



Five

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Q:

I do a lot of sit-ups for my stomach, as I want to get it toned, but now instead of curving in it kind of curves out. It's muscle but if you look at it from the side it sticks out slightly. What kind of exercises should I do so it goes more inwardly toned and flat? How many a day will be effective and what types should I mix together? If I put a weight on my tummy while I do sit-ups, will that help it?

—From an SGA woman, Europe

A:

This is indeed an ageless, sexless question—it's probably been on every one of our minds at some time or another. On the general subject of stomach workouts, here is an assortment of tips, ideas and suggested exercises which we pray will be a blessing to you. This is by no means an exhaustive list, but we pray this will give you some good material to begin with.

Remember as you read through this to most importantly get *your* personalized exercise plan from your Personal Trainer. He's the tops in every department, and He knows *your* abs better than anyone and what will keep them looking tiptop. We love you!

Abdominal Facts & Fancies

By Dad

You've

got to remember that not everyone can—or even should—have a perfectly board-flat stomach. This might be shocking to some of you, but it's not natural in many cases! There are some people who are made that way, and the Lord created them with pretty flat stomachs. But everyone has their own body type and shape, and the first step to happiness is

accepting the way the Lord made you.

Beyond that, of course you want to work on it, do your part with what the Lord gave you, but a lot of the images that women get nowadays from seeing models and movie stars and so on, are unrealistic. In addition to all the counsel that the dear editors have included on this subject below, which I won't bother

repeating for you now, here are a few things for you to keep in mind, dear ones:

- ◆ Most important of all, ask the Lord! He knows your body type, and He knows what exercises will work best for you, how many you should do and how often you should do them. Not all stomachs need to be or are even meant to be worked out in the traditional

Question My ab exercises are not working out. What shall I do? I want to keep looking good!

Jesus speaking I've got to take you out of your present mindset and bring you to new places; forsaking the old and embracing the new. It's not like you're the hottest chick in town and have to worry about maintaining some sort of image. People love you and like you; don't worry that if you don't keep things just right it'll mean trash to your rep.

Just do the best you can, and when I lead you to step up the pace and put more into keeping up your figure and all, then do that, but for now you can just concentrate on keeping the average and doing the minimum normal workout. Don't try too hard to be someone you are not. I love you tender. I'm your great keeper. Thanks for asking; now I can keep you spunky and looking good too.

abdominal workout fashion. It's not a plus in every instance, and sometimes the muscles that you will develop through rigorous or excessive working out can end up very far from flat.

Let's face it, a muscle is a muscle—it's not flat skin! So if you're working and huffing and straining to grow this muscle,

you can't expect that it's going to make you flat as a pancake down there.

That's not at all to say that stomach workouts are bad, because used in moderation and in balance with a good exercise program they can be very helpful. They can tone your stomach and make it look sexy and healthy, and can also assist in burning fat—but it's got to be in the right balance and proportion. So keep that in mind: Sit-ups aren't just the magic cure-all; they're just one part of the whole picture.

◆ Don't forget to stretch your stomach muscles afterwards. It's amazing how many people have heard of sit-ups and crunches and stomach exercises, who strain and sweat and get their muscles all worked up, and then they just get up and walk away and leave it at that! You've got to take time to relax as well. Roll over and lie on your stomach, prop yourself up on your hands and arch your back up to stretch that muscle you just worked. That

will loosen you up and get the blood flowing through the area, and will prevent your muscles from getting clumpy and bunched up together. It smoothes things out and keeps your body working properly and looking fine.

◆ And in answer to your question above, dear, there's not really much use in putting an extra weight on your stomach. The most important thing in abdominal workouts is keeping the right form, and if you're straining to support an extra weight it's more difficult for you to be focusing on keeping good posture, and doing everything just right. On top of that, putting more weight is going to give you more bulk, not less. A body-builder uses heavier weights to build bigger muscles—so if it's flat you're looking for, a heavier weight is not what you want.

So keep these things in mind, and God bless you as you take good care of His temple. That's what He gave it to you for! Just make sure that you're using and not abusing it. I love you! (*End of message.*)

...Stronger, Tighter Midsection



are many myths and misconceptions when it comes to abdominal training. Here are some points to remember when performing abdominal exercises.

- ◆ Don't pull on the neck during the movement. Keep the chin a fist's distance from your chest.
- ◆ Start with the arms across the chest; as your abdominals become stronger, extend the arms behind the head.
- ◆ Don't throw the body, or use jerking motions to complete the movement. Keep it slow and controlled.
- ◆ Keep the abdominals pulled in by visualizing your navel pressing down toward the floor. Keep your back flat against the floor.
- ◆ Always exhale as you contract and inhale as you release.

Variations of the crunch: The best exercise to tone and strengthen the upper abdominals is also the easiest: the basic crunch. This exercise is performed with knees bent, and back flat on the floor. Raise the chest and shoulders several inches from the ground, exhaling as you come up and inhaling as you release.

To work the obliques, the muscles on the sides of the stomach, perform the crunch at alternating angles, reaching with the shoulder (not the elbow) across the body to the opposite knee. Repeat on the other side.

Finally, to work the lower abdominals, bring the knees up toward the chest, forming a 90-degree angle with the body. Using only the lower abdominals and not the legs or hips, bring the knees slightly toward the chest as you exhale. Return to the starting position. Remember, this is a very small movement. Don't try to bring the knees up to the face.

There are no hard and fast rules as to the number of repetitions you should do of these abdominal exercises. Start with 10 repetitions of each and increase as your abdominals become more conditioned. Twenty-five repetitions of each exercise is a good goal to keep in mind as you train your abdominals. And, with 30 minutes of cardiovascular exercise, three times per week, you'll be on your way to a leaner and healthier midsection.

From the American Council on Exercise

First of all, let's get something perfectly clear. No amount of crunches or torso twists will get rid of the excess fat that many of us carry around our middles. Regular cardiovascular exercise, on the other hand, can do the trick. And more important than just making us look better, losing excess fat around the middle is important for keeping the heart healthy.

Technique is everything: The single most important thing you can do to correctly train your abdominals is to use proper form. There

Crunch Your Way to a...

Strengthening Your Stomach Muscles

By Karen Voight, L.A. Times

Done alone, all the sit-ups in the world are not going to shrink that paunch to improve your profile or even help your

posture. That's because they only work to bend and twist your body in the forward direction.

But that is just part of the story. Among the key midsection muscles is the transverse abdominis, deep in the lower section of your abs. It acts as a girdle, wrapping around your front torso. It also plays a major role in your breathing and in supporting your lower back. You can feel it contract when you cough or when you exhale and pull your navel to your spine. Getting it strong is the key to flattening your lower abdominal wall.

Another part of the story is developing a strong back. By overemphasizing the ab muscles, you can end up with an imbalance in which the back muscles are not strong enough to match the front muscles and you are at risk for back injuries. So what you want is to train the torso as a whole unit. I find it helps to think of your trunk as a cylinder with your spine running up the center. You not only need the abdominal

and back muscles to bend, flex and twist your spine in all directions; you also need them to support your spine in an upright position and hold your belly flat.

My favorite all-in-one exercise for safely working your torso as a whole is the "Dead Bug March." It strengthens your back muscles as they work to stabilize your spine against the movement of your arms and legs. It also tightens and tones the lower section of your ab muscles, creating a natural girdle effect to hug your spine when you are standing up. In this exercise, your back is supported by the floor and you don't lift your head, there is no risk of back or neck strain. You can do it any time, anywhere, with only your body's weight as resistance.

