



ENV

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Platform

Name: Sofie Giveall
Age: 48 years young!

Nationality: American/Belgian
Location: Belgium

Status: Single
How many children: 7 (and 4 grandchildren!)
Years in the Family: 27

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

1. Obey the health rules.
2. Don't wear the same PG clothes all the time (when possible).
3. Don't compare with thin girls!

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

A: Breastfeeding was great. My kids who nursed the longest now have the sweetest and calmest temperaments.

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

A: I would pour into my kids more, really live through them. I would teach them all I know.

Q: Have you ever had a supernatural encounter with a ghost, spirit or angel?

A: One time I was in charge of the kitchen in Chicago, and I had to sort through a big bag of provisioned doughnuts. My hubby had me on a diet, so I thought, "Now's my chance to eat all I want!"

So there I was with a mouthful of sugary doughnuts, when all of a sudden I saw a white floating gown pass by quickly. I ran upstairs with my mouth still full and said to all in the house, "I just saw a ghost!"

They all kinda looked at each other! — "Um, yeah, okay..." Ha! — Caught!

Q: Have you ever been healed from a nagging affliction or a serious disease?

A: I used to have terrible migraines. — After I started my menopause years (seven years ago) they stopped because of the hormonal changes. TYL!

Q: How do you fight discouragement or depression?

A: Getting in the Word and talking to someone. Laughing also helps.

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

A: They are little people, and if I put myself in their place then I can often know how they feel.

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

A: Sex, seeing the "movies" of everyone's lives, music, meeting Jesus face to face.

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

A: I have a dry complexion, so I put olive oil on my face sometimes.

Q: How do you get your weekly exercise quota?

A: By helping my daughter (who just had twins) to take care of her three kids.

Q: What are your all-time favorite home remedies?

A: The Word, garlic, and sleep.

Q: At what age did you begin experiencing the symptoms of menopause?

A: At 39 years old.

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

A: I'm happy I don't have to buy sanitary pads, ha! The transition has been easy. As far as differences in my body, I've noticed that it's hard to get firm muscles.

Q: What things have been an encouragement or source of inspiration for you?

A: The Word—like “Blessings of Loneliness,” and families (in the Family) inviting us over or sharing their provisionments with us. Also, hearing my kids (now that they're older) saying, “Oh, I remember this Letter or verse.” Just knowing that they're saved and know the Word, because it'll never leave them. TYL!

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

A: “Squeeze, Don't Jerk.”—It made it okay to be slow and prayerful.

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

A: A lesson I learned when I was mated: Communicate—even when you don't feel like it!

Q: For mothers who have a lot of children, or a number of young ones close together: Do you have any lessons or tips that might help and encourage others?

A: Just to remember that it's temporary—they do grow up.

FINDING YOUR (LARGE) FOOTING

From Ginny (of Chris M.), written when in the U.S. (now in Indonesia)

One (minor) reason I look forward to Heaven is because I won't have any more big feet trials. For 24 years I fought the shoe battle while living in a country full of short people with very small feet, where I couldn't even stuff my foot into the largest-sized men's shoe!

When I got to the U.S. I thought my shoe troubles were over, only to find that it's very difficult to get large sizes here, too! So I searched the Internet and found a few places that cater to those with big feet. Since they ship internationally, I thought it may be of interest to other big-footed females. The shoes aren't cheap, but maybe a sympathetic relative or friend will buy them for you. And if you get on their mailing list, they sometimes have some great sales.

Here are a few good sites:

Peltzshoes.com

Saleshoe.com (this is Peltz' sale site with some pretty good deals)

(From Eve:) Here are a few additional sites to try:

www.2bigfeet.com

The shoes on this site seem quite reasonably priced, and it includes a small closeout section.

www.newbalancewebexpress.com

This site has a nice clearance section, however they do not ship internationally. (Those living out of the U.S. might be able to get help from friends or relatives to receive and forward on the shoes.)

www.designershoes.com

The shoes on this site are expensive, but they have some good bargains under the section “Sale Shoes.”

www.largefeet.com

These shoes are a bit expensive, but there is also a Clearance section that you can check out.

**www.fitforaqueenfashions.com/
large_size_shoes.htm**

This site has shoes for very reasonable prices, with a good international shipping policy. However, the shoes available are only the more dressy type, not practical walking or tennis shoes.

www.shoexpress.com

This shop caters exclusively to women's shoes sized 11–15. They also have a good sale section.

www.marloushoes.com

This site has a very wide selection of shoes of all types. The prices are not all cheap, but some good deals can be found.

BAG LADY

Q: Do you know a simple remedy for getting rid of those bags under the eyes that just never seem to go away? —*Female, age 20*

A: Here are some articles on this subject, which we pray will be a blessing to you.

THE JAGS OF BAGS

Compiled from Web articles by C. Claiborne Ray, Dr. William Trattler, the Teen Health FX Web site and the Makeup Diva

A lot of things can cause puffiness around the eyes, according to Dr. Lenore Kakita, Assistant Professor of Dermatology at the University of California at Los Angeles. "The eyelids are the thinnest, softest areas of skin in the body," she said. "Normal skin is around 2 millimeters thick, but eyelid skin is only 0.5 millimeters thick."

Fluid retention can cause puffiness, because when you are retaining fluid and lie down, gravity draws the fluid to pool in such thin areas. Your body retains more fluid when you eat salty foods and when you're tired. The area under your skin (below your eyes) also tends to accumulate fluid when you sleep face down. Propping your head on two pillows when sleeping will let gravity help drain the eye area.

In some cases, puffiness results from a protrusion of excess fat around the eyes, Dr. Kakita said. "There are two fat pads on the upper lid and three on the lower, giving many people that tired, haggard look," she said. "They tend to be hereditary and not related to obesity."

Another common cause of puffiness is excessive growth of the muscle around the eye. "This is seen especially in people who smile or squint a lot," Dr. Kakita said.

Bags under the eyes or dark circles are usually a hereditary trait—that is, it runs in families. The bags appear worse in people who suffer from allergies. Stress is also a big contributor, causing circles and bags under the eyes, as well as skin disruptions, wrinkles around the eyes and premature aging.

HOT TIPS

- Use cold used tea bags to relieve bags under eyes.
- Tired eyes: Dip cotton pads in ice water, squeeze out and place on eyelids. Lie down and elevate feet.
- Eye soother: Place cucumber slices on eyelids while relaxing in a hot bath for ten minutes.
- Dark circle remedy: Place slightly warm tea bags over your eyes. Leave on for 10-15 minutes.
- More on dark circles: Slice one small piece off of a potato, and cut the slice in half. Put a slice under each eye and leave them there for 20 minutes.

Be careful with any product that you put on your face or near your eyes. For example, some people are allergic to black mascara which contains a dye which many people are sensitive to.

Potential fixes for bags under the eyes include putting cold compresses over your eyes, getting plenty of sleep, avoiding stress, cutting down on salt and protecting your eyes from the sun.

Take care not to stretch the delicate skin around your eyes while cleansing, inserting contacts, applying makeup (use your ring finger because it's the weakest finger), and don't rub your eyes.

Feature: The Essentials of the Kiss

The Fine Art of Kissing

From Pepper Schwartz, Ph.D.

When it comes to the fine art of kissing, it is sometimes best to get back to the basics. The only problem, of course, is that some people aren't prepared to treat their sexual prowess like a golf swing in need of adjustment. No one likes to feel they have been doing it wrong for decades.

But right and wrong isn't the issue. Ask yourself instead if you are doing what your partner enjoys. Are you getting the most you can out of sexuality? Are there additional skills or variations you could learn that would delight you?

My guess is that everyone could learn a bit of unlearning, refining, tuning and downright invention. So it's back to "Basics for Kissing 101." Just see if it doesn't do something new for you or your partner!

Pretend you have never been kissed before. Be tentative, and as soft as you can be.

Explore the face as if the lips were only one of the places where kissing might happen. Kiss each section of the mouth—the right side, the left, the lower lip. Kiss the chin, the cheekbone, the jaw line, the bridge of the nose, the temple and the eyes. Let your partner return the pleasure. Tell each other what feels particularly good.

Softly kiss each other directly on the mouth. Experiment with pressure; don't kiss passionately unless you are close to orgasm. Make your partner beg for your lips to be pressed hard against his or her mouth.

Practice various aspects of open-mouth kissing. Start with your mouth open

only a little. As you progress, never stick your tongue as far back as you can in your partner's mouth unless he or she says it is pleasurable. Most people literally gag if the tongue is forced in too far. Let your tongue dart in slowly and sweetly.

Move your mouth down the neck, nape of the neck, and shoulders. Offer sweet, soft kisses and maybe the slightest sensation of teeth. Repeat anything, in any place, that produces a moan.

A word of caution: Avoid applying too much pressure. Knocking out someone's front teeth is a real turnoff.

Kisses can be the most romantic and passionate connection we make. Get back to the basics and make sure your kisses give you and your partner exquisite pleasure.

The King of the Kiss

By Jesus

I am the Creator and Designer of everything beautiful, everything desirable, everything that you enjoy, and all those things

that feel good. I created kissing for your pleasure and as a token of My love to you. It's one of the most intimate demonstrations of

love, one of the most satisfying of life's little joys, and it doesn't cost a cent.

There's never a need for kissing to be boring,

because it's a pleasure that just keeps getting better and better, the more you learn, the more you experiment, the more you let your imagination run wild. However, as with everything in life, each person is different. The key is not to try to be a top-notch kisser who knows all the techniques and styles, but rather one who is loving and attentive enough to know or to learn just what their loved one, husband, wife, date, or friend appreciates and craves in a kiss.

