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Great Fish Partners

By Prevention magazine

- **Milk bath:**

Marinating thin fish fillets (such as flounder) in milk is a classic preparation technique that keeps moisture locked in.

- **Potato bed:** In an ovenproof dish, bake thicker fish steaks atop a layer of thinly sliced potatoes that have been

drizzled with olive oil and dusted with salt and pepper.

- **Asian infusion:** Try a slather of black bean sauce on any thin fillet before you broil it, or stir-fry cubes of thicker fish steaks with your favorite Asian sauce and lots of healthy veggies.

- **Fruit fun:** Fill a hollowed-out pineapple

half with your favorite tuna or salmon salad. Or try teaming a broiled fish steak with a spicy salsa made with diced mango and a bit of finely chopped jalapeno peppers.

- **Garlic 'n' lemon:**

This classic combination brings out the best in your fillets every time.

Marvelous Fish Marinades

By Prevention magazine

The key to marinating fish is not to overdo it; fish will fall apart if immersed in liquid for too long. But in the time it takes to fix a salad, say 15 minutes or so, your fish can be marinating. Then, all you have to do is pop it under the broiler, or lay it on the grill to cook

(10 minutes per inch of thickness), or stick it in the oven. Here are some of our favorite dousings.

- **Lemon-Oregano Marinade:** Combine 1 tbsp olive oil, 1 tbsp lemon juice, and 2 tbsp chopped fresh oregano. Add salt and pepper to taste. (Great for white-

fleshed, thin fillets; you can also try this marine substituting oregano for basil.)

- **Spicy Garlic-Peanut Marinade:** Whisk together 1 tbsp creamy peanut butter, 2 tbsp fish broth or water, 2 tsp Asian (dark) sesame oil, 1 clove garlic (minced), 1 tsp chopped ginger, and ½ tsp hot chili oil. (Great for firmer fish steaks.)

- **Peppery Pineapple Marinade:** Combine 2 tbsp pineapple juice, 2 tbsp each of chopped parsley and chives, and ½ tsp black pepper. (Perfect for salmon, because this naturally oily fish does not need oil in a marinade.)

Tropical Salsa

Makes about 2 cups

- 1 small mango, peeled, pitted, diced
- ⅓ cup finely diced peeled cucumber
- 1 small tomato, diced
- 1 green onion, sliced
- 1 tbsp minced seeded jalapeno chili
- 1 tbsp minced fresh cilantro
- 1 tbsp minced fresh mint
- 1 tbsp fresh lime juice
- Season with salt and pepper

Choose the Right Vinegar

By First for Women *magazine*

Distilled vinegar:

The most common type of vinegar, distilled white vinegar, is made from grain alcohol and has a clean, sour taste that won't clash with other flavors. Its neutrality makes it the one to choose for pickling vegetables or making barbecue sauces where you want the spice flavors to take center stage. It's also great for

cleaning—it's a natural bleach, and it gets rid of odors.

Cider vinegar:

Another easy-to-find vinegar variety, cider vinegar is made from fermented apple cider. The fruity flavor is milder and mellower than that of distilled vinegar, and it adds a fresh tang to salad dressings and marinades for pork

and poultry. Plus, its antibacterial properties make it a good throat gargle.

Wine vinegars:

A staple in every Mediterranean kitchen, wine vinegars can be used to season salads and add depth to savory main dishes. Robust red wine vinegar is the variety used to make flavored vinegars using berries and chilies. Light, pungent white wine vinegar is the base of most herb-infused vinegars, because it lets the herb flavors shine through.

Balsamic vinegar:

Just a few drops of *aceto balsamico*, as it's known in Italian, can dramatically change any dish you add it to. Aged three years (or more) in barrels, the juice from *Trebbiano* grapes grown in Modena, Italy, becomes a dark, sweet, almost syrupy liquid that imparts rich flavor to meat, vegetables, and even fruit.

Just for Fun...

A man walking along a California beach was deep in prayer. All of a sudden, the booming voice of the Lord sounded: "Because you have tried to be faithful to Me in all ways, I will grant you one wish."

The man said, "Build me a bridge to Hawaii, so I can drive over any time I want."

The Lord said, "Your request is very materialistic. Think of the enormous challenges for that kind of undertaking. The supports required to reach the bottom of the Pacific! The steel and concrete it would take! I can do it, but it is hard for Me to justify your desire for worldly things. Take a little more time and think of another wish, a wish you think would honor and glorify Me."

The man thought about it for some time. Finally he said, "Lord, I wish that I could understand women. I want to know how they feel inside, what they are thinking when they give me the silent treatment, why they cry, what they mean when they say 'nothing' and how I can make a woman truly happy."

The Lord replied, "You want two lanes or four on that bridge?"

Have Faith and Lose Weight

By First for Women magazine

Prayer is the key to slimming down and feeling fabulous! Bonus: With the power of spirituality, you'll increase your energy, relieve stress and improve your outlook!

Picture a magic bullet—something that can help you lose weight faster than before, but doesn't require more willpower on your part. That magic bullet exists! In a study done through the Ediets Web site, more than 4,000 people volunteered to pray at least three times daily for good health, good eating habits and weight loss. The result: They lost up to 14 pounds (6 kg) in two weeks! "And they didn't have to count calories or go hungry," says lead researcher Matthew Anderson, D.Min., as pastoral counselor, and author of *The Prayer Diet*. "They prayed and lost weight—effortlessly."

And there's more: According to studies at North Carolina's Duke University and elsewhere, daily prayer is so effective

in reducing stress that it cuts women's risk of anxiety by as much as 81%. "The act of praying triggers biochemical changes in the brain, plus it connects us to a higher power, which adds a sense of safety and purpose to our lives," explains Dr. Anderson.

Best of all, you don't have to belong to a church—or even be religious—to reap the rewards. All you have to do is have faith. Even a novice can lose weight through prayer.

"We live in an age of high stress, and if people can't get comfort elsewhere, it's natural for them to turn to food. Prayer provides that comfort, plus gives people the strength to live their lives with grace, energy and confidence, ending the stress that drives us to overeat."—*Cheri Fuller, religious counselor, national speaker and author of When Mothers Pray and 28 other inspirational books.*

"When people pray for help with their weight, they begin to see their body as a gift from God, which makes it easier to do good things for that body, like eating right and exercise. Prayer also boosts the production of chemicals that provide energy and a sense of well-being."—*Kay Smith, national associate director of First Place in Houston, Texas (U.S.A.)—a prayer-based weight loss program offered at more than 12,000 churches.*

"Trying to lose weight isn't only difficult, it's also very isolating, since we're surrounded by temptations. When you pray, you turn weight loss into a joint venture between you and [God]. You're empowering yourself—and that makes controlling your eating easier."—*Harold G Koenig, M.D., associate professor of psychiatry at Duke University Medical Center, and author of The Healing Power of Faith.*

Dad speaking:

Prayer is powerful, and can make a difference in any aspect of our lives. Of course, we in the Family are a lot more advanced in our knowledge of prayer and its power, but this article is an example of how those in the System are even catching on to the benefits of prayer.

The power of prayer can enhance your efforts to lose or gain weight—if you need to. It’s not as if you can throw caution to the wind and not do your

part, and then expect the Lord to cause the kilos to disappear by osmosis. But you can know that if you’re doing your part by eating right and exercising right, and claiming the Lord’s help in prayer, as well as availing yourself of key power, that you’re doing what you can and the Lord will do the rest. He will enhance your efforts, and also give you more determination, willpower, and stick-to-it-iveness than you might otherwise have.

