



emphasis

The Uchee Pines Institute health and news letter



How to Have a Healthy Brain

Our brain is truly the most amazing part of our body. It coordinates movements from writing and painting to swimming and gardening; it stores our most precious memories; it can solve the most challenging problems; and it devises creative ways to express our deepest thoughts and emotions. Unfortunately, it's very easy to take our brains for granted.

And while it's normal for the body and the brain to change as we age, there are things we can do today to keep our brains strong, and our minds sharp and clear. If you haven't already, consider adopting the ten tips listed below to keep your brain operating at its best.

"Let this mind be in you, which was also in Christ Jesus." Philippians 2:5

1. Maintain a Healthy Diet

There is much truth in the old adage, "You Are What You Eat." The

food we consume provides the nutrients and building blocks from which the tissues of our bodies are made.

A diet high in sugar and saturated fats increases inflammation, accelerating the aging process and promoting a decline in brain function. However, diets high in fruits, nuts, grains, vegetables, and healthy fats, provide antioxidants, which reduce inflammation and slow the aging process. In general, the less processed the food the healthier for body and brain. (1 Cor 10:31)

2. Engage in Daily Exercise

According to the Centers for Disease Control, nearly 40% of US adults are classified as obese. Obesity can reduce quality and length of life and results in accelerated aging and loss of brain tissue. A high sugar, high saturated fat diet combined with a lack of regular exercise

are primary contributing factors to obesity.

Regular exercise not only results in better physical health and proper weight, but also increases blood vessel growth in the brain, which lowers the risk for dementia. Also, exercise the brain itself by engaging in mentally stimulating activities, such as puzzles, Bible study, or learning a new language. (1 Cor 9:27)

3. Get Regular Sleep

Approximately one in three Americans are chronically sleep deprived, sleeping less than seven hours per night. Sleep is one of four physical requirements for life, along with air, water, and food. Yet far too many people fail to provide their body and brain with adequate sleep.

Chronic sleep deprivation is devastating to brain health. Without regular

adequate sleep, brain function is impaired, particularly the part of the brain in which we attend, focus, organize, plan, self-restrain, calm self, and modulate mood. Chronic sleep deprivation increases the risk for illness of brain and body such as, diabetes, obesity, depression and dementia. A healthy brain requires regular sleep. (Psalm 4:8)

4. Stay Hydrated

Water is the single largest component of our bodies, constituting more than half of our body weight. Water is essential for the functioning of every cell of the body, and for the removal of waste products. During dehydration, the cells of the body shrink and their function becomes impaired, resulting in an inability to eliminate toxins, which results in greater damage to our cells, including our brain. Concentration, memory, and general alertness are all negatively affected by dehydration.

An average adult should drink half their bodyweight in ounces every day, and more if exercising vigorously, or sweating profusely. (John 4:14)

5. Avoid Toxins

It doesn't take much brain power to figure out that tobacco, alcohol, and illegal drugs are damaging to body and brain and accelerate the aging process. But one toxin often missed is caffeine. High amounts of caffeine increase inflammation, interfere with sleep, and reduce blood flow to the brain. Other potential toxins include the many man-made chemicals to which we are exposed on a daily basis, such as household cleaners, food additives, pesticides, and other harsh chemicals. (1 Cor 6:19)

6. Maintain Healthy Relationships

One of the greatest sources of brain stress is relationship conflict. Chronic conflict in our relationships

increases inflammation and also interferes with regular sleep, both of which accelerate aging and undermine good brain health.

People with chronic relationship issues have higher rates of mental and physical health problems. By contrast, healthy relationships are protective and reduce the incidence of both physical and mental health problems. Studies have shown that adolescents who grow up in homes in which they have at least one adult who is a close confidant perform better in school, and have lower rates of drug problems and depression. (Gal 5:14)

7. Forgive

Bitterness, resentment, and holding grudges are toxic emotions that can damage the brain. Over time, failure to resolve negative feelings results in damage to physical, mental and relational health. Forgiving those who have offended us does not excuse their words or actions, but it does relieve us of carrying the destructive emotions of anger and resentment everywhere we go, and over time compromising our own health. (Luke 17:3, 4)

8. Cultivate Generosity

Loving and caring for other people is healthy for the brain. Multiple studies have shown that those who are involved in any form of regular volunteerism or service have better physical health, lower blood pressure, are on less medications, maintain independence longer in life, and have lower rates of dementia. Benevolence and service are two great ways to maintain quality brain health. (Prov 11:25)

9. Reduce Theatrical Entertainment

Brain research has demonstrated that theatrical entertainment (as

opposed to educational programming) alters the brain structure, resulting in decreased development of the prefrontal cortex (the part of the brain where we plan, organize, self-restrain, and have good judgment).

