



# Eve

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# Folic Acid in Pregnancy



I have three friends—a midwife, a doctor and a medic. Upon hearing that I was pregnant, one of the first things they each said to me (all at separate times) was that I needed to be taking folic acid. This was even before they started grilling me about malaria medication. (I live in a very high-risk malaria zone.) I was a bit surprised, as up till then I hadn't heard much about folic acid. I researched it a bit further and was surprised to see that the FDA recommends that every woman in childbearing age take a supplement of at least 400 mgs of folic acid daily, and that this is doubled during pregnancy. Since there is not much said about this in the pubs I am wondering if it is really that important, or if it's just one of those things that doctors tend to freak out about.

—*Unknown in Equatorial Guinea*



## Dad speaking

This is a good question, God bless you for bringing it up. It's one of those things that is important to mention and highlight, but it's also important to know all the facts and the full picture. Otherwise it's very easy to get all excited and stressed about something, when in reality—and you'll see why in a minute—this

is not something that our Family women need to be too concerned about.

Don't get me wrong: folic acid is very important for your body and for the health of your baby when you are pregnant. But the reason why this is such a problem in the world, with diseases such as spina bifida resulting in women who don't have an adequate intake of folate, is because many people in the world have a consistently poor diet all through their growing years, and on into adulthood.

I'd like you to take a look at that chart [on page 4]. The recommended amount for a non-pregnant woman is 400 micrograms of folic acid. Now if you just look at the chart, there are very normal, generally easy-to-obtain foods listed there. If at some time throughout the day you have a serving of pasta, a serving of beans, some spinach and an orange, you've already got your complete quota covered.—And that's just pulling a few

random items from the chart. So you can see how you'd have to have a pretty sad, poor diet to not be getting a sufficient amount of folic acid. (Although when you are pregnant, taking a vitamin supplement of folic acid can be helpful, especially if you can't ensure that you'll always get just the right amount through your diet.)

So this is a good warning and it's very good to mention, but more than anything it's just another testimony and reminder that the Lord's ways are best. The path and method that the Lord and I have set down for you in the Bible and in the Letters, of eating a healthy, well-balanced diet, is the best thing towards keeping you strong and healthy and keeping you from all kinds of things you don't even know about. The reason the poor people in the world end up with so many sicknesses, weaknesses and diseases is because they make a habit out of breaking the Lord's

health laws.—And then they have to appoint experts to dream up ways to put booster nutrition back into their products or pop down a bunch of pills to protect themselves from themselves.

So the Lord’s way is always best, amen? Just eat right, eat what you can, and do be mindful of your folic acid intake when you are pregnant! It’s important! But it’s not something to get all worried about, because as you do your part—what you can do, eating right and following the Lord’s health rules—He will do what only He can do, and that is keep you and your little ones healthy and strong in Him. *(End of message.)*

## How Folate (Folic Acid) Can Help Prevent Birth Defects

By Paula Kurtzweil

Folate (folic acid) is a B vitamin found in a variety of foods and added to many vitamin and mineral supplements as folic acid, a synthetic form of folate. Folate is needed both before and in the first weeks of pregnancy, and can help reduce the risk of certain serious birth defects called neural tube defects, which affect the brain and spinal cord.

The tricky part is that neural tube defects

can occur in an embryo before a woman realizes she’s pregnant. That’s why it’s important for all women of childbearing age (15 to 45) to include folate in their diets.

Some ways to do this are:

- ◆ Eat fruits, dark-green leafy vegetables, dried beans and peas, and other foods that are natural sources of folate. (These include whole-grain

products; liver; dark-green leafy vegetables such as collards, turnip greens, and Romaine lettuce; broccoli and asparagus; citrus fruits and juices; wheat germ; dried beans and peas, such as pinto, navy and lima beans, and chickpeas and black-eyed peas.)

- ◆ Eat folic acid-fortified cereal grain products and breakfast cereals (if available).

- ◆ Take a vitamin supplement containing folic acid.

Nutrition information on food and dietary supplement labels can help women determine whether they are getting enough folate, which is 400 micrograms (0.4 milligrams) a day before pregnancy and 800 micrograms a day during pregnancy.

Folic acid is just one of many nutrients needed in a healthy diet for women of childbearing age. A well-balanced diet with a variety of foods can provide all those nutrients, including adequate amounts of folate. ■

**Comment from an FGA woman:** I’ve noticed many of our second generation don’t like to eat whole grains, but preferring white (unbleached) flour, white rice, etc. Even though it’s unbleached, however, just the fact that the flour is refined, minus the germ and bran, they are also missing other things, such as a lot of the folic acid. If our women just ate whole grains like Dad had us do, then they’d be fine.

I’m concerned at how our younger generation often stays away from whole grains as if they are just the FGAs’ trip, because it’s really important for the health of the third generation of children. In discussing whole grains with some SGAs and younger, I’ve found that many of them just don’t understand how helpful they are. Maybe I always went for them because I’ve never been that strong, and needed all the help I could get. It seems a lot of SGAs find this out when they get pregnant, and realize the demands on their bodies.

