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The Uchee Pines
Institute health
and newsletter



emphasis: YOUR health

VOLUME 29, ISSUE 3, JULY, 2018 FREEDOM ISSUE



MAY WE SEND "EMPHASIS: YOUR HEALTH" BY E-MAIL INSTEAD? RESPOND TO EYH@UCHEEPINES.ORG | VISIT OUR WEBSITE: UCHEEPINES.ORG | 877-UCHEEPINES

COMING EVENTS

Visit Us at ASI! Booth 433,
at Rosen Shingle Creek,
Orlando, FL, August 1-4

Next **Lifestyle Sessions**
at the Lifestyle Center
begin July 22 and
August 12, September 2

True Education Conference
Building for Eternity
July 18-22

Next **CME Seminar**,
August 8-11

Prophecy & Medical
Ministry **Camp Meeting &
Alumni Reunion**,
September 23-29

FIRST, but not the LAST

A number of physicians, nurses, and other healthcare providers and non-healthcare professionals from around the United States joined us, May 30 through June 2, for our first Lifestyle Intervention with Natural Remedy Therapies continuing medical education seminar. Participants learned about lifestyle and natural remedy interventions for diabetes, inflammatory diseases, cancer, digestive complaints, high blood pressure, infections, obesity, and respiratory diseases, as well as more in-depth information on sleep, exercise, sunshine, brain

health, and stress management. We were inspired to learn "How to See Miracles in Medicine," and by the series, "The Origin of Disease." On Sabbath, we learned about Medicine and Spirituality and enjoyed a number of mission reports from those involved in medical missions. It was a blessed time, and everyone who participated received continuing education credits toward their profession. We are looking forward to our future CME Seminars August 8-11, 2018, February 13-16, 2019, and August 28-31, 2019. Please plan to join us!

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Your Rights and God's
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Too Soon

CME Conference

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Happening Soon



Our First MASTERs Class Dedication Ceremony

Our first MASTERs Program dedication took place on June 13, 2018. The Program is a utilization and training for medical missionary work, building on existing skills and teaching new ones for the participants. These workers now are prepared to take on mission challenges in various parts of

the world, fulfilling the Master's Great Commission in a special way—by combining traditional Bible work with health education and practical home remedies for common ailments. This program included missionaries from many different countries, who now will take this type of work to their own geographical area.



Mark Dandovich, MD.
PRESIDENT'S
MESSAGE
FOR THE
MONTH

The Declaration of Independence states: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. — That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, — That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness." As with the independence of the Unites States of America, so with you. You have the right to life, liberty, and happiness. And to secure these rights a new government must be instituted. These rights can only truly and lastingly be found in Christ, and if you find yourself under the iron rule of appetite, passion, or sin of any form, you will need the government God. The greatest law of health is trust in God. Come under His rule, and He will give you true freedom.



It goes much deeper than liberty to do as we please. True freedom is liberty from poor health as well.

In May of 1975, the USS Hancock along with many other ships and aircraft, took part in the evacuation of Saigon, South Vietnam. Whereas many US citizens were evacuated, thousands of Vietnamese, hungry for freedom they knew would be impossible under the communists, clawed their way onto departing Marine helicopters. I saw firsthand this thirst for freedom as I was on board the Hancock as a Marine rifle platoon commander. Earlier, the last airplane to depart Da Nang, a World Airways 727, evacuated 290 passengers (built for 189), with at least seven stuffed in its wheel wells making retraction impossible. Thus the quest for freedom.

By
Don
Miller

This chapter in Vietnam's history ended 43 years ago, but many people today are as hungry for freedom as were those in the chaotic May days so long ago. The problem today is that slavery is accepted as the norm so freedom is not even sought. "How so?" you may ask. In the United States, the average life expectancy (LE) is 79.3 years, 31st in the world. Pitiful! But the healthy life expectancy (HALE) is only 69.1 years. This means the average US citizen will experience some chronic disease or debilitating condition for the last 10 years of their lives; no longer free to enjoy their lives and loves. Now the chains of pain, pills and prostration rob them of that enjoyment. We must not accept this situation sitting down, which, by the way, is one of the major ways of breaking these chains. An article published in the American Journal of Preventive Medicine found that sitting for more than three hours per day is responsible for 3.8%—or approximately 433,000—of all deaths worldwide every

year. Even sitting for as few as 30 minutes less per day can have a positive impact on mortality and morbidity. In the summer of 2017, while conducting a seminar in Japan, a participant, wheelchair bound from MS and taking 34 medications a

There is no substitute for the laws of health but too often we stop at NEWSTART

day, heard the message of freedom. Using one treatment she was taught and adopting a whole new lifestyle, she was down to two mediations in a matter of weeks. She was on her way to being set free to live again. There is no substitute for the laws of health but too often, when considering those laws, we stop at the eight which we call NEWSTART. (NUTRITION, EXERCISE, WATER, SUNLIGHT, TEMPERANCE, AIR, REST AND TRUST.) But NEWSTART stopped too soon. There are seven more laws of health and a major component of this freedom is found in two of the missing laws. These are CHEERFULNESS and a

CLEAR CONSCIENCE. When 90% of diseases begin in the mind, it only seems reasonable that our thoughts about our condition, about our lives, can and will have a major impact on our HALE. We have all heard the saying, "You are going to worry yourself sick." How true. Negative emotions, whatever the origin, can and will impact every organ of your body. And if that organ is already weakened by some other cause, this double whammy will almost always lead to an actual disease. "But life has served me aught but sour lemons." Then do as Nick Vujicic or Jen Bricker or Joni Eareckson Tada did; make lemonade. And if that is too much of a cliché, try my formula for seeing the stars every dark night: "And we know that all things work together for good to them that love God, to them who are the called according to His purpose." (Romans 8:28). If you know this, truly know it, you will be on your way to better health, mental and physical.