As you strengthen your midsection, don't be surprised to find that all kinds of activities—from skiing to hiking to carrying groceries—get easier to do. And if you happen to glance at a shop window as you run your errands, you're sure to be pleased with the new, more streamlined profile you see reflected there.

The Dead Bug March

A. Lie on your back, bending your knees with your feet flat on the floor. Place your hands at your sides. Begin by inhaling deeply, now exhale completely and at the end of the exhale imagine pressing your navel through your back to the floor. Keep your abdominals contracted and your back in contact with the floor throughout the exercise.

B. Lift your right leg, keeping your knee bent and move it up directly above your right hip. At the same time, raise your left arm overhead. It should stay straight, with your upper arm next to your ear. Hold this position for about two seconds. Now alternate sides, creating a rhythmic pattern as you simultaneously lift the opposite arm and leg.

Throughout the exercise, your back muscles need to stay in contact with the floor and your abdominals should remain firm and flat. Keep doing the "march" for 30 seconds. As you get stronger, continue the movement for up to a minute and put less weight on your feet, just tapping your heel on the floor as you raise the opposite leg and arm.

Q:

What are good ab exercises?

A:

Facts and Tips on Abdominal Training

From Health For Life's Legendary Abs booklet

We've

divided the exercises into upper and lower ab exercises. Note that there aren't two separate muscles that you can truly isolate, so all the exercises stress the whole abdominal wall. However there are "clusters" of muscle separated by connective tissue. You can focus on the upper clusters by moving just the torso and the lower clusters by moving the pelvis. Try to take about 1 second for each rep, except for ab crunches which you do slower (2 secs/rep) for a better contraction and 1/4 crunches which you should do fast (2 reps/sec) because you're hardly moving.

For the lower abs, in increasing order of difficulty:

Lower Ab Exercises

◆ *Lying Leg*

Raises:

Lie on your back with your hands,

palms down, under your buttocks. Raise your legs about 30 cm. (12") off the floor and hold them there. Now, trying to use just your lower abs, raise your legs by another 15 cm. (6"). Do this by tilting the pelvis instead of lifting the legs with the psoas. Make sure your knees are slightly bent.

If you're big or have long legs or both, you should probably avoid this exercise. For people with legs that are too heavy for their lower abs strength, this exercise pulls the lower back into an exaggerated arch, which is bad (and painful). If you have this problem you can either try bending your knees slightly more and making sure you keep your lower back fairly flat, or just try another exercise.

◆ *Reverse Crunch:*

Lying on your back, hold a weight or a chair leg. Keep the knees slightly bent. Pull your pelvis and legs up so that your knees are above your chest and then return to beginning position.

◆ *Vertical Lying Leg Thrusts:*

Start lying on your back. Put your fists under your buttocks to form a cradle. Raise your legs in the air 20-30 cm. (10-12") off the ground, knees slightly bent. If you feel any strain on your lower back, bend your knees a little more. Raise your head and shoulders off the ground slightly if you can to help keep the abs stressed.

The exercise itself has four phases: (1) Raise your legs until your feet are above your pelvis; focus on contracting the abs. (2) Thrust your heels to the ceiling, breathe out, keep contracting the abs raising the pelvis out of the cradle of your fists. (3) Lower out of the thrust back to your fists, leaving your feet above your pelvis. (4) Lower your legs back to the initial position.

What's wrong with full sit-ups?

Q:

A:

Traditional sit-ups emphasize sitting up rather than merely pulling your sternum down to meet your pelvis. The action of the psoas muscles, which run from the lower back around to the front of the thighs, is to pull the thighs closer to the torso. This action is the major component in sitting up. Because of this, full sit-ups primarily engage the psoas, making them inefficient at exercising your abs. More importantly, they also grind the vertebrae in your lower back, which can give you chronic lower back pain in later life.

◆ ***Hanging Knee Raises:***

You need a chin-up bar or something you can hang from for this. Grab the bar with both hands with a grip a bit wider than your shoulders, cross your ankles and bring your knees up to your chest (or as close as you can get). Your pelvis should rock slightly forward. Pause at the top of the movement for a second and then slowly lower your

knees by relaxing your abs. Don't lower your legs all the way. Repeat the movement using just your abs to raise your knees.

Make sure that you don't start swinging. You want your abs to do the work, not momentum. It's important that you don't move your legs too far or your psoas muscle will be doing a lot of work and possibly causing back problems as in a sit-up. Make sure your pelvis moves, your lower back stays neutral or slightly rounded, not arched, and that your abs are doing the work, not your hips.

Upper Ab Exercises:

◆ ***Ab Crunches:***

Lying on your back, put your knees up in the air so that your thighs are at a right angle to your torso, with your knees bent. If you like, you can rest your feet on something, like a chair. Put your hands either behind your head or gently touching the sides of your head. Now, slowly raise your shoulders off the ground and lift your breastbone in the direction of your pelvis, breathing out as you go.

Although the actual movement will be very small (your upper torso should move less than 30 degrees) you should try to go as high as possible. Only your spine should bend, your hips should not move. If the hips move, you are exercising the psoas.

Do these fairly slowly to avoid using momentum to help. You can increase the difficulty of the exercise by extending your hands out behind your head instead of keeping them at the side. Make sure you don't jerk your hands forward to help with the crunch; keep them still.

◆ ***1/4 Crunches:***

Same as an ab crunch except that you raise your shoulders straight up, instead of pulling them toward your pelvis. You can do these quickly; in fact it's hard to do them any other way.

◆ ***Cross-Knee Crunches:***

Like ab crunches, take the lying, bent-knee position, but this time crunch diagonally so that you try to touch each shoulder to the opposite hip alternately. At the top position, one shoulder and one hip should be off the ground.

Crunching Criterion

From “Kathy Smith’s Fitness Makeover”

You don’t need to do hundreds of crunches; a few dozen performed properly will do the trick. Ab exercises aren’t going to melt away fat around your middle, but they can make you look lighter. How? By improving your posture. If you have an overarched back, for instance, your bottom might stick out and appear

larger than it really is. Abdominal exercises will help you stand up straight and walk with a tall, graceful posture. They’ll also make your everyday life easier. You use your abs every time you carry groceries, sit at your computer, even stand in line at the movies. The stronger your abs, the more likely you’ll be able to ward off lower back pain.

A final word on abs: Many people are obsessed with developing that flat-as-a-board look. But the truth is, our abdominal muscles are just not designed to be perfectly flat. It’s natural for many women to have a slight bulge in the abdomen. Work hard to strengthen your middle, but don’t worry yourself over that small curve below your belly button. As long as it’s toned, it’s sexy!

Tighten Your Tummy On-the-Go

Prevention

You can flatten your belly while you walk by getting your abdominal muscles into the act, along with your legs. Follow the steps below and repeat them every 5 to 10 minutes to make sure your abs aren’t slacking.

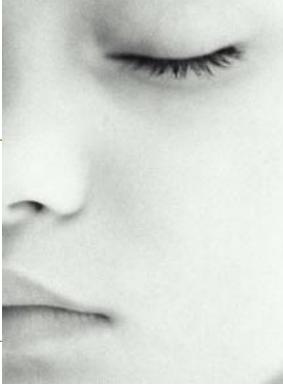
Step 1: Get iced. Start by imagining that someone has dumped ice down your back. This will put you into the correct walking posture: chest open, shoulders back.

Step 2: Zip up. Picture yourself squeezing into a very tight pair of jeans. As

you zip, lift up and pull back with your abs. This targets the inner abdominal muscles, which underlie the abs. Bonus: These hard-to-reach muscles aren’t even used when doing crunches. (Don’t hold your breath when you do this; you can keep your abs tight and still breathe.)

