

# Eve

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# The Manifold Gifts of Childbearing



Gideon, Heidi, and family (Pakistan)

By Gideon (of Heidi), Pakistan

To our surprise, we recently found out that dear Heidi is pregnant again—and our youngest is only six months old! This will be the 21<sup>st</sup> child that we've raised in our blended family, and Heidi's 15<sup>th</sup> pregnancy at 45 years of age (I'm 53). You'd think we'd be pretty experienced at this by now, but somehow this news, more so than in times past, was a real test of yieldedness for us. We were tempted to wonder at the Lord's wisdom in giving us yet

another child when we already have so many—and so many young ones to boot (we have 11 here with us, from 16 down to baby), and also living on a third world field that's basically in a war zone.

We got flooded with mind battles—about our age and health, all the responsibility and challenge, the present sacrifice and future sacrifice, worries about support and safety, about what others in the Home would think, about our many projects on this field and how we could attend to them all, etc.

Finally we got desperate and brought the situation and our lives before the Lord, and asked Him to give us His insight and answers. He provided a message (excerpts below), which helped to explain things to us, and provided encouragement and instruction and faith.

One thing we're seeing is that, just like when we joined so many years ago, our lives are still "all by faith," and that's all we really have to hold on to. It's still scary at times, and for sure an unconventional way to

live (you should see the reactions when we tell people the size of our family!), but we've come this far by faith and it's been a fantastic journey. We're convinced that the future can only be that much more exciting.

### Jesus:

I give each one according to his ability and need. In this case you may not feel like you "need" more children, but I do.—And I've found you both to be able and good parents. You have good unity, a lot of faith and trust, and your talents, gifts, and skills complement each other. Thus you are a strength to My Kingdom.

I understand your trials and worries. Well, I know it's not exactly a huge trial or enormous worry, but you get hit sometimes. Let's just say I understand your concerns. You think about Heidi's health, that she's had so many pregnancies; you fear that being PG again will somehow jeopardize her health, shorten her life, or run down her body. You also think about your own health and strength, or lack thereof, and wonder where you'll get the

energy and stamina to be having children at this age in your lives.

You think about her being 45 and still having babies, and you both wonder how you are going to raise these babies into JETT and teenhood, as by the time they're that age Heidi will be nearly 60, and you almost 70! You've been finding teen parenting to be one of the biggest challenges of your life, and now on top of that you've got a string of kids that range from baby up through teenage that are all just one or two years apart.

You are concerned about having such a large family with so many small children and living by faith on a seemingly dangerous, unstable third world Muslim field, about supporting this large clan and still managing and overseeing a fruitful work and ministry for Me.

You look around at others your age in the Family, and see your peers and colleagues finished raising their kids, or almost finished. They are now "retired" from childcare, and can have other ministries that appear to be fun or personally challenging—Or they can fully concentrate on

witnessing and follow up and major fundraising, etc.

You perceive them as being so free, able to enjoy their "golden years" of middle and old age, while you look ahead and realize that you will be doing childcare and honing your parenting skills up through your 70s, and you wonder how you are going to have the strength, patience, and wisdom to do all of that and still be fruitful for Me in doing My work.

You even question the wisdom of having so many children, or rather what My Word says about it; you don't feel like you are much of a sample of producing disciples, as many of your older children have left the Family—so where's the testimony?

You wonder, too, what others think about you, how you look to the System's eyes, almost weird or strange or even irresponsible that you would have so many children in this day and age. It takes people with real faith and a godly attitude to accept your principles regarding children, and those kind of people are getting more rare in the AC climate of today.

You worry about what would happen if you ever had to pick up and leave your field. How could you possibly pay for everyone to travel? Where would you even go and what would you do? How could you possibly start all over, and who would ever take you in?

And all these thoughts bring you back to the beginning—back to your question and My answer to you: that I give to each according to his ability and need.

I've already told you that you are able, trusted, and good parents—but you wonder about the “need” part. “Lord,” you say, “that’s about the *last* thing I need!”

Well, maybe you don’t think it’s what you need, but I’ll tell you something, it’s what *I* need! I *need* those new little lives. I need them to be raised and nurtured and to grow up for Me. I need knew disciples, and I need them in greater measure than they are coming at present. I am constantly looking for parents who I know will be good stewards of My little ones, and I am desirous to give as many as I can. Too many in the Family today are not going for the gold as much they could be.

When I look at you, I don’t see your lacks and failures and shortcomings; I see your faithfulness, loyalty, and experience as master trainers. It is not your fault that your older children have left the Family. You raised each one to the point of decision in their lives, and then I took over and they became responsible for their choices. That was between Me and them, and has nothing to do with you. You’ve got to see it in that light. It’s just like witnessing and winning disciples in the old days. You delivered the message to them and then let Me and My Word work. After that, you were no longer responsible; it is between Me and them. Of course you need to provide the love and encouragement and support that they need, but I know that you do provide that.

As I said, I need master trainers who are willing and have a track record of trusting Me, and you fall into that category. I need you for this job. And if I need you, and if I call you, don’t you believe that I will also take care of all your concerns and worries? Do you think I would give you burdens or challenges or tasks without also giving you

the anointing, power, and supply to do the job? You know Me better than that. We’ve been married for a long time now, and you know that My love and care doesn’t fall short.

So My promise to you is that you will *not* suffer by choosing to be My vessels in parenting and shepherding these little ones. I will more than compensate for all your seeming sacrifices, and give you great happiness and joy. I will not fail to protect and keep you, and I will not fail to abundantly supply for you.

Look even now at how much I have used your children to make a difference in this field, and to open wide and effectual doors. Look at the impact of their witness through their performing group, and all that they have done. This will now greatly increase, and I will bring them into a wide place of influence, that My message through their music will be heard throughout the land. Watch and see and believe, for it will be a work of My hands and will touch the lives of many.

I have said that this is the era of miracles, the era of action and miracles when My power will be manifested in

many new and exciting ways. You are seeing it happen all around the Family, and reading about the many miracles of healing and witnessing and supply. This is another manifestation of this age of miracles:

## Miracle #1:

- The miracle of large families bringing forth even more children.

## Miracle #2:

- The miracle of giving birth even at an age that the System considers “too old.”

## Miracle #3:

- The miracle of a 15<sup>th</sup> pregnancy, and the miracle of raising 21 children in a world that is deceived by the AC lie of “overpopulation” and the “advantages” of birth control.

## Miracle #4:

- The miracle of how you can have a large family on the mission field and how not only do I supply, but how I supply in abundance and bless exceedingly.

This is a miracle which is every bit as awe-inspiring and magnificent and meaningful as the others that I am now opening the doors to. This miracle is My gift to you. I give you this miracle and pin upon you the badge of courage to add to your ribbon of medals in parenting and pioneering. Mama and Peter have asked for testimonies of miracles, and this is one. It is not a sudden or spectacular type—not an instant kind—but it is another facet of My miracle-working power, and it qualifies just the same. Send this in as a testimony, accompanied by all that I have just told you. It is given not only for your encouragement and as an answer to your many concerns and questions, but it will also be a strength and encouragement to many who have the same thoughts.

I want to increase faith and expectation and trust in the realm of pregnancy and child-raising in the Family. I want the Family to believe the Words that I gave to David regarding these matters. This is what will strengthen their faith in the face of the barrage of lies and doubts and fears that the System

throws at them concerning these matters.

Thank you for believing. Thank you for being willing, even though I know at times you are weak and get hit with doubts or wonders\*. Please don't worry. I will work in ways that you cannot foresee or plan for, and I will be more to you than a light or a known way. I will provide you with spirit helpers to strengthen and assist you, and I will meet your every need as you continue to serve Me and care for My Kingdom. These are My promises and commitments to you, My dear brides, My sweet lovers, and I thank you for your commitments to Me. I love you so very, very much!

(\*Note: I asked the Lord what He meant by “doubts or wonders,” and He said: “Wonders are little baby doubts, which are not too dangerous as long as you pray them through, or away, by turning to Me and claiming My promises or keys. You can't stop from wondering about a lot of things, but you can channel those wonders into a positive frame of mind and get My answers on them, rather than letting them grow into negative thoughts that tear down your faith and thus weaken you.”)