Some folks like it hard, some like it soft. Some like

it passionate, others like it gentle. Some like dry kisses, others like it wet. But it's being attuned to each person's likes and dislikes and what turns them on that will make you a successful lover. You can know all of the kissing tricks in the book, but if you don't have love and an interest in each person and what makes them happy, then all of the cool techniques aren't going to do you any good. Remember, love is the most important thing.

Kissing is a physical manifestation of how you kiss Me in the spirit

through your prayers, through your praises, and through your love words to Me. Just as some crave variety in their kissing and loving one with another, so do I crave variety in your prayer, praise and love life with Me. I love it when you kiss Me in the spirit, and I love to kiss you back. I love the times we have in deep and intimate fellowship together as Husband and wife.

Kiss Me! Kiss Me! Any time, any place, any way, for I love all of your kisses to Me and treasure each one. I am the King of the Kiss!

Kiss Me!

By Kwame DeRoché

A good kiss can set the tone for your whole relationship. A bad kiss can't even set the tone for another date. So how do you do it, ladies? Based on the kisses I've gotten, here are my hints for the ladies to kiss a guy silly:

■ **Mean it.** There's nothing like an insincere kiss. We may be insensitive louts at times, but we can tell when you really don't want to be kissing us.

■ **Open or closed eyes?** Hmm. Either works fine, really. Closed eyes are more romantic, and show the other person that you're letting yourself be swept away. If you're going to open your

eyes, just make sure it's not to look over his shoulder at some other guy.

■ **Take the lead.** Nothing will get a guy going faster than a gal who "goes international" when it comes to kissin'. Don't be shy! If you want French kissin', make French kissin' happen. He will appreciate it.

■ **Grab his head.** Now, I couldn't possibly speak for all guys, but I find it exciting and fun when my fiancée grabs me and pulls me closer while we're kissing. Why should guys get stuck doing all the handwork?

■ **Make it last.** Don't rush the kiss. As guys, when the kiss is a quickie, or

is broken off suddenly, we may think we've done something wrong. Savor it. Live it. Enjoy it.

■ **Sometimes, skip the lips.** How do you give a 200-lb man goose bumps? Kiss him somewhere other than his lips. You're not the only ones who like to be kissed at the nape of your neck, behind your ears, on your fingertips, or even on your forehead. (Get as creative as you want, ladies.)

■ **Talk about it.** Don't kiss him, but tell him all about how you're going to kiss him. Tease him. Slowly. Deliberately. By the time you actually kiss him, he'll be putty in your hands.

Mouth-to-Mouth Maneuvers

By Lynn Collins, *Cosmopolitan* magazine

With so many licking, sucking, and nibbling possibilities, locking lips is a headliner event—and a very hot one at that. Because it's so easy to overlook the pleasures of puckering up, we've decided to reacquaint you with the kind of fooling around that makes your toes curl with delight.

The Sultry Sigh

This mere ghost of a kiss will send chills down his spine, especially if you take your sweet time. As you move toward him for some close-up action, let your lips graze his with a light-as-a-feather touch, and seductively tilt your head from side to side. Once you've warmed his lips, slowly lick them with the tip of your tongue, and blow softly to cool them down. Brushing your lips delicately against his tickles and teases. Plus, that stream of air hitting his lips causes the moisture to evaporate, creating an icy tingle that's incredibly arousing.

The Rapturous Pinch

This smoldering smooch will show your guy who's boss even before your mouth meets his. With your finger, lightly trace the outline of his lips from top to bottom.

When you reach his lower lip, take it between your thumb and index finger and pinch firmly so it looks like he's pouting. Then tug him closer, and draw that luscious bit of flesh into your mouth. Your fingertips deliver a sensation that's firmer and rougher than usual, which guys sometimes crave in a kiss.

The Passion Pant

This necking number will literally take his breath away. Seal your lips with your lover's so there are no holes where air can leak out, then open your mouth and inhale deeply. Keep the exchange slow, so you're coaxing rather than forcing the air from his lungs. Since you'll need his cooperation to make it work, fill him in beforehand on your pucker-up plan. Once you've breathed in fully, reverse this effect by gently blowing into his mouth. What makes this kiss so intoxicating is that you're sharing the basis of life—your breath. You're completely dependent on each other, which also makes this make out move incredibly intimate.

The Naughty Nibble

Use your teeth on every part of your guy's highly

biteable bod and you'll discover a new meaning of passion. Plant your lips under his earlobe, and as you work your way down his neck, gently take your partner's flesh between your front teeth, tug just a fraction of an inch, then release. While this may strike you as a bit ferocious, keep in mind that 80% of people say receiving a mischievous nip drives them wild. As you become aroused, your body releases endorphins, which block pain receptors and turn normally stinging moves into an erotic experience. And if you alternate kisses with nibbles, he won't know what's coming next, which jolts his whole body into a state of erotic anticipation.

The Suction Seduction

This kiss is so decadent, it could entrance you and your amour for hours on end. To start, tilt your head up slightly and place your lips around his upper lip as he does the same to your lower lip. Alternate nuzzling softly with tender sucking. Then switch positions so you take in his lower lip. Trade off a few times, then slowly open your mouth and envelop his entire kisser in your own. Suck gently, then let him do the same to you.

What makes this move so sweet is that the delicate suction draws more blood to the surface of your lips, making them hypersensitive to each other's touch.

The Hot-and-Cold Canoodle

Propose a nightcap of ice cream and hot chocolate. This hot/cold combo sets the stage for one of the most exhilarating mouth-shagging moves around. Start by sipping some of your heated drink, let the liquid warm your mouth, then lean in and plant a red-hot French kiss on your honey. While he's catching his breath, take a mouthful of ice cream, cool your kisser down, and repeat the pucker. With this oral rendezvous, you'll give him twice the buzz of ordinary kissing. By varying the temperature and taste of your kiss, you're activating two separate sets of nerve endings with just one smooch. It's a sensory smorgasbord for him—and you.

The Treasure Hunter

If you're trying to unearth his hidden erogenous zones, this kiss is the best—and sexiest—way to discover them. Start at the dip between his neck and collarbone, and slide your lips along the ridge, down his pecs, across his stomach, and beyond, all the way down to his toes—all the while

never breaking contact with his skin. Between your lips, let your tongue lap at his body, swirling in tiny circles as you roam his landscape. Meanwhile, make a mental note of which areas cause him to gasp and squirm the most. Once you've reached the end of your trail, travel back up, targeting only those moan zones with deep lovin'. Erogenous areas vary not only from guy to guy but from day to day. This kiss finds every feel-good trigger on his body that's begging to be touched at that moment. So each and every time you use this luscious lip trick, you'll uncover a new lusty wonderland.

Around the World

Guys already go gaga for French kisses, so the next time you tongue-tango, stroke every oral sweet spot he has: Run the firm tip of your tongue along the middle of the roof of his mouth back toward his throat, then let your tongue soften and slink to the side, prowling its way slowly around his teeth—first on the inside, then along the outer gums. Drop down and trace the tantalizing trail of his lower gums. To finish off, twirl your tongue a complete 360 degrees around his. This is such a powerful move because you're covering every inch of his mouth. Many parts—like his gums and the underside of

his tongue—often get completely ignored, which means you'll be stimulating novel territory. Plus, most men love take-charge kissing.

The Hummingbird

Letting out a moan while nuzzling his neck does more than merely inform him you're in seventh heaven—it also creates a tactile buzz that will have him begging for more. Your voice creates a vibration in your lips that he can feel through his skin. Plant your mouth where his jaw starts (near his earlobe), and as you slowly make your way across his jawline to the other end, start humming to send jolts of electricity through his body. Vary the tone from a low groan to a higher-pitched purr and you can create a whole range of novel sensations.

The Tongue Twister

Every thrust your man makes during intercourse bumps up his excitement level a few notches. Give him a mouth-to-mouth version of that in-and-out action and it'll spark those same sizzling results. To do it, stick your tongue out of your mouth, and slide it between his loosely closed lips. Slip it slowly and seductively in and out. Combine this slithery move with intercourse and you'll get twice the fireworks.

Synchronize Your Styles

Cosmopolitan magazine

A great percentage of guys prefer French kisses with a little controlled roughness; most women prefer light, feathery kisses. So if you want a make-out session that's mutually satisfying, you have to give in—at times—to each other's personal tastes.

"To clue a woman in to what I want in a kiss, I'll smooch her the way I want to be smooched back," says 27-year-old Steve. Since we

unconsciously mimic other people's manners, alternate kissing your man the way you like with letting him take the lip lead.

But what if he's a complete smooch goof? "When I first met my husband, it was like making out with an Electrolux power nozzle," says 25-year-old Jenny.

If that's the case with your kisser, it's important to give him the proper "peck-ed" as soon as pos-

sible. It'll save you a lot of sexual suffering and him a lot of embarrassment. That's exactly what Jenny did to clean up her kissing klutz. "As soon as he started tongue-tackling me, I'd very sexily say, 'Stop.' Then I'd pause, teasing him for two seconds, and tell him, 'I want to kiss you the way that turns me on,'" she explains. "Within a month, he was returning my kisses with finesse."

For Adam

Lip Tips

By an SGA female

Making the first move

You know how hard it is to get to that first kiss on a date with someone you're not so familiar with? One tip, if you're game, is to kiss right at the very start, when you get together. Also make sure that if you sit or lay on the bed together, you're *touching* each other from the start, as that helps to break the ice. Otherwise you could be talking for *hours*, heh, as I learned from experience. Not that it's bad to talk

for hours, but if during that time you're both awkwardly wondering who is going to make the first move, it can be ... well, awkward.

