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VOLUME 28, ISSUE 2, MARCH/APRIL, 2017

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Letter from a
Lifestyle Center Guest

It has been a very inspirational stay at Uchee Pines Lifestyle Center—spiritually, physically, and mentally. The doctor visits have been insightful, informative, and instructive. Their advice and counsel provided me with a better understanding about the condition of my body and what I need to do to improve and how to look at life in a more godly/spiritual way.

Therapy treatments (performed so well by Lifestyle Counselors), have been very effective. They prepared the treatments in such a way that relieved the anxiety of what was about to take place. The herbal teas were beneficial (I will continue them).

I'm particularly thankful for the various lectures, the instructor's advice on how better to proceed with my life after leaving Uchee Pines. I'm reminded of the gardening methods, nutrition notes, medical lectures, stress management advice, therapy techniques, cooking tips, etc. The advice received from these lectures have and will continue to help me in numerous situations.

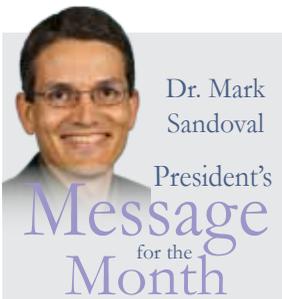
Many things impressed me while at Uchee. Yet the most was how the staff so faithfully and continuously prayed. I'm so thankful that they do. Lastly, their dedication to the care of the guest is above and beyond any care I've ever experienced. I'm grateful.

Thanks to all who provided me with your care, prayers, smiles, and service. You have been a blessing to me. May God continue to bless Uchee Pines and staff.

—Ruth J.

For more information on Uchee Pines, visit our website,
www.uchee-pines.org, or call, 1-877-UCHEEPINES.





Dr. Mark Sandoval

President's Message for the Month

As I write, I am on the shuttle returning from the Atlanta Airport. The last two weeks have been exciting, exhausting, and rewarding. I had the opportunity to lead a team of medical missionary educators, including former trainees Afryea Charles and Sabrina Samuel-Turner, in a short but intensive, 9-day medical missionary training in Trinidad. Almost 100 students from all over Trinidad & Tobago came to the southern part of the island where the classes were being held. Students learned what medical missionary work is, were trained briefly in running health expo's, cooking schools, and kitchen cabinet remedies and hydrotherapy demonstrations, as well as learning more about lifestyle and its impact upon health, and the power of the gospel in health and healing. Classes were held all day throughout two weekends and during the evenings throughout the interning week. Students ran health expo stations during the weekdays for the community, giving them hands-on experience. I am grateful for the Health Ministries Department of the South Caribbean Conference for inviting us to participate with them in this training. Keep these students (doctors, nurses, pastors, and lay members) in your prayers.

Water Stewards

BY MARK SANDOVAL, M.D.

You may or may not be aware, but the underground fresh water reserves in the U.S. and across the world are being depleted. We are using more fresh water than is being recycled, and it is estimated that by 2030, we will have only 40% of our historical water reserves..

California has experienced drought conditions for several years in a row, and in an attempt to curb the use of water, restrictions were placed upon residents watering their lawns, and public education campaigns educated people how to use water conservatively. However, are these plans really beneficial? How much impact do they make?

The average household in the U.S. uses between 50,000 and 150,000 gallons of water in the home yearly. Making changes in how you wash your hands, take a shower, flush the toilet, and wash the dishes has shown to decrease household water use by 2-3 gallons daily on average. That's not a big impact, but it does help some. Are there other ways that we can conserve water more effectively and head off this crisis? Yes, there is. And the greatest impact that you can make is at the dining room table.

Let us look at the amount of water required to produce 1 pound of some of the foods that we consume, and you will begin to see an obvious trend. Carrots = 6 gallons. Blueberries = 10 gallons. Tomatoes = 28 gallons. Greens = 31 gallons. Potatoes = 34 gallons. Chicken = 800 gallons. Milk (1 gallon) = 1,000 gallons. Pork = 1,500 gallons. And beef = 1,800 – 4,200 gallons!

Now, let us compare that with how many pounds of food you can produce over a 2-year period on 1 acre of land. Strawberries = 136,000 pounds. Potatoes = 79,400 pounds. Peaches = 64,000 pounds. Kale = 40,000 pounds. Collard greens = 28,000 pounds. Legumes = 10,000 pounds. Ancient grain = 6,000 pounds. Meat = 100 pounds.

Worldwide, 27% of all fresh water is used to raise cattle to eat. In the U.S., over



50% of all fresh water is used for that purpose. Across the world, 45% of the landmass is used to grow food to feed animals which humans consume. In the U.S., that figure is 50% of all the landmass, but that is not agricultural land. In the U.S., cattle consume 97% of all agricultural land production. And the trend is unsustainable. We can't grow enough food to feed enough animals to eat enough animals to keep the world's population alive.

As it is, the world consumes 70 billion cattle, 1.7 trillion chickens, and 2+ trillion fish/sealife annually. More specifically, we consume 74 million tons of beef, 130 million tons of pork, 124 million tons of poultry, 26 million tons of sheep & goats, and 187 million tons of fish.

In the U.S., the average person consumes about 200 pounds of meat each year. That represents about 405,000 gallons of water per person, or 1,265,000 gallons of water per household per year.

So, what can you do to conserve the fresh water stores so our children and grandchildren can have some fresh water to drink and grow food with? Stop eating animals and their byproducts. That is the single thing that you can do that will make the

biggest impact upon water depletion/conservation.