# More on Moles in Pregnancy

### Question:

I am pregnant with twins, and since the beginning of this pregnancy (my fourth) I have been having moles grow in huge amounts all over my face, neck and chest area. I have never had this happen to me before, so I wondered if it was because of the hormones or maybe something else? Will they disappear after the birth? Is there anything that I can do to prevent them from growing and from the new ones coming out? They are very bothersome and sometimes I end up accidentally scratching or pulling on them, which can be uncomfortable and painful! Thank you!

—Terry, Bosnia

### Answer:

(Eve:) It is not uncommon to see an increased growth of moles in pregnancy, or changes in size or appearance, such as darkening of existing moles. Freckles and birthmarks can also

darken. Although moles change during pregnancy, there is no increased risk of melanoma (cancer of the skin often originating in a mole) with pregnancy. These skin color changes usually return to normal after pregnancy.

It is also not uncommon to develop skin tags—tiny polyps that occur in areas of the body where the skin rubs up against your clothing or against itself (in the folds of your neck, along your bra lines, and so on). If these skin tags end up causing you a lot of discomfort, you might want to get them checked out by a doctor. If they're just mildly annoying, your best bet is probably just to wait for them to go away on their own—which usually happens a couple months after you give birth.

While these skin growths and changes are not usually something to be concerned about, as always, please stay in close touch with our wonderful Husband, Who has all the answers to each of your specific needs.

### • Assessing Moles

When assessing any kind of moles on your skin, remember to evaluate them based on this "ABCD" scale.

A mole exhibiting any of these characteristics should be evaluated by a dermatologist.

**A:**

Asymmetry, which occurs when the two halves of the mole are not identical.

**B:**

Borders that are irregular or indistinct.

**C:**

Color that varies in a single mole.

**D:**

Diameter that is larger than the eraser on a pencil.

**Eve:**

See also *CCHB1* pg.437, for more on care of the skin and skin changes during pregnancy.

## More Home-Handy Hair Treatments

(Eve:) We have collected a number of recipes and techniques for natural at-home hair care. We have tried to include as wide a variety as possible, so that you can pick and choose whichever ones will work according to the ingredients that you have available locally. We pray that you will find just the right one for your use. We love you!

### Shampoos

#### Shampoo Enhancers

*For normal hair:*

**Beer:** Place one cup of beer in a saucepan and boil until reduced to  $\frac{1}{4}$  cup. Add this to one cup of basic shampoo and stir well.

**Egg:** Mix together 1 tbsp of basic shampoo and 1 raw egg. Use this mixture to shampoo your hair.

*For oily hair:*

**Lemon juice:** Add 2 tbsp of fresh lemon juice to 1 cup of basic shampoo and stir well.

**Aloe vera gel:** Add  $\frac{1}{4}$  cup of aloe vera gel to 1 cup of basic shampoo and stir well.

*For dry hair:*

**Honey:** Mix together 1

tbsp honey and 1 tbsp of basic shampoo.

**Jojoba oil:** Add 2 tbsp of jojoba oil and  $\frac{1}{4}$  cup water to 1 cup of basic shampoo. Shampoo as usual and rinse well with warm water. If hair seems too oily, shampoo once more with 1 tbsp plain shampoo.

### Dandruff Treatments

#### About Dandruff

*Can be aggravated by:* dry scalp, harsh shampoos, improper rinsing, poor nourishment, anxiety, worry, poor circulation, hot spicy foods.

*Suggested:* Hot oil scalp massage 2–3 times a week.

*Supplements:* 400 units vitamin E + 15–20 mg zinc daily.

#### Dandruff Quick Cures

- Vitamin E capsules

or oil rubbed into your scalp will take away those ugly flakes.

- Aloe vera gel applied all over your head will work immediately. Let it set for about five minutes, shampoo, and rinse.

- To help relieve dandruff, add 30 plain aspirin, crushed, to a full bottle of your regular shampoo. Mix well. Apply shampoo to hair and rinse as usual.

#### FOR A DRY, FLAKY SCALP

2 tbsp jojoba oil  
 $\frac{1}{4}$  tsp tea tree oil

Combine the 2 oils and massage into clean, wet hair. Leave on for 10 minutes, then shampoo out.

#### FOR AN OILY, FLAKY SCALP

2 tbsp apple cider vinegar or fresh lemon juice  
 2 tbsp water  
 2 tbsp olive oil

Mix together all the ingredients and massage into your scalp. Leave on for 20 minutes before shampooing.

## HAIR TRIVIA

- The average adult human being has 100,000 hair follicles on his/her head.
- It is normal to lose between 50 and 100 hairs every day.
- Contrary to popular myth, hair cannot grow after death.
- If left uncut, the average human hair will not grow more than about three feet in length.

### Ginger Hair Oil

*Fights dandruff and promotes hair growth*

1 tsp fresh grated ginger root

¼ cup light sesame oil

Place the grated ginger inside a piece of cheesecloth and gently squeeze ¼ teaspoon of the juice into the sesame oil. Mix the oil and juice together with a fork or small whisk until blended. To use: Massage the oil into your scalp and leave on for 10 minutes before shampooing. This oil may also be left on the head as a pack treatment. If your scalp is irritated

by the ginger, wash your hair at once and reduce the amount of ginger used.

### Anti-dandruff Lotion

*Use this lotion regularly to combat dandruff. Bedtime is probably the best time to apply it, or when your hair can dry naturally.*

1 tsp each dried rosemary, sage and thyme, or 1 tbsp each fresh chopped

2 cups/400 ml water

1/3 cup/90 ml apple

juice

2 tbsp cider vinegar

Place the herbs and water in a saucepan and bring to a boil. Cover and simmer for ten

minutes. Cool and strain. Transfer the decoction to a sterilized bottle, and add the apple juice and cider vinegar. Shake well. Use within one week. To use, massage the mixture into your scalp three times a week on the days that you do not wash your hair.

### Blackberry Leaf Hair Rinse

*Another good cure for dandruff.*

½ cup blackberry leaves

2 cups water

Bring to a boil, then lower heat and simmer for 15 minutes. Remove from heat and let sit for 20 minutes. Strain. Use as final rinse.

## Other Healthy Hair Treatments

### Conditioning Hair Pack

*Best for dry/normal hair*

½ cup mayonnaise

½ cup mashed avocado

Mix together. Massage into wet hair and scalp. Cover hair and leave for 15–20 minutes. Wash as normal.

### Shampoo-Conditioner with Egg

*This conditioner froths as warm water is run through it, so you do not need a separate shampoo. For dry hair, use 1 egg and 2 egg yolks. For very greasy hair, use 2 egg whites and 1 tbsp olive oil.*

2 eggs

4 tbsp warm rosemary infusion

2 tbsp olive oil

Place all ingredients in a bowl and beat with an electric beater until the mixture is fluffy. Massage

## DANDRUFF CONTROL TREATMENT

2 tbsp fennel

2 tbsp nettles

1½ cups boiling water

Steep herbs in water for 20 minutes. Strain liquid to remove herbs. Pour onto hair and work into scalp. Keep on 15 minutes and rinse. For long hair, double the recipe ingredients.

the conditioner into your scalp and hair. Wrap your hair in a hot towel and leave for 30 minutes. Wash the mixture out by running

warm water through your hair. Use an herbal rinse or add 2 tbsp cider vinegar to the rinsing water.

hair several more times. Gently squeeze out your hair and towel dry.

## Herbal Hair Treatment

4 tbsp dried or 8 tbsp fresh chopped herb  
1 quart/1 liter boiling water

Place the herb in a large pitcher and pour on the boiling water. Cover and leave to cool. Strain into a clean bottle. Measure out the amount you need for your shampoo and/or conditioner and set aside. When you are ready to use the rinse, reheat the infusion until it is lukewarm. Hold your head over a large bowl and pour the herbal infusion through your hair. Using a small plastic container, scoop up the infusion from the bowl and pour it through your

## Egg and Honey Conditioner

*After washing out the grease and grime, treat your hair to this nourishing conditioner.*

1 egg  
1 tsp honey  
2 tbsp olive or avocado oil  
4 tbsp infusion of chosen herb

Using an electric beater, combine the egg with the honey. Beat in the oil, followed by the infusion. After shampooing and rinsing your hair, massage the conditioner into your scalp for five minutes. Rinse out with warm water, to which you have added 1 tbsp cider vinegar.

