

Eve

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MALARIA

some facts and tips

From Lauren, Central Africa

Since coming to this country, malaria has taken on a new meaning for us, as the strains here are some of the worst and most deadly in the world. Because of this we've done quite a bit of research on malaria, both through books and also through talking with some of the medics and doctors who treat the expatriate community.

We've received a number of questions regarding malaria from both Family and non-Family members, and it seems to be an often-misunderstood disease. So we thought we would pass along the information that we have gleaned for all.

There are a number of diseases you can get from infected mosquitoes, but in Africa, malaria is the most common. Although in some parts of the world malaria is being eradicated, in Africa it's on the rise and is the leading cause of death in most sub-Saharan African countries—rivaled only by AIDS, which runs second. Here are some common questions relating to malaria.

Question: In summary, what is malaria?

Answer

Malaria is a disease caused by four different types of parasitic protozoa of the genus *Plasmodium*. It is found in both humans and animals and is spread by about 60 species of the

anopheles mosquito. It is endemic (widespread) in tropical and sub-tropical climates around the world, particularly Central America, Southeast Asia and Sub-Saharan Africa. Typically, the symptoms of malaria are sweating, fever, chills and aching in the joints.

(Note: The four types of parasites that cause malaria are: Plasmodium Vivax, Plasmodium Ovale, Plasmodium Malariae and Plasmodium Falciparum.)

Question: If I get malaria once, will I have it for the rest of my life?

Answer

Each of the malaria plasmodium has a different effect in the human body. Out of the four types of parasites, only one is deadly to humans, Plasmodium Falciparum. It accounts for nearly all deaths from malaria. It is also interesting to note that if treated in time, it is the easiest of the malarias to cure. With this strain, the parasites block the blood vessels of the brain resulting in seizures, coma and death. This is why it is sometimes referred to as cerebral malaria.

The other three parasites are less severe. Depending on the health of the infected individual, attacks can go into remission (a period when an illness is less severe) without treatment, although this isn't recommended as it takes a terrible toll on the body. Untreated, the

fever attacks generally subside and return again every few days. Although the symptoms of these parasites are not as deadly, it is more difficult to eliminate them completely from your system. Frequently the carrier will have recurring attacks of malaria even though he/she has not been bit by another malaria-carrying mosquito and has been treated against the attacks of malaria. If you happen to be one of those people in whom it is chronic, there are treatments you can take to eliminate the parasite completely. However, these treatments can also have negative effects and are only recommended if you won't be remaining in or returning to a malaria zone.

Question: If I keep healthy by eating well, taking vitamins and getting good rest, can I prevent malaria?

Answer

Not exactly, but it *can* help. A case of malaria starts when an infected mosquito bites you. The protozoa head for your liver (it takes about 10 minutes from the time you get bit to the time they locate your liver), and there incubate. When the organisms "hatch" (for lack of a better word) they attack and destroy your red blood cells. The symptoms of malaria—fever and chills—usually set in a couple of days after this. (The incubation period for malaria is generally between 7 to 14 days, but this can vary drastically.)

As mentioned in the answer above, Plasmodium Vivax, Malariae and Ovale can come and go over time. In many cases you develop reoccurring malaria, which tends to strike when one's resistance is down. Some people are naturally stronger and their bodies can fight off these reoccurring attacks naturally—meaning that they don't have additional malaria attacks unless they get bit again. This is where staying healthy comes into the picture. If your resistance is strong, you have a better chance of fighting malaria and coming down with it less frequently.

This is not the case with Plasmodium Falciparum, as if you get the parasite in your blood, you will come down with a case of malaria and you **MUST** get it treated. The one treatment will kill the malaria altogether and there will be no reoccurring attacks unless you get bit again. However, being healthy does buy you time between the initial outbreak of the malaria and the point when it becomes fatal. In a country like ours where 98% of the malaria-carrying mosquitoes carry P. Falciparum, and where the blood testing centers are only open in the morning, being healthy can mean the difference between life and death.

If you live in an area where Plasmodium Falciparum is endemic—even if it is rare—it's very important to get your blood tested at the onset of a fever, *especially* if it is a child that comes down with the fever. With P. Falciparum, the longer you wait to treat it the more permanent damage can be done to the brain and other vital organs and also, in the case of P. Falciparum, self-diagnosis and self-treatment can be fatal.

Question: I've heard that once you get malaria a few times you start to build up a resistance to it. Is this true?

Answer

No. There may be a situation when you have a lighter case of malaria than a previous time of having malaria, but this has nothing to do with acquired immunity.

This is different, however, with people born in malaria endemic areas. They still suffer from malaria attacks, but the symptoms are not as severe as they would be with someone new to the area. This immunity can be acquired up until the age of two years. However if the person leaves the malaria zone for even as little as 6 months, the immunity is permanently lost. This is why most locals suffer malaria less severely than their foreign counterparts.

Question: What exactly are malaria prophylactics, how do they work and is there a positive or negative to taking them?

Answer

Prophylactics in general are “preventative medication.” So malaria prophylactics are supposed to keep you from getting malaria. You have to have just as much faith to take the prophylactics as you do to not take them, as they are not foolproof and some can have some serious side effects.

The malaria prophylactics usually work by killing the plasmodium after they have incubated and once they are released into your bloodstream. These drugs are not 100% effective—you can still get malaria even if you take the drugs faithfully. This is known as “breakthrough malaria.” However breakthrough malaria is much more mild, and in the case of Plasmodium Falciparum, it buys you time in getting treatment.

Another point about taking prophylactic malaria medication that most people do not realize, is that although taking the prophylactics does (in most instances) kill the plasmodium when it reaches your blood stream, it does NOT prevent the liver stage of the disease. The danger in taking prophylactics is that you can be going through repeated instances of the liver incubation and thus do incredible and permanent damage to your body without knowing it. This is why some foreign companies in malaria regions who require their workers to take prophylactics also mandate that their workers get liver scans on a fairly regular basis.

There is a wide range of differing opinions regarding malaria prophylactics and their safety and long-term usage. In the United States, doctors recommend that larium be used for no more than six consecutive months. However doctors in the UK consider larium safe enough to take over a several-year period.

If you do decide to take prophylactics and come down with a case of breakthrough malaria, it is imperative that you tell your doctor that you have been taking prophylactics. The treatments against malaria are different depending on if you have been taking prophylactics or not, and if you are taking them and are given the medication for someone who is not taking them, the dosage will most likely be fatal.

If you are pregnant or nursing—but especially if you are pregnant—it’s very important to consult a doctor before taking any malaria medication. Some types of the medication are just as dangerous (if not more so) than coming down with a case of malaria while pregnant.

*

Malaria-carrying mosquitoes are nighttime biters and are usually only out from dusk to dawn. The best and primary defense to malaria is not drugs, but rather common sense. Screen your windows, use what are called “knock-down sprays” (insecticides that kill flying insects) in your rooms before you go to bed and use bed nets.

Dad speaking

God bless all you faithful and dedicated missionaries who give your lives daily to reach the lost. So many are hurting and in need, their spirits dying without Jesus! God bless you for risking your health and sacrificing the comforts of the flesh to minister His love to them. Jesus is so proud of you, and He will be with you every step of the way—He’ll either keep you *from* the sickness, or He’ll keep you *through* the sickness. And the more you do your part and watch and pray without ceasing, the more you can keep you *from* it. Hold Him to His promises and claim His specific protection—but then trust that no matter what comes, it will be His perfect plan for you because you are His child, doing His will, and there can be nothing greater than that.

Lastly, when you go out at night, wear mosquito repellent. If you follow those rules, chances of catching malaria are pretty slim, because the moral of the story when it comes to malaria is you just shouldn't get bit.

On this score there are two very effective natural methods for keeping the mosquitoes away. One is garlic (which not only do the mosquitoes not like, but your friends won't either) and the other is B vitamins. With garlic you can buy capsules of oil that supposedly do not leave a scent on you (or everyone can eat it and then it won't bother anyone). 1500 mg per day of garlic oil in capsules will supposedly do the trick. We are not sure about the quantity of raw garlic that is needed.

It seems that B vitamins have the same result, although we are not sure of the potency necessary. Unlike malaria medication, generally speaking you can't find garlic capsules or B vitamins locally—so if that's on your agenda, you'll want to bring them with you.

*

In conclusion: Malaria is a very serious and sometimes life-threatening sickness, but it's also interesting to note that only 1% of malaria outbreaks are fatal. As with everything else in our life for the Lord, if we are staying close to Him, keeping prayerful and doing our best to do our part, then He has promised to care for us and protect us. For many of our missionaries living in malaria endemic areas, catching malaria is a "job hazard" and one of the difficulties we face in bringing the Gospel to these areas. But we have the Greatest Doctor in the universe and the Lord is able to bring us through these bouts "without even the smell of smoke!" ■

Dear Readers...

..if you have had experience with malaria and have any lessons, tips or testimonies to share on the subject, please write in and tell us about it.

JUST FOR FUN...