Smooth as a baby's bottom?

I'd say beard stubble is the greatest hindrance to good kissing. If the stubble is longer (like one of those Italian-model-type stubble beards), it's softer, and most of the time okay. But sometimes a guy will have

shaved earlier that day, and I can still feel prickles. A good test for you gents might be to rub your lips on your upper arm. If you can feel any stubble, your lady's sensitive face certainly will as well; if you're planning on kissing a lot, her skin can start to feel chapped and irritated.

Swallow please!

Okay, none of us want to dwell on the negative, but I just have to say something about saliva. I am very

blessed to be surrounded by very good kissers in my life, however, I was in one situation recently where a guy was on top and kissing me, and basically it would have been nice if he swallowed a little more often. You don't want to have a dry mouth when you're French kissing someone, but by the same token, you don't want to make the other person swallow all your saliva, as it gets a little disconcerting.

By the same token, wet kisses can be sexy, but I'm personally not into a guy giving me such a wet kiss that my chin and the entire area around my mouth feels like a baby just slobbered on it. And if it happens repeatedly in a date ... well, we won't go there. Suffice it to say that if you notice your date has to repeatedly dry her face after you've kissed her, it might be nice to turn down the puppy-dog-licking style just a tad.

Multitasking...

I've noticed that sometimes a man will try to French kiss me as he's undoing my pants button, or my bra, or slipping off my panties. (Whew, great visuals right there!) However, in concentrating on the task of that button or clasp or those panties, it can be hard to also concentrate on a good kiss—

it's obvious to me anyway that he's not really thinking about it, especially if his teeth start colliding with mine. So I'd like to suggest to the gents that you just pause on the kissing and maybe feast your eyes on your lady's beautiful body for a few moments as you disrobe her ... or whatever you're doing. The act of looking in itself can be terribly erotic, so don't forget to savor those moments.

An all-encompassing experience

You can make French kissing an incredible experience by using your hands in creative ways. Run your fingers through your lover's hair, stroke the back of her neck and her back and shoulders. Don't forget how wonderful it is for most women to feel their faces touched—run your fingers along her cheekbones and under her chin. Kissing should never be a freeze-frame affair—stuck in one position making a sucking sound. Feel free to vary your facial and body positions, pull the other person closer, kiss the lips, then the neck and other parts of the body, then back to the lips again. Something I personally love because it gives the lips a rest once in a while, is to keep your mouth slightly open, and

pass your dry lips softly over your partner's face—forehead, bridge of nose, cheeks, chin, and lips.

Smooching Snippets

Comments from Family women

✧ Above all else, have fresh, clean breath. Bad breath is a turn-off, no matter how sexy the guy is.

✧ What turns me on—not only sexually, but my heart as well—is when a man kisses my hand. When he takes my hand it seems like such a noble and humble gesture on his part, such a gentlemanly thing to do, a custom belonging to knights and ladies. —Oh, how romantic! Little kisses on the hand, up the arm are great too.

✧ Everyone is different, so when you're with someone new, it's nice to "feel it out" first to see if someone likes full throttle or gentle searching kisses. It's nice when you do, especially if there might not be a huge attraction, or if there is shyness involved.

Unique Kissers

By a 20-something-year-old woman

Kissing is so important on a date. If a guy doesn't kiss right, or at least semi-decently, it can make the whole encounter unappealing. While everyone has "personal taste" when it comes to kissing, my hottest tip for guys would be:

Start off slow and gentle, and pay close attention to how the girl is kissing you. Don't jump right into your way of kissing, because that might just ruin it for the girl. It might not, but it's always safer to see how she does it, because chances are, if she

doesn't like the way you kiss ... well, everything else will gravitate into that category.

I've experienced some tremendously unique kissers in my time, such as the "tight peckers" (who purse their lips together, hardly open them, and peck, peck, peck at your lips), the "lizard lovers" (who narrow their lips like a capital "O" and then dart their tongue in and out, lizard style), the "wet and gooey" (all-tongue and saliva bath for your lips, cheeks, chin, and yes ... nose), and the "hard

hitters" (who press so hard on your lips that you worry that your jawbone might break, not to mention the possibility of suffocation. Just to name a few.

While those are unique and highly specialized styles, no doubt, not every girl flips over them. So just take a few minutes at the start of your kissing to determine what *she* likes, 'cause it'll go a long way toward enhancing *your* pleasure for the evening. Not to mention if you're interested in a second or third encounter. ...

Smooching Snippets

Comments from Family women

✧ The nastiest turn-off for me is a guy who is into himself, looking past me into a nearby mirror, or obviously trying hard to seem like a good kisser or impress me with amazing head jerking moves, etc.

✧ I prefer kissing to begin slow, soft and gentle. I personally like more lips than tongue; I find it far more sensual. I don't believe lack of tongue insinuates lack of passion; it's merely a style. To me, intense cavity searching and deep tongue prying have a way of destroying the passion of the moment. I don't like to be smothered when I kiss. I want a kiss to leave me hungry for more, not gasping for air.

✧ I love when the guy starts out tender and slow, almost teasingly, barely starting to kiss, working it up a bit to kissing a little harder, really taking time to get into it and building up the passion and excitement. Then, once the "kissing foreplay" is reaching a higher state, I like to again gently move forward in the "tongue-involved kissing," always taking it a little further, but slowly, teasingly, savoring the moment and not going too far too fast. I like to go back to slow, teasing kissing, then let it build up again, even after kissing deeply. It's an art and a fun one to explore with each person, but taking it slowly gives time to find out what your partner wants or likes.

More Smooching Snippets

Comments from Family women

✧ The leading turn-on for me in any kiss, whether “chemistry” is involved or not, from the sizzling passion of a French kiss to a perfunctory peck, is when the kisser is not rushing to get it over or move on to “bigger and better” events. It’s such a turn-on when he takes pleasure in the moment and in me.

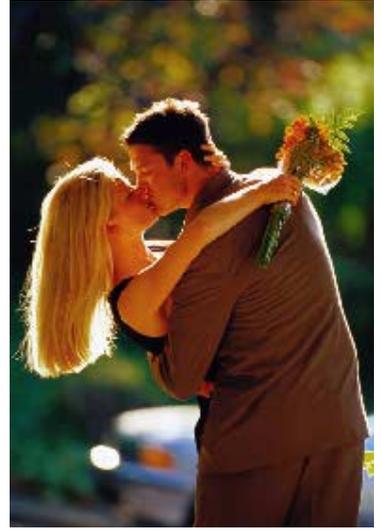
✧ At the end of a kiss, I like to have my bottom lip gently nibbled and pulled once or twice with my partner’s lips. — Just lips though, no teeth.

✧ For me a kiss is all about the lips. It’s the way that a guy nibbles, caresses, and brushes my lips with his that gets me feeling sexy.

✧ A kiss needs to be sensitive to the recipient so it doesn’t overly lead the pace, otherwise there is no rhythm! In order to enjoy a kiss you’ve got to proceed together and not just speed along hoping the other will catch up. A kiss should be uniting; not a one-way expression, but a two-way dialogue. It takes two to tango, and two to kiss!

✧ I really like kissing, especially if: my partner obviously likes it; it’s a big full frontal kiss right on the lips (a definite mouth kiss); if the lips are open and moist and wet (this is assuming you’re in bed, and not just saying good-bye); if it’s long and sensual, with the kiss lingering on your mouth, or coming back to your mouth often; sucking or pulling on the upper or lower lip is sexy; open mouth, and feeling the hot breath, but not actually touching your lips, is very sexy too.

✧ A little tongue can be the most exciting part of a kiss, but too much tongue is a kiss’ downfall. The object is not to stick your tongue in her mouth and just leave it there inactive. Try different things. — Dart it in and out once, then swirl it around her tongue, then brush it along the inner part of her bottom lip. Keep it moving, and alternate with lip action.



✧ I love it when a guy inhales as he goes in for a kiss, but then waits to really exhale till he either backs away from the kiss, or goes to kiss my neck. It keeps the smell and heat of his breath away from being directly in my face.

✧ Adjust your mouth and kiss size to your partner’s. No one wants to crack their jaw in an attempt to keep up with a massive smooch. Generally women have smaller mouths than men, so keep your kiss size in check, and adjust to your partner.



Top Tips

On Pregnancy and Motherhood

Leg cramp relief

From Angela, Holland

During one of my pregnancies I suffered a lot from leg cramps at night. When I started having them even during the day, I got desperate. We prayed and the Lord told us to get a calcium supplement. — The cramps never bothered me again. Maybe this will work for other pregnant women. (See *Eve #28, pg.23, for more on calcium intake during pregnancy, and Eve #12 and #17 for more on leg cramps.*)

More on cramps

From Mercy, Lithuania

I've had quite a problem with leg cramps during my first few pregnancies. I tried to do the very thing suggested in *Eve #17* (stretch the leg and flex the ankles and toes), but in my case it didn't help very much. The pain was almost unbearable and lasted several minutes, after which my leg would hurt for 3-4 days. Then one day I read a Letter where Dad says to stand up and walk around when having a cramp. That really worked! From then on, as soon as I felt one coming or would wake up with a cramp, I'd get out of bed right away and walk around. The cramp disappeared very quickly with no after-pains.

Something else that helps prevent cramps is to gently massage the legs upward (from ankle to knee) before bedtime. Using a relaxing massage oil is nice. Also, while lying down I have to be careful not to stretch my legs fully (with feet stretched out), as that would bring on cramps.

