



emphasis

The Uchee Pines Institute health and news letter

The Wonder of a Good Walk



What do you like to do when you finish a delicious meal? Watch television? Surf the internet? Read? Take a nap? Exercise?

Research has suggested for some time that the absolute best thing you can do after eating is to go for a walk. Taking a short digestive walk after eating helps the body in a variety of ways.*

Walking after a meal helps you to manage your blood sugar levels, especially if the meal was high in carbohydrates (which turn to sugar as they are digested).

Walking, like any exercise, can help relieve sleep disorders such as insomnia. Regular non-vigorous activity can increase the amount of deep sleep a person gets at night.

Walking at a moderate pace stimulates the digestive system, reducing

gas and bloating, and can lead to a more regular elimination pattern.

A 10 or 15-minute walk after each meal can improve heart health by lowering blood pressure and cholesterol.

A brisk walk also releases endorphins, the “happy” hormone, which reduces stress and boosts your mood.

Interestingly, there is a tangible link between the health we derive from our physical walks and that which is reflected in our walk with God. The Bible describes both Enoch and Noah as walking with God (Genesis 5:24; 6:9). In fact, we are told in Micah 6:8 that the Lord requires us to “walk humbly” with God.

What does that look like, exactly? Think about a walk you’ve taken with a friend or family member. You talk with one another, listen, laugh,

and share. Our walk with God is like that. He wants us to know Him, to listen to His still, small voice guiding us through each day, and open our hearts to Him in worship and praise.

“Smart men walked on the moon, daring men walked on the ocean floor, but wise men walk with God.” -Leonard Ravenhill

The Bible also tells us that two cannot “walk together, except they be agreed” (Amos 3:3), meaning that we compromise deep communion with God when we allow something else to come between us as we walk together, such as worldly habits and pursuits, or even cherished sins. Truly, “Blessed is the man who walks not in the counsel of the wicked” (Psalm 1:1).

Throughout Scripture, the walk of a believer is illustrative of his daily

life and practice, how he is advancing along his Christian journey. God designs and empowers us to make consistent forward progress. The expectation for all believers is that we “walk in the Spirit” (Galatians 5:25). As the Holy Spirit revived us to life when we were born again (John 3:6), so must we continue to live in the Spirit, yielding to His control, following His lead, and allowing Him to exert His redeeming influence over us.

“And they took knowledge of them, that they had been with Jesus” (Acts 4:13).

The apostle Paul writes about Christians being God’s very own living letters, “known and read of all men” (2 Corinthians 3:2). So, what do others see when they look at us? Are we faithful witnesses to the principles of God’s kingdom? Is our life reflective of God’s power to heal us and transform sinners back into the image He originally created us to bear? Are we prepared for heaven and eternity?

May our walk with our Creator broaden and deepen each day; and may it be evident to all whom we come across that we are walking with the King of kings, and that one day soon we will walk together with Him on heavenly streets of gold (Revelation 21:21). Maranatha!

“So then, be careful how you walk, not as unwise people but as wise.” Ephesians 5:15, NASB

*There are potential downsides to walking after eating, including indigestion and stomach pain. A person should consider the length, intensity, and timing of their post-meal walk, as well as the heaviness of the meal just consumed.

20 Bible Habits for Good Health

1. **Eat a plant-based diet** – “And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.” Genesis 1:29
2. **Get regular exercise** – “Then the LORD God took the man and put him in the garden of Eden to tend and keep it.” Genesis 2:15, NKJV
3. **Don’t smoke** – “If anyone destroys God’s temple, God will destroy him. For God’s temple is holy, and you are that temple.” 1 Corinthians 3:17, ESV
4. **Maintain a healthy weight** – “Whose end is destruction, whose God is their belly, and whose glory is in their shame.” Philippians 3:19
5. **Reduce stress** – “Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.” John 14:27
6. **Cultivate healthy social relationships** – “A friend loveth at all times, and a brother is born for adversity.” Proverbs 17:17
7. **Get adequate sleep** – “I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.” Psalm 4:8
8. **Drink enough water** – “But whosoever drinketh of the water that I shall give him shall never thirst.” John 4:14
9. **Fast intermittently** – “And put a knife to thy throat, if thou be a man given to appetite.” Proverbs 23:2
10. **Spend time outdoors; regularly** – “Let the heaven and earth praise him, the seas, and every thing that moveth therein.” Psalm 69:34
11. **Spend quiet time alone** – “Be still, and know that I am God.” Psalm 46:10
12. **Limit time on social media** – “Wherefore come out from among them, and be ye separate, saith the Lord.” 2 Corinthians 6:17
13. **Balance your budget** – “Keep your life free from love of money, and be content with what you have.” Hebrews 13:5, ESV
14. **Have purpose** – “And we know that all things work together for good to them that love God, to them who are the called according to his purpose.” Romans 8:28
15. **Help others** – “Let each of you look not only to his own interests, but also to the interests of others.” Philippians 2:4
16. **Be optimistic** – “For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.” Jeremiah 29:11
17. **Be grateful** – “In every thing give thanks.” 1 Thessalonians 5:18
18. **Learn something new** – “Give instruction to a wise man, and he will be still wiser; teach a righteous man, and he will increase in learning.” Proverbs 9:9
19. **Forgive** – “And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ’s sake hath forgiven you.” Ephesians 4:32
20. **Have faith** – “For by grace are ye saved through faith.” Ephesians 2:8



Internship Opportunities at Uchee Pines

Beginning in 2023, Uchee Pines is excited to announce that we will have several 12-month internship opportunities available.

