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The Uchee Pines  
Institute health  
and news letter



# emphasis: health

VOLUME 24, ISSUE AUGUST 2013



MAY WE SEND "EMPHASIS: YOUR HEALTH" TO YOU BY E-MAIL INSTEAD? RESPOND TO [EYH@UCHEEPINES.ORG](mailto:EYH@UCHEEPINES.ORG)

## COMING EVENTS

Next Lifestyle Sessions  
at the Lifestyle Center  
begin August 18,  
September 8,  
September 29

Fall Seminar –  
September 22-26, 2013.  
Come learn more about  
natural remedies,  
lifestyle, and more.  
Register now! Email:  
[seminars@ucleepines.org](mailto:seminars@ucleepines.org)  
OR Call: 334-855-4764

## The Bottom Line

Live to be 100 – 2. Floss Daily

Dr. Charles Mayo, founder of The Mayo Clinic, stated years ago that good dental health could add 10 years to your life.

When you floss, you help prevent your gums from becoming inflamed. Inflamed gums mean chronic bacterial infection in the mouth.

This works to prevent heart disease. That in itself will be adding years to your life!

your body mounts an immune response to the bacteria in your mouth, causing inflammation (which in turn can cause your arteries to narrow). This makes it hard for your heart to do its job and can lead to heart disease.



### Hanging out the dental floss daily can improve life expectancy.

So flossing does two major things: prevents gum disease, and works to prevent heart disease. That in itself will be adding years to your life!

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The Bottom Line  
Live to be 100



## new faces from new places

Who doesn't like new things? New clothes, new household items, new cars; there's just something special about a shiny new item in your possession. Here at Uchee Pines every six months we get to experience new things too. We are always delighted to see the new faces from new places around the world, shining with the love of Jesus, come

here for medical missionary training.

In July a new Lifestyle Educator class began. We welcome our seven trainees into the program—Aletia (OK), Shanice (VI), Matthew (TX), Sergio (Brazil/MD), Ryan (Trinidad), Yvonne (Barbados), and Christine (VA). Keep them in prayer as they seek to learn how to be faithful Lifestyle Educators.

*"It is of the Lord's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness." (Lamentations 3:22-23)*

For more information on Uchee Pines, visit our website, [www.ucleepines.org](http://www.ucleepines.org), or call, 1-877-UCHEEPINES.

# the long walk

## MISSION TRIP

by Ron Porterfield

The Long Walk refers to a dreadful period in the history of the Navajo people who, beginning in 1864 were forced to leave their homelands in Western New Mexico and Eastern Arizona and travel some 450 miles on foot to a reservation called Bosque Redondo. Many of the Navajos perished on the forced march, and after four years of enduring horrific conditions at Bosque Redondo, they were allowed to return to their homelands.

In May, our Lifestyle Educator (LE) trainees, accompanied by one staff member, made the long drive to Monument Valley, Utah to join forces with Monument Valley Missions for two weeks in their continuing efforts to share the gospel and health message with the Navajos in that Utah-Arizona region. The LE trainees were kept busy doing in-home cooking classes, health lectures, Bible studies and consultations. Since this population suffers from high levels of diabetes and obesity, the gospel of health is a great need on the reservation.

During their Bosque Redondo captivity, when the Navajos were not allowed to have their traditional vegetables and beans, but were given other meager rations, they created something that has become a Navajo staple—something known as “frybread”. Frybread, composed of such items as flour, white sugar, potted meats, processed cheese and lard, is revered by many Navajo as an almost sacred food. They celebrate this food, because for them, it is a cultural unifier that links the present with a painful period in the past. Unfortunately, this generational connector appears to be the major culprit for the plague of diabetes and obesity afflicting this proud people.

While the Navajo may esteem their frybread, they are by no means alone in holding onto favored foods because of cultural significance that may be responsible for the ravages of disease. Whether it's Conch in the Bahamas, Chilaquiles in Mexico, Brat-



Left: Navajos under guard at Fort Sumner  
Top: Monument Valley, Utah

wurst in Germany or Frybread in Utah, Arizona and New Mexico in the United States, not to mention the worldwide invasion of fast foods, many are suffering the world over from foods that are connected with cultural identity but are simply not conducive to good health. Perhaps a further look back might reveal healthier foods such as vegetables and beans. The Lord asks an important question in Isaiah 55:2, “Why do you spend money for what is not bread, and your wages for what does not satisfy?” He doesn't however, stop with the question, but offers us the solution—“Listen carefully to Me, and eat

what is good, and let your soul delight itself in abundance.” (NAS version)

Jesus, the Bread of life, came all the way from heaven to this Earth, was rejected, stricken, smitten, wounded and bruised so that by His stripes we might be healed (Isa. 55). For us, Jesus made the Long Walk.

## Uchee News

**Trainee Dedication - In June three Lifestyle Counselors and twelve Lifestyle Educators completed their course and were dedicated to God's work. As they enter new fields of labor, may they remain consecrated to helping others with their physical, mental, and spiritual health.**



**Road - After years of praying, saving, and planning, we are moving forward to pave the road going up to the Lifestyle Center. The estimated total cost for this project is \$96,000. It is a large expense, but a much needed one. Please consider how you can help with the cost.**

**Sign - The brick is all laid and ready for the new sign! Right now the sign is being constructed and will soon be ready to put in its place.**

## Zucchini Relish

Place in large colander inside another bowl for 4-6 hours:

- 24 c. grated zucchini (best to have some cucumber in it)
- 3 c. chopped onion
- 1/4 c. salt, or less

### Put in pot:

- grated zucchini mixture
- 1/3 c. of drained liquid from zucchini
- 3 c. water
- 2 1/4 c. lemon juice
- 1 1/2 tsp. celery seed
- 1 1/2 tsp. dill weed
- 2 tsp. turmeric powder

Bring to a gentle boil for 5-7 minutes. Add 20 garlic cloves, minced. Put in hot quart jars, careful not to overfill. Process in a canner 10 min. OR 22 min. in oven at 250° (do not open oven door while processing). Shut off oven and let sit in oven for 30 min.

Leave on counter for several hours to cool then clean off any sticky overflow. Store sealed jars in pantry for at least one month before eating to allow zucchini to flavor. If one doesn't seal within 12 hours, place in refrigerator for a couple weeks before eating (it will probably seal in fridge).



Smithsonian.com has an article entitled, “The End of the World Might Just Look Like This,” with artwork depicting various possibilities ranging from asteroid strikes to massive volcano eruptions. While, obviously, we don't know exactly what “the end” might look like (especially scenarios that are scheduled for three billion years distant), I'm thankful we don't have to be in doubt regarding God's plan for humans on planet Earth. While we know from His Word that He wants us to “prosper and be in health” (3John 2) while we live here, we are also aware that this world is not the final destination of those who accept God's plan of salvation. While the prediction of the apostle Peter is that “the earth and the works in it will be burned up” (2Pet. 3:10), Paul says that, if you are willing, you can be with the Lord “in the air” (1Thes. 4:17) when that happens. Certainly that is a more happy prospect than being swallowed by a black hole!

For a look at the pictures, see smithsonian.com and search “the end of the world”