Mel Gibson on Women

Q: Let's talk about women. You're making a new movie, "What Women Want," in which you play a man who is suddenly able to hear women's thoughts. So, have you learned what women want?

A: I can't help you there. Figure it this way: Freud spent almost his entire working career trying to figure the same thing out, and he died without the answer. Not that I put much stock in Freud, but at least he was trying to find the answer. And he didn't come any closer than the rest of us. He thought he did, but really he was just chasing his tail.

Q: So, you're a husband of 20-odd years, with seven kids, and you haven't a clue?

A: Mostly I think it lies somewhere between chocolate and conversation.

Q: That's it? No grander insights about women?

A: I think I've had certain epiphanies that hit me between the eyes and I went, "Whoa! So that's what women want!" They might come five years apart. But all of a sudden, you're like, "Hey, this flowers thing works. Why didn't I think of that before?"

If you could hear a man's thoughts it would just be the sound of crickets and a lot of knuckle-dragging. Women just think about more stuff; their thoughts jump all over the place.

They do have a lot of extra stuff to do that we don't. We can just fall out of bed and get in the shower. They've got to fiddle around a lot more. And then there's that whole childbirth thing. So, yeah, I'd say all in all, we've got it pretty good.

Even if we don't have a clue most of the time. ■

THE LUMP TEST

From Christina Trusting (of Ilia), Russia

About a year ago I discovered a lump in my left breast. I had had problems with that same breast all throughout my time of nursing my six children. I even had an operation at one time for an abscess resulting from a breast infection while nursing. When I found the lump I got a bit worried, but since it didn't hurt I calmed down. I tried to keep that diet recommended in GV 61, but I wasn't very consistent.

Then, about a month ago, I discovered that the lump was bigger and quite painful. Of course I thought of cancer, how long I might have to live, what would happen to my children if I died, etc.—all these gloomy thoughts. I read a few articles in the Russian medical encyclopedia, which really made me panic!

Then one night before bed I reread the GV testimony of Ginny in Japan who had a similar lump, and I decided to follow the diet for Cystic Fibrosis that was recommended after her testimony. I couldn't go to sleep for a long time and was praying about what to do. I thought of going for a checkup, but I knew that one visit wouldn't be enough. They would literally torture me with all kinds of tests, checkups and—of course—worries and fears. The night before I'd also gotten a prophecy where the Lord told me that it wasn't His will for me to go to the doctor, and that I'd be okay. It was a step of faith for me because the lump was quite big and painful—like a third of my breast, and hard as a stone.

That night was life-changing for me. The Lord gave me faith that He was going to heal me. I woke up in the morning with a determination to pray down my healing even if I would have to be like the importunate widow of Luke 18.

And I was! Every spare moment when my mind was not occupied with something important I

would cry out to the Lord, asking Him to heal me. The Home prayed for me, too, and not just once. But I felt that a lot depended on me, on my personal faith, my personal conviction and relationship with Jesus. I was very strict with the recommended diet, too, but prayer was my backbone.

Believe it or not, only three days later I was probing my breast for the 100th (or maybe 1000th!) time, and discovered that the lump was only half its previous size, and much softer! I couldn't believe it! I was staring at my breast, probing it over and over again—it seemed too good to be true.

But that was only the beginning. In the following days the lump got even smaller, and by our next Home Council it was so tiny that I had a hard time finding it! I testified to everyone and we really praised the Lord.

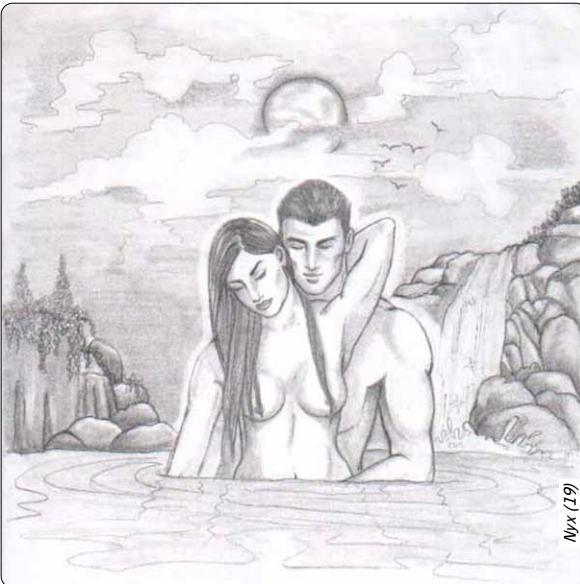
In the next few days, the lump totally disappeared. I felt like I was a walking miracle—proof of His healing. I have had a few miraculous healing experiences in my life before, but nothing so obvious and major like this. My breast still bothers me a little every now and then, and sometimes I still feel something there. I don't know, maybe the Enemy's just saying "Boo!" to make me not testify or to lose my faith in healing, like he tried with Grandmother, but overall I must testify that a great miracle has happened to me. It was a miracle of Jesus' healing, and I am so, so thankful for it! It makes me constantly praise the Lord in my heart and out loud, and tell Him over and over again how thankful I am. TYJ! And thanks to Dad and Mama who've taught us how to fight for our healing! *(Please see Eve 6 "Breast Scares: A Don't-Panic Guide" for more on fibrocystic breasts—tips, helps and how-to-knows.)* ■

How to **Revive** Your Sex Life

By Anthony Pietropinto, MD, *The Bottom Line*

Many people unwittingly set the stage for libido problems by anticipating that their sex drive will diminish with age. In fact, age has little to do with it. Sexual desire is not some mystical force that slowly ebbs. It's something that can be nurtured. So if you are experiencing a decrease in sexual desire...

- First rule out medical causes. Any severe illness, especially one that causes pain, can curb desire for a time. *(Eve: Also just plain being tired can cut into your sexiness. Try making love after a nap, in the morning when you've had a good rest, or on the weekend when you've had a good sleep-in. At night after a busy day when you're longing for shut-eye may no longer be the best time to go at it, so you may need to think and pray about what other times work better for you.)*
- Rein in unrealistic expectations. Do you expect rapture each time you make love? Do you expect sex with a longtime partner to be as exhilarating as when you first met? If you set impossibly high standards for each sexual encounter, you're setting yourself up for disappointment. Repeated letdowns lead eventually to diminished desire.
- Consider the origin of your sexual assumptions. Novels and motion pictures tend to portray every sexual encounter as a transcendent experience. In reality, sexual encounters are subject to the varying moods, energies and interests of real people. In the real world, sex ranges from glorious to not-so-good.
 - Determine what you can realistically expect from sex, and what you need to feel satisfied. Share your thoughts with your partner and work toward meeting the needs of both of you.
 - If a particular encounter is a flop, don't assume that all future encounters will turn out bad, too. Remind yourself of other encounters that did turn out well.
 - Break out of familiar routines. For established couples, boredom is the single biggest libido-killer. To keep sex interesting, make love at unexpected times and places. Try out new positions and techniques, wear erotic garments and create a suggestive setting with music, candles and incense.



EVE:

It is natural for your sexual energy and what feels good to change as you get older, so don't worry if that happens; it doesn't mean that you will no longer enjoy sex. It just means you may enjoy methods, approaches or styles that are different than what turned you on when you were younger.

Have you tried reading

"Cool Tips for Hot Sex" together? You may not get far before you start tugging each other's clothes off. If some of the former things you did no longer have the same allure (such as non-stop fucking for thirty minutes), ask the Lord to show you new fun things to do in bed (or somewhere else!), like experimenting with whipped cream, chocolate sauce, or honey;

lighting candles all around the bathtub for some water play; play-acting ("We're teenagers, and we're hiding in the closet and don't want anyone to hear us ..."); or other new things you never tried because you didn't have time. And be sure to keep on loving Jesus together—the addition of His love to your sexual encounters is the sexiest thing going! ■

B

eing in love is merely a physical state of exultation; loving is the merging of the spirit. Loving throbs with delight in the flesh; it thrills the spirit with reverence; it glorifies into beauty commonplace things; it draws nearer in sickness and sorrow, and is not the sport of change. When a woman loves truly she has the passion of the mistress, the selfless tenderness of the mother, the

dignity and devotion of the wife. She is all fire and snow, all wile and frankness, all passion and reserve, she is authoritative and obedient, queen and child. From "The Philosophy of Love."



(Jesus speaking:) This is a beautiful little tribute to the many faces of love. Love is all these things and more. It also shows the beauty of mature love. Strong feelings and emotions of being in love come and go, and often can be immature or get off track in their actions. But mature love is wise, it is exuberant and yet restrained, it is all these things and more. This is the beauty of My love. This is what I want My women, My wives to pray for, and to strive to be like with My love.

Treasure, Not Trash

I

Dr. Will Marling

travel periodically, so I want to make sure my wife knows she is in my thoughts and I want to keep me in hers! On one occasion I used my computer to make a page full of significant code words that we have. It's easy—just cut and paste the word over and over.

Then I printed the words out on bright paper and cut

each one out. Just before I left on my trip, I put these little pieces of paper everywhere I could think of—on her cereal box, clothes, shoes, boxes of food, etc. Not only did she find them when I was gone, she was finding them long after I got back.