Nettles for blood flow

From Dove (of Mark), Siberia

When I was really bleeding after the delivery of my baby, it helped me wonderfully to drink a lot of nettle tea (more than a liter a day). The Lord used it to stop my bleeding, when the doctors had been concerned I might die of it.



Stinging nettle tea is a good liver, kidney and adrenal tonic. It's a diuretic and helps the body get rid of excess water, easing premenstrual bloating. The vitamin K content in nettles helps to clot blood and control heavy bleeding, while its easily digestible iron prevents and treats anemia. Nettle can be used to increase milk production in lactating women. Good for: labor, period pains, PMS, postnatal. Nettle tea can be made by pouring one cup of boiling water over two teaspoons of the dried herb (or ¼ cup of fresh plant) and allowing it to steep for 5-10 minutes. Strain and drink. Nettles have no known side effects.

— *Web reprint*

Tips for

Laboring Moms and Labor Helpers

By Robin Elise Weiss

General Support in

Labor: Labor and birth are very demanding of everyone involved. The laboring mother needs physical, emotional, and mental (informational) support before, during and after labor. Having someone with the laboring woman at all times, keeping her well informed, reminding her to change position and urinate frequently, encouraging her, reminding her of why she is doing this, and many other jobs are needed in labor.

Who Provides Labor

Support: This labor support can be done by the father of the baby, the woman's sister, friend, mother, childbirth educator, or a *doula* (professional labor support). It can also be a job that is shared, because there is plenty to go around.

Early Labor Support:

This is an exciting time! You might be wondering if you are really in labor or if this is a false start. If you know this is it you can be excited, nervous, afraid, or all of

(Eve:) The following article contains many useful and informative tips that we pray will be a blessing both to you laboring mothers as well as those who are caring for and helping them. Since this is a non-Family reprint, there is no mention of prayer or spiritual things, so we wanted to add a footnote here that in all your preparations, please remember that the Word, prayer and hearing from the Lord are the very best way to prepare, relax and cope with the variety of challenges labor brings. You might want to gather together ahead of time a collection of feeding and encouraging Word tapes, music tapes, a Promise Box or other strengthening materials for use during the stages of labor.

the above. Here is what you need in this stage of labor.

- ✧ Relax, go with the flow.
- ✧ Tune in to your body.
- ✧ Don't pay attention before you need to.
- ✧ Try to go about your normal day if during the day.
- ✧ If it's at night, *sleep* if at all possible.
- ✧ Alternate activity with periods of rest.
- ✧ Take a bath (if your water bag has not broken; if it has, counsel with your doctor or midwife).
- ✧ Take a walk.
- ✧ Watch a good movie.

✧ Pack your bag for the hospital or birth center, if you haven't already done so. Or ready your home for your homebirth.

✧ Alert all involved that you are in labor, even if you don't need their help.

Tips for Spouse and/or Helpers:

- ✧ Encourage her to rest, eat, walk, whatever she feels like doing.
- ✧ Rub her back, her feet.
- ✧ Give her verbal encouragement.
- ✧ Help her to time contractions.

Active Labor Support:

Active labor is generally noticed when mom is getting very serious about her contractions. Her contractions may be 3-5 minutes apart and lasting 60-90 seconds. The cervix continues to thin and open, and the baby moves down.

✧ Relax; do not fight the contractions.

✧ Breathe (not necessarily any special way), deep abdominal breathing usually works very well in keeping you calm.

✧ Find a position that is comfortable for you.

✧ Maintain your mobility for as long as possible. This helps speed labor by using gravity to bring the baby down, and helps you with pain.

Tips for Spouse and/or Helpers:

✧ Remind her to urinate every hour.

✧ Remind her to drink and eat, as she feels comfortable.

✧ Encourage her verbally.

✧ Assist her with massage, mental relaxation, or other things that work for her.

✧ Maintain a peaceful environment.

Transition Labor Support:

This is the hardest but shortest part of labor. The cervix finishes opening during this phase of the first stage. This is the point when she may ask to go

home, promising to return and finish tomorrow, she may shake, be nauseated, or vomit. These things do not always happen but it's perfectly normal if they do. Contractions are 2-3 minutes apart, and generally last 90 seconds.

✧ Relax; go with the flow.

✧ Move around and get comfortable. You may need to change position with every contraction or you may not want to move.

✧ Listen to your body.

✧ Hang in there; it's almost over!

Tips for Spouse and/or Helpers:

✧ Remind her to take one contraction at a time.

✧ Remind her that the labor is almost over.

✧ Help her find a comfortable position.

✧ Water is especially helpful during transition. Try a shower, the tub, or damp cloths.

✧ Remind her not to tense up with the contractions.

✧ Remind her to breathe.

✧ Lightly stroke her face or any other part of the body if that feels good to her.

✧ Slow dance with her.

✧ Have her sit on the toilet. This is a great place if she is having trouble relaxing her perineum.

Pushing Labor Support: Wow! You are finally here! This stage starts with the complete dilation of

your cervix and ends with the birth of your baby! Your contractions will probably space out to be about 4 minutes apart and last 60-90 seconds.

Most women describe pushing contractions as different than labor contractions. Some women have a short period where they will not have any contractions, or their contractions are very light with no urge to push. If you experience this, do not panic: It is normal, and labor will start again. Get your rest!

The urge to push comes in several varieties: The overwhelming urge, the so-so urge, and the only-at-the-peak-of-a-contraction urge. Push to your comfort level, and do not begin pushing before you are ready, as this can lead to an unnecessary cesarean for failure to progress or the belief that the baby is too large.

✧ Be patient.

✧ Push to your comfort level.

✧ Find a position that is comfortable.

✧ Squatting opens the pelvis by more than 10%.

✧ Hold your breath as you feel comfortable. This will help with pain and provide extra force to push.

✧ Remember that the baby is almost here.

Tips for Spouse and/or Helpers:

✧ Help her with positioning, she may need you to

hold a leg or support her as she squats.

- ✧ Encourage her verbally.
- ✧ Remind her the baby is almost here.
- ✧ She is working hard; offer her sips of water or juice.
- ✧ Cool washcloths to the face and neck might feel really good to her.
- ✧ Remind her to relax.

After Birth Labor:

Your baby is born! — Congratulations! This stage begins with the birth of your baby and ends with the expulsion of the placenta. It is called the third stage of labor. You will most likely be holding or nursing your baby at this point, but there are a few things to remember here as well.

- ✧ Continue to relax.
- ✧ Nursing your baby will help the placenta come more quickly, your uterus to contract, and your body heal.
- ✧ Know that you did a *great* job!

Tips for Spouse and/or Helpers:

- ✧ Congratulations! You did a great job helping Mom!
- ✧ Make sure she has something to drink.
- ✧ Take pictures, including some with you in there!
- ✧ Cut the cord if that is your job.
- ✧ Help Mom begin nursing the baby.

Labor Support for

Back Labor: About 25% of women will experience back labor. The most common cause is a baby who is in the posterior (their spine against Mom's spine) position. The best thing you can do is to encourage the baby to turn. Here are some helpful tips for back labors.

- ✧ Hang in there.
- ✧ Rely on your support team to help you.
- ✧ Continue to stay relaxed.
- ✧ Adopt positions that encourage the baby to turn:
 - On hands and knees
 - Put one foot up on a chair and lean into it
 - Pelvic rocking
- ✧ Remain upright; going to bed will not encourage the baby to turn.
- ✧ Take a shower.

Tips for Spouse and/or Helpers:

- ✧ Use a tennis ball, rolling pin, soda can, or massager on her back.
- ✧ Counter pressure on the back is very helpful. You may be asked to push for long periods very forcefully.
- ✧ Encourage her to take one contraction at a time.

- ✧ Encourage her to pelvic rock.
- ✧ Use the double hip squeeze*.

Informed Consent:

Informed consent should be obtained before any procedure or test during pregnancy, labor and birth. Here are some questions to keep in mind to make sure that you are getting informed consent.

- Why do I need this drug or procedure?
- Will my baby and I be healthier for taking it or having it done? Or is it routine?
- What are its known side effects?
- Will the benefits outweigh the side effects?
- What is the risk to the baby or me if I don't take it or have it done?

— Are there alternatives that can be tried before this procedure/drug?

You also have the right to privacy while you make your decision. Just ask the person to leave while you discuss your options. You do have the right to ask for a second opinion from someone who is not in practice with your doctor.



*** Double Hip Squeeze:** When the laboring woman is bending over (probably on all fours), turn your hands down, like you are pouring out a can of soda, and place your palms on the side of her hips. Press down, in and together. This provides relief from back labor and other back pain by moving the pelvis.

Top Ten

Here are the midwives' top ten tips for labor support:

1. Massage
2. Pelvic rocking
3. Double hip squeeze
4. Positioning
5. Water!
6. Urinate frequently
7. Effleurage (light stroking/massage of stomach or thighs)
8. Eat and drink to comfort
9. Heat and/or cold packs and cloths
10. Support and encouragement

Dad speaking: The tips and pointers given above all concern the physical, and these are good and important. Let me just add a few words on the side of the spiritual, though.

There are three important aspects of labor support that are top on the list of importance. The first is trust in Jesus. The second is faith in His Word

and promises. The third is depending on the power of prayer. These three things cannot be left out of the labor plan of one of the Lord's children, because Jesus and His Word and prayer are what will pull you through.

To be the greatest support to a woman in labor, you have to be full of Jesus, full of His Word, strong in His promises, and

vigilant in prayer. The biggest encouragement to her will be your reassurances of Jesus' care, your reading or quoting the Word, and your full-of-faith prayers. Without including the Lord and depending on Him and His Word, even the best labor support techniques will be in vain.