## Some Good Sources of Folate

*Eve: This was the only chart that we were able to find that included specific amounts of folate contained in various foods. There are a number of other foods—such as some of those mentioned in the previous article—that contain this nutrient as well, which are not on this list, but we do not have the specific details to be able to include them here. At least we pray this chart will give you a general guideline to help you keep track of your folate intake. (Source: Food Values of Portions Commonly Used, 16th edition)*

Food	Serving Size	Amount (Micrograms)	% of Daily Value*
Chicken liver	3.5 oz	770	193
Breakfast cereals	½ to 1½ cup	100 to 400	25 to 100
Braised beef liver	3.5 oz	217	54
Lentils, cooked	½ cup	180	45
Chickpeas	½ cup	141	35
Asparagus	½ cup	132	33
Spinach, cooked	½ cup	131	33
Black beans	½ cup	128	32
Burrito with beans	2	118	30
Pasta	2 oz.	100-120	25-30
Kidney beans	½ cup	115	29
Cereal bars	1 bar	40-100	10-25
Lima beans	½ cup	78	20
Tomato juice	1 cup	48	12
Brussels sprouts	½ cup	47	12
Orange	1 medium	47	12
Broccoli, cooked	½ cup	39	10
Fast-food French fries	large order	38	10
Wheat germ	2 tbsp	38	10

\* Based on Daily Value for Folate of 400 micrograms.

## Get More Time Out of Your Clothes

It's like a crazy dream: one day you wake up and all your clothes seem like they've gone 200 rounds in the extra-dry cycle. Welcome to early pregnancy! Before you get out those still-too-big maternity clothes, try these tips:

**Pants:** Expand the waist by threading a rubber band through the buttonhole and looping both ends around the button. (Wear your shirt untucked.) Or buy an elasticized maternity panel from a fabric store (or use a round of stretch fabric) and sew it into the front of your jeans.

**Shirts:** Layer a loose-fitting blouse over a T-shirt, leave it unbuttoned, and wear it as a jacket.

Wear tighter blouses under a sweater, fastening just the top button of the blouse, and let the collar and cuffs peek out as accents.

**Blazers and cardigans:** Wear longer blazers and cardigans unbuttoned, and team them up with oversize T-shirts and leggings. Drape too-small sweaters over your shoulders for a pop of color and to draw attention away from your belly.

**Suits:** Deconstruct them—if the jacket fits, pair it with a knit black skirt. Try the rubber-band trick on the suit skirts. Wear with an unbuttoned blouse.

*Reprint from Child magazine*

# Pregnancy and Motherhood in the News

## From Babycenter news digest

**Measles vaccine sideline:** Babies whose mothers received measles vaccines are more likely to get measles themselves, a new study reports. Women born in the United States after 1963—when the measles vaccine was first licensed—transfer fewer measles antibodies to their infants than older women, putting their infants at slightly higher risk of getting the disease. Antibodies passed from mother to fetus during pregnancy protect most infants from measles. Women who have had measles have high levels of antibodies, which they pass on to their children. Women who have not had measles—but have been vaccinated effectively—have lower antibody levels, but still pass on some protection to their children. Women who have neither had measles nor been vaccinated effectively have no measles antibodies at all.

**Dad’s hormones change during pregnancy, too:** Moms-to-be aren’t the

only ones on a hormonal roller coaster: Canadian researchers have found that men’s hormone levels rise and fall in sync with their partner’s during and after pregnancy. Based on blood samples from 34 expecting couples taken throughout their pregnancies and right after birth, researchers found that the hormone levels in the men mirrored their wives’, but to a lesser degree. The researchers speculate that a pregnant woman’s pheromones and behavior may influence her partner’s hormones. Some men showed signs of “sympathetic

pregnancy,” such as weight gain, fatigue, or change of appetite.

**Motherhood a memory boost?** A new study suggests that motherhood may give memory a boost. Researchers at the University of Richmond, Virginia, found that female rats who had given birth did a better job of finding food rewards hidden in mazes than female rats who had not. Researchers speculate that hormonal changes during pregnancy and birth may rewire the brain to make it easier to remember important things.

## Dad speaking

Well, it’s a far cry comparing our gorgeous pregnant women to their laboratory rats, but that’s how the people of the world do their studies, and do you know what? They’re not far wrong! The Lord’s made your bodies to work hand-in-hand with the hormonal changes of pregnancy, growing and developing by them.—And by fulfilling this natural function that the Lord made you for, of bearing children for His glory, your body gets all kinds of special benefits and boosts. He gives grace and anointing with the need. Praise His name!

# Natural or Processed?



## What is the Difference?

Q:

What is the difference between eating food in its natural state, as opposed to eating foods that have been processed or refined in some way and then had nutrients added to them? When nutrients are added to foods, oftentimes they have just as much nutritional value as the food in its natural state. Is it fine to eat either one, or is one better for you than the other?

