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The Uchee Pines  
Institute health  
and news letter



# emphasis: <sup>YOUR</sup>health

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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 June 2 and July 7

Restoration Health  
Session – June 23-  
July 3 – A 10-day health  
program that will  
revolutionize and  
enrich your knowledge  
of wellness. Call for  
more information:  
334-855-4764

Next 6-month training  
session for Lifestyle  
Educators begins July 8

## The Bottom Line 100 and Still Going Strong!

Who wouldn't want to be 100 years old and still be as athletic as their youth? Ruthie Fried is just such a one. Born in April of 1913, she celebrated her 100th birthday this year. She still drives and reads with no glasses. So what's the secret to longevity? Deborah Kotz suggests in *US News*, 11 health habits that will help you live longer:

1. Don't retire
2. Floss every day
3. Move around
4. Eat a fiber-rich cereal for breakfast
5. Get at least six hours of shut-eye
6. Consume whole foods, not supplements



7. Be less neurotic
8. Live like a Seventh-day Adventist
9. Be a creature of habit
10. Stay connected
11. Be conscientious

In the coming months we will look at each of these points closer and see why they are so important and how they affect the aging process.

(To be continued)

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## brick by brick

The value of a sign cannot be measured. Signs give guidance, direction, awareness, status, importance. A dilapidated sign reflects poorly upon the place to which it is directing traffic. For sometime now Uchee Pines has been in need of a new sign at the main entrance to the Institute. Soon that need will be filled. Brick by brick is now being laid by the skillful hand of Rainer Boettcher. It is tedious work but hardly a thought is given to that. "I rejoice in this project," exclaimed Brother Boettcher with shining face, and so do we!



*"In words, in spirit, in character, in meekness, in patience and forbearance, in cheerfulness, be a signpost pointing out the way, the path that leads heavenward."* (E. G. White, 3 Manuscript Releases, pg. 370)

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



# sunshine

## HEALING BENEFITS OF SUNSHINE

Agatha M. Thrash, M.D.

Sunshine gets a bad rap. About twenty years ago, reports began circulating that sunlight “causes skin cancer.” The general message persists: stay out of the sun—or at least wear lots of sunscreen. Outdoor activities, such as “tanning,” are blamed for deadly consequences; as a current public service announcement opines, “Don’t be one who’s ‘tan-dead,’ use your brain, use your head...” Although using a tanning bed for 10 minutes approximates the “cancer-causing effects of 10 minutes in the Mediterranean summer sun,”<sup>1</sup> it’s interesting to note that Mediterraneans have a melanoma incidence of only 3 in 100,000, while ours is around 25 per 100,000.<sup>2</sup> Recent research has shown that diet could be a major factor in developing cancers of all types, and skin cancer in particular; which comes as no surprise for those of us in the wellness arena. Eating lots of plant-based foods like green leafy vegetables and nuts five times a week halves the risk of developing cancer. Just think what happens if you eat them every day!

1. World Health Organization website, “Sunbeds,” 2010.  
2. *The Telegraph*, 10/12/08.

One of the most healing agents of nature is sunshine.” Sunshine lends to man innumerable benefits. Visible light, heat, and energy are free to man, who can learn about and use sunlight in creative and useful ways. The more we learn about sunlight the more we realize that our Creator, who provided this gift, gave us more than a source of heat and light. We are going to list a few of these benefits in regard to its effect on the human body.

### SUNLIGHT

1. Increases circulation
2. Cardiac output increased
3. Increases the number and efficiency of blood vessels in the skin
4. Decreases blood pressure. The maximum decrease of systolic and diastolic pressure is gradually reached in about 24 hours and may persist for six days
5. Increases oxygen-carrying capacity of the blood and enables oxygen to reach tissues and joints by direct action and reflex action of the blood vessels
6. Increases number of white blood cells and their capacity for fighting infection
7. Increases gamma globulin, which is part of the immune mechanism of the body
8. Increases liver function
9. Stimulates the liver to produce a drug-metabolizing enzyme. This increases our ability to withstand pollutants in our environment. Experimental animals given a lethal dose of a chemical died without sunlight exposure
10. Stabilizes blood sugar levels
  - a. If blood sugar is too high the effect of sunlight on the carbohydrate metabolism is almost indistinguishable from that of insulin, except that it will not take the blood sugar below the normal level
  - b. It raises blood sugar if too low
11. It lowers cholesterol levels and triglycerides (fats) found in the blood. A decrease in cholesterol of more than 30% has been shown after sunlight exposure
12. Converts cholesterol and ergosterol in the skin to vitamin D, but only to safe levels. Vitamin D plays a part in the metabolism of calcium and phosphorus which are essential elements of bone and teeth development
13. Increases muscle tone and endurance. Persons who exercised in the sunlight built muscle faster than those who exercised indoors
14. Increases metabolism
15. Sunlight comes through the eyes to the pineal gland and affects the pituitary gland which controls the hormone production of the other endocrine glands in a beneficial way
16. Promotes the healing of wounds
17. Improves mental outlook/sense of well-being. Helps to prevent and/or counteract depression

18. Lessens stress by working both through sensory receptors in the skin as well as through psychological factors
19. Kills Streptococcus and other germs on exposure

Key points to note for getting the most benefit from sunshine are:

Sunburn should be avoided since it is a stress for the body and disrupts the many functions that the skin performs and requires healing energy. Keep your exposures to the point of below reddening. Shorter, multiple exposures are better than one long exposure. The higher risk times for getting sunburned are between ten a.m. and three p.m., so you may want to time yourself.

One should be bathed before having an exposure. Avoid oils and creams, as they may be converted to harmful substances. Have a diet low in fats.

Glass filters out 95% of the beneficial ultra-violet rays, so you will not want to sunbathe behind glass.

Begin with four minutes to each quadrant; front, back, and sides when sunbathing.

Exercising and laboring moderately every day throughout the year will allow our skin to slowly build up a healthy, glowing tan. This will help prevent sunburn as well as encourage overall health.

*Remember, “Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun.” (Ecclesiastes 11:7) “But unto you that fear my name shall the Sun of righteousness arise with healing in his wings....” (Malachi 4:2)*

## HEW in Ozark, Alabama

Health Emphasis Weekends are always full of anticipation and excitement. The one in Ozark, Alabama was no exception. The end of April Lifestyle Educators plus Education Director Joshua Jeresek and family headed out for a two-day HEW.

One great advantage of HEWs is that, in addition to the health presentations, there are always “divine appointments” for sharing more. One LE was going door to door delivering invitations for the meetings. Should he quite now or go to that last house? He went, and it was the lady from that last house who came to the meetings. Another LE was sitting with a few people during lunch. The conversation turned toward health and she began to share how amazing and wonderful our digestive system works when we follow God’s health plan, and the benefits of drinking water in between meals. With interest they listened to these new ideas.

During the weekend you could tell that the Holy Spirit was opening hearts to the saving health of the Lord Jesus Christ.

*Are you interested in having a Health Emphasis Weekend? Contact our Education Department: (334) 855-4764*



### Carob Balls

- 1/2 c. carob powder
- 1 c. peanut butter
- 1/2 c. honey
- 1 c. coconut, shredded

- Set aside half of coconut.
- Mix rest of ingredients.
- Form into balls and roll in coconut that was set aside.
- Place on a plate and freeze.

Variation: Add some seeds, chopped nuts, dried fruit, or a drop of peppermint oil.

