


# FIVE

Issue 5



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venous  
stasis  
ulcers

# Varicose Vein Ulcers

**Q:**

I discovered a small sore on my ankle that didn't seem to go away no matter what I treated it with. After a few weeks it started to hurt quite a bit (a burning sensation), and someone who was visiting our Home told me they thought it was a varicose vein ulcer.

*From Mary T., Brazil*

The Lord provided a cardiovascular surgeon, who looked at my leg and confirmed it was an ulcer. He gave me a prescription for some medicine to take, a few things to clean it with, and suggested I keep it cleaned and covered with gauze, etc. He told me to stay off my feet as much as possible, and not have any vigorous exercise or activities for the next three weeks.

Thank the Lord, the sore healed up in that time, and hasn't been hurting me since. I have to take certain precautions, such as using good quality support stockings daily, to ensure my not getting any more of these ulcers. I had never even heard of anything like a varicose vein ulcer, so perhaps there might be others out there who haven't either. Is there any type of natural treatment you know of for this condition, outside of an operation?

**A:**

We researched and gathered some material on the subject of varicose veins and ulcers, for your interest. Dr. Koger also gave an interesting message packed with helpful tips, advice, and natural remedies. The information that we're including here is not all-inclusive, but will hopefully give you something to start with.

*From Eve Editors*

Most of all, dear readers, we're interested in hearing from YOU! If you have varicose veins, what has the Lord shown you to do about them? What natural remedies have you tried and proven? If you've been told you were destined to live with varicose veins because they are hereditary, but the Lord showed you ways to prevent them, share the know! If you've been healed miraculously, please send in your testimony!

## About varicose veins

Veins are said to be varicose when they become tortuous, thin-walled, widened, and easily visible below the skin. The veins in the superficial tissues of the legs are most commonly affected. Varicose veins seem to be hereditary, and are more common in women than in men. While varicose veins usually occur in the legs, they may also occur around the anus, causing piles (hemorrhoids), around the testes (varicocele), or in the vulva of a pregnant woman.

Normally, the blood flows down the arteries from the heart to the feet and then back up through the veins, and back to the heart. In the lower limb, there are two systems of veins: the deep system and the superficial system. It is the superficial system that is affected, as it consists of veins in the tissues

between the muscle and the skin, veins that can easily be seen and are called varicose when they become enlarged.

Both the superficial and deep veins contain valves every few centimeters. These valves consist of tiny folds of the lining of the vein, and they allow blood to flow up the limb, but not the other way. In people with varicose veins, these valves are found to be defective. The final effect of this is that the blood in the vein can flow down, leading to stretching of its wall.

## Aggravating factors

Here are a number of factors that increase the possibility of varicose veins:

*Pregnancy:* Many women notice varicose veins after pregnancy. It is probable that the veins were abnormal beforehand, but that pregnancy made them worse. There are two theoretical reasons why this could happen. First, an enlarged uterus leads to pressure on the veins in the pelvis, causing increased pressure in the veins of the leg, and possible swelling. Second, hormones produced during pregnancy lead to a general softening up of supporting tissues to allow the baby's head to pass through the birth canal, and the supporting tissues of the veins may also be similarly affected.

*Obesity:* Varicose veins can be brought on through obesity because of increased pressure inside the abdomen, together with general weakening of fibrous tissue in the wall of the vein.

*Prolonged standing:* Jobs which require prolonged standing may put an undue strain on the veins of the legs, especially if legs have to be kept still.

*Injury:* Sometimes a large varicose vein develops at the site of an injury, such as where a cricket ball hits the leg. This may be the only varicose vein in an otherwise normal leg.

## Venous stasis ulcers

If you have a continuous condition involving increased pressure in the vein system of the leg, your circulation may be impaired to the point that the tissues suffer. The resulting tissue damage is called a chronic venous stasis ulcer. These ulcers result when the enlarged vein does not provide enough drainage of fluid from the skin. As a result, the skin does not receive enough oxygen and an ulcer (skin sore) may form.

Pain or aching usually increases when you stand, and decreases when you raise your leg.

An ulcer that is bumped, scratched or otherwise traumatized may bleed profusely. Elevate the leg immediately and press down on the area with a clean cloth.

If a blood clot develops in a varicose vein, which tends to occur in the calf, it may be indicated by severe pain, tenderness, warmth in the area, and increased pain when walking. The area may have the feel of a

hardened cord.

Elevate the leg until it can be examined.

Avoid any unnecessary walking.

### Venous ulcers are:

- ◆ Uneven in shape.
- ◆ Usually surrounded by hardened, bluish/brown skin.
- ◆ Usually found just above the ankle, or on the inside surface of the leg.

# Heaven's help for

## varicose veins

*Dr. Koger speaking:*

**T**

he doctors say that the only real cure for varicose veins is to go the route of their medical system. They broadcast the benefits of having your veins surgically removed, or pumped with some kind of fluid. They have a few different unnatural methods—methods that normally don't even work, and in the worst cases even make the problem worse.

I've always been an advocate of natural healing and natural methods. When I was on Earth I knew the benefits of natural treatment, and since being Here my convictions have grown even stronger. I've also seen the Lord's healing power manifested in the lives of thousands upon thousands, convincing me beyond a shadow of a doubt that He is the only One Who has the answers. He's the great Creator of the universe and of each living body, which makes Him the greatest Doctor in the universe.

Doctors on Earth try to tinker around with the Lord's human body machines, but they know nothing compared to the One Who knows everything. They try to fix varicose veins with their limited earthly knowledge, and often end up making matters worse. Sometimes the Lord leads different ones to use the help of doctors in His healing process of their bodies, but in the case of varicose veins and ulcers, the Lord doesn't usually work that way. So please be very prayerful if you're considering surgery.

Jesus has the power to heal you. If He wants to heal you and take away your varicose veins, then He's the best Doctor for the job. But if He doesn't want to take them away in this life, and for some reason He's allowed them in your life as a gift of His love to teach you lessons, or to keep you close to Him, or to give you compassion for others, then all of the doctors in the world combined won't be able to take them away. So trust the Lord, and seek Him first and foremost for your medical needs.

But since the Lord often requires you to do your part so that He can heal you, I'll give you some natural tips and things that you can do for your benefit. If you have varicose veins, these tips, along with prayer and the Lord's healing power, may lessen the pain and intensity of them. If you don't have varicose veins, these tips may help, along with prayer, to prevent them. Only the Lord knows what will work for you, so please ask Him and follow what He shows you.

### Quick relief:

If varicose veins become particularly bothersome, elevate your legs above the level of your chest at least twice a day for 30 minutes each time, or as often as possible. The ankles should be higher than the knees and the knees higher than the hips.



One of the most important things you can do is to maintain regular get-out. When you get your heart pumping, your blood flows freely. Varicose veins, though often inherited, are largely due to poor circulation. Having good, vigorous get-out is good for your heart, your circulation, your blood, and your veins.

Try not to stand in one place for long periods of time. If you must, try to move around every once in a while, or move your feet, like marching in place, to keep the blood flowing through your legs. Or you can try squeezing and relaxing your thigh muscles, which has the same affect.

When sitting down, try to elevate your feet by placing them on a stool, another chair, a little table, or whatever item is around and convenient. It's best not to sit for real long periods of time either, but if you must, either elevate your feet or get up every once in a while to stretch your legs.

Avoid crossing your legs at the thigh level when sitting down. This hinders the blood flowing through your legs.

Try as much as possible to steer clear of wearing restrictive clothing that is too tight and hinders good circulation—tight jeans, stockings held up with elastic around the thighs, girdles, etc.

If you are overweight, pray and ask the Lord how to arrive at a healthier weight. Extra weight puts undue pressure and strain on your heart, which then affects your circulation.