Step 3: Go underwater. Pretend you’re walking in water that’s chest high. As you move forward, imagine that you feel the resistance. Rather than easily swinging your arms, push them through the water in a powerful fluid motion. Keep your hands in relaxed fists, as if holding ski poles, and don’t lift your arms too high. Imagine that you’re punching the buttocks of someone in front of you. As your arms move forward at the usual pace, twist your torso along with your arms to activate the oblique muscles on the side of your waistline.

Step 4: Squeeze tight. When working the abs, it’s good to strengthen the opposing, or gluteal (buttocks) muscles. Imagine sticking a sheet of paper between the glutes. Squeeze and contract, holding the paper in place, to strengthen the butt and lower back muscles.



Have you tried applying a little cold plain yogurt to your face? You will really like how it tightens those pores. Apply and leave on for 15 minutes and then rinse with warm and then cool water. Feels great when you need a pick-me-up!

Perfume Stretcher:

If your scent has lost its punch after a few hours, rub the once-scented skin to reactivate it.

From Chloe, WS:

For those with delicate or sensitive skin, you may want to leave this on for only five or ten minutes, and see if your skin gets prickly or splotchy. The fat in the yogurt is good for softening dry skin, and the milk in it is good for removing residue (for oily skin), so there's something for everybody! But as with most homemade cosmetics, there are no warnings or instructions on the label for application to your face, so if your skin is sensitive, you may want to go slow with this at first. I tried it and found it to be a good facial—my skin is part dry and part oily. Just don't leave it on all night like I did! Ha!

► We're All Beautiful Women

Web article reprint

Did you know ... ?

- ◆ If shop mannequins were real women, they'd be too thin to menstruate.
- ◆ There are 3 billion women who don't look like supermodels and only eight who do.
- ◆ Marilyn Monroe wore a size 14.
- ◆ If Barbie was a real woman, she'd have to walk on all fours due to her proportions.
- ◆ The average American woman weighs 144 lbs. and wears between a size 12 and 14.
- ◆ The models in the magazines are not perfect—they're airbrushed.
- ◆ A 1995 study found that three minutes spent looking at models in a fashion magazine caused 70% of women to feel depressed, guilty, and shameful.
- ◆ Models twenty years ago weighed 8% less than the average woman. Today they weigh 23% less.

► Sleep Your Way to Beauty

From "Fit Happens," by Joanie Greggains

It sounds too good to be true. All those jokes we made about "getting your beauty sleep" weren't so silly after all. Scientific studies now confirm what most of us always wished: Sleep is essential to beautiful skin.

The pituitary gland secretes growth hormone, which is responsible for the cell regeneration essential for glowing, supple skin. Apparently, our bodies are too "preoccupied" when we're awake and active to work on cell regeneration and repair. This activity increases by 300% when we're sleeping, peaking at 1 AM (but only if you're asleep then). At around the same time, estrogen and progesterone—two hormones crucial to healthy skin—are also peaking.

► Junk Food Mania

“There are a number of things that I would say make a food a junk food,” says Jayne Hurley, senior nutritionist for the Center for Science. “I would say any food that is enormously high in saturated fat, or any food with very little nutrition in it—few vitamins, minerals or protein.”

Carol Simontacchi, a nutritionist and author defines junk food as anything that has been refined and processed to the point where “the natural balance of nutrition is disrupted.”

“It is so complicated,” says Sheah Rarback, a Miami nutritionist and a spokeswoman for the American Dietetic Association. “We are so stimulated by the media to like these

foods, it is hard to separate our natural preference for sugar from the seductive advertising.”

Sure, most people know daily chocolate bars and Big Macs do not make a healthy diet. What really incenses Miss Hurley is the junk food masquerading as healthy food. “We have to get away from excusing foods because it has a drop of this or a drop of that,” she says.

Among the biggest culprits are flavored drinks, which say on the label that they are packed with vitamins. However, not all of the vitamins come from fruits, one of the best sources of nutrition. Most fruit drinks contain about 5% fruit juice. “They have that fruit dancing all over the package,” Miss Hurley says, “but basically what you have is a vitamin pill added to sugar water.”

The junkiest junk, in Miss Hurley’s opinion, is soda. “There is no better example of a food that just gives you empty calories than soda,” Miss Hurley says, adding that a 12-ounce Coca-Cola contains about 10 teaspoons of sugar. Diet sodas should be avoided because the long-term effect of most artificial sweeteners has not been determined, she says.

Jackie Berning, a nutritionist and a spokeswoman for the American Dietetic Association, says the foods we traditionally think of as “junk”—such as potato chips, corn chips, and cheese puffs—are her choice for the worst foods one can eat. “When you eat chips, you get a whopping load of fat and very little nutrients,” she says.

► Just Another Benefit of Calcium

Researchers at Purdue University in Indiana looked at the eating habits and body composition of 54 normal-weight women in their 20s, and found that those who ate more calcium-rich foods while consuming a moderate amount of calories lost weight, and those who consumed less calcium gained weight. Not only that, but women who took in 1,000 milligrams of calcium a day (about three glasses of milk) lost up to six pounds of fat over two years—without dieting. Calcium may work as a diet aid because it turns off one of the hormones responsible for making fat in the first place.

Kick Those Leg Cramps

Apparently the potassium contained in bananas can help leg cramps. If you find yourself waking up with aching legs, try a breakfast including a banana and see how much better you feel.

As a nutritionist, Ms. Berning is an advocate of a diet rich in whole grains, fruit and vegetables. However, she says banishing junk food from the house will only make it more enticing. Moderation, the key to any successful diet, is also the key to taming a junk-food junkie.

Ms. Simontacchi takes a more extreme view toward fast food, fat, soda and snacks. They are not only damaging American's waistlines and cardiovascular systems, they might be killing brain cells, too, she says.

"We call a section of the supermarket the 'Health Food Section.' What is the rest of the store called, the 'Death and Disease Section?'" she writes in her book. "The Western World has gone astray in the most fundamental of life issues: the quality of its food supply. We

have almost lost sight of what constitutes a normal diet. In our quest for convenience and a shift in cultures and priorities, we have pushed aside the notion that the purpose of eating is to provide energy for our activities and to maintain the structure of our bodies and our brains. Our new foods have altered our bodies and our brains."

The rise in depression, obesity, attention deficit hyperactivity disorder, road rage and learning disabilities can be blamed partially on the absence of protein and vitamins and the excess of chemicals in junk food, she says.

"Children and teens are eating foods that have been stripped of nutrition," she says. "They are taking minerals valuable to the brain function and replacing them with things like sugar and coffee. Where will it stop? We load our kids up with stimulants and then say we want them to go out and behave."

(Dad:) Amen! Preach it! It's what I've said all along, and thank God for those in the world who are waking up and going on the attack to try to spread the word. It's up to you, dear Family! You are what you eat, and you can choose what you put into your bodies.

I'm not saying you have to go to a complete extreme and get so legalistic that you blow everyone away, because if your kids have been used to having poor eating habits, it takes time to change them. But this is the goal, and I think that if you just follow the Word and the Letters and all that the Lord's been pouring out through Mama and Peter, you'll do just fine.

It's fine to have a little treat once in a while that's maybe not the best for your body, but for God's sake, don't let those "little things" add up to where they're constituting the major part of your diet. If in doubt, why don't you keep a food diary for a day or a week? Analyze your nutritional intake and you just might be surprised to find you aren't getting all that you think you are—or that you're getting more of certain things than you should be.