So this article is just to encourage you that many of those in the world are catching on to the fact that prayer added to any type of diet or health plan will make it a whole lot more effective. And if those in the world realize this and apply the principle of prayer, how much *more* should we, who have so much more truth about the power of prayer, do the same! Hallelujah! *(End of message from Dad.)*

Key Promises on Weight Loss and Exercise

- Your body is important to Me, and I’ll give you extra power through the keys to care for it wisely, stick-to-itiveness in your exercise program, and determination to keep yourself in tiptop shape to serve Me.

- When you claim the keys of the Kingdom I grant you extra determination and inspiration to stay fit and keep your weight at a healthy level.

- Call on the keys of Heaven if you’re discouraged and can’t lose the weight you need on your own, and watch that extra weight disappear as My miracle-working power enhances your efforts in the physical and brings results.

- When you claim the keys of perseverance, I will help you to stick with your exercise program even on those days when you don’t feel like it.

- You can stick to the healthy eating plan I’ve laid out for you as you call on the keys of willpower and determination.

- All of your efforts to stay healthy and in good shape would be in vain without My help, but with My energizing keys assisting you, every effort will have an even greater impact and produce wonderful results.

Five Exercises

that Work Your Body Fast

By Paige Waeher, About Exercise Web site

What's the number one reason you don't exercise? If you said lack of time, I hear you! Everyone is busy and we all want ways to squeeze our workouts into an already full day. Well, you'll have to look for a new reason to skip your workouts, because I've found the answer. I surveyed a bunch of personal trainers and asked them: "If you only had five exercises for your clients, which ones would they be?"

Below are the top five exercises according to the pros:

1. Squats

Why: Most trainers agree that squats are one of the best exercises you can do. Squats are compound movements, which means you work your glutes, quads, hamstrings and calves all at once.

How: Stand with feet hip-width apart, and bend your knees as though you're about to sit down in a chair. Keep your torso straight, abs pulled in tight and knees behind your toes, with

everything pointing in the same direction. Do not go lower than 90 degrees! Do this move two or three times on non-consecutive days a week, keeping your repetitions between 12 and 16.

2. Push-Ups

Why: Push-ups, like squats, are compound movements. You use almost all the muscles of your body to keep your body in position, and your chest, shoulders and triceps get the most strength gains. Keeping your abs in tight means protecting your back while getting a great ab workout.

How: Position yourself face down on the floor, balancing on your toes (or your knees) and hands. Your hands should be wider than your shoulders, body in a straight line from head to toe. Don't sag in the middle, and don't stick your butt up in the air. Slowly bend your arms and lower your body to the floor, stopping when your elbows are at 90 degrees. Exhale and push back up.

For beginners: Do the move on your knees (keeping the same body position as described above). Do this move two or three non-consecutive days a week, and add a rep each time you do the exercise.

3. Lunges

Why: Like squats, lunges work most of the muscles in your legs including your quads, hamstrings, glutes and calves. Lunges help build lean, strong legs and recruit lots of stabilizer muscles to help burn more calories and work on things like balance and stability.

How: Stand with one leg forward, one leg back, holding a medium to heavy weight. Lunge down with the front knee and back knee at 90-degree angles, then slowly return to starting position, your weight in your heels. Remember not to lock your knees at the top or to let your knee bend past your toes.

Variations: front lunges, back lunges and side lunges. Do this

exercise one or two times per week, two to three sets of 12 to 16 reps.

4. The Plank

Why: The plank (or hover) is an isolation move that works the abs, back, arms and legs. The plank also targets your internal abdominal muscles.

How: Lie face down on mat with elbows resting on floor next to chest. Push your body off the floor in a push-up position with body resting on elbows or hands. Contract the abs and keep the body in a straight line from head to toes. Hold for 30–60 seconds and repeat as many times as you can.

For beginners: Do this move on your knees and

gradually work your way up to balancing on your toes.

5. Bent-Over Rows

Why: Bent-over rows work the major muscles of the middle back. It also involves the muscles of your arms and your abs.

How: Put your feet close together and pick up two dumbbells. Bend forward so your torso is close to parallel to the floor. Bend your knees slightly and keep your head up and back arched. Hold dumbbells at arm's length straight down. Pull dumbbells straight up to your sides, keeping your elbows out. Concentrate on squeezing with your middle back. Return slowly to starting position.

You can also do this with a barbell or with an underhand grip.

For beginners: Use a single dumbbell and work one arm at a time. Do this exercise two to three times a week using enough weight to complete 12–16 repetitions.

If you have access to a lat pulldown machine, lat pulldowns are also a great exercise, which works the major muscles of your arms, back and abs.

If you have a busy schedule, incorporating these five moves two or three times a week will help strengthen your muscles and bones, as well as burn more calories. Don't forget to do some cardio exercise as well!

Multitasking

Fitness

Dad speaking:

Something that might be helpful, and give you impetus to get your get-out, even when you're very busy, is to multitask. What I mean by that is to have something else that you do at the same time as you exercise.

Following are some ideas of things you can combine

with get-out—especially if your get-out is walking, exercise videos, weight training, or stretching (this wouldn't work so well if you do sports)—so that you get twice as much out of your time. These are just a few to get you started; and you'll probably think of more:

- Fellowship with a loved one or Home member: Though this isn't a vital activity that you have to do everyday, it's a good thing to combine with exercise. Sometimes it's difficult in your busy schedules to find time to spend with others, especially those other

than your mate (if you're married) or your closest friends. But getting to know others and spending time with them is an important part of building unity and having a happy Home.

- Have prayer vigil:

Though there are times when you'll want and need to devote your full time and concentration to prayer vigil, you can be praying as you take your get-out. You'd be surprised at how much prayer time you can fit in, and how satisfied you'll feel at

fitting in two important things at the same time.

- Have praise time:

Praise, praise, praise for anything and everything you have to be thankful for.

- Plan a meal menu

or a special activity for the Home. Discuss ideas with your get-out partner, if you have one. Ask the Lord for ideas as you go, and jot reminders down in a notepad.

- Memorize and review the key promises (or verses): If you're finding it hard to fit in your

memory and review time, try combining it with your get-out. Make it a goal to memorize one key promise (or verse) during your get-out session, and review the ones you already know.

- Bring along a tape or CD Walkman, and listen to Word tapes, or other prayer, praise or loving Jesus songs.

- Learn the local language: Work on learning the local language, or review what you already know. Learn a few new words, or some new phrases, every day. (*End of message.*)

When Weight Gain Is Needed

Q: I was wondering if you could publish some research on gaining weight. Though many women are intent on losing it, there are some of us who need to gain and we do all we can, but to no avail. I just had my first child and the latter end is worse than the beginning. ... In other words, if I was skinny before, you should see me now! Thanks for your advice.—*An SGA female*

A: (*Eve:*) Gaining weight, when needed, is certainly a worthwhile and necessary goal. We hope the following article

compilation will be a blessing and give you some useful tips and ideas.

Remember to claim the power of the keys! He has all the answers and solutions, and has given us the power to avail ourselves of them. We love you!

(*Compiled from American Council on Exercise, BBC Health:*) Gaining weight and keeping it on can be as tricky as losing it and keeping it off. Rather than have the occasional extra snack, you need to regularly take in more calories than you burn.

Nutrition strategies:

Set realistic target weights for yourself, and aim to gain gradually—say, around 1 kg (2.2 lb) per month. To do that you need to add an extra 300–350 calories or so to your usual daily intake. This number varies from person to person (depending on such factors as weight and metabolism), but you get the idea: Eating more than normal is a must if you want to gain weight.

It's best to do this in a healthy way, and as part of a balanced diet, rather than simply eating more fried foods or chocolate! Boost

your calories by consistently consuming three larger-than-normal meals a day plus two or more snacks.