Eat right! Eat healthy! Eating an excess of real greasy or oily foods can clog up your arteries and cause all sorts of

problems. You'll find that the healthier you eat, the better you'll feel—and your veins and legs will thank you for it too.

Something that works for some people is elevating their legs a little while sleeping. You can either put a pillow or a cushion under your feet, or put something under your mattress at the end of the bed. Others have found it helpful to rest their legs up against a wall, at a 50- to 90-degree angle when reading, so as to let the blood flow freely to their heart.

If you want to relax your legs after a busy day of outreach or caring for the kids, why not treat yourself to a relaxing bath? You can make good use of the time by combining it with your Word time, or spending some extra special time loving and praising Jesus.

Wearing support pantyhose or stockings might help prevent varicose veins, or may alleviate pain or discomfort for those who do. In some countries these are readily available, and could easily be provisioned. Wearing comfortable shoes with good support is also a plus.

A little apple cider vinegar may also help. Try putting a couple of drops in your water at meal times and throughout the day.

Massaging the legs can also act as a circulation stimulator. It helps to get the blood flowing, and relaxes your legs too.

And last but not least, try not to bump or scratch varicose veins. They're very delicate, and doing so could result in the varicose vein turning into an ulcer. ■

# The Mysterious Case of the

## Vari-Ghost Vein

I

It materialized one day when I was only eight years old, and has haunted me ever since. A varicose vein is like having a permanent bruise; it always hurts when pressed on or bumped, and sometimes it swells up and feels like it's going to burst. The testimonies I read when researching [a recent article about the healing properties of cayenne pepper] were fascinating, but I must admit that I was a little skeptical. I finally decided to try the stuff myself.

After only two days of taking cayenne capsules, I noticed, quite by accident, that my leg no longer felt bruised. I gingerly pressed my fingers on the place, and to my astonishment, there was no pain. When I looked for the familiar swollen blue worm, I found instead a thin blue line.

No, it's not completely healed, but neither is it the ugly, vulnerable spot that it used to be. It's a great relief not to be afraid anymore of legs that go bump in the night.

—Kellye Hunter (reprint)



*(Dr. Koger speaking:)* Cayenne pepper is good for a lot of things, including the blood. It's another one of the Lord's natural remedies. It helps improve circulation and aids in unclogging veins, as it warms the blood. Cayenne can be beneficial for many ailments relating to the blood, the veins, and circulation.

This testimony is not an isolated instance. Cayenne is a natural substance that, when taken regularly and faithfully, can help improve varicose veins, and even greatly diminish them in some cases. You don't need to eat a whole lot, but sprinkling it on your food as often as possible during meals will do wonders for your circulation and blood and veins.

M

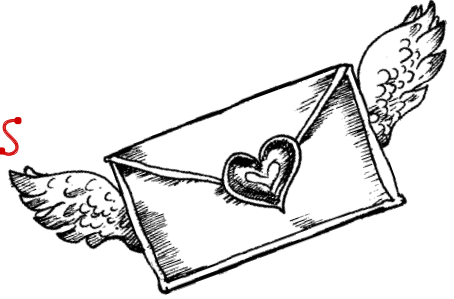
My mom has had big problems with varicose veins, but neither my sister nor I have problems with them. She warned us when we were teens to guard against them by not wearing tight girdles, not wearing tight elastic around the tops of our thighs, and not wearing tight jeans. I've found that when I wear some tight clothes, my veins would start hurting. But as soon as I ditched that particular article of clothing, the veins would relax and be fine again.

The other warning my mother always gave was to not cross our legs. This too makes a difference for me. If I cross my legs a lot, after awhile I'll see vein patches. But if I avoid it, they go away, or nearly go away.

—From an FGA woman, WS



# Return to Sender: Heaven's Special Gifts



*From Faith (of Jonathan), Australia*

Our sixth child, Joy, graduated at birth in 1992. At the time that our baby departed, no one around had been through such an experience. It was a very sad time for us, although we tried to put on a brave face especially for the sake of the kids. I personally had a struggle doing this at times, and I sometimes got really sad, missing my little baby.

I had to consciously fight back tears over the ensuing months when other mothers who had babies around that time would talk about theirs, and I would remind myself that Joy was happy in Heaven. I guess it was a good time to put into practice “Don’t be afraid of tears.” I think it would help brethren who’ve never had this experience to know what it’s like if it should happen to someone in their Home or area.

Although I didn’t know it, my husband Jonathan was going through it too, especially in the first few weeks or months. He managed to keep from showing it—or maybe had to, because he was faced daily with teaching the kids. But I remember him telling me how he cried inside sometimes about the baby who didn’t stay. Of course, what helped us most was knowing she was with the Lord in Heaven, and also remembering our responsibility toward our other children. (It was our son’s 9<sup>th</sup> birthday the day after Joy graduated. I didn’t want

him to be missing me or dwelling on the baby’s death, so I came home from the hospital and we went ahead with the birthday celebration and planned activity, so that it would be a happy day for him.)

Some of our children did cry about the baby, which we accepted and let them do, though prayer, encouragement and reading the Word on Heaven together did help them to accept her graduation.

The only one who continued to mention the baby was our three-year-old, who continually asked, “Why did Joy have to go to Heaven?” She still asked this question over the next two years, though much less frequently. (A simple repetition of what we told her from the beginning—that the Lord took Joy to Heaven to be our special angel to watch over us—was enough to comfort her. PTL!)

It might also be a help to those in an area or Home where a loved one departs, to go out of their way to be compassionate on their loved ones left behind, remembering to pray for them, give them a shoulder to cry on if needed, or a comforting hug. I guess I’m writing this in hopes that it will encourage others who maybe found it hard and missed their loved one.

Friends and loved ones:  
pray before you say!

*From an SGA woman:* It’s true that hugs and love and just going slow around the folks who are adjusting to a loved one’s passing is very helpful. When my mom went to be with the Lord, what I didn’t find helpful was everyone in the area mentioning it to me when they saw me. It would inevitably make me cry, and sometimes I just wanted to forget about it and go on to something fun. ■

# An Angel's Passing: Finding Your Place



These are special angels, these tender little lives whom I send down into your care for such a short while. They love you so much that even though they know that they cannot stay, they want so badly to come down and be a part of your lives even for just that short while. They know that even those few hours, days or weeks that they were in your arms and by your side will never be forgotten by you—nor will they ever forget.

These are your special helpers, who are assigned to be your guardians and your prayer warriors from on high. Wherever you go, whatever happens, you have these faithful ones who are near you in heart and in spirit, and who share that unchangeable bond of love that was forged through trial and tears, and that shines as pure gold.

My beloved parents, know that I am with you during your time of trial. And know that

even this situation has been ordained according to My perfect will, and will work out for the best for all involved. I know it's hard to keep your eyes on Me and keep My song of faith in your heart, but as you do so, your step will grow lighter and your heart will regain its smile. It will not happen all at once, but it will happen.

Don't expect things to return to normal for you right away. It takes time to heal a heart, and beautiful blessings come as a result of that time. So don't be impatient for the victory to come. Know that the sun will shine for you again, and you will have gained a priceless experience which will leave your heart tender and soft, and able to comfort others with the comfort that you have received from Me.

Likewise, those of you who see the suffering of those near you: Be ready to see the need and lend a hand. Don't be afraid to reach out to them, being

unsure of saying the wrong thing or not knowing how to act or what to do. The gesture of love is the most important thing of all—the tender touch, the caring look, the bearing of those day-to-day burdens which weigh so heavy in times of trial. It doesn't have to be deep, or complicated, or profound, but it just has to be inspired by My love.

Come to Me, each one of you who live with those who are going through such a time, and ask Me what part I want you to play in the parents' lives. To each of you I will show in what ways you can help, and how you can make the load easier and the burden lighter.