Then I started finding them in my things. It has become a little game that has gone on since—finding

these little slips of paper from each other. Things even escalated! We now work to hide those little slips of paper so that they are revealed at interesting times. Like when I open my notes during a presentation. Or when my wife opens her checkbook at the store. All this over a little piece of paper? Hardly. All this because of love. ■

Jesus saved our marriage!



From a couple in Russia

Understanding Prophecy" and many of the latest pubs are bringing prophecy so close to us. Although we often don't see so much progress on a daily basis, when you look at the pubs published a year or two ago, we have come ahead so much! Prophecy is now such a normal thing to do, and we almost can't do without it in our daily life anymore. Whenever there is a difference of opinions, the expression "Shall we hear from the Lord?" saves us a lot of trouble and wasted time.

It also saved our marriage! My mate and I tried to work things out on our own in our falling-apart relationship, but we were going from bad to worse. One day we thought, "That's it! There is no hope for us anymore!" With our

last breath, our last ounce of strength, we agreed to hear from the Lord together—maybe for the last time.

Jesus sweetly pointed out the history of our relationship, how He created one for another, how He gave us parents to care for us, then led us to the Family and each other, and how for years He engineered our steps, through many little things which led us to finally get married. He reviewed before our eyes all the answered prayers we had received, how He gave us a child, answering our every spoken and unspoken prayer and the desires of our hearts. He said also that it made Him sad that what we called bad and rotten—our relationship—in the spiritual realm was

seen as beautiful and perfect. He showed us that we were not just opposing each other, but going against His perfect will. That really shook us up and made us desperate to fight against the lies of the Devil.

The Lord showed us also, point after point, what we should do on a daily basis. He is giving us more counsel when we come to Him, as of course we face more trials along the way, but it looks like the main battle is won. Other Home members have come to us to say how happy they are for the sudden turn of events, and for the love they see in us for each other. All glory to Jesus and to His new weapons of warfare! Undoubtedly we would be sunk by now if we would have just used the old ways and old weapons. ■

Three things you should never say during a fight

Redbook

1

"You always...." The words "always" and "never" mean "You can't win." So why try? **Better:** Empathize first. "I know you're tired, but it would really make me happy if you could..." He feels understood and gets the chance to please you.

2

"If you had only ____, we wouldn't be in this situation." If you launch an attack, you'll both be too busy defending yourselves to address the real problem. **Better:** Team up. "Let's figure out what we can do to fix this.

3

"Why do I even bother?" If you're too apathetic to talk it out, your relationship's in trouble. **Better:** "Let's talk about this later." You're not backing down, just taking time to choose your words. ■

Nutrition for Nursing Mothers

By Francesca Hayslett (Web reprint)

Many women make an extraordinary effort to eat well during their pregnancy, knowing that this will directly benefit the child growing inside them. But once the baby is born, especially if it's not the first, it's easy to allow good nutrition to take a backseat to other concerns.

If you're breastfeeding, maintaining a healthy diet remains vitally important because it's your health—not your child's—that is at stake. "A woman's body will [almost] always produce good-quality milk. If she isn't consuming enough additional nutrients to do so, her body will draw on its own supply of nutrients," says Nancy Kavanagh, a registered nurse and lactation consultant. (*Eve: Although having a consistently poor diet throughout pregnancy and lactation can leave a mother's body so depleted of resources that in some cases the milk production and quality can be affected. In this case either the mother will stop producing milk, or the baby will seem to have a voracious appetite, eating all the time but gaining no weight at all due to the lack of nutrition contained in the milk supply.*) Here are some tips on how to safeguard your health while breastfeeding your new baby.

Keep it simple. You do not have to turn your home into a health food store. For women who are already eating a normal, well-balanced diet, more of the same good food is just fine.

Eat whatever you want—sort of. Old wives' tales about forbidden foods abound, but in fact



there are no particular items that a nursing mother must avoid (although caffeine and alcohol should be consumed only in limited amounts). "I advise nursing mothers to start out eating anything they want," says Kavanagh. If you suspect that a food is causing problems for your baby, avoid it for three or four days. Then try it again to make sure it is the true culprit. For dairy products, try keeping them out of your diet for a few weeks before reintroducing them, Kavanagh says.

Don't go hungry. Most experts recommend that a nursing mother eat about 500 calories a day more than the normally required 2,200 calories. (Mothers of multiples—twins, triplets, etc.—need to consume even more.) This amount should allow her to meet her energy needs while gradually losing weight.

Vitamin power. For the typical woman who follows a decent diet, vitamin supplements will neither benefit nor harm her. Vitamins may be particularly advantageous, however, for a mother whose diet is iffy. But because certain fat-soluble vitamins may have toxic effects at high levels, stick to supplements that are designed specifically for pregnant and lactating women. ■

Just for Fun

In Lamaze technique, my power tools are tragically useless

By Dave Barry

So my wife and I are preparing for childbirth.

When I say "my wife and I," I of course mean "my wife." She will be the most directly involved. On behalf of all men, I just want to take a moment here to get down on my knees and thank Whoever invented our current biological system, under which the woman's job

Hold up a bowling ball and a drinking straw, and say: "Basically, THIS has to go through THIS"

is to have the baby somehow go from the inside of her body to the outside of her body, in clear violation of every known law of physics, and the man's job is to stand around looking supportive and periodically, no matter what is actually happening to the woman, say in an upbeat and perky voice, "You're doing great!"

My wife thinks the only fair system would be if, every time the woman had a contraction, she got to hit her husband on the body

part of her choice with a ball-peen hammer. Of course she is kidding. But only because her contractions have not yet started.

We've been going to Childbirth Classes. The teacher usually starts with a scientific discussion of childbirth, in which she shows us various diagrams and models to give us an idea of what will be happening when the Big Moment arrives. In my opinion, the most informative way to do this would be to hold up a bowling ball and a drinking straw, and say: "Basically, THIS has to go through THIS. Ha ha!"

But our teacher keeps it fairly technical. After a while, we're starting to feel confident about this childbirth thing. We're thinking, "Okay, all that has to happen is the cervix has to dilate to 10 centimeters! How hard can that be? I wonder what a cervix is? Also, a centimeter."

So we're pondering these abstract questions and maybe thinking about what we're going to have

for dinner later, when suddenly, with no warning, the teacher turns out the lights and shows a horror movie.

Oh, it starts out innocently enough: There's a nice couple consisting of a woman who is pregnant and a man who is supportive-looking and generally has a beard. They seem happy, but you just know she's going to go into labor. You want to stop her. It's exactly like those scary movies where the heroine goes down into the basement, and you want to shout, "DON'T GO DOWN INTO THE BASEMENT!", except in the childbirth class you want to shout "DON'T GO INTO LABOR!"

But she always does go into labor. It seems to last a LOT longer than necessary. Hours turn into days, and still she is in labor. Outside her window, the seasons change. Her doctor grows old and gray and is eventually replaced by a new doctor, and STILL this poor woman is in labor. Her husband keeps telling her she's doing great, but you can tell from her expression

When I say "my wife and I," I of course mean "my wife." She will be the most directly involved

Pregnancy and Childbirth

that he's very lucky she doesn't have a ball-peen hammer. Eventually she becomes so deranged that she apparently does not even notice that there is a cameraperson shooting extreme close-up footage of ... okay, let's just say that it is not her most flattering angle.

When the woman gets to approximately her 15th year of labor, she begins making noises that you rarely hear outside of nature documentaries, and her husband edges back a little bit in case she gets her hands on a scalpel. The movie now becomes very explicit, causing the entire childbirth class to go into a

mass cringe, all of us hunched up and involuntarily protecting as many of our body parts as possible. I use this time to practice my squinting, which is the most important thing the husband learns in childbirth class. I use a special Lamaze squinting technique that enables me to prevent virtually all rays of light from penetrating my eyeballs.

When the woman in the movie makes a noise identical to what you'd hear if a live yak went through a garlic press, I unsquint just enough to see it happen, the Blessed Event, the timeless miracle that makes the

whole thing worthwhile: An alien bursting out of the woman's chest cavity.

No, seriously, what happens is that the woman has a baby, via a process that makes what happened in *Alien* look like an episode of *Teletubbies*. Then our childbirth-class teacher turns the lights on, and the pregnant women all turn to face their husbands, and they all have the same facial expression, which says: "This is NOT fair." We husbands respond by smiling supportively and patting their arms in a reassuring manner. Because we're sure they're going to do great. ■



Shane and Joanna (Australia)

Counsel to a young woman during late pregnancy

Jesus speaking

As the delivery date approaches, plan ahead!

Jesus speaking: Be prepared, little one, for you know not in what hour your deliverance shall come. It's good to have a plan and the way and time you think or hope things will happen, but you've also got to be prepared for any eventuality.— 'Cause what if My plans are different than yours? You wouldn't want to be caught off guard, would you?

