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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 May 6 and May 27

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

The Bottom Line

Hot and Cold Showers

Want to boost your immune system?



A study from England found that taking daily cold showers increased the number of disease-fighting white blood cells (compared to people who took hot showers). The investigators at Britain's Thrombosis Research Institute suggested that as the body tries to warm itself during and after a cold shower, metabolic rate speeds up and activates the immune system, which leads to the release of more white blood cells.¹

Cold showers strengthen the mu-

cous membranes, aiding the body in the battle against allergies, colds, and hay fever.

Before turning off the hot water and stepping out of the shower, give your immune system an extra boost by ending with a cold rinse! Be invigorated!²

1. www.sott.net
2. Those with certain conditions, such as heart disease, high blood pressure, overheated or feverish, etc., should avoid cold showers.

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Health and Healing

It was late October, in a few days Indriani and her husband Edwin would take a vacation to the Mediterranean/Greek Isles. They were looking forward to it, then the news came—the lump that Indriani had found accidentally in September was a very aggressive cancer. Questions flooded her mind: What is this disease? Why is this happening to me? How did I get it? What will happen to me? Where should I go for treatment? What kind of treatment options should I choose? Does my doctor really know what's going on? Will I be in pain? Will I be disfigured? Am I going to lose my hair? Will my family and friends care about me? Am I going to survive?

Indriani felt impressed to come to Uchee Pines, but was not able to get there as soon as she would like, because the session was full. With a foreboding shadow cast over what the situation held, Indriani and Edwin went on their vacation.

Upon their return home more

testing was done at a different hospital. Indriani wanted to get a second opinion and more options. She was given the option to start chemotherapy immediately for eight rounds, then followed by surgery, seven weeks of radiation therapy. Based on what she knew at that time, the chemo was started. After two rounds Indriani decided to stop getting standard therapies because of their destructive side effects. Indriani wanted to rebuild her immune system by natural therapies, so her body could have the chance to heal itself.

By December Indriani was at Uchee Pines. Her schedule was filled with learning and applying God's plan for health. At the end of the 17-day session her tumor had shrunk 50%.

In January Indriani returned to Uchee Pines for another session. The doctor checked for the tumor—nothing. An Ultrasound was done—nothing. Blood tests were taken—the cancer was nowhere to be found. "This

(continued inside)

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



spring is in the air

DEALING WITH SEASONAL ALLERGIES

The sun is shining, the weather is turning warm, the flowers are blooming—*hmmm* smell that lovely frag-fra-fr-...*a-a-achoo!* Yes, spring is in the air, but with the heavenly beauty comes also a round of misery for some. About 35 million Americans deal with seasonal allergies. Runny nose, itchy eyes, sneezing, and other symptoms are the lot of these sufferers.

Dr. Lindsey Duncan, ND, CN. comments that “this type of allergy often occurs when the body has an excess accumulation of mucus, which harbors environment irritants.”

Most resort to drug medication in fighting their allergy battle, but this only masks symptoms and makes one dependent—“the more you use them, the more you need them,” warns Dr. Duncan. “When taken for long periods, steroid drugs do not cure and often make hay fever allergies worse by depressing immune defenses and impeding allergen elimination.”

The first step in fighting this seasonal battle is to evaluate the lifestyle. The following things may be helpful:

- Eat foods that are non-mucus-forming such as fresh fruits and vegetables, and whole grains. Avoid dairy, caffeine, and sugar. Foods that are rich in vitamin C, like citrus and berries, are especially helpful. Fast one to two days per week to aid in cleansing the system. Drink eight to ten glasses of water on fast days.

- Exercise boosts the immune system. Take a one hour walk daily, head up, shoulders back and down, breathing deeply. Take regular deep breathing exercises.

- Keep your surroundings clean.

- Eliminate emotional pain and bitterness from the thoughts. Train the mind to dwell on heavenly themes.

welcome back

We want to give a warm “welcome back” to the Jeresek family! Joshua completed the Lifestyle Counselor course here at Uchee Pines in June of last year. After finishing the course the family did some traveling and health evangelism across the US. When the position opened for Education Director, a call was extended to Joshua. Upon praying over the matter, the family saw this as a call from the Lord and accepted the invitation.

God is looking for laborers in His vineyard. The harvest is ripe. All around us are opportunities for service. Whether they be large or small duties, their importance is great. What is God asking you to do? Will you answer His call?

- Hot and cold compresses alternating to the face can be very helpful. Apply the hot compress for 3-6 minutes, followed immediately by an ice cold compress for 30 to 45 seconds. Repeat the alternation three times, giving the treatment twice or three times daily.



- Ragweed hay fever has often been associated with a sensitivity to melons (especially cantaloupe) or bananas, two foods which should be omitted during ragweed season.

- It should be remembered that tiny cracks can very easily occur in the lining of the nose which will allow more ready access to allergenic materials. The allergic individual should therefore avoid vigorous blowing, rubbing, picking, and cleansing of the nose so that there will not be the slightest trauma to the lining membrane of the nose.

- Stinging nettle capsules, 2-6 every 4 hours as needed may be quite useful.

For more information on allergies check out our counseling sheets on our website: www.ucheepines.org

Health and Healing *(continued from front)*

place is really amazing!” said Indriani, “I watched so many miracles and transformations happening right in front of my eyes. I have never felt so healthy and so happy in my entire life.”

Indriani went home rejoicing in the miracle God performed in her life and committed to following a new lifestyle—one that promotes health and healing.

Rocket Fuel

- 2 lemons peeled or ½ c. juice
- 1 T. ginger powder or 2 inches fresh
- 1 t. cayenne powder
- 6-10 garlic cloves (not bulbs)
- ¼ piece onion
- honey to taste
- 1 quart water, very warm

Blend all ingredients together till smooth. Sip and enjoy ☺

