



# emphasis

The Uchee Pines Institute health and news letter

## Do You Believe in Miracles?



Perhaps you're familiar with the story in the book of Daniel where three young men were threatened with a horrific death if they refused to bow down and worship a golden statue (Daniel 3). These young men chose to trust in God to deliver them, and lived out that faith, even if His plan was for them to lose their lives in a fiery furnace.

This amazing story of God's protection and deliverance from trying circumstances can provide comfort to us no matter what we may find ourselves faced with. "Behold, the LORD'S hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear" (Isaiah 59:1).

But, what about those times when there is no fantastic rescue from persecution, or miraculous cure for the body? How strong is our faith in God when sick-

ness, accidents, or exploitation come upon the faithful while healing, protection or deliverance seem absent?

We know that every human being is involved in the ongoing battle between good and evil. Is the primary issue in this conflict what happens to our mortal bodies, or whether we are reconciled to God and receive the gift of eternal life?

Consider all of the people Jesus healed while on this earth. Where are they today? Was Jesus primarily concerned with their mortal physical health, or their eternal salvation?

The Bible tells us that we were created to live forever in perfect health and happiness; but the corruption of sin sprung up and took hold. Death came to a perfect planet. In fact, two deaths were introduced

*(continued on next page)*

# HOW TO BREAK A JUICE FAST

Spring and Summer are times of the year when many people are inspired to do a fast—choosing vegetable juices in favor of solid, cooked, or processed food. A fast can be of any duration; either for a weekend, a week, a month, or even longer.

Perhaps you're considering going through the process, curious to see the benefits in your own body and mind. We highly recommend you do your research, talk to your healthcare provider, and carefully consider what type of fast is best for you in order to experience the benefits and improvements you're looking for. One thing many fail to consider is: How do you break a juice fast safely and healthfully?

If your juice fast has been somewhat lengthy (over a week), your body has been cleansing and detoxifying nicely. By re-introducing solid food, you will be waking up a hibernating digestive system, and the flavors and textures of food will doubtless be enhanced by awaiting taste buds. Suddenly, eating can be a glorious new experience! So, here are some things to keep in mind as you seek to properly and healthfully break a juice fast.

- Continue drinking sufficient amounts of water (one ounce for every two pounds of body weight per day, more if exerting).
- Continue to include fresh juice in your daily routine, 30 minutes before your planned meals.



- Start reintroducing only raw fruits and vegetables for meals for the first 2-5 days, then add steamed and cooked food.
- Eat slowly and chew your food until it is liquid. Saliva greatly assists digestion.
- Eat until you are satisfied, but not beyond.
- Avoid emotional eating by seeking to understand the difference between hunger and cravings.
- Continue to educate yourself on how to maintain a lifestyle of healthy eating.

Stay positive in your actions and emotions. Focus on moving forward, and doing better day by day, one choice at a time. Most of all, remember that Jesus overcame all temptations on our behalf, and we can claim His victories by faith. His desire and His promise is that we “might have life, and...have it more abundantly” (John 10:10).

For more information about this topic, or any other health protocol, contact us today!





## Cantaloupe Shake

- 1 Cantaloupe (washed, peeled, seeded, cut into chunks)
- 5 Ice Cubes
- 2 Tbsp Sucanat
- 1/8 tsp Cardamom
- 1/8 tsp Coriander
- (Combine all ingredients and blend)

*("Do You Believe in Miracles," continued from front page)*

into the human experience: the sleep of death, and the second death (1 Kings 2:10; Revelation 20:6).

We must recognize that what we call "death," God calls "sleep"—and it isn't this "sleep-death" that concerns God most, but the condition of the heart. Has the person been healed in heart and mind so that they can have eternal life?

In the context of this great controversy between Christ and Satan, what are the lessons for us when miracles don't happen?

Did Shadrach, Meshach, and Abed-nego, the three young men in the book of Daniel, need the miracle in the furnace to stay faithful to God? While they were no doubt pleased to be protected from the blazing flames, their faith in God was rock solid. The miracle of protection was not necessarily for their benefit, but for the purpose of reaching Nebuchadnezzar's heart with a revelation of God's character of love.

Job lost his children, property and health. But, did he lose his faith in God? No! Because his faith was so deep that miracles were not needed to strengthen it.

When Jesus performed miracles, they were for the benefit of those who were struggling to establish their faith in Him. Those miracles had a purpose.

Stephen and all the Apostles except John died as martyrs. Why were there no miracles to deliver them? Because they trusted God with their very lives, and their faith didn't require a miracle to occur. Their period of service for the Lord had come to an end.

How is it with us? Does our degree of faith require a miracle from God? If it does, God has proven over and over again that He truly is able to provide one.

Jesus said in John 10:10, "I am come that they might have life, and that they might have it more abundantly." This is a promise from God Himself that, as the Great Physician, Jesus desires to heal us, to make us whole, to give us an abundant life; a life that is not restricted to a few decades here on this earth, but will continue far into eternity.

Are you in need of a miracle? God has a limitless supply! And we can be sure that whether He provides a miraculous solution to our problem or not, His plan will fulfill the ultimate purpose of drawing us closer to Him and increasing our faith in the One who is mighty to save.

"The Lord thy God in the midst of thee is mighty; he will save" (Zephaniah 3:17). Even so, come, Lord Jesus.



## The Benefits of Grapeseed Oil Extract

**Grapeseed extract comes in liquid or supplement form, and could be beneficial for:**

- treating certain types of cancer
- lowering LDL (bad) cholesterol
- increasing leg vein circulation
- treating edema
- regulating blood pressure and cholesterol
- boosting the immune system
- protection against cellular damage
- improving brain, liver, and kidney function
- aiding in wound healing

# YOU NEED TO KNOW

Next **Lifestyle Sessions** at the Lifestyle Center begin **August 1, August 22, September 12.**

Visit: [ucheepines.org/lifestyle-center](http://ucheepines.org/lifestyle-center)

## Upcoming Lifestyle Educator Block Classes:

- **Block 2** – August 2-27 – Christian Dress, Recreation, and Music; Ministry of Healing, Anatomy and Physiology; Lifestyle Disease and Causes
- **Block 3** – August 30-September 24 – Ministry of Healing; Relationships; How to Study the Bible; Public Speaking; Hydrotherapy

Visit: [ucheepines.org/education/masters-program-lifestyle-educator](http://ucheepines.org/education/masters-program-lifestyle-educator)

**Continuing Medical Education Conference** – 15.0 AMA credits – **August 18-21.**

Visit: [ucheepines.org/seminars/cme](http://ucheepines.org/seminars/cme)

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

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**Staff Volunteer opportunities:** Lifestyle Educator Director, Farm Manager, Cook, Kitchen Assistant, Store Clerk, Maintenance, Carpenter

Visit: [ucheepines.org/about/human-resources](http://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](http://ucheepines.org/donate)

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Uchee Pines Institute  
30 Uchee Pines Rd  
Seale, AL 36875-5713

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