Of course, there are some very practical things that are a help to a woman in labor, like this article outlines—different positions, massages, giving her water, helping her relax, etc.—but all of this goes hand in hand with the spiritual aspect of her support, which is of the greatest importance. She needs encouragement and faith most of all, and faith comes from the Word. So feeding her faith through the Word is the best support you can be. (*End of message from Dad.*)

All Our Needs

From Terry and Jade (SGAs), China

We are expecting our third baby. As you know, provisioning in China—in the way we are all used to—can't be done! But there are other ways the Lord takes care of us, and provides everything we need.

We needed everything for the baby: crib, stroller, baby tub, bottles, clothes, etc. We had prayed for them and were trying to save up money to buy some. But every time we started talking about getting something and saving for it, the Lord miraculously supplied it from friends or parents of the kids we teach!

So far, everything we need has been given to us, and we haven't had to pay for a thing! It was not only a testimony to us of how the Lord can supply here, but we were able to tell our sheep about it and use it as a testimony of His supply.

From Heaven's

Doors

Our God of Mercy

From Angela Victory (of Daniel), Romania

In my seventh month of pregnancy I went for my first checkup. At the ultrasound, the doctor saw that there was a problem with one of the baby's ventricles (a hole filled with liquid in the brain). The next day she called me to have another ultrasound done with a specialist present. He confirmed the same problem. They told me to come back in three weeks, and if by that time the baby's brain was the same, she might need an operation right after birth, and might be born retarded.

Needless to say, my heart broke upon hearing this, but it was a very needed shakeup. Until that time, I hadn't been faithful to eat well, neglecting the baby and her needs because I was too "busy" to prepare food that didn't make me nauseous.

I got desperate with the Lord. We sent out a prayer request, laid

hands on my tummy and prayed for the baby. I re-read all the pubs on nutrition during pregnancy and started eating very well. I also checked my spiritual walk with the Lord and started to use the new weapons more. Every time we heard from Him, He encouraged us that all things work together for good, that it was just an attack of the Devil. During this time we also received her name (we knew it was a girl) in prophecy: Liana Rose.

At the checkup they had also seen that the baby was in breech position. Our first girl was born in breech position, so I didn't have much hope that this one would turn around. But our God is a God of miracles! When I went for my next checkup, the baby's head appeared completely normal, the ventricle had disappeared, and she was also turned into a head-down position!

During that time, I read something that I hadn't realized up until that point: The last three months of pregnancy are when the baby's brain cells are formed, and it's very important to eat good food with lots of protein. That encouraged me to see that all was not lost, and if I did my part to eat well, the Lord would do His part and form the brain.

I thank the Lord for His mercies on me and for healing Liana. She was born very healthy after just three hours of labor and one push. I also recovered very quickly in only two weeks, compared to three months with my first baby.

In all, it taught me how important good nutrition during pregnancy is, for the health of both the baby and the mother. Although it might take extra time or finances—it's worth it!



My Delivery: A Touch of Heaven

From Rose, Italy

Liam Anthony was due December 20, but was born January 5! I'm 43 and he is my 12th child. I had frequent contractions and I really thought he would come earlier, but the days passed and nothing happened.

Dr. Verde is a faithful contact who has helped many of our mummies give birth. He knows our convictions and respects us, but still he told me I should come and get my labor induced on December 31, if nothing had happened by then. When I asked our wonderful Husband about it, He told me He'd rather have me trust Him rather than the doctor. He said He had a perfect plan. It was a test for me, but the Lord was definite. He told me to wait until January 5, then I could go to the hospital.

On the morning of the 5th, I really didn't feel like going to the hospital. I felt shaky and had to find refuge and strength in Jesus' loving arms. He sweetly reassured me that everything was fine, but that He wanted me to go with full trust, accepting this as His plan.

Before going, I asked the Home to lay hands on me and to release Heavenly power to prepare the way. I felt a beautiful calm, and everything went smoothly.

The director of the hospital gave Emanuele permission to stay with me in the delivery room, though they don't normally allow it. They gave me a very nice room where I was able to comfortably spend the hardest part of the labor.

Dr. Verde was very sweet and helpful. He gave me some pills to induce the labor, which I stopped taking once the contractions started. There was a nice, homey atmosphere and everything was fine.

When I started pushing, I started feeling terribly unsure of myself, as if I didn't know if I could make it. Usually I'm quite confident during childbirth, but this time it wasn't the same. I was doing all I could, but I still felt I couldn't do it. All this was happening very fast, but it was a big battle in my mind.

All of a sudden, I wasn't there. I was in a faraway place with a golden light. There was water everywhere, and it was as if I was fishing or something. It was extremely relaxing! Then I suddenly felt I was coming back to my body. I saw the baby crying in my arms and I heard the doctor telling me to put him to my breast.

It was like waking up from a dream, so I asked

Emanuele what happened and if I had fainted. He was all happy, telling me that everything had gone great! He said that I had been awake and following the doctor's orders to stop pushing, and the baby had come out at once. I couldn't believe it, as I didn't remember any of this, while still vividly recalling the scene of the wonderful place I had just been in. I was so puzzled!

Emanuele cut the cord and the doctor seemed so impressed with everything. He showed me that the placenta was in perfect condition, something he had doubted, considering my late delivery. I needed no stitches and felt very well, almost recharged! Meanwhile the brethren at home had gotten in prophecy that all had gone well, and even that our Heavenly helpers had lifted me up to make me more aware of their presence!

Though I still can't fully explain nor understand myself what happened and how, I believe that our amazing Lover wanted to show me how real His promises of power are, no matter how weak and helpless we may feel—as long as we trust Him. Liam Anthony's birth was truly a wonderful experience!

CABBAGE DELIGHT

From a Home in the USA

It's healthy, it's quick, and it's often ... left-overs. It's cabbage! Well, this was the case in our Home before our sweet new disciple Lily (21) came!

She brought with her a delicious, healthy Romanian recipe that has put cabbage as one of the most desired vegetables in our Home.

The recipe (serves 6):

- 1 head of cabbage
- 2 tablespoons salt
- 1 teaspoon pepper
- ¼ cup oil
- ¼ cup vinegar
- 2 limes or lemons

Shred cabbage without the core, as thin as your patience allows you (the thinner the better). Add the salt. Mix and squeeze together until cabbage is semi-juicy. Add the oil, vinegar, and the juice of two limes or lemons. Finish with the pepper. Mix and serve!

(You may wish to experiment with the actual amounts to best suit your taste.)

✧ *Eve*: See *Eve* #27 for more on cabbage and its health benefits.

CABBAGE TRICKS



To wash away insects: Fill a basin with cold water, add a couple tablespoons of white vinegar, and soak the cabbage in it. This should wash out any and all insects that may be hiding between the leaves.

To reduce the smell while cooking:

- As soon as you start cooking cabbage, drop a walnut—shell and all—into the pot.
- Add ½ a lemon to the water when boiling.
- Add a pinch of baking soda or a stalk of celery.
- Place a heel of bread on top of the cabbage while it's cooking.

From Shoes in the Freezer ... by Joan Wilen and Lydia Wilen

VEGGIE SEASONINGS

Web reprint

Here are some seasonings, which bring out the best flavor for certain veggies (when steaming or boiling).

Asparagus: Tarragon, lemon, dill.

Green beans: Basil, dill, thyme, mint, oregano, summer savory, tarragon.

Beets: Allspice, ginger, orange, lemon.

Broccoli: Dill, tarragon, lemon.

Cabbage: Caraway, tarragon, summer savory, dill.

Carrots: Ginger, nutmeg, caraway, cinnamon, dill, lemon, mint, orange.

Cauliflower: Caraway, dill, mace, tarragon.

Eggplant: Marjoram, sage, oregano, basil.

Greens (spinach, kale, Swiss chard, watercress): Basil, chives, oregano, dill, tarragon, nutmeg, rosemary, lemon.

Green peas: Mint, chervil, marjoram, rosemary, garlic, tarragon.

Potatoes: Lemon, parsley, chives, dill, basil, thyme.

Squash: Basil, garlic, rosemary, dill, thyme, oregano.

NUTRITION Mini-Quiz

Los Angeles Times

Q: True or false? Yogurt is so good for you that even those laced with fruit jam should be included in your diet.

A: False. Yogurt is great. It's a good source of protein and a pretty good source of calcium. But the varieties that contain fruit jams may have as much sugar as a can of soda (eight to nine teaspoons per eight-ounce container).

In order to get this much sugar into a cup of yogurt, you have to displace some of the yogurt, and thus the valuable nutrients it con-

tains. If you like flavored yogurts, try adding your own fresh fruits to plain yogurt.

Q: Scientists have been debating the merits of vitamin C for decades. Now there's pretty solid evidence that its antioxidant properties may be protective against cancer and other diseases. When we think about getting enough vitamin C in our diets, we usually think about oranges, but ounce for ounce, some foods have even more vitamin C. Which of the following foods fall into that category?

- A. Broccoli
- B. Red peppers
- C. Kale
- D. Kiwis

A: All of the above. In addition, Brussels sprouts,

arugula (a Mediterranean plant with pungent, edible leaves), green peppers, red cabbage and strawberries have more vitamin C by weight than do oranges. Sweet red peppers have almost three times as much, and hot red peppers have even more. Of course, you probably couldn't eat enough hot peppers to get very much of the vitamin.