I wish for all My children to be happy, but the best happiness is the one that is born through tears and heartbreak—and this can only be fully experienced by those who have gone through their tests and come through with My glowing crown upon their heads.



# Visited by Heaven

On August 5<sup>th</sup>, 1999, baby Marcelito left his frail cocoon behind and went Home to the arms of our dear Jesus. We cannot describe in words the impression he made on our lives. We were visited by an angel, and the beautiful lessons he taught us could not have been imparted by a human, but only by a celestial being.

Marcelito had many physical problems, which even affected his appearance, but to us he was the prettiest baby ever. Now we can comprehend what true love is, and how Jesus loves us in spite of our defects. How true it is that love covers a multitude of imperfections!—This is no longer just a pretty quote for us; it has been engraved on our hearts. We know that we have someone very special watching over us from Above, looking forward to our arrival There.

A close relative of ours, Clara (of Bernardo—our former mate) had had a very busy day and went to sleep. She said that as she was sound asleep, Marcelito appeared to her in a dream, telling her that she had to wake up because her baby had a high fever.

She told Marcelito that the baby was okay, but he kept on telling her to wake up. Well, she finally did wake up and found that her baby did have a high fever!

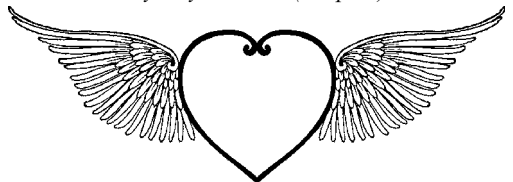
This is quite significant, as some brethren sent us a vision they had received of two Heavenly beings with a

rose in their hands, and the rose was Marcelito. Whenever they would touch someone with the rose, they would be healed. It seems that Marcelito might have the ministry of healing, since he was quite afflicted himself and would naturally have compassion on those who need healing.

## Teardrops from an Angel

God looked down upon you,  
And saw you needed Him,  
So He opened up His arms,  
And took your baby in.  
“Little precious child,” He said,  
“Dry your cryin’ eyes.  
I know it’s best for you up Here,  
For I am very wise.  
You’ll never have to hurt;  
You’ll never have to fear,  
So put a smile on your face,  
And wipe away that tear.  
Yes, your momma misses you;  
And she cries right now too.  
But in her heart she knows  
I’ll take good care of you.  
She never will forget you;  
You’re in her heart so deep.  
So now I tell you, baby boy,  
Just close your eyes and sleep.”

*By Gayle Clarke (adapted)*



From Martin  
and Esther,  
Brazil

# Comfort from Heaven

From Gem,  
Canada



In June of 1976 a little girl was born to me. (It was my second attempt to have a child. My other child is named Jonathan.) Unfortunately she was born premature, and after only a few days went back to be with Jesus. My heart broke in a million pieces. Whenever I saw a baby while out, tears flooded my face.

Time definitely does heal, and when the Letters came out encouraging us to hear from the spirit world, I asked my daughter to speak to me.

Here, in her own words, is the endearing message she gave me! Her name is Miracle. I pray this is a comfort to those of you that have had loved ones return to Heaven.



Departed  
child  
speaking:

Dear Mom, how I have longed to hold you and comfort you and talk to you! How I have longed for you, my dear, precious mother! How I love you! I want to be as good a mother as you have been to the children who are not yours in the flesh, but whom you cared for. I want to be like you. (I look after kids in the nursery, among many other jobs. I love children!)

Don't worry about me. Don't feel sad that I didn't make it on

Earth. Granny and other loved ones took care of me once I arrived [Here]. Nothing is a mistake. God is in control. I love you and want you to have a happy and fulfilled life.

I'm watching over you and Jonathan. My dear little brother is under my care also. I watch over him, and I tell him things, although he doesn't know that it's me, his sister.

I have little ones. You're a grandmother and didn't even know it! Shocker, huh?!

You'll see them when you arrive Here.

Bye for now! I love you and am proud of you and Jonathan. You went through the fire and won many battles and medals for bravery, courage, shticking, and not giving up the fight—lessons that I can learn and apply to myself. You're a good mother. Don't worry about anything. The past is dead and gone. It's the future that we have to look forward to! *(End of message.)*

# My living, breathing miracle

From Abigail (of Jonathan), India

Each time I look at my baby I can't help but praise the Lord for the miracle He performed. I had long given up hope of ever getting pregnant again. Some doctors had said I had some internal complications; after 14 years since I had my first child, what chance was there? But our God

more carefully. But we still had to travel back the same number of hours to return to our Home in India. It's best not to travel extensively during the first few months, especially if you're spotting. But—miracle #2—the Lord kept the baby. Thank You Jesus!

I had to stay in bed for most of my pregnancy, as I was spotting for about six months. I tried to speak faith, but inside I was shaking, not sure if I would keep the baby. To make matters worse, at eight months along I stopped feeling the baby's movements. Another scan showed that the baby's heart wasn't beating. We prayed desperately and the Lord did it again. As we kept a close check on the heartbeat, things came back to normal.

Then at 9 months I began passing meconium, which was another not-so-good sign. But by now the Lord had given me enough faith that He was going to keep the baby and bring it to full term. Though I had a C-section, the baby came out healthy. We have a 14-year-old girl, and now the Lord has blessed us with our precious Ryan. Praise His name! ■

Each time I look at my baby I can't help but praise the Lord for the miracle He performed.

is a God of miracles. So, miracle #1 ... I got pregnant!

Not knowing I was pregnant (as I had just had an unusually long period), I went on a 40-hour trip on Indian trains, then traveled to the U.S. on a 23-hour trip, all the while feeling strange, but not suspecting I was pregnant. While in the States we got a self-test which confirmed that I was pregnant, so I took things a little

When I returned to India, I got a checkup from the same doctor who had said I might never get PG again, and she was shocked. She was excited, but still not sure if I would keep the baby, as I was about three months along and had already started bleeding a little. But the Lord wanted to prove His power. The scan showed the baby was growing healthy and happy, and there were no clots. Wow!

# Reclaim Your Sexy Self



By Carol M. Wallace,  
Parents magazine

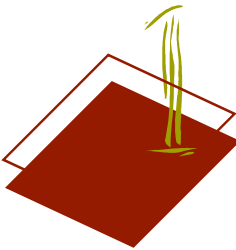
otherhood, it seems, often changes the way we feel about sex and about our bodies. Nearly three quarters of the 2,500 women surveyed in a recent poll reported feeling less physically attractive since they'd become mothers. Not that their husbands were turned off—far from it! Sixty-five percent were confident that their mates still found them attractive. But, as we all know, it takes two to tango.

An important component of feeling sexy is liking your body. It's hard to want someone to touch and kiss you when you feel unattractive. We can put a lot of the blame for that attitude on popular culture. The sexual images we see on television and in the movies tend to be of women who are taut and tight. Consequently, there is a gap between how we see ourselves and what we see as ideal. And that gap is at the root of most body-image problems.

There probably isn't a female who feels 100% satisfied with her body. If it's not her weight, it's her feet or freckled skin or frizzy hair that drives her crazy. But there are plenty of women of all shapes and sizes who appreciate their own allure—and they have a lot to teach us.

If you want to reclaim your sexy self, the fundamental goal is to change the way you think about your body. This is not going to happen overnight. Learning to hate the way you look took a long time; unlearning it may be an even longer process. But you can improve your self-image by acquiring some new, positive habits.

Here, a four-step plan to feeling better about the way you look.



**Stop focusing  
on your flaws**

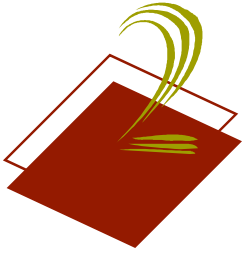
We've all seen women stand in front of a mirror and poke at themselves. They don't look at the whole woman with the shiny hair and the beautiful smile and the expressive hands. They see only the body part they hate: the thick thighs, the drooping rear end, the flabby belly.