Exercise needs: In order to ensure that the extra calories you are eating don't simply turn into gained pounds of fat, it is important to include strength training in your weekly exercise plan. If you rely only on eating calorie-dense foods to gain weight, you will only gain fat. Strength training will convert the extra calories you consume into muscle growth that will enhance your appearance as well as your performance in daily activities and athletics.

To gain weight healthily, keep bones strong, and your body toned:

- Ensure regular physical activity for 30 minutes (or 2 x 15 minutes), 5 days a week—walking is ideal.

- Combine this with some resistance training using gym equipment or home weights, if possible.
- Take care not to be too active. Make time each day to relax.
- Keep up your increased food intake to fuel your exercise—with enough to spare to allow you to gradually gain weight.

Food tips for weight gain:

- Keep a food diary (lists of what you eat at each meal and snack) for a couple of weeks to learn more about your eating habits.
- Make meals a little larger or more calorific; e.g., an extra slice of toast at breakfast; drink grape juice rather than orange juice; add milk to your coffee; serve an extra spoon of potatoes, rice or pasta; be more generous with healthier unsaturated oils, salad dressing, and spreads.
- Keep snacks on hand. For example, nuts, seeds and raisins; rice pudding, custard or yogurt; cereal or cereal bars; pancakes; milk or yogurt drinks or smoothies; scones or fruit buns; whole wheat biscuits; cheese and crackers; fruit plus a small bit of chocolate.

Some herbal helpers:

- Alfalfa: Improves the appetite. (It also contains

almost every vitamin and mineral.)

- Saw palmetto: Contains an enzyme (lipase) that helps to increase or normalize weight.
- Multi-vitamin and mineral supplement: Gives you all the building blocks you need to have a healthy body.

Be patient: Putting on weight can be a hard and often slow task, but if you consistently eat large meals and participate in strength training, the payoff should be worth both the wait and the work.

(Jesus speaking:)

Gaining weight is largely a physical thing, in that you need to do certain things like eat more and better food in order to put on the extra pounds or kilos. But in addition to what you do in the natural, prayer power and key power will enhance your efforts.

Also, hearing from Me for personal specifics will help you to hit the mark in knowing exactly what your body needs. I'm not too "heavenly" to give you down-to-earth counsel.—In fact, I'm the most dependable Source of information there is. So whether you're trying to lose weight or gain it, I've got input and help to give you, if you'll just ask Me. *(End of message.)*

(From an SGA woman:) I've personally seen in my own life the importance of being faithful with exercise. If I'm not exercising, it's almost like my metabolism is unstable and doesn't allow me to gain weight at all. Exercise seems to help stabilize my body, and I then am able to get more out of my food. Another thing I have to really watch out for is stress.—It makes me drop the kilos faster than anything.

Saw

Palmetto

By Laura Krieger, Web reprint

Saw palmetto (*Serenoa repens*) is a palm that grows along the coast of the southeastern states of the U.S. The plant's cream-colored flowers with their vanilla-like aroma bloom in the summer, and then dark blue fruits appear. It is the fruit that is the medicinal part of the plant.

The berries of the saw palmetto plant act as a calming sedative to the nervous system, yet as a stimulant to the physical system, especially in the urinary-reproductive system. They have a pungent flavor and a sweet aroma, and are believed to affect the endocrine system. They act as an antiseptic and a diuretic in the urinary tract, are also known for their capacity as an expectorant and, by reputation, an aphrodisiac.

Saw palmetto berries have become known as a specific herb for male problems such as impotence, lack of libido and energy, and benign prostate conditions. Research in Germany confirms

the effectiveness of this herb in the treatment of enlarged prostate problems. So, in general, saw palmetto is considered the herb of choice for toning, nourishing, and empowering the male reproductive system, boosting the male sex hormones, aiding in the relief of enlarged prostate problems, and helping with urinary tract infections.

Saw palmetto, however, is not an herb for men only. It is also a galactagogue, which means it helps the body produce milk for nursing mothers, and acts as a fertility aid for women as well as men.

On a totally different tack, as a diuretic, tonic, and warming herb, it has long been considered useful in the treatment of asthma and a good number of upper respiratory problems, including sore throats, colds, bronchitis, whooping cough, and excessive sinus mucus conditions. It is often considered useful for regaining strength and/or weight in conditions that

weaken or debilitate the entire system. Jethro Kloss, in *Back to Eden* even mentions its use in conjunction with diabetes.

Some herbalists have found it useful for children who were not gaining weight or generally were not thriving. I have seen suggestions that 10–15 drops of a tincture combining marshmallow and saw palmetto Berries be given to children in fruit juice as an aid for this. Of course, this must be done under the guidance of your health care provider.

The generally recommended dosage of saw palmetto berries for an adult is ½ to 1 teaspoon of the crushed berries infused in 1 cup of water for 5 minutes, 1 cup of the resulting tea drunk 2 to 3 times a day. Or 20–40 drops of saw palmetto berry tincture in water, 3 times a day.

Side effects: In rare cases, use of saw palmetto can cause stomach problems. Taking saw palmetto extracts with meals can minimize this effect.

Delivered from Them All

By Viv, China

For years I didn't drink much coffee, because it put a strain on my body. I had gotten very bad cold sores (oral herpes, also known as a fever blister) for the first time many years ago. After that I would get serious, painful sores when I would drink a normal-strength cup of coffee, when I got my period and was a little overtired, if I stayed up all night (such as when helping at a birth), when I ate chocolate or something sweet, or was out in the sun. I figured maybe the Lord was trying to get me to slow down a bit.

One day I took a vitamin B shot, as I was extremely weak. At the time I had a mouth sore and to my surprise it cleared up right away. So I took a multi-vitamin with B vitamins in it the next time I got a mouth sore, but it didn't help. My mate and I desperately asked the Lord to help. Then a sister told me about plain B complex tablets. So we prayed and bought some 100 mg-strength natural B complex vitamins. I took some when I felt the next mouth sore coming on. I was amazed that my mouth didn't swell up and develop a big open sore, and at how fast my mouth sore healed

up. It was a direct answer to our prayers!

I never realized how careful I had become—to not let myself get too tired, not stand in the sun, as well as living and eating right, avoiding sweet things not drinking coffee, wine, etc. I know it's good to be careful not to overdo in any of these areas, but with me it was getting extreme. So now I was able to enjoy life more! I found that half a vitamin per dose was sufficient, so we stocked up on the vitamins and if I felt the need, I would take a half a vitamin three times a day.

During this time I also started getting migraine headaches, so I had to slow down and not do as much as before. I didn't realize that I was going through menopause. On our way from a neighboring field to the one we are living in now, I started having very heavy periods, but the Lord told us to go on by faith. The menopause pubs were a big help and

(Eve:) Eating foods rich in vitamin B can do the same for your body as taking vitamin B tablets. So if you don't have the supplements available, don't worry!—Just focus on eating lots of foods rich in vitamin B to bolster your strength and health. B vitamins are found in a wide variety of foods, including brewer's yeast, liver, meat, beans, eggs, seeds, fish, whole grains, fruits, and leafy green vegetables.

encouragement to have faith in what the Lord was showing us to do. We obeyed and moved—and the bleeding stopped. What a miracle! Within a year, I stopped getting my period altogether.

I gradually started drinking coffee again and it didn't seem to bother me as much. I didn't seem to get mouth sores so easily

unless I really overdid it, like drinking a lot of coffee or staying out in the sun for a long time, etc. But I was having severe hot flashes every night. So my mate directed me back to the menopause pubs, which suggest cutting out coffee and alcohol altogether during this time of life. I tried cutting out coffee again, and I stopped having

hot flashes. Now I find that if I drink coffee (caffeinated or not) or an alcoholic drink, like wine or beer, I usually get hot flashes that night. But if I don't, I'm fine. Thank the Lord.