In this and everything, keep in touch with the Lord, and ask Him about how you're doing. He's the best Nutritionist of all, and He'll keep your body in tiptop shape—if you'll let Him.



Unwanted Babies?

From Victoria Free (20), India

SH

ave you ever woken up one morning to find that you are a little extra late on your monthly, you have a sharp tummy ache, and you feel tired even though you had a good night of sleep? You rush over to your diary and find that you are three weeks late.

“Oh my God! How could this happen to me? What am I going to do? Well, one thing’s for sure—no one else needs to know until I can figure it out and talk to June (best friend). I am sure she will have a remedy for this disaster that I cannot let take over my life.”

If you have ever had anything to do with the above scenario then read on; if not, chances are that one day you will, so read on anyway.

Scenario continues:

“June, you have got to come over. We need to talk.”

“Wow, girl, you sound strange! What is up?”

“We can’t talk over

the phone. Just try to make it over by tomorrow. Can you?”

“Yeah, sure, I’ll try. Take care of yourself, girl!”

The next afternoon:

“So, girl—what is up? You look awful!”

“Yeah, I feel terrible too. You won’t believe it—I think I am pregnant!”

“Oh my God! Are you sure? Does Rufus (boyfriend) know? Wow, girl, what are you going to do?”

“Man, I don’t know. I am way too young, Rufus and I are not even sure if we want to stay together, and besides I am just not ready.” (*LNF: Babies usually do not show up when you are “ready.”*)

End of scenario.

Yup, girls—that does seem to be the common reaction these days when one finds herself with an untimely pregnancy. I totally relate to you, as I went down that road a few short months ago. The world can look pretty bleak and you can feel pretty desperate and ready to grab ahold of anything. But I want to tell you that there is always a light at the end of every tunnel, and what can look like a disaster can turn out to be the most wonderful experience. I am sure there are a few who are shaking their heads thinking, “Yeah, but this girl doesn’t have a clue about my situation, and besides I am only 16—how can I keep this baby?”

Well, let me tell you a little about myself. I was FM, had been engaged for a few months and had big plans for my future—one being not to have kids till I was 24. Ha! Does that seem like a joke now! Then it happened. I realized I was late and this was the same week that my fiancé and I decided to break up (he was not in the Family), and he told me that he didn’t want anything to do with the kid. Wow, was that a blow! I was also trying to figure out what to do with my life, as I knew that I

was dangerously out of the Lord's will and not where He wanted me. So here I was trying to get through a major breakup with a guy who I had thought was "the one," fighting an intense spiritual battle over my service for the Lord, and now I find out that chances are I am going to be a single mom!

No way was I going to "let" myself become a single mom. Well, the single part I couldn't do much about, but the mom part I was determined to take into my own hands. Lord help me, I went and researched on natural abortions and tried the course, but after three days of feeling weak, confused and torn between what I knew to be right and my own will, I quit. Still I had not surrendered my life and

body to the Lord, so I looked into having an abortion, but thank the Lord it turned out to be expensive. So while debating the issue of where to get the money, the Lord was able to get through to me.

I was sitting in my room crying and trying to pray, something I had not done a lot of, when I opened my *From Jesus with Love* to a page where there was a prophecy from Dad to a single mom. Wow, it hit me that the Lord was the One in control—not me, not some doctor, not anyone else but Him. I proceeded to crack open the book a few more times and everything was just for me. I then decided to let Him handle it all. It was still a big struggle when I thought of all that it entailed, but I knew in my heart that I had made the right choice.

The problems were not over by far, but I knew that I was not alone and that He Who had begun a good work in me was going to see it through. When I told my now-ex that I was keeping the baby, he just shrugged his shoulders and told me not to tell his parents or friends. Around the same time I had decided to re-join and go back to the field where my family lived. This was a real test of faith for me, as the field is a conservative one and we don't have any young single moms. (Well, until I came home.) So I knew that I would be up against a bit, but I told the Lord that this was His worry and not mine.

To make a long story short, I got back to the field where I am presently re-joining and expecting my baby in six weeks. This sure wasn't the agenda I had planned, but I realized I am not the one who sees the whole picture, and what seemed like a burden has turned out to be the most beautiful blessing. I have learnt so much and have come to love my wonderful Husband in a much deeper, more beautiful way than I ever thought possible. He takes such good care of me and I feel so blessed to be chosen as His wife and to have one of His children.

So girls, I bare my soul before you when I say please value the life that our Husband places within you, whether you are 16 and unmarried or 25 with four kids already. Whether or not the guy takes responsibility is between him and the Lord, but it is our duty before God to love, cherish and value the priceless treasure that He places within us. I have found that He alone knows what is best for me, and He alone will be the One to pull me through.

My darling wife, how beautiful is the yieldedness of your heart and life to Me. Your testimony rings beautifully in My ears, and is a testimony to all of your faith and trust in Me. Thank you for accepting the gift of a new life that I have given you; it is truly a gift of My love. Thank you for yielding to My will. You will always be glad that you put your trust in Me.

Jesus

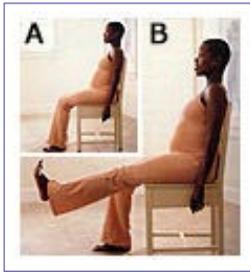
speaking

Body in Balance

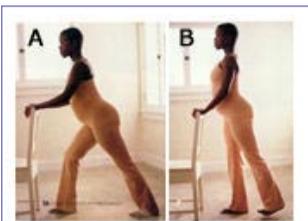
From *Babystyle* (Web reprint)

Maintain posture and grace with these easy mind-body moves.

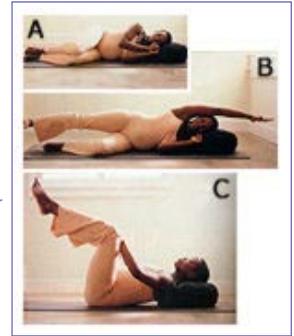
You can do these moves daily, even up to two or three times a day. Always remember to breathe throughout the motion: In a comfortable standing position, inhale deeply; then exhale. Imagine your spine as a string of pearls on a straight elastic cord; visualize that cord lengthening and shortening as you inhale and exhale.



2. Sitting extension: Sit back on a chair with knees bent, feet flat on the floor and arms relaxed at your sides [A]. Lift one foot off the floor; then extend that leg out heel first until knee is straight [B]. Keep your torso erect during the extension and hold for 10 seconds. Lower leg and repeat 2 or 3 times; then switch legs. Strengthens thigh muscles; stretches hamstrings.



3. Standing lift: Stand facing a chair or countertop and place both hands on it for support. Lean diagonally forward, keeping left foot on floor to stretch calf [A]. Straighten torso and pick up left leg, keeping right leg bent. Extend left leg straight behind you by pushing your heel back, foot flexed [B]. Keep weight balanced forward. Lower leg and repeat two or three times; then switch legs. Improves proprioception (awareness of body in space) and circulation; increases flexibility of calves and hamstrings.



1. Side-lying reach: Lie on your left side on the floor or in bed, head elevated on a pillow. Bend knees into a fetal position and keep arms close to body [A]. Inhale and extend your right arm overhead; extend right leg, leading with your heel [B]. Exhale and return to starting position as if folding up your joints. Repeat; then roll over on your back for just a moment, head elevated and knees bent. Place hands on inner thighs and let the weight of your hands open your knees to allow for widening of pelvic girdle rotators [C]. Roll onto right side and repeat twice, completing exercise by rolling on your back and opening knees. Concentrate on your breathing as you move. Improves posture by realigning head with neck, opening up chest area.