A:

Most foods in their natural state are always better for you than those which have been refined or processed in some way—even if they have nutrients added back into them. The less tampering they do with the food the better. Now, if the manufacturers added some good nutrition back in the food, that's certainly better than if they stripped it of all its nutrition and left it at that.—But it's the processing and refining that you have to watch out for.

### Doctor Koger speaking:

You've got to pray and use your head a little too. If you're on a field, or in a particular climate and country where fresh food is scarce, the Lord is certainly going to protect you and provide for you, and He is able to make that food do you some good as you pray over it. The Lord is able to fortify your food with what He knows you need. But the general rule of thumb when it comes to good nutrition should always be: fresh and natural is best. This is why it is wise to learn to eat, within reason, the food of the land you live in, and what is in season.

If some food you eat has been processed or refined, and the package says there is nutritional value added in, you might also need to consider what kind

of nutritional value was added, and what process was used to preserve the vitamins or minerals and nutrients that they say they are adding back in. The reason is, some vitamins and minerals are damaged, or at least their value is lessened in this process as well. Some nutrients are more hardy than others, and are able to survive certain processes and retain their value, while with others a good deal of the nutritional value is lost when they are processed.

In the earlier days of the Family, David gave you wise health rules, and these are generally still good today. Eat fresh foods, be careful how you prepare them, don't overcook and so on, and eat a balanced diet including all the different food groups.

Eat balanced. Be moderate and eat as natural and as fresh foods as possible—that’s a good rule to follow!

When food has been fortified with extra nutritional value, this is certainly better than if it hasn’t been, and sometimes they might add in even more nutrition. But depending on the food and what has been done to process it or refine it, you might be getting—along with the extra nutrition that has been added back into it—some harmful agent that will be working against your body, which will tear down or that is apt to cause you some harm later on.

This is always the risk you take with highly processed or refined goods. Take white rice or flour, for example—if it’s been refined so much that all the good fiber is taken out of it, it simply won’t have much food value left in it. But if in the refining process it has also been bleached, then you are getting harmful agents along with it, even if it says on the package that it is enriched. This stands true with a

number of different foods; while they might not be bleached, they might have undergone some other process in refining and packaging, where some other agents have been added right along with the extra nutritional value.

You also have to remember that nutrients that are added in artificially are often not as easy for the body to absorb as nutrients in their natural form, where God put them within the food. So even if the nutritional

when possible, fresh and natural is always best when it comes to food.—But even then, you still have to pray over every bite, because you never know what even natural food has been sprayed with. Wash your food well, pray over every bite, and trust Jesus to cleanse it and to help it do you some good.—And He will.

If you can’t get all the nutrition you need through eating fresh food, then supplements of vitamins and

## Fresh and natural is always best when it comes to food.



levels appear the same, what can be absorbed by your body is sometimes quite different.

You have to read the labels closely, and most importantly pray hard, because they often don’t tell you on the labels what all has been done to it. The best advice I can give is to pray over every bite. The Lord is able to nullify any harmful effects if you ask Him. And remember, if and

minerals can be good to take—if they are as

natural as can be and you’ve prayed and confirmed with the Lord that that’s what you need. The best thing you can do is pray and ask the Lord what you need in every case. Pray over your food and ask the Lord to help it do you some good. ■

# Does Antiperspirant Cause Breast Cancer?

## Redbook:

T

he latest rumor is that antiperspirant, by blocking sweat, leads to the accumulation of cancer-causing toxins in the breast. “This is absolutely not true,” says Marc Lippman, MD, director of the Lombardi Cancer Research Center in Washington DC;

What to say if you hear someone voice this worry:

- ◆ Breast cancer starts in the breast and spreads to the lymph nodes, not the other way around. Lymph nodes under the arms drain into the bloodstream, not back into the breast.
- ◆ No antiperspirant completely blocks all sweat or wetness, and the sweat glands under your arms are only a fraction of those in your body.
- ◆ The vast majority of breast cancer has to do with a woman’s genetic inheritance and lifestyle choices, not with what she puts under her arms.

## Dad:

D

eodorants aren’t altogether good for you, since most aren’t completely natural. But deodorant is a handy thing to have, especially for missionaries who are constantly busy for the Lord. It helps to keep you smelling nice and clean, which is a part of your witness. Some folks can keep pretty nice and clean just by washing under their arms regularly with soap and water, and don’t even need deodorant. But others perspire more and need a little more “smell

coverage,” and deodorant does the trick.

Thank the Lord for deodorants! Thank the Lord that He inspired someone to invent it. It’s not a necessity for everyone, but it sure is a blessing for most folks. I think that the advantages of being clean and smelling good outweigh any cause for concern; deodorants aren’t going to harm you if used in conjunction with good health habits and a prayerful attitude. Some folks need to use deodorant; others don’t. If you

don’t know what’s best for you, why not ask the Lord?