I'm so thankful for this counsel in the pubs; these tips on eating have changed my life.—And maybe these experiences that I've had can help others as well.

Birthday Wishes in the Heavenly Garden

By Diamond (of Dust),
Romania

My mate received this prophecy on my 40th birthday, and I wanted to share it with you all, because this is really the way He sees all of us. He loves us so much!

(Jesus speaking:)

How I love you! How I need you! How I long for those precious moments together with you! My darling bride, you were Mine before the foundation of the Earth. Before the mountains were set up or the seas were poured out,

you were My love. I love you with an everlasting love, a love that only grows stronger as the years go by.

As we walk hand in hand through the years of this life, there is so much that I long to share with you. I have created for you a beautiful and wonderful garden to walk through, to tend, to nurture, and to enjoy. How I long for you to truly enjoy it, to marvel daily at the beauties and wonders I have placed in this garden for you!

You have been ever so faithful in tending to the

little plants, the precious flowers and perfect living creatures I have placed in your care. You have toiled long and hard in your garden, and it has flourished. I want you to know how greatly I appreciate all your labors, for I know you are motivated by love. I promise you this: Not one bit of your labor for Me will be in vain.

I see your tears, and the scratches your hands have endured from the thorns as you have struggled to save your little plants. I

know your pains and the weariness you often feel after toiling long and hard in your garden. Be assured of this: Not one tear you have shed will be in vain, for each one waters the ground. The scratches make your precious hands ever more beautiful in My sight. My love for you only grows stronger as we walk and labor together.

And now, My darling, let us enjoy the beauty that surrounds us as we dwell securely in this wondrous

garden. Come, put down your tools for a moment. Listen to the birds singing songs of love and praise. Take a deep breath. Inhale the exquisite fragrance, the sweet perfume of the garden. Take time to enjoy the beauty and the individuality of each of your precious flowers.

Now, let us take a moment of rest, in the shelter of the great and mighty oak which I have placed in the center of your garden—the secret place of

the Most High. My heart is filled, just resting here with you, holding you in My arms with your head upon My breast. Please, leave all your cares and concerns behind, that we may fully enjoy this time together.

My precious one, this is My birthday wish for you, that you will fully partake of and enjoy all the beauties and wonders of each day in your garden. I have fashioned it for you in My love. I love you forever! (*End of message.*)

Seven Keys to Successful Aging

By George E. Vaillant, MD,
Harvard Medical School

If you want to stay healthy, happy and active into your eighties and beyond, your attitude toward yourself and others matters more than your cholesterol level. This is the surprising finding of Harvard University's Study of Adult Development.

For the past 50 years, the study has followed 824 men and women from varied educational and

(Jesus speaking:) Those that feel old ... I say to you that before you stands the fountain of youth! For the fountain of youth is the will of God, and to receive of it and to drink of it you must only say yes—yes to My will, yes to that which I bring your way, yes to My new Words, yes to Me and all that I would ask of you. If you will do this thing, you will be young in spirit all the days of your life, and you will have the fountain of youth!

Those of you that say yes to Me and that follow Me and that yield to Me and who trust Me—you are they that walk in the Spirit. And I say unto you, the Spirit of God is the fountain of youth! ... You shall be forever young! (*ML #2987:172, 174*)

economic backgrounds. Most of these subjects are now pushing 75 to 80. Despite their inevitable physical signs of aging, many say they are enjoying their daily lives and relationships more than ever.

What are their secrets for successful aging? We went back and looked at the profiles of the subjects at age 50 and found that certain factors were strong predictors of what their physical and emotional health would be

30 years later. In order of importance, the factors are:

1. Not smoking.

2. An adaptive, coping style. Whether or not someone was happy and healthy at age 75-plus had a lot to do with his/her style of coping with life's problems. Those who had developed mature defense mechanisms by age 50 were better off psychologically and socially 25 years later than those who hadn't. They were also very likely to be in the healthiest group.

- Mature defenses include:

Altruism. Doing unto others as you would have others do unto you.

Humor. Being able to laugh at yourself.

- Immature defenses include coping with a problem by:

Projection. Seeking to pin blame on others.

Fantasy. Daydreaming about a life where the problem doesn't exist.

Acting out. Engaging in asocial, risky or self-destructive behavior.

We also found that the people who were healthiest in later years tended to be those who avoided "collecting injustices" [bitterness] and were most able to forgive others.

3. Avoiding alcohol abuse. The effects of alcoholism on health are

well known—depressed immunity; increased risk for cirrhosis, cancer and heart disease; and increased risk for car accidents and violence. But our study also linked alcohol abuse to increased life stress, downward social mobility and higher likelihood of depression and divorce.

4. Maintaining a healthy weight. Being obese at age 50 had a negative impact on physical health 25 years later, due to such medical problems as heart disease and diabetes. Being overweight at 50 was not detrimental to subsequent psychological and social health.

5. Being in a stable marriage. Among the healthiest group of subjects over age 75, nine out of 10 were in stable marriages at age 50. Those who had a marriage they considered happy benefited even more—they were six times more likely to be among the healthiest group than those who didn't have happy marriages.

(Jesus speaking:) The most "stable marriage" of all is a marriage with Me, your Husband. So whether physically married or not, our spiritual marriage—if you invest time in it, cherish it, and keep it in first place—will also

play a part in keeping you young and healthy! In fact, it's more of a sure thing than an earthly marriage! *(End of message.)*

6. Looking out for the younger generation. Another important factor for stable, happy marriages—and for successful aging—is "generativity." Coined by psychologist Erik Erikson, this term means taking care of the generations that follow you (including children and grandchildren) and fostering a sense of community.

We found that the happiest older people were those who readily gave of themselves to younger generations—and who allowed themselves not only to love others, but also to be nourished by the people they loved. In our study, being generative was the strongest predictor of a happy marriage. And generativity also proved to be the best predictor of whether women were regularly able to achieve orgasm.

7. Getting regular exercise. Among those men who were in the healthiest group at age 75 to 80, 85% exercised regularly at age 50. Those who weren't exercising at 50 made up half of the least healthy group at age 75 to 80.

Toxic Shock Syndrome

By Rick Alan, Web reprint, and Laurel Kallenbach, Delicious Living

Media attention brought toxic shock syndrome to the forefront of women's health in 1980. Toxic shock syndrome (TSS) almost always strikes women, not men. While it can be extremely serious, it is also quite rare. For example, during the combined years of 1979 through 1996, the total number of cases of TSS reported to the U.S. Centers for Disease Control and Prevention (CDC) was less than 5,300—an average of only 300 cases per year.

TSS is caused by a toxin released by *Staphylococcus aureus* (*S. aureus*), a common bacterium harbored by up to one-third of the population. Although TSS can affect anyone, more than 90% of cases occur in women under the age of 40, and begin during a woman's menstrual period. The few other occurring cases of TSS

are related to exposure to a *Staphylococcus* infection contracted during surgery or after suffering a burn or open wound. Although most people have naturally occurring antibodies that protect them from this toxin, some do not, and it is in these people that infection by *S. aureus* bacteria can lead to TSS.

The tampon-TSS connection:

In the early 1980s, tampons—particularly the super-absorbent type—were linked to an increased susceptibility to TSS, especially in women under age 25. Though the exact relationship between tampon use and TSS is still not known, it is believed that tampons may cause very small cuts, lacerations, or ulcerations in the vaginal wall, which makes it easier for bacteria to enter the bloodstream.