You should have everything all ready [for the birth], and you should take the time necessary to do so. That will give you much more peace and rest, and you'll be able to just relax and trust Me when it starts happening, and not get besieged by a thousand worries of "did I do this?" or "did I do that?" or "what am I forgetting?" I can keep your mind at perfect peace if it's stayed on Me, but by keeping it stayed on Me in advance, you'll also be all prepared and ready for what could come your way at any time. So don't neglect this important thing, all right? ■



From Heaven's Doors

Prayer brings it down

From Ben and Meekness, Botswana

We had a wonderful miracle with baby Michelle's birth! Meekness was overdue and her labor had to be induced twice. We then contacted a few Homes to urgently pray for her, and pop! Out came the baby—a real answered prayer.

Natural after the C

From Becky (of Sam), Hungary

I wanted to say a big thank-you to everyone who prayed for me to have a natural delivery with my second child, after having had the first by C-section. The Lord answered our prayers! Robert Gabriel was born completely naturally on February 8th, one week early, but perfectly healthy. It was a wonderful experience and such an answer to prayer! (*Eve: Dear readers, if any of you have had a vaginal birth after a C-section, or have any tips, lessons and testimonies about C-sections in general, we'd be very interested to hear from you!*)

Number 14—alive and kicking!

From Paul and Ruthie Volunteer, China

James William, our 14th child, was born on Feb. 6th. Ruthie had a pretty natural delivery, but because of her age and having had so many births, the hospital had to help induce labor. Because her muscles were weak, the length of contractions wasn't enough to push out William, so everyone pushed either in spirit or in the physical to get him out. God bless Ruthie for keeping up the fight!

The Lord told us to open the Bible to Psa. 4, and the first verse says, "The Lord hath enlarged me"—which was just what we needed at that moment, for Ruthie to enlarge. It was a great testimony to the doctor that God was there.

Finally, with much pushing and pulling the baby came out and, after a few slaps on the feet, came to. It had been quite a struggle for him, too. On his first day he could already lift his head and look around, which amazed everyone. He has caused quite a stir so far.

In the twinkling of an eye

From Talitha, South Africa

Ruth (of Tim) had slight contractions around 11 PM, but was still able to go to sleep. Around 3 AM the contractions got a lot stronger, and about 3:30 Tim called Anthony to drive her to the hospital.

Ruth was struggling with her contractions and asked me to please come with her, so I did. About five minutes after we pulled out of our driveway she said, "Oh, I think the baby's coming!" I wasn't sure whether she was just having a difficult time or not, so Tim moved over for me to be closer to her, when suddenly her water bag broke! It dawned on me that she might indeed be having the baby right then and there, so I started trying to pull her shorts off (she was doing wonderfully well, GBH). I only managed to pull them around her knees when the baby started coming; before we had a chance to even pull over and stop the van, beautiful little Kaitlyn was born at 4:04 AM. Hallelujah!

We just kept right on driving and were praising the Lord all the way to the hospital. It was so inspiring to see the Lord make it so easy for us all, we didn't even have time to worry about anything! This was their third child, and the first to be born on the Field. (They came when she was 8 months pregnant!) It was definitely our first van delivery, ha! (Another interesting tidbit is that there are 13 traffic lights between us and the hospital, and they were *all*/green—a first!) ■

The

Exercise-Menopause Connection

American Council on Exercise

There was a time when the word was never spoken, even between a mother and daughter. Menopause, referred to as “the change” in some circles, has now come out into the open. It’s about time. After all, a woman can expect to live one-third to one-half of her life past menopause, and these can be among the most satisfying years of her life.

Part of the reason for its emergence as a hot health topic is likely due to the increasing body of information on how to manage it. Exercise plays a key role in making the transition through menopause easier and in enhancing health, happiness and productivity during the second half of life. (While the average age of menopause is about

51, some women may experience it as early as their thirties or as late as their sixties.)

Exercise helps reduce and prevent symptoms:

- Hot flashes
- Vaginal and bladder atrophy
- Joint pain
- Anxiety, irritability, depression
- Sleep disturbances, insomnia

minerals that keep them dense and strong, thus preventing the onset and progression of osteoporosis. These effects of exercise, along with improved blood fats and physical fitness, work together to help prevent heart disease. Keep in mind, though, that good nutrition works hand in hand with a physically active lifestyle. A low-fat, high-fiber diet and adequate calcium intake are vital in order to reap the full benefits of exercise.

The Good News: If you have been a consistent exerciser during the years

Exercise helps reduce the risk of:

- Heart disease
- Osteoporosis
- Weight gain

How Does Exercise Help? A regular program of physical activity can help manage the uncomfortable symptoms of menopause, as well as the related health concerns, such as heart disease and osteoporosis. The mood-elevating, tension-relieving effects of aerobic exercise help reduce the depression and anxiety that often accompanies menopause. Aerobic exercise also promotes the loss of abdominal fat—the place most women more readily gain weight during menopause. In addition, some research studies have shown that the increased estrogen levels that follow a woman’s exercise session coincide with an overall decrease in the severity of hot flashes.

Strength training also helps. It stimulates bones to retain the

Exercise helps improve and increase:

- Strength, stamina, flexibility, energy
- Function of vital organs
- Condition of heart, lungs and muscles

leading to menopause, you already have an advantage. Aerobic activity during childbearing years reduces the risk of breast cancer. You also will have a jump on your bone health since your strength-training exercises just may have increased the density and strength of your bones.

To reap the benefits of exercise, a balanced program of weight-bearing aerobic activity (walking is great), strength training (with weights, resistance bands or even gardening), and flexibility is essential. Consistency is the key; strive for some moderate activity daily, or at least most days of the week, every week. ■

Forever Young—*Living in the Beauty of Heaven*

The following prophecy was received for one of our wonderful FGA women, but all of you can take these encouraging words from Heaven to heart!

Jesus speaking:) My lovely, darling bride—you are not old to Me. You're young and vibrant and beautiful and fresh and desirable! You have the freedom and freshness of My Spirit! You have the blood of My wild and free Spirit running through your veins! You're young at heart and beautiful to Me.

I look not on your outward appearance, at

your failing health, at the years that have gone by on the Earth. Neither do the problems that you face cloud your beauty or usefulness in My eyes. You are altogether beautiful, altogether lovely, altogether fresh and bright and desirable.

On Earth there is the passing of time that causes the body to grow a little weary, the skin to dry and wrinkle a little, and you don't look as young as you once did. Maybe this Earth life has caused you to gain a few pounds, or perhaps you feel that your body is not quite as perfect as others, but these things matter not to Me.

I see the beauty of your spirit. I see the years of your life that you've given to Me in faithful service, in sacrifice, in humility. I see the youthfulness of your heart. Your earthly body is only a shell that will soon be left behind on the surface of the Earth when you rise to greet Me, your faithful Husband and Lover. We will live together for eternity, and I will never leave you nor forsake you. In that day your physical body will be perfect, and you will then see yourself as I see you, and so will all of those around you.

Your life on this Earth is but for a moment, My precious one, My lovely bride. If the trials are too hard to bear, bring

them to Me and let Me wash them all away with My tears, and then let Me dry your cheeks with My kisses. You are the one that I love, the one that I adore, the one that I long for. You're as beautiful today as you ever have been, and with each passing day you grow dearer to My heart. I crave you more and more, because you love Me more and more. The years that have passed on Earth have not diminished My love for you, for I see not as Man sees. I see your spirit that's even more sexy and appealing than it has ever been, because your spirit is even more yielded and surrendered than it has ever been.

Everything of this Earth will pass away. The dust of the Earth, which is what the human body is made of, will pass away. Then your spirit from within will be your crowning glory that will shine for all eternity. The beauty that I see in you is eternal beauty, everlasting beauty—the beautiful you that will last forever. You are the one that I love, and nothing will ever change that. The circumstances of the flesh fade Me not, and do not alter My love for you. I love the you that will never grow old—your beautiful spirit and heavenly body that will be forever young. ■

The Healing Secret of Your Hands

Sent in by Anonymous

Period pain? Sore throat? The cure's at your fingertips—literally. Massage the right point on your hand, and you can ease the pain away!

1. **Eyestrain:** Massage the palm of your hand just below the second and third fingers. Then work a little way up the fingers and between them.

2. **Blocked ears:** Especially useful when you're on a plane. Press the point on your palm below the web between your third and fourth fingers. At the same time, press on the corresponding point on the back of your hand.

3. **Cold:** Massage all the way up your fingers on the palm side. Also work the sides of your fingers. With a slight snuffle you may experience immediate relief of the symptoms, but you may need help with long-term sinus problems.

4. **Period pain:** Work the reflex point which corresponds to the ovaries. This is on the inside of your hand, just above the base of your wrist on the little finger side. Next massage the pituitary point near the top of each thumb. Finally, massage the adrenal reflex points, which are halfway down the palm, in line with the second finger (this can help relieve stress, too).

5. **Headache:** Press the top, fleshy part of your thumb, just behind the nail as this is the point which corresponds to the top of your head. Then move to the neck reflex points, which are just above where the thumb joins the hand. Rub this area on the palm side of your hand and then all around the base of your thumb.

