

**Upcoming DATES**

**March 10-20**  
Short Lifestyle Session (Call!)

**March 24-28**  
Simple Remedies and Preventive Medicine Seminar. Hands-on instruction and completion certificate offered for the following: massage; herbs; natural remedies; advanced agriculture.

**June 23-29**  
50th Anniversary Celebration! Come, hear great preaching with Mark Finley and John Bradshaw, be blessed by beautiful music, enjoy great vegan meals by Chef Elijah Batista, reconnect, fellowship, be revived!

**HEALTHY RECIPE**

### oatmeal carob bars

Dessert Variation on Cookies



#### INGREDIENTS

- 5 cups rolled oats
- 2 cups unbleached white flour
- 1½ cups carob chips
- 1t. salt
- ½ cup soy milk
- ½ cup oil
- 2 cups maple syrup
- 2t. vanilla

#### DIRECTIONS

Mix ingredients and let rest for five to ten minutes. Spray a nine by thirteen inch baking dish with non-stick spray, and pour mixture into dish. Bake at 350° for 20-25 minutes. Let cool, and cut into bars.

These are a dessert, so make your serving size appropriate!

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

**emphasis**  
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## “We’re Wired for the Supernatural”

Prayer Makes Changes in Your Brain That Can Be Measured, “Sculpting” Thinking

Brain research performed by neuroscientist Andrew Newberg from University of Pennsylvania shows that prayer—specifically persons praying intently—actually shapes individual’s brains to be more like God. Newberg says that when someone focuses on God, “the more that becomes your reality, the more it becomes written into the neural connections of your brain.”

One of Dr. Newberg’s test subjects, a Methodist pastor, has prayed at least two hours daily for decades. His test results show increased activity in the frontal lobe while engaged in prayer. The Pastor’s comment: “I think we’re wired for the supernatural. I think we’re meant to sense a world beyond our five senses.”

Scientists claim these good results don’t have to take continuous hours of prayer to achieve. Neuroscientist Richard Davidson (U. Wisconsin) says, “You can sculpt your brain just as you’d sculpt your muscles if you went to the gym. Our brains are continuously being sculpted, whether you like it or not.” His program focuses on 30 minutes daily of meditation. (Source: npr.org., “Prayer may Reshape Your Brain,” 5/2009)



## Surprising Health Benefits of Prayer and Faith Taken From Scientific Studies

Studies have shown that people who pray or are prayed for, and those having strong faith in God heal faster and may have longer life span than non-believers. Recent research from Harvard Medical School cardiovascular specialist Dr. Herbert Benson is perhaps the most surprising: habitual prayer and religious exercises may

actually make changes in your genes to prevent disease (*Huffington Post*, 01/18/12). While other studies have shown that prayer decreases anxiety, improves mood and even facilitates Divine intervention in healing (*Indian J Psychiatry*, Oct-Dec, 2009), this research suggests that prayer doesn’t only affect mental states.

#### THIS MONTHS ISSUE:

- Lake City Health Emphasis Weekend
- Oatmeal Carob Dessert Bars

- Foods That Kill Cancer Cells
- Help With the “Winter Itch”
- CME Conference Get Rave Reviews





## Show Your Support For Evangelism

Please help with upcoming plans for Evangelism

Goal \$60,000

\$350 pays for one day.

[ucheepines.org](http://ucheepines.org)

## President's Message

Seminar Season This Year is Exceptional

We are excited about the seminars that Uchee Pines is able to offer this year. We recently completed our first continuing medical education seminar on lifestyle interventions and natural remedies for 2019. The next **CME Seminar** will be offered August 28 through 31 and will offer 14 credit hours for healthcare professionals.

March 24 through 28 we will have our annual **Spring Seminar** with Dan Vis as our spiritual speaker, morning health lectures with our medical staff, and afternoon tracks offered in agriculture, massage, natural remedies, and herbal remedies.

We are very excited about our **50th anniversary celebration** June 23-29 of this year. We will have Mark and Teenie Finley, John Bradshaw, Frank Fournier, and a number of others joining us to celebrate the continuation of the vision of Dr's Calvin and Agatha Thrash and the birth and growth of Uchee Pines over the last 50 years. Besides meals, the whole event is free!

