



emphasis

The Uchee Pines Institute health and news letter

Stress-Relieving Herbs

Let God create the days, your job is to live through them.

Relieve stress by using some of these simple herbs:

Lavender - The smell of lavender can help relieve stress

Chamomile - A Muscle relaxer, it also calms the nerves

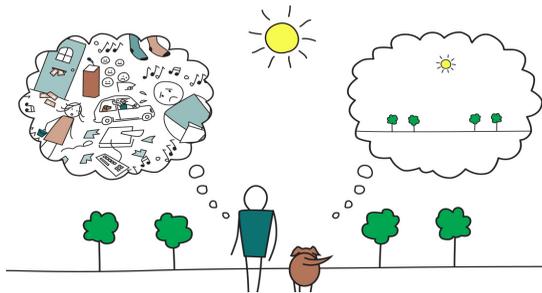
Kava Root - Kava's calming effects help reduce restlessness

Rhodiola - Helps fight fatigue with people that suffer from chronic long term stress

Ashwaganda - Offers significant adaptogenic benefits

Ginseng - Protect against some of the harmful effects of chronic stress

Jujube - Traditionally used to soothe the body and mind



Stress Reducing Activities

There is no one rule on how to overcome stress. But there are many ways to reduce stress no matter what your situation may be. One of the most effective ways is through exercise. Whether it may be walking, jogging, or high intense workouts; they all serve to help reduce stress.

Get creative! Draw, paint, write, or play an instrument. Find a creative way to take your mind off of what you can't control.

Try gardening! Take in the fresh air and soak in the sun. Getting in

touch with nature helps to soothe the mind, and they say the color green calms the nerves.

Sit up straight and breathe! Aromatherapy helps to relax the mind. Do deep breathing exercise daily as it will help you to slow down.

And of course eat a healthy diet, study the Bible, and ask God for a calm frame of mind.

Express gratitude! Give thanks to God for all the wonderful things He has given you. A merry heart doeth good like a medicine; but a broken spirit dries the bones.

THIS MONTHS ISSUE:

- Greener Grass
- Five Psychological Facts about the Mind:
- Did you know?

- Wounds that Heal
- Uchee Pines Goes to Dothan
- RECIPE: Sweet Potato, White Bean Burger

BY VANESSA ROMERO
LIFESTYLE EDUCATOR



**“Be strong and of good courage;
Be not afraid neither be thou dismayed;
For the lord thy god is with thee.”
Joshua 1:9**

Greener Grass



Stress can be a good thing. No, seriously! Have you ever heard of “eustress”? It’s a type of stress we feel when we are excited. Our pulse quickens and our hormones change, but there is no threat or fear. Stress is also a response that can help the body react or adjust to change in one’s life or circumstances, such as keeping us motivated, alert, and ready to avoid danger. But what happens when too much stress builds up? Our bodies have an automatic nervous system built-in-stress response, also known as the fight-or-flight response. This response can become activated during prolonged periods of stress.

Prolonged stress can wear out the body both physically and emotionally. God created our bodies; He made everything for a purpose. He made it so the brain can send messages to the rest of our body. If you stick your hand in fire, you will receive that painful message, hopefully quickly and clearly. If you ignore it, you’ll surely pay the price.

Worrying too much about what will happen; what will people think of me; am I good enough; leads to misbeliefs and disheartenments. I can easily write down all the verses in the Bible that speak on this matter. How many times does it say “do not fear”? I believe it’s been said 365 times, one for everyday of the year. Today alone I met with two ladies, each for a different purpose at different times. And yet both without speaking to each other or without any understanding of what I was personally struggling with said to me, “God created a solution for every problem”. Amazing isn’t it? God knew Satan’s plans for 2019. He knew all of the struggles you were going to face, will face, and are dealing with currently. So He created a solution so you wouldn’t have to stress.

Carry is a 19-year-old girl. She struggles with chronic stress and anxiety. When she was young she was constantly told by her mother that she couldn’t do anything right. She often got yelled at for her mistakes; which according to her was a lot. She had an older sister who was considered the intelligent one, who always got good grades and was frequently called beautiful. Carry, many times, was compared to her older sister, and always felt as though she could never be like her sister and live up to her mother’s expectations.

When Carry’s parents divorced at age 8, she felt as though it was her fault. Her father would tell her, “it’s because we had kids that our marriage fell apart.” Carry believed this so she always felt guilty. She got her first boyfriend at age 16 but before too long she found out he was cheating on her. Carry has felt as if everything she does and says is wrong and her existence is pointless.