Researchers believe that super-absorbent tampons cause the greatest degree of risk because they can actually adhere to the vaginal wall and thus cause an

even greater degree of damage to the vaginal surface when removed. Recent studies have shown that tampons containing rayon fibers may actually increase the production of the toxin that causes TSS.

The decline in TSS cases:

The CDC has confirmed that new cases of TSS have declined since 1986. However, at least 40% of menstrual TSS cases continue to affect women 13 to 19 years old, an age group not as likely to be aware of the risk for TSS.

Over the last few years, two changes have occurred in tampon use and composition that may also be related to the decline in the number of new cases. All-cotton tampons have been introduced as an alternative product, and tampons marketed specifically for overnight use have also been introduced. (Regular tampons should not be left in overnight.)

Symptoms:

The symptoms of TSS almost always come on

very suddenly and, in women, almost always strike during or following a menstrual period. These symptoms include:

- High fever (102 degrees F or higher)
- Rash (usually like a sunburn)
- Diarrhea and/or vomiting
- Drop in blood pressure
- Sore throat
- Bloodshot eyes
- Dizziness or fainting
- Muscular aches and pains
- Confusion
- Rapid pulse
- Peeling of the skin of the palms or soles
- Extreme fatigue and/or weakness

While relatively rare, TSS can lead to serious complications, especially if left untreated. These generally include shock and kidney and/or liver failure, paralysis and miscarriage. In very few cases, it can be fatal.

Distinguishing TSS from similar illnesses:

“Most of the symptoms caused by TSS can also be caused by other conditions or diseases, such as Rocky Mountain spotted fever and measles,” says Jacques Carter, MD. “However, when a high fever and a number of

the other symptoms associated with TSS suddenly strike during or soon after a woman’s menstrual period, doctors will generally suspect TSS and begin treatment while simultaneously searching to see if another condition or disease is the underlying cause. In addition, doctors will in many cases order a lab culture of the vagina, which can often detect the presence of *S. aureus*.”

“Be careful about reading health books. You may die of a misprint.”
—Mark Twain

Treating TSS immediately:

While the treatment for TSS is relatively simple, it must be implemented quickly. Therefore, it is critical that any woman who is suddenly struck with a high fever and one or more of the other symptoms associated with TSS during or soon after a menstrual period, immediately remove her tampon (if still

present) and then call her physician to seek medical attention.

Treatment includes:

- Administration of large amounts of fluids (intravenously if necessary) to keep the patient hydrated and control the effects of the fever.
- Pain relievers (such as aspirin or Tylenol) to control and reduce the fever as well as aches and pain.
- Plenty of bed rest.
- Antibiotics to help control the infection.
- In severe cases, hospitalization—to more closely monitor and, if necessary, treat the patient for the possible complications that might develop.

Prevention is best:

Like most medical conditions, the best treatment for TSS is prevention. To that end, all women should take the following preventative measures:

- Use the applicator rather than your fingers to insert the tampon, and avoid tampons which have plastic applicators.
- Wash your hands before inserting a tampon.
- Use tampons with as low a degree of absorbency as is practical,

and don't use super-absorbent tampons unless instructed to do so by a doctor.

- Ideally change your tampon every four to six hours (no longer than eight in extreme circumstances).
- When practical, use a pad instead of a tampon.
- Don't use tampons that contain rayon fibers. Use nonchlorine-bleached, cotton tampons and pads.

Finally, though TSS is not contagious, it can strike the same person more than once. If you've had TSS before, don't use tampons again without first getting approval from your doctor.

Dangers of dioxin:

To ensure that your tampon is free of dioxin (an extremely toxic chemical), choose a brand that's nonchlorine-bleached, rayon-free, and made of 100% organic cotton. Though cotton is a natural fiber, the majority of cotton crops are heavily treated with insecticides, pesticides and herbicides. Organically grown cotton is not.

Check your tampon box for a list of ingredients. Whereas natural brands

state that they're nonchlorine bleached, some conventional brands mention little on the subject.

To minimize your risk of contracting TSS, choose a tampon made of 100% cotton. Other precautions against TSS: Wear a tampon for a maximum of six to eight hours to avoid bacterial growth. However, doctors recommend leaving it in for at least two hours. If you remove a tampon too soon, it won't be saturated. Then you risk scraping the dry, fragmented cotton across the vaginal mucosa, irritating it and setting the scenario for infection. Also, using a tampon overnight, when planning to sleep longer than eight hours, is risky. At night, consider wearing a pad instead.

Choosing a tampon with proper absorbency is crucial to preventing TSS. "At the beginning of your period, if your flow is heavy, you may need Super Absorbency so you don't have to change tampons too often," says Dr. Chandler. When the flow slows, however, don't be tempted to continue with a Super just because it's more convenient. Switch to a

lower absorbency tampon instead.

Careful liberation:

Within the last couple of years, a rash of emails warned women that tampon manufacturers put asbestos in their tampons to make women bleed more in hopes of selling more product. Tierno says the rumor was false. "I have been privy to every manufacturer's records over the last 21 years, and I have never seen anything related to asbestos in tampons," he says.

Though the asbestos scare amounted to nothing but an urban myth, true additives to be concerned about are fragrances and deodorants. Perfumes may mask odors, but some women suffer allergic reactions to them. "Without question, a deodorized tampon is dangerous," asserts Tierno, adding that deodorants encourage overgrowth of certain bacteria, upset the vagina's normal flora and irritate the mucous membrane.

The main point, when it comes to tampon use, is to stay informed and weigh the options.

Dr. Koger speaking:

When it comes to wearing tampons, it boils down to, “according to your faith, be it unto you.” Yes, there are risks, but if you’re prayerful, if you use them wisely, if you obey the rules for use, if the Lord gives you the okay, and you don’t use them excessively, then they can be perfectly safe.

There are a lot of “ifs.” If you do things right, the Lord will protect you from catching the diseases of the world. If you are prayerful,

the Lord will keep you. *If* you obey the stipulations and guidelines and use them safely, you’ll be kept from any negative affects. All of these things work hand in hand together—your obedience to the Lord and what He shows you is best for your body, as well as your obedience to the common-sense guidelines and dos and don’ts that are mentioned in these articles.

You girls who do wear tampons, I’d *strongly* suggest

you pray and hear from the Lord about it—if you haven’t done so already—just to make sure it’s safe for you, and that you have the Lord’s full blessing and protection. These articles are not to make you scared or worried, but to inform you of the risks, help you to use tampons wisely, and as a reminder to be prayerful in all things, even in very common, everyday things such as this. (*End of message.*)

Rosacea

By Tender Joy, Pakistan

For six or seven years I have had problems with the skin on my face, getting a rash off and on in various places, along with some pimples followed by flaking skin. It got quite annoying at times, to say the least! About a month ago, it worsened to the point that I asked a skin specialist if she had any advice. I had been to a doctor a few years

before, and he said it was “just pimples.”

This doctor gave me some detailed answers about this condition. She said it’s called “rosacea,” and is a skin affliction that has to do with the oil glands. It occurs mainly on women with fair skin when they are in the menopause stage. She gave me some tips on how to keep it at bay, as it will come again if I don’t watch out:

- She said to avoid getting heat directly in my face, like direct sun, having my face near a heater, leaning over hot pots while cooking, etc.
- She suggested using a sunscreen lotion every day, just spreading on a thin layer—just a drop is enough.
- She also told me to avoid any sprays if at all possible—like spray perfume, spray deodorant, etc., as the substance in

the spray can trigger the return of this rash.

- I also got a cream that is prescribed for this

kind of rash. My skin has not been this clear for many years, thank the Lord! I'm so thankful.

