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The Uchee Pines
Institute health
and news letter



emphasis: health

VOLUME 24, ISSUE 6, JUNE/JULY, 2013

from the Lifestyle Center...

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 July 7 and July 28

Next Lifestyle Educator
6-month training
course begins July 7

Farm Fun for Families
day at Uchee Pines -
July 28

The Bottom Line

Live to be 100 – 1. Don't Retire

In Genesis we read that God told Adam, after he sinned, that the ground would be cursed for his sake and that he was going to need to work for his daily bread (3:17, 19). This was a blessing to mankind. "Our Creator, who understands what is for man's happiness, appointed Adam his work. The true joy of life is found only by the working men and women." (E. G. White, *Patriarchs and Prophets*, pg. 50)

The question bears asking then, is retirement really a good idea? Luigi Ferrucci, director of the Baltimore Longitudinal Study of Aging, reports, "Evidence shows that in societies where people stop working

abruptly, the incidence of obesity and chronic disease skyrockets after retirement." Sounds like a prescription for dying.

There are some regions however, that follow a different course than the average American lifestyle. In parts of Italy there is a high percentage of centenarians. They have a different take on leisure time, however. Ferrucci speaks about this, "After people retire from their jobs, they spend most of the day working on their little farm, cultivating grapes or vegetables. They're never really inactive."

If you want to live to be 100, don't "retire" into inactivity, keep moving!

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The Bottom Line
Live to be 100



Urinary Tract Infections

A lady came to us who was at the time 61 years old. She had the diagnosis of multiple urinary tract infections. The doctor explained that most such cases were initiated by a food sensitivity, which first weakened the bladder lining allowing germs to become capable of actually infecting the bladder lining. She described her case as her worst ever, with "terrible" pain at the end of her urination—which was frequent—and with blood and a strong odor of her urine. We began giving her soothing teas, cornsilk and marshmallow root, and 10 glasses of water daily. She was given hot sitz baths, 20-30 minutes each time, six times a day for the first day, and three times daily the second day. She took only one sitz bath per day thereafter until she was well. In two days the urinary tract was well.

Hardening of the Arteries

A 68 year old woman came here with the worst case of hardening of the arteries we had ever seen. She had no detectable pulses in the wrists, armpits, or at her elbows, and none around her feet, ankles, knees, or groin—an amazing finding which turned up on her physical examination! We listened over all her arteries even for swishing sounds. None heard. We tried to get a blood pressure reading and could not, as pulses were not heard. She had had hypertension recorded since 1978 and blood sugar elevation since 1960. In three weeks we could faintly feel a pulse at her right wrist and could get a blood pressure reading. And within six weeks on a strict diet we could feel pulses in both wrists. Six months later she was able to walk a mile twice a day.



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



President's
Message
for the
Month

Summer is one of the most active times of the year, and one of the activities most people plan for summer is vacation. I recently read a report regarding the actual versus perceived benefit of the average vacation—and it confirmed what some have thought for quite a while. Most people's stress level actually increases from vacationing, and even those who described their vacation as "very relaxing" still took two weeks to see their happiness level return to normal. Interestingly, the most benefit from a vacation seems to be in the planning rather than in the actual vacation: a measurable increase in happiness—for eight weeks! With this research, perhaps it is better to find diversionary activities that are less stressful. I'd suggest gardening, as you not only fight stress with exercise, but experience the rewards of fresh produce, as well. Whatever you do, I hope you have a happy vacation season!

sleepy?

THE THING EVERYONE NEEDS

By Mark Kent, adapted

The time is only 3:36 p.m. I still have almost an hour and a half to go, but I don't think I can make it! My eyelids keep slipping down over my eyeballs, and I can't make sense of the figures on the page!

Sound familiar? Many things can be a contributor to the common mid-afternoon slump, but our sleep patterns can definitely be one of the culprits. Young adults are not immune to the problems of sleep. In fact the National Sleep Foundation released a report stating that according to statistics from the National Highway Traffic Safety Administration (1994), drowsiness or fatigue was identified as a principle cause in at least 100,000 traffic crashes each year, resulting in over 1,500 fatalities and 71,000 injuries. And more than 50% of these drivers were age 25 or under.

