



ENVA

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Platform



Meekness (of Philip)

At 10 months

Name: Meekness Loving Jesus (of Philip)

Age: 31 (Wow!—Is this me?)

Nationality: Polish

Time in the Family: 12 years

Location: Namibia

Status: Married

Number of children: 6

Hobbies: Gardening, MO site surfing, and from time to time visiting the “chat room”

Sun sign: Leo

Q: Tell us about one of the most memorable experiences in your life.

A: When I received Jesus into my heart I was stunned by the fact that I was saved forever. That was one of the most memorable moments in my life! That “little” incident totally changed the direction my life was taking. I was studying art and wanted to commit my life to it. I sometimes wondered what crazy things I would have done in order to be noticed. TYJ, He saved me just in time!

I also hold sweet and special memories—though it was not always easy at the time—of giving birth to each of my children, and especially those first moments right after they came out, all naked and so small and helpless, and when I held them close. It has worked out for Philip to be there too (except for the first birth), and those were very special moments for us both.

Q: How do you manage to get personal time with the Lord, both to read and hear from Him?

A: I live in a small and very busy Home, but I know that I need my Word and time with Jesus every day. We’ve organized our schedule so that one person (on a rotational basis) is with the kids, and the others have morning devotions together. Then during the kids’ nap we also have about two hours of quiet Word time, which is a super blessing! Plus, my W&R days are usually packed to the maximum with the Word.

During my daily devotions or quiet time, I try to listen to the Lord and bring Him any questions, worries or thoughts

that are on my mind. It's definitely a blessing to be able to get specific answers! I am also learning to tune in to the Lord whenever I can, to use those little moments to listen to Heaven, even on the run. So I find myself successfully connecting to the Lord while taking a shower, cooking a meal, gardening, going for a walk, eating a meal or driving.

Recently, Philip downloaded the "From Jesus with Love" audio files (read by Simon Peter, GBY!), and in the morning when we are waking up, we click a few buttons, set up several segments and listen to the Word at the very start of the day! It's a terrific blessing.

Q: What three tips would you give to a mother pregnant with her first child?

A: Please don't worry so much, but give it all to our sweet Jesus. Tell Him each and every little heartache you're going through, and everything that bothers you. He listens; trust Him with your all and for this new baby, who you're gonna love so much. Also:

- Take plenty of Word time (you'll need increased faith to face the changes this tiny, precious baby will bring into your life).

- Take time to bond with the baby within, connect with him. He can sense your

emotions, so pray for him and love him. He feels it and cannot live without it.

- Take care of your body. Eat nutritious meals, drink lots of water, take vitamins, go for walks, look at beautiful things, listen to peaceful and soothing music.

Q: What were the best and worst things about your pregnancies or childbirths?

A: The best thing was simply going through this unforgettable experience in life. I can't compare it with anything else in the world—a definite time of exercising my faith, leaning on the Lord and learning to trust. Also I had the chance to deliver three of my children at home, here in Namibia; it was exciting, new, fun, and much more relaxing than in the hospital.

The worst thing? Well, probably like many mommies, I also got some child-bearing "badges"—you know ... a few varicose veins on my legs, hair falling out—but I am trying to look at these positively, take care of myself, and praise the Lord.

The funniest thing is to watch people's faces when they ask me how many children I have. I say "six" and they think I am joking. Especially when I take a couple of them out with me people start admiring them, and as the conversation pro-

gresses I tell them there are four more back home. They are amazed and usually congratulate me, ha!

Q: If you could live your life over again, what one thing would you do differently?

A: I would probably make more loving decisions in little things—you know, those tiny, everyday things that actually are the pieces to the puzzle of our life.

Q: Have you ever been in a really tough situation, or had times when you felt like completely giving up? What helped pull you through?

A: A year ago, while on the road in Zambia, my then-three-year-old son almost went to be with Jesus. He had contracted a vocal-cord infection and we had to rush him to the hospital because he was having difficulty breathing. When the nurses started to inject needles into his hands, he got very scared and stopped breathing. His heart stopped beating and clinically he died. At the very last moment, a sweet Cuban doctor inserted a tiny pipe in his throat. This made him able to gasp for air, and his heart started to beat again. TYJ!

After that whole ordeal, I went to the bathroom and couldn't hold back my tears. I burst out weeping. I was there crouching on the floor crying and praying. I was so sorry for all the mistakes and wrong choices I'd made. I thought the Lord was dealing with me and punishing me. But at that moment when I felt so very low, I felt the touch of a loving hand. It was warm, and I heard clearly in my heart: "There is no condemnation in Jesus—only love!" Peace fell on me, and I was transformed by this experience. That deep trust that the Lord is in control of everything that happens gave me the strength to go on. (I was also three weeks pregnant with my sixth at that time.)

Throughout this experience I was able to commit everything to the Lord, in deep trust that He knew what He was doing. I remember I prayed, "Lord, I'll trust and serve You, even if You take him Home."—But the Lord chose to save him, TYJ! It was the biggest trial I've had in the Family, but also the greatest test of faith and trusting Him. I honestly didn't know what the outcome would be, but I didn't have any other option but to give it all to Jesus.

Q.

How do you fight discouragement or depression?

A: It depends what I am discouraged about, I guess. If it's about myself, I talk it over with Jesus and turn fast to some encouraging "on the subject" Word. If it's something that includes other folks, I try to talk it out with Jesus first and then with that person. I am also learning to "praise by faith" and to set my affections on things Above, and not on the things of this Earth, in those trying moments. It definitely helps and lifts my heart!

Q.

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

A: I have never seen an angel, but when the requests for stories for *Heaven's Library* came out, I prayed and really wanted to get something. I started to receive a story from an angel named Sean, but I was really wondering if an angel could have a name like that. I had almost finished receiving the story, when a few days later somewhere in the new mailing was a tiny mention of someone by that name. Guess who he was?—An angel! That meant a lot to me and was a confirmation that the angel I heard from exists.

Q.

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

A: That L-O-V-E for kids is spelled T-I-M-E (attention, concern, interest, friendship—all that comes with the "love and time" package too), and nothing else can substitute for that. I try to keep this special bond with each of the children, no matter how many I have—hearing them out, and praying for them; not just a general "Lord, bless my children" type of prayer, but individual, personal prayers for each of them and their needs, trials and battles.

Recently the Lord gave me the idea to spend more personal time with each of my children on a regular basis. So every second day, after naptime, I take one of them for a special half-hour of "personal time." It's nothing fancy in the way of preparation, but just time alone together, one on one.

We go for a ride to the top of the hill, eat a piece of cake in a nearby shop, go for a walk, look at the clouds and tell each other what we see in them (animals, faces, flowers—we even saw a man with a big elegant hat on!). Yesterday, when I prayed about what to do with my six-year-old, right away I thought of a 12-floor-high apartment

building (where we stayed when we were first pioneering Namibia), so I took him there. On the roof there is a safe viewing platform, and he was thrilled! We watched the tiny people from up high, and the airplanes seemed so close from up there. We arrived just in time to see the sun set.

I am looking forward to the fruit of these times together in my children's lives. After his personal time last week, my seven-year-old thanked me maybe ten times, and kissed my hand. He was so thankful and appreciative!

Q: What would you do differently in the care of your children if you had a second chance?

A: I would pray more for them, and be more faithful to listen to the Lord concerning even small things, to be able to help them better.

Q: What is your all-time favorite home remedy?

A: I have two:

- When I start feeling a cold coming on, or that I'm close to getting sick, I make a slice of bread with butter and lots of fresh garlic and salt. That works quick wonders for me (if I don't do it too late), and usually sends the cold away. If I need more of a boost, I

have another slice later that same day.

- For a sore throat: gargle with a mixture of water and salt. It works really fast; through this I've successfully avoided a sore throat a few times. (Salt is an antiseptic and dissolving agent.) TYJ!

Q: What do you most look forward to about Heaven?

A: To look deep and long into Jesus' eyes. (It could happen in a beautiful, sweetly-scented garden full of flowers, or in a grassy green field, under a big tree, all on a sunny and breezy afternoon....)