If you're one of those women, force yourself to counter negative thoughts with positive ones. Tell yourself, "I have really nice skin," or, "My shoulders are incredibly sexy." (If you can't do it, advises Ruth Luchtenberg, a mother of three from California, "then cover the mirror.")

Granted, it isn't easy to celebrate our good features. We're afraid we'll sound vain. But when you hear someone say, "I have good legs, so I wear short skirts," you realize she doesn't sound arrogant—just confident.

What's more, when people compliment you, pay attention! Repeat the compliment to yourself. Don't downplay or dismiss it. Why should your own negative voice be louder than the positive voice of a friend? (*Eve: Don't forget the best way of all to boost your self-esteem: Ask the One Who made you to let you in on the inside scoop. If you have a question about a certain part of your body, why not ask Him why He made you that way? Maybe He has a special reason that you have no idea of! Not only can the Lord provide wonderful encouragement, but He is always on hand to answer specific needs, problems and questions you have. So don't neglect the greatest morale-booster of all!*)

*(You can also ask the Lord or a special spirit helper what kinds of clothes*



### Rethink your definition of sexy

*most flatter your particular body type.—It’s nice to get someone else’s opinion, and there are experts in Heaven who can help you know how to dress to take best advantage of the assets the Lord’s given you.)*

Who says it means having a slender physique? Remember, no matter what your weight or body shape, you’ve no doubt got characteristics that are undeniably sexually attractive. Here are a few words to add to your vocabulary: lush, curvy, voluptuous, welcoming, soft. Guys appreciate the sexiness of a fuller body.

Or you could just start by listening to your husband. Lori Byerly, a mother of two in Texas, knows that her husband Paul “thinks I’m sexy. It was hard for me to believe this, but he’s upfront and honest. What he says is what he means, so I have to accept it.” (*Dad speaking: People can tell you over and over how sexy, gorgeous and wonderful you look, but the magical key that will make all the difference is your having the faith to believe it. Why should they have ulterior motives in what they say? If someone says that you look nice, why wouldn’t they be telling the truth? When you compliment someone on his or her appearance, don’t you do so truthfully?*

*(If you’re weak in accepting compliments, why don’t you pray and ask the Lord for the gift of faith in this area. You can get a lot of strength and reassurance from others’ encouraging comments if you will just be humble and positive enough to accept them.)*



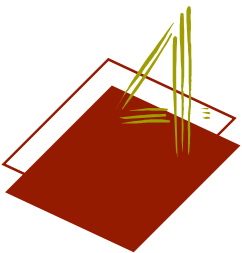
### Think sexy thoughts

What goes on in your head is more powerful than anything you’ll hear from outside. You have to allow yourself to be sexual and to think about being desirable. Sometimes you just have to forget about how you think you look. Get it into your mind that you want to be a sexual person, and then let your body follow along.

Take a few minutes to remember how your mate reacts to your body—most likely, it’s with enthusiasm. As Lori Byerly’s husband, Paul, says, “If you learn to believe that a man likes your body, you can seduce him with it. When you see how much this turns him on, you’ll start to feel you’re a very sexy woman.”

Remember, you can have a good time in bed—and everywhere else. One of the mental habits that accompany a poor body image is the tendency to feel unworthy. You feel you can’t indulge yourself in anything until your body looks the way it’s “supposed” to. The unspoken promise about being thin is that you’ll be happy when you’re thin, and you can’t be happy until you are. But it’s ridiculous to put off pleasure until you reach your dream weight.

So put on that silk underwear, rent a romantic movie, and play back a mental tape of your mate’s passionate response to you. Red-hot mama? You bet!



### Don’t neglect your appearance

No matter how much the job of motherhood consumes you, don’t fall into the trap of letting yourself go. Eat right, sleep well, exercise, and pay attention to your clothes and grooming. Every day, wear something that makes you feel good, even if it’s just a simple barrette. (*Jesus speaking: Remember, the best way to cultivate your appearance is to project the Spirit of My love shining through you. That is the greatest way to exude sex appeal and to draw others—by drawing them to Me, not to yourself. So take your time in your prayer closet, then come out and dust off that smile, and let ’er rip! You’re gorgeous!—Yes, you!*) ■

# A Man's Perspective...

on what girls can do drive guys wild



From an  
SGA male

think most—if not all—men enjoy it when a woman is not afraid to act and speak in an erotic way. When I say erotic, I'm not simply referring to kissing the guy in just the right places or making the right moves. Of course these are important, and if a sexual experience stops there it is still likely to be enjoyable. But I know it's possible to go a step further while still having a very loving, pleasurable experience.

One of the best examples of eroticism to me is when a woman is honest, specific, and perhaps even on the verge of being demanding. There's hardly anything more stimulating than a woman who says, "I want you to do this to me—please!!" or "I'm just dying to do that to you!" Such confidence tends to bring a sexual experience to another level for me, because it becomes plain that the woman knows what she wants and (at least

sounds like) she's gotta have it no matter what.

Sometimes eroticism can be expressed by subtle signals (the woman turning over on her back because she wants to be kissed there), or not-so-subtle signals (holding my hand and guiding it to the parts of her body she would like touched). However, I find it particularly stimulating when explicit and even graphic words are passionately spoken. It adds a special flair of eroticism to the overall experience and helps me relax, realizing that I actually might not have to figure anything out all by my lonesome.

Maybe women feel that behaving erotically will cause them to come across corny or even desperate. But I believe women can go pretty darn far before most men begin to think of the word corny. And as far as the "desperate" aspect goes, I'll get to that in a second.

Here's an idea:

Perhaps the best way to decide how far to go is to think of a personal sexual fantasy (we know you have 'em, girls). Imagine the things you might say, the way you might breathe, exploration you might engage in and how you might tease. Then try one or two of them out next time you're alone with a man.

It's my opinion that some women are afraid of being considered a nymphomaniac by their actions in bed. I find absolutely nothing wrong with a woman who enjoys lots of passionate, wild sex again and again (just between you and me, I quite enjoy it—but don't tell anyone). I can probably safely say that the leading actresses in most men's sexual fantasies are more nymphomaniacal than the majority of you wonderful women could ever worry about being. So just go for it, girls! We want you—big time!



# Check Out the Difference!

## From Dee, Europe

I'll be honest: Recent times haven't exactly been the peak of my marriage. It's not like we're on the rocks or anything, but we have our rocky times, and they sure can get us down. But today I had a very precious experience, and I thought I would write it down because its simplicity impressed me.

It had been a rough night, with the baby up and down, up and down. My husband and I both woke up in the morning exhausted. But when rest time rolled around, the room where we usually nap was occupied by our two-year-old, and so we had to have him in with the baby. It was supposed to be my turn for a nap, as per our rotating schedule, but my

**Sex SpicER** Don't neglect his nipples.—Men's are often extremely sensitive. (Ask your partner first, to find out if his are!) Try gently sucking on one while caressing the other lightly. Men, like women, vary in terms of how firmly they like to be stimulated, so find out what feels best.

husband was just as exhausted as I, and—as we all know—tired nerves fray much more easily. After going back and forth trying to get the two-year-old to stay quiet, to little avail, I could tell my dear hubby was getting more and more impatient. He'd told me to go ahead and sleep, but even with the pillow over my head I couldn't settle down with all the movement and shushing.

Things might have just gone downhill from there, except I remembered something: I asked the Lord what I should do. He told me to go lie with our little boy, to keep him quiet, and let my husband rest. The Lord said, "Your husband will give you some time to rest afterwards." So I did. I lay with the little guy, quoted him memory Psalms and tried in vain

to get him to go to sleep. In the meantime, the baby woke up and hubby held her on his chest.

