



emphasis

The Uchee Pines Institute health and news letter



Virtual Lifestyle Sessions

Our Virtual Lifestyle Sessions have been a wonderful experience for us and our virtual guests! Since we started offering these sessions, we have had over 300 individuals register for either our 6-day or 17-day virtual lifestyle sessions. And our guests have been enlightened, blessed, and challenged in good ways. See what some of them have to say:

“I signed up for Virtual Lifestyle 6-day Online Session at the recommendation of a friend. It’s the best \$ I have ever spent. I would encourage everyone to sign up for such a seminar as it has been such a HUGE blessing for me. Even if I only implement one thing learned it will make a positive different in my life! Thanks to the team!”

“I really enjoyed the virtual lifestyle session...! It worked really well on Zoom...and I really liked the fact that it was so interactive and people could ask questions. All the health information was excellent and the staff very encouraging and motivating, and there was so much useful information that we were able to download, which was great. I also very much appreciated that the presenters were all directing everyone to God as the One who can heal us. Thank you so much!”

“You cannot imagine how deep you have touched to my soul in every word that comes [from] your lips, Praise God for using you. You are in my prayers.”

For more information and to register for your session, visit: www.uchepines.org/virtual



GODSPLAN FOR YOUR KIDNEY HEALTH

BY DR. MARVIN RANDALL

Kidneys are very specialized organs of the body. While many assume, they simply make urine to rid the body of wastes, they perform many functions necessary for proper balance and vital bodily functions.

Indeed, the kidneys, as the blood's filtration system, eliminate wastes and toxins. But they also regulate the body's fluid volume and essential electrolytes – like potassium and sodium – which is essential for optimal health and for the body to carry out functions essential for life. The kidneys also make hormones which regulate blood pressure, stimulate red blood cell production, and even aids in the production of vitamin D among other things.

These functions are vital and without properly working kidneys, your health is compromised and death could result. Yet seldom do we think about kidney health and what can be done to prevent and even treat diseases. But fear not, God has a plan! Here are

presented some of the principles of His simple and effective plan for good kidney health.

In the Bible, the kidneys are often referred to as reins, like the reins on a horse! Our kidneys, in a spiritual sense, represents our will or our nature which governs how we think, act, speak. Cultivating Godly trust ensures that we surrender our will to God.

Letting Him control the reins of your life—what you do, say and think—is paramount in surrendering to His plan for your kidney and overall health. Unceasing prayer and consistent Bible study are important keys to building Godly trust. This is your primary work in obtaining the knowledge, wisdom and understanding which will give you the victory in this life and the life to come.

Along with Godly trust, there are choices we can make to positively impact our kidney health on a daily basis. Being in a clean, open air environment, getting

President's Message

daily exercise and sunshine are beneficial for overall health while assisting the kidneys to function properly, maintaining homeostasis and removing toxins. In a more practical sense, practicing deep breathing, taking a brisk, daily walk (at least 20 minutes) and getting adequate (15-20 minutes) of sunshine daily, will certainly preserve kidney health.

Plenty of rest is also important. Lack of rest hinders effective and efficient bodily functions but it also produces stress. Stress, among other things, produces hormones that can overwork and/or disrupt normal kidney functions. Thus, proper rest, at least 7/8 hours of sleep at night, is an important element in preventing and treating kidney diseases. Resting on God's Sabbath day is also of paramount importance besides with taking a vacation ever so often.

Lots of water is very important for kidney health. Without water, the kidneys are prone to diseases and problems such as kidney stones and can even lead to long-term kidney damage and failure. Thus, ensuring adequate water daily (about 8 cups/64 fl. oz daily) is an important goal to procuring kidney health.

Practicing temperance is another important principle. Limiting the amount of sugary, salty and fatty foods in your diet is imperative. This can prevent diseases such as diabetes and hypertension which can result in kidney disease and failure. Additionally, stopping harmful habits such as drug use, smoking and caffeine is an important ideal for kidney health as these among others can cause a myriad of diseases with long-term use.

A nutritious and balanced diet complete with fruits, vegetables, nuts and grains is essential for kidney health. Eating meat and a protein rich diet eventually compromises kidney health and function. Basically, eating the right foods, at the right time and the right amounts provides proper nutrition—supplying essential nutrients and minerals—necessary to preserve and maintain kidney health.

While there is more to God's plan and how it impacts your kidney health, this presents a foundation to preventing and, in many cases, treating diseases. It is important however to keep in mind that kidney disease is a deviation from God's plan. God intends that you have abundant health and life. Thus, adopting God's plan and its principles will ensure health even beyond that of your kidneys.

In light of what is happening around the world with the increase in lifestyle diseases and the sudden emergence of fast spreading novel viral infections like Covid-19, there is an ever greater need for places like Uchee Pines Institute and trained medical missionaries where the sick and suffering can not only receive treatment for their disease condition through natural remedies, God's powerful remedial agencies, but also learn how to live according to God's natural laws to take care of their bodies and buildup their immune system to combat viral infections. It is at these places that sick and suffering find hope, rest and restoration for body, mind and spirit. It is through much prayer and the loving care and treatment shown to our health guests that come from session to session to our Lifestyle Center that the compassion of Christ is revealed, that their minds and hearts are drawn to Jesus as both the Healer of their physical maladies, and more importantly, their personal Savior, the Lamb of God that takes away the sins of the world. My vision is to strengthen this work by providing better facilities and environment for our staff members, trainees and health guests. I see an Institute that provides better housing for its people, I see a modern education facility erected and equipped to provide a better learning atmosphere for those seeking medical missionary training, and I see a Lifestyle Center with better equipment and better trained medical missionaries for the treatment of the sick and suffering. This vision of what Uchee Pines Institute can be to become a greater blessing to its staff members and families, trainees, health guests and the world is achievable by God's grace, and through your kind support by your prayers and financial assistance.



Luis Sousa

COMING EVENTS

Next Lifestyle Sessions
at the Lifestyle Center
begin **August 2, August
23, September 13**

**Continuing Medical
Education Conference –
15.0 AMA credits –
August 19-22**

**Building for Eternity
Conference – Education,
family, homeschool –
September 30-October 4**

A Studio for Souls

Time is closing, and there is not much time to reach the world with the special warning message for this time of

Earth's history. We would like to be able to share that message more clearly and in a way that appeals to this generation. As such, Uchee Pines is converting one of the large rooms in our lifestyle center into a video studio. And we need your help.

We need to raise approximately \$30,000 to soundproof the room, create a set, and purchase equipment necessary to produce TV-quality messages to go out to the world. If you would like to be involved in this project, please send your check, marked "Studio Project," to our address, or go to our main website at www.uchee-pines.org and click on the [Click.Donate.Smile](#) button at the top right of the page and when it asks you what the donation is for, just include "Studio Project." Thank you so much for making this happen!



MAY WE SEND "EMPHASIS" TO YOU BY E-MAIL INSTEAD? RESPOND TO EYH@UCHEEPINES.ORG | VISIT OUR WEBSITE: UCHEEPINES.ORG | 877-UCHEEPINES
HAVE YOU REMEMBERED UCHEE PINES IN YOUR WILL OR ESTATE PLANNING?



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