Q: Do you have a natural beauty, fitness or nutrition tip you'd like to share with all?

A: This simple trick works fine for me, but before you use it, please try it out ahead of time to see if you like it.—Don't save it for a "special occasion" without trying it out, okay? (I have wavy hair.)

I simply go to sleep with wet hair and let it slowly dry overnight. In the morning I gently brush it, and the texture changes, having all kinds of waves and fluffy designs, kinda "New Year's party style."—But it may not work for every type of hair. (*Eve: Dear ones, please*

note that while this tip will work great for some people, for others going to sleep with wet hair could bring on colds, stiff muscles, etc. So be sure to check in first with the Boss to be sure what will work best for you.)

Q: What Letter has had the biggest impact in your life, and why?

A: That's a difficult question, because I consider all the Letters quite "impactful." But I think the S2K Letters were quite a challenge for me. I was able to search my heart for anything the Lord wanted me to change in my life and walk with Him, and in my interactions with others. These Letters also came together with the Membership Contract, so it was a "physical act," like a stamp to it. I also like the *From Jesus—With Love* booklets a whole lot. They are packed with treasures and answers, and are like vitamins for the soul.

Q: Do you have anything special that you would like to say to your fellow Family mothers?

A: I prayed about what to say, and the Lord gave this:

Some people don't really know what to say,

But mothers will pray
and pray and pray.

Do you believe that those
words are true?

Do you believe I spoke
them to you?

I know you'll say, "I
cannot go on,"

But Sweetheart, look
up—anointing is on,

I gave you the love that
no one could show,

To these children of
yours—this love, please
bestow!

They may be real
naughty; they may be too
rough.

But if you neglect them,
who'll show them the path?

Let not your love fail
them, today or ever,

They need it and want it;
they'll try to be better.

Send prayers for them
before My throne,

And I'll be the One
Who'll help them march on.

When people will doubt
and turn in despair,

Remember, My love: I
know them, I care!

As you stand praying and
so do your part,

You'll see your kids grow
close to My heart!

Q:

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

A: To always go to the
Lord when any battles come
up, and not to look *for* the
right person but try to *be*
the right person.

Q:

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

A: Yes! It's simple and quick (quicker with practice),
yummy, "cold serve" cheesecake!

"Cold Serve" Cheesecake

For a large, rectangular (about 25x40 cm/10x18
inch) baking tin, you'll need:

- 1 kg soft, white cheese (or smooth, plain cottage
cheese)
- sugar (to taste)
- 2 tsp vanilla essence
- 125 g butter or margarine
- raisins (optional)
- low-sugar cookies or plain waffles (enough to cover
the bottom of the tray)

Put the cheese in a pot, heat slowly on low, stirring
constantly to avoid burning. When the cheese softens
add the sugar, butter, vanilla and raisins. Mix with a
whisk to get it smooth. When it's all mixed, remove it
from the burner and let it cool in the pot.

Arrange the cookies or waffles along the bottom of
the baking tin, so as to cover the whole base of the
tin. Pour in the cheese mixture and put it in the fridge.
The mixture will harden as it cools. It should be firm
in 1 to 1½ hours.

Use your imagination to decorate or enhance it.
Sometimes I use Jello, which I pour on top when the
cheesecake is firm and let it set a while. Or I make
colorful Jello in different bowls, and when it is set, I
cut it into cubes in the bowls and arrange on top of the
cake like a colorful topping. Or I add whipped cream
with grated chocolate on top! Or just a thick chocolate
sauce.

I am sure you'll have hundreds more ideas, and
you'll enjoy it.

Shedding Fat and Enjoying Life

By Ado (of Kanah),
California

"Standing naked before a full-length mirror—I didn't like what I saw!"

I had been skinny all my life, could eat anything I wanted in any amount I wanted without gaining hardly any weight. Dieting?—I personally

never gave it much thought. Whenever I gained any "extra" weight, I could lose it quickly just by cutting back a little on my intake. The whole of idea of counting calories, measuring every gram of food eaten, low-fat this and low-cal that was something I had no desire for. In my self-righteousness, I think I probably looked down on overweight people as having some sort of problem.

I got plenty of exercise. It's not that I'm athletic or anything, just my general speed of doing things was "fast forward." I walked a lot, and loved it. Most of the 20 years that I was out of the US on foreign mission fields I didn't drive, but took public transport everywhere—and walked, and walked, and walked some more. It was good for me, I enjoyed it, and I

stayed healthy and thin. Then something happened that changed my "skinniness."

I was 38 years old when we moved back to North America, and then lived in

Mexico again for several years. I began to drive

more, and because of my supervisory job I spent many hours driving around the country. And of course I greatly enjoyed the delicious Mexican food—tacos, tortillas, enchiladas, tamales, and ... well, I could go on, but I think you get the idea.

I didn't realize that I was slowly putting on weight. I didn't understand that maybe my body's metabolism was changing. About four years later, after moving to the States, I realized I had a "spare tire"—you know, that middle-aged spread around the waist? I was at least 15 pounds (almost 9 kg.) heavier than I had been at any point in my life. And for the first time, I couldn't lose that weight. My lower back started to ache at times, which I believe was related to my extra weight. I was still active, but not nearly as much as I had been when on the mission field.

You'd think I would have done something about it, but not me. I was too busy, and my lack of personal discipline and my mindset on dieting didn't help at all. It was another four years and almost 20 pounds before I got serious about my weight. For my 5'11" (1.8 m) frame, I was pushing 200 lbs. (90 kg)—almost 40 lbs. (18 kg.) more than I should weigh. It was more than I had ever weighed in my whole life.



I didn't like seeing myself so fat. I was anxious to lose weight, but I didn't know what to do. So I desperately prayed and asked Jesus to help me and show me what I could do. I explained in prayer my feelings on dieting (as if He didn't know already), how much I wanted to lose, where I wanted to lose it, etc. Most of all, I told Him how much I needed His help to show me a plan. I didn't have the discipline or patience to follow through on some of the diets I had heard about, plus there weren't any that sounded inspiring to me. Like I said, I really enjoyed eating.

One day while visiting some Family friends I noticed this couple had obviously lost weight, and I asked how they'd done it. They loaned me a thick paperback book. (I didn't read the book, but skimmed it for an hour or so, reading various chapters.) It sounded good to me, and worth a try. It was a diet that made sense and appealed to my enjoyment of food. However, what I later learned was that it was not so much a "diet" as it was a "way of eating." It changed my lifestyle and eating habits in a big way.

Though I'll share here a couple of specifics about the diet, I fully understand that each person's body is different, and what works for one person might not work

for the other. The main point of this article is that Jesus helped me understand how my body worked, what was causing the weight gain, and how to lose those unwanted pounds. When I turned to Him for help, He helped. When I asked for a plan, He gave it. The victory wasn't in the diet; it was in knowing Jesus would help me in such a personal way.

In the two years since I've been eating differently, I've lost 30 pounds (over 13 kg) and have had no difficulty keeping them off. I'm about four pounds from what my normal weight should be, and, Lord willing, should lose those over the next few months. At the beginning, I stopped eating most refined starches and food with sugar served at meals and snacks. Now, although I still avoid starches, I usually have a small helping of them at meals. I try to fill up on the proteins, fruits, and vegetables as much as I can. I rarely eat seconds anymore (a *big* change for me), whereas I used to chow down at least two big helpings at most meals. My snacks became healthier, like fruit or protein foods rather than chips or baked goods. (I must confess that I do miss those "Fritos Corn Chips" and dip!) I still enjoy eating and don't at all feel deprived, but my appetite has shrunk and I find I don't need to

eat as much as I used to.

For me, it was worth the sacrifice of denying myself some temporary pleasure of eating a certain food, in order to lose that uncomfortable spare tire around my waist. I feel so much better about myself, not to mention feeling healthier. My waist went from a 36" (90 cm) to almost 32" (80 cm)—my goal. It was fun to see my pants go from tight to real loose and baggy. Then Jesus was so good to me and provided some new jeans, as I began to lose those unwanted inches. I knew that He was helping me. It wasn't because I was so disciplined—I'm not, but Jesus gave me the grace and will power to stick to it, and I've seen my eating habits change.