## A HEALTHY SCALP

A healthy scalp should be firm and supple, and move easily when you try to manipulate it. If you've forgotten how malleable a problem-free scalp can be, lay your hands on the head of a willing child and remind yourself. If you are still in any doubt about the state of your scalp, look at your hair. Is it lustrous? Does it "bounce"? If not, the chances are that your scalp is in need of attention.

Poor circulation to the scalp is at the root of many hair problems. To have a head of healthy hair, the tens of thousands of follicles crammed into this thick covering of skin need to be properly nourished. Good blood flow and brisk lymphatic circulation to and from your scalp feed hair and prevent toxic buildup.

The most effective way to keep your scalp in good working order is to massage it regularly with oil. It will keep your follicles active and increase the strength and diameter of each hair. The movements of your hands and fingers act on the blood vessels beneath the surface (increasing blood supply to the area) and on the follicles themselves. During a massage, the natural scalp oils are spread evenly along the length of the hair instead of remaining at the roots.

*Bharti Vyas, Beauty Wisdom*

## Assorted Hair Tips

- Degrease oily hair with witch hazel when you don't have time to shampoo. Apply to roots with a cotton ball.
- To raise the pH level of shampoo, add aspirin to it.
- Give a lift: Brew a cup of very strong chamomile tea. Let it cool to lukewarm. Spray or comb into dry hair. Leave on about 20 minutes.

Shampoo and rinse. This will give a color lift to blonde and light brown hair. For dark hair: Brew an espresso or other strong coffee. Add to dry hair. Leave on 30 minutes. This will add sparkling highlights to black or dark hair.

- Flat beer is a cheap but effective styling tool. Pour a small amount into a spray mister. Spritz on

### BEING THE REAL YOU...

Being the real you is being revolutionary, and anything more or less fails the revolutionary test. ... The Scripture says a woman's crowning glory is her hair, and I'd rather see you wear it long or in the form of a crown than to see it all frizzed up in one of those temporary permanents! Long, straight hair hanging naturally down a woman's back or falling gracefully over her shoulders is not only extremely beautiful but terribly exciting, even sexy and provocative! There's just something about letting your hair down that really does it and turns us on! It's just like the rest of the way God made you: It's absolutely glorious!

And remember: Never use too much soap, shampoo, or hot water on your hair, or it will dry it out and make it lusterless, dry and brittle.—And never take a wet head out in the cold after a washing, unless you want your death of cold! In cold weather always dry your head thoroughly inside a warm house or in front of a heater or fire, and try to remain inside for at least an hour or so before braving the wind and the weather, and even then make sure you wear some kind of hat or scarf in wintry temperatures. Although your hair may be dry, your scalp has absorbed a lot of moisture, the cold evaporation of which can cause you to catch cold. (*"Revolutionary Women," ML #250:9–10, 12*)

before setting hair. (The smell disappears when hair dries.) Beer will also give life to tired locks or naturally curly hair that tends to droop. Spritz the beer onto dry hair and scrunch the style into shape.

- Better than hairspray: Dissolve a tablespoon of sugar into a glass of hot water. Allow it to cool, and use in a spray bottle.

- If coloring hair: Color hair that has not been washed for 1 day and is free from any styling products. The natural hair oils will assist in making the hair color application more successful. The color will cling better to hair that is slightly oily.

- When shampooing is not an option, use 2 tbsps cornstarch or 1 tbsp

talcum powder and brush through the hair.

- Neutralize the green color caused by chlorine by dabbing a little red wine onto hair. Use it as a precaution before entering the pool. Use it before shampooing.

- Greasy hair:  $\frac{1}{4}$  cup lemon juice,  $\frac{1}{3}$  cup of your regular shampoo. Mix together and shampoo as usual.

- Limp hair: After washing, massage beer into your hair, concentrating on the scalp. Do not rinse out. This will give more volume to your hair.

(*Note: The recipes and tips above are compiled from the books Natural Beauty, Beauty for All Seasons, Best Kept Beauty Secrets, and Absolute Beauty, and the Web site "The FUN Place."*)

## Healthy Cleaning Alternatives

### Web reprint

Some of the household cleaning products we rely on to remove dust, dirt, bacteria, germs and odors may leave behind harmful chemicals that can pollute the air and cause potential health problems. While the potential health risks are minimized if exposure to such chemicals is limited to low levels and short periods of time, you should

exercise caution and follow all manufacturers written instructions when using the following products:

- Aerosol spray products—including health, beauty, and cleaning products
- Chlorine bleach
- Rug and upholstery cleaners
- Indoor air foggers (for the removal of pests)
- Insect/rodent repellent

### Alternative recipes:

Fortunately, many common products offer safe and effective cleaning solutions to the following problems:

- Grease cutter: 1 cup of lemon juice + 1 cup of water.
- Scouring powder: 1 cup of baking soda + enough water to form a paste.
- Laundry stain remover: 1 tsp of white vinegar or baking soda per machine load.
- Toilet bowl cleaner: 1 cup vinegar (leave overnight and brush the next day).

- Floor and furniture polish: 2 parts vegetable oil + 1 part lemon juice (for leather furniture: 1 cup vinegar + 1 cup linseed oil).
- Metal cleaners (brass and copper): lemon juice + salt to form a paste OR a lemon wedge dipped in baking soda OR hot white vinegar + salt OR hot ketchup applied with a rag.
- Rug and carpet cleaner: baking soda.
- Fly repellent: A pot of planted basil.

### Chemical product guidelines:

If you do need to use

chemical products, here are some guidelines that will help minimize potential health risks:

- Identify, and avoid using toxic chemicals, if possible.
- Never use around children, pets, or food.
- Follow guidelines for proper disposal of chemicals.
- Always follow the manufacturer's directions for use and disposal.
- Use only the recommended amount of the product and minimize the amount of time you're exposed to it.

## More Home Detoxification Tactics

*From the Vermont Agency of Natural Resources Web site*

*Cleaners, polishes, and pesticides are significant sources of toxics in the home. When these must be brought into your home, be sure to use and dispose of them according to directions on the label. Chemicals in cleaners and polishes are often a mixture of complex, unnamed compounds. Some contain strong acids (drain cleaners) or bases (oven cleaners). Do not use or dispose of these together. Others*

*may contain petroleum distillates known as "grease cutters."*

*Avoid detergents with mercury, phosphates, and heavy metals, such as arsenic and zinc, which can cause persistent problems in both indoor and outdoor environments.*

*Consider these ways to use non-toxic alternatives in your home:*

**Surface cleaner:** For tile and bathroom fixtures, use baking soda dissolved in water, applied with a damp cloth. For cleaning your toilet bowl, use

baking soda and vinegar or lemon juice and borax. Cola that has gone flat can be poured in the bowl, left to sit for one hour, brushed, and flushed.

### **Drain opener/cleaner:**

Pour boiling water directly down your kitchen drain (not into the basin) twice weekly to prevent clogs. Use a drain trap/strainer to catch food or hair. To clear a clogged drain, use a metal snake or plunger.

**Oven cleaner:** Clean your oven often with baking soda (mix three tablespoons soda with one

cup warm water). Rub gently with steel wool. Use oven liners or tinfoil to catch spills. Sprinkle salt on spills while oven is still warm. When the oven cools, scrape and wipe the area clean.

**Chlorine bleach:** Use dry bleach, borax, or washing soda to whiten clothes. Never combine bleach and ammonia together, as they produce a toxic gas. Borax is also a good grease cutter.

**Window cleaner:** Apply vinegar and water (two teaspoons vinegar to one quart water), squeegee off, and dry with a soft cloth or newspaper.

**Linoleum floor cleaner/wax:** Mop with one cup of white vinegar mixed with two gallons of water to remove dull, greasy film. Add a small amount of skim milk to the rinse water. This will shine the floor.

