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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 September 8,
September 29,
October 20

Fall Seminar –
September 22-26, 2013.
Come learn more
about natural
remedies,
lifestyle, and more.
Register now! Email:
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OR Call: 334-855-4764

The Bottom Line

Live to be 100 – 3. Move Around

Exercise is the only real fountain of youth that exists," says Jay Olshansky, a professor of medicine and aging researcher at the University of Illinois at Chicago. "It's like the oil and lube job for your car. You don't have to do it, but your car will definitely run better." Countless research has shown that exercise has a profound effect not just on physical stamina but also our mental health. "And the benefits kick in immediately after your first workout," Olshansky adds.

"We found that adding low amounts of

physical activity to one's daily routine, such as 75 minutes of brisk walking per week, was associated with increased longevity: a gain of 1.8 years of life expectancy after age 40, compared with doing no such activity," explained Harvard Medical School Professor of Medicine I-Min Lee. "Physical activity above this minimal level was associated with additional gains in longevity."

Whether you exercise for a couple of hours every day or just every week, you receive benefits! Even being modestly active is "worth it" for greater longevity!



Paving Praise

Praise God from whom all blessings flow! For years billows of dust have engulfed those walking near the road going to our Lifestyle Center, but no longer! On August 6 the paving company started the final stages of work on the road. The paving is now all done. No more dust, no more rocks, no more ruts. Praise God!

The total cost of the project was about \$96,000. Through the generous contributions of others we were able to pay for it free and clear. A sincere thank you to all who donated to this worthy project! We praise the Lord for you!

(More pictures inside...)

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The Bottom Line
Live to be 100



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



remember Jerry

A HEALTH GUEST TESTIMONY

Dr. Mark Sandoval shares the touching story of a health guest at Uchee Pines

Over the years, we have had literally hundreds of success stories—target weight reached, blood sugar numbers coming back into normal range, angina pain and progression reversed, even cancers in remission—however, some successes do not fit into the usual template. When I think of all the individuals Jesus healed (and true healing is always in the hands of the Great Physician), He described His own mission in spiritual terms: To Seek and Save That Which Was Lost. In fact, His greatest success from an eternal viewpoint, was seen, at the time, as the greatest disaster that could befall His work and followers. If one were to ask the eleven remaining closest disciples their opinion the day after the crucifixion, universally they would agree that The Cause was done for. What a difference resurrection makes! I can't wait to hear all the success stories after Resurrection Morning that appeared as failure to our dim vision. "Even so, come, Lord Jesus!"

I wasn't sure what to think the first time I saw them. Jerry, accompanied by Kathy, sat across from my desk for our initial consultation. A man of few words and apparently fewer emotions, he sat there answering my questions, but not offering any further information. It was as though I needed to put a jigsaw puzzle together with the picture side facing down. Kathy was obviously nervous, and with a peculiar glazed look to her worried eyes, she kept asking Jerry if he was going to tell me the truth.

The truth only slightly came out in that first interview, but unknown to all of us, it would be revealed in unexpected ways.

The night of Wednesday, April 3rd, just before midnight, I received an urgent call stating that Jerry had a stroke. I rushed to the Lifestyle Center and found Jerry lying in bed, horribly slurring his speech, one side of his face drooping, and the left side of his body paralyzed. After a short prayer I asked Jerry if he wanted to be taken to the ER or if he wanted us to treat him. He opted for the latter. So treatment started in earnest. By the time the morning arrived, Jerry was able to lift his left leg off the bed and move his toes up and down.

Soon, Jerry was off to the CT scanner, which is when we found out that the stroke was the result of a large tumor in his brain. He was transferred to the regional medical center and underwent MRI scanning which showed two additional tumors in the brain. The neurosurgeon evaluated Jerry and determined that surgery was not an option. He would be admitted to the hospital for possible radiation or chemotherapy and/or comfort care.

