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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 February 17 and March 23

OCI Leadership Retreat March 10-15. For more information visit www.outpostcenters.org

Spring Seminar – March 23-27. Come learn more about natural remedies, lifestyle, and more. Register now! www.ucheepines.org OR call: 334-855-4764

The Bottom Line

Live to be 100 – 6. Consume whole foods, not supplements

We all know that vitamins and minerals are essential to health, some actually help us age better! Does this mean we should load our kitchen cabinet with bottles, jars, and containers of supplements? No, we should rather consume more whole foods.

Luigi Ferrucci, director of the Baltimore Longitudinal Study of Aging, pointed out, "There are more than 200 different carotenoids and 200 different flavonoids in a single tomato, and these chemicals can all have complex interactions that foster health beyond the single nutrients we know about like lycopene or vitamin C."

Dr. Agatha Thrash, cofounder of Uchee Pines Institute, commenting on the use of supplements stated, "Keep in mind that it is better to let the body be its own biochemist and that it is impossible for one to balance adequately through pharmacologic juggling the nutrients that should be obtained from food. The body can receive all the nutrients that it needs to maintain health and to recover from illness if one will eat generously of fresh fruits, vegetables, and whole grains and sparingly of any other food."

For more information visit: www.ucheepines.org/vitamin-supplements

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Exercise, Eat Anything?

Jenny,* like most who immigrate to the United States, became captivated with the standard American diet. Prolific restaurants and fast food places made it so convenient to wine and dine. With such a lifestyle the obvious outcome is gaining weight, so Jenny took up running to compensate. She really enjoyed being athletic and believed the myth that if you exercise you can eat anything you want. In time, she began to see the fallacy in that belief.

In the space of three years Jenny had run a number of marathons and races, but while she loved it, her body was protesting. She found herself almost constantly sore with achy joints. What had other athletes done who were better than she? Was there a solution to this growing dilemma?

Jenny began doing research to find answers and in her search she discovered something interesting. Many proficient

athletes were on a plant-based diet. More research showed the harmful effects of animal products and junk food.

As the evidence mounted, Jenny had to make a decision. What would she do? There was some fear as to what it would take to go on a plant-based diet. How would family and friends react to it? Would visits to restaurants have to be abandoned? Would it just be too hard?

At last Jenny took the plunge. And in a couple of weeks, she was convinced, this was the right thing to do. Her energy levels were high and lasted all day. She began waking up early with no problem and deserted her former late-night lifestyle. Her skin cleared up. And finally, her muscles and joints no longer hurt and she was able to exercise harder with faster recover.

Leaving her old eating habits behind wasn't so hard after all. The benefits were worth it.



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

Pumpkin Soup

6 c. diced raw pumpkin
or butternut squash
6 c. diced potatoes
4 c. diced carrots
2 c. chopped celery
2 c. chopped onion
water to barely cover
vegetables

Bring to a boil and cook
until nearly tender.

2 c. cooked vegetable
mixture
1 can coconut milk
2 T. Country Style
Seasoning*
3 T. arrowroot
1 t. lemon juice, opt.
1 t. salt
2 t. onion powder
½ t. coriander
¼ t. cardamom

Blend till smooth then
add to boiling soup
(vegetable mixture),
stirring constantly. Stir
until arrowroot is
cooked (5-10 min). Turn
to low and let simmer a
few minutes. Salt and
season to taste. Turn
off burner and let sit
for 30 minutes to allow
flavors to blend.

*For the recipe visit:
[www.kristinaskitchen.org/
chicken-seasoning](http://www.kristinaskitchen.org/chicken-seasoning)

triumph in tragedy

FLAMES, SMOKE, ASHES, RUBBISH, AND GOD'S PROTECTION

by Kimberly Kodimer

It was a bitterly cold morning—the coldest it had been since 1989 some said. Here in the deep South, winter doesn't usually bring frigid temperatures, but on January 7 it was different. In fact, a cold spell swept through other parts of North America over January 5-7, bringing trouble to many homes.

For Uchee Pines, the morning was bright and clear despite the cold, that is, until my phone rang. Swiping my finger across the lock screen on my cell phone I answered, "Hello?" "Hi, did you see smoke?" asked the voice on the other end. "Smoke? What smoke?" I replied. "The old Business Office," continued the voice, "it just burned down." "What?!" shock and disbelief vibrating my voice. I had just driven past that building an hour before! Not being able to find out any more information I ended the call and started down the highway back to Uchee Pines.

When I arrived back on campus it was quite evident that there was no mistake. Fire trucks and other emergency vehicles lined the road and smoke billowed out of the burning building. The building had mainly been used for storage, except for the middle room that was set up as a studio to do video recording. Out of all the things stored in the old Business Office, the video equipment was the most expensive.

As things settled down the story unfolded, at least as much as could be discovered.

About 8:40 that morning someone saw flames streaming out of the front window. By now the flames were a few feet high and had broken the glass. Word spread to the maintenance crew and administration. There was just a short amount of time left and those who were on the scene first scrambled to rescue what they could. Soon, however, the smoke got too thick and they had to retreat to safety.

As the flames consumed the building we were thankful all the equipment was out, at least that's what we thought.

By lunch time the fire was finally out, the emergency personal were all gone, and all that remained was the strong smell of smoke and a wreck of a burned out building. Heaps of rubbish and ashes filled the place where just a few hours before housed the video studio and storage

rooms. In one area a missionary family had stored nearly all of their earthly possessions—books, family pictures, supplies, tools, etc. Soon they were going to pack up and head to their committed territory. Now everything they had to start their work was gone—consumed in a moment.

During lunch, John received a call, "In the haste to evacuate, did anyone get the cameras?" "We got the silver containers, aren't the cameras in them?" "No, they



were in a big black container." When lunch was over John went to the place where all the things were put after taking them from the burning building. Looking over the things he didn't see the camera case. Going over to the rubbish he began scrounging through the mess. It wasn't easy. Then John saw it, against the wall, next to a chair. Pulling it from the clutter he took it outside where there was more room to work. It was a sorry sight and hardly resembled the once smooth camera case. The latches were melted to the sides, the hard plastic looked like molasses globs frozen in time. The front had gaping wholes where the hard plastic became like syrup, exposing the foam that cradled the cameras. Insulation had fallen and covered the top of the case. Taking a crowbar and hammer John began to pry the case open. It took time but finally the moment of truth came. Opening the lid there were the cameras, in near perfect condition. They were not scorched by the flames nor soaked by the water. God had preserved them through it all.

"Did you get the hard drives from the studio?" asked Shannon. "We got the large one," was the reply. "That's not the right one. There are two others." Digging through the ashes again, they searched for the left behind hard drives. Finally they found them. Under the shelf of the office desk, pushed to the back in it's nylon case was the smaller of the two. The zipper had melted and the case was wet. After drying them out they were turned on and ran perfectly.

Some important things were lost in the fire, but once again there was triumph in tragedy. God's protection was strongly evident in this apparent disaster.

NOTE: We have begun the clearing of the rubbish and plans are being made for the reestablishment of a video studio. Please consider what you can donate to help with this loss.