**Rug and upholstery cleaner:** Club soda works well as a stain remover, as does a solution of water and vinegar ( $\frac{1}{4}$  cup each). Upholstery shampoo can be made by combining 6 tablespoons of mild soap flakes, 1 pint of boiling water, and 2 teaspoons of household ammonia. Mix and whip the mixture with a beater. Brush only the foam into

the soiled upholstery. Be sure to wash kitchen utensils completely after use.

**Furniture care:** Wash with oil soap or Castile soap and water. Polish with one teaspoon lemon oil or almond oil dissolved in one pint of baby oil.

**Spot removers:** Use club soda to remove fruit juice, tea, gravy, ketchup, and mud; cold water immediately for blood; lemon juice for ink, and perspiration; beaten egg whites for spots on leather. Use the oil from crushed walnuts to conceal nicks and scratches.

**Shoe polish:** Avoid polishes which contain trichloroethylene, methylene chloride, or nitrobenzene. Instead, rub shoes with lemon juice and buff with soft cloth.

**Metal polish (aluminum, brass, copper, silver):** Soak silver in one quart of boiling water with one teaspoon baking soda or cream of tartar, one teaspoon salt, and a piece of aluminum foil. Polish with toothpaste and rinse. Pour lemon juice or vinegar and salt over copper and rub. For brass, use one-half teaspoon salt and one-half cup white vinegar with enough flour to make

a paste—let it sit 25 minutes to 1 hour. Wipe clean. Soak aluminum in one quart boiling water with two teaspoons cream of tartar.

**Insect control:** For an effective insect spray, blend six cloves of crushed garlic, one minced onion, one tablespoon dried hot pepper and one teaspoon pure soap in four quarts hot water. Let the mix sit one to two days and then strain it before using.

To control roaches, place bay leaves around cracks in the room. Set out a dish of equal parts baking soda and powdered sugar, or equal parts of oatmeal flour and plaster of Paris, or chopped bay leaves and cucumber skins, or crushed tobacco and water.

As for ants, pour a line of cream of tartar, red chili powder, paprika, or dried peppermint leaves at points of entry.

To control fleas, give your pets brewer's yeast, garlic tablets, or vitamin B and wash them regularly in herbal baths prepared with fennel, rue, or rosemary to repel fleas from animals.

Finally, cedar chips, newspaper, and dried lavender are good substitutes for moth balls.

## Following Our Doctor's Unfailing Prescriptions

By Priscila (of FRANCESCO), Moldova



One day I woke up with my lip feeling very sore. Looking in the mirror I couldn't see anything, but then under my lip I saw a 1 cm area that was badly infected. I couldn't easily talk, nor could I eat or drink comfortably. I had a fever, and felt quite weak.

I asked for prayer and expected it to go away, but instead it slowly got worse, and a few other such spots began appearing. The next day my lip was all swollen; I felt like crying. Around midday I asked the Lord whether I should go see a doctor, and about possible reasons and remedies for this situation. Jesus was as sweet as ever, and He told me what to do and when to come back with my questions.

He told me to mix two tablespoons of baking soda into a cup of water and to rinse my mouth every half hour. He also mentioned a few things to do in order to keep it from spreading. As I finished praying, I remembered

having read in the *CCHB1* about a mixture of water and baking soda helping to heal a baby's thrush infection. That gave me faith to go through with the procedure.

I started doing it right after the prayer. It didn't taste nice and it hurt terribly, but I kept asking the Lord for the grace for it, and did it as faithfully as I could.

After the second rinsing, some of the spots started to disappear. From that point on it kept getting better. My fever also went down soon after I started this treatment.

The big surprise came two days after I prayed, when Naomi was telling one of our friends, who is a nurse, about my condition. Our nurse friend told her to tell me to make the exact recipe that the Lord had given me in prophecy, and to rinse my mouth with it as often as possible! That was the nicest part of this whole ordeal, receiving such a practical confirmation to something that the Lord had told me, while also seeing His healing power come to pass.

Also, some time ago my son (2½) was having an allergic reaction

(which he is prone to get, and normally clears up quickly). In this case, however, although I was trying to keep him away from allergenic foods and other factors, the reaction continued for more than a week. When I prayed about it, Jesus indicated a few things that I should have done. However, since I was worried about it taking so long to heal, I also phoned a very good children's doctor that we know.

When she heard the situation and that it had been going on for that long, she recommended a small dose of a certain medicine. I told her my concerns about that type of medication, since one of its side effects is lowering one's immunity. But she said if I gave it for only three days and in small amounts, it would only help.

After the conversation, I sat down to pray. On one hand I had what the Lord had shown me, but on the other hand I had my child's affliction, together with the opinion of this very good doctor. Finally I decided to trust the Lord.

And Jesus had a nice surprise for me the next day: While out with my son, I happened to meet

this doctor lady. I was getting ready to explain to her that I had still chosen to go the natural way, when she looked at my son and said: "Oh, from your description I had thought it was much more serious, but it's not that bad! Don't give him any medication. It should be fine in a few days!" Praise God!

In a few days, indeed, he was healed!

(*Jesus:*) The more you pray about physical things like health problems, and then receive My answers that work and remedy the situation, the more faith you will have in My ability as your greatest Doctor. It's often easier to rely on the medical system,

or to automatically want to go and ask an earthly doctor what's wrong with you or your loved one. But if you'll just take the time to ask Me, you won't be disappointed with the answers I will give you.

Sometimes I will show you to go and see a doctor, if that is a part of the plan of healing for you. But other times I will show you what to do, or what not to do, in order for you to obtain healing. It can often seem simpler to just go to the doctor and get medication for allergies and minor afflictions, as the natural cures that I show you can sometimes take a little longer. But if you give Me a chance

and seek Me for natural solutions, I will give you My plans, which will often enable the body's immune system to repair and heal itself without the use of extra medicines.

The more you ask Me and see Me give you the correct diagnosis, the more faith you will have in Me and My great wisdom—it will grow and grow. Then when there are serious conditions that I show you require a visit to the doctor or medication, you'll be able to have faith to follow, because you will be used to hearing from Me regarding your health, and the health of those in your care—whether little or big. (*End of message.*)

## The Charter on Children's Medical Care

It is the responsibility of Family parents to:

"Ensure that needed medical care is supplied. This would include eye and dental check-ups for children four years of age and older, preferably on an annual basis. ...

"The Home is expected to supply needed medical

care and eye and dental check-ups. But if the Home isn't doing so, then it is again the responsibility of the parents to ensure that their children get the proper care they need.

"The care of our Family children is the responsibility of us all, and we must unitedly do all we can to properly care for them."

("Responsibilities of Parents," 6. G., *Love Charter*)

It is the right of Family children to:

"Receive needed medical attention. When a child needs medical attention, he has the right to receive it. The decision is to be made by the parent or guardian, in counsel with the child, if age-appropriate (see "Rights of Parents," G.)."

("Rights of Children," 8. L., *Love Charter*)

## Gall Bladder Disease

FROM THE Blackpool  
NUTRITION WEB SITE



Most people have heard of gallstones, but other problems of the gall bladder invariably precede and accompany gallstones. In order to understand the various problems, it is necessary first to understand the nature of the gall bladder, and how it works.

**What is the gall bladder?** The gall bladder is a small organ situated between the liver and the upper end of the small intestine. Its function is to hold bile produced by the liver, to be released into the small intestine as needed. Bile is needed for the emulsification of fats and the absorption of fat-soluble nutrients, including some of the vitamins. About two liters of bile are manufactured per day. Most of it is re-absorbed through the intestinal walls, taking with it the fat-soluble nutrients, but some of it is excreted via the colon, taking with it toxic substances, including excess hormones.

Bile consists of water, bile salts (which help to

emulsify fats), lecithin, inorganic salts and bilirubin, which is the pigment from broken-down red blood cells. The emulsifying effects of bile salts and lecithin help the action of lipase, a fat-breaking enzyme released by the pancreas. Bile also stimulates peristalsis (the movement of fecal matter through the intestines) and is mildly laxative.

The gall bladder is therefore an important organ and we are better off with it than without it.