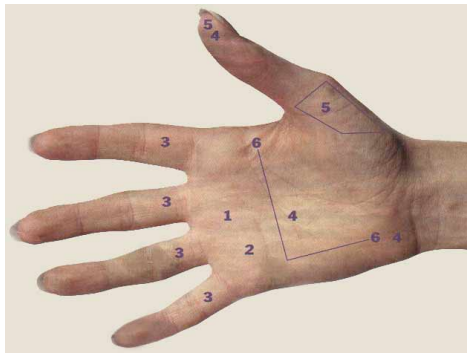
6. **Constipation:** Work the reflex to your large

intestine by starting on the right hand just above the wrist, in the palm of your hand and in line with your little finger. Work straight up to halfway up your palm, turn and work across the right palm and then the left palm. Next go straight down in line with the little finger on your left hand to just above the wrist. Finish by going back across to the edge of your thumb on the left hand.

7. **Toothache:** Your teeth reflexes are on the back of your fingers. Rub or press all the way up. The reflex points are pinhead size, but you'll know when you've hit the right one because it'll be tender. Keep working it!

8. **Sore throat:** Massage the back of your hand at the base of your thumb. Then work the points below the webs of your fingers on the back of the hand. You'll be working the lymph glands, which will help to fight off infection.

Caution: The above treatments are only suitable for minor ailments. They should not be used if you're pregnant, epileptic or diabetic.



Jesus speaking

Your body is a wonderful, living machine that I have created, with all kinds of wonderful secrets that man has only begun to discover. Man has merely scratched the surface of the intricacies of the body and how it works. One of the wonders is pain relief through massaging the pressure points

and muscles in the body. It's something natural that you can do, and though it won't give permanent healing—for that comes from My hand—it may give temporary relief and surcease in some cases.

This technique works by taking advantage of the pressure points in your body—massaging them, relaxing them, and allowing blood to flow, carrying pain-relieving endorphins to the part of your body

that is afflicted. Your body and all its organs are interconnected, so by massaging one part of your body, like some parts of your hands or your feet, another part of your body can benefit and be relieved of pain or discomfort.

This is not a cure-all or a replacement for receiving My healing for you, because I am the only One Who can bring permanent relief. I am the One Who created even this little natural wonder of the body, and

I am the One Who has the power to help it work for you. So don't expect all of this to work for you without first checking with Me to receive My blessing. I will show you what will work for you and what won't work for you, because only I know best. And above all, praise Me for this natural phenomenon! Praise Me for how intricately and perfectly I created your body, and all its hidden secrets. ■

A Skinhead for Jesus

From Linda (21), Latvia

About a year ago I started losing a lot of hair. At first I wasn't too worried about it, as I figured it had to be some hormone thing. But as the months passed I lost more and more. I would wake up and my pillow would be covered with my precious hair.

The doctors weren't very helpful. They said I had a B-vitamin deficiency in my blood, but they weren't sure why my hair was falling out so abundantly.

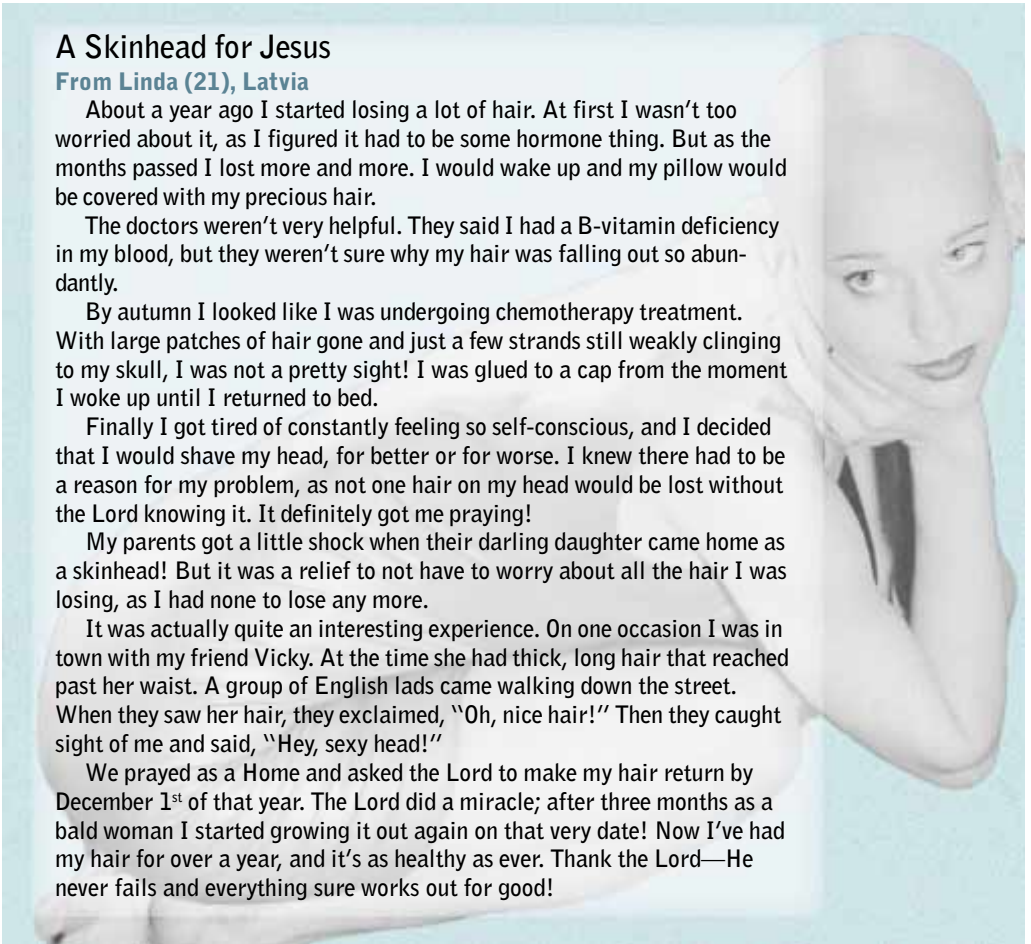
By autumn I looked like I was undergoing chemotherapy treatment. With large patches of hair gone and just a few strands still weakly clinging to my skull, I was not a pretty sight! I was glued to a cap from the moment I woke up until I returned to bed.

Finally I got tired of constantly feeling so self-conscious, and I decided that I would shave my head, for better or for worse. I knew there had to be a reason for my problem, as not one hair on my head would be lost without the Lord knowing it. It definitely got me praying!

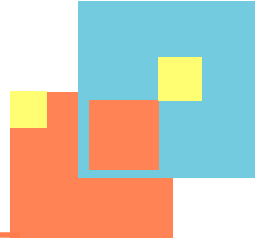
My parents got a little shock when their darling daughter came home as a skinhead! But it was a relief to not have to worry about all the hair I was losing, as I had none to lose any more.

It was actually quite an interesting experience. On one occasion I was in town with my friend Vicky. At the time she had thick, long hair that reached past her waist. A group of English lads came walking down the street. When they saw her hair, they exclaimed, "Oh, nice hair!" Then they caught sight of me and said, "Hey, sexy head!"

We prayed as a Home and asked the Lord to make my hair return by December 1st of that year. The Lord did a miracle; after three months as a bald woman I started growing it out again on that very date! Now I've had my hair for over a year, and it's as healthy as ever. Thank the Lord—He never fails and everything sure works out for good!



dieting —the right way!



From Hanna (of Tom), Italy

As Grandpa said, “When it comes to figures and dieting you need to know what things you can’t change and what things you should change, and you need to know the difference!”

There is a right way and a wrong way to diet, and the wrong way could cost you your life! I’m sure there are a lot of people—especially women—who would like to shed a pound or two, but who don’t know how to do

it properly. I looked up on this subject in various encyclopedias and news clippings to see if I could find anything on the right way of dieting.

Just as Grandpa said, there are some things you cannot change about your body, such as a heavy build. There is an average ideal weight for men and women, which I thought might be of interest to some.

Before you decide to lose weight, you should

find out if you even need to. This chart (below) is just the average figures for you to start out with. If you are in your ideal weight range but still feel chubby, maybe all you need is a little exercise to tone those muscles!

There is also a way of figuring out how many calories you burn off in one day.

A moderately active person burns about 15 calories per pound (about half a kilo) of body weight in one day. So let’s say you weigh a little over 127 pounds (about 58 kg.) that’s $127 \times 15 = 1905$ calories in one day. (This is for those older than 18. Those younger generally need a higher calorie intake because their body is still growing.)

Depending on how active you are, you will burn off more or less calories. Of course, people are also different, and some people’s metabolism is higher than others.

I was surprised to find out that many of my ideas on how to lose weight were very wrong. I found four common myths on dieting and exercising which I would like to dispel.