As far as whether antiperspirant deodorants cause breast cancer: they don’t! How’s that for a short and simple answer? Normal deodorants are a little better for you than antiperspirants, since antiperspirants don’t allow your pores to breathe as easily—but you don’t have to worry about contracting breast cancer because of it. But like I said before, you’ve just got to find out what’s

best for you. If soap and water keep you smelling clean, then why use deodorant? But on the other hand, if you need deodorant,

or even antiperspirant, then that's fine too. Just check with the Lord and He'll show you what's best.



Eve:

**A**s always, be prayerful and careful with what you use for *your* body, and make sure that it's what the Lord knows is best and needed for your situation. Antiperspirants work by shrinking the opening of the sweat glands, reducing the flow of perspiration and eliminating wetness.

Although antiperspirants are extremely effective, they interrupt the body's natural cooling process and make it difficult for the body to excrete toxic substances. Inert oils used to bind antiperspirants can also clog pores, causing rashes and infections. Deodorants, on the other hand, allow the

body to perspire and cool, but generally do not eliminate the odor.— Rather, they mask the odor with a stronger and hopefully more pleasant one. So please pray and determine what is best and needed for your situation!

Steffi, WS:

**S**omeone once sent me a mineral salt stone, which is a natural deodorant. It's actually like a rock or a crystal, which you can use in place of deodorant. You simply wet it and then rub under your arms. You don't feel like you're applying deoderant, as it is just like patting water under your arm. I was actually a bit leery of using it at first, wondering if it would "really work," as I'm one of those people who had always needed to use a good antiperspirant.

***Eve: For best results, this should be applied to the skin directly after bathing. In this way, the bacteria that cause odor has not yet had a chance to form on the skin. It is our understanding these stones are most commonly found in health stores and/or places that sell natural products.***

What happened to me though, is I had developed a very bad

rash under my arms due to the deodorant I was using. (I had tried changing to other antiperspirants, but it didn't help.) Finally I tried this mineral salt rock and found it really works! Not only is it very effective against body odor, my rash cleared up completely! I super like it and find it's a great alternative to harmful and harsh antiperspirants.

Another super plus is it does not leave any residue on your skin that can mark your clothing, like many other deodorants do—no "white lines," girls!

And, unlike other commercial deodorants, this product actually eliminates the body odor smell, it doesn't just "cover it up".

I think it's a little expensive initially, but one stone lasts a year or more, so in the long run it works out much cheaper than buying deodorant, and is better for you health-wise. A little tip, if you decide to try it: don't leave your stone sitting in water. If you are faithful to pat it dry with a towel after use, it will last longer! After I pat mine dry, I keep it in a dry soap dish. ■



# Fibrocystic Breasts

Q:

I've had tender, lumpy breasts for quite some time and they become extremely swollen, almost rock-hard and painful from seven to 10 days before my period till about seven days after. Are these type of lumps okay to have and leave as is, or are they a danger in some way? Should I get this type of thing checked? What are the dangers of just leaving things be?

—Female SGA

## Breast Scares: A Don't-Panic Guide

### Redbook

When performing a self breast-exam, if you discover a lump—even two—it's highly unlikely that it's cancer. Of all breast lumps in all age groups, only one in 12 turns out to be malignant. And among young women, the rate is much, much lower. In fact, only about one out of every 20,000 women 25 or younger gets breast cancer. All sorts of other things can cause lumps, some more serious than others. Here's how to tell what you're dealing with and what to do about it:

**Normal lumps and bumps:** Even breasts that look smooth and round to the eye can feel somewhat lumpy to the touch. That's because breasts are made up of several different kinds of tissue: glands, which produce milk and conduct it to the nipples; connective tissue (the kind in tendons and ligaments), which provides structure and keeps the breasts in place on your chest; and fat, which cushions everything and creates your breasts' shape. Each tissue type

has its own texture and density, and the combination can cause a variety of lumps and ridges.

*What you'll feel:* Your breasts may be lumpier toward the armpit and the collarbone, where there's more connective tissue attaching them than around the nipple, where there's more fat (which feels smoother to the touch). You might even feel a hard area where the breast tissue covers the end of a rib. But doctors make a distinction between

*lumpy breasts* and *breast lumps*, and so should you. Normal lumpiness feels like a thickening of the tissue—nothing hard, nothing distinct.

*What you need to do:* Probably nothing. When you're familiar with your breasts' usual terrain, you're far more likely to recognize a cancerous lump in the early stages: It's about the size of a plump pea, it's rock-hard, and it doesn't move around when you touch it.

**Fibrocystic disease:** What if your breasts are

extremely lumpy?

There's probably still no reason to worry, says Laura J. Esserman, M.D., director of the Breast Care Center at the University of California. "Cancer doesn't grow in crops," she says. You probably have fibrocystic disease, as do about half of all women. (And don't let the term "disease" scare you; nearly all experts agree it's a misnomer.)