Obviously, you can also take vitamin C supplements, but there's not too much evidence to suggest that supplements are really more helpful than making sure there's plenty of vitamin C in your diet. Moreover, by taking pills, you miss out on the other protective nutrients, such as beta carotene and fiber, that you get by eating fresh fruits and vegetables.

HEALTHY FOOD SWAPS

Parents magazine

Here are some easy substitutes to increase the vitamin, mineral and fiber intake in your diet.

Instead of green peppers ... try red peppers. Health bonus: The red variety contains twice as much vitamin C, plus vitamin A.

Instead of chicken ... try turkey. Health bonus: Turkey packs in more minerals (especially zinc), vitamins and protein, and is just as lean.

Dad speaking: These are fun comparisons, showing you that certain foods you may think are identical in vitamins and minerals are not. Of course, you wouldn't want to take this to the extreme. Sometimes the Lord will provide green peppers, chicken, iceberg lettuce and tangerines, for example, and He's going to use those to give you what you need to keep you healthy and strong. But this little article is mainly for your interest, for those times when you have a choice between two food items, so that you can know which of the two is a little more healthy and superior in quality.

Instead of iceberg lettuce ... try romaine lettuce. Health bonus: Romaine has double the beta-carotene and 3½ times more vitamin C.

Instead of tangerines ... try oranges. Health bonus: A good source of fiber, oranges have three times more vitamin C and twice as much folate.

Just hold On!

In 1997, some anointed publications came out about menopause (GNs 738-739, FSMs 314-316). They have been an incredible help to me through these last years! I highlighted most of the text, as it was so applicable to me. I counted the words “through” and “come to pass,” as they were promises from the Lord regarding the depression that came upon me; the sleepless nights, the emotional roller coasters and the confusing thoughts; the feeling of not “recognizing myself” in the way I thought, behaved and reacted; the hot flashes, etc. (Please note that not all women react or experience the same things as I did. Just like deliveries can differ from woman to woman and baby to baby, menopause is also experienced differently in each woman’s life.)

I have never felt so desperate in my life! The only thing that really kept me going was the Word. But now I am coming to the

point (to make a long story short, ha!) where I see that it is true! It will come to pass! The Lord will help you through this phase of life if you will let Him.

Just keep holding on one step at a time, even one moment at a time. I had to remind myself at times, which helped: “This is just menopause! It will pass.” I did this whenever something came up that I had a difficult time coping with (whether hot flashes, crying over “nothing,” etc.). I know now that there is a light at the end of the tunnel, because I have seen it.

The beautiful prophecies in the GNs said—among other things—that I had come to a crossroad, a midway point where I would “get refreshed and renewed.” *Well, I thought, I’m not so sure about that!* Lord help me—at that time things were so difficult! I felt like I was struggling along in a fog, or through mud.

But today I can see that it’s true about being refreshed and renewed! I recently moved to a completely new field, new culture, new everything, something I’d have never dreamt of or dared do years ago!

My dear sisters in the Lord, we are definitely *not* “washed-up has-been’s” (which I sure thought I was for quite a while)! *Don’t believe that lie!* There are still so many things we can do for the Lord, even if we are not as strong physically as we were in our younger years. We are a force to be counted on! It’s actually a promise in one of the GNs that it will be our “prime of life,” which I now believe it can be, after being washed in the Lord’s “laundry machine,” through His Word!

From Tender Joy, Pakistan



t times it did feel like I was in a (spiritual) laundry machine, being pre-washed, washed, rinsed, spun, etc. But by the grace of God, I am cleaner now through His Word. Of course, it will be a continual process, the “cleaning,” I mean, as we still continue to get “dirty.” But now I know it’s for my own good.

Well, I could go on and on about this, as I am so thankful for what the Lord has helped me through because of His Word. Hold on to it, my dear sisters, as it speaks the truth! Don’t ever give up! It will come to pass! The Lord knows exactly what we need to draw us ever so close to Him, and to show us that He is enough. He is an ever-near Presence and Friend through it all.

If I could give one tip to those living with a woman who’s going through this stage of life, it is: Please give her love, hugs, care, understanding (as much as possible), encouragement and reassurance. Tell her, “Everything will be okay! Don’t worry!” There can be some lonely moments where you feel or “know for sure” that nobody understands you (no wonder—you hardly understand yourself!), nobody loves you, etc.



Maybe your children are grown up and have “flown out of the nest,” and have their own lives to live. Maybe you are separated from your mate and are just getting older and feel “good for nothing.” But love never fails! It helps and heals and does miracles! We still enjoy the closeness and the companionship we get and can give when having sharing times together. We might not look like Cindy Crawford, but does that matter so much? We can still have fun and enjoy life to the fullest! Many times that’s all that’s needed to get the inspiration to keep going.

So I just want to say, hold on and trust the Lord. It’s just a bend in the road; greater victories are waiting just around the corner. Yes, it’s true!—Sometimes that bend in the road doesn’t seem to end; it seems to go on and on and on! But you will sooner or later come to the end of it. If I can make it, by the grace of God, anybody can!

P.S. One last thing that also really helped me through this “rough and rugged road” was that as soon as I got my heart and mind on others and trying to help and do things for others, I forgot my “old stinking self”—and things worked out more smoothly!

Editor's Note

Editor's note: If you know other women in the Family who are going through this stage of life at the same time you are, it helps to compare notes and pray for each other. At least you don’t feel so strange for having odd things going on with your body and your emotions, if you find the same is happening to someone else. Just being able to talk about it and pray for each other can be a big help. Call on the power of the keys and ask Him for solutions together. He’s got victories for you, and it’s wonderful to feel His love and strength coming through when you need it.

Hemorrhoidal Helpers

Q:

Do you think you could publish some material/advice on hemorrhoids?

—How to lessen the pain, ways to get rid of them, how to avoid them, etc.?

—From R., Thailand

A:

We pray the following compilation will be a blessing to you. As always, check in with our Heavenly Medic to find out the best solution for your particular situation.

One other point of interest, which is not elaborated on in this feature, is that several Family members have written in to share that they have found good results from using castor oil. Please see *Eve #4:21, Eve #6:19, Eve #7:27, Eve #14:10, Eve #26:18* for a few more tips and helpers on the subject of hemorrhoids.

Compiled from articles by the Mayo Clinic, NIH Clearinghouse, the Protocare Corporation, and others

Hemorrhoids are among the most common of health ailments, affecting approximately eight out of ten people throughout their life-

times. Hemorrhoids (also called piles) are varicose (enlarged) veins of the anus and rectum. They usually are not dangerous or life threatening. In most cases, hemorrhoidal symptoms will go away within a few days.

Although many people have hemorrhoids, not all experience symptoms. There are two types of hemorrhoids—internal and external—that can occur separately or in combination.

Internal hemorrhoids usually don't hurt or itch; you can't feel them because they are deep inside the rectum. Until they bleed you may not know you have them. Internal hemorrhoids can prolapse (be pushed out) through the anus and this can be very painful.

External hemorrhoids develop under the skin just outside the opening of the anus. They are tender to the touch and are round and purple in color. Symptoms of external hemorrhoids may include painful swelling or a hard lump around the anus that results when a blood clot forms.

This condition is known as a thrombosed external hemorrhoid.

In addition, excessive straining, rubbing, or clean-

ing around the anus may cause irritation with bleeding and/or itching, which may produce a vicious cycle of symptoms. Draining mucus may also cause itching.

While there is no conclusive evidence as to the specific cause of hemorrhoids, there is a long list of contributing factors. These include constipation, straining during a bowel movement, pregnancy, lifting heavy objects, prolonged sitting or standing, being overweight, and faulty diet. Downward pressure can cause the small veins around the anus and rectum to stretch. As the veins lose their elasticity and retain excess blood, they become more vulnerable to injury, possibly triggering bleeding, which is often the first indication of hemorrhoids.

Some people can have a single episode of hemorrhoids, and others are plagued by them all their lives. It is not uncommon for a woman to be bothered by hemorrhoids during pregnancy and/or delivery, and then subsiding shortly after birth, never to have a problem again. People who sit or stand for extended periods on their jobs have a higher

risk of developing hemorrhoids. Hemorrhoids are most common in the 25-54 age group.

Once the rectal veins have been stretched out and hemorrhoids created, they are difficult to get rid of completely and tend

to recur with less straining than it took to cause them in the first place. Fortunately, good habits and simple medical treatment usually control hemorrhoids well, and surgery is only recommended in unusually severe cases.

anal canal. Hemorrhoids left hanging are prime candidates to develop into clots.

- **Have a hot bath:**

The sitz bath, sitting with your knees raised in hot or warm water in a bathtub, is a remedy that still tops the list of most experts as a way to deal with hemorrhoids. The warm water helps lessen the pain while increasing blood flow to the area, and this helps shrink the swollen veins. You may even try adding Epsom salts to the bath water. Doing this for 15-20 minutes, three or four times a day will show quick results.

- **Try witch hazel:** A dab of witch hazel applied to the rectum with a cotton ball is one of the best remedies available for external hemorrhoids, especially if there is bleeding. While anything cold, even water, can help extinguish the pain of hemorrhoids, give your hemorrhoids a special treat by keeping a bottle of witch hazel refrigerated. Simply take a cotton ball, dip it in the cold witch hazel and apply it against your hemorrhoids until it's no longer cold, then repeat.

- **Lubricate:** Once you have increased the fiber and fluids in your diet, your stools should become softer and pass with less effort. You may help your bowels to move even more smoothly by lubricating your anus with a dab of petroleum jelly. Using a

Helpful Hints for Dealing With Hemorrhoids

- Strive for soft, easy and regular bowel movements. Hard stools can aggravate existing hemorrhoids by scraping the already troubled area. Solution? Drink lots of fluids, eat lots of fiber, and make use of the following suggestions.