That is when I saw the first miracle transpire. When Kathy heard that the only options were chemo, radiation, or comfort care, it was as if the glaze over her eyes fell off. I could see her thinking, evaluating the situation, and coming to a decision. Jerry had already mentioned that he wouldn't have taken chemo if he would have the choice again, and that he did not want radiation, so Kathy



remember Jerry



realized that, following his wishes, the only option would be comfort care. She knew that in a hospital setting, he would be kept in bed and medicated, and she made the decision (with input from Jerry) to come back to Uchee Pines to live out his last days.

Little did we realize how long those last days would be. I remember shortly after this time, Tyler and David coming to visit. Tyler asked me how long I thought his father had, and I said that I thought he had a couple days to a couple weeks left. Tyler informed me that his father was a very stubborn and determined man and that he would surprise us. That turned out to be very true.

As the days passed, Jerry continued to improve slowly to the point that he was eating on his own, walking on his own, and even throwing a softball back and forth with a friend. But those times of physical improvement were also times of trial. Because of the brain tumor, Jerry was plagued with hallucinations, and it was impossible at times for him to distinguish between what was imaginary and what was real.

Those days were very hard on Kathy. She was up with him during the day, and then up with him during the night. He was morose, demanding, emotionally labile, uncooperative, and generally unpleasant much of the time. But Kathy exhibited remarkable patience and tenderness with him. He was not only emotionally difficult, but physically as well. I remember Kathy showing me the bruises she had received from Jerry while caring for him, and hearing the stories of objects flying across the room at her to "get her attention."

Through these particularly difficult times, we continued to pray for Jerry and attempted to the best of our ability to care for him with the love of God in our hearts. And Jerry began to change.

In time, I became more and more acquainted with Jerry. I came to know a man who was raised in difficult circumstances, who met many a trial and hardship, but who always mustered up the strength and determination to push through and be successful; a man who loved to be involved in and in charge of various organizations and associations; a man who was deeply hurt by life's pains and trails, and who didn't let anyone completely into his heart for fear of being hurt again; a man who loved his children, but didn't know how to express that love, and regretted many of the ways he had raised them; a man who gratified his own desires and wishes sometimes at the expense of health and relationships and yet, at the same time, was willing to generously help others. I came to know a man who was far from being a saint. But I also came to know a man who longed for love, for belonging, purpose, hope, and comfort.

Paving the Road
~ in pictures ~



Banana-Date Pudding

- 1 c. dates
- 3 c. water
- 2/3 c. cashews
- 1/8 t. salt
- 3 T. cornstarch
- 1 1/2 t. vanilla
- 2 sliced bananas

Blend smooth all ingredients, except bananas. Add to saucepan, lightly boil until thick, stirring, about 10 minutes. Stir in sliced bananas. Chill then serve.

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With time, not only did Jerry's physical strength improve, but his mind began to clear. As he recognized his situation, and saw his need to depend upon others, his heart started to soften. His hard exterior was slowly being chipped away through the softening influence of love. And that hard heart began to open. As time progressed, Jerry realized his need to commit his life to the Lord. He recognized that he had very little self-control, and that his natural desires and inclinations were at war with God's will for his life, and he surrendered. On May 18th he was buried in water—baptized—as a symbol of his death to self and sin, and was resurrected from the water as a symbol of the new birth that comes through Christ living in one's heart. I can still clearly see the tears of joy that were on Jerry's face as he stood in the baptistery, having dedicated his life to the Lord.

After the baptism, Jerry began to decline slowly. His left side became weaker, and it was more difficult for him to walk and care for himself. The hallucinations, as well, returned, but this time he was not paranoid as before. Jerry had softened. He was concerned about others. He was concerned about Kathy and how she would carry on without him. He was much more cooperative, less demanding, and was no longer aggressive.

With more time, Jerry's physical strength and health continued to deteriorate, but his mind became clear again, and remained so. He no longer asked for things that were harmful to him. He submitted to Kathy and his caretakers. He was thankful and grateful for others helping him. He would frequently say to me, "I appreciate you."