Ready to Deliver

From *Babystyle* (Web reprint)



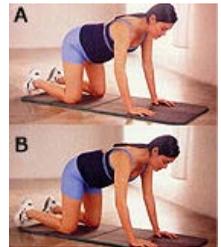
Make the big day easier with these simple labor-prep moves.

Do these exercises 3-4 times a week, with a day of rest between each workout. Warm up with 5 minutes of brisk walking or marching in place. Next, stand with feet a shoulder width apart and do a few pelvic rocks (simply rocking your pelvis back and forth) and some hip circles (like using a Hula-Hoop, sans hoop).

1. Labor squats: Place a chair against the wall, and rest your hands on the back of it. Stand with feet slightly farther than hip-width apart, knees slightly turned out [A]. With weight on heels and feet flat, bend knees so lower hips and buttocks are as close to the floor as is comfortable [B]. Don't allow knees to drift beyond toes. Hold for 10-15 seconds. Slowly tilt yourself forward on your toes; then stand, using chair for support. Repeat 2-3 times. Each week, add 15 seconds to the "hold" position until you can squat for 3 minutes. Increases flexibility and strength in the hips, knees and buttocks.

2. Upper-hip and lower-back stretch: Begin by sitting on the floor and propping yourself up with several large pillows so your head and shoulders are raised higher than your belly. Lie back onto the pillows, with both knees bent and feet flat on the floor. Place a towel behind your right thigh and hold one end in each hand. Cross your left ankle over your right thigh and turn your left knee outward as far as you comfortably can. Use the towel to help you slowly lift your right foot off the floor, bringing your right knee toward your chest until you feel a gentle stretch in your left hip. Hold this position for 5-10 seconds. Do 3 sets of 5 reps for each leg. Improves flexibility in the hips and back to reduce sciatic pain.

3. All-fours lift: Get on hands and knees, arms under shoulders, knees under hips. Keep arms straight without locking elbows, with back in neutral position [A]. Inhale on a 5-count, expanding your belly; then exhale on a 5-count, pulling navel in and back toward spine [B]. Hold for 5 seconds; then slowly release without letting back sag. (If this exercise becomes uncomfortable, replace with exercise 5, below.)
First trimester: Do 1 set of 5 reps; during the second, increase to 10; third, increase to 15. Improves abdominal muscle tone, which helps relieve back pain.



4. Kegels: Contract the muscles around the vagina (as if stopping the flow of urine). Hold for 10 seconds; slowly release. Work up to 25 reps a day. Strengthens pelvic-floor muscles.

5. Belly breathing: Sit cross-legged with back against a wall and place hands on navel.

Inhale, expanding belly; then exhale and pull belly in. First trimester: Do 1 set of 5 reps; second, increase to 10; third, aim for 15. Improves abdominal muscle tone, which helps relieve back pain.



A Heavenly Water Lesson



We can ask the Lord for everything at any time, and are only limited by our faith to receive. This may sound like a cliché, but I have proved it to be true. I would like to share a lesson about how the Lord led me through prophecy during a sickness.

I have a bad habit of not drinking enough water. I don't feel thirsty even here in Africa, except when I'm walking around outside. For this reason I sometimes get sick and partly dehydrated. The Lord warned me from time to time, but I didn't obey. I always forgot to drink. Finally I ended up with a bad headache and my whole body hurting. I was afraid I had gotten malaria again, because this feeling was similar to its beginning stages.

I asked the Lord what was wrong with me, and He gave me the following message:

Jesus speaking:

My little flower, didn't I tell you a few times already that you must drink enough? You didn't obey My warnings. You are sick because your body is partly dehydrated. You must drink daily at least three liters of water, whether you are thirsty or not. You are in Africa, and especially in this hottest season, when it is windy here and dust floats around in the air, everything dries up.

Look at the consequences: You have headaches. Your body is burning inside and your lungs can't work properly. All this trouble because you do not drink. The microscopic pieces of dust get stuck in your lungs, and it is not possible to absorb and carry them in your blood out of your body. That is why you have difficulty breathing.

I'm concerned about you, My child. If you continue like this, you can get seriously sick. Not only that, but your metabolism and internal organs are affected. Also, these tiny pieces of dust have many different bacteria and viruses, which carry sicknesses. The longer they stay in your body, the more possible it is to get sick.

I need some help from you if I am going to keep you healthy. Yes, I can do a miracle for you, any time—when there is no way for you to protect yourself, or when you are in an extreme situation. For I help those who can't help themselves, or those who can help themselves as much as is possible, then I do the rest. But those who can help themselves and do not must sometimes learn the hard way.

My flower, this is a warning for you. I will not let you hurt more than is necessary to learn this lesson. It is up to you whether you want to be healthy or not. You must take care of your body, because it belongs to Me and it is My temple. I need you healthy and happy. Try your best and I will do the rest for you. Stay in bed and read

From Jana,
Ghana

something from Grandpa’s oldie goldies about nutrition and how to take care of your body. *(End of message from Jesus.)*

This made me think a lot, and I spent some nice time with the Lord. Still, I was murmuring a bit in my heart, because I’m not the kind of person who likes to be in bed a whole day. I wanted to get out of bed, at least for a little while. So I asked the Lord what He thought about this idea.

Well, it is not good to murmur, even just in our heart, because He sees everything. Sometimes I wonder why He has so much patience with me! He was so sweet, and gave me some more explanation and guidance.

Jesus speaking:

Be patient, for the human body is not a plant that can rise up in the morning after it gets some water. The human body is one of My mysteries. It is the perfect and diligent work of My hands. The human body is much more complicated and needs a longer time to recover.

You must be careful and prayerful and really go slow. Otherwise your inner organs can get badly affected, especially your kidneys. They have had double work to do in these last days, for they must clean up all the mess that was left there for a long time, because of the lack of liquid.

Don’t try to get up from your bed. Your body needs rest. Take it easy. I know it is hard, but you can make it even if you have to force yourself to drink. It will take time to change this old habit, for you have had it for years. In Europe it wasn’t obvious, because there it is

cold most of the time. Africa is a unique field, and every mistake in nutrition can cost you sooner or later in health problems. Remember: when your body gets sweaty even if you are at rest, that is the first sign that your body needs water. Make it a good habit to drink as soon as possible. When you are going out, have some water handy.

I’m sorry for all this suffering, but it was the only way to shake you up so that you could get the point about how serious it really is. Come back to Me before you do anything. *(End of message from Jesus.)*

I can say that the Lord is the best Doctor in the universe, and all it takes is just asking Him. I learned that if we keep close, His leading and guidance will save us precious time and money.

After a few days I was fine. I’m so thankful for the gift of prophecy and for all the precious words from the Lord through Mama and Peter. Receiving more and more of His Words daily gives us strength and faith.

Jesus speaking:

This message was very true for this girl and her situation, and also has good general advice and insight for most people. Of course everyone’s body and circumstances are slightly different, and it’s not to say that in every case if people don’t drink that much water they’ll have the same problems—but they could, and it’s good advice.



Can sitting in a hot tub damage my ovaries?

Regular hot-tub use (when not pregnant) probably won't harm your ovaries or the eggs they contain, says Jane Rogers, associate professor of nursing at Marshall University in Huntington, WV.

If you are pregnant, however, stay away—especially

during the first trimester. "In a hot tub, your body can't dissipate heat. This may cause enough of a rise in body temperature to interfere with cells gathering to form the fetus's neural tube, causing permanent neurological damage," she warns. Steer clear even if you're expecting to conceive, since the neural tube that will eventually develop into the brain and spinal cord begins to form before you miss your first period.