Also, don't forget to join us for our **True Education Seminar**, October 30 to November 3.



Mark Sandoval, M.D. is President and Medical Director at the Uchee Pines Lifestyle Center. Catch Dr. Mark on our YouTube Channel! Go to [ucheepines.org/media](http://ucheepines.org/media) for more info.

## Lake City Health Emphasis

The Uchee Pines Lifestyle Educator team went to Lake City, Florida, January 18 to 20; doing literature evangelism, a Health Emphasis program, and a Health Expo. The community was excited to see their Health Age (a computed estimate, based on answers to lifestyle practices relating to health) and to hear the simple ways to improve their scores—like eating a healthy breakfast.

The Lifestyle Educators were encouraged to see the positive reception, and obtained practical experience in dealing with live presentation difficulties, including equipment failure. The weekend program was an overall success, and Lake City has invited Uchee Pines to return in the future.

## CME/CEU Seminar Gets Good Reviews

### Physicians and Nurses Take Time for Lifestyle Medicine Presentations And Get Credit

Connected with Loma Linda University, Uchee Pines put together a four-day seminar on lifestyle medicine topic that are accredited for Continuing Education credits through Loma Linda and the State of Alabama Board of Nursing.



Credit: PeopleImages

Physicians and nurses who took part in the CME Seminar gave enthusiastic praise for the conference. Uchee Pines hosts this educational event twice a year.

Topics include nutritional ways to prevent disease, the role of religion and spirituality in treating disorders, and specific ways that exercise can reverse disease progression. The meeting included a special presentation on Sabbath morning for both the study time and the Divine service. Physicians and staff were able to share

their personal stories on how they became interested and involved in preventive and lifestyle treatment modalities. Each participant gave credit to the role their personal spirituality plays in gaining and maintaining total health and disease prevention. Dr. Erwin Davis is largely responsible for making this opportunity happen at UPI.

## Promising New Studies On Anti-Cancer Foods



It's well known that plant-based foods are anti-cancer. Certain foods can actually kill cancer cells. Talk with your natural healthcare provider to see what might be helpful.

### Fenugreek, Garlic and Lemon

Fenugreek seed extract was investigated for its cancer cell growth inhibition properties, a study published in the journal, *Cancer Biology and Therapy*. Researchers at Johns Hopkins University found the fenugreek extract had a cytotoxic effect on breast, pancreatic and prostate cancer cells, but not on healthy cells in surrounding tissue. Fenugreek may have an anticarcinogenic property for other types of cancer cells, as well.

Another unrelated study published by the journal *Nutrition*, ([sciencedirect.com](http://sciencedirect.com)) showed a synergistic cancer killing property by combining garlic with lemon. Apparently, while each has cancer-fighting activity on its own, combining the two exponentially increases this

nutritional effect. Cooking destroys the effect, so the foods need to be used raw; and the whole lemon should be used, including peels. In the study, mice were injected with breast cancer cells, then treated with the ingested foods. While individual garlic or lemon extract produced impressive results on their own, combining the two saw an average 91% reduction in the size of tumors, and 80% of the mice had the tumors completely disappear within 14 days. Controls saw an increase in tumor size by 566%. The treated mice showed no signs of either liver or kidney toxicity.

We do not purport that these nutritional treatments are a cancer cure; but part of a total lifestyle program.

helpNOW

## WINTER ITCH: Helpful Suggestions For That Cold-Weather Eczema

Every year it's the same. The cold weather brings central heat, and central heat brings dry patches that I call "winter Itch." It's seasonal eczema; but it pretty much stays around until warm weather returns and the heat goes off. I've tried various remedies, but this year, I tried something different.

The Healing Salve from the Uchee Pines Herb Shop works wonders! When nothing seemed to work, this stuff has made the dry, itchy patches go away. If you try it, make sure you combine the topical treatment with the Uchee diet and gut friendly bacteria and soothing herbs. To get the whole program, call our Lifestyle Center for details.



50th Celebration  
The Vision Continues