgia, “trash, trouble, or trivia.” If you watch television every day, the best that can be said for your habit is that it is a grand waste of time. The worst that can be said of such a habit may best be measured in the balances of eternity. Let me challenge you to avoid television as a spiritual duty.

“I will set no wicked thing before mine eyes.”
(Psalm 101:3)