The signal for the gall bladder to release bile is the release of the hormone cholecystokinin, which is released from the intestinal walls when fatty food enters the small intestine. This hormone causes the gall bladder to contract, expelling the bile forcibly.

With every hormone in the body, if the demand is too great, then eventually the secreting organ becomes exhausted, and unable to produce enough. This applies to cholestocystokinin as much as to every other hormone. The common modern diet of pies, burgers, chips, fried foods, sugar, white bread and hydrogenated fats is a

perfect example of a diet designed to maximize gall bladder problems by overstretching the system.

When following this kind of unhealthy diet, production of bile by the liver becomes impaired, and the expelling action of the gall bladder becomes sluggish. The bile thickens, and materials which are usually held in solution begin to leak out. This is how gallstones begin.

Gallstones vary in composition from entirely cholesterol to entirely mineral (calcium, etc.), or mixtures of these with bile salts or bilirubin pigments.

**Causes of gall bladder problems:** This is another case, as with cardiovascular problems, where cholesterol is given much blame for problems arising, when the problem really lies elsewhere. Most gallstones consist quite largely of cholesterol, with other materials mixed in. In healthy bile, with correct proportions of bile salts, lecithin and water, then cholesterol remains in solution. If proportions alter, by reduction of lecithin, salts or water or by increase of bilirubin, then cholesterol is precipitated out, and

can form the nucleus of gallstones. (Note: Excess breakdown of red blood cells can be caused by lack of vitamin E.)

*Lack of dietary fiber:*

Gall bladder problems, as with many other diseases, have been shown to be a product of the modern high-refined food, low-fiber diet. It has been shown that a diet high in sugars and fats and low in fiber results in a reduced production of bile salts in the liver, and also a reduced amount in the gall bladder. The reduction in bile salts then leads to formation of cholesterol-rich gallstones.

There is a substance called deoxycholic acid, which is produced from bile acids by certain bacteria in the intestine. This compound greatly reduces the solubility of cholesterol in bile, and therefore leads to cholesterol precipitation. Dietary fiber binds onto this compound and prevents its activity on cholesterol. The best type of fiber for this is soluble fiber, as found in fruit, vegetables, oats and psyllium\*.

(\*Psyllium: plantain of Mediterranean regions whose seeds swell and become gelatinous when moist and are used as a mild laxative.)

*Food allergy and Intolerance:* Food allergies and intolerances have been shown to increase the incidence of gallstones. It is thought that they have this effect purely because they cause inflammation of the bile duct, thus reducing bile flow.

The main foods causing these problems are egg, pork, poultry, milk, coffee and citrus fruits. In addition, all chemical additives such as preservatives, artificial colors, sweeteners and flavorings increase the problem.

*Prevention:* On the principle that prevention is better than cure, we would advise that a diet low in sugars, chemicals and saturated fats, and high in fiber from fruit, vegetables, oats, psyllium and linseed would be wise, together with plenty of water.

However, if gallstones have already formed, stronger measures may help, as follows:

1) Diet: Reduce consumption of animal fats and cholesterol, including from eggs. No sugar, no fried foods, no food additives. Avoid the foods mentioned above under food allergy and intolerance.

2) Water: At least three or four pints of

water should be consumed per day, to prevent the bile becoming too concentrated.

3) Nutritional supplements:

- Deficiency of vitamins C and E has been shown to cause gallstones, because of an increased rate of red blood cell breakdown, causing an increased rate of formation of bilirubin. They should be taken at the rate of at least 2 grams per day of vitamin C and 200–400iu of vitamin E.

- Lecithin: 2 tbsp of granules per day to supply phosphatidylcholine.

- Methionine; 1000 mg per day, apart from food. This helps to prevent fatty build-up in the liver.

- Fiber supplement; psyllium, oatbran or pectin.

4) Herbal supplements —to stimulate bile flow

- Dandelion
- Milk thistle
- Artichoke leaves
- Curcumin (from turmeric)

The last two mainly help to detoxify the liver.

All the above measures may help to dissolve or pass the gallstones, but care should be taken if X-rays show the stones to be large; any action could cause them to become lodged in the bile duct, necessitating surgery.

## Gall Bladder Healing—and Tips

By MEEKNESS (of ALAN), CHINA



One day I started having an attack of gall bladder pain.

I had already been told by doctors that if I had another attack, I would need an operation. I was alone at home with two young teens and two children, so we got together and prayed desperately, rebuking the Enemy. The pain became so intense that I was afraid I might collapse. I told my son to contact the other Home and let them know what was happening, so they could pray for me.

While waiting for the taxi to take me to the hospital, I went to the computer to try to send off an email to my husband. As I was sitting there praying desperately, in acute pain, suddenly I felt a cool wave on me, like a breath of Heaven or something—and the pain was completely gone! It's hard to describe; I've never had such a miraculous answer to prayer! Thank the Lord!—And I haven't had any more attacks since then!

Some other tips and lessons I have learned: Gall bladder problems are very common in China, and some of the main causes are saturated fats. Often the Chinese use cheap oil when cooking, and sometimes very questionable oil, so it can lead to the buildup of gallstones.

It's a temptation when living here to go for the cheaper brands of oil, but for your health's sake you should buy the best type (like corn oil, soybean, cottonseed, sesame, sunflower or safflower oils). Coconut oil, palm kernel, and palm oil are high in saturated fats (as is lard, etc). Avoid these!

In China they equate oil with luxury, and when they cook they generally use a lot of it. And since eating is a major way of interacting with the Chinese when you live here and are ministering to them, eating becomes one of the occupational hazards of being a missionary in China—ha!

One book I read recommends chamomile tea for gall bladder problems (it is supposed to dissolve the stones), and peppermint tea, apple

cider vinegar and honey in water, especially taken each morning. Avoiding fatty foods, eating small meals more frequently, and drinking lots of water are all supposed to help as well.

### Why Cut Down on Fatty Foods?

By Dr. Koger:

Bile, which is the substance that helps your body digest fatty foods, is produced by the liver and stored in the gall bladder. So when you're having problems with your gall bladder or are experiencing pain, it's often a good idea to cut down on your intake of greasy foods, oils, etc. But it's good to always give your body a little bit of oil—and olive oil is one of the best options.

Sometimes if you're having pain in your gall bladder it's because there is too much calcium or cholesterol in your bile, which can sometimes cause what they call gallstones. They are like little rocks that can block the bile from being able to leave the gall bladder through a little duct in order to take care of helping to digest your

food—especially the oily and greasy foods. When that happens, it's very dangerous, because the liver doesn't stop producing the bile. It keeps going, but then there's no outlet because it's blocked. So your gall bladder can then get inflamed and infected. Once it gets that bad, there's usually no other way to solve the problem—except for a miracle of God—but to have surgery to remove the gallstones.

So folks, it's good to be mindful of what you're eating and to try and eat a good, well-balanced diet with lots of fiber and not too much oily or fatty food. Especially when you're getting a little older, like over 40, it's doubly important to be mindful of this aspect of your body and try to take good care of yourself. And if you do have problems, ask the Lord what He wants you to do. His advice will be tailor-made for you. *(End of message.)*

### **Recognizing Gall Bladder Pain**

*By Deanna Huntwork, DO, Web reprint*

Gall bladder pain usually comes on suddenly and unexpectedly. It is described as a strong

burning pain located primarily in the upper right to upper middle abdomen. The pain often radiates to the right shoulder or through to the back and may be accompanied by nausea and a lot of gas. The pain often comes on a short time after eating a rich, fatty or spicy meal.

Who is at high risk for gallstones? Studies show folks who don't exercise, are obese or have experienced rapid weight loss suffer from stones more often than those with a healthy lifestyle, including proper diet and exercise.

### **He Healed My Gall Bladder**

*By Angela Victory, Romania*

A few months before I joined the Family, while I was still a catacomber, I got very sick with pain in my gall bladder, and since then I have had to keep a very strict diet, with nothing fried or greasy.

When I kept the diet I was fine, but when I would slip and eat something that I was not supposed to, the next day I would get very sick with headaches, and couldn't eat anything for one or two days. Many times I prayed for the Lord to heal me. Three years passed and I would still get sick, but I learned many

lessons through this, like being faithful with my diet and keeping the Lord in first place. So the Lord used it for good.