Even after two years, I don't usually over-indulge when there are yummy snacks to eat, like pies, ice cream or cake. I've found that just one bite of the "lusty" usually satisfies my desire, rather than the large portions and seconds that I used to eat. I'm just so thankful that I took the time to ask Jesus for His help, as I know that's what made this a successful attempt to lose weight.

If you have a problem with unwanted weight gain, feeling like you don't have enough will power or discipline to follow through with a diet, ask for His help. He did it for me, as undisci-

plined as I was and as down on dieting as I had been all my life. He helped me not to just lose weight, but to gain back some of my own self-worth and to feel so much better about myself.

So do you want to know what changes to make in your eating habits?—Ask Jesus to show you! Feeling a little ugly or unattractive because of some extra bulges here and there?—Tell Jesus, and He'll show you what to do to feel better. Happy eating!!

Step-by-step Reduction Guidelines

From a Thirtyish Mother

I belong to the group of people who "like food and enjoy it too much." Because of that, I knew I needed some breaks, or mental stop signs to help me every day. A recent *Eve* talked about a main reason for gaining weight as simply eating too much—or overeating. That is so true in my case. I know my body and I am 100% sure that if I stop disciplining myself and my eating habits, I could end up really big and round! I just have those "gaining tendencies." Knowing this, I asked the Lord to give me tips on what He thinks about it all.

Here are the two main

points the Lord checked me on:

- I needed to start by asking Him in prayer to help me in this challenge (so, now Heaven can back me!).
- In order to accomplish the (realistic) goal I set for myself, I didn't just go on a two-week "crash diet" but, as the Lord suggested, I decided to change my outlook, thoughts and attitude, and set new, healthier habits; to make this a new way to live, from temporary challenge to a permanent healthier attitude toward food (something like changing my lifestyle). Rather than going for "quick results and back to normal in a few weeks," I decided to go slower for a steadier and a more permanent change. (Now I see that it works!)

On the practical side, the Lord showed me to:

- Watch what I eat and take in (both quality *and* quantity).
- Do not overeat, but when I am at the table and have nearly finished my meal, leave some space in my tummy. Rather than the feeling of heaviness after the big meal, I check myself leave some space in there, "just right and enough." (Grandpa's good "push off" exercise and "no more, thank you!", plus allowing 20 minutes for the brain to realize that I am actually full!)
- Drink lots of water

during the day. (I have a water bottle always by me; it helps me know how much I drink in the day.)

- Say no to snacking and nibbling here and there—those are the killers! (But yes, still having a moderate serving of ice cream/cake/snack/other while watching a movie or for a birthday party.)
- Eat slower—not just gobbling down my food so fast. (It really works! I feel fuller even with smaller servings, and enjoy the meal more.)
- No seconds on starch. (But definitely include it in the first serving!)
- Big YES to seconds of veggies and fruits! (They're good for skin, hair, nails—everything!)
- With the Lord's help, discipline myself in those small ways, but also on the other hand, not overdoing it, finding my own tempo and rhythm, and enjoying this change. By doing so I can feel happy, comfortable and challenged doing this, rather than struggling and "living on the scale" all the time.

Applying what the Lord showed me has been such a blessing! It's simple, clear and easy to follow. I am one of those mommies who has had a few children very close together. During pregnancies I usually put on quite a bit of weight. But since trying to apply these tips over the months since my last delivery, I am consistently shaping up and am

now at a good, comfortable weight. It feels great to be able to be a “new person,” to live that challenge—and of course fit into those “jeans from the attic”!

I am making steady progress, without starving or depriving my body of anything or having a “major push”—just checking my habits every day, and seeing the Lord bless those little obediences. I also wanted to add that this time of “disciplining” myself doesn’t have to be a daily torture, but rather a time of enjoying everything (all foods)—just with a hand on the pulse. I hope this testimony is an encouragement for you too, that it is possible.

the same. Our metabolism, shape, build, energy requirements, tastes, mentality and weight, are all different.

Basically, fat is stored energy. When we eat more sugar and fat than we need, our pancreas is likely to store them in our body as pads of fat. Constant over-indulgence turns into fatty padding, and a lot of us believe that we can remove it in a few days—or weeks at the most—sincerely believing that we can remove overnight what it has taken us dedicated years to stack on.

So we go on a reducing diet, by cutting out all sugar and fat, and we return to eating fruit, root and leaf. The pounds simply drop off—or so the scales tell us. But something else is happening too, something that the mirror is not going to reflect. We might gladly watch our fatty pads disappearing but something else is disappearing with them: our precious stores of the fat-soluble vitamins A, D, E and K, which we need for continued good health.

However, when we reach our target weight and our reducing diet comes to an end, we usually reward our diligence, and our trigger-happy pancreas is just waiting for the next opportunity—once often, now rare—to wallop into some sweet, lovely sugar and fat. In fact, it has learnt something from the experience

of being denied it for so long. It has discovered such a thing as famine, and the importance of storing sugar and fats for use in times of famine. Thus, our pancreas will now snatch at the goodies, store them and demand more—more to store for the time when the next famine hits, which it usually does.

Simply put, reducing diets make us fatter, and fatter, and fatter. Any reducing diet is a diet of exclusion. Famine conditions. In effect, we can lose weight overnight, but turn our back and on it will go again as our body over-compensates for the loss. That is why true weight loss can only happen over a long period of time—of course not in moments of plenty, but not in moments of famine either. Somewhere, moderately, in between—and with a bit of sugar and fat on the side. The desire to lose all of that blubber is good; if we go about it in the right way, it will obligingly depart. And if we continue to go about it in the right way, it won’t come back.

Health Tip:

The secret of true weight loss is not to put the pancreas in conditions of famine. As too much of anything is harmful, so is too little. We need some sugar; and we need some fat as well. Not much, but some to stay healthy.

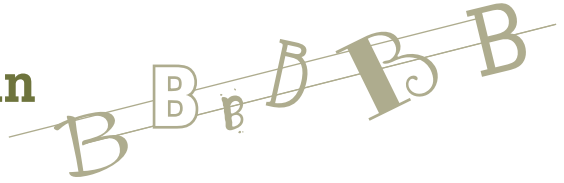
Weight Loss: Achievable and Safe

By Sandy Weeks, Quackbusters Chronicle

About half of us in the Western world are overweight, obese, or too fat to be called healthy—and obesity can produce in later adult life a range of things that include cardiovascular disease, high blood pressure, heart attacks, strokes, diabetes and gall bladder troubles.

However, our weight and shape depend on a lot of factors that are unique to each and every one of us. No two people are built

Vitamin B: The Beauty Vitamin



From *A Manual of Nutrition*, South Pacific Health Service

The functions of the B vitamins are varied and complex. A number of vitamins belong to this group. The most important ones are vitamin B1 (thiamine), vitamin B2 (riboflavin), nicotinic acid (niacin), vitamin B12 and folic acid. Thiamine, riboflavin and niacin are necessary for the process of breaking down the energy foods we eat into smaller units which our body can use. The B vitamins are also required for the proper use of protein.

Meals that contain a large amount of white rice, white flour and sugar may not provide enough thiamine to enable people to use the carbohydrate properly in the body. A nerve disease called beriberi is likely to develop when people eat these kinds of meals. Beriberi is common in parts of the world where white rice is the staple food. Thiamine is lost when rice

and wheat are heavily milled.

Whole-grains like brown rice and whole-meal flour, and starchy roots and fruits like *dalo* and bananas contain sufficient thiamine to allow the human body to use carbohydrates in these foods.

Riboflavin is another important member of the vitamin B group. Lack of riboflavin in the diet affects the mouth, eyes and nervous system. Some deficiency symptoms are mouth sores, cracked lips, nervousness, irritability, sore eyes and headaches.

Lack of niacin in daily food causes the disease known as pellagra. This causes inflammation of the skin, diarrhea, and confusion of the mind. People who do not eat enough food to provide their need for the B vitamins often suffer from rough, unhealthy skin.