More on Rosacea

By American Academy of Dermatology

Rosacea is a common skin disease that causes redness and swelling on the face. Often referred to as "adult acne," rosacea may begin as a tendency to flush or blush easily, and progress to persistent redness in the center of the face that may gradually involve the cheeks, forehead, chin, and nose. It also may involve the ears, chest and back. As the disease progresses, small blood vessels and tiny pimples begin to appear on and around the reddened area; however, unlike acne, there are no blackheads.

When it first develops, rosacea may come and go on its own. When the skin doesn't return to its normal color and when other symptoms, such as pimples and enlarged blood vessels, become visible, it's best to seek advice from a dermatologist. The condition rarely reverses itself and may last for years. It can

become worse without treatment. The exact cause of rosacea is still unknown.

Dos and Don'ts for Rosacea Patients

- Try to avoid things that make the face red or flushed.
- Avoid hot drinks, spicy foods, caffeine and alcoholic beverages. (It's important to note that although alcohol may worsen a case of rosacea, symptoms may be just as severe in someone who doesn't drink at all.)
- Practice good sun protection. This includes limiting exposure to sunlight, wearing hats and using broad spectrum sunscreens with SPF of 15 or higher and avoiding extreme hot and cold temperatures, which may exacerbate the symptoms.
- Avoid rubbing, scrubbing or massaging the face. Rubbing will tend to irritate the reddened skin.
- Exercise in a cool environment. Don't overheat.

- Avoid irritating cosmetics and facial products. Use hair sprays properly.
- Daily facial products such as soap, moisturizers, and sunscreens should be free of alcohol or other irritating ingredients.
- Keep a diary of flushing episodes and note associated foods, products, activities, medications or other triggering factors.

Treatment Options

Many people with rosacea are unfamiliar with it and do not recognize it in its early stages. Identifying the disease is the first step to controlling it. Self-diagnosis and treatment are not recommended, as some over-the-counter skin applications may make the problem worse.

Gels and creams may be prescribed by a dermatologist. A slight improvement can be seen in the first three to four weeks of use. Greater improvement is usually noticed in two months.

Oral antibiotics tend to produce faster results than topical medications.

Cortisone creams may reduce the redness of rosacea. However, they should be not used for longer than two weeks and strong preparations should be avoided.

Using Contact Lenses Wisely

Q: Could you print some information or tips on wearing contact lenses, for people like me who wear them. I'm not sure how safe they are for the eyes. What are the disadvantages of using them? Anything to prevent misuse or damage to the eyes would be very helpful.—*Priscilla, China*

Differences in Contact Lens Types

*By the Meredith W.
Morgan University Eye
Center School of Optometry*

Confused about the different types of contacts lenses? Let's discuss the basics.

Rigid gas permeable lenses (RGPs) are generally the healthiest for your eye. RGPs allow for good tear exchange under the lens and a good supply of oxygen to the eye. These lenses provide excellent vision, and can even correct astigmatism. RGPs are relatively comfortable to wear, easy to put on and take off, simple to care for, relatively inexpensive, and have a long life. Adaptation may take longer than other types of contacts. Consistent wear to maintain adaptation is a requirement. Wearing lenses on an occasional basis may be difficult. Replacing a lost RGP takes

a few days, as all RGPs are custom made.

Daily-wear soft lenses, on the other hand, require a much shorter adaptation period and can be worn on an occasional basis. They are more difficult to dislodge than RGPs and debris does not get under the lens as easily. These lenses are relatively inexpensive and can be tinted to change the color of your eyes. Vision with daily wear soft lenses may not be as sharp as with RGPs. Handling of these lenses may not be as easy. These lenses should be replaced every year at least once a year.

Disposable / planned replacement soft lenses are very similar to the daily-wear soft lenses. However, disposable contacts are disposed of and replaced according to a wearing schedule, which

may consist of throwing a pair of lenses away after three months, one month, two weeks or one day. Protein deposits, which often build up with time and cause eye problems, are less of an issue compared to daily wear lenses, since lenses are discarded more frequently. A more simplified cleaning and disinfecting process may be used. Tearing or losing a lens is no big deal. Spare lenses are readily available. The main disadvantage is disposable lenses are more expensive than the daily wear.

Another sub-type of daily-wear and disposable/planned replacement soft lens is the *toric soft lens*, which corrects for astigmatism. The pros and cons are similar to daily wear and disposable soft lenses. The main difference is the fitting of these lenses is more difficult and requires more office visits. Also the astigmatism may not be corrected as well compared to astigmatism correction with a RGP.

Extended-wear lenses are RGP or soft lenses that can be worn overnight. Protein deposits and bacteria can build up

on the lens, increasing the risk for complications, such as eye infections. More frequent office visits

are required for follow-up care. In general, extended wear contact lenses are not recommended.

going to sleep at night.

- Don't rub your eyes while you are wearing your contacts.
- Never overwear your contact lenses. Follow all recommended wearing instructions.
- Never handle your lenses with dirty hands, long or dirty fingernails, or in a less than clean environment.
- Never use saliva or water to wet or clean your lenses. Use only saline solution and approved soft lens cleaning solutions.
- Never store your soft lenses dry. Follow all recommended storage procedures.
- Avoid oil-based eye makeup. Avoid getting cosmetic creams and lotions on your lenses.
- Never use commercial eye drops with your contacts, since they can ruin your lenses. Use solutions intended for contact lenses only.
- If you chemically disinfect your lenses, never switch to heat sterilization and vice versa. Never use heat sterilization with disposable soft lenses.
- Never go for long periods of time without a recommended contact lens progress examination. Most opticians recommend having your eyes checked once or twice a year.

Tips for Contact Lens Care

By Kevin Katz, OD, Texas State Optical

Good habits

- Always wash your hands thoroughly with a mild soap prior to handling your lenses. Special (hypo-allergenic) contact lens soaps are usually available, though not essential. Always rinse your hands afterwards with clean water. Dry your hands with a lint-free towel.
- Get into the good habit of starting with your right (or left) lens first to avoid accidentally switching your lenses. Always check to see if your lens is inside out before insertion.
- Clean, rinse and disinfect your lenses as

recommended after each use. Except for disposable soft contacts, enzyme cleaning* is recommended once a week.

- Keep an up-to-date pair of prescription glasses on hand to give your eyes a rest from contact lenses if they feel sore or tired.
- Your lens storage container should be thoroughly rinsed and cleaned with water or saline daily. (Tip: If you have two contact lens containers, you can clean and air dry one container while using the other.)
- Always remove your contact lenses if your eyes are excessively dry, red, or irritated.
- Store your contact lenses properly and replace your case periodically.
- Be sure to be faithful to follow the instructions for changing your contact lens solution or disinfecting your contacts lens for the particular type of contact lens you have.

Bad habits

- Contact lenses should always be removed before

* Enzyme cleaning is the use of special tablets for soft contacts that removes protein deposits from the lenses. Protein deposits can damage your lenses and irritate your eyes. Enzyme cleaning does not remove dirt and oils, and it does not kill germs. It is done in addition to regular cleaning and disinfecting.

- Never use anyone else's contact lens solutions, and never use old or expired solutions.
- Never wear your contact lenses if you have an eye infection. Call your optometrist at once if you suspect an eye infection. Never hesitate to call if you need assistance
 - Do not insert torn or scratched contacts into your eyes. It can cause serious damage to your cornea.
 - Do not allow anyone else to wear your contact lenses or try them on. You can risk accidentally transmitting or acquiring a serious disease.

Troubleshooting soft contact lenses

Problem: A lens flattens on your finger prior to insertion.