When the "Era of Action" GN series came, I woke up one morning around 6 AM and I couldn't sleep, so I went to the living room to read and pray. As I was reading the GNs, the Lord's Words gave me the faith to pray again for healing. I claimed the promises that I was reading.

After prayer, I knew without a shadow of a doubt that I was healed.—And I was, PTL! Now I can eat anything and I don't get sick. Praise His Name!

"I will give you the gift of faith—pure, simple, childlike faith, which trusts Me absolutely and stands on My Word, saying, 'It is written.' This is the sort of faith which can move mountains and even cast them into the sea. ...

"When you need these gifts, they will come. Though they may not be apparent today, or tomorrow, or the next day, or the next week, when the time comes, you will have them. When the need arises and the opportunity comes, so will the gift." *("Era of Action, Pt.1," ML #3288:123,120)*

# MEMORABLE SEXCAPADES

(Eve:) The following are some true accounts from normal, everyday people of where they “did it”! They’re just for fun, for the interest of those of you who like variety, and for whom ideas are helpful.

Of course, this doesn’t mean you *have* to get adventurous or outrageous or out-of-the-ordinary to have fun and loving sex or to keep your marriage or relationship flame burning. Though sometimes, for many people, variety adds spice and enjoyment and fun to life (and sex!), and when we asked the Lord about publishing these little snippets, He approved. We’re just going to include a couple here, and we may sprinkle some more in upcoming *Eves*, like the “sex spicers” we published in previous *Eve* mags.

Please keep in mind that all of these may not be “doable” in your situation, or wise—depending on your circumstances, security factors, country,

climate, etc. Sometimes doing intimate things in a semi-public place, or where others would see you, would not be the loving thing to do, depending on the situation. Remember, “All things are lawful unto me, but all things are not expedient” (1Cor.6:12). So be Spirit-led, and ask our Husband to show you what will spice things up for you—and when, how and where! Including Him is the best tip ever, and then you can take it from there.

>> We threw a blanket on top of us and performed some discreet handiwork in the back of the room during a Home movie. I don’t even remember what we were watching. (male)

>> Under the piano in the foyer at 2:00 in the morning. We both roomed with 5 other people, and there wasn’t a spare room. (female)

>> On couches in our private back yard. We had

moved all of the couches out of the living room for a dance. After the party was over and everyone went to bed, we decided to have a little party of our own. (female)

>> On a long train ride. The momentum was good. (male)

>> When sleeping in my room alone one night I woke up at around 2:00 AM to the smell of arousing perfume, feeling the breasts of a stark naked woman brush my knees, and ... well ... you’ve probably already guessed the rest. (male)

>> One night, our house was too crowded so we went out to the beach to find a little seclusion. We settled for a concrete jetty, with huge rocks surrounding. The waves would splash so near we could feel the cold-water drops caused by the incoming waves. It could hardly have been better. (female)

## Sex and Romance

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>> In an office armchair. Challenging! (*female*)

>> We couldn't find anywhere but the storage room. We muffled each other's moans so as not to be detected. (*female*)

>> In a pool. It was about 2:30 AM, and my guy friend and I were sweaty from having walked and talked into the early morning hours. We decided we wanted to cool off *and* have sex in the pool. It certainly was different, cool, and exciting. I discovered that I had the skill of floating while trying to keep my balance, and maintaining some semblance of romance without acting too awkward, ha! Next thing I know they'll be shipping me off to a circus, ha! (*female*)

>> When celebrating the Family Birthday one year, we killed the lights in the room we were in (filled with another five people who were asleep) and got to it on a thin mattress on the floor. This room was divided into two rooms, and in order to get from the back room to the bathroom you had to pass through the room we were in. My mom stayed in the

back room with my little brother and sister. Right at the end—and I really mean the end, like the big bang time for us both—I looked up and my mom was standing there above me on the floor, just a little too shocked to move on. The sex was cool, 'cuz we knew there was the definite possibility of getting caught—which we did. (*female*)

>> In a near-empty dark movie theater. Halfway through the movie we realized we found each other much more interesting ... plus we were provided with Digital Surround Sound music for our sexcapades. (*female*)

>> On the (flat) roof of our house. After having dinner by candlelight, I had him lie back and do some "star gazing", while I got busy. It didn't take long before we were both seeing stars! (*female*)

>> In his one-man tent during a lightning storm. My tent was flooding, so I jumped into his tent ... and sleeping bag! (*female*)

>> Deep in a wooded area, in a bushy spot, we got the urge. But alas the ground and all around was

wet (and cold). We came upon a bolder just our size and the gentleman kindly spread his jacket, picnic style, and I found myself between a rock and a hard place. (*female*)

>> On the bathroom counter in front of the beauty mirror. (*male*)

>> We were casually walking the streets of a quaint, picturesque town one summer Sunday. Eventually we wandered into a small church where several people were praying and milling about in a solemn, religious manner. I don't know if it was a sudden renewing of the Holy Ghost that got me in the mood for love, or if it had more to do with her firm breasts that it seemed were begging to be released from that scanty, semi-transparent summer top. Either way, we ever so quietly snuck up to the unoccupied organ loft and engaged in some silent, yet positively sumptuous lovemaking. As far as we could tell, we were never discovered, but even the thought that someone may have walked in unawares makes me want to repeat the little pleasure at the next opportunity. (*male*)

# GREAT DATE GROOMING TIPS

By Shawna Schuh, Web reprint

**1. Be clean.** Being clean is a subjective thing, so let's break it down. Wash your whole body, including inside your ears, between your toes and any other part of your anatomy that has flesh close to flesh that tends to be un-fresh!

I know a woman who I'm certain showers every day and keeps a clean and well-organized wardrobe—but she has dirty ears. I don't know if she just doesn't take a washcloth to them or if makeup gets in. Of course I love her anyway and it's not a big deal, but then again if a guy wanted to kiss around that area...

Get a soft brush and get that skin clean and shiny, then put some lotion on your limbs to keep them soft and healthy. When we bathe every day we rob our skin of some of those natural oils, so if you do shower each

day, then make sure you replenish your skin.

Note: Some people don't shower or bathe each day, but it still remains that being clean is important. So if you don't shower each day, then at least do a sponge bath on any areas that perspire. I would highly recommend to always, under all circumstances, bathe or shower just before a date. Give your date the best and cleanest you have to offer.

**2. Naked skin wins!**

The best way to use fragrance is to apply it on the naked skin—preferably before putting your clothes on. Even if you go a tad bit on the heavy side, it's covered by your clothing and just releases when you need it as your body heats up throughout the day. It spoils your clothing if fragrance is sprayed on it, and the odor of your scent will be much too powerful to handle for anyone with a sensitive nose.

Most people who wear too much fragrance don't even realize they have that much on, since we quit smelling our own scent quickly, but it's a turn-off for lots of other people. So the naked skin wins when it comes to wearing fragrance.

**3. Excess can be a mess.** Any time you do things to an extreme you risk offending another person. By this I mean excess of makeup, or accessories, or over-the-top clothing. Too much makeup, accessories, loud, or really suggestive clothing makes it hard to get through to the person underneath. There are always exceptions, but in general the best place to start is at the base—which is you, and not the excessive trappings some people wear to protect themselves.

When you use makeup, it is to enhance your appearance and not hide it. Accessories should complement the clothing

and body; they should not have you as a walking display case. It also works best when your clothing accentuates your best assets and makes you feel wonderful, not when it draws attention to certain parts you wouldn't like stared at by strangers.

**4. Clip, snip, and shine.** I already went over cleanliness; now I get to mention the little pesky things that are paramount if you want to

appear finished and pulled together. Have your hands looking good. That means your nails trimmed and clean.

If you wear polish, it should be new and not so bright you can see it 50 yards away in the dark. I don't think a woman has to paint her nails to appear finished, but she needs to have well-kept hands if she wants someone to hold them. Bare nails are a better look than chipped and peeling nail polish. If you

paint your nails, keep a small bottle of remover so you can take it off if they start to look shabby.