The vitamin B value of fermented foods: In the Pacific Islands, quite a number of foods are prepared by fermentation. During this process yeast cells grow in the food. Yeast cells contain quite a lot of thiamine, niacin and riboflavin. When the food is cooked, the yeast cells are killed and the vitamins become avail-

able for use in our bodies.

Sour breads can be made from fermented root vegetables, breadfruit or bananas. These are a good source of vitamin B. Coconut toddy (fresh or boiled) and grated coconut flesh, which has been allowed to ferment, are also very nutritious.

The blood-forming vitamins: Vitamin B12 and folic acid are needed to assist in the formation of normal blood corpuscles in the body. Lack of either of these two vitamins can cause a kind of anemia due to lack of, or poorly-formed, red blood corpuscles.

How can you get enough vitamin B? You should have at least two meals a day containing starchy fruits and roots, one meal containing green leaves and one including meat or fish. People who eat rice as their staple food should see that this is cooked by the steaming method. Vitamin B is lost in preparation and cooking since it is water-soluble. Rice should be eaten with foods like green vegetables, legumes, meat, fish and milk. All foods should be cooked for as short a time as possible. Cooking water should be used in soups and stews.

Fact of the Day:

The epidermis, the outermost layer of the skin, sheds itself at a rate of about a million cells every 40 minutes.

How B Vitamins Work

By Dr. Jerry Gordon, [How Things Work Web site](#)

The B-complex vitamins are actually a group of eight vitamins, which include thiamine (B1), riboflavin (B2), niacin (B3), pyridoxine (B6), folic acid (B9), cyanocobalamin (B12), pantothenic acid and biotin. These vitamins are essential for:

- The breakdown of carbohydrates into glucose (this provides energy for the body)
- The breakdown of fats and proteins (which aids the normal functioning of the nervous system)
- Muscle tone in the stomach and intestinal tract
- Skin
- Hair
- Eyes
- Mouth
- Liver

Some doctors and nutritionists suggest taking the B-complex vitamins as a group for overall good health. However, most agree that the best way to get our B vitamins is naturally—through the foods we eat!

The B-complex vitamins are found in brewer's yeast, liver, whole-grain cereals, rice, nuts, milk, eggs, meats, fish, fruits, leafy green veg-

etables and many other foods.

How Can I Tell If I'm Getting Enough of the B Vitamins? As you can see, the B vitamins are essential for an astonishing array of life functions. Fortunately, most of us will get all of the B vitamins we need by eating a well-balanced diet. Some people swear by a B-complex supplement every day, but based on the wide variety of foods containing these vitamins, a supplement may not be necessary.

Hope Heart Institute researchers say that up to 30% of people over age 50 have lost the ability to absorb adequate vitamin B12 from meat or dairy products. Other people need only 2.4 mg a day—the amount found in three ounces of beef—but researchers recommend that older Americans eat fortified cereal or grains or take a daily vitamin supplement. Check the chart on the following page for a quick, but thorough, look at the basics of the B-complex vitamins.

Getting the Spots Out

Web reprint

Armed with a handful of home laundry products, you can remove almost any stain from washable fabric. You will need an enzyme laundry detergent, household ammonia, white vinegar, a pre-wash product for loosening dirt, oxygen bleach and chlorine bleach, and a dry-cleaning solvent, all found in grocery or hardware stores. You should also have on hand several absorbent white cloths and soft-bristled nylon brushes.

Stains are best removed if attended to immediately. This is particularly true of water-soluble stains, which

are easiest to remove when treated with water right away. Still, in the case of most stains, success requires patience, gentleness, and perhaps the repetition of a procedure. Avoid weakening a fabric with hard scrubbing, and always test a treatment on an inconspicuous spot, such as the inside of a seam or hem, to see whether the fabric will be harmed.

◆ You may want to add bleach to the wash when laundering a garment after stain-removal treatment. Oxygen bleach (color bleach) is safe for all fab-

	Recommended Daily Allowance (RDA)* in mg.	Food Sources	Importance	When You Take Too Much	When You Take Too Little
Thiamine (B1)	I=0.3-0.4; C=0.7-1.0; A=1.0-1.5	cereal, bread, meat, rice, yeast, corn, nuts	carbohydrate metabolism, nervous system	none known	beriberi (anemia, paralysis), movement and memory effects
Riboflavin (B2)	I=0.4-0.5; C=0.8-1.2; A=1.2-1.8	grains, milk, meat, eggs, cheese, peas	maintains skin, mucous membranes, eyes, nerve sheaths	none known	skin and oral problems, anemia
Niacin (B3)	I=5-6; C=0.8-1.2; A=1.2-1.8	meat, milk, eggs, fish, legumes, potatoes	healthy skin, nerves and GI tract, metabolism of food	flushing, itching, cramps, nausea, skin eruptions	pellagra (diarrhea, dermatitis, dementia)
Pyridoxine (B6)	I=0.3-0.6; C=1.0-1.4; A=1.4-2.0	organ meats, brown rice, fish, butter, soybeans	metabolism of food, amino acids	nerve damage	skin and nerve damage, confusion, mouth irritation
Folic acid (B9)	I=25-35; C=50-100; A=150-180	yeast, liver, green vegetables, whole grain cereal	DNA, hemoglobin synthesis, formation of blood cells, protein metabolism	convulsions, disrupted zinc absorption	anemia, mouth irritation, poor growth
Pantothenic acid	N/A; made by our intestines	meats, legumes, whole-grain cereals	breakdown of carbohydrates, lipids, amino acids	diarrhea	none known
Biotin	N/A; made by our intestines	beef liver, egg yolk, brewer's yeast, mushrooms	functions as coenzyme in carboxylation reactions	none known	scaly dermatitis
B12	I=0.3-0.5; C=0.7-1.4; A=2.0	liver, meat, eggs, poultry, milk	metabolism of food, blood cell formation, DNA synthesis	none known	pernicious anemia, mouth irritation, brain damage

rics and colors. Chlorine bleach cannot be used on silk, wool, spandex, non-colorfast fabrics, or certain flame-retardant fabrics.

- ◆ Be aware that cleaning agents can be hazardous. Never mix ammonia and chlorine bleach; toxic fumes will result.

- ◆ Store and use cleaning fluids only in well-ventilated areas (away from flames or pilot lights, since many are flammable), and away from children's reach.

- ◆ Wear goggles and rubber gloves and avoid inhaling fumes, which can burn skin and eyes.

*I=infant; C=child; A=adult. Please note that vitamin ranges account for differences in age and gender. (Some of the vitamins should be increased during pregnancy and for lactating mothers. Please check with your health practitioner for ideal amounts.)

- ◆ Never use a second cleaning agent without rinsing out the first.

- ◆ Hang soaked rags outside to dry and wash them before storing them.

This chart lists the best methods for removing common childhood stains. Most stains are oily, albuminous, or tannic; each has its own cleaning method, described below. When you have a stain to remove, check the list below. It will either refer you to one of the three methods, or give a specific treatment.

Method 1

Oily, greasy stains: These are best removed, especially if in a heavy concentration, by flushing the area with a dry-cleaning solvent followed by air-drying, spraying with a pre-wash spray, and washing.

Method 2

Albuminous stains: These include protein-based stains; milk or dairy by-products; many foods; and blood and body discharges. They're best removed with a slightly alkaline solution. Combine 2 tablespoons of household ammonia and 1 tablespoon of laundry detergent in a cup of warm water; brush this into the stain and wash.

Method 3

Tannic stains: These substances include fruit juices; mixed drinks; and beverages containing tannin, such as tea. They are best taken out with slightly acid spot remover. Mix 2 tablespoons of white vinegar and 1 tablespoon of laundry detergent into one cup of warm water; brush this solution into the stain and wash the fabric thoroughly.

Directory of Stains

Baby oil, baby cream:
Method 1

Blood: Rinse stain with cold water. Make a spot remover of 2 tablespoons of household ammonia in a cup of cool water to which 1 tablespoon of an enzyme detergent is added. Brush this solution into the stain and wash.