[Note: An *American Cancer Society* brochure states: "At least 50% of women in their reproductive years have lumpy breasts as a result of these non-cancerous conditions."]

*What you'll feel:*

Extensive lumpiness in both breasts (cancerous lumps usually occur in only one). Another symptom: Your breasts become tender or sore before your period (the surge in hormones stimulates the nerves in the breasts and also makes them retain extra fluid).

*What you need to do:*

Nothing. This is a normal condition, unrelated to breast cancer. If your pain is severe, try cutting out caffeine. "Eighty to ninety percent of my patients who drink a lot of coffee find a dramatic

difference when they cut back," says John West, M.D., who directs The Breast Care Center in Orange, California. Vitamin E may also help. (Try 400 iu. a day for a month. If that dose doesn't help, double it for another month. If it still hasn't helped, it isn't going to.) The condition tends to subside after menopause.

**Fibroadenomas:** If you're familiar with the usual lumps and bumps you feel on a monthly basis, and then you feel something that's different, it's a red flag. Among women in their twenties, the most common lumps are fibroadenomas—tumors that result when connective tissue in the breast forms a mass (doctors don't know the cause).

*What you'll feel:* A smooth, hard lump, any size from very small (like a pea) to quite large (a strawberry). Fibroadenomas are mobile. They move around freely under the skin.

*What you need to do:* Ninety-nine percent of all fibroadenomas are benign, but a doctor should make the diagnosis. She'll probably perform an

ultrasound scan, then examine you every six months or so to make sure the fibroadenoma hasn't changed (if it gets bigger, she may want to remove and test it). If the ultrasound isn't conclusive, your doctor may do a needle biopsy (a simple in-office procedure) to make sure there's no malignancy. Doctors generally agree that fibroadenomas don't increase your breast-cancer risk.

**Cysts:** A cyst is a fluid-filled sac, somewhat like a large blister. Most are caused by the blockage of a gland, which occurs fairly regularly as you age. That's why they're uncommon—but not unheard-of—in women in their twenties.

*What you'll feel:*

Cysts that are close to the surface of the breast may feel kind of squishy; those lodged more deeply will feel like a hard lump. If you get a large lump very suddenly almost overnight, it's almost always a cyst. Other kinds of lumps grow more slowly, so you're more likely to detect them when they're still small.

*What you need to do:*

To make sure the lump is truly a cyst and not a

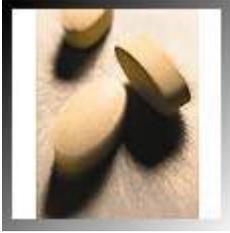
solid tumor, the doctor will insert a tiny needle. If the lump is filled with fluid, she'll simply drain it out during the same procedure (called a cyst aspiration), and the cyst will collapse and disappear. Cysts don't have any connection to breast cancer.

**Injury:** Say you're the recipient of a hard thwack in the chest from an errant softball. At the site of the bruise, which is where blood vessels rupture, you may also get a small blood clot, which will feel like a lump.

*What you'll feel:* The lump may be either round and tumor-like, or just a thickening of the skin. Even after the bruise fades, there may still be an unusual firmness to the tissue for a few months.

*What you need to do:*

These lumps go away on their own over time, but if yours is still there after the soreness has faded, it's a good idea to check with your doctor. Breast injuries don't increase your risk of cancer, but it's possible that, in carefully checking yourself for injury, what you've actually discovered is a lump you'd never noticed before and that needs to be checked. ■



# BITTER PILL: INSIDE THE HAZARDOUS WORLD OF LEGAL DRUGS

By *Stephen Fried*,  
*Salon magazine*

It began with a pill. One pill. Six hours later I was bringing my wife, delirious, to the emergency room. Our lives haven't been the same since.

My wife's gynecologist gave her samples of a new antibiotic to treat a urinary tract infection so minor she didn't even know she had it. The doctor told her to take this new wonder drug twice a day for three days. When I left for work the next

morning, I said goodbye to Diane as she swallowed the first pale yellow oval tablet with breakfast.

Diane called me at work several hours after she took that pill and said she felt strange. I knew something was really not right, because my wife comes from a long line of "it's just a flesh wound" stoics who underreact to all physical discomfort. She said she was disoriented and hallucinating. Her mouth was dry, and she felt tingling in her left arm and hand. She was having trouble talking.

After we spoke, she found herself wandering around in her small home office, and when she located her desk, she couldn't figure out how to turn off the computer she writes on every day. When she went to lie down, she started shaking uncontrollably and then saw white. She was sure she was dying.

Then she heard the phone ring. It was me, calling to see if she was feeling any better. Luckily, she was able to reach over, pick up the receiver and mumble to me about what was going on. I called her gynecologist, who told me to take her to the hospital. When the cab got me home from the office, I found Diane lost in her closet. She stammered that she wanted to get dressed to go out but couldn't find her white shirt. I looked down and saw that it was an inch from her hand.