(Dr. Koger speaking:) This is a good caution to be mindful of extreme temperatures when you're pregnant, like a dip in a sauna or jacuzzi. But it's not to say that you can't enjoy a warm bath if you're pregnant—not at all. There's absolutely no harm to your unborn baby in that; just make sure it's not too hot, or it can occasionally result in problems. A good rule of thumb if you're not sure is to dip your elbow into the water and feel the temperature on the inside of your arm. If it feels comfortably warm, then you're fine. If it feels noticeably hot to your first touch, then you should cool the water down before getting in.

Homeopathic treatment for warts

From Paul and Lilas, France

We saw many requests in the Prayer List against warts. Lilas' sister-in-law is a foot doctor, and she told us how to naturally heal warts easily and painlessly, by using homeopathy.

Here are the three homeopathic medicines to use:

- ◆ Thuya 15 (the whole dose once a week, which is the whole tube in one shot)
- ◆ Antimonium

Crudum 7 (five grains two times a day)

- ◆ Nitricum Acidum 5 (five grains once a day)

While taking homeopathic medicine, make sure you don't take any mint in any form, as that destroys the effects of homeopathy (beware of toothpaste with mint).

This treatment has really worked for our three children; their warts were gone in less than three weeks. PTL!

If you can't get these medicines on the field, maybe you can ask relatives or friends to send them to you. (Here in France, the whole set for one week cost 35 FF or \$6 US). *(Eve: Another tried-and-proven wart cure: Apply vitamin A from a capsule directly on the wart. Whatever you do, be sure to ask the Lord to confirm that it's the right treatment for you!)*

Zesty headache cure:

Had a rough day? Here is a cure for a throbbing headache: Cut a lime in half and rub it on your forehead.

Web reprint

(Jesus:) It's not something that will work for every person or every headache, because there are many degrees and causes. But for most people, especially if it's just a headache from tiredness or tension, this would help at least somewhat.

Bye-bye body odor:

Here is a practical tip I learned from my grandmother concerning underarm body odor. Add a few drops of lemon juice to a half-teaspoon of bicarbonate of soda. Spread this foamy paste under your arms and let it set for a few minutes until it dries. Do not rinse this mixture off until the next day (it's not at all bothersome). For a few days you won't have any body odor. If you follow this trick once a week, after a while you'll see that your body odor problem has disappeared—without deodorant!

Abigail G., Italy

Your Home Remedies

Vinegar for mouth burns:

My mother taught me this way to heal a burnt mouth or tongue. All you have to do is swish some straight vinegar around in your mouth—especially on the burnt areas—immediately after you burn it (or within 5 minutes or so). Presto, the pain is gone! Red wine vinegar works great, and I'm pretty sure other kinds do as well.

Andrew, NACRO

Aloe for cold sores:

Feeling an irritating blister forming on your lip? Stop the cold sore and speed healing with a dab of gel from an aloe vera plant, which features antiviral and anti-inflammatory properties. A General Dentistry report found that the plant's gel cures lesions inside and outside the mouth. Aloe vera juice or lip balm can also provide some relief.

Parents magazine

Itchy skin:

Pour one cup of apple cider vinegar into a tub of warm water, and soak in it. The itchiness should calm down nicely.

Web reprint

Do you...

...take a vitamin-mineral supplement regularly? If you do, splitting the dose can help to boost your body's ability to utilize those nutrients. Take half of the tablet at breakfast, then the other half with a later meal.

Runners World magazine

Marital Disagreements

learning to take the low seat

From Kris, Romania

I've been married to a wonderful man now for five years. We love each other dearly and basically can't live without each other, but ... we have had a real hard time getting along. We are very different—if not opposite—in character. For five years we've been trying to find solutions to our little hourly disagreements and differences of opinion. On top of it, we kept having dear little ones almost every year, which added to our not finding the time to work things out properly. Of course the Lord was always right by our side, and He has taught us a lot and helped us in our relationship.

I've met a few young couples who face almost the same problems we did, and thought it could help to share our experiences. First of all I've learned, and still learn, that the woman in a relationship can make a big difference by the way she reacts to situations. I'm a Leo and my husband is a Scorpio, and a lot of our disagreements came because I was not willing to sometimes "let it pass."

Of course, some things are important

and can't just be forgotten, but they don't have to be broached right away, and definitely not in the "heat of passion." I've also learned that asking the Lord about the littlest detail was the biggest help in communicating with my dear mate. I think this is called "wisdom," and a woman is given the responsibility, if I may say so, to be meek and humble in a disagreement—which sadly I haven't always been, and still struggle with the Lord's help to be.

Also, your man will appreciate you so much more for not nagging him and continuing on a subject that's obviously not pleasant for either of you—especially when he knows he wasn't completely right. Asking the Lord about the situation and crying on His shoulder instead of on somebody else's or pouring my trials out to my husband, has made a big difference for me. Many times the Lord

would instruct me on things that were not right on my side—emotions that didn't have to be there—and would generally give me the right picture, putting things in perspective.

Usually I wanted to work things out right away, but the Lord showed me that it's better to give it some time; most of the times I wasn't in the right spirit and that makes all the difference. Asking the Lord about how to communicate my trials to my mate helped, too. Sometimes He'd tell me to write him a note about it, or to just write a note of appreciation and apology, then at a later date approach the subject.

Anyway, I'm coming back to Grandpa's saying that "Love, prayer and humility solve all problems." It's just that sometimes it's a little hard to see it and apply it in such close relationships. I hope my lessons can be a blessing so others don't have to wait five years like I did!

Creating a National Holiday

just for fun

By Allan Tobey (Web reprint)

When my wife and I were dating I “created” a National Holiday. I told her a few days before our Saturday night date we were going to celebrate National Lumberjack Day.

It was fitting since we lived in upper Michigan and it was the middle of winter. In order to properly celebrate this festive occasion I asked her to dress like a lumberjack—flannel shirt, suspenders, and work boots if she could. On the night of the date I arrived at her door in my best flannel, jeans, and work boots, carrying two double-bladed axes. One for each of us.

She was decked out in a red and black flannel shirt, black jeans, and winter boots. For dinner (we left the axes in the car) we went to the International House of Pancakes, because lumberjacks always eat flapjacks. While at dinner I told her on National Lumberjack’s Day all beautiful women receive a gift because lumberjacks never see women when they are in the woods. I handed her a gift-wrapped package. When she opened it she found an insulated undershirt.

She was very impressed with my creativity and the evening has become a very special memory we share.

Dad:

Ha! This is a cute little idea, although of course you’d need to adapt it for your own Family lifestyle. I wouldn’t really encourage following the actual details of this dear fellow’s example, ha! But you can certainly pray and ask the Lord for a personal little holiday routine that you can create either within your marriage or relationship, or even as a special event to unite your whole Home. It’s nice if you can reach out to bring others in as well. Why not create a special ‘single parent’s day’ for your Home, even a day out of every month, where everyone goes out of their way to do special things for the single parents? There’re oodles of ideas if you’ll just tap in and ask for them. And once you have, don’t be shy! Write in and share your secrets with others. That’s how love grows and multiplies—by sharing it!

How sex keeps men and women healthy:

Sexual activity is good for your health. An orgasm burns 200 calories, and provides an intense, if brief, cardiovascular mini-workout. Sexual excitement prompts the release of three important hormones: estrogen and testosterone, which boost the immune system, and DHEA which helps reduce blood cholesterol and body fat.