Solution: The lens or your finger may be too wet. Shake the lens once or twice and blot your finger. A very wet lens is difficult to handle. If your finger is too wet, the lens will stick to your finger instead of the eye.

Problem: A lens flattens on your finger during insertion.

Solution: The lens is hitting your eyelashes or eyelid upon insertion of your lens. You must open your eye wider and/or take better aim. Occasionally flattening of the lens can occur if you press on your eye too hard while inserting your lens.

Problem: After insertion, a centered lens still causes discomfort.

Solution: Possibly dust, mucus or makeup is under the lens. Gently touch the lens with your index finger and slide it slowly away from the center of your eye onto the white portion of your eye and then back again onto the center. If the lens is still uncomfortable, remove it, clean and rinse it thoroughly, check to see if it is inside out and reinsert your lens. If a lens is routinely uncomfortable, do not wear your lens and call your optometrist for additional recommendations.

Problem: After insertion, your lens burns or stings your eye.

Solution: Your lens should be removed and rinsed thoroughly to remove any residue or debris. Also, if you are using an unfamiliar solution, its pH might not coordinate with your eye's pH. Always use recommended and familiar care products. (*Eve:* Or if you need to switch to new ones, ask the Lord which ones to use!)

If your eye continues to burn, remove your lenses and call your optometrist for recommendations.

Problem: After some hours of wear, your lenses remain uncomfortable.

Solution: Remove each lens, rinse with saline in a clean hand. Re-insert your lenses. Apply a soft lens rewetting drop if needed. If discomfort continues, discontinue wear for the day. Thoroughly clean, rinse and disinfect as recommended.

If your eyes are comfortable, wear your lenses. If you cannot maintain a satisfactory wearing schedule, contact your optometrist for further recommendations.

Problem: Your eyes are typically red and excessively irritated.

Watch Out for the Sun

By an FGA woman, WS

If you wear contacts, you should try as much as possible to wear sunglasses in bright sun—especially if you drive, when the glare factor is even higher. Contacts are known to absorb more light into your eyes, and if you are blue-eyed, light absorbency is even higher. So sunglasses are a must in protecting your eyes, and avoiding squinting and eyestrain.

Solution: Excessive redness can be caused by:

- Wearing your lenses too long.

- Not replacing your contact lenses as recommended.
- Sensitivity to contact lens solutions.

- Intolerance to wearing contact lenses.

- Inadequate tear lubrication or chemistry.
- Allergies or sickness, such as a cold or flu.

- Eye infection.

Make sure you are rinsing your lenses thoroughly and following all disinfection procedures properly. Do not wear your contacts if you suspect eye infection, or if any of these symptoms continue, and contact your optometrist for further recommendations.

Problem: You experience blurry vision or sensitivity to light.

Solution: Continued blurry vision or light

sensitivity may indicate a problem caused by:

- A dirty/damaged lens.
- Lenses in the wrong eye.
- Eye (corneal) abrasion.
- Eye infection.
- Need for prescription change.

Note: Unless it is a matter of having put your lens in the wrong eye, if you notice any problems of this sort it's safest to discontinue wearing your lenses and contact your optometrist for further recommendation.

Makeup and Contacts

By Pearle Vision Web site

If you wear cosmetics along with contacts, you'll want to take note of these tips to help you wear your contacts with safety and comfort.

- Always put your contacts on before applying makeup.
- Choose water-based, hypoallergenic brands of makeup. These can be less irritating to your eyes.
- Discard mascara and liquid eyeliner within three or four months, as these types of cosmetics can build up bacteria more quickly than others.
- Avoid waterproof mascara. This type of mascara cannot be easily removed with water and may stain soft contacts.
- Avoid products that are labeled "natural" or "preservative-free," as they are more prone to bacterial buildup.
- Remove your contacts before you remove your makeup.

(Dad speaking:) Your eyes are very important!

They're the windows to your soul, so you've got to take care of them! It's worth the extra time it takes to care for your eyes—and contact lenses, if you wear them. If you damage your eyes, it's something you're going to live with for the rest of your Earth life, so it's in your best interests to take care of them.

These days, contact lenses are much safer than they ever have been before. There are now better lenses available, better cleaning products, as well as a greater awareness for the care of your eyes when you wear them. But don't let the "safeness" of contact lenses dull your spiritual senses or your desperation. Make sure you confirm wearing them with the Lord, because for some people, especially those who have sensitive eyes, it may not be a good idea.

Be wise, be prayerful, and be careful in all things—especially when it comes to your eyes, because they're such vital tools in your service to the Lord and others. Your eyes are delicate, and they need to be treated with care. So don't do anything foolish, and don't make rash decisions about your eyes and their care. Think things through, pray things through, and hear from the Lord about every decision—even things that seem routine like whether or not to wear contact lenses, what cleaning solution to use, etc. Amen?

From Heaven's Doors

Specific Prayer and the Keys Work Wonders

*By Angela and Daniel
Victory, Romania*

On December 30 at 6 PM, our third child, Gabriel Daniel, was born. December 30 was my due date, and at the last checkup the doctor had told us that she would be leaving on holidays and the best day for her was December 30. The hospital where we planned to have the baby is 60 km from where we live, and it was also the Christmas push and we were busy all the way till December 28. So it did seem best to have the baby on December 30.

We prayed and asked the Lord, and He told us to tell Him when we wanted to have the baby and that's when we'd have him. He told us, "I will give you the desire of your heart. You are the sweetheart of My soul; will I not do anything you ask of Me for our boy? Tell Me when you want him to be born, and that's when he'll be born. Be ready for December 30. Step out by faith, and I will answer your prayers. Do not doubt for a moment." We also received Hebrews 11 and other beautiful

quotes about stepping out by faith.

As December 30 drew close, we wondered what to do. The Lord told us to get ready by faith and arrange everything for that day. We arranged with a friend to drive us at 11 AM, and off we went. I wasn't having any contractions yet, and having the Lord's promises and Words to claim was a great strength. We learned a lot about what it means to focus on the power: to trust and follow what He showed us, against all other possibilities. When we arrived in Bucharest, I still didn't have any contractions!

We prayed again and the Lord told us to keep going by faith and trust Him all the way. It was so difficult and many doubts were coming, but we kept believing and desperately claiming the keys. As we were walking closer to the hospital, the contractions started coming. They continued to come every 15–20 minutes while we waited for the doctor to come to the check-in at the entrance of the hospital.

We registered, and called the sister who was

coming to be with me for the delivery. All this was around 3 PM. At 6 PM the baby was born! All throughout the delivery we claimed the key promises for pregnancy and childbirth. This delivery was all through the power of the keys. Near the end, the transition contractions were so hard to bear, and I looked at my watch. It was 5:45. I told the Lord, "I claim the keys to have the baby by 6 o'clock!" With the next strong contraction, I felt his head between my legs. I barely made it to the delivery table! The doctor came running in just in time to catch the baby. I didn't even have to push. Thank You Jesus; the keys work!

We saw afterwards the Lord's wisdom in planning to have the baby on that day. Up till then it had been very cold, snowing, and the roads were full of snow. But that day and the next when we returned home with the baby, it was clear, warm and sunny. That evening after we got home it became so cold and started snowing again, which showed us once more that the Lord is in control and He does all things well.

A Prayer of George Matheson

Sent in by Abi, Senegal

No part of my being needs Thee like my heart.

All else within me can be filled with Thy gifts. My hunger can be satisfied by daily bread. My thirst can be allayed by earthly waters. My cold can be removed by household fires. My weariness can be relieved by outward rest. But no outward thing can make my heart pure.

The calmest day will not calm my passions. The fairest scene will not beautify my soul. The richest music will not make harmony within. The breezes can cleanse the air, but no breeze can cleanse a spirit.

