



emphasis

The Uchee Pines Institute health and news letter



Six Trainees Dedicated as Lifestyle Educators

Medical missionary work brings to humanity the gospel of release from suffering. It is the pioneer work of the gospel. It is the gospel practiced, the compassion of Christ revealed.” (E. G. White, *Medical Ministry*, page 239)

For over fifty years, Uchee Pines Institute has offered medical missionary training programs to give individuals the knowledge and tools to help those who are suffering from disease and sickness of body, mind, and soul. These training programs have the capacity to fit one for service and for life. If you’ve been looking for a Bible-based school, look no further. Our curriculum has been carefully designed to give you the resources and understanding to effectively educate others on lifestyle changes and natural reme-

dies in an effort to bring their lives into harmony with the laws of nature. To have a part in relieving human suffering and combat disease by using rational remedies is a high calling, and one of the greatest blessings trainees have the opportunity to share in.

Our Lifestyle Educator course provides six months of intensive instruction in preventive medicine, natural remedies and gospel evangelism designed to give individuals a better understanding of God’s methods for health ministry. This is the classic Uchee Pines health evangelism course that has been such a blessing to so many.

Classes are offered in six, 4-week blocks, with classroom time (a chapel class and a medical missionary class) occupying one half of the day, and

work experience in various campus departments occupying the other half of the day. There is also dedicated time set apart for personal devotions and Bible study.

The Lifestyle Educator Medical Missionary classes include the following topics of study:

- Lifestyle Principles
- Anatomy & Physiology
- Gardening
- Nutrition & Cooking Schools
- Hydrotherapy
- Disease and its Causes
- Natural Remedies
- Massage
- Public Speaking
- Medical Evangelism
- The Sanctuary

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The chapel classes offer the trainees an opportunity to gather together to study and seek God's will on a variety of inspirational topics, including:

- How to Study the Bible
- History of Self-Supporting Work
- Christian Finance
- Prophecies of Daniel and Revelation
- Christian Standards in Music, Dress, Drama, and Relationships



Top: Lifestyle Educators give chair massages in the community
Bottom: Lifestyle Counselor learns phlebotomy
Right: Trainees in class

In June, six trainees, gathered from all areas of the United States, became the newest graduates of the Lifestyle Educator (LE) course. Here are some of their thoughts on the LE program and the experience of being at Uchee Pines:

"I came to Uchee Pines wanting to understand the truth in the message of medical ministry work," said Cheyenne Williams. "Throughout my time here, I learned over and over again that God works through His missionaries, and that the greatest blessings come from truly serving others."



Daniel Careno agreed. "Now that I've finished the first course, I know more about the principles of a healthy life and how to practice simple home remedies. I'm grateful

to God for what I've learned here and for the great friends I've made. They have become like my family."



"The Lifestyle Educator class was a huge blessing to me," said Amalee Sandoval. "I learned many useful skills such as massage, hydrotherapy, and public speaking, that I will be able to use throughout my life. The schedule was challenging at times, but the training and instruction I received made it all worthwhile."



Anisha Sukumaran came from Maryland to learn about lifestyle changes related to solid Biblical principles. "Taking the Lifestyle Educator course has opened the doors for me to preach the gospel using Jesus' own methods of medical mission-

ary work. I'm excited to see what He will do in me and through me as I continue to learn more about His principles of health and life."



"Being at Uchee Pines has taught me many things," said Nasaya Acuna, "from biology classes which reveal the beautiful complexity of the human body, to the amazing benefits afforded through herbs and hydrotherapy. I recommend these courses of study to anyone who wants to develop a closer relationship with God and learn about His healing remedies."



Following completion of the Lifestyle Educator classes, some of the trainees will continue on to the advanced course of study—the Lifestyle Counselor (LC) tract. This



course will deepen the trainees' knowledge of medical missionary work in the following areas:

- Medical Terminology
- Common Diseases
- Swedish & Therapeutic Massage
- Herbal Remedies
- Biblical Counseling
- Topical Pathology
- Phlebotomy & Labs
- Patient Evaluation & Management
- Full-time LC Work

Uchee Pines also offers a Health-care Provider Internship (HPI), a 1-year training program for Health-care Providers such as medical doctors, doctors of osteopathy, nurse practitioners, physician assistants, and chiropractors. This course is designed to give expertise in utilizing lifestyle change, natural remedies, and spiritual/emotional interventions in the prevention and treatment of health conditions within the scope of one's practice or in public settings.

The HPI program consists of 7 blocks, which progresses from class study, to shadowing of Lifestyle Counselors and medical staff, to caring for lifestyle guests, outpatients, and phone consultations, as well as teaching and public speaking.

For more information about the upcoming training programs, both on campus and online, go to: ucheepines.org/education. Become a Medical Missionary.

The Benefits of Mullein Leaf



Commonly found in the United States, as well as areas of Europe and Asia, mullein leaves offer a wide variety of impressive health benefits:

- Accelerating recovery from bronchitis and chest infections
- Soothing respiratory ailments, such as dry cough, sore throat, and asthma
- Soothing inflammation from gout and migraines
- Aiding in heart health by reducing inflammation of blood vessels
- Antiseptic, antiviral, and antibacterial agent for topical inflammation and wounds
- Stimulating hair growth and protect against dry scalp
- Treating stomach upset, constipation, and diarrhea
- Using the leaves or flowers topically on the knees to calm bursitis
- Crushing mullein leaves into a paste to alleviate ear infections
- Brewing the leaves into a tea or tincture can be used as a disinfectant

Mullein leaf is widely available as a dried herb for tea, or in tincture or supplement form.



Carob Peanut Butter Pie (No bake)

- 12 ounces sweetened carob chips
- 1 teaspoon coconut oil
- 12 ounces silken tofu
- 1/2 cup almond milk
- 1/2 cup peanut butter
- 1/8 teaspoon cardamom
- 1/8 teaspoon coriander
- 1/2 teaspoon vanilla extract

Melt carob chips and coconut oil until chips are smooth. Let cool slightly. Blend and puree all ingredients until very smooth. Add filling evenly to a graham cracker crust. Refrigerate 3-4 hours or until set.



YOU NEED TO KNOW

Next **Lifestyle Sessions** at the Lifestyle Center begin **October 3, October 24, November 14**

Visit: ucheepines.org/lifestyle-center

Upcoming Lifestyle Educator Block Classes:

- **Block 4** – September 27-October 22 – Steps to Christ; How to Study the Bible; Nutrition/Cooking Schools; Sanctuary
- **Block 5** – October 25-November 20 – Daniel and Revelation; Sanctuary; Anatomy and Physiology

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

Building for Eternity Conference – Education, family, homeschool – **September 29-October 3.**

Visit: ucheepines.org/seminars/buildingforeternity

Lifestyle Medicine and Natural Remedies Conference – **March 23-27, 2022.**

Visit: ucheepines.org/seminars/spring-seminar

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

Visit: countrylifeonline.com

Staff Volunteer opportunities: Lifestyle Educator Director, Farm Manager, Cooks, Kitchen Assistants, Store Clerk, Maintenance

Visit: ucheepines.org/about/human-resources

Current needs of the Institute: Funds for new housing, refurbishing of existing housing, upgrading lifestyle center, road paving

Visit: ucheepines.org/donate

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HAVE YOU REMEMBERED UCHEE PINES IN YOUR WILL OR ESTATE PLANNING?



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