



emphasis

The Uchee Pines Institute health and news letter

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Dressing for Success Part 2

I will greatly rejoice in the LORD, my soul shall be joyful in my God; for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness” (Isaiah 61:10).

Last month, we saw that there are four main principles for Christians to consider when it comes to our attire:

- 1) Simplicity
- 2) Modesty
- 3) Health
- 4) Gender Distinction

We’ve looked at Simplicity and Modesty. This month we’ll consider points three and four.

HEALTH

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth” (3 John 2).

You’ve no doubt heard the phrase, “You are what you eat.” Well, it turns out that we are what we wear, as well! “Satan is constantly devising some new style of dress that shall prove an injury to physical and moral health.”¹

Most of us have an understanding about how important proper eating and drinking is for health; but how much do we know about dressing for health? Proper dress is actually an essential part of the health message.

“Perfect health depends upon perfect circulation,”² and perfect circulation is promoted when: 1) clothing is evenly distributed; and 2) clothing is loose fitting. Let’s consider these two points a little deeper.

1) Clothing should be evenly distributed - “Because optimal health requires a balanced circulation, special attention should be given to the extremities, that they may be as thoroughly clothed as the chest and the region over the heart.”³

When considering the apron style of dress that we looked at last month, we can see that the limbs would not be equally covered, but rather exposed. We are told that

“Satan invented the fashions which leave the limbs exposed.”²⁴ So, dressing in that manner is not only immodest, but unhealthy.

Most of us understand that we must fully cover up in cold weather in order to properly regulate our body temperature, using long sleeves, coats, hats, and gloves. But what about in hot weather? Is the answer just to wear less clothing? Not necessarily. The idea that the hotter it is the less we wear is not based on a correct understanding of physiology.

A light and even covering over the whole body is best even for hotter weather. Consequently, a knowledge of various fabrics and their effect on heat and cold can prove quite valuable. For instance, natural fibers such as linen and cotton tend to be more cooling on the skin in summer, while wool, silk, and cashmere are warming, and would generally be healthier choices in the winter time. Synthetic garments, such as polyester and rayon, are better options for layering rather than wearing directly against the skin. All of these principles should be considered for bedding, as well.

2) Clothing should not be overly-tight. Tight clothes change more than our appearance. They can actually alter the way the body functions. Constricting clothes, whether pants, belts, shirt collars, or undergarments can lead to respiratory impairment, digestive issues, muscle pain, and more. Clothes should be loose enough to allow for breathing freely and also for freedom of movement.

What about shoes? It is estimated that in an average lifetime, we use our feet to walk the equivalent of five times the circumference of

the earth. Collected data suggests that 80% of men and women wear shoes that are too tight. Footwear should be chosen which furnishes adequate toe, heel, and arch support, is adjustable to your foot size, and provides protection and comfort. High-heeled shoes, while popular and fashionable, can lead to a variety of foot and spine ailments, including improper body posture, back and hip problems, toe damage, and neuropathy, as well as the danger of tripping and falling.

“In all respects the dress should be healthful. ‘Above all things,’ God desires us to ‘be in health’—health of body and of soul. And we are to be workers together with Him for the health of both soul and body. Both are promoted by healthful dress.”²⁵

GENDER DISTINCTION

“The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman’s garment: for all that do so are abomination unto the LORD thy God” (Deuteronomy 22:5).

That’s some strong language! But, how do we apply it in our day?

“God designed there should be a plain distinction between male and female dress, and has considered the matter of sufficient importance to give explicit directions in regard to it; for the same dress worn by both sexes would cause confusion.”²⁶

But few of us are blind to the confusion that is rampant in our current society when it comes to any

distinctions between men and women. The Bible is clear that God created us in His image, male and female. But Satan says no; there is no distinction between male and female. The Bible is equally clear that God created men and women with distinct gender roles before sin and after sin. But Satan says no; there is no distinction here either.

But the verse from Deuteronomy quoted here tells us specifically that, to the mind of God, there are clothes that pertain exclusively to a man, and there are clothes that pertain exclusively to a woman. Violating this principle in our dress can actually bring defilement, and even God’s hatred against our clothing choices.

Many women in the Western world have been wearing traditionally-male garments for some time now. “There is an increasing tendency to have women in their dress and appearance as near like the other sex as possible, and to fashion their dress very much like that of men, but God pronounces it abomination.”²⁷ And while women’s fashion has progressively become more masculine, men’s fashion has correspondingly become steadily more feminine, in styles, patterns, colors, designs, and cuts. Skinny jeans, skinny suits, and tight shirts rule the day, leaving very little to the imagination.



The fashion industry, emboldened by the media and the entertainment industry, has succeeded in conditioning men and women to not only wear less, but to choose unisex, or genderless, clothing, more and more. Over the years, notable male entertainers have made a career of dressing in women's clothing as a way to get attention and cheap laughs—their example making feminine garments, make-up, and earrings commonplace for increasing numbers of men today. Indeed, men in our society have long been told to get in touch with a feminine side which they do not possess. Now, women are likewise being encouraged to embrace a masculine side which they do not naturally possess.