**5. Basic stuff.**

Brush your teeth and, as someone helped me with recently, also your tongue—where bad breath can begin. Carry mints (or a breath freshener) in your bag. Wear lipstick in light coats, so it doesn't stain cloth napkins or glasses when you take a sip.

## GUILTY PLEASURES: HEALTHY INDULGENCES

*By Jeanie Davis, WebMD Medical News*

Sex, wine, chocolate, an afternoon nap—we love to indulge in our favorite pleasures, don't we? Well, it's nothing to feel guilty about. Gratifying those desires can have great health benefits: boosting immunity, warding off disease, and toning the body.

In fact, a bit of indulgence can be satisfying for both body and soul.

**>> Kissing:** Kissing may boost your immune system, since there's much germ sharing when we lock lips, according to Helen Fisher, PhD, researcher in romantic love and professor of anthropology at Rutgers University in Newark, N.J.

Kissing is meditative, too, quelling that stressful buzz in your brain. Kissing is an excursion into the sensual. It heightens the experience of being present in the moment ...

the lusciousness that we need to pull us out of the mundane.

A serious, tongue-tangling French kiss exercises all the underlying muscles of the face—which could keep you looking younger, and certainly looking happier.

**>> Sex sparks a good calorie burn:** Yes, sex burns calories, and if you're in the heat of passion, you might burn calories that equal a

brisk walk. Just don't confuse great sex with a cardiovascular workout; it's not the same as jogging. During sex, that's pure adrenaline churning through your system. Lovemaking releases tension, but the act of stimulating nipples—that's what triggers the release of oxytocin, a hormone that creates a bond.

**>> Chocolate is good for your heart:** This object of our passion lifts the spirit. Chocolate affects the body in the same way as the chemicals released in response to romance, says Debra Waterhouse, a registered dietitian and the author of the 1999 book, *Why Women Need Chocolate*.

And cocoa and dark chocolate—more than other types—help keep arteries from clogging. They are rich sources of flavonoids. Of course, too much chocolate puts your waistline at high risk of expansion—but a little bit every day may be good for you.

**>> Drink to your heart health:** A little red wine at dinnertime seems to be just what your heart needs to stay healthy. Wine has those

all-important flavonoids, which have a positive effect on cholesterol. Wine also appears to open up arteries and increase blood flow, thus lowering the risk of the clots that cut off blood supply, according to a study published in the *European Heart Journal*. Previous studies have shown that flavonoids also slow the growth of breast, prostate, liver, and oral cancer cells—and even strengthen bones.

**>> Tea is a healthy brew, too:** Whether it's plain black, green, or flavored, tea has many health-promoting properties. Several studies have credited tea with providing a barrier to cancer, reducing heart disease, and strengthening bones in post-menopausal women. Researchers say that tea's antioxidants may be 100 times more effective than vitamin C and 25 times more effective than vitamin E at neutralizing free radicals—the destructive byproducts of the body's natural chemical processes.

**>> Nut lovers, take heart:** Nuts may get most of their calories from fat—but it's unsaturated

fat. In fact, eating nuts can lower your risk of heart disease, according to several studies. Nuts are a good source of the antioxidant vitamin E, which has also been linked to lowering heart disease. And nuts are a great source of protein, as well, unusually rich in an amino acid called arginine, which opens up and relaxes blood vessels.

**>> Then, there's napping—the great restorative:** A short nap in the afternoon is the antidote for a bad night's sleep, increasing productivity, sharpening the senses, and lifting the spirit. The scientific data documenting the benefits of napping—at least for some people—continue to mount. Naps are clearly beneficial if you're a normal sleeper but getting insufficient sleep at night. For people fighting insomnia or depression, however, napping may worsen their nighttime sleep.

Sleep is one of the great indulgent pleasures. Make sure you get enough! Sleep researchers agree that naps should not be taken too close to bedtime—or last longer than 90 minutes. Otherwise, you can throw off your body's internal clock.

# From Grandmother On Menopause

*A message from beyond from Dad's mother*

People always look to me as a woman of great faith. But having such great faith was really very simple, and nothing of myself: I just took God at His Word. I believed His promises and chose to stand on them, even when my flesh failed, when things were difficult, or when I had to fight against great obstacles. The faith I possessed was not in me; it was strengthened through reading the Word, believing the Word, and putting the Word into action in my life. Standing on our dear Lord's precious promises is what gave me faith!

In my day, there wasn't a lot known about menopause, or its effects or how to handle them. But in my midlife experience, things were a bit more difficult than the life I had been used to previously. I felt moody, sometimes depressed, and physically much weaker than I had felt in the past. I was never very strong physically and was always on the weaker side, but when I started getting older things became that much more difficult. Everything took more effort and strength, and I often felt

my abilities were failing and even wondered if I was losing my usefulness to the Lord—at least that's what the Enemy liked to tell me.

As I said, I didn't know much about menopause or what to expect, so it was a bit of a shock when things started changing in my body—and it didn't seem they were changing for the better either, ha! But I just had to cling to the Lord and stand on His promises like I'd always done before when I found myself in a difficult situation or facing something that seemed hopeless or discouraging. And I found that if I kept my heart filled with His Word, the difficulties I was facing—even the physical ones—were much easier to bear.

I'd claim so many of His precious promises about His strength being made perfect in my weakness. Those verses gave me the faith that He could continue to use me even when I felt my strength and health failing. I'd claim, "When I am weak, then am I strong," and, "He giveth power to the faint, and to them that have no might He increaseth strength." And He always did! He always

gave me the power to do His will; He increased my strength when I needed it. And when I didn't need that boost of extra strength to do His will, He instructed me to lean on Him, to rest with Him, and there learn of Him.

I tried to eat healthily, to get good rest, exercise, and fresh air, and to keep a praiseful and positive attitude. Aside from standing on the Lord's promises, these were some of the physical things that helped me through the difficult times. I'd even praise the Lord for my difficulties and weaknesses, thanking Him that He was still able to use me despite them, and that through them I found sweet communion with Him. He never failed me, and I know He won't fail you either.

It's just a passage, dear women, that we must all walk through. It's not a punishment or a chastisement. Its purpose is to strengthen, to enrich, and to bless your lives. And I found that there is no such thing as being too old for the Lord. There's no point in life you pass where you have come to the end of your usefulness

to Him. The difficulties of midlife, just like every other difficulty and battle in life, are to strengthen us, to draw us closer to our precious Jesus, and make us even more fit for His work and service.

It's like a graduation from one grade to the next. You're moving from one part of your life to the next. The second part may be a little bit different than the first, but it's nevertheless an important one. You don't think God, being as smart and wise as He is, would let all women pass through a period of life just to make

them useless for the last years of their life? Oh, no! Certainly not! It's all part of His plan and purpose, and He uses older women who've been through many experiences in their lives for special jobs that only they can do. The younger women are used in different ways; both are needed.

Midlife is His time of investing and pouring into women. It's a time for you, dear women, to draw from Him—His life, Spirit, joy, peace, trust, and faith. "For our light affliction, which is but for a moment, worketh for us a far more

exceeding and eternal weight of glory." It's a passageway, a graduation, and a time to cherish. It takes great faith, but you have such a wealth of the building blocks of faith right at your fingertips, more Words of life than I could have ever dreamed of having in my lifetime.

So hold on tightly to our sweet Jesus, and cling to His Words and promises. That's the way to make it through the difficult midlife battles and come out strengthened, better and even more useful to Him.

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## To Our Beloved Companions

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*By Tender Joy, Pakistan*

**M**any, or some of you, might cringe when you hear that word—menopause. You might wonder what it will mean and how it will affect your life (and, of course, your wife's life). Well, first of all, menopause *is* a fact of life that we cannot run away from. It will come sooner or later (to *your* wife as well), with different symptoms from person to person. Secondly, it is not the end of the world (even if we *are* all living in the end of the world ... but you know what I mean), and life will continue quite fine even

after menopause—if not even better in many aspects!