- Along with a proper diet, moderate exercise will aid digestion.

- **Avoid heavy lifting:** Picking up heavy objects and exercising strenuously can act much like straining on the toilet. If you are prone to hemorrhoids, avoid moving or lifting heavy items. When you must lift, always exhale as you do so. Don't hold your breath.

- If your main job activity is seated, always stand or walk during your breaks. Make it a point to stand and walk at least five minutes every hour, and try to shift frequently in your chair to avoid direct rectal pressure.

- **Wipe carefully:** It is extremely important to

clean yourself properly and gently. Toilet paper can be scratchy, and some types contain chemical irritants. Use only non-perfumed, non-colored (white) toilet paper, and try dampening it under the faucet before each wipe. Loose fitting, cotton underwear may also help.

- Keep the anal area clean. Bathe or shower daily to cleanse the skin around your anus gently with warm water. Soap isn't necessary and may aggravate the problem. Gently drying the area with a hair dryer after bathing can minimize moisture that can cause irritation.

- Control coughing, diarrhea and constipation with early treatment since hemorrhoids may soon follow.

- **Push it back inside:** Sometimes the word hemorrhoid refers not to a swollen vein but to a downward displacement of the anal canal lining. If you have such a protruding hemorrhoid, try pushing it back into the

cotton swab or your finger, apply the jelly about ½ inch into the rectum.

- Resist the urge to scratch: Hemorrhoids can itch, and scratching may seem to make them feel better, but don't give in to the urge to scratch. You can damage the delicate vein walls, and make matters much worse for yourself.

- Don't park yourself on the toilet: Prolonged sitting on the toilet can restrict blood flow leaving the rectum and cause rectal veins to enlarge. Resist the urge to use your bathroom as a library. Make a rule: No reading or other relaxing activity while on the toilet. If bowel movements take longer than 3-5 minutes, something is wrong. If you want to keep hemorrhoids away, maintaining good bowel habits and softer stools should be your priority.

- Go as soon as you feel the urge. If you want to pass a bowel movement and the urge goes away, your stool could become dry and be harder to pass. Also, don't strain. Straining and holding your breath when trying to pass a stool creates greater pressure in the veins in the lower rectum.

- Sit on a doughnut: We are talking about doughnut-shaped cushions here. They are available in pharmacies and medical supply stores and can be useful to hemorrhoid sufferers who do a lot of sitting.

- Watch your weight: Due to extra pressure on the lower extremities, overweight people tend to have more problems with hemorrhoids, just as they may with varicose veins.

- Control your salt intake: Excess salt retains fluids in the circulatory system that can cause bulging of the veins in the anus and elsewhere.

- Avoid certain foods and drinks: Some foods, while they will not make your hemorrhoids worse, can contribute to your anal misery by creating further itching as they pass through the bowel. Watch out for excessive coffee, strong spices, beer, and cola. Good foods to add to your diet are blueberries, cherries and

blackberries, if available.

- Pregnant women are particularly prone to hemorrhoids, in part, because the uterus sits directly on the blood vessels that drain the hemorrhoidal veins. A special hemorrhoid treatment if you are pregnant, is to lie on your left side for about 20 minutes every 4 to 6 hours. By doing so, you decrease pressure on the main vein draining the lower half of the body.

- Apply a hemorrhoid medication: There are many hemorrhoid creams and suppositories on the market, and while they generally will not make your problem disappear (contrary to what the ads may say), most are designed as local painkillers and can provide temporary relief from some of the discomfort.

Folk Remedies for Hemorrhoids

- Alum: To relieve itching hemorrhoids, make a solution of a teaspoon of powdered alum in a glass of water. Apply frequently.

- Apple cider vinegar: Two teaspoonfuls of apple cider vinegar in a glass of water at every meal can help stop bleeding hemorrhoids.

- To stop itching and burning, soak a cotton ball in vinegar and dab on the affected area as often as needed. Its astringent qualities will help shrink swollen blood vessels, too.

- Cayenne pepper: Take ½ to 1 teaspoon of cayenne in a glass of water*—or add it to your food—to stop bleeding hemorrhoids. Take cayenne for several days until the hemorrhoids are gone, then once or twice a week for a good maintenance dose. This will clear up hemorrhoids and keep them from recurring. The cayenne helps the blood flow better. (*You can also put the cayenne in a gelatin capsule and swallow it with a meal.)

- **Cranberry:** A diet consisting of a lot of cranberries is supposed to be beneficial.
- **Echinacea:** Apply the extract of echinacea to the affected area with clean cotton. This will help relieve itching and painful hemorrhoids.
- **Witch hazel:** Put extract of witch hazel on a wad of cotton and secure in place so the cotton is in contact with the hemorrhoids at night. Use until cured.

Dietary Helpers

From the Whole Health MD Web site

A diet rich in complex carbohydrates and dietary fiber is recommended for hemorrhoid sufferers. A recent study found that skipping breakfast is significantly associated with hemorrhoids, so eating breakfast is a wise choice and a great opportunity to bulk up on dietary fiber.

Fiber is helpful because it relieves constipation, which is linked to hemorrhoids. Dietary fiber attracts water, creating soft, bulky stools that stimulate bowel contractions and ease elimination. Insoluble fiber is particularly beneficial because it is broken down slowly, if at all, by intestinal bacteria and promotes good bowel function. Wheat bran

reduces the risk of hemorrhoids because it is rich in insoluble fiber. Soluble fiber is broken down (fermented) by intestinal bacteria and has little effect on regularity.

Ground flaxseeds and oats provide relief, by promoting regularity and improving bowel function. Fiber-rich prunes can improve bowel function because they contain a gentle laxative substance called dihydroxyphenyl isatin. Drinking plenty of water, 6-8 glasses per day, is essential when consuming a high fiber diet, because fiber tends to bind water.

Eating the same amount of fiber each day helps the digestive system adjust to a high fiber diet. Gradually increasing the amount of fiber foods into the diet reduces bloating and flatulence; lightly steaming vegetables breaks down some of the gas-producing components.

In addition to dietary fiber, foods high in vitamin C, zinc, anthocyanins and flavonoids, including quercetin, may be beneficial for managing hemorrhoids. Eating buckwheat and apples may improve hemorrhoids because recent studies show that they contain rutin, a type of flavonoid that has traditionally been consumed for the management of hemorrhoids. Garlic, dillseed, and sweet clover have also been traditionally used to treat hemorrhoids. Research sug-

gests that citrus fruits have shown promise in improving hemorrhoids.

What you should eat and why:

Anthocyanins may be beneficial to hemorrhoid sufferers because they may strengthen veins by reducing permeability. Leading food sources of anthocyanins: cherries, blueberries, red cabbage, radishes, rhubarb, cranberries, pomegranates, raspberries, grapes, strawberries.

Complex carbohydrates: Studies show that hemorrhoids are very uncommon in areas of the world where a high-complex carbohydrate, high fiber, unrefined diet is consumed. A high complex carbohydrate diet is rich in dietary fiber and flavonoids. Leading food sources of complex carbohydrates: Rice, potatoes, dried beans, wheat pasta.

Fiber, insoluble: A diet rich in insoluble fiber helps hemorrhoid sufferers because it promotes regular bowel movements, and bulks up and softens the stool, making it easier to pass. Some mild cases of hemorrhoids are primarily treated by drinking plenty of fluids and increasing the insoluble fiber content of the diet. Leading food sources of insoluble fiber: Figs, brown rice, fresh peas, dried beans, wheat, prunes, raisins, currants.

Flavonoids may help strengthen veins and reduce the severity and duration of

hemorrhoid symptoms. Leading food sources of flavonoids: broccoli, blueberries, carrots, pomegranates, limes, chocolate, soybeans, oranges, lemons, apples, tomatoes, onions, white grapefruit.

Quercetin may be beneficial for hemorrhoid sufferers because, as a flavonoid, it may bolster the structure of small veins and capillaries, by decreasing their

permeability and fragility. Leading food sources of quercetin: green cabbage, onions, white grapefruit, garlic, spinach, cranberries, kale, pears, grapes, apples.

Vitamin C: Foods rich in vitamin C are beneficial for hemorrhoid sufferers because vitamin C may help tone and shrink veins. Vitamin C also promotes the healing process. Leading

food sources of vitamin C: broccoli, cauliflower, Brussels sprouts, oranges, kiwis, tangerines and other mandarins, red and green bell peppers, kale, green cabbage.

Zinc is beneficial for hemorrhoids because it may speed the healing process and play a role in wound healing. Leading food sources of zinc: barley, wheat, lamb, beef, chicken, turkey.

Low Blood Pressure

Q:

During the hot summer months, I tend to have trouble with low blood pressure—resulting in dizziness, weakness, rapid heartbeat, and a general sick feeling. While it doesn't seem to be a real health problem, it can get bothersome and really slows me down. I haven't been able to find much info about it. Do you have any tips or helpful hints for prevention, dos and don'ts, things to do or not do? Thanks so much!

—Elise, Chile

A:

- excessive sweating
- fainting
- a feeling of an abnormal heartbeat, called palpitations

Other symptoms depend on the cause.

