



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

ADDRESS SERVICE REQUESTED

NON-PROFIT
ORGANIZATION
POSTAGE
PAID
PHENIX CITY, AL
PERMIT NO. 100

The Uchee Pines
Institute health
and news letter



emphasis: health

VOLUME 24, ISSUE 9, OCTOBER, 2013

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 Nov. 10, Dec. 1.

Agriculture & Education for the End Times Nov. 6-10. Questions about the conference, call Daniel 423-509-8075. Questions about accommodations, call Teresa 334-614-2137.

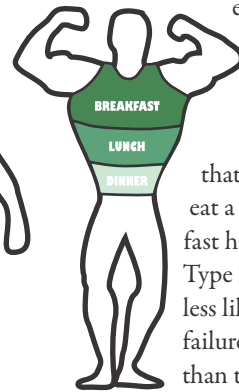
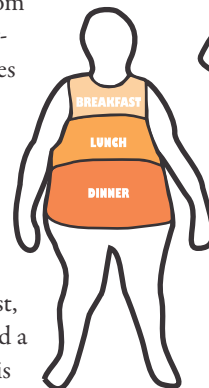
ASI Live Fall Virtual Conference, Nov. 8-9, oriented toward a rich online experience. Live venue: Southern Adventist University. Watch Live: 3angelslive.com/show/asi-southern-union, or asisouthernunion.org. Many presenters will join via virtual connections, monitoring immediate feedback and chat from the online audience.

The Bottom Line

Live to be 100 - 4. Eat a fiber-rich cereal for breakfast

Did you know, regularly eating a good, healthful breakfast was among the key behaviors linked to longevity in the Georgia Centenarian Study? It's true. The study tracked hundreds of older Americans from 1988-2009 to determine which variables predicted a longer-than-average life span, regular breakfasts was one of the keys.

Many today take a light breakfast, a medium lunch and a heavy dinner. This is



harmful. Eating a hearty meal just before the hours of sleep impairs the digestive organs, robs the body of refreshing sleep, and causes one to gain more weight. On the other hand, eating a good breakfast boosts your energy and improves your cognition, memory and problem-solving skills. Research suggests that those who regularly eat a whole-grain breakfast have lower rates of Type 2 diabetes and are less likely to develop heart failure over their lifetime than those who don't.

Inside

President's Message
A better way

The Mountain of Life
Global Missions

Country Style Seasoning
Savory seasoning mix

Rice-Garbanzo Burgers
Gluten-free

The Bottom Line
Live to be 100



A Friend to the People

Jean Glen was a Biblical scholar. Back in the late 80's, she had a Sabbath School class in a trailer just up the sidewalk from the Chapel at Uchee Pines. It was the go-to place for the plethora of 20 and 30-somethings back then. She was so popular that once the seats were full, and the floor space was taken, people would lean in through the windows (this was before we all became spoiled with air conditioning) just to be a part of her class.

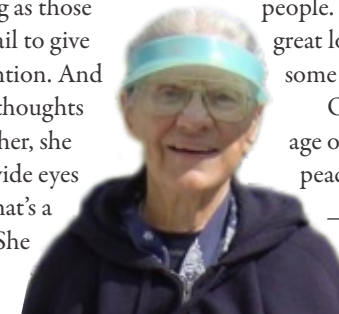
She was a listener and a validator. When you would talk with her, you were the only person in the room. She was never so preoccupied with other matters, more pressing as those might have been, to fail to give you 100% of her attention. And whatever snippets of thoughts you might suggest to her, she would exclaim with wide eyes and sincere voice, "That's a wonderful thought." She made you feel good about yourself.

She was also a deep spiritual teacher in the classroom environment. Anatomy and Physiology and its minutia was combined with the wonders of creation and the power of God's word. She never trivialized the need to know the difference between afferent and efferent nerves, nor did she neglect the creative Power behind their creation.

One of her students said, "I loved her and I learned so much from her class. She spent a full six weeks just on the cell. I never forgot her and all she helped me with there."

Sister Glen was a friend to the people. Uchee Pines suffered a great loss when she left us and some still feel the void.

On June 16, 2012, at the age of 95, Sister Glen peacefully passed to her rest.



To read more about Sister Glen, visit the Uchee Pines Facebook page.