Candy: Method 3

Chewing gum: One method of removing gum is to wrap an ice cube in a plastic bag and hold it against the gum until the entire wad is brittle. Then use the edge of a stainless-steel spoon to pry the chewing gum off. If the gum sticks, rap it sharply with the spoon's edge and chip it away in pieces. Another tactic for removal is to sponge the chewing gum with a dry-cleaning fluid; rinse and, if necessary, launder in the hottest water that the fabric will permit.

Chocolate: Method 2

Cough syrup: Method 2

Crayon: Method 1

Feces: Method 2

Finger paint, watercolor: If still wet, wash out with laundry detergent and water. With dried stains, place the stained area on a solid surface, apply a dry-cleaning solvent and tap the stain gently with the tips of the bristles of a soft brush

to break it up. Repeat until no more of the stain comes out. Flush with solvent and let dry. Then saturate the area with a spray pre-wash product, again tap with the brush to break up any remaining stain, and launder.

Formula: Method 2

Fruit, fruit juice:

Method 3

Grass: Method 2

Grease: Method 1

Ice Cream: Method 2

Ink: Put paper towels or a clean white rag under the fabric. Blot the area well with dry-cleaning solvent until no more ink bleeds into the paper or rag used. Flush the area with solvent and let it air dry. Then saturate with an acid spotting solution (Method 3, above) and launder.

Jam, jelly: Method 3

Ketchup: Method 3

Milk: Method 2

Mucus: Method 2

Mud: Method 2

Mustard: Method 3

Pencil: Sponge with dry-cleaning fluid and rinse; if necessary, launder using the hottest water the fabric will stand.

Petroleum jelly:

Method 1

Soft drinks: Method 3

Urine: Method 2

Vegetables: Method 3

Vomit: Method 2

ASK A

MIDWIFE

Pregnancy Dangers

Q:

I heard before that when you're pregnant you shouldn't be around wet paint. Is that a fact or an old wives' tale? Could you list any actual "dangers" to the unborn and things our PG mummies should avoid? It seems that as more of our younger girls are getting PG, there's a lot they've never been told, as well as sometimes so much advice coming from so many concerned, well-meaning friends that it can be quite overwhelming and confusing, like what kind of get-out and sports are okay.

I thought that it might be difficult to cover every aspect so I thought to list some things that are common in our Homes that might be questions:

1. Taking care of or nursing a sick child or baby (with fever), or caring for sick folks in general—ie., cleaning their rooms and washing their dishes and laundry

2. Working with cement
3. Gardening, and using chemical weed killers or fertilizers
4. Watching very intense or "thriller" type movies, either action or emotional
5. Sunbathing
6. Swimming in the sea, freshwater lakes, and public pools in the last trimester
7. Eating too much liver, as well as vitamin A, C and iron
8. Working with strong glues, house painting, or other strong chemicals that give off fumes—bug sprays, paint stripper, etc.
9. Taking certain common household medicines, such as worm medicine, aspirin, cough syrup.
10. Being around cats and other pets

Some of these things are unavoidable, so it would be helpful to also know what precautions to take to minimize the dangers.

—A young concerned mother

A:

First I wanted to thank you for taking the time to list the questions, as you're right, it is hard to cover everything.

In general, for things on this list as well as things that are not covered: *If you wouldn't do it to a baby that's a week old, a month old, or two months old, don't do it to a baby in the tummy!* Yes, the baby in your tummy has a little more protection sometimes than the baby out, but not enough to count on it. So basically, if you don't keep your young baby in a room that's being painted, don't do it to your baby in the tummy. And just like you wouldn't put coffee in your baby's bottle, you don't give it to the baby in your tummy either.—Ha! Got the idea?

As for the numbered questions:

1. Caring for the sick: When a pregnant mother takes care of anyone with a fever or other illness, she becomes exposed to that illness, and then the baby

inside is also exposed. This can be especially dangerous before you know what is causing the fever. Unless there is no other choice, a pregnant mother should avoid people who are sick, especially when there is fever and you don't know why. Different illnesses and fevers affect unborn babies in different ways, so it's best to avoid them. Again, if the baby were already born, would you expose it to sick people? Probably not, unless you had no other choice—in which case the Lord would probably give the baby extra protection because you were doing the best you could in the situation.

2. Working with cement: I don't know that cement would hurt anything, unless you were to breathe in the loose powder. If the mother had to work with it, she should probably wear a mouth and nose covering as protection.

3. Gardening, such as planting and pulling weeds is probably okay as long as the mother doesn't overtax her muscles, but again it's best not to use chemicals, as the mother breathes them in and some enter through the skin. All this crosses the placenta and goes to the baby. Would you use these chemicals around your newborn baby? (*Eve: Please note also that because cat feces can carry toxemia,*

which is very dangerous for pregnant mummies, if there is a cat around your garden there is the chance that there is also cat feces in the soil. For this reason, if there is a cat on the property, it is best for pregnant women to wear gardening gloves when working with the soil, or else stay away from gardening until after the baby is born.—If there are no cats around, there's no danger.)

4. Moving, heavy-duty thriller movies: Yes, things which affect mothers also affect the babies inside.

5. Sunbathing: Dad wrote a whole Letter on this, so that would be my answer. (*See "Watch Out for the Sun," ML#920.*)

6. Swimming is okay unless your water bag has broken. Once it breaks, it's best not to even take a bath, as the baby's protection from germs is gone. Until the water bag is broken it's okay to swim if the water is clean enough for others to swim in.

7. To eat too much liver, you would need to eat it in excess of three times a day, which I doubt any of our mothers do.

On vitamin C, I have read that over 1,000 mg. a day can cause a miscarriage; I haven't seen this to be true, but that amount can give you bad gas and severe stomach cramps, so if you don't need it, don't take it.

Too much vitamin

A—over 2,500 iu a day—can cause miscarriages.

Too much iron can be fatal to you and the baby and to small children, so never take more iron than your caregiver tells you, and only take it at all if you really need it. It's better to eat iron-rich foods. (Caution: Never leave iron tablets where small children can get into them, or any other vitamin, as most can make a small child quite sick when over-taken.)

8. Working with chemicals: Same answer as #3. Also, no worm medicine should be taken in pregnancy (can cause a miscarriage), and no other medication unless your caregiver has a real good reason, and even then, check with a couple of other caregivers first (and especially the Lord!) to be sure it's safe during pregnancy.

9. Cats: Don't change the litter box when pregnant, nor handle cat feces or food. Other pets are pretty safe as far as I know, but to be on the safe side in avoiding disease from germs that pass to the fetus, it's best to wear gloves or let others care for them. Also, watch cats around a newborn baby; they can smell the milk on the baby and sometimes can try to lick it off and could unwittingly smother the baby.

Baby Makings?

Q:

I have a 20-year-old daughter, and have been childless for 19 years. I have my period fairly regularly every month, have been mated for 18 years and enjoy a fair amount of sex weekly. Being a missionary, I haven't been to many doctors lately, but I recall that I suffered quite a few infections when I was more active. Once or twice I went to a doctor to inquire about having children, but they all first want to check the husband to see

if he can make babies. My mate does have two children with other sisters, so it must be me who has the problem. Rose, I was praying and I got the inspiration to ask you if there is anything I should do so I could conceive a baby. I don't have much trust in doctors, but if you could help me somehow, if there is anything I could do to become pregnant, I would be very happy!

— From M., Asia



A:

Oh sweetie, how I wish I had an answer for you!—But I do know *Who* has the answer. The Lord! I don't know of anything to tell you other than finding out on the medical side why you haven't gotten pregnant. If you tell the doctor that your husband has had children, they should then check you. But they still might not have any answer for you.

I have known sisters who have had babies after 15, 20, or more years—so all things are possible. Ask the Lord, and He may tell you it's coming or He may explain why He's not sent more children your way. Maybe someone could receive a prophecy for you about this? I pray so.

Jesus speaking:

My darling wife, how I love you so! Thank you for loving Me and putting your trust in Me. Thank you for giving Me your all, for making so many sacrifices to serve Me with all of your heart. I have not withheld children from you as a punishment, My love. Please believe Me when I tell you this. It has been in My love—love that is sometimes hard for you to understand, I know. But I have blessed you with so much in return, so many blessings of My Spirit. And I will tell you a secret, My love: You will have more children. I cannot tell you now when this time will be—whether here on Earth or in Heaven—but you will be blessed in this way. I know that this is your heart's desire, and I will make this special dream of yours come true in My perfect time.