Married people can afford to panic only one at a time, so I pretended I was not scared as I helped her on with the shirt and took her to the hospital. As Diane spoke haltingly, elliptically to the ER doctors, more symptoms emerged. Her jaw was terribly sore from clenching against what we assumed had been a seizure. Her pupils were fixed and dilated, like blobs of black ink. She said she felt as though something were "melting" just behind her green eyes.



## JESUS SPEAKING:

This is a true but sad story about a couple who blindly followed the advice of a doctor and had to live with the devastating results in their lives. It's a good reminder to you, My children, to always follow My advice and My counsel and My leading first and foremost in your life and in the care of your bodies. Doctors are often experimenting with your body and don't always know what they're doing, so you have to be very careful and prayerful. Your only assurance of protection is to follow Me explicitly and allow Me to lead and guide you.

An emergency medicine specialist and several neurology residents tag-teamed in and out of our space. Each one asked a slightly different version of the same questions. I worried that we weren't being clear because there didn't seem to be any accumulation of knowledge taking place. They all had tests they wanted Diane to perform.

"Spell the word 'world' backwards," one asked. She did it and was then asked to name the U.S. presidents in reverse chronological order.

"Can you spell 'world' backwards?" the next one asked. Then he requested that she touch her finger to her nose.

"I'd like you to try to spell ..." the next one began.

"Yeah, yeah," Diane said, "'world' backwards." But she was bobbing in and out of full lucidity. Only seconds after cracking a joke, her mind would be sluggish again, and she would barely respond when I stroked her cheek or her shoulder-length brown hair.

After several hours of neurological exams, the word came back—from a place called the Poison Control Center—that all of Diane's symptoms had been previously reported as reactions to the antibiotic she took. The drug is called Floxin. She had, as we now say, been "Floxed."

My wife took a pill. It made her sicker than she was before. World backwards. Tell me about it.

The ER doctors, however, were not through with us. They still wanted to run more tests. Even though Diane's symptoms, such as "acute delirium," were consistent with a reaction to the Floxin, they could also be caused by a brain tumor, a stroke or a big horrible infection with larger neurological implications, like spinal meningitis. They wanted to do a CT scan.

I got to sit in the CT control room and watch the machinery visually slice and dice. Back in the ER after a clean scan, we were then told the prevailing wisdom about all adverse drug reactions: that the effects would subside when the medication left her system. And we were sent home—with a supply of the milder, cheaper antibiotic she probably should have taken in the first place for her urinary tract infection—to wait for that to happen.

But Diane's symptoms did not disappear as

promised. Some waned, but new ones developed. Besides the "melting" and the fixed pupils, she had aggressive, buzzy insomnia, visual distortions that made the world seem six-dimensional and aphasia: She would get halfway through a sentence and just couldn't get the rest of the words out. For a woman with a high school trophy for "best negative debater" sitting on a shelf behind her desk, this was probably the scariest symptom of all.

Over the next two weeks, she endured an electroencephalogram, which tests electrical function in the brain; a magnetic resonance imaging of her head, which offers more structural detail than the CT scan; and a spinal tap, to check the cerebrospinal fluid for infections, as well as some blood work. All these tests just to rule out any other possible explanation for her continuing symptoms than an adverse reaction to the drug—the same

drug that was supposed to be long gone from her system.

The tests all came back, and I found myself mentally checking off all the nightmares that had been eliminated—"brain tumor, no; stroke, no; AIDS, no." But Diane still wasn't well. The doctors concluded that the drug reaction had triggered some genetic predisposition to neurological illness. Since her body hadn't been able to correct the situation naturally, she would need to take a combination of heavy-duty drugs, each with its own possible side effects, to do it.—If, in fact, it could be done at all.

But at least that urinary tract infection had cleared up. ■



## DEAR READERS:

Have you had any experiences or lessons learned in dealing with doctors and the medical system? Please write in and tell us about it!

# ARIES

**March 21st - April 20th**



As an Aries you are no pushover. You've got a strong, sturdy heart, and the soul of an inspirationalist. You're not one to sit back and let the world pass you by. You'll rise to every occasion if you can. You have the determination to conquer any odds.

and you don't usually go alone; you'll bring others along with you.

I'm the Shepherd, you're Aries the ram; you're one of My bellwethers. Though you have many strengths, your greatest strength will be found in looking to Me. When you look to Me, I'll show you the way; I'll lead you in plain paths.

If you're one of those rams that's gone off on sideline adventures in this last year—perhaps discovering a little here and a little there, but maybe not following as closely as you would like—this is a brand new year for you.

We're going to climb amazing new mountains this year, and you'll hear whispers in the wind—words that you've never heard before—if you keep steadily climbing upward. Don't look down; look up. Fear is

the greatest enemy of progress.

You're full of ideas; you're alive with enthusiasm. But remember that love is the oil that makes the machinery of life run smoothly. A little bit of love will eliminate the creaks, and make for an easier ride.