This world has not

provided for my heart.

It has provided for my eyes, it has provided for my ears, it has provided for my touch, it has provided for my taste, it has provided for my sense of beauty—but it has not provided for my heart.

Provide Thou for my heart, O Lord!

It is the only unwinged bird in all creation.

Give it wings! O Lord! Give it wings!

Earth has failed to give it wings; its very power of loving has often drawn it into the mire.

Be Thou the strength of my heart. Be Thou its fortress in temptation, its shield in remorse, its covert in the storm, its

star in the night, its voice in the solitude. Guide it in its gloom, help it in its faintness, prompt it in its perplexity, lead it through its labyrinth, raise it from its ruins.

I cannot rule this heart of mine; keep it under the shadow of Thy Own wings.

(Eve:) George Matheson (1842–1906) American hymn writer: You can read Dad's comment about him in "MO's Music," ML #399: 55–58, and find more on his life in *Good Thots* sections: Communion with God/Praise, par.23; Commitment, par.90; Faith, par.196; and Trials, par.705.

Recipe for Preserving Friendship

Author unknown

2½ cups love

1 cup understanding

½ cup acceptance

¼ cup consideration

3 tbsp hugs

2½ tsp thoughtfulness

Remove all judgment. Discard all criticism. Add all ingredients and mix well. Cover and simmer slowly over low heat, occasionally adding encouraging words. When right consistency, pour into warm hearts and seal with lots of hugs! (Eve: See also "The Love Game" in "Show Appreciation," ML #3254:105–114.)

Don't Act Like an Elephant

By Thomas J. Stevens,
Web reprint

Strange statement, isn't it? But listen carefully because it can make the difference of success and failure in your business and private life.

Let me explain:

You might know that in India elephants are used for manual labor. But what to do with them when they are not working? How to restrain them? Their handlers came up with the idea to "program" them while they are still very young—by setting self-imposed limits into their thinking.

How does it work?

When the elephants are still small, weighing around 150 pounds, they

get tied up with a very heavy rope. All day long, the elephants try to get rid of it, whine, tug at it and some of them even try to chew it. But they can't break free.

Finally, the elephants give up and the fight is over. From this moment on, they strongly believe that there is absolutely no chance to get rid of the rope. They accept the "fact" that the rope limits them. And with this imprinted belief in place, their handlers are able to tie them with extremely small ropes! Even as adults, weighing 8,000 pounds and more, they never attempt to break free, because they "know" they have no chance at all!

As you can see, the elephants' limits are not real, but exist only in their mind.

We also have built-in boundaries. They are also not real, but exist only in our minds. But it doesn't have to stay this way. Our negative belief systems don't have to limit us for good. If you truly want to become successful and are not kidding yourself, you *can* change your inner belief system, your attitude, and break your inner boundaries.

You *always* have the inner strength, the personal power to change everything in your life for the better. Just try! So never give up! And never act like an elephant.

(Jesus speaking:) This is an interesting analogy, and one that will be a reminder to you that change is possible, even during those times when you feel like it's impossible.

But remember that the inner strength and power to change comes from Me—and Me alone. If you try to change yourself on your own, you'll fail, or become disappointed. But if you tap into My power, and key power, then all change is possible to you! I can and will break any boundaries or limits that are holding you back, dash to pieces negative belief systems, and change anything in your life that needs changing, if you call on Me and My keys of change.

And if you want to read more on this subject, re-read the milestone Letters "Nothing Is Impossible" (ML #3316) and "Rise Above"! (ML #3317). (*End of message from Jesus.*)



FEEDBACK

► *Eve* is such a wealth of good tips and counsel! As others have testified, it's amazing how topics covered come just as we need them. I had an unsightly wart on my shoulder for over a year, which appeared after my last pregnancy. Then, following a suggestion in *Eve*, I applied aloe vera twice daily, and within a week it was gone!
—*Leah (of Abel), Thailand*

► I wanted to make a little comment about the following question printed in *Eve* #37:

Q: I've had varicose veins since my children were very small and now I'm living in a house with lots of stairs. Someone told me that using the stairs a lot could cause more varicose veins to appear. Is that true?—*Woman in Brazil*

A: (*Eve*): On the contrary, from what we could tell when researching the answer to this question, it is recommended that you walk up and down the stairs as much as possible! (*End of reprint.*)

I have many bulging varicose veins on both legs, mostly on my calves. I've noticed that when I have to go up and down stairs a lot, at the end of that day my legs hurt considerably more than when I walk on flatter ground. For example, I've noticed that whenever I live in houses where my bedroom is on the second floor, and I end up climbing stairs many times in a day, my legs ache much more than when I live in houses where my room is downstairs. So I guess there are exceptions to the counsel above.

—*Woman in Europe*

(*Eve*): Thank you for sending in your experience, and for bringing out this important point! While we try to pray about, research, and publish tips and advice which will be generally helpful and applicable in most cases, please always remember that each of our wonderful bodies are different and unique. When asking the Lord about this, He said:

(*Jesus speaking*): Whenever there is a question or concern about your body and something is not working properly, it's very important to bring your proposed advice and course of action to Me, to get My confirmation.

In many cases, exercise (such as stair climbing) is very good and important for those with varicose veins. It keeps the blood circulating and flowing well throughout the veins. However, once the varicose veins have progressed to a certain point where they are already very painful, or when some other conditions are present, then such exercise can be uncomfortable and painful. So in these cases it would be best to get exercise in a different way, without the strain of heavy stair climbing on a regular basis.

So make sure to bring even routine or commonly accepted health tips and suggestions before Me, so I can give you balanced counsel that will work just for you, and will bring about the desired and needed results. (*End of message from Jesus.*)

Sex and Romance

>> Are You and Your Spouse Still Dating?

By Mark Merrill, the Family Minute

It seems like the niceties of the courtship days go out the window when you get married. She stops shaving her legs every night and he stops covering his mouth when he belches. Now sure, it's great to be comfortable with our spouse, but we still need to work at keeping the magic alive.

So as you're going through your daily routine, think back to the nice things you used to say or do for each other ... wearing your special perfume or getting the door for her. And then, at least every once in a while, get in that dating mindset again.

>> Living All the Law

By a Home member in Europe

We have been putting the Law of Love into action more in our everyday lives. It is so fulfilling when you obey the Word! Starting to share sexually again after so many years, using the Word to back us up, and going slow about it, yet making steady progress was a victory. God bless Mama for writing all the counsel that she wrote in the Law of Love GN series. The fruits of obeying are beautiful!—Closer and stronger unity between Home members. TYJ!

To receive these blessings, God's power, it's imperative that we have unity. Living the Law of Love in its entirety ... helps to bring about this unity, and thus also helps to bring into our lives, relationships and Homes the blessings and power of God. (*"Living the Lord's Law of Love!—Pt.2," ML #3202:60*)

The Lord takes each one of us where we're at, but He does ask each Family member to continue making steps of progress. So wherever you're at—whether a beginner or more advanced—stay open and yielded to the Lord, and keep making steps of progress, love, and sacrifice. Living the Law of Love in every way, every day, in every action is what will make the Family the haven of love and peace that the Lord wants it to be! (*"Conviction versus Compromise, Part 6," ML #3366:157*)

Pen Pal Wanted!

By Maria Paz, FGA, Argentina

Recently I became a single mom with one kid. It is a new experience in my life and I would like to get in touch with someone who went through or is going through the same, who might have some encouraging testimonies or even would just like to chat and have a pen pal. I would be happy to hear from either male or female. Write me at: francispz@yahoo.com

Cover photo: Tina (SGA, mother of 1), Uganda.

Suggested reading for ages 16 and up.

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