Sometimes I would simply observe. Jerry would reach with his only functioning limb, his right arm, and caress Kathy's face and would mouth the words, "I love you" to her. There was such a tenderness and love between them. It was absolutely amazing. Both were so drastically different than when I first met them. There was a total transformation that happened in each of their lives that was absolutely beautiful and amazing. Jerry was finally able to open his heart, and Kathy finally had it. The two had truly become one.

If you were to measure distance, what unit would you measure it with? Possibly inches, feet, or miles? What about weight? Ounces or pounds? What about volume? Cups, quarts, or gallons? But what about love? What unit of measure would you use to measure love? Is it desire, passion, or zeal? Or is it something more? I submit to you that the measure of love is sacrifice.

At the beginning of a relationship, when things are typically hot and heavy, when you float on the clouds, your heart flutters, and your palms sweat at the thought of or sight of "them," there is little love, for there is little sacrifice. At the other end of a relationship—when your commitment to love and cherish as long as life shall last has been sorely tried and you have weathered the storms; when your spouse is debilitated and you have to change their bed with them in it, clean their bottom, feed them, grow faint and weary from caring for them night and day, and you continue to cherish and care for them—there is much love, for there is much sacrifice.

As I have already mentioned, Jerry was no saint. Kathy wasn't either. Each had serious defects of character that led them to hurt many people in a number of ways. But over the 12



weeks that we had the opportunity to know and work with Jerry and Kathy, we watched the greatest miracle that can ever be seen. We saw the transformation of their hearts. Kathy three months ago was an entirely different person than Kathy today. Jerry three months ago was an entirely different person than Jerry before his death. Each of them are testimonies of the transforming power of the love of God.

Friends, God offers that same power to transform you and me. Each of us, like Jerry and Kathy, are hurting people who hurt other people. Each of us has serious defects of character that we have fought with and failed at overcoming our entire lives. Each of us has found in many ways that we are a failure. Each of us longs for true love, for true belonging, for real hope in a better future, and help along the way. Each of us is in need of a Savior.

Friends, don't wait until tomorrow to accept the invitation of the Lord. Jerry was blessed to die from cancer, for it gave God time to work in his life and on his heart. You and I are not given the promise of tomorrow, only of now. There is no guarantee that you or I will not be killed on the road today, or meet some rapid, unexpected end. Are you prepared if that is the case? Has God transformed you? Have you surrendered your life to Him?

God showed His love to Jerry through Kathy. And the same God will show His love for you, too. God is caring, and compassionate, tender, and patient, slow to anger, and abounding in love. He has sacrificed all so that you can be His. As the classic book on the life of Christ, *The Desire of Ages*, states on page 25, "Christ was treated as we deserve, that we might be treated as He deserves. He was condemned for our sins, in which He had no share, that we might be justified by His righteousness, in which we had no share. He suffered the death which was ours, that we might receive the life which was His. 'With His stripes we are healed.' " He died so that you could live. You can trust yourself in His hands. He will bring about even better plans in and through your life than you can ever desire for yourself. Will you let Him be your Lord and Savior? Will you fulfill Jerry's dying wish, and accept God into your life, to transform you, to change you from the inside out? The choice is yours, and the choice is now.

As Jerry was dying, the following promises hung on his walls—reminders of the hope which he held to.

"For His anger is but for a moment, His favor is for life; weeping may endure for a night, but joy comes in the morning." (Psalms 30:5)

"And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away." (Revelation 21:4)

Friends, do you want God to wipe away every tear from your eyes. Do you want a life with no more death, sorrow or crying, and no more pain? That life is yours in a surrendered and dependent life with God. Accept that gift now, and live.



"God never leads His children otherwise than they would choose to be led, if they could see the end from the beginning, and discern the glory of the purpose which they are fulfilling as coworkers with Him. Not Enoch, who was translated to heaven, not Elijah, who ascended in a chariot of fire, was greater or more honored than John the Baptist, who perished alone in the dungeon. 'Unto you it is given in the behalf of Christ, not only to believe on him, but also to suffer for his sake' (Philippians 1:29). And of all the gifts that Heaven can bestow upon men, fellowship with Christ in His sufferings is the most weighty trust and the highest honor." (*The Desire of Ages*, p. 224)