“But I only eat free range,” you say? Free range is even worse than grain-fed. The feed conversion ratios (the ratio of feed to the desired product like meat or milk or eggs, etc.) for fish from aquaculture are only 1.5 to 1. For chicken and turkey it is 2 to 1. For pork it is 5 to 1, and for industrial beef it is 8:1. But, for free range beef it is 70 to 1! Grass-fed animals use more land, produce more greenhouse gas emissions, use more fresh water, and cause more biodiversity loss. But if you eat plants, the feed conversion ration is 1 to 1.

The information is clear. If you want to be a good steward of the planet's resources, eat plants!

Spinach Dip

- 1 c. firm tofu or 12 oz. box tofu
- 1/3 c. raw cashews 1
- T. lemon juice
- 1 T. honey or sugar
- 1 T. Chicken-Like Seasoning
- 1 T. onion powder
- 1/2 t. garlic powder
- 1-2 t. salt
- Water as needed
- 1 T. potato flour (optional)
- 1/2 red bell pepper, chopped
- 1 can water chestnuts, chopped
- 10 oz. thoroughly drained, chopped spinach

Blend first 8 ingredients until smooth, adding only enough water for all the mixture to go through the blades easily. Add potato flour if too runny and blend for 1 minute. Pour into a mixing bowl and add remaining ingredients. Chill 2-3 hours. Use as a dip or cracker spread, or filling for stuffed Italian bread.



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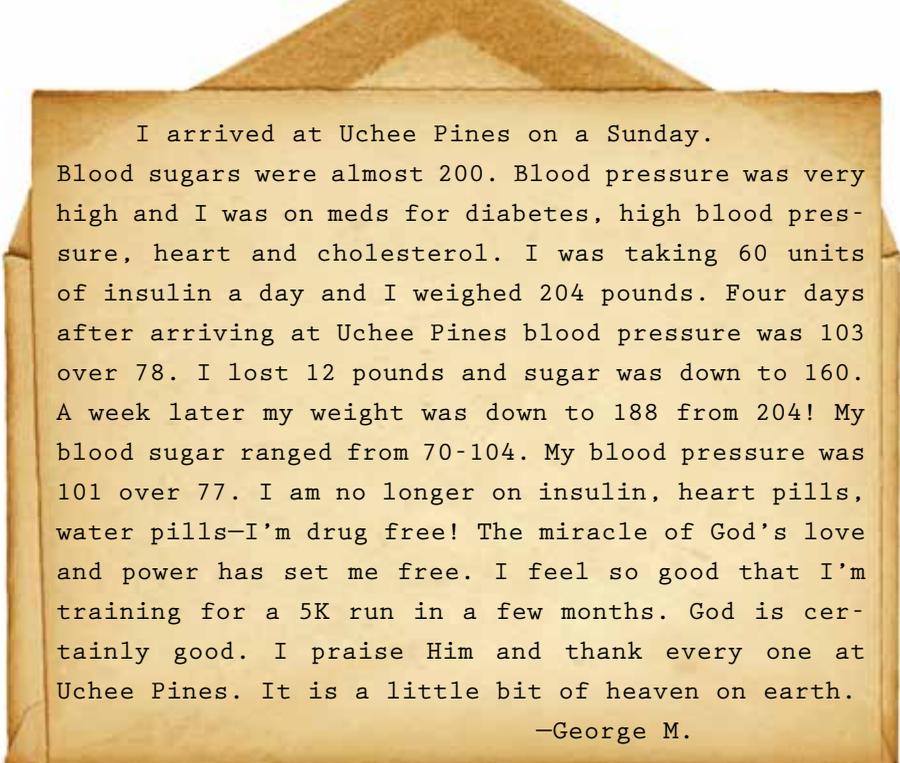
MAY WE SEND "EMPHASIS: YOUR HEALTH" TO YOU BY E-MAIL INSTEAD? RESPOND TO EYH@UCHEEPINES.ORG
Have you remembered Uchee Pines in your will?

COMING EVENTS

Next **Lifestyle Sessions** at
the Lifestyle Center begin
April 23, May 14

New and improved Lifestyle
Educator and Counselor pro-
grams begin in July. Visit:
[ucheepines.org/training-
programs/mastersprogram](http://ucheepines.org/training-
programs/mastersprogram)

**Prophecy & Medical
Ministry Camp Meeting &
Reunion** - Whether you are
a seasoned medical mission-
ary or are just now learning
about this divinely inspired
work, you will be blessed.
Join us September 17-23. Visit
our website for more info.



I arrived at Uchee Pines on a Sunday.
Blood sugars were almost 200. Blood pressure was very
high and I was on meds for diabetes, high blood pres-
sure, heart and cholesterol. I was taking 60 units
of insulin a day and I weighed 204 pounds. Four days
after arriving at Uchee Pines blood pressure was 103
over 78. I lost 12 pounds and sugar was down to 160.
A week later my weight was down to 188 from 204! My
blood sugar ranged from 70-104. My blood pressure was
101 over 77. I am no longer on insulin, heart pills,
water pills—I'm drug free! The miracle of God's love
and power has set me free. I feel so good that I'm
training for a 5K run in a few months. God is cer-
tainly good. I praise Him and thank every one at
Uchee Pines. It is a little bit of heaven on earth.

-George M.