Caring In the First Three Months

From Angela Cervantes (of James), Spain

This tip is for those who might be living with or caring for someone who has recently become pregnant. As a mother of five, I have found that the first three months are usually the roughest. In some cases, though, those three months can go a bit unnoticed. It's a bit of a case of "out of sight, out of mind." Once the mommy starts to show, people are a little more aware; they can see that there is a new life growing

that needs extra care.

But during the first three months, the new mother needs just as much love and care as she does during the rest of her pregnancy. It is often quite a difficult time, and requires a lot of adjusting physically, spiritually and mentally. God bless those who are already caring for the mommies and "knew disciples." Sometimes it's just the little, tender things said or done throughout the day that remind us that it is all worth it and keeps us going.

Heart's Desire

By Esther (of Josh), Japan

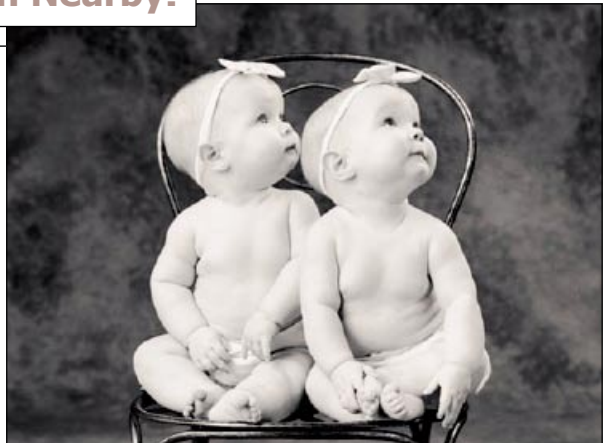
I'm 40 years old and hadn't gotten pregnant for 16 years. But the Lord miraculously answered my prayer and heart's desire to have another child. —I just got pregnant! The Lord is very sweet and merciful to hear my prayer, just like He brought me a mate three years ago. He has no limit; there's nothing impossible for Him.

Shh! Pregnant Woman Nearby!

Web reprint

You've probably heard that if you're exposed to loud noises often enough, your hearing can be permanently damaged. What you may not know is that excessive noise may damage the hearing of a baby that is still in the womb.

It used to be thought that the mother's abdomen and amniotic fluid would muffle loud sounds for the fetus. But that may not be the case. Researchers from the University of Florida discovered that steady loud noises, as well as short, loud bursts of noise could lead to



loss of hearing in fetal lambs.

The researchers say it's a good idea for pregnant women to avoid activities where there are loud noises, such as stadium sports, mowing the lawn and snowmobiling. If you have to shout to be heard, the environment is too noisy and could be dangerous for an unborn baby.

FROM

HEAVEN'S DOORS

Peace Through the Storm

From Sara (25, of Jeremy), Romania (now in the US)

Some months ago, my husband and I were leaving Bosnia to go to Romania, where I was supposed to give birth to our first baby. We could have stayed in Bosnia to have the baby, but because of some serious complications I had to come back to my home country where the delivery was covered by my medical insurance.

The doctors' predictions were discouraging, and I was expecting a difficult birth. I was so worried about our situation that I almost had a nervous breakdown. I never feared the future so much as I did then! We didn't have enough funds to cover our traveling expenses, had no landing funds and no means of support.—All in all, I could not see an end to our problems. I was at the end of my rope.

Throughout this time, my husband was trying hard to keep me inspired and in tune with the Lord. He was constantly quoting verses

and reading MO Letters. This helped me to keep my negative thinking and fear in check. I am so happy and thankful he did that, because in looking back now, I can see that the Lord didn't fail in one word of all that He promised. Even though I had a difficult birth, it was natural and there were no complications. And step by step, in His perfect time, the Lord provided all of our needs and miraculously opened all the doors for us.

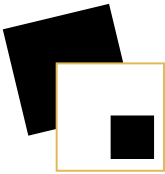
These past months have brought such heavy lessons for me. It doesn't always come about the way we expect, neither at the time

we expect, but it's always a *better* plan and scenario that the Lord has for us than anything we had in mind. It's not easy to always keep our eyes on the Lord and off the waves, but I've learned the importance of it; otherwise we miss out on the Lord's perfect solution. I always tend to try and take things into my hands and struggle to solve the problems myself, but fighting in the arm of the flesh seldom gets me anywhere. The Lord has proven time and time again that His way is the best way, and I have no reason to worry. It pays to trust and wait on the Lord!

Water Volume Regulated Above

From Samuel A., Crystal, Claire and Samuel, Brazil

Claire had a beautiful baby on the 25th. She had had problems with water volume; the minimum expected is around 90 mm, and the ultrasounds showed that hers was 85 on the 32nd week. Then it diminished until by the 36th week it was only 36 mm. The doctor strongly suggested a Caesarian. We prayed and the Lord indicated that He was going to protect both Mommy and Baby. Lucas Francesco was born totally healthy, weighing 2510 g and 48 cm long.



Healed by Dr. Jesus

From Vessel, Mexico

Two weeks ago, I had been fighting a sore throat several mornings in a row. By the middle of the day it would be gone, so I didn't think enough of it to ask for prayer, LHM! One Saturday, coming home in the afternoon after being out all day, my throat became very sore. I woke up the next morning with a bad, dry cough. This continued on into the week, but subsided some by the middle of the next week. However, I had a continual pain in my chest—I thought, from the coughing.

The pain worsened and began to move to other parts of my body, like under my arm and eventually into my back. Because of the meetings we were having with sheep during this time, I just kept going without taking much rest and only occasionally asking for some prayer. The following week, I could hardly breathe deeply or move my right arm. Ruth suggested we go to a doctor to get it checked—she suspected I had walking pneumonia! Yikes!

During the doctor's visit, she only listened

slightly to my chest, then began to prescribe four different medicines! With the first she said, "Be sure you don't take one drop more than prescribed, as it could make your heart beat rapidly and bring on a heart attack!" Each medicine had similar warnings, and I wasn't to take any of them at the same time, because if I had any bad reactions, they needed to know which one was the cause of them! Her closing comment was that if I didn't get better in three days, I could come in for an X-ray to see if there was something else wrong!

Despite my pain, I knew there had to be another way—of course, God's way. I fear I was much like the man caught in a disaster who said, "Well, we hadn't been doing much praying before, but now we're all caught up."

One of our visiting sheep offered to pay for the medicine, but I didn't have the faith to take it. So I prayed desperately for the Lord to show us how I could be healed naturally. Just then, in came another visiting friend, who is a chiropractor. I explained my situation. This woman said to

forget about the medicine, and to bring her a glass jar. With the jar she began to massage the painful areas, and it hurt so badly that I was crying and squeezing the life out of Ruth's hand. But as she massaged me with some aloe vera ointment, I began to feel better and better.

This friend told me that I had gotten a cold in my muscles, and that the pain under my arm was a knotted muscle from the cold and from coughing. She asked me if I had been washing lots of dishes (I was the main dishwasher during our meetings!) and sleeping with my window open at night (right again!).

This friend returned for several days to do more massaging, and gave me some ointment to apply at night before going to bed. A week later, nearly all the pain is gone and I have only a very mild cough. I'm still using the ointment at night, avoiding drinking cold things or putting my hands into cold water as much as possible. I believe it was nothing short of a miracle, and a direct answer to my prayer for a natural way to be healed, TYJ!

Health Pearls

From Tim Lovebridge, Belgium

Before modern life and tourism changed their lifestyle, the Cretans' average age was 92. They ate lots of veggies, fruits and starches, and fish from the Mediterranean sea, as well as Bulgarian yogurt and olive oil.

For a guide to well-balanced meals, think of a triangle divided horizontally in three parts, each portion of

the same height. The bottom part is composed of fruit and veggies. The middle part is starches, beans, etc. The top part is mainly white meat, like fish, chicken, turkey, etc., and a little red meat. The top of the triangle fits three times in the middle part and five times in the bottom. The top part represents about 4%, the middle, 26%, and the bottom, 70%.