Finally naptime was over and neither of us had really had much rest. Hubby offered to take the kids out so I could nap. After a good rest, I was looking forward to getting some work done, as it was his shift to take the kids during the afternoon. But after my hour of Word, I felt the Lord telling me to go ahead and take the kids for him, so that he could get some rest as well. So I did. At first he didn't want to let me, but he finally agreed. After a rest and some Word, we were both feeling quite a bit more lovey-dovey than we have in a long time. And I was left with the renewed realization that following the Lord every day in those little things really does make a difference! ■

## Sex SpicER

Make oral sex more intense by putting a breath mint in your mouth first, then licking your partner's most sensitive parts. The cool mint properties will create a tingling sensation that most men love.

# Hot Weather Warning Signs of a Bad Diet

Did you know that dry skin during the summer might easily be remedied with a handful of nuts? Or that shiny hair is as much a sign of your diet as your shampoo? We know that what we eat affects how we feel, but we often ignore how our diets affect typical problems, such as dry or brittle hair, chipped nails or bloodshot eyes. The following warning signs of a bad diet will help you assess your dietary intake and decide what, if anything, needs improvement.

## 1 Turn around a bad-hair day

- ◆ **The signs:** dry, lackluster hair
- ◆ **What's missing:** protein, folic acid, the vitamins B6 and B12, iron, vitamin C, water
- ◆ **What's going on:** These nutrients help build a healthy blood supply, which carries oxygen to the hair and scalp and removes waste products. Poor intake results in a reduction of the number of red blood cells, which literally suffocates the hair and scalp. Vitamin C aids hair growth; poor intake results in hair that tangles or breaks easily.
- ◆ **What you can do:** Pick a spinach, caesar (which uses romaine lettuce—a dark, rich type) or lentil salad for iron and folic acid; a piece of fruit for vitamin C; and a roast-beef sandwich or a piece of cold chicken to boost iron, protein and the vitamins B6 and B12. Drink at least eight glasses of water on warm days—even more if you exercise regularly.

## 2 Have beautiful nails again

- ◆ **The signs:** slow nail growth. Nails chip or are weak.
- ◆ **What's missing:** protein; vitamins E, K and C; iron; selenium; zinc
- ◆ **What's going on:** Nail growth and proper circulation to the nail bed require ample amounts of these nutrients. Deficiencies result in weak, slow-growing nails.
- ◆ **What you can do:** Use whole-grain breads for sandwiches; munch on at least five fruits and vegetables each day; and include several servings daily of the iron-rich foods mentioned above.

## 3 Feed your skin from within

- ◆ **The signs:** dull, dry skin
- ◆ **What's missing:** protein, folic acid and other B vitamins, copper, iron, water
- ◆ **What's going on:** The skin relies on the bloodstream to supply oxygen and nutrients and to remove the waste products of cellular metabolism. An inadequate supply of one or more of these nutrients cuts off the skin's nutrient supply, while allowing toxic waste products to accumulate.
- ◆ **What you can do:** Remember your whole-grain breads and cereals; fruits and vegetables; iron-rich foods; and water. Drink extra water if you're quenching your thirst with iced tea or coffee, since these beverages act as diuretics.

By Elizabeth Somer, M.A.,  
R.D., Focus on Health

## 4 Slow skin aging

- ◆ **The signs:** sun-damaged skin, sagging skin, easy bruising
- ◆ **What's missing:** the antioxidant nutrients: vitamins C and E, beta carotene, selenium
- ◆ **What's going on:** These nutrients slow the rate of sun-induced aging of the skin by blocking free-radical damage generated by sunlight. Vitamin C also is essential for collagen formation, the “glue” that holds the body’s cells together. Poor collagen formation results in frequent bruising, loss of skin elasticity, delayed wound healing, and reduced production of the skin’s lubricating oils.
- ◆ **What you can do:** Include orange juice or cantaloupe at breakfast and two other vitamin C-rich snacks during the day, such as kiwi, broccoli or strawberries. For beta carotene, mix spinach into your scrambled eggs or snack on carrots. To obtain the 100 IU of vitamin E—without pouring one-and-a-quarter cups of safflower oil into your daily diet—take a supplement.

## 5 Smooth and soft again

- ◆ **The signs:** flaky, itchy or rough skin
- ◆ **What's missing:** linoleic acid
- ◆ **What's going on:** Linoleic acid is an essential oil that helps maintain smooth, moist skin; poor intake causes dry, scaly skin.
- ◆ **What you can do:** Add a tablespoon of linoleic acid-rich foods, such as safflower oil, nuts and seeds, to the daily diet.

## 6 Want to have bright eyes?

- ◆ **The signs:** age-related vision loss caused by cataracts or macular degeneration
- ◆ **What's missing:** the antioxidants: vitamins C and E, beta carotene
- ◆ **What's going on:** The eye’s lens is bombarded by free radicals from sunlight. A diet rich in antioxidant nutrients protects against the formation and progression of age-related vision loss by counteracting the damaging effects of free radicals.
- ◆ **What you can do:** At least three servings or more daily of vitamin C-rich foods, such as citrus fruits, brussels sprouts and cabbage, is all it takes to protect your eyes.

“Eve: Remember to keep a good balance in your eating.—There are lots of needy areas to focus on, and it can be good to zero in on areas particular to each of our needs. But in every case, following the general health rules laid down in the Word and the specific plans the Lord reveals to each of us individually is what will keep us in tip-top shape and running the Lord’s race for years to come.”

# Aquarius

January 21st - February 19th



I have created Aquarians—the sign of the water bearer—to be different from the other signs of the Zodiac. I have put within you Aquarians a great hunger and thirst for learning, for discovering new things, for seeking and searching out truth. This is because at birth I put in your hand an empty vessel. I commissioned you to seek and find the waters with which you will fill your vessel to overflowing, so that they can be poured out upon others. I am the true Water of Life, and I call all Aquarians to find Me, that they may in turn pour Me out upon others. Once they are fully converted, they have great enthusiasm and conviction to preach Me to others.

On a personal level, Aquarians can be a little hard to understand sometimes. A lot of the time they live in the realm of the mind. They're often thinking, wondering, analyzing, trying to figure things out. If they don't look to Me and keep their thoughts and theories in line by checking with Me, they can be led far astray. But when they yield their mind to Me, I can use their intellectuality and knowledge and convincing persuasion to motivate and influence others.

Aquarians love people. At the same time, they have a need for quiet and solitary moments, and sometimes others may feel temporarily shut out when they dive into a deep thought or mental problem-solving session. But once the matter has been resolved, they will once again be available to contribute plenty of affection, love and encouragement to all around them.

Aquarians have a knack for spotting people who are down or feeling left out, and they have the ability to cheer people up and make them feel loved and special. You may not find them smack-dab in the center of the party, but look on the

sidelines. That lively conversation in the corner or the happy couple dancing off to the side was probably initiated by a friendly Aquarian.

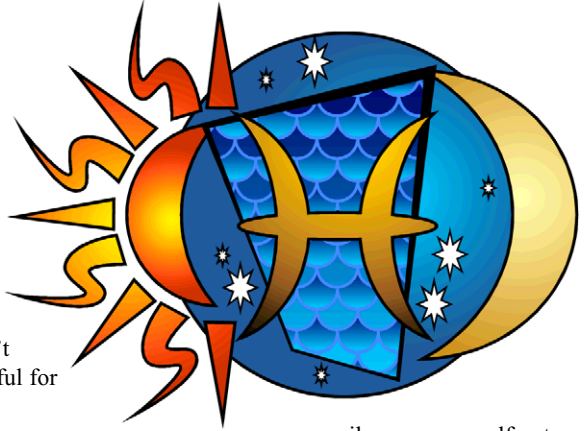
I've made Aquarians to have sensitive and tender hearts. Some of them try to cover it up to protect themselves from being hurt, or their hearts and souls from being seen too readily by those around them, while others try to compensate by giving people the impression that they can handle pretty much anything. But deep down they all have sensitive hearts, and they very much appreciate a considerate person.