And this attack on gender distinction has become mainstream. Here are some actual titles to articles that are currently posted on the internet regarding unisex fashion: “How to Be a Feminine Guy: 10 Steps (with Pictures)”;

“Diet Plan to Help Men Look More Feminine”;

“How Men Can be More Feminine: 20 Ways to Feel More Girly”;

“Finding Masculine Clothes for a Female Body”;

“How to wear a masculine-feminine style.”

“It is very evident that the Lord intended that His people should be distinguished from the world by their clothing. Women should not appear

mannish in their wearing apparel or men effeminate. Many customs in modern dress are breaking down the distinguishing marks identifying the opposite sexes and are thus contributing to the modern laxity in moral standards.”⁷⁸

Honoring the principles of gender-distinct clothing involves putting careful thought into determining which types of clothing are historically distinct to each gender in our culture and then doing all we can to preserve that distinction. We should celebrate gender differences and teach our children to do the same, telling them, “God made you male or female, and designed you to reflect certain aspects of His image.” We bring glory to God when we purposefully maintain gender-distinguishing features in our clothing according to His word.

IN CONCLUSION

“Let us be glad and rejoice, and give honour to him: for the marriage of the Lamb is come, and his wife hath made herself ready. And to her was granted that she should be arrayed in fine linen, clean and white: for the fine linen is the righteousness of saints” (Revelation 19:7, 8).

God has carefully selected the appropriate garments for His sons and daughters to wear. Those garments are fine, clean, and pure. In a fallen world, our clothing has a purpose. Along with all of our other lifestyle choices, our wardrobe sends a clear message about who we are and Who we represent.

Whether it be in the area of simplicity, modesty, health, or gender distinction, may we each endeavor daily to put on the principles of godly dress, as an expression of our Christianity, and to bring glory to the God who created us and redeemed us. The bridegroom is coming for a bride clothed in pure and holy garments. Let the church be ready for that day, and even hasten it! (Matthew 25:6)

(Concluded.)

1. E. G. White, *Testimonies*, v. 4, p. 634.
2. E. G. White, *Testimonies*, v. 2, p. 531.
3. Mary Ann McNielus, M.D., *Temperance in Dress: A Reform Less Followed*, p. 33.
4. E. G. White, 2 *Testimonies*, p. 532.
5. E. G. White, *Child Guidance*, p. 398.
6. E. G. White, *Selected Messages*, v. 2, p. 477-478.
7. E. G. White, *Testimonies*, v. 1, p. 457, written in 1867.
8. Taylor Bunch, *Exodus and Advent Movements in Type and Antitype*.

THE BENEFITS OF ECHINACEA

Also known as Coneflower, Echinacea is part of the daisy family, and is native to North America. The leaves, flowers, or roots contain the following health benefits:

- Boost the immune system
- Fight cancer
- High in antioxidants
- Reduces pain and inflammation
- Antibiotic, anti-microbial
- Lowers blood pressure
- Treat peptic ulcers
- Reduces anxiety



CRANBERRY SAUCE

2 cups fresh cranberries
1 apple, peeled and cored
8 dates, pitted
1 orange
sweetener of choice (to taste, or none at all.)
pinch of cardamom and coriander (optional)

Zest the entire orange, place the zest in a blender or food processor. Discard peel, section the orange and remove any seeds. Place the orange quarters and the remaining ingredients in a blender or food processor and blend/process until desired consistency is reached.

From our Lifestyle Center WHAT OUR GUESTS ARE SAYING

Being diagnosed with ovarian cancer has been a challenge. Gaining weight, losing my hair, trying to get better only to find out that your body is rejecting the chemo that is supposed to heal you. I thought about it, and thought about it, and decided that alternative medicine was the way to go. So, I researched and God worked it out so that I would end up at Uchee Pines. I was a bit apprehensive at first, but once I got here it felt like heaven. The morning and evening devotions, the nature and digestive walks, singing, praying. The Lifestyle Counselors were extremely professional. They are selfless; they work for you and encourage you. Since being here my energy levels are up. I am resting well and even started running again. God will make a way out of no way because Jesus said "all things are possible to those who believe". In all things give thanks. I will forever be grateful for the time spent here at Uchee Pines. Thank you to the staff. -Halyn

YOU NEED TO KNOW

Next **Lifestyle Sessions** at the Lifestyle Center begin **December 4, January 3, January 22**

Visit: ucheepines.org/lifestyle-center

Do you want to be trained in medical missionary work? **Apply today!** Lifestyle Educator (6-months or take in 4-wk block) and Lifestyle Counselor (1-yr) courses begin in every January and July. Visit: ucheepines.org/education

Upcoming Lifestyle Educator Block Classes:

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Learn more: ucheepines.org/education

Lifestyle Interventions with Natural Remedies for Health Professionals Conference –

15 CME/CEU Credits – **Feb 8-11; August 16-19**

Visit: ucheepines.org/seminars/cme

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Visit: ucheepines.org/about/human-resources

Current needs of the Institute: Funds for new housing, refurbishing of existing housing, upgrading lifestyle center, road paving, new education building. Visit: ucheepines.org/donate



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