I've given you a heart full of love, that when distributed to others magically multiplies. You're not one to shrink from any sort of investment, and these are the kind of investments that last a lifetime. Don't know how? Ask Me, your Investment Manager.

Overall, I'd say that your future looks very bright, though there will be some storm clouds every now and then—there always are. That's the fun of life with Me; I send the good and I allow the bad, but you can always come out on top. You'll see! ■

*I've given you a heart full of love, that when distributed to others magically multiplies.*

You're one of My rams, and no matter who you are—whether you're a CRO, a witnesser, an office worker, a provisioner, a teacher, a teen or a child—you have the ability to go places and do things. And you'll



# TAURUS

**April 21st - May 21st**



**E**yes are the windows of your

soul, and, if looked deeply into, reveal some of the secrets of your life. You're not a complicated person, rather simple and easy to understand. But whether or not one discovers that depends on how long they gaze into your tell-all eyes, how determined they are to find out what lies in the caverns of your heart.

You're easy to please, and enjoy the simple things of life—whether it be good sleep, fine food, quality wine, entertainment, music, witnessing, or all of the above. Chances are you're also probably one of those people that contribute greatly, in one way or another, to making your house a heavenly Home.

I've given you a caring charm, an outgoing concern for others, but there's no denying you've got fire in those horns of yours. Channeled to purposes of My pleasing, this zest and zealous nature can be used for My glory—for pioneering, for enacting new and

*You will win every battle you fight against the Enemy, if you don't give in.*

different ideas, for receiving amazing things from Heaven, for using My revolutionary weapons of the Spirit.

I've blessed you with a fighting spirit, and the Enemy knows you're no bull to mess with. You'll often find yourself out in the arena with him as your

opponent, but he's the coward, not you. He's the loser; he'll be defeated. He may wave his red cape in front of you, spew angry words in your face, and try and make you dizzy, but knows he won't stand a chance when you charge at him with the power of My Spirit.

Go wild with righteous rage, and you'll defeat him! He'll try and make you think he's got the upper hand. He'll try and confuse you, or get you to give up the fight—but don't! In this case, the winner is determined from the very beginning. You will win

every battle you fight against the Enemy, if you don't give in.

You're going to have battles this coming year, which I'll help you fight courageously, but you'll also enjoy victories that will make each fight worth it all. I'll lavish you with My goodness, and, as you praise Me, I'll dwarf your trials and enlarge your happiness. Each battle well fought will result in refreshing rewards from on High.

You're a good lover, too, whether you think so or not.—All Taureans are, or have the potential to be. Each one of My children has a special gift of love, and you are no exception. I have blessed you with a unique gift of love for Me and others. So spend time with Me; take time to love Me. Let's make this the best year of our lives together. ■



Q Is there any counsel about young people (especially girls) dyeing their hair? I came from the East recently and none of the young people there did it, except occasionally with henna for conditioning. But here it seems that quite a few of the teen girls dye their hair. To me it seems unnatural; they often dye it colors that are not natural for hair to be and then it kinds of sticks out. Maybe I am old-fashioned, but I wondered about this as I don't remember reading anything in the Word.

—FGA woman in Belgium

A Dyeing hair has become a widespread trend in the world today, and it's even becoming common in the Family in some areas of the world—so it's not surprising that some folks are wondering about it. People do it for different reasons. Some dye their hair because they just want a change and want to try something different. Others dye their hair because they're going a little gray and want to try and cover it up and look younger. Yet for others it's a bit of a worldly trip.

I'm for the natural look. I'm for our girls leaving their hair the color the Lord made it—because that's the color that He liked best, that's the color that He knew suited them nicely, that's the color that makes them look the most beautiful. On the other hand, I'm not totally against the idea of someone dyeing their hair for fun, or for a change, or for something different—as long as they're doing it with the Lord's approval.

You have to look at the reasons you want to dye your hair. If you're dyeing your hair because you're unthankful for the way the Lord made you, then I wouldn't say that's very healthy. If you're dyeing your hair because everyone else is doing it and it's the cool thing to do, then that's not healthy either. If you're doing it to cover your silver strands of hair that come with age, for most of our beautiful women I don't think that's necessary either.—Although in some cases the Lord might lead that way, and if some of you women feel like it would make you feel better about your appearance, then it could be just fine to do, in prayer and counsel with the Lord.

Our women certainly shouldn't be going out of their way to obtain hair dyes. They cost money—money that is often scarce and hard to come by. If the Lord supplies something for you and you want to try it out once in a while, then why not if the Lord gives His approval. But you also have to understand that with most dyes—especially synthetic dyes—you run the risk of damaging or weakening your hair. Your hair may seem to stand strong through one dye that you do just for fun, but it won't remain healthy if you're constantly dyeing it over and over again.