If you ask an Aquarian his or her opinion, you'll probably get it! I've given Aquarians natural strength in the area of honesty, and they're almost always in the mood for a healthy debate or discussion on just about any topic. Aquarians are top conversationalists. They love to talk, to teach, to express themselves; because of this sometimes they have to learn to listen more to others or appreciate the input of others more.

All these gifts, when put together and used in the right way and in My Spirit, can create a dynamic witness who can set the world on fire. Many of the great men and women throughout the ages have been Aquarians. So, Aquarians, let your lights shine!

# Pisces

February 19th - March 20th



**Y**ou are a gentle and giving soul. You love to give, and you feel good about doing things that make others happy. You don't mind sacrificing and giving of yourself in order to serve others, and this quality makes you a wonderful friend or mate.

You are very loved and appreciated by those around you. Don't think that they don't notice your efforts, and that they aren't grateful for all that you do for them. You can get easily discouraged and frustrated with yourself, and you're prone to feeling that you aren't cared about or loved, or that no one notices you. I assure you,

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*You love to give, and you feel good about doing things that make others happy.*

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My dear Pisces, that this is so far from the truth! I, for one, love you immeasurably. I love you just the way you are—completely and immeasurably. There are many others too, who not only love you, but need you and depend on you and would feel lost without you.

You are faithful to fulfill My commission to bear the burdens of others, and this pleases Me, for this is a fulfillment of My Law of Love. Take care, though, that you do not take too much upon yourself. You have much to give, but you can only give fully and well if you yourself are filled with Me, and have taken time in My temple to receive My love and My power and My strength. You can

easily wear yourself out with too much serving, feeling that it is your duty and obligation, and forgetting that your primary duty is to sit at My feet and love Me. Give Me your all and I will give you My all! Then you will be able to give your all in service to others, and be all that they need, and you will not wear yourself out doing so.

Sometimes you are fearful of speaking up or saying what you feel, because you are so tender and sensitive, and you don't want to hurt others. You'll learn, though, that others will love you more if they know they can count on you to be open and honest.

Sometimes you also keep quiet because you don't feel you have much to contribute, or that your opinions are not very valuable. That's not true, though. I have given you a lot of special gifts and insight, and a lot of love, and the thoughts and ideas that I put in your heart and mind are meant to be used and expressed. See it as another way of helping and serving others. Sometimes what people need most is not the same as the thing they want, and that's a difficult thing for you to learn. If you can learn that, though, you can be an even greater blessing to those you love. ■

# Why Crash Diets Don't Work

From JP, BVM

Fat accumulates in our bodies usually from any of five reasons: (1) junk food, (2) too much sugar, (3) overeating, (4) too much fat in the diet, (5) not having enough exercise.—Or a combination of all five.

Women's fat deposits appear in a variety of places: upper arms, abdomen, buttocks and thighs. Men's fat deposits are more centralized on the middle abdomen or "pot bellies." Whatever aerobic exercise you do, fat deposits come off in the reverse order that they arrived—last hired, first fired. There are no miracle fat burners. There is only aerobic exercise, resistance training, and sensible dieting.

Adults over 35 naturally lose a half a pound of muscle tissue each year and gain a pound and a half of fat. Not only is weight gained, but it is shifted from muscle weight to fat weight. Women in particular lose sight of their muscle loss under the growing fat layer.

In other words, the best way to lose fat and keep it off is by keeping our muscle tissues active. Muscle tissue speeds up our metabolism and keeps our bodies burning fat. This is done only through exercise.

Many people don't have a proper notion of what real weight control is and what's the best—and in fact the only—healthy way to achieve it permanently. To most people,

ideal body weight is how much you weigh on a scale, but this isn't really the best measure. The issue isn't so much what you weigh, but what percent of your weight is composed of fat.

One pound of muscle tissue is active, denser, and smaller than one pound of inactive, less dense, larger fat tissue. So it's possible for two people who look about the same size to differ by ten

## Dad:

As Junior Lehman told me years ago at our dinner table once—I think he was talking to my mother, because she was pretty stout then. He said, "You know the best reducing exercise there is? I'd like to show you!" She thought he was going to perform some kind of calisthenics or what they call aerobics today. She said, "Well yes, I'd like to see it, what is it?" And as she watched, all he did was to push himself away from the table! That's the best reducing exercise! Seconds look so tempting or snacktime in-between meals, that trip down to the kitchen, it would be so good, especially with all these goodies that these cooks are making now! The best reducing exercise is...(pushes away from the table!)—in other words, no!—Dad. (ML #2082:15)





pounds on a scale, yet the one who weighs ten pounds more could actually have less body fat, and better muscle tone and shape. Every pound of lean muscle mass eats up 100 calories a day.

A 35-year-old woman can weigh more than when she was 20, but can look slimmer and have better proportions. The secret is she lost fat and gained muscle. That muscle now burns more calories even at rest. Her metabolism is higher and she can eat more food without putting on weight. You'll understand why in a minute.

What we're really saying here is that weight control is really fat control. Getting rid of body fat is not just for appearance. Excess body fat increases the risk of:

- ◆ Heart disease
- ◆ Diabetes
- ◆ High blood pressure
- ◆ Cancer
- ◆ Osteoporosis
- ◆ Low testosterone and progesterone levels
- ◆ ...and many other ailments.

When well nourished, your body burns hundreds of calories

every day in processes such as the beating of your heart, digesting food, brain function, even breathing. However if you don't eat enough food each day, your body will respond defensively.

Recent studies have shown that within each of us is a unique "set-point" mechanism that regulates the amount of fat we carry. It's believed to be a kind of survival mechanism—a way of stocking up for times of famine and emergency. If the body perceives that it's starving—as it rightly does if we're always on a strict or extreme diet, or if we suddenly crash diet—the "set-point" is thought to kick into action causing the body to keep a tenacious grip on its fat supply.

In order to replenish itself, the body will first cause you to crave high-calorie food such as sweets. If you successfully resist these cravings, the body's next line of defense will be to slow down the metabolism in order to conserve calories. In the face of food deprivation, the body holds on to its fat stores for dear life. In addition, because you're not getting enough calories, your

body will use some of its muscle tissue for energy. Since muscle is an active tissue which burns calories even while you sleep, losing muscle further lowers your metabolism. This slowed metabolism helps explain why you can lose weight initially but soon reach a plateau, which many have experienced.

Since it's extremely difficult to maintain a crash diet for very long, when you eventually return to your normal calorie intake, the weight that's regained comes back mostly as fat—not as muscle. The more often you use a low-calorie crash diet, the more fat you gain.

Rapid dieting backfires. It's like using Kleenex with sneezing powder in it. The more you use it the worse it gets.

After a crash diet, the calories you usually burned every day by having those muscles in your body are now going to fat as the muscle tissue has been destroyed. You have also aged your body, depending on the severity of the diet, by up to three years.

The only way to beat fat is with regular

exercise and wise nutrition. Any exercise burns a few calories, but aerobic exercise makes significant fat loss possible because it increases that metabolic rate so that you burn more calories and have more energy 24 hours a day. Do not try to lose more than two pounds per week, even with dieting and exercise. (Many experts say it's even better to aim for one pound a week.) Exercise also makes dieting easier because it reduces the appetite.

(Information compiled from *Men's Health* magazine, *Prime Health* and *Fitness* magazine, Jane Fonda on Diets, and School of Fitness and Nutrition.) ■



## When You Need to Diet:

# Making Him Your Partner

# Your Partner

From Kris, Romania

As a teen I was mostly on the slim side, as I practiced professional sports. Because of the constant exercise, I didn't gain weight. Our doctor would not let our weight go below a healthy standard. I am 1.71 m. tall, and according to them I was to weigh no less than 70 kilos. That might not sound so slim, but it looked slim because I didn't have fatty tissue. Yet I wasn't skinny. For a person who is very physically active, it is imperative to have a certain weight that ensures the health and vigor of the body. For a person not putting out as much effort, an ideal weight in my case would be about 60 kilos.