From Fit Happens, by Joanie Greggains

G

that
feels
good



From articles by Sandor Gardos, Ph.D.; and Kristine Kemp, *Cosmopolitan* magazine

Many people have heard all sorts of stories about the mysterious G-spot and its supposedly magical effects on women and their orgasms. What's so special about this hot spot? Well, it can trigger an intense head-to-toe peak very different from the clitoral variety.

The G-spot is a small area located on the upper wall of the (inner) vagina, toward the belly, about two to three inches (5-7 cm.) from the opening. Imagine a small clock inside your vagina, with 12 o'clock pointing toward the navel. Most women's G-spots are in the area between 11 and one. Need another visual aid? It's probably right behind your pubic-hair line.

While it's possible to find your spot alone, we recommend searching with a partner. Your own fingers may not be long

enough to reach it. If you want to give it a try, here's some tips: Insert a superlubed index finger and explore the upper front wall of your vagina. Press firmly upward toward your navel. It should feel like a small, spongy bean. After some stimulation, the spot will become hard (like a penis does) and swell to about the size of a walnut. You can make finding it easier by using your other hand to press on your stomach just above your pubic-hair line to get external G-spot stimulation. Note: Don't worry if you feel a sudden need to pee when you first strike G-spot gold. After two to 10 seconds of massage, the gotta-go feeling will subside and the sensations will be purely pleasurable.

Although many women have not had success finding their G-spots, in a recent study its presence

was confirmed in all of the women examined. That does not mean, however, that all women find stimulation of this area pleasurable. Experimentation is the best judge of that.

If you're first going G-spot hunting together, his penis isn't the best tracking instrument. Your man can find it much more easily with his digits for two reasons. First, it's easier for his finger to apply firm pressure to a spot midway up your vaginal wall (his penis is likely to just glide on by). And second, his fingertips are better able to feel through the vaginal wall for the area that swells.

To try some finger foreplay: Lie on your stomach and have him insert his generously lubricated index and middle fingers into your vagina, his open palm facing the sheets. He should bend his fingers forward, making an upside-down "come here" motion—gentle but firm. You need a lot more pressure in that area than you'd like on your clitoris.

When you're practicing with your new pleasure place, tighten your PC muscles (the ones that stop the flow of urine) when you feel turned on. That helps you focus on that region

and get into the G-spot groove.

In intercourse, certain positions will make it easier to reach this spot. Most women say that being on top during intercourse works best, because the woman has much better control of the speed and depth of penetration. Some women, though, say rear entry is the best way to hit the G-spot. Interestingly, because of its location, a shorter,

smaller penis may actually be more effective at reaching the G-spot.

Experiment. Many women report that they can have an orgasm from stimulation of the G-spot alone. Others say they prefer simultaneous stimulation of the G-spot and the clitoris. Some women report that orgasms arising from G-spot stimulation are more intense, deeper—more “whole body.” On the other hand, some women

say that they feel nothing when this area is stimulated—or worse, a downright unpleasant sensation.

Don't be worried if stimulation of this area is not everything you've imagined it to be or heard about. What is most important is to be comfortable with your own body and to enjoy your own sexuality. And there is no “magic button” that will do that for you.

G-spot

Tricks and Techniques

- ◆ Finger favorite: Pressing the pubic/lower-belly border to stimulate the outside of the G-spot while his finger caresses the inside, for both clitoral and G-spot stimulation. It takes a lot of communication and coordination to orchestrate this mix-and-match climax, so try it a few times to perfect it.

- ◆ Massage the G-spot until you're about to climax, then stop. Shift attention to your clitoris until you almost orgasm that way, and stop again. Then go back to your G-spot. Let yourself go when you can't hold back anymore. This so-called G-stroke slows down and extends orgasm. Delaying your climax will make it incredibly powerful when you do come.

- ◆ There are particular sexual positions that practically guarantee G-spot success. Lisa Krnnisky, an accountant in Tucson, Arizona, is a believer. “Whenever I get on top of my boyfriend, facing away from him, I can bring on a G-spot orgasm,” she says. “I can see why it works—his penis rubs right up against the front of my vagina.” FYI: Facing toward him as you straddle can be a spot-on position, too, if you lean back on your arms and push your pelvis upward.

- ◆ There are other pleasure positions that can directly sex up your G-spot. Try doggy style, which provides the angled plunging penetration needed to hit it. Or lie on your stomach while he gently lies on top of you so he can penetrate you deeply from behind—you'll get G-spot and clitoral sparks at the same time. If you want to do it face to face, sit on a table or dresser. Or try the missionary position with a pillow wedged under your lower back. Both body-rocking moves angle your vagina just right and have the aforementioned two-for-one G-spot/clit climax potential that is totally worth getting out of bed for.

Commission for a Wife

By

Jesus

You should try to do something special for your man every day. Make that your goal: To do one special thing for your love every day. It can be tiny—a love note, a message on his computer, a tasty snack, a little present, giving him some extra time off—but make it one specific thing every day. This will get you

yourself into a place of giving, you open all kinds of floodgates of My Spirit. It affects your whole outlook, your mentality, and your nature, and it opens you up to receive blessings from Me—blessings of thankfulness of heart, love and joy and peace. It generates love not only in the one who receives these little tokens

love in that way, trying to see what it will be today, what is the special thing you will do for him, and it regenerates your whole perspective on life.

You'll see what far-reaching effects it will have—and once you start on that path, you will be sold! As I have said in My Word, love begets love, kindness begets kindness, and when you start looking at another through the eyes of My love, seeking constantly any way to help, to make their life easier, better and happier, you will find that same love and care flooding back to you. As long as you are just seeking to take and receive love for yourself, you will never be satisfied and never have enough, but once you start giving—you will never be able to contain all that you will begin to receive! So start today—you won't be disappointed, I promise!

Make that your goal: To do one special thing for your love every day.

into a mentality of giving, of outgoing concern and of seeing what you can do to make him happy, and you'll see how this will re-infuse your relationship with love in a way that you'd never have dreamed possible.

It's a tiny solution, but it has incredibly far-reaching results, because when you put

from you, but it generates love in your own heart also, for anything given in love benefits the giver as much as it does the receiver. The place that it leaves in the heart is replaced with a loving glow that just warms and warms. And the more you do, the more it becomes a habit of looking at the one you

Name Gallery

Amber: Glows with the golden touch of My Spirit flowing from within her soft, tender heart. This one radiates My golden love to everyone she meets. (*female*)

Brian: Enthusiastic, free-spirited, full of the joys and carefree excitement of life. One who likes to enjoy life in all its fullness, and makes life a joy for others also. (*male*)

Brandon: Serious, determined, conscientious. A diligent student and one who takes life's challenges seriously, and uses My power to overcome any and all obstacles he will face in life. (*male*)

Carey: Courageous. A brave pioneer. One who will launch out where others hold back, dive in where others are timid, and waves the flag of victory when others have long since admitted defeat. (*male*)

Heather: Lively spirit-child. One who runs with Me in the fields and curls up close to Me in My lap. Possessing the heart of a child, no matter what her age is. (*female*)

Lenore: Tender-hearted one, who feels the infirmities of the weak and does all in her power to right the wrongs she sees. Moved by the spirit of compassion and applied tenderness. (*female*)

Patrick: Noble and stouthearted. Possessing great courage and generosity. A gentleman at heart; a friend and champion of the underdog. (*male*)

Simon: He has been heard. When this child was born, his cry was heard in the heavens. His entrance into this world has been marked in the halls of Heaven. (*male*)

Tara: One who bears a great weight and responsibility on her shoulders. A meek woman who carries heavy burdens by casting her cares on Me. (*female*)