According to modern advisers, we only need about .8 to 1.0 grams of protein per kilo of body weight.

So a person of average body weight needs only 100 grams of protein a day! Meat and cheese are very concentrated foods, and our bodies have to work hard to break them down and use the nutrients from them.

The body profits the most from simple, natural, firsthand foods. We should not eat anything that is refined or bleached, like white bread or white rice. Most refined foods are more of a hindrance to your body and stomach than a help.

Off-Balance Burdens

From Matthew, Taiwan

Some time ago I got an infection in the nerve in my ear (vestibular nerve) which controls balance. I totally lost my balance, and for about the first week it was like having perpetual, very bad motion sickness when I even slightly moved my head. The doctor gave me motion sickness medicine and sedatives to control the nausea, but since the infection was viral there is no medicine to help it. I could only take medication to relieve the nausea, and wait for it to run its course.

I was pretty much bound to bed for the first week. By the second week I could

From "Kathy Smith's Fitness Makeover"

It's tough to meet all your nutritional needs without at least one serving of dark green leafy vegetables every day. They provide folic acid, vitamin A, calcium, iron, magnesium and potassium.

walk around the house, but my balance was still so bad that I had to hold onto railings or furniture, or walk very carefully to get around.

By the third week I could go out in the yard for short walks, but I was still pretty dizzy. About the fourth week I was starting to get back somewhat to normal, but it was over a month before I was up to going out and starting to get back to my regular home activities, and had to still take it easy at that.

Thank the Lord, I am pretty much back to normal, but it has been a life-changing experience—especially having all that prayer time! I know the Lord wants me to slow down and let Him shine through me more. It has made me thankful for our dear Family who have been such a help and blessing during this time, bringing us provisioning and needs, helping with business and sending love and prayers. Our dear Husband also did many miracles of supply to keep us through this time. TYJ!

Healed of

Hemorrhoids

From John W., Germany

I had hemorrhoids for over 20 years; it seemed like one affliction the Lord didn't want to heal me of. I tried all kinds of creams, exercises, proper food intake, private and public prayer. The Lord taught me lots of lessons through it and showed me that it was for that reason that I had it. But was it truly "the emerods and the itch, whereof thou

canst not be healed" (Deut. 28:27)—or would He heal me one day?

At one time He gave me clearly the verse on the "bowels of compassion" (1Jn 3:17), which I knew was a key in my inner, spiritual healing before He could heal me physically. I needed more love of God in my interaction with others, in my presentation, etc. I knew I had a major case of self-righteousness to overcome. There is another beautiful verse on the bowels in Col 3:12—"Put on therefore...bowels of mercies, kindness, humble-

ness of mind, meekness, longsuffering...."

It was a long fight, but by the Lord's grace, after demotions, humbling, even partial excom for three months and a major soul-searching, He slowly healed me. It was a slow process, but for a while now I've been completely healed, not using any creams or anything. These things do help, but the healing had to come from the Lord, and He was waiting for me to do my part. Thank the Lord for showing me the lessons of love I had to learn!

Obedience = Healing

From Emmanuel, Jana, Michelle, Jenny and Maria, Ghana

For over a month, Simon had some infected cuts on his legs and arms. We sent in a prayer request on our report. There was no obvious explanation for why they were not healing up properly, and we started praying about what the Lord might be trying to show us.

In answer, several of us received checks from the Lord about our standard of cleanliness, and that perhaps that was the reason the cuts were not clearing

up. We had become very lax in many areas—we were not diligent to change our shoes when coming into the house, or making sure we didn't wear the same clothes in the house as out witnessing. We also were not insisting on the boys showering as often as they should.

We got together and decided to try to do better, and the very next day Simon's cuts showed a miraculous improvement. They are still not completely healed, but the fact that they were so much better from one day to the next was a confirmation that the Lord was speaking to us about this important lesson.

Sing More,

Prevention magazine

Singing may help snorers—and their bed partners—enjoy more silent nights. Twenty chronic snorers, ages 36 to 62, practiced singing techniques and exercises 20 minutes every day for three months. Researchers at the University of Exeter in England found that study participants snored significantly less once they had started singing.

Singing may help by firming up flabby muscles in the upper airways. If

“You Are What You Eat”

“Back to Eden” eJournal

I’m sure that you have heard that old adage. Well, guess what?—It’s true! Think about it—the very first requirement for health is a well-balanced diet, which contains all the vital nutrients in proportion to your age, sex, lifestyle and physical frame.

Try to avoid all kinds of junk food, refined sugar, fried or heavily processed food and saturated animal

fats. Here are some foods that you should emphasize in your diet:

For the overweight body: Eat lots of fresh fruits, yogurt, raw vegetables and sunflower seeds.

For the underweight body: Eat more milk, meats, fresh vegetables and fruits, eggs and cheese.

To have healthier nails: Eat more eggs, whole grain cereals, blackstrap molasses, apricots, liver and almonds.

To reduce dandruff: Increase your intake of wheat germ, fresh fruits and vegetables, liver, unsaturated vegetable oils, protein-rich foods.

Reduction of oily skin: Eat more fresh fruits and vegetables, lean meats, whole grain cereals, fish, skinless poultry, eggs.

Rid yourself of dry skin: Eat more protein-rich foods, polyunsaturated vegetable and nut oils. You might also increase your daily intake of vitamins A and E.

Clearing up oily hair: Eat more fresh fruits and vegetables. Increase your amount of lean meats, fish, poultry (with as much skin/fat removed as possible), and whole grain cereals.

Dealing with dry hair: Increase your daily consumption of vitamins A and E. Eat a tablespoon of unprocessed vegetable, nut or seed oil daily.

Snore Less

you’d like to try this technique, here’s what you should do: Hum a few bars. Though the volunteers in the study practiced singing exercises, belting out your favorite tunes for 20 minutes a day may also help.



A Moment of Comfort



Michele Kaplanak's husband, Ed, is a construction worker who once, due to the scarcity of local employment, was forced to take a job on a large dam project more than three hundred miles from their home.

"It was the longest six months I've ever spent," Michele said. "Ed could get home only on weekends. He would not arrive until after midnight on Friday, and he would have to be back on the road right after the noon meal on Sunday. For those six months, we lived only on Saturdays."

She remembered one dreary fall day when she was particularly lonely. The clouds hung low in the sky and drizzled on the leaves at sporadic intervals.

"It was the kind of day to share with someone you love," she said. "It was the kind of day to cuddle by an open fireplace."

She felt lonely and depressed, but she pulled on a heavy sweater and sat

in her chilly house, pasting premium stamps in books.

"That night my bed felt as cold and damp and lonely as a grave," Michele said. "My only consolation was that it was Thursday night, and Ed would be home that next evening. I lay shivering between the sheets, cursing the job situation that had taken my husband so far away from me."

Then she thought she felt a slight pressure on Ed's side of the bed.

"I turned over and saw nothing, but it seemed to me that I could feel a kind of warmth coming from Ed's pillow."

She ran her hand along the inside of the sheets.

"For a crazy minute there, I feared that I might be losing my grip on reality," Michele said. "Ed's side of the bed most definitely felt warm, like he had been sleeping there and had just gotten up."

Michele lay on her side of the bed for a few

moments longer, then, once again, she slid her hand over the sheet.

"There could be no mistaking it! The bed on Ed's side was as warm as toast," she reported.

It had been a lonely day for Michele. She had no interest in attempting to theorize why that side of the bed should be so warm when no one was sleeping there.

"Without another moment's hesitation, I slid over into the blessed pocket of warmth and comfort and fell fast asleep almost at once."

Michele really did not think of the strange incident again until three days later, when she and her husband were eating their farewell Sunday meal. Ed's response to her curious story was hardly what she had expected.

"He stared at me for a few moments in complete silence, as if uncertain how next to proceed. The he spoke to me in slow, mea-



sured sentences and told me a most amazing story.”

That Thursday night, Ed Kaplanak had been lying in the construction workers’ bunkhouse, trying to come to terms with his loneliness.

“I really felt like chucking it all that night,” he told

his own clean bed to be able to feel Michele sleeping next to him.