After I joined the Family, I started gaining weight as a result of not having as much exercise, but also from overeating. A few years later I got married and got pregnant. Although I was a little concerned about my weight, I knew the baby was more important, so I didn't keep food away. By the end of my

pregnancy I was 98 kilos! After the baby was born I tried exercising, but three months later I got pregnant again. TYJ! By the end of my second pregnancy I weighed 104 kilos.

Both my pregnancies were very healthy and I didn't have a single problem, for which I'm eternally thankful. And both my babies were healthy and strong and never got sick, which I believe is partly because I ate healthy and didn't worry about gaining weight. Although I was big, I was also very healthy, which gave me the strength and stamina to have fairly easy deliveries. TYJ! (A big thanks goes to my husband who never ever mentioned my gaining weight, but loved me just the same. GBH!)

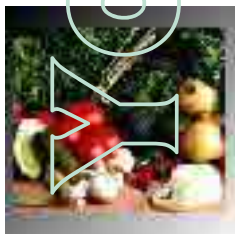
After my second baby I went nine months before getting pregnant again, and during this time I lost some weight by exercising. I could not diet as my baby was

nursing. After my third baby was born I went on the attack with some good workouts, and the Lord helped me to lose 28 kilos in 10 months!

One thing that helped was to get Jesus to help me. I prayed daily and also asked Him what to eat and how much. It was by faith, because sometimes He'd say to go ahead and eat when I didn't feel like it or didn't want to. He was my partner and this way I'd keep a check on my eating habits, and He'd also encourage me to keep exercising. If I felt discouraged about not losing weight as fast as I wanted, or didn't see much results, He'd encourage me.

It felt really good to go to Him for small things like this, and it brought me closer to Him. I know for a fact that He made a big difference in my losing weight, and doubled my efforts. Doing it His way is really the best!

Sad to say, after few months I got into looking too much at the



## How to win the diet battle?

The answer seems to be: eat normal, healthy foods, but reduce the amount eaten. Simply fill your plate as usual, put part of it back and eat the rest with a clear conscience. Rather than put yourself on a strict diet, make moderate changes. Omit one large snack or dessert, and all second helpings each day. Eat a little less meat and high fat foods. Add a salad or extra serving of “skinny” vegetables every day (you know which ones). Go for a walk after supper. Give it time.

(By Nora Penia; Web article excerpt)

standard in the System and found myself wanting to be like all those girls you see in advertisements. That’s when I didn’t go to Jesus as much and started to starve myself. I became very dizzy and had frequent blackouts throughout the day. I knew something was wrong but I kept on going. The funny thing was that even though I wasn’t eating, I didn’t lose as much weight as I had when I was exercising. Later out I found out why: For one thing when you suddenly stop eating, your body freaks out and holds onto everything, including the fat and a lot of poisons that were meant to be eliminated, which can make you sick.

Another aspect is that the extra weight is made out of fatty tissue. When you don’t eat, the fat cells shrink or get dehydrated and so you “look” thinner, but as soon as you start eating, even smaller portions, the fat cells

fill up again.

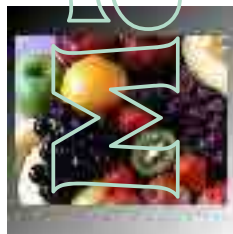
Grandpa’s formula is the one that really works! Eat smaller portions and work out. I also had to cut on my margarine and oil intake, cut out sweets and avoid eating too much salt. But at the same time I kept enjoying life, like allowing myself to have a snack on Family night, just a smaller portion. And the workout doesn’t have to be so long—an hour daily should be plenty. Plus going out witnessing brings a good balance in your exercising. I know this is what worked for me.

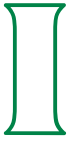
Reading the GN on anorexia was a blessing for me. Even though the Lord helped me lose a lot of weight, I had kept seeing myself as fat, and felt condemned for eating normal meals! I had even started dieting again, because

my idea of beauty was so contorted. But since reading the GN I feel a lot better and am back to a normal, well-balanced diet. (See ML #3253, GN 858; also ML #3125:44-80 in Vol.24.)

I didn’t have problems with being happy with the way I was before, but once I got into losing weight I found myself not being satisfied with my figure or my face. When I think about it now, it sounds so ridiculous! I never sat down and decided “I don’t like myself”; but it happened gradually, without me even realizing it. It’s indeed a spiritual battle; I have to be on guard all the time. Thank you, Mama, for staying close to the Lord for us and bringing things like these out in the open so we can heed the counsel and get back on track! ■

Make Him





I'm almost 42 years old and have been in the Family for 14 wonderful years. I'm not overweight by any means, but have always had a hard time accepting my own body. Two-and-a-half years ago I had twins, and I gained quite a bit of weight. So after they were born I really wanted to lose weight. When you have twins and another child only 1¼ years older than them, you naturally lose weight without

usually just with a whole-wheat biscuit. I would hardly ever eat anything after dinner.

I lost a bit of weight this way. I wasn't fat at all when I started this eating pattern and I didn't do it purposely, as I had already lost my pregnancy weight during the months I was nursing. This eating pattern lasted for 9-10 months, during which time I lost 5-6 kilos that was below my normal

was out with the kids. But I knew from experience that if I exercised I would get hungrier and would have to eat more; then I would gain weight!

So I learned my lesson the hard way. My mate kept telling me to eat veggies and fruits, but I didn't start until during the month of September, when the kids and I got whooping cough. At the same time I got PG. We had been praying for another

## Learning the reasons for caring for my body

having to diet.

When the twins were about 1½ they stopped nursing and I was very busy taking care of them, so much that I didn't have (or take) time to sit down and have good meals, not to mention snacks. When I had a few minutes to eat I had usually lost the desire to. After a while I just settled with eating my three meals a day and an afternoon cup of tea,

weight and below what I weighed as a teenager!

After a while I started getting proud of my skinny body and that I could be so "strong" and resist temptations to eat when I was hungry. During this time I wouldn't eat much fruits or veggies, and I wouldn't have get-out. I said I didn't have time, but I could have done something when I

baby as we're getting up in age and the Lord in His love has promised us 5 kids. So I started eating healthier, but I was only 46½ kilos. In my little faith, I hadn't expected to get PG so soon. As soon as I realized I might be PG, I started eating a whole lot of healthy food, and gained about five kilos in a month!

It wasn't enough, though; because I

## Success story

I sent in a prayer request in for weight loss, which has been miraculously answered. I had gone on all sorts of diets and exercise programs for the last five years, but to no avail. I was really discouraged about it. My parents repeatedly prayed for me and got that I should ask for prayer on the next TRF. I put that off for a year as I thought it was very embarrassing. But finally thought, "Well, I've tried everything else; what harm could it do?" We then moved to India and in the last four months here I've lost 16 kg without trying to! TTL! Prayer really works.

From Dani Joy (19), India

hadn't been taking good care of my body until that time, I wasn't strong enough to keep the baby. It stopped growing when I was six weeks PG. I didn't know this until I had a scan at 10 weeks. I had started spotting, but I didn't think much of it as during my pregnancy with the twins I was bleeding and spotting quite a bit during the first three months. We kept checking in with the Lord, who told us to keep acknowledging Him and to keep fighting. The Enemy was really mad at this pregnancy too, as we had just signed the CM contract!

Then one night I started bleeding heavily.

After praying, we called the doctor who sent me to the hospital. When I arrived there I was bleeding so heavily that the doctor couldn't examine me, so they decided to do a D&C, as I wouldn't have made it if I bled like that the rest of the night.