Is it true? Is Carry useless and is it her fault that her parents divorced? Is her sister in-fact better than her? Can she never rise above her failed relationship? Carry could never see past her misbeliefs, so she lives her daily life irritated, anxious, and depressed. She often gets headaches, can’t sleep at night, and feels as though she has nothing to look forward to. She feels she has no immediate family that she can trust. Her friends don’t seem to get it. Carry was raised in a home that professed to be Seventh-day Adventist Christians, but her family rarely went to church on the Sabbath. She figured that if God created her then He must be a God that makes mistakes, or perhaps He just does not consider her to be of any importance. It was her own negative thoughts not only led her to hate herself but hate God too.

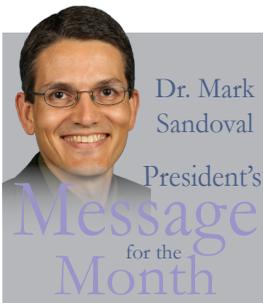
Carry went to therapy seeking for help. Her therapist told her to repeat positive events, things, or thoughts to herself to keep her from thinking that way. She didn’t feel genuine, as though everything she would recite to herself was a giant lie, which to her, it was. She often felt there was nothing to be happy about. One Friday Carry’s mother decided she wanted to go to church. She told Carry to be ready the next morning. Carry did not want anything to do with church, but she really wanted healing and thought maybe, just maybe God would remember her if she went. Sabbath morning they both got ready for church, and Carry started to regret deciding to go. As they arrived at church an elderly couple greeted them. The woman was so pleased to see new arrivals at the church. She pulled out a brown paper bag with books inside and handed it to Carry. Unimpressed, Carry handed the bag to her mom. She hated reading and was never going to read them.

Carry’s mother felt so inspired by the message that was preached that Sabbath morn-

Five
Psychological Facts
about the Mind:

1. You can only remember 3 or 4 things at time.
2. You can’t actually multi-task. One step at a time people!
3. The human mind wonders 30% of the time. Some scientists argue that it’s up to 70% of the time.
4. Sharing your goals with others before you accomplish them will lower your motivation, and make you less likely to follow through.
5. Smart people underestimate their intelligence, while less intelligent people will think they’re brilliant. Knowledge is knowing you know nothing.

[factice.com/things/
mind-bending-facts-human-
psychology](https://factice.com/things/mind-bending-facts-human-psychology)



Dr. Mark
Sandoval

President's
Message
for the
Month

Did YOU Know?

- You can make walnut "milk."
- Walnuts help improve bone and brain function!
- Walnuts help reduce your risk for heart disease. Reducing total cholesterol. Lowering harmful LDL cholesterol. Raising beneficial HDL cholesterol. Decreasing blood pressure.
- Walnuts are an excellent source of anti-inflammatory omega 3 essential fatty acids.
- Walnut trees can live up to 300 years or more.
- The most walnuts crushed by the hand in one minute is 284, achieved by Muhammad Rashid.



ing. She was ready to go again the following Sabbath. "Carry lets read those books together!" commented Carry's mom. "I have never opened a book by Ellen White in all my years attending church." Carry hated the idea of having to read, or better yet having to spend time with her mom. But she thought her mom would never follow through with it anyway. The next morning Carry's mom was sitting in the living room looking through the books; she was waiting for Carry to get up. "Carry, you ready to read? Come and choose a book, we will read the one you pick!"

Carry took a deep breath, rolled her eyes and sat down next to her mother and looked at the books, *The Desire of Ages, Steps to Christ, Mind, Character and Personality* volume 1 and 2. She pulled out *Mind, Character and Personality*. "Fine, read this, but I'm not reading," said Carry. As they went through the first few pages, Carry's interest was peaked and she actually wanted to read more. "Tomorrow," said Carry's mom.

Everyday they read more and more together. As they finished one book they would go on to the next. Carry learned a valuable lesson, *the truth sets you free*. She started to understand why bad things happen. She knew she wasn't going to be completely healed overnight, but she understood that she was beginning a healing process. As both she and her mom began this new journey, they started to open up to one another and be more honest with each other as well as with themselves. Forming a bond Carry never thought possible. Carry understood that it began with her attitude, and not with what her mother, father, sister, or anyone else thought or said. She knew this was going to be hard. So she set a daily goal for herself to thank God for all the good and the bad.