You can learn **Building Construction**, and assist in building a house from the ground up, including siding, framing, dry-wall, roofing, carpentry, electrical, plumbing, insulation, cabinetry, finish work, painting, and flooring installation.

You can learn **Farming and Agriculture**, including seasonal planting & harvesting, planting schematics, soil testing & preparation, cover crops, seedlings, pruning, cultivating, composting, crop storage, orcharding, irrigation set-up & removal, financial management, equipment maintenance, and record-keeping.

You can learn **Retail Store and Restaurant Management**, including standard operating procedures, purchasing, merchandising, inventory, profit & loss, customer service, non-profit advertising & promotion, staff supervision, food safety certification, and menu creation.

No previous experience is required. Room and board on Uchee Pines campus will be supplied for the duration of each internship.

For more information, visit: ucheepines.org/internship



From our Lifestyle Center

WHAT OUR GUESTS ARE SAYING

I decided to come to Uchee Pines to do a detox and also to have some time away from stress. I am so grateful that I came here, because my goals were met. I feel very different from when I came in. I feel strong physically, mentally, and spiritually. I thank God so very much for choosing the staff of Uchee Pines. You're doing a great work for Jesus. May God bless Uchee Pines abundantly. -Anon

Thank you for providing such a peaceful, clean, and spiritual environment. Thank you for the personal attentions and the spiritual support. I realize sometimes we focus mainly in the physical healing, but in reality, is the spiritual, mental and emotional healing that brings it all together. -Anon

THE HEALTH BENEFITS OF FRANKINCENSE

Long used in religious ceremonies, Frankincense has come to be highly prized for its therapeutic properties, including:

- Anti-cancer
- Arthritis and pain relief
- Treating skin disorders (eczema, acne)
- Stress relief
- Respiratory health
- Digestive aid (Crohn's disease)
- Oral health (tooth infection, gum disease, breath freshener)
- Immune support
- The essential oil is extracted from the inner bark of the Boswellia trees, which are native to Africa and the Middle East. It has a sweet, earthy, and woody aroma. Frankincense is also available in powder form or as dried sap (sometimes called Frankincense Tears), both of which can be used in tea form.



Zucchini Pasta w/sauce

If you love pasta but are looking for ways to cut back on refined carbohydrates, give this recipe a try. The “noodles” are made by thinly slicing raw zucchini into long strips. The easiest way to make raw zucchini noodles is to use a spiral slicer, sometimes called a “spiralizer,” but a vegetable peeler will work as well. Toss these “noodles” with your own favorite sauce or try this quick and easy raw marinara.

Equipment:

spiral slicer or vegetable peeler
food processor or blender

Ingredients:

Zucchini Pasta: 3-4 zucchini, (peel them for a more authentic wheat pasta look)

Raw Marinara Sauce:

2 ripe tomatoes, chopped (about 1 cup)
1 cup sun-dried tomatoes, soaked to soften or oil-packed
1 red bell pepper, chopped (about 1 cup)
4 Tbsp olive oil
2 Tbsp minced fresh basil or 1 tsp dried
2 tsp dried oregano
1 tsp crushed garlic (2 cloves)
1/2 tsp sea salt

Directions for Zucchini Pasta: Cut the zucchini into thin noodles using a spiral slicer, or into long ribbons (“fettuccine”) by drawing the vegetable peeler down all sides of the zucchini until you reach the core. Place the zucchini pasta in a serving bowl.

Directions for Marinara Sauce: Place all sauce ingredients in a food processor fitted with the S blade and process until smooth. Stop occasionally to scrape down the sides of the bowl with a rubber spatula.

Assembly: Spoon the marinara sauce over the zucchini noodles and gently toss.

YOU NEED TO KNOW

Next **Lifestyle Sessions** at the Lifestyle Center begin **Oct 2, Oct 23, Nov 13, December 4**

Visit: ucheepines.org/lifestyle-center

Do you want to be trained in medical missionary work? Classes are offered in six, 4-week blocks.

Upcoming Lifestyle Educator Block Classes:

- **Block 4** – Sept 26-Oct 21 – History of Self-Supporting Work; How to Study the Bible; Ministry of Healing; Massage; Education Conference; Nutrition/Cooking Schools
- **Block 5** – Oct 24-Nov 20 – Daniel and Revelation; Hydrotherapy and Home Remedies; Agriculture; Wilderness Emergency Survival Skills/First Aid/Frontier Mission; Heavenly Lifestyle Seminar

Learn more: ucheepines.org/education

Building for Eternity Conference – Education, family, homeschool – **September 28-October 2.**

Visit: ucheepines.org/seminars/buildingforeternity

Lifestyle Interventions with Natural Remedies for Health Professionals Conference –

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

Visit: ucheepines.org/seminars/cme

Country Life Natural Food Store and Vegan/Vegetarian Restaurant. We ship non-perishable items! Visit: countrylifeonline.com

Staff Volunteer opportunities: Media Production Director, Maintenance Technician (skilled in carpentry, plumbing, electrical), Housekeeping, Cook/Kitchen Assistant, Store Clerk, Auto Mechanic. Radio Station Engineer.

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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