Tyler: A pioneer and a revolutionary. A builder of works; an accomplisher and a "doer" of My Word. (*unisex*)

(*Eve: Thanks to Ruthie, in Pakistan, for requesting the meaning to some of these names.*)

My mother's day gift: Mother's Day was a little discouraging for me, since I'm the only single mom in the Home and I didn't have a companion to celebrate the day with. But my faithful, caring and unfailing Husband had something special for me! He made it a very nice sunny day and I went to the beach with my three kids. We enjoyed a wonderful time there in God's beautiful creation and I spent some time praying for Jesus to comfort me and fill the empty place in my heart. He gave me two prophecies that were very affectionate and applicable to my situation. (See FJWL#1:107 and 376.) I felt His eternal love warming my heart. It was a special and unforgettable Mother's Day present!—*From Tabita Fé, Brazil*

Menopause

Comments and Tips from You

Helps for cancer and menopause symptoms:



I found a great book for anyone suffering menopause symptoms. It also turns out to be a great discovery for women with cancer or young women with menstrual problems. The book is called "What Your Doctor May Not Have Told You About Menopause," by Dr. John Lee. I listened to an hour-long tape which I acquired in a health food store. This fellow's discoveries are quite contrary to mainstream medicine, and won't be something you can confirm at your local doctor's office. He recommends progesterone cream. (*Eve: See FSM 315, the articles entitled "Info on Natural Progesterone," and "What about Natural Forms of Estrogen and Progesterone" for more on progesterone cream, how to use it and cautions on misuse.*) This fellow is

totally opposed to estrogen treatments. He says estrogen dominance is what is causing endometrial cancer (meaning any cancer of the female organs).

Our local health products store went on to explain to us more in-depth treatments for cancer or symptoms leading up to cancer. My daughter is also being healed of cervical cancer and tumors. She is taking colostrum and herbs. She has been taking these tablets for two weeks and is noticeably improved.

I am taking capsules for menopause, which contain women's herbs such as Don Quai, Black Cohash, and also vitamin B6. I feel much better as well. We have both been drinking tofu shakes, with juice and vitamin/mineral powder, which is also available at the health food store. (*Eve: As with all remedies, be sure to check in with the Lord before trying them in your own situation, to be sure they are the best thing that will work for you. Also, in the case of herbs, be sure to take the correct dosage according to the recommendation on the package or that of an experienced herbalist.*)

—From Nina, USA

Progesterone cream suppliers:

I was inspired to read about natural progesterone in FSM 315. If anyone would like to obtain a progesterone cream, we are distributors with a company that supplies a very good cream, and we would be happy to supply it or tell you how it can be obtained. There have been some very good results that I have personally heard of with using it.

—From Rebecca (of Shadrach), Australia

Fruit of following the Word:

Since we started to follow the diet suggested in the Menopause pubs, Juliet's bleeding and headaches have decreased.
—From *Felipe and Juliet, Brazil*

Sexual zest in menopausal women high:

A majority of women ages 50 to 65 say their sexual desire and interest in sex is just as robust or has increased since before menopause, according to a new survey of 1,001 women by Yankelovich Partners. "I feel as alive and sexy at age 55 as I did at 30," commented actress/model Lauren Hutton.

The survey also showed more than 87% of those polled have a positive attitude toward menopause and 98% of the women believe that good nutrition, exercise and plenty of rest and sleep are some of the keys to remaining healthy and vital during and after menopause.

—UPI

Why bring it up?

One lesson I learned recently in regards to getting older and seeing how my body is changing is not to point out all the new wrinkles and new bulges to my mate. It didn't dawn on me at first not to do this, but after a bit I realized that he hadn't noticed them—so why in the world was I making an effort to point them out to him? Keep it a secret, girls! Let him look through the eyes of love.

—From *Natasha*,
WS

"It used to be said that you're too old to exercise. Well, the truth is that you are too old not to exercise. Most of what passes as aging really isn't—it's disuse."

—Walter Bortz, associate professor of medicine at Stanford University. At age 70, he runs 3 days a week and recently completed his 29th marathon.

A word from our Lover:

I look at a mature woman, one who has learned My lessons, the things that I have taught her, as being in her prime. When I said a woman shall bring forth fruit in old age, I didn't necessarily mean physical fruit, but rather it is the time for her to bring forth the fruit of her wisdom and her understanding of life and of people and of deep lessons. It is the time to bring forth the fruit of her maturity. Her latter end shall be greater than her beginning (*ML 3128, par. 69*).



»»»»»»»» FEEDBACK »»»»»»»»

I really like *Eve*; it's so informative and fun and tailored just for Family lifestyle. I was always interested in reading these types of woman's magazines, only this one has more of a Godly perspective. Keep them coming. —*Chrys, Thailand*

Eve #6 contains so many precious jewels, from "The Gift of Positiveness" to "The Ultimate Counselor." The Lord is so full of wonderful wisdom and love in His ever-living Words! It's so feeding, helpful and enlightening for me. —*Isaiah, Beth and Johnny, Taiwan*

We read the prophecy from Jesus regarding our departed kids as guardian angels, to a lady whose baby died before birth. She was very encouraged by it and said it was Heaven-sent. Everyone likes this helpful mag. —*Mary, USA*

Eve #4 was a timely answer to my prayers, and to a couple of my concerns. The Lord's faithfulness amazes me! —*Dan and Seek, USA*

I read in *Eve #6* ("Fitness Fallacies") that abdominal exercises do not flatten the stomach, only tone it. I wanted to mention that they can flatten the stomach to a certain extent, by including sit-ups from different angles so that the whole area of

muscles is exercised, like the love handles and lower ab muscles.

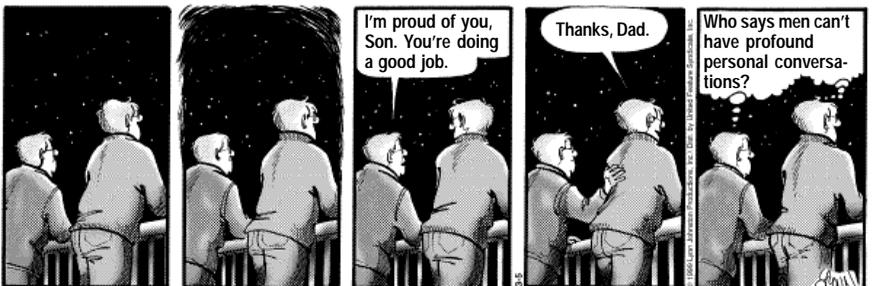
If you have a tummy, cutting out excessive fatty foods or even using less oil to fry your egg is certainly going to help not add to the existing fatty tissue. The problem is how to get rid of the accumulated fat that's already on your tummy.

I can testify that abdominal exercises do help in burning the fat. Usually we don't exercise the middle parts of our bodies much in our everyday lives. To eliminate the accumulated fat on our stomach, we need to burn it by exercise—not only abdominal crunches, although in my opinion these exercises work the best for tummies, but also jogging, swimming or other sports.

When we exercise, the muscle tissue is flooded with blood that oxygenates the area and helps burn fat by creating a chemical reaction. It always starts with the closest level of fat to the muscle tissue and works from there.

Sometimes it can take a little longer, as the fat can get hardened from accumulating for too long, but with patience, the results are soon seen. Your stomach may not be completely flat, as now you've been building muscle tissue, which will show, but not to the extent of the fat and it certainly will look tighter. (*Eve: Don't miss the focus on abdominal workouts, on pages 2-8 of this mag!*) —*Kris, Romania*

Cover photo:
Joan, mother of 5, Japan



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