The Bible says, "Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest" (Joshua 1:9). God is deeply interested in all of your struggles. He wants you to be happy. We can choose to stress about the future and worry about our past mistakes or we can realize that the past already happened, the future isn't here yet, and all we should focus on is the present moment. Choose to say truthful things about yourself to yourself. Nearly all chronically stressed individuals believe they are in danger of what's to come to them. When you let God's ever-present love take control, peace is promised to you. Yes, some unpleasant things may happen, but all for the bettering of yourself. Situations, usually, are never as terrible as we make them out to be. The grass is not always greener on the other side. Instead it is greener where you water it.

Learn to combat stress by leaning on God's right hand. Tell Him all of your worries. Be honest with Him, He knows your heart anyway so you might as well spill the beans. Don't go to bed at night without leaving your cares with Jesus. So yes, stress can be a good thing. But know when to draw the line when your stress becomes apart of your everyday life.

"A merry heart doeth good like a medicine." Proverbs 17:22

Wounds that

HEAL

TAMEKA MILLER
LIFESTYLE EDUCATOR

Along the journey of life, human beings tend to get hurt, disappointed or betrayed by people who we once loved and respected. Wounds and scars developed overtime causing walls to be built between family members, friends, and couples where bridges of trust should reside. Physical wounds are injuries to living tissues by a cut, accident, etc. Which are pretty deep in the skin. While scars on the other hand are typically marks left on the skin due to healed wounds, sores or even burns.

How many of us are walking each day with open wounds from past relationships? Or big scars that never really seem to heal, just always there?

Wounds are painful. Scars are a reminder of that pain. Wounds left untreated can lead to death. Wounds whether emotional or physical, often times come in the form of negative experiences that cause a deep psychological effect even mentally crippling an individual. We can never move forward, if we have not allowed our wounds to be healed. It's a great deception to believe that we are okay; when every time we think of that past incident the pain still lingers greatly. How do we heal our wounds?

The scripture states, "**He was wounded for our transgressions, He was bruised for our iniquities;**"

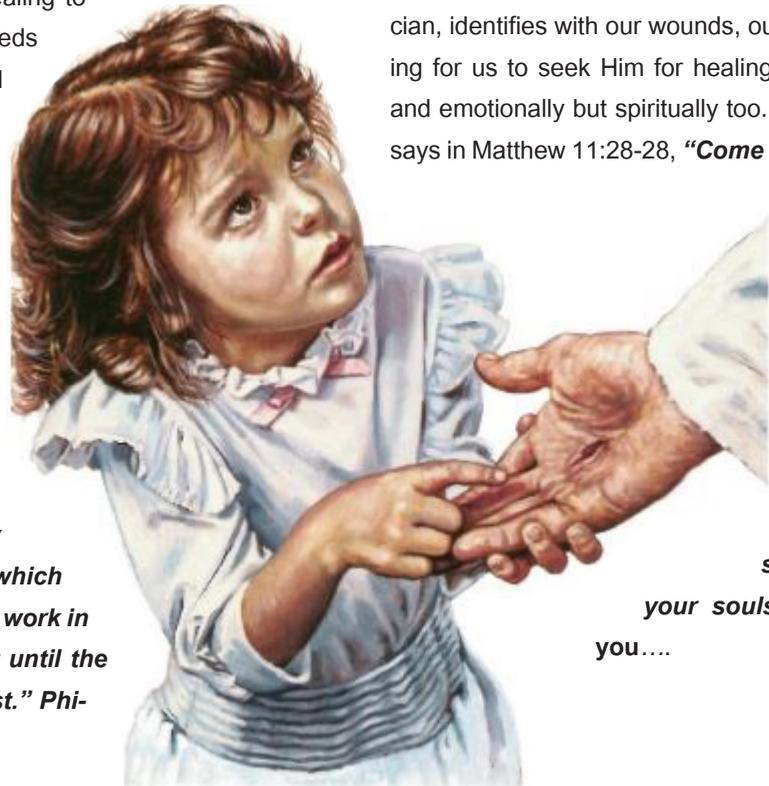
the chastisement of our peace was upon Him, and with His stripes we are healed." Isaiah 55:3. We have a Savior, who has been wounded, for our sakes. He understands and identify with the things that grieve our hearts. For He was once rejected, misunderstood, abused physically and emotionally, by His own. He knows our pains and bids us to take our wounds to Him so that He may heal them. However we have a role to play in our healing. Steps:

1. Firstly, we need to "**Identify the wound.**" We need to undergo "self-examination", so as to know what the wound is and what the cause of the pain is.
2. Secondly, we need to "**Take it to Jesus.**" We need to fervently pray, fast (if needed), and ask God to heal the wound.
3. Thirdly, we need to "**Cleanse the wound.**" We need to remove all the things that caused the wound to be there in the first place and also the things that cause the wound to deepen. A good way to cleanse the wound is in the form of addressing the issue straight on, which could be in the form of having a conversation with the person who hurt you. If that is too intimidating, writing a letter, e-mail, text message expressing your feelings is another great

option. Sometimes, crying is a good remedy and we need to cry, cry to Jesus, he hears!

4. Fourthly, we need to **“Dress the wound.”** This is where we will be applying all the beneficial items to the wound that will allow for the wound to heal. Please note that, not all the things that good for the wound at first will feel good, actually it might hurt for a while. You may have to move from where you live, change job, friends. What is needed might not feel good, but you’ll feel good, when you are healed.
5. Lastly, we need to **“Bandage the wound.”** Most importantly for true healing to occur, the wound needs to be bandaged and wrapped with prayer at Jesus’ feet. When this is done daily, you will be able to move forward in faith, knowing that God will see you through.

“Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.” *Philippians 1:6*



Now, after the bandage on the wound is removed a scar might remain. Some visible by human eyes and some of which may only be skin deep. Scars aren’t necessarily bad. It just depends on your perception. Jesus’ resurrected body has scars too! In John 20:21-29 it tells us of when Jesus met Thomas and showed him His scars. Scars should indicate that you overcame the injury. It should also point us to the risen Savior, our Scarred Savior; the Lamb was slain for our sins. ***Psalms 147:4 says “He healeth the broken in heart, and bindeth up their wounds.”***

How awesome to know that Jesus, the Great Physician, identifies with our wounds, our scars, and is waiting for us to seek Him for healing—not just physically and emotionally but spiritually too. Our Scarred Savior says in Matthew 11:28-28, **“Come unto me, all ye that**

labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.” Healing awaits you....



Uchee Pines Goes to Dothan

Recently a group from Uchee Pines Institute had the opportunity to minister to Dothan First SDA church and its community members. The main aim of this program was to promote the eight laws of health—NEWSTART: Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest and Trust in God.

The Health Exposition started at 10am with each participant having their vitals assessed. These vitals included getting proper measurements for their weight, height, body mass index (BMI), and body fat percentage. After completing their vitals each participant had the opportunity to visit all eight booths which gave adequate information on how to apply NEWSTART into their daily lives. At each booth participants were able to check their blood sugar (Nutrition), Blood pressure (Sunshine), Harvard step test (Exercise booth), contrast facial (Water), Health Age test (Temperance), peak flow (Air), chair massages (Rest), and at the Trust booth participants were given recommendations on how to improve their health status and ultimately develop their walk with Christ.

In the afternoon we demonstrated healthy plant based recipes and shared samples for lunch. If you would like a team from Uchee Pines Institute to come to your area, please contact the Education Department at 334-855-4764.

**What are these wounds in thine hands?
Then he shall answer, Those with which I was wounded
in the house of my friends.**
Zechariah 13:6





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COMING EVENTS

**Next Lifestyle
Sessions at the
Lifestyle Center
begin** September 22,
October 13

The right education
starts from birth. Plan
now to attend the **Build-
ing for Eternity Family
Conference!** - October
30- November 3

Sweet Potato, White Bean Burger

INGREDIENTS

- One roasted sweet potato, peeled
- 2c cooked white beans
- 1/2 onion and 2 cloves garlic finely chopped
- 1 small red bell pepper and small carrot chopped
- 1/3c fresh parsley
- 1Tbsp lemon juice
- 1c- 1 1/2c bread crumbs
- Garlic, onion powder and salt to taste
- Optional: add oil



DIRECTIONS

Preheat oven to 350 degrees. In a bowl mash potato and beans together. Blend all ingredients together in food processor or blender. Add salt, garlic and onion powder to your liking. Form into patties. Add a small amount of oil or lay out parchment paper on a baking pan. Add the patties and cook for 10 min. on each side for 20 min. or until brown. Enjoy with avocado and bread.