You might wonder what *you* can do about all this? I can only write about my own experience; what has helped me the most was/is when someone in the Home (I am single) has just hugged me and reassuringly told me, "Everything will be okay" and, "It'll pass, don't you worry!" Just to hear that from somebody else (even though you kind of know it in your "head") and feel that comforting love, understanding (even if they don't *really* understand, ha!) and

acceptance has meant the world to me, and has helped me through many hurdles in this phase of life! Our women need you now more than ever before. They need to know they have your full support, your love, no matter what!

In the long run, you will be rewarded greatly in more ways than one when she has passed through this stage. You will have a life companion who will love, respect, admire and support *you* more than ever, as she will have seen that you stood by her side when she needed you the most.

If you ask the Lord,  
He will show you ways to  
encourage your wife (or  
another woman in the Home

who may be experiencing  
menopause), and show you  
what will help her the most  
during this time. It will be

well worth it, and I believe  
the Lord will bless you  
mightily as you take this  
step of faith and love!

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## Changes You May Experience In Your 50s

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*Third Age Web site*

**D**uring the 50s, various alterations may take place physically and mentally while the body's major systems shift into lower gear. Our metabolic rate declines, making it easier for us to gain weight, which in turn affects all of our organs and body systems.

**Respiratory and Cardiovascular Systems:** The respiratory system loses some power as lungs begin losing flexibility. Our aerobic capacity (the amount of air our lungs can hold) also begins to shrink.

The cardiovascular system becomes less efficient: some of us may find that our heart rate can't rise as rapidly during exercise.

Arteries become less flexible, and the one-way valves in our veins stop working as hard as they used to, which is why some of us begin developing varicose veins.

**Digestion and Elimination:** These processes slow along with metabolic rate. Some

of the most common digestive-related illnesses that develop in the 50s include gastroesophageal reflux disease, where hydrochloric acid washes back from the stomach into the esophagus. This can lead to esophagitis, or inflammation of the esophagus.

In addition, if the diaphragm weakens, a hiatus hernia may occur. The diaphragm is the muscle that separates the thoracic cavity, which houses the lungs and heart, from the abdominal cavity, which contains the stomach, bowels, etc. There is a tiny opening in the diaphragm through which the esophagus slides into the stomach, and when that opening widens, parts of the stomach can slide upwards, creating a hiatus hernia. You can have a hiatus hernia without knowing it, and it can be linked (though not always) to reflux disease.

While our kidneys maintain a vital water balance in the body and

excrete wastes in the form of urine, the kidneys shrink during the 50s and their waste-filtering powers also weaken slightly. Bladder function also changes in the 50s as the bladder has less capacity to store urine. In men, this is due to changes in prostate gland size and function. In women, this can be due to various factors, including multiple pregnancies.

### **Major Systems: Prevention and Management Tips**

We've said it before and we'll say it again: exercise is the most effective anti-aging pill ever discovered. And exercise helps improve and rejuvenate all organ and body system functions.

**Respiratory System:** Aerobic exercise such as walking, jogging, swimming, bicycling, etc., helps strengthen the lungs and other respiratory organs. It also helps improve respiratory flexibility, capacity, and your overall energy level.

### **Cardiovascular System:**

Exercise, coupled with a low-fat, high-fiber diet, can help protect the heart, the engine of the cardiovascular system, from coronary artery disease and hypertension. Working out also improves blood circulation, which will help nourish veins while pumping blood throughout the body. An effective stress management tool, exercise lowers blood pressure, thus helping prevent hypertension.

You can combat plaque buildup in your coronary arteries by eating a fibrous diet that includes whole grains such as brown rice and lots of fresh fruits and vegetables. Also start preparing soups, stews, and pasta sauces that contain high-fiber dried beans such as black beans, lentils, and kidney beans. (Besides being healthy, these are also very economical.) Remember: consuming 25 to 35 grams of fiber a day is correlated with lowering the incidence of coronary artery disease.

**Digestion and Elimination:** The kidneys and bladder can be nurtured by drinking at least 10 eight-ounce glasses of water a day. This helps flush out natural wastes. If your urine is

dark, this is a sign that you are dehydrated and are straining your kidneys and bladder, so drink more water. Restricting your alcohol intake also helps prevent undue strain on the kidneys and bladder.

Gastrointestinal health can be managed if you stick to a simple prescription of eating about 30 grams of fiber a day, exercising regularly, and drinking plenty of water to help keep matter moving through your system.

*(Dr. Koger:)* It's true that as your body gets older, a lot of things change. You may encounter some health problems that you've never experienced before, due to the normal wear and tear of the body through the years. But don't let this article scare you. People in the world experience these types of "old age" problems all the time, because they haven't been faithful to care for the body the Lord has given them. They've been overloaded with junk food, and haven't given their body the proper care it deserves.

Thankfully, you in the Family have been given a lot of good counsel from Dad over the years about the importance of eating right, sleeping right, and

exercising right—and these are the keys to keeping your body in tip-top shape and working order. That's not to say that you'll never have any ailments as a result of getting older—you probably will—but if you've been faithful to take care of yourself in your younger years, then you can be sure that these types of ailments will be minimal.

If you haven't been taking adequate care of your body, it's never too late to start. Even if your body has received a lot of strain over the years due to improper care, implementing healthy habits today will help you tremendously—and the Lord will bless you for your obedience.

And let's also not forget the Lord and His power to heal any ailment. Even the problems, difficulties and illnesses related to getting older that you might experience are all subject to the Lord's healing power, and the power of the keys. So don't resign yourself to these types of things as just "facts of life" because the Lord can deliver you if it's His will—or if He wants to use it in your life for a certain purpose, then He'll give you the grace and strength to rise above. *(End of message.)*

## NAME GALLERY

*Please note: These are just a few of the many, many names there are. To find out which name is best for your child, ask the Lord! He'll not only give you a suggestion, but can even tell you what it means specifically for your child.*

*(Name meanings requested by Celeste, Lebanon; Mel and Kristi, South America; Gabriella, Brazil; Esther, location unknown.)*

**Alec:** One who looks out for others, who has a heart for the “underdog”—defending the innocent, comforting the broken hearted, protecting the oppressed. *(male)*

**Alicia/Alisa/Alyssa:** One who is alive, who breathes the breath of life to the full and rejoices in every waking moment; sparkling with the zest and passion and joy of living; a delight to have around. *(female)*

**Alvin:** A jolly troubadour [traveling minstrel], who loves to sing and dance his praises to his Creator. Loves to lift his voice in loud song, to praise and worship and let the hills ring with the sound of his joyful oratories. *(male)*

**Anya/Anja:** A snowflake, fresh from Heaven, falling from the sky like a kiss of blessing, bringing refreshing and life-giving beauty wherever she floats. *(female)*

**Christy/Kristie:** A follower of Jesus, devoted to His cause; a handmaiden, cheerfully taking up her cross of service to Him. *(female)*

**Jan:** A traveler, one whose heart lies in far-off lands, and who is always dreaming of a new conquest, a realm far away. Even as he loves to move, so he is not at home in this world, for his heart is in heavenly places. *(male)*

**Jaemar:** Great in stature, muscular. This is the name of a warrior, a fighter, a valiant defender of lands far and near. He fights for the faith! *(male)*

**Jesse:** A man of praise, who honors, thanks, worships, and lives to serve his Heavenly Master; one who wants to give his life and love back to the One Who gave him all things. *(male)*

**Jolie:** Cheerful, positive, and beautiful; a

fountain of joy to refresh and encourage those who pass her way. *(female)*

**Leonardo/Leondro:** One with great courage, bravery, and faith in the midst of adversity; bold as a lion, strong in the spirit of Heaven. *(male)*

**Luena:** The harp of Heaven, graceful, fair and mysterious. Not always comprehended fully by humankind, she is a rare and priceless gem of mystery from the heavenly places; enticing. *(female)*

**Marc/Mark:** Multi-gifted man, with patience, simplicity and humility; yet also stable, and strong in the skills of spiritual warfare. *(male)*

**Shane:** A thorn in the side of the Evil One, the man who pricks Satan's side and makes him bleed. He lives to bring interference to the side of the wrong, and to make intercession on behalf of the weak. *(male)*

Cover photo: Heidi (of Gideon), mother of 21 (15 pregnancies), Pakistan.

Suggested reading for ages 16 and up.

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