Revised “Ideal” Weight Tables (From *Compton’s Interactive Encyclopedia*)

Height	Small frame	Medium frame	Large frame
MEN (cm)			
	<i>Pounds (kgs)</i>		
5 ft 2 in (157.5)	128-134 (58-60)	131-141 (59-64)	138-150 (62-68)
5 ft 3 in (160)	130-136 (59-61)	133-143 (60-65)	140-153 (63-69)
5 ft 4 in (162.5)	132-138 (60-62)	135-145 (61-65)	142-156 (64-71)
5 ft 5 in (165)	134-140 (60-63)	137-148 (61-67)	144-160 (65-72)
5 ft 6 in (167.5)	136-142 (61-64)	139-151 (63-68)	146-164 (66-74)
5 ft 7 in (170)	138-145 (62-65)	142-154 (64-69)	149-168 (67-76)
5 ft 8 in (172.5)	140-148 (63-67)	145-157 (65-71)	152-172 (69-78)
5 ft 9 in (175)	142-151 (64-68)	148-160 (67-72)	155-176 (70-80)
5 ft 10 in (177.5)	144-154 (65-69)	151-163 (68-74)	158-180 (71-81)
5 ft 11 in (180)	146-157 (66-71)	154-166 (69-75)	161-184 (73-83)
6 ft 0 in (182.5)	149-160 (67-72)	157-170 (71-77)	164-188 (74-85)
6 ft 1 in (185.5)	152-164 (69-74)	160-174 (72-79)	168-192 (76-87)
6 ft 2 in (188)	155-168 (70-76)	164-178 (74-80)	172-197 (78-89)
6 ft 3 in (190.5)	158-172 (71-78)	167-182 (75-82)	176-202 (80-91)
6 ft 4 in (193)	162-176 (73-80)	171-187 (77-84)	181-207 (82-93)

facts & myths

Myth #1: "You lose weight more easily if you skip a meal or two."

Fact: Don't skip meals. Consistent meal eaters burn 10% more calories than meal skippers, because every time they eat, their metabolic rate goes up. C. Wayne Callaway, M.D., associate professor of medicine at the George Washington University Medical Center in Washington, D.C., said: "By eating three meals a day you can burn up to 150 to 200 calories more than if you didn't eat." Besides, if you do skip a meal, you often wind up very hungry at the next and are more likely to overeat then.

So rule number one for losing weight the right way is: eat your proper three meals a day!

Myth #3: "If you don't see any results after a week or two, you're probably not making any progress!"

Myth #2: "Quit eating starches!"

Fact: Don't! "Complex carbohydrates [found in grains such as whole-wheat breads, rice and pasta, and vegetables such as potatoes and beans], being low in fat, sugar and calories, are good for weight control," says John McDougall, M.D., of St. Helena Hospital and Health Center in Deer Park, California. "You also burn more calories when digesting carbohydrates." Add such complex carbohydrates to your diet as potatoes, rice, pasta and corn. Now this does not mean that you should not cut down on fat, which is actually a key to losing weight in a healthy way.

Fact: Also very wrong! Firstly, it's not advisable to lose more than two kilos a month—maximum! Secondly, most experts say that it takes 2-3 months until you actually start to see results. In fact, some researchers say that if you lose weight fast, you're apt to gain it all back just as easily.

So if you've cut down on fats and sweets, you exercise regularly, but you still haven't seen any

Height	Small frame	Medium frame	Large frame
WOMEN (cm)	<i>Pounds (kgs)</i>		
4 ft 10 in (147)	102-111 (46-50)	109-121(49-55)	118-131 (53-59)
4 ft 11 in (150)	103-113 (46-51)	111-123 (50-55)	120-134 (54-61)
5 ft 0 in (152.5)	104-115 (47-52)	113-126 (51-57)	122-137 (55-61)
5 ft 1 in (155)	106-118 (48-53)	115-129 (52-58)	125-140 (56-63)
5 ft 2 in (157.5)	108-121 (49-55)	118-132 (53-60)	128-143 (58-65)
5 ft 3 in (160)	111-124 (50-56)	121-135 (55-61)	131-147 (59-66)
5 ft 4 in (162.5)	114-127 (51-57)	124-138 (56-62)	134-151 (60-68)
5 ft 5 in (165)	117-130 (53-59)	127-141 (57-64)	137-155 (62-70)
5 ft 6 in (167.5)	120-133 (54-60)	130-144 (59-65)	140-159 (63-72)
5 ft 7 in (170)	123-136 (55-61)	133-147 (60-66)	143-163 (64-74)
5 ft 8 in (172.5)	126-139 (57-63)	136-150 (61-68)	146-167 (66-76)
5 ft 9 in (175)	129-142 (58-64)	139-153 (63-69)	149-170 (67-77)
5 ft 10 in (177.5)	132-145 (60-65)	142-156 (64-71)	152-173 (69-79)
5 ft 11 in (180)	135-148 (61-67)	145-159 (65-72)	155-176 (70-80)
6 ft 0 in (182.5)	138-151 (62-68)	148-162 (67-73)	158-179 (71-81)

“evidence,” *do not* start eating even less! Just wait, have patience and you will eventually see results.

Myth #4: “If you don’t have time to exercise, just eat less and it will have the same effect.”

Fact: One thing that should be stressed is that when you cut down on your food intake but do not exercise, your body will lose both fat and muscle. When you lose muscle it has that undesirable flabby effect. Exercising, on the other hand, burns fat and builds muscle. Another interesting fact is that when you exercise and work out, your body will still be burning calories for up to 12 hours. That is why when you exercise you feel so warm for most of the day.

The more often you skip meals and the less you eat, the more your metabolism slows down. If you do this for too long, should you want to eat normally again you will most probably gain weight at first, as your metabolism is so slow that it will burn up calories more slowly, too.

I met a mother who told me that for years she ate very little, although she was not entirely anorexic. She kept her weight down by eating only the bare minimum, yet hardly exercised. When she became pregnant she began to eat normally and promptly began putting on the pounds. A doctor told her that her metabolism had slowed down so much that it would take a couple

of years to get it functioning well again. It’s just not worth it!
The conclusion?

- Exercise no less than half an hour, four times a week. (See the Charter rules on get-out.)
- Eat three meals a day. Don’t skip meals!
- Don’t eliminate starches from your diet.
- Cut down on fats and fried things.
- Be patient!
- Cut down on empty calories. Instead of eating cookies or bread for snack, have some fruit or veggies.
- Aside from set mealtimes, eat only when you are hungry, not because you’re bored.
- Watch out for night snacks. Your metabolism slows down in the evening.
- Eat slowly. Why? It takes 20 minutes for your body to realize that it’s full!

Don’t skip your breakfast, either. First of all, you burn more calories in the morning than during the rest of the day; secondly, it boosts your metabolism and gets it going for the day.

Keep It Up!

(Jesus speaking:) *Your diet and exercise program is going to make a difference! It’s just mathematical, it has to work, so keep going. All body movement, no matter how low key, if kept up for long periods of time, burns calories, burns fat. So even when you don’t feel like you’re doing well, as long as you’re doing something, it’s a step toward the goal.*

You don't need to eliminate snacks or treats from your diet. You don't need to refuse your birthday cake just because you want to lose weight. Just don't overdo. Or if you really like cookies and can't stay away, why not try to find a low-fat

calories. Be wise in what you cut down on. Why eat your salad without dressing, thinking you are on a low-fat diet, and then munch up half a pack of chips on video night? (By the way, five chips have as many calories as a whole cup of unbuttered popcorn.)

Always check with the Boss first before undertaking some weight loss program. Get His opinion first and you can't go wrong!

It may help to sit down one evening and write down every single thing you ate in that day. You might be surprised.

recipe? Cutting down on anything yummy might just end up making you feel discouraged to the point that you raid the fridge at night.

If you need to lose weight, I think it helps to have someone be your "weight watcher," to help you avoid falling into bad habits like skipping meals.

Enjoy yourself, but be moderate! If you like a teaspoon of sugar in your coffee, that's only 15-20

There was also another thing I wanted to mention to our dear women and young girls in Eastern Europe or other areas of the world where provisioning is scarce. If your Home doesn't have a lot of fruit or

veggies for some reason, don't stop eating what you do have and take even that away. A good friend of mine became anorexic after she stopped eating the beans and bread their Home had for lunch and dinner. It was hard to buy veggies and salads, and she was scared to eat only bread and beans as she thought it would make her fat. Now she's extremely skinny and is battling with anorexia.

In other words, if you can't substitute fatty foods or noodles for anything else, don't quit eating all together. If the Lord only supplies milk powder and pasta—well, He knows best. Or maybe He wants you to pray for some veggie provisioning! But please eat what is available if you have nothing else! (Even if it might be a little fattening.) Our main goal in life is not to try to be thin. (This article is mainly for women who actually are overweight, not for slim girls who want to lose even more!)

Remember, we are the temple of God. If someone looks at you and thinks, "Lord, she is so skinny, she looks sick!" what kind of a sample is that?