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

the mountain of life

GLOBAL MISSIONS

Don Miller reports from Saniku Gakuin College, Otaki, Japan

Two things happened last night. First, the typhoon that had been hammering us here in Japan blew out to sea, taking summer with it. Glorious fall is back, at last. Second, the Cosmos responded to the glad news. If you don't know what a Cosmos is, it is a beautiful flower in the daisy family that gladdens the yards and lots when autumn at last relieves us of the sweltering summer heat. I am thankful for this time of year.

But I have so much more to be thankful for. It seems as if Japan is waking up and we have had some great sessions this year. Last year NKK (Nippon Kensei Kyokai) inaugurated a cancer seminar. One of those first "students" came back this year to give her testimony. From a large malignant tumor in September 2012 to cancer-free September 2013, is a miracle of God. And we had some more serious cases this year. Our team works very hard to provide the very best of everything for our attendees.

On September 11-15 we held our ninth Phase 1 session of the Uchee Pines Lifestyle Educator Extension course. We begin a three phase school every year and this is the ninth year out of the ten Uchee Pines has been working with NKK that we have started a new class. This year 15 students began their training, which is an unusually large number, and every one of them purchased an anatomy and physiology book which is tantamount to their coming back for Phase 2 next summer.

Students came from Okinawa in the far south to Hokkaido in the far north. They made a real commitment to continue the lifestyle they experienced here as well as reaching out in an effort to elevate the health picture in the communities. One of the students owns and operates a kindergarten for autistic children. She has them on a vegetarian diet devoid of refined carbohydrates and is having great success. Her daughter has a school for ADHD children. Both of them acquired new tools for the furthering of their significant work.

One other benefit of the trip this year is also sort of a miracle. After breaking seven bones in a biking accident May 21, I climbed to the top of Mt. Fuji on August 26/27. Beginning the climb at 10:45 PM, I climbed on what had to be the worst night of the year. The relentless wind, blowing between 20 and 40 knots all night, flung the merciless rain at me with drenching abandon, tearing my gossamer raincoat from my weary body. But by 4 AM I had made it to the summit. Why submit to such torture all night long? They say see-

ing the sunrise is the best part of the climb so I waited till 5 AM, saw the sunrise and headed back to warmer climes. The windchill factor was below freezing at the 12,385 foot summit.

There were many reasons to turn back that night. I was cold, wet and miserable. But the goal was before me and I could not give up. So it is with life. We all have a summit ahead of us, a Son-rise to meet and a thousand temptations to turn back. God was with me as I climbed that night, and He is with us as we work here and around the world to prepare a people to crest the last height and leave this cold and miserable world behind. Pray for Japan, for the work going on here. The battle must be won.



Country Style Seasoning

½ c. salt
¼ c. onion granules
¼ c. celery salt
¼ c. parsley flakes
1 t. garlic granules

1 t. paprika
½ t. sage
½ t. summer savory
½ t. marjoram

Mix together and store in a jar or sealed spice container.



Rice-Garbanzo Burgers

Steam in small kettle:

- ½ onion, chopped
- 3-4 cloves garlic, minced
- 2 carrots, grated
- 3 celery stalks, finely sliced or chopped
- 1 c. chopped mushrooms, fresh, frozen, or canned
- 1 ½ T. Country-Style Seasoning

Pour into bowl and mix with:

- 4 c. well-cooked rice (dextrinizing rice before cooking, will give the burgers a nicer texture.)
- 1 can garbanzos, mashed or 2 c. cooked
- ¼ c. flax seed, ground
- ¼ c. soy flour (or any other flour)

Mix together well. Add an extra T. of flour if it is too sticky. Form into burgers (a jar lid and ring work well). Cook on a skillet, or a griddle.



Just yesterday evening I attended another "farewell" meeting at the Lifestyle Center, and listened, again, as person after person testified about the improvements in their health status since arriving only 17 days ago. No matter how many times I hear these stories, I never tire of them, and always thrill as Lifestyle Guests tell about their experiences here. A common theme I often hear, is that some aspects of the program may have been quite challenging, involving personal choices and discipline, but that the results made it worth the discomfort. Usually, the "pain" is less intense than anticipated anyway ("the food really is very good!"), and the "gain" makes one lose sight of the nuisances along the way ("I'm pain free, now!"). Reminds me of the old saying that "anything worth doing is worth doing well." I have noticed that usually significant achievements take time and a choice to continue in "the way." Indeed, the "short-cut" method usually results in disappointment. Teaching a better way is what the Lifestyle Center is all about.