Are you getting enough sleep? Take the short quiz and see how you measure up.¹

If you answered yes less than 5 times, you are getting adequate sleep. If you answered yes 5-6 times, you likely get adequate sleep most of the time, but occasionally your sleep account is a bit short. Scores of 7-10 show a definite sleep debt, and you should take action to improve your score by increasing the quality and/or quantity of your sleep.

Sleep needs vary by age. Infants obviously sleep a great deal more than adults, generally children require about 10-11 hours of sleep, teens about 8-10 hours, and adults need about 7-8 hours each night for optimum performance throughout the day. Studies have shown that for adults, more than 9 hours of sleep is counterproductive.

You can improve your quality of sleep by taking a few simple actions. A walk outdoors will increase your exposure to bright daytime light, which will aid in melatonin production. Eating foods rich in melatonin (such as corn, oats, rice) and not eating a heavy meal in the evening will

Sleep Quiz

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|--|-----|----|
| 1. Do you usually need an alarm clock to wake up? | Yes | No |
| 2. Do you usually hit the snooze button to catch a few more winks? | Yes | No |
| 3. Do you find that getting out of bed in the morning is a struggle? | Yes | No |
| 4. Do you sometimes sleep through the alarm? | Yes | No |
| 5. Do you sleep longer than normal on weekends? | Yes | No |
| 6. Do you often feel that your "get-up-and-go" got up and went? | Yes | No |
| 7. Do you sometimes fall asleep during church? | Yes | No |
| 8. Do you sometimes get very sleepy while sitting and reading? | Yes | No |
| 9. Have you sometimes been tempted to doze while stopped in traffic? | Yes | No |
| 10. Do you usually feel extremely sleepy after a large lunch? | Yes | No |



also improve the quality of your sleep by allowing your digestive organs to rest. You should also limit your exposure to light in the evenings as this will slow down your normal melatonin production. Establish a regular schedule that includes an evening routine.

"The importance of regularity in the time for eating and sleeping should not be overlooked. Since the work of building up the body takes place during the hours of rest, it is essential, especially in youth, that sleep should be regular and abundant."²

"...Sleep is worth far more before than after midnight. Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock."³ "Make it [a] habit not to sit up after nine o'clock. Every light should be extinguished. This turning night into day is a wretched, health-destroying habit."⁴

Solomon said, "The sleep of a laboring man is sweet." (Ecclesiastes 5:12) Yes, it is sweet because God has designed our bodies to rejuvenate and heal while we sleep. Take advantage of the privilege, and give God a chance to work through the simple agencies He has provided to give you abundant life!

1. Stanley Coren, adapted from *Sleep Thieves*, pg. 264
2. E. G. White, *Child Guidance*, pg. 363
3. E. G. White, *Manuscript Releases*, vol. 7, pg. 224
4. E. G. White, *Manuscript Releases*, vol. 9, pg. 46

Nut-Free Cheesy Sauce

- 2 c. hot cooked quinoa, millet, or rice
- 1/3 c. sunflower seeds, pumpkin or sesame
- 1/2 Tbsp. onion granules
- 1/2 tsp. garlic granules
- 1 tsp. salt
- 1/2 c. water
- 1/2 red bell pepper, opt.
- juice from 2 lemons

Blend all ingredients together till smooth. It will be rather thick. Only add more water if needed, but not too much. Pour into a container and cool if you wish for it to become firm.



A New Life

Thou [God] art he that took me out of the womb: thou didst make me hope when I was upon my mother's breasts. I was cast upon thee from the womb: thou art my God from my mother's belly." (Psalm 22:9-10)

We greatly rejoice in the new life of Abrielle Rajean, our head physician Dr. Mark Sandoval's fifth child. She was born June 3 at 1:35 a.m., a healthy 7 pounds, 21 inches.

The meaning of Abrielle, "God is my strength," and Rajean, "queen," sums up our prayer for her life. May she ever follow the example of *queen* Esther who made *God her strength* even in the most difficult of times. "...The salvation of the righteous is of the Lord: he is their *strength* in the time of trouble." (Psalm 37:39) "Thou shalt...be a *crown* of glory in the hand of the Lord, and a *royal* diadem in the hand of thy God." (Isaiah 62:3)