Always check with the Boss first before undertaking some weight loss program. Get His opinion first and you can't go wrong! If you think you don't have enough time to

Water is crucial to weight loss for several reasons. One is that we often misread a cue for thirst as a cue for hunger. Responding to hunger pangs [in between meals] with a tall glass of water will help you control your eating. Another is that getting all the water you need maximizes your metabolism. To "retrain" your body not to retain water and to signal thirst before you get dehydrated, try this: In the morning and at noon, drink a quart (4 cups) of water over of a 30-minute period. In the evening drink another quart between five and six o'clock. This will "shock" your body to restore a healthy water balance and make your efforts to lose weight and get fit more productive.

(From "Fit Happens," by Joanie Greggains)



do an entire workout, divide your exercises into smaller sections.

Housework burns calories too. Washing four people's dishes burns 80 calories, sweeping a room burns 100, and mopping does too. Vacuuming can burn up to three times that amount depending on how long you do it.

Take your kids on get-out with you if you can't leave them home. My toddler weighs 15 kilos, so if I push him in his buggy for a kilometer or two, I'm huffing and panting. There are plenty of time slots in

Washing four people's dishes burns 80 calories, sweeping a room burns 100.

the day we could squeeze in an exercise or two. Try this one: whenever you brush your teeth or hair, stand on your tiptoes, and then relax again. Do this as long as you are brushing your teeth. It strengthens your calves.

Video time is another time for toning your body. Here's an idea I read in a magazine.

While you watch your movie, tighten different body muscles for a short period (like 5-10 seconds) and then release again. Start with the buttocks, then stomach and legs. You

I'm so glad *Eve* had that article about diet and exercise. I was given the same counsel by dieticians to help me deal with diabetes.

I've found the only way for me to get my exercise is to do it before the kids get up. I go to bed early and get up at 6:00 or 6:30. I have a light breakfast and a brisk walk for at least 30 minutes. It's worth it, as my energy has increased and I enjoy that time with the Lord before my day begins.

It's so true all that Dad has said!—Having three well-balanced meals and table "push-offs," plus lots of water and exercise really works. TYJJ!
From Paloma, USA



Start Early!

can also press the palms of your hands together in the same way, holding for a short while, then releasing.

You can also do plenty of stretches in that time. Here are some ideas:

- Sit straight, your legs at a 90-degree angle, feet flat on the floor. Slowly bring your legs out in front of you, knees always touching. Give yourself a good stretch and repeat 4-5 times.
- To stretch your upper arms and back, reach both of your arms behind you and interlock your fingers, palms facing the ceiling. Now pull your hands toward the ceiling to stretch your shoulders and upper torso. Hold for a short while and then release.
- If you are able to put your feet up on the couch or on a stool, you can lean forward to stretch the back of your legs.
- Try sitting "tailor" and bring the soles of your feet together. Lean slightly forward and push your knees downward. Do as often as you feel like.

Try experimenting with different stretches and exercises you can do during movie night. I know a woman who rides her exercise bike whenever she watches a movie. Even if you have many children and little time, there are ways to exercise. Good, old-fashioned walks are one of the healthiest ways to start. You tone your stomach muscles, back muscles, leg muscles, and it's very good for your cardiovascular system. Remember to breathe deeply and move your arms. Happy exercise! ■

my diet counselor

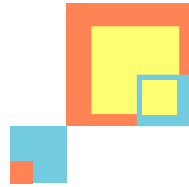
From an FGA woman, Italy



alking about dieting ... after reading the "Ask Me Everything" series I've been trying to put it into practice in every aspect of my life: outreach, making Jesus my witnessing partner, and lately I thought about asking Him to be my diet counselor. I've

been trying to lose a little weight for a long time without success. (I'm not really overweight, but I have a little tummy rounding.)

Well, I find myself asking the Lord if it's okay to eat something, and how much. He advises at times to go ahead, at times to refrain, and other times to substitute a food with a less fattening one. Results: I've lost four kilos in a short time, and everyone has noticed it. PTL! Ask Him everything! ■



don't be dazzled by fad diets



From "Fit Happens," by Joanie Greggains

he Nutrition Research Clinic at Baylor College tracked three groups of dieters over two years. One group dieted but didn't exercise, the second dieted and exercised, and the third didn't diet but exercised. Who kept the weight off? The group that didn't diet but exercised.

They may have new names and theories, but most fad diets advocate one of a handful of familiar and time-worn approaches. Here's what they're about and why they don't work over the long term, and may even be hazardous to your health.

- Human biology never changes. You need protein, carbohydrates and some fat every day. As research into the benefit of plant substances and trace minerals develops, it's clear that we need to obtain them every day from fresh fruits and vegetables (which are woefully underrepresented in some of the most popular high-protein plans).
- You need a certain number of calories every day, no matter

how overweight you are. It's basic math. If you starve yourself by drastically under-eating, you set yourself up to either stop losing weight, or to binge your way back up to your previous weight (or higher) once the diet ends.

- Learn the joy of movement: exercise. If there is a magic ingredient to sustained weight loss, it's exercise. People who exercise take it off faster and keep it off longer. Period. Yet most popular diets lack the complex carbohydrates and/or calories needed to be able to function in daily life and pursue an exercise regimen.
- If you feel hungry on your diet, you're not losing weight, you're building cravings. You don't have to feel hungry to lose weight, and constant hunger is a sign that you're not getting enough calories to maintain health, function well or burn body fat.

Another reason not to crash diet: A British study that tested women on low-calorie diets found that they were losing more than they bargained for. Short-term memory, ability to focus, and reaction time all suffered. ■

a heartcry—and an answer

Excerpts from a letter to Mama from a teen girl

I've been having big trials for a long time about

being fat. I feel I've tried everything to lose weight, dieting—not starving myself, but cutting down on white starch, unhealthy food and sugar, and all that stuff that adds to those calories that aren't good for you, plus working out. I've prayed for it so many times, but it just doesn't really work. I lose a little, but nothing major.

Then I see other girls who decide not to eat for a few days, or a week, and they really start dropping those pounds. I know if I become anorexic I'll lose weight, cause I've done it before for a little while, but I got so weak I couldn't even walk around. Then if you start eating you just gain it all back again, plus it's really bad for your body, especially if you're a teen and could have a kid in a few years.

It's not like I'm balloon size or anything like that. But I could stand to lose a few extra pounds. It's just so discouraging, 'cause I already miss out on cakes and any special snacks, including popcorn and all, but don't see results anymore. I don't know what else to try.

Please don't think that I starve myself, 'cause I do have a balanced diet, and I'm healthy. But right now, I just don't know what else to do. It's not like I'm

imagining that I'm big. It's a plain fact, and when you look at yourself in the mirror you just wish you didn't exist, if you know what I mean. I know that being thin is not all there is to life, but it's something I'm having major battles about, and don't know how to get over it.

Message from Jesus given for the teen girl above:

Hold on to Me. Let go and quit struggling. Find your peace in Me, for I alone can help you, and I will. But you must stop trying to do it all in your own might. Let Me be the One to help you.

It's good that you've chosen to become aware of what you eat and that you're mindful of what to take in, but keep a balance. You might want to try to lean more to eating lots of vegetables and fruits, with some starch, and try to cut down on your proteins [somewhat] for right now. It'll take a little bit of work to prepare these vegetables, but it's not less quantity of food that you need; you just need to try to take in more vegetables.

However, if you try to cut down too much on carbohydrates, your body will stop burning fat and start storing everything you eat, and in the long run you'll end up gaining more weight than you lose.

Grains, like lentils [a good source of protein], are something you can eat lots of, but which are very healthy and not fattening at all. Green vegetables help you burn fat, and in eating fruits you'll find the energy you need instead of getting it from artificial sweeteners.

Give this a try for a while, along with being faithful to exercise. Although I suggest you don't overdo, because I don't want you to set too high a goal for yourself and get discouraged when you can't reach it. Take it a step at a time, and as you stay faithful, stop worrying about it and let Me do My part.

Let this be a time of coming to Me when you need encouragement, and letting Me whisper in your ear all the wonderful things that you've done. Let Me encourage you, and love you. Don't let the Enemy come in with his doubts and discouragement, because it'll only make it harder on you. Replace each negative thought with a positive one; think on all the progress and not on what you lack. ■

Let him bear the weight

From an SGA woman's letter to Mama:

I'd like to tell you something about my weight; I guess I worry about it like all other girls do, but for now I've decided to leave it in the Lord's hands as there are more important things. This is a constant test for me, since I like to eat and also want to stay thin.

Message from Jesus given to her:

Yes, My dear one, you're right to focus your time and attention on the things that matter most, and not allow your thoughts and heart to be overly occupied or sidetracked with your weight—the encumbrances and cares of this earth and its earthly ways. When all is said and done, it's the spirit and things of the spirit that

bring life and health and beauty.

