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The Uchee Pines  
Institute health  
and news letter



# emphasis: health

VOLUME 24, ISSUE 3, MARCH, 2013

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

## COMING EVENTS

Spring Seminar – Simple Remedies & Preventive Medicine – March 24-28. Register online: [www.ucheepines.org](http://www.ucheepines.org) OR call: 334-855-4764

Next Lifestyle Sessions at the Lifestyle Center begin March 31, April 21, May 12

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

Protein

Research shows that the average American consumes too much protein and it hurts the kidneys. Extra proteins are not stored by the body. They must be gotten rid of. The end products of this metabolism are thought to destroy the nephrons in the kidneys. After years of eating the high-protein American diet, the functional capacity of the kidneys can be reduced to half.

A low-protein diet is a real lifesaver to someone with kidney disease.\*

Too much protein causes harmful amounts of ammonia to accumulate in the body. Ammonia has the quality of slowing the growth of

cells in cell cultures. It appears clear that in a given tissue, ammonia will slow the growth of normal cells, but hardly affects the growth of cancer cells, apparently giving cancer cells an advantage over normal cells. It may be that the ammonia production from a high protein diet is the very thing that increases the risk of cancer from a diet high in protein.

The best dietary is a very simple one consisting of fruits, vegetables, and whole grains. Apart from these three food groups, all other foods should be used sparingly.\*\*

\*SonLight Education Ministry  
\*\*Agatha M. Thrash, M.D.

### Inside

President's Message  
Where your treasure is...

The Three Self Movement  
Self-governance,  
Self-support,  
Self-propagation

Banana-Date Granola  
Great for traveling or just breakfast at home

The Bottom Line Protein

## Learning God's Therapy

It was the end of January; our Lifestyle Educators had been in training but a few weeks, yet regular classes were put on pause as Lifestyle Counselors joined them in the chapel for a special three day workshop on biblical response therapy by Pastor Dan Gabbert. Questions were addressed such as: What is my ultimate purpose in helping the sick? What are the steps in healing? How do we deal with underlying issues?

As long as there is sickness and disease there will be a need for medical missionaries. Our Lifestyle Educators and Counselors want to help people get well physically, but that is only half of the healing process. Healing involves not only the physical, but the mental and spiritual as well.

The lack of spiritual experience is a risk factor just like heart disease. The effect the mind has on the body is powerful. Wrong thinking leads to

wrong feeling.

A story is told of a man who once became the victim of false accusations, slander, and wrongdoing. It was a hard and hurtful ordeal and he harbored these negative experiences until one day he couldn't even get out of bed. The diagnosis was nerve exhaustion.

How we respond to the experiences of life does affect our health. Pastor Gabbert emphasized the importance of starting with the basics. We've got to help those we work with understand how to rightly train their thoughts. "For as he thinketh in his heart, so is he..." (Proverbs 23:7)

In treating sickness and disease we don't want to just prescribe a "therapy," we want to know the "Biblical Response Therapy." There are many so called remedies, but only God's way brings complete healing.

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



# the three self movement

## SELF-GOVERNANCE, SELF-SUPPORT, SELF-PROPAGATION

*Lifestyle Educator Trainees learn ways of self-support*

Normally when one hears the term The Three Self Movement, their mind instantly transports to China where the Three Self Patriotic Movement describes their response to religion.

Regardless of what one might think about the situation of religion in China (and I have had first hand experience there), the three self movement is a great idea. So great in fact, the Lifestyle Educator class at Uchee Pines has adopted its principles as their own.

The three “self” principles are self-governance, self-support and self-propagation. For sake of space, I want to elaborate on the “self-support” part. For many people, “self supporting” is understood as a system of ministry whereby the one doing the ministering raises funds, often through donation letters to friends and family members, and then ministers until the funds run out, at which time the donation letters once again cry for more money. This is a good system, but seems to fail the truest test of “self supporting.” “Self supporting” is something I do, some service I perform (like Paul the tent maker) which enables me to continue in the work while at the same time providing some valuable service to the world. So, how are we becoming self-supporting?

So far the students have learned how to make lovely and safe soaps (no sodium lauryl sulfate, no propylene glycol, no triethanolamine), non-petroleum chap stick, and safe lotions. They will also be making various salves which can be a great blessing in many situations.

Another form of “self-supporting” will be the sale of books. Both

health and spiritual books will doubtless become more and more important in the coming days. Some of the students like to canvas on their free time.

The most exciting “self-supporting” vehicle we have is a fully functioning recording studio. In it we will produce inspirational, health and spiritual DVDs. The department has made a large investment in equipment and hopes to soon recoup all of the initial outlay. This is true self-support. The move toward becoming fully functioning has not been without its trials. In the studio recently, there was an electrical short and in an instant nearly \$3000 worth of equipment was worthless. The ATEM switching unit and a iMac computer had to be replaced, but we also bought two surge protectors with great guarantees. Shooting will have begun before this EYH is in your hands.

If any organization would like to have a health emphasis weekend, or week, the LE department would be more than happy to accommodate you. If you are interested in a visit from one to a half dozen health educators, call 334-855-2903 or 334-855-4590 or email us at [ucleepines@gmail.com](mailto:ucleepines@gmail.com). We will come equipped with a heart to teach, safe soap, DVDs to sell, and your first steps to a new life. Hope to see you soon.



### Banana-Date Granola

- 14 c. rolled oats
- 1 ½ c. pitted dates
- 1 c. warm water
- 1 t. maple flavor, opt.
- 2 bananas (large)
- 2 c. nuts
- ½ c. almonds
- 1 ½ t. salt
- 1 T. vanilla flavor

Combine oats and nuts in a large bowl. Blend remaining ingredients until smooth. Pour blender mixture into the oats and mix well. Divide between two cookie sheets. Bake at 200°F for 6 hours. Remove from oven. Add 2-4 c. of raisins or other dried fruit, if desired.

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I've had the opportunity to spend quite a bit of time at our “city mission,” Country Life, lately. It has been a privilege to interact with those who come through the doors, and share, in a small way, some of the information I have been blessed with over the years. I have also noticed, however, that the mood of our city is changing; many are worried about the future, while there seems to be more individuals experiencing tough times than when I have served there before. I know that, in the past, things have gone up and down, and likelihood is that we are passing through an economic cycle, but I also know that the only real confidence anyone can have is in things that are “from above.” Christ said to put our “treasure” in heaven through time spent with God, shown through good deeds to “the least of these, my brethren.” After all, whatever possessions we have in this life are temporary anyway, and the real security is in God and heaven. If only we can trust Him, and make eternal “bank deposits,” because where our heart is, there our “treasure will be also.”



*Right: Recording studio*



*Left: The \$1000 switching unit that had to be replaced*



*Bottom: Bread that the LEs made*