When they were getting me ready for the D&C, I suddenly got dizzy and my ears started buzzing. I must admit I got a bit scared. I definitely didn't have dying grace. I was praying and calling on Jesus constantly. It's so wonderful to have such a loving Husband Who takes such good care of us even in situations like this, which I had

brought myself into.

When I woke up I began praying and thanking Jesus for bringing me through it, and still rebuking the fear that was attacking me. I had my eyes closed and Jesus was standing on the right side of my bed making sure I was okay. He stayed for a little while, then He patted my bed and said that I would be okay now. The Lord was so sweet to me and I couldn't help but be real positive and joke with the doctors and nurses. Thank You Jesus for His power in the hour of need. I'm just so thankful to have a place in the most wonderful Family in this world and in the world to come!

## Dad:

God bless you, dear girl, for your positive attitude and for being willing to share your lessons with all. That makes it worth it all!—Not only was it a wonderful experience for you, but now it can be a blessing to so many others as well.

Beware, folks! The Enemy is walking about as a roaring lion, seeking whom he may devour. Don't you be his next meal. Don't let him get you into the trap of vain glory so that you stop following the health rules that are just common sense behavior. Stay on guard and follow the Letters, and you'll be strong and healthy to reap all the good fruits that will come with it. I love you! Love, Dad. ■

From Mary  
Dear, India

# Does exercise suppress your appetite or make you hungrier?



There are two seemingly contradictory sentences within the previous articles. One says, “I knew from experience that if I exercised I would get hungrier and would have to eat more.” Another says, “Exercise also makes dieting easier because it reduces the appetite.” These two statements seem to contradict each other, so we asked the Lord about it, and here is what He said:

### Jesus speaking:



Exercise does different things for different people. Generally, having regular exercise makes you crave healthier foods, and also slightly reduces your desire to eat—especially gluttonously. On the

other hand, when you’re exercising you’re burning calories, so some people, especially those who are underweight, need to eat slightly more to keep up their energy. Generally, exercise will help those who are

overweight to control their appetite, eat healthier and often less. For those who are underweight, it’s sometimes the opposite. When they exert a lot of energy through vigorous exercise, they have to eat more to keep up with their body’s fuel and energy demand.

Both of these statements are true—the statement about those trying to achieve a healthy weight, and also the statement from the woman who was underweight. When the underweight woman exercised, it made her hungrier, because her body needed more energy and fuel. Whereas, for those who are overweight, it’s usually because they’re eating too much, and exercising helps to regulate and normalize their appetite. *(End of message from Jesus.)*

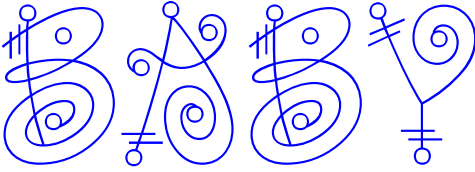
### Dad:

When it comes to figures and dieting you need to know what things you can’t change and what things you should change, and you need to know the difference! Some women have nearly killed themselves by dieting too extremely when they shouldn’t have. Some people are killing themselves with jogging or with all the new exercise paraphernalia and gym workouts they do. They went for years without any exercise and doing nothing but being lazy and loafin’, and all of a sudden they expect their hearts to be able to stand this sudden new load of tremendous overwork, overstrain, overexercise and overexertion!

Your body knows best! God has given your bodies better sense than some of your heads! Your body knows what’s good for you and will tell you by your body clock and your body feelings and your strength or your weakness or your weariness. Go according to what your body tells you.

Of course, if you’ve gotten used to gorging and overstuffing yourself at the table with much more than you need and you do what you feel like, that’s what you’ll keep on doing! You’ve got to learn what is right and what is wrong, what is normal and what is abnormal or subnormal, what is the right amount of exercise for you in particular, how much work you can stand and how much sleep you need. Every individual has a certain variation in some of those things (ML #2683:1,6a,8).





**hormones have taken over my wife, and all I can say is “Waaah!”**

By Dave Barry

The most powerful force in the universe is not any kind of nuclear energy. It is not magnetism, gravity or the IRS. The most powerful force in the universe is hormones. If you don’t believe me, conduct the following simple scientific experiment:

1. Take a normal woman.
2. Get her pregnant.
3. See if she can walk past a display of baby shoes without stopping.

I’ve been conducting this experiment for several months now with my wife, Michelle. She’s pregnant, and I have reason to believe that I’m the father. I’m excited about this, because I’m at an age—52—when many of my friends are thinking about retiring to dull, meaningless lives of travel, leisure, recreation and culture. Not me! I’m about to start all over again with a brand-new little Miracle of Life to love, nurture and—above all—become intimately familiar with the poops of.

But so far the big change in my life has been Michelle’s behavior. She has never been a particularly maternal person; she’s a professional sportswriter who has always been “one of the guys.” She understands the triangle offense and can watch football longer than I can. I’ve seen her fight her way through frenzied locker-room media mobs to get quotes from giant, sweaty football players. I’ve seen her stand on the field of 3Com Park in San Francisco right before a baseball playoff game, arguing in Spanish and not backing down one millimeter from a professional baseball player who was (1) *very* angry about something she had written, and (2) holding a baseball bat.

Like many career women, Michelle insisted that becoming a mother would not change her. She was going to be the same professional person. She was

*not* going to turn into one of those women who babble obsessively about the baby and baby clothes and all the other baby fixin’s. Above all, she was *never* going to drive a minivan.

Right.

I would estimate that, at the present time, my wife’s blood supply is 92 percent baby-related hormones. Doctors often call hormones “the Saddam Husseins of the human body” because they are moody, and when they give commands they expect instant obedience. So for now my wife is not my wife: She is the official spokesperson for crazed dictator hormones. When the hormones wake up, they do *not* want an affectionate “good morning” kiss. They want an *uncooked pop-tart*, and they want it *right now*. You do not question them, because

**Dad:**

This is a funny little article. You’ll have to take it with a grain of salt, because it’s quite American and, of course, a lot of the jokes don’t apply entirely to our Family lifestyle. But I think you parents and soon-to-be parents will have a good laugh at some of the clever jokes and play on words in here. Laughter is good for the soul, so have a good laugh and thank the Lord for the wonders of His creation!

they will throw up on you.

The hormones also want baby shoes. I don't know why. I have seen the baby, at the doctor's office, via a procedure called a sonogram, and although of course I think it is a very beautiful and gifted child, it looks more than anything like a wad of gum. I frankly cannot imagine, given its current lifestyle in the womb, that footwear is a high priority.

But you try telling this to the hormones. They are *crazy* for baby shoes. My wife could be fleeing from an armed robber, but if she ran past a display of baby shoes, her hormones would demand that she stop, pick up a shoe and exclaim to whomever is nearby, even the robber, "Look how *cute!*" The smaller the shoe, the cuter the hormones think it is. If somebody came out with a baby shoe the size of a molecule, which could be viewed only through a very powerful microscope, my wife's hormones would make her buy 27 pairs.

The hormones also want baby outfits. Even though the baby is still deep inside my wife and would be very hard to dress without surgical instruments, it already has at least as many outfits as Elizabeth Taylor. If you come to our house for any reason, including to fix an appliance, the hormones will make my wife show you these outfits one at a time, and as each one is held up, you will be expected to agree that it is cute.

Lately, the hormones have become obsessed with the decor of the baby's room. This is an important issue, and the hormones think about it all the time, even during football games. Any day now, Michelle is going to walk up to a defensive tackle in the locker room and ask him what he thinks about the new ceiling border. This is not her fault. She is merely the vehicle: The hormones are driving.

Speaking of which, they want a minivan.



Cover photo: Rosa (SGA, of Simeon), Brazil

Suggested reading for ages 16 and up.

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