Trust Me with this area of your life by obeying the health laws I've given you, and I will bless this obedience, this keeping your eyes and heart fixed on the things of the spirit and the health and nourishment of your spirit above all these other things.—These things that can so easily pull your heart and mind away from what's really important. Be one of My wise virgins who feeds her soul and feeds her body, with healthy spiritual food and physical food. So will you be healthy and well rounded, and beautiful in earthly form, as well as spirit. ■

(AP) Only a little less eating or more activity is all it would take to turn around weight problems, researchers say. "Modest changes in what we are eating, and what we are doing may go a long way," said Dr. William H. Dietz, director of the Division of Nutrition and Physical Activity at the federal Centers for Disease Control and Prevention.

Fifty calories a day less food or more exercise works out to five pounds less weight over a year—and doubling the lost calories means doubling the lost weight.

About 55 percent of adults weigh too much. The implication is that people got that way by eating more and being active less.

Small permanent changes are what we should strive for, rather than radical or punitive weight loss programs. It could start with as little as a daily 15-minute walk out your front door and a 15-minute walk back. It also could involve eating more fruits and vegetables, and less high-calorie processed foods, he said.



Fitness-Overweight

If I'm not jumping on the scale every day, how do I track my progress?

Body weight can fluctuate dramatically, which is why making a daily ritual of weighing yourself is a mistake. Once a week is enough. If you find yourself retaining or gaining weight from week to week, honestly assess what you've been eating and how you've been exercising. Otherwise, forget the scale and pay attention to how you look, how you feel, and how your clothes fit.

scale back: How to Keep Pounds in Perspective

By Pamela B. Haskell

When most people talk about losing weight, what they're trying to lose is body fat. But a scale doesn't measure the loss of body fat or an increase in lean body mass.

"Focusing too much on weight can be destructive," says Georgia Kostas, director of nutrition for the Cooper Clinic in Dallas. "Eat healthfully and exercise instead of obsessing about weight, and let your psyche (Eve: the Lord!) be your guide in determining how often and when you should weigh."

She cautions that chronic dieters and those who obsess about weight should avoid the scale altogether and focus instead on learning to feel healthier, more energetic, and better about themselves. The

healthiest weight loss moves slowly, with fluctuations, and a scale won't accurately reflect these changes.

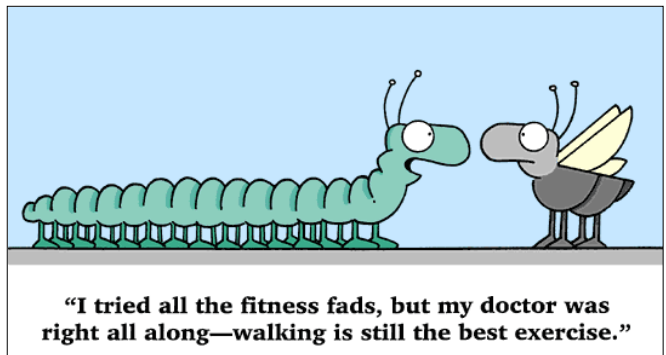
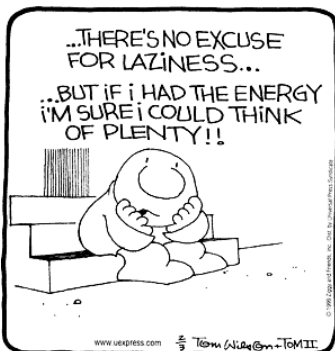
The Clothing Test: Nancy Brown, a nutrition consultant, recommends using one pair of pants as an indicator of fat loss or gain. She also warns caution in comparing scale weight with any of the published ideal-weight charts. "You can compare two women of similar build—one has 16% body fat, the other has 30%. The 16% woman may weigh 5 to 10 pounds more because she has more lean mass," Brown says. "She'd be considered overweight according to the charts, but in fact, she's much healthier because she has more muscle and less fat."

A number of factors influence weight gain and loss. "Body tissue is always fluctuating. Muscles retain fluid, so they weigh more," Moore says. "Most women also gain water weight during their periods. Remember: Pounds don't always mean fat. Focus on how you feel. You're better off if you get used to fluctuating five pounds."

Remember also that if you perspire, you lose water. So if you weigh yourself after a sweat session in the gym and think you've lost two pounds, keep in mind that you'll regain it after you eat or drink. If your goal is to drop a few pounds, understand that the best part of exercising isn't the immediate weight loss, but the boost it gives your metabolism—which will contribute to weight loss over time. ■

Eve readers: Stay tuned for more to come on the subject of weight loss, including some terrific messages from Jesus and Dr. Koger. Don't miss them!

Just for fun



PLATFORM

Your Feedback Wanted!

Our Family is filled with experts, in all kinds of areas—and each of you are one in your own right. We want to thank those of you who have been contributing to *Eve*, and encourage those of you who haven't to write in anytime you feel led.—Remember, your contribution may seem ordinary to you, but could be a jewel of revelation to someone else!

We also know how much fun it is to hear from others like yourselves—someone, somewhere, who is just like you. And since we all have so much to say, why not have a proper forum—or platform—to do so?

Thus was born our new feature. We would like to print freestyle interviews on a variety of different topics, and to make it easier to do so, we are including a general list of questions here in this mag. Then we will open the floor to any of you who feel the urge to write in and tell us your views on any of the questions below.

Wait! Before you faint at the size of the list, we want to clarify that you do not need to answer all of the questions! In fact, our recommendation is that those of you who feel inspired to contribute, first read through the list and then choose 8-10 questions that you would most like to answer, and write in about those. Of course you are welcome to answer as many as you like.

We'd love to hear from you, and we'll print all we're able to. We'd also like it if as much as possible you included a photo with your answers, along with the "vital stats" info that we will enclose below. Thanks so much! We look forward to hearing from you!

(Note: When sending in your answers, instead of typing out the whole question again you could just include the question number, and we will refer to this list and add in the question. We hope this makes it easier for you!)

Questions:

(1) Tell us about one of the most memorable experiences in your life.

(2) How do you personally manage to get time with the Lord, both to read and hear from Him? (Particularly those who are in small, busy Homes and/or have a number of small children.) Any tips that could help other readers?

(3) What three tips would you give to a mother pregnant with her first child?

(4) What were the best and worst things about your pregnancies or childbirths?

(5) What is the funniest or most embarrassing experience you can think of (that you wouldn't mind sharing with others)?

(6) If you could live your life over again, what one thing would you do differently?

Vital Stats Info

Name:

Age:

Nationality:

Where do you live:

Married/Single:

How many children do you have?

How long have you been in the Family?

Platform Questions

(7) What is your all-time favorite home remedy?

(8) How do you fight discouragement or depression?

(9) Have you ever had a supernatural experience, encounter with a ghost, spirit or angel? Please describe.

(10) What is the biggest thing you have learned in taking care of your children?

(11) What would you do differently in the care of your children if you had a second chance?

(12) What do you most look forward to about Heaven?

(13) Have you ever been in a really tough situation, or had times when you felt like completely giving up? Tell about the experience, and what helped pull you through.

(14) Do you have a natural beauty, fitness or nutrition tip you'd like to share with all?

(15) How do you get your weekly exercise quota?

(16) Have you ever been healed from a nagging affliction or a serious disease? Please explain.

(17) At what age did you begin experiencing the symptoms of menopause?

(18) How has menopause affected your life? Have you noticed differences in your body? Has the transition been easy or difficult?

(19) Do you have any practical tips (or spiritual ones) that have helped you through menopause that you'd like to share for the benefit of others?

(20) What Letter has

had the biggest impact in your life, and why?

(21) Do you have anything special that you would like to say to your fellow Family mothers?

(22) How does sexual sharing and the Law of Love work for you? Do you have any tips, lessons or experiences that might be a help to others? (This answer can be printed anonymously, if you wish. Please let us know if you would prefer this.)

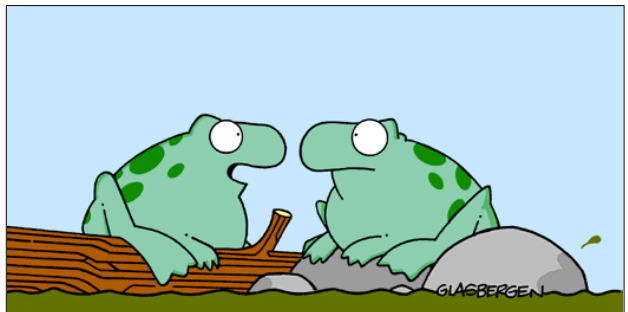
(23) What is the most important thing you've learned in your relationship with your mate?

(24) Have you ever fallen in love with someone else while you were married? What happened, and do you have any advice that could be a blessing to others? (This answer can be printed anonymously, if you wish. Please let us know if you would prefer this.)

(25) For mothers who have a lot of children, or a number of young ones close together: Do you have any lessons, tips, experiences, battles and victories along these lines that might help and encourage others?

(26) What things have been an encouragement or source of inspiration for you as a single, a mother or a wife?

(27) Do you have a special recipe that you love to prepare that you would like to share with all? ■



"Looks aren't everything. It's what's inside you that really matters. A biology teacher told me that."

Cover photo: Susanna
(mother of 8) Europe

Suggested reading for ages 16 and up.
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