“I decided to experiment,” he told Michele.

“I wanted to see if it were possible to will myself home over those three hundred miles. I rested my hands behind my head and summoned every ounce of concentration that I had inside my brain. I thought of nothing but you and home. I kept telling myself that it was possible to project my spirit to you. I have always believed that we were destined to be together and that all things would be possible for us—even this.

“There was a kind of rushing sensation, and I stood beside our bed, looking down at you. You were just lying there, looking kind

of sad, not yet sleeping. I slipped into bed beside you, and you moved your hand over me. A few minutes later, you did it again. I thought that you knew I was there, because you rolled over and snuggled up next to me. I put my arm around you and we both went right to sleep.”

Michele said that although Ed awakened back in the bunkhouse and she awakened alone in their bed back home, they will always wonder if Ed really did come home that night—or if their deep love enabled them to share a vivid dream so that they could experience a moment of comfort when they were both longing so terribly for one another.

—Brad Steiger

*“Wherever you are,
I am there also.”*

—Beethoven

Michele. “Job or no job, I just wanted to come home to you right then.”

That night, as he lay there surrounded by his snoring bunkmates, Ed’s entire being seemed suffused with personal anguish. He wanted so much to be in

By Michael Webb

(I’m using “wife” in this column for illustration only. The same would apply to husbands.)

Do you like the way your wife is kind to strangers or is especially good with children? Does she have good posture and impeccable manners? Is she frugal with the family income and creates great meals? Are there any other attributes you especially appreciate in your wife? Whether you like it or not, your parents-in-law had something to do with this.

Have you ever thanked your mother and father-in-law for some of the great qualities they instilled in your wife? Punctuality, politeness, strong work ethic, honesty, neatness and humility are just a few of the virtues her parents may have taught her. And it is time you thanked them for their part in molding your wife into the person you love.

This exercise is particularly helpful if you don’t have a close relationship with your in-laws. It may help smooth over any friction that has occurred between you and them. All people have at least one good quality. For you to let them know that you notice and appreciate that quality will go a long way in continuing a blissful marriage with their daughter.

A good time to share this with them would be your wife’s birthday or on your anniversary. Your wife’s parents were instrumental in rearing and teaching their daughter since the day she was born, and each year on your anniversary you remember all the wonderful qualities that made you want to marry her.

15 Ways To Feel Sexy

From the Romantic and Sexy Ezine from Lingerie Monthly

1. (Women) Wear lingerie that flatters you.
2. (Men) Wear silk boxers.
3. Do your makeup and hair.
4. Work out.
5. Wear sexy everyday clothing.
6. Accept compliments regarding your looks and abilities.
7. Learn more about pleasing your partner.
8. Be the dominant one in your next lovemaking session.
9. Plan at least one sensual experience a week for your love.
10. Take a shower together.
11. If you're unsure about how to do something, become knowledgeable about it. Confidence is an incredible aphrodisiac.
12. Allow yourself to feel sexy.
13. Don't worry about your appearance. Everyone has flaws, just no one else cares about yours as much as you do.
14. Love your partner with abandon.
15. Dance seductively with your partner.

The Tweaking of a Mainframe

My competent technician,
I know you'll understand,
When I tell you my sleek hardware
Is in need of your skilled hands.

My case has a button,
That really must be pressed.
And I'm desperate for a tweaking,
So I'm ready for your best.

I know that you'll remember,
To make sure my system's prepped,
For you're a Setup Wizard,
All-knowing and adept.

First remove my Layers,
Then POP them on the Stack
And then please browse my software,
You'll like them—that's a FAQ.

And don't ignore my sound card,
It needs input, perhaps a byte,
And my video responds better,
When exposed to dimmer light.

Now, there's just one thing that's blocking
Full access to the path,
But permissions have been granted,
So you just do the math.

But let's pause for just a moment,
To Unzip your input tool.
I'll make sure your driver's active,
And expanded to the full.

Then lay my mainframe down,
The Desktop is just fine,
And move your high-tech joystick,
In a smooth and steady line.

The rest is pretty BASIC:
Just merge, drive and RAM,
And once we've hit our floating point,
Reboot and start again.

By Anonymous SGA

FEEDBACK

FEEDBACK

(((**I THINK EVE IS A GREAT PUB** and I'm not afraid to let the other guys in the Home see me reading it. Keep up the good work, whoever is producing it. (I'm assuming it is a staff of girls, yes?) By the way, the front cover photos have all been gorgeous. Such beautiful ladies!

—FGA male

(((**I ESPECIALLY LIKE THE SECTION "SEX AND ROMANCE"** and the articles on how to "lure" men and to be a better wife. It's encouraging to read things like, "Although some men like the girl that knows how to mix cocktails, most men love wives that know how to make cakes." It's cute and true.

I was also surprised to see in a recent *Eve* an article about couples arguing. I was surprised to hear that other people have problems with it; for some reason I thought I was the only one. I really have a problem with this. It's such a bad testimony and so discouraging for both me and my husband when we do it. It helps to read about these down-to-earth problems and weaknesses; as always, the mistakes of others tend to encourage us. The best is that we can also get the answers from the Lord or the multitude of spirit helpers, and gain greater victories! PTL!

—Wife in Poland

(((**THE COUNSEL IN EVE CONCERNING EXERCISE** is of great help. I can testify that it has worked wonders for me. I started going to a weekly aerobics class, and my health and fitness has really improved.

—Claire, France

(((**THANK YOU FOR THE "GARDENER'S DAILY WORKOUT"** We lost our gardener last month and we have quite a big garden, so I was happy to put some of these exercises into practice. Safely kneeling is very important, like it said in that article. Even if you don't get hurt while gardening, you could end up having muscle pain simply because you are not used to that kind of exercise. But I recommend trying it for those who have a chance. You may even want to make it a Praise Time activity for the kids—going to speak to each flower and thanking the Lord for it.

—Maria, India

(((**EVE IS A MAG I WILL NOT MISS** when the new mailings come in, and with a grin on my face I wholeheartedly "amen" the well-selected articles about subjects such as "what pleases men," "how to win men," etc. I bet there are as many male readers of *Eve* as female, so I was wondering if we would benefit from a round of "this is how she likes it" articles. Just to be fair...

—Male, Romania

Feedback

(((**I AM VERY THANKFUL FOR EVE!** It's a pantry of great new ideas and tips, both for the flesh and the spirit. When thinking and praying how to put it all into practice, the Lord told me to first choose a few easier things that I feel able to do or change in, then move towards those which I tend to skip, thinking, "Well, I am a mother of six kiddies, and that tummy—like it or not—is always going to be there, so will exercise really change anything?" The Lord showed me that trying out little things that are easy will encourage me to move on to those that take a bit more time, effort and perseverance.

For example, there was a lot published about hair care; from those many ideas, I have started eating more fresh fruit and veggies, regularly taking brewer's yeast tablets, drinking milk and eating garlic. These small steps are really inspiring, as even if I can't do all of what's published, just those few little things, if done consistently, will certainly bring some improvement.

—Meekness (of Philip), Namibia

(((**I LIKED THE ARTICLE ABOUT TUBULAR PREGNANCIES** in *Eve* 13. I've started 11 pregnancies; every time I had some pains in my abdomen, the thought was always there: "Could it be ...?" I'm thankful that this counsel has been published! The article also mentioned that some women have pains during ovulation. I've been having pains in my right side at around the middle of my cycle for years now. The Lord had shown me that it was due to the ovulation, and then two doctors confirmed it! Sometimes it is a very light pain, or it's just a short but strong cramp that lasts just a few minutes. Other times it can last for three days but is milder. Once I couldn't walk for a few minutes because of the pain going down from my right side to my leg. (One interesting thing is that the two times that were the most painful—I then got pregnant!)

The pain occurs because the ovaries have no openings for the eggs (oocytes) to come out. They have to literally pop out. I really like biology and the working of our bodies, and I feel like it is a special gift of God that He shows me what is happening in my body. We are all so different with different needs.

—Love, Taiwan



Cover photo: Joan (21), Brazil.

Suggested reading for ages 16 and up.

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