Theatrical entertainment also results in over-development of the limbic system (the part of the brain where we experience fear and irritability). Studies show that the more television and theatrical movies watched, the greater the risk for attention disorders, anxiety, depression, and mood problems. (Phil 4:8)

10. Strengthen Your Relationship with God

Those who engage in healthy spirituality, focusing daily on a God of love, experience reduced anxiety and stress, and have more meaningful and contented lives. Faith and belief have been proven to increase life satisfaction, reduce rates of suicide, and generally results in healthier relationships and lifestyle.

Interestingly, ideas about God that promote fear are associated with increased anxiety, despair, worry, relationship conflict, restlessness, and a general sense of life dissatisfaction, all of which increase inflammation and are unhealthy for the brain. (3 John 1:2)

Ultimately, our daily habits either contribute to or detract from the brain's performance. Let's do what we can to preserve our overall brain health so that we can make wise decisions, interact successfully with others, and enjoy emotional balance.

"Be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." Romans 12:2



Ginkgo biloba has been grown for thousands of years for a variety of uses, and has surged in popularity over the last few decades. Here is just a small sampling of its benefits:

- Improves brain function
- Treats depression
- Reduces symptoms of Alzheimer’s Disease and Dementia
- Reduces anxiety
- Improves circulation
- Fights inflammation
- Contains powerful antioxidants
- Supports vision and eye health
- Reduces severity of headaches and migraines

Dr. Nedley’s Happy Brain Cookies

- 2 1/2 cups whole raw walnuts, shelled
- 2/3 cup all-purpose gluten free flour
- 1 tsp salt
- 1/3 cup ground flaxseed
- 1/3 cup carob chips
- 1/2 cup maple syrup
- 2 tsp vanilla extract



Preheat oven to 350 degrees. Place walnuts in food processor and pulse into crumbs. Combine all ingredients into medium mixing bowl. Drop a spoonful unto a baking sheet lined with parchment paper and flatten into desired size. Bake for 12 minutes, let cool before removing from cookie sheet. Makes about one dozen.

*Neil Nedley, MD, is the founder of the successful Depression and Anxiety Recovery Program, which emphasizes plant-based foods for healing from the inside out.

From our Lifestyle Center WHAT OUR GUESTS ARE SAYING

Coming to Uchee Pines has been a wonderful experience. As soon as I entered the campus, I felt a sense of peace and serenity. Everyone was warm and welcoming. The lectures were thorough, but presented in basic terms to reach the non-medical audience. The activities were paced so that personal time was possible. The facility was clean, quiet, and comfortable.

I was most impressed in how all the staff encouraged God to be the center of our healing. They re-integrated this fact without appearing pushy. You felt a genuine love for God by all. I felt no judgment at all. Often times, people can display body language of disapproval, shock, or even disgust. I sensed none were displayed. This is extremely important when helping those in need.

I give thanks to all the Uchee Pines staff. And the icing on the cake was the concert they blessed us with on Sabbath. Such talented and God-fearing youth performed. May you continue helping others!

—Katherine



YOU NEED TO KNOW

Next **Lifestyle Sessions** at the Lifestyle Center begin **April 17, May 8, May 29**

Visit: ucheepines.org/lifestyle-center

Upcoming Lifestyle Educator Block Classes:

- **Block 4** – March 28-April 22 – How to Study the Bible; Steps to Christ; The Science of Peace-Making; Hydrotherapy and Home Remedies; Massage; Natural/Herbal Remedies; Nutrition/Cooking Schools
- **Block 5** – April 25-May 21 – Daniel and Revelation; Nutrition/Cooking Schools; First Aid/Frontier Mission; Gardening

Visit: ucheepines.org/education/masters-program-lifestyle-educator

Lifestyle Medicine and Natural Remedies Conference
March 23-27 – Featured Speaker: Randy Skeete.

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