What are the causes and risks of the condition? There are many possible causes of this condition, including:

- medications, such as those used to treat high blood pressure. In this case, the medication may work too well and make the blood pressure too low.
- heart conditions, such as abnormal heartbeats called arrhythmias or congestive heart failure.
- excessive blood loss
- dehydration, which may be due to vomiting, diarrhea, or not getting enough fluids

Facts and Helpers

By Adam Brochert, MD, Health Answers Web site

Blood pressure is given as two numbers (140/90, for example) that describe the amount of pressure inside the arteries of the body. Arteries are blood vessels that carry blood from the heart to the rest of the body. Blood pressure is fairly easy to measure. The pressure is related to blood flow inside the arter-

ies, much like the pressure inside a hose is related to water flowing through it. Many conditions can cause low blood pressure.

What are the signs and symptoms of the condition? Low blood pressure may or may not cause symptoms. Many symptoms get worse when the person stands. Common symptoms include:

- lightheadedness or dizziness

- a blood infection known as sepsis
 - hypothermia, or an abnormally low body temperature
 - severe allergic reactions of any kind, often called anaphylaxis
 - low levels of oxygen in the blood, called hypoxia, which may be due to severe asthma, pneumonia, or other conditions
 - a hormone imbalance known as adrenal insufficiency, which can be caused by Addison's disease
 - high levels of acid in the blood, such as respiratory acidosis or metabolic acidosis
 - nervous system conditions. One example is diabetic neuropathy, or nerve damage caused by high glucose levels when diabetes is not well controlled. Serious head injuries or other nervous system damage may also cause low blood pressure.

Other causes are also possible. In some cases, no cause can be found. Some people always have a blood pressure that is low compared to other people, but normal for them. They may not have any symptoms from their low blood pressure because it is normal for them.

What can be done to prevent the condition? Prevention is related to the cause. Avoiding dehydration can prevent cases due to this cause. Avoiding medica-

tions known to cause low blood pressure can prevent cases due to this cause. A person who takes medication to treat high blood pressure is instructed to not double up on medication if he or she misses a dose. This can lead to low blood pressure.

How is the condition diagnosed? Blood pressure is usually measured with a tool called a blood pressure cuff. Other special devices are sometimes used. Diagnosis of the cause starts with a history and physical exam. This may be all that is needed to determine the cause in some cases. In other cases, further tests are needed.

What are the long-term effects of the condition? Severely low blood pressure may result in temporary or permanent damage to different organs, known as shock. The damage occurs when the blood pressure

drops below the pressure needed to maintain blood circulation.

Other long-term effects are related to the cause. For example, diabetes can cause damage to many areas of the body, including the heart, eyes, and kidneys. Low blood pressure due to medications often goes away as soon as the medications are stopped, and may have no long-term effects.

What are the treatments for the condition? In most cases, treating the cause will correct the low blood pressure. Stopping or reducing the dose of a medication may end medication-related low blood pressure. Treating infections with antibiotics or surgery may stop low blood pressure from this cause. Drinking fluids will stop low blood pressure due to dehydration. Blood transfusions may be needed to treat cases due to extensive blood loss.

Dr. Roger Speaking

The Lord always has an answer and a solution for everything. For every ailment, He has the cure. For every disease, He has the antidote. So if you have low blood pressure that is hindering your service to the Lord, causing you to feel faint, weak, dizzy, or any of the other symptoms, then ask Him about it. Ask Him

what it is caused by in your case, and what He wants you to do about it.

Like this article says, some people have what doctors would consider low blood pressure, but that's what's normal for them and their body adjusts and makes do. So even if the doctor tells you that you have low blood pressure and

Natural Helpers for Low Blood Pressure

- Rosemary: Take up to 10 ml of tincture per day, or use an infusion of the fresh or dried herb.
- Motherwort: Infusion of tincture
- Cayenne, garlic, and the herb passionflower regulate both high and low blood pressure.

you should be concerned, still take it to the Lord. He knows if it's a problem, if it's at a level where it could be dangerous for

your health, and He also has the tailor-made solutions for you if needed.

If you have low blood pressure, don't worry. The

Lord has the answers for you. He may show you to change some things in your diet, to add some extras like cayenne pepper and garlic to your diet, to drink more water, to stop taking a medication, or to get more sleep or exercise. Only He knows the remedies for you, and He'll be faithful to show you if you ask Him. Claim the keys for His answers in faith, and you'll get them. (*End of message.*)

Defining Normal

From the Medline Plus Web site

Blood pressure is normally above 90/60 mmHg (millimeters of mercury). When the blood pressure is too low there is inadequate blood flow to the heart, brain, and other vital organs. Borderline low blood pressure for one person may be normal for another. The most important factor is how the blood pressure changes from the baseline or normal condition. A fall of 20 mmHg or more from a person's base-

line is considered very significant.

Causes for concern:

- If there is any sudden drop in blood pressure causing dizziness or fainting spells (shock may accompany trauma or injury).
- You notice dark or bloody stools
- You are having chest pain, shortness of breath, palpitations, fevers or chills, headaches, stiff neck, new back pain, productive cough, diarrhea, vomiting or burning upon urination and/or foul smelling urine

- Your low blood pressure or dizziness/fainting spells started immediately after a new drug or food
- You are experiencing a new discomfort in any part of your body, along with the low blood pressure

Feeling down? Check your blood pressure.

Studies link low blood pressure to both tiredness and feelings of faintness or lightheadedness.

Most people experience lower blood pressure in the mornings after they have been lying down for hours. To avoid the dizzy head rush and faintness when getting out of bed, rise slowly to a sitting position. Yawn and stretch and take deep breaths to help increase your heart rate, then slowly stand up, taking deep breaths for a moment.

Natural Oxygen Boosters

I've had low blood pressure my whole life, and it was especially low during pregnancy. One remedy that seems to really help is exercise—particularly brisk walking where you can get good oxygen intake, in other words, in a wooded area, or in the country, etc. If you live in the city, you might try at least walking in a park, under the trees. Also a diet high in fresh fruit and veggies helps, particularly dark green veggies. —*Steffi, WS*

Snow Falling on Cedars

From Rosita (YA), USA

I wanted to share the following prophecy with you that I received after watching the movie *Snow Falling on Cedars*. It touches on letting go and not holding on, possessively, to love. This is something I have battled with at times, and was often the reason for my not completely opening my heart to others.

The following are the Lord's Words which helped me:

(Jesus speaking:) Love is a beautiful thing. It touches many hearts and opens up people's lives to Me. I know it's hard to let go of something so precious. But forsaking that beauty leaves in its wake something much more beautiful and rare. This is one of the true beauties of My Spirit, and one which I wish more people would take possession of.

It's easy to get emotional and think of the pain and the heartache, the deep hole it leaves. But this pain only causes more beauty, more radiance within your spirit—one that is fresh, alive, moving, flowing, and willing to change.

My love, hold not your heart from this, for when love comes and stretches your heart it will live on forever. And when it leaves,

it will not be the end, but the beginning of a greater beauty and unity of your heart with Mine.

Let this be a beginning of opening up your heart and life to others. Hold not back from giving in this special way, that others may know My heart in a deeper way. Open up your

heart, your life, your love to others. Give and give and give again!

It will be the beginning of a great new voyage of love in your heart and life. I love you, and My love will never leave you. As you give of yourself to others, that love will be extended in their hearts forever!

Love's Lettering

By Joel Clore, India

Where love has left its lettering,
There lingers ever-present beauty;
Not merely known to ears, or seen by eyes...
Not roughly given away by scent or captured by trace left behind.

Where love has left its finger lies unfathomable joys,
Intangible dreams and unwanted endings,
And with it, the beauty that love can live on...
To touch, embrace and continue to hold its presence.
For its warmth intends to leave one as snuggled close to a crackling fire.

It comes to bring with it new life, new vision, fresh aspirations and dreams.

Oh, Love!

The breathtaking beauty you possess and pour upon,
What power and life you leave within,
And what rapture with which you lift
And take to bliss what can only be known to Heaven.

I love and hold passion to love,
For with love and in love is my only hope of release—and yet bond to Thee.

Love, live on

And make your presence known.

Leave your inscription and let me with it

Become as unto Thee.

A Strong Woman _____

or a Woman of Strength? _____

A strong woman works out every day to keep her body in shape.

A woman of strength kneels in prayer to keep her soul in shape.

A strong woman isn't afraid of anything.

A woman of strength shows courage in the midst of her fear.

A strong woman won't let anyone get the best of her.

A woman of strength gives the best of her to everyone.

A strong woman makes mistakes and avoids the same in the future.

A woman of strength realizes life's mistakes can also be God's blessings and capitalizes on them.

A strong woman walks surefootedly.

A woman of strength knows God will catch her if she falls.

A strong woman wears the look of confidence on her face.

A woman of strength wears grace.

A strong woman has faith that she is strong enough for the journey.

A woman of strength has faith that it is in the journey that she will become strong.

—*Author unknown*

Photo Query _____

Q: How would we send a photo to the *Eve* magazine? I'd like to send some pictures of some girls I know.

—*Vessel Potter, Mexico*

A: Photos can be scanned at 300 dpi and saved as JPGs; and then emailed to eve@wsfamily.com. We look forward to hearing from you! (Women ages 16 and up are eligible.— But if you are thinking of sending in a picture of someone other than yourself, *please* make sure that you get that person's agreement before doing so!)

Needing Confirmation? _____

Sent in by Elise, Chile _____

To confirm her suspicions, my sister needed to purchase a pregnancy test. Since I was going to the pharmacy, she asked me to pick one up. I didn't stop to think how I appeared to the clerk when I waddled up nine months pregnant to pay for the kit.

"Honey," she said, "I can save you \$15 right now. You're definitely going to have a baby."

—*From Readers' Digest*

Cover photo: Priscila (of Francesco), Moldova

Suggested reading for ages 16 and up. August issue.

Note: All Family members in China use pen names for their contributions to *Eve*.

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