There are some natural dyes, like henna, that aren't harmful for your hair if

## 3 Healthy Hair Hints

1. **Wash with care:** Don't scrub shampoo into your scalp using your nails—this can cause tiny tears in hair that result in split ends. Instead, use the pads of your fingers.
2. **Stop sun damage:** Massage a bit of sunscreen into your 'do before hitting the rays, so hair doesn't get crispy, frizzy or bleached out by the sun. Shampoo out in the PM. (Or—simpler yet—just wear a hat!)
3. **Beat shampoo residue buildup:** Monthly, mix a tablespoon of baking soda with  $\frac{1}{4}$  cup of shampoo; spread paste through dry hair for 30 seconds. Rinse out.

used properly and knowledgeably, and can even be beneficial. But, again, you have to seek the Lord and see if that's what He wants you to do to your hair. The Lord certainly isn't promoting a "hair dyeing" campaign in the Family, and neither am I. In fact, He would much rather if of our girls kept their hair naturally healthy, just the way He made it. He likes women's hair long, beautiful and naturally colored—like the crowning glory that it is. That's not to say you can't ever do anything different, but you'd better check with the Lord first to make sure you're doing the right thing at the right time, and for the right reasons. ■

## Sneak More Nutrition Into Your Meals

### Breakfast:

- ◆ Sprinkle wheat germ, wheat bran, or oat bran on your cereal for a fiber kick.
- ◆ Top your cereal or oatmeal with chopped prunes. They're one of the fruits highest in antioxidants.

### Lunch and Dinner:

- ◆ Add chick peas to salads for extra fiber and folic acid.
- ◆ Pile dark leafy greens, red or green peppers, tomatoes, and sprouts on sandwiches.
- ◆ When eating fast food, bypass the burger for a bean burrito (when available). It's packed with iron, fiber, and vegetable protein.
- ◆ Puree cauliflower and add to twice-baked potatoes or pasta sauce for a dose of cruciferous vegetables.
- ◆ Top your hot dog with chili beans for extra fiber and folic acid.

### Snack:

- ◆ Beef up your iron intake by noshing on real black licorice.

# COMFREY: THE COMFORT HERB

By Laura Krieger, Creative Minds Unlimited

Comfrey was the first non-culinary herb I ever bought. That summer, a young guest got a bee bite on the sensitive skin behind the knee. It immediately swelled up, turned red, and started making her miserable. “Wanna try some comfrey?” I asked. So I chopped up the comfrey and mixed it with a little honey (a wonderful soother and antibiotic), oatmeal (another anti-itch soother) and milk, until it was just a slightly thick paste. We dabbed it on and wrapped the whole area with plastic wrap.

The relief was immediate! And 15 minutes later, when we washed it off to check the area, the red inflammation was gone, and so was the suffering. (Since then, I have discovered that simply smashing the leaf and glomping it onto a bite is perfectly effective for most people, but not nearly as soothing in texture and psychological appeal.)

I placed the leftover mixture in the refrigerator, tightly covered with plastic wrap. That night my husband was doing some light carpentry, missed the nail and hammered his thumb. When he came in, he was at the white-lip stage of pain. “I need something, fast!” he groaned.

I was sure he would lose the nail, but the first thing I wanted to do was ease the pain. We glopped the cool healing mix on the wounded area and wrapped it in plastic wrap. The pain stopped almost immediately. Then the throbbing stopped. The swelling never occurred. The fingernail didn’t turn black or fall off. The next day the finger was mildly sore, and then the event was forgotten. The comfrey/oatmeal mix has now become locally famous: from paper cuts to rashes, it has proven itself over and over again.

**Cell and bone repair:** The root of the comfrey plant, dried and diced or powdered, has even stronger medicinal power. Its ability to rejuvenate human cells and knit cells together is legendary. The plant has the remarkable ability of rejuvenating, nourishing, and knitting not just skin cells but bone cells together.

Again and again I’ve read of situations where a broken bone was set into place, and the area “wrapped” in a comfrey root/water “cast” or wrapped with wet comfrey leaves to set. Although nowadays most of us do not find ourselves in such remote situations that we cannot get modern medical treatment for such an emergency, these stories stand to validate comfrey’s effectiveness.

There are also stories about bones or ligaments that just would not heal properly under traditional medical care. Finally a treatment with comfrey taken internally and/or externally, under the care of a professional holistic caretaker, and it did the job.

**Use for bleeding:** Comfrey root powder, like raw cayenne powder, does an exceptional job in stopping normal bleeding from a cut or wound. (I am not talking about hemorrhaging here, or profuse bleeding that requires medical attention.) I wash off the wound, then sprinkle about ¼ inch of either cayenne or comfrey powder (or a mixture of both) into a saucer and, if possible, immerse the cut into the powder, which automatically coats the area. Then I remove and wait. If the bleeding hasn’t stopped immediately, I do it again.

When a dear friend of mine was undergoing radiation treatment for cancer, the treatment caused terrible sores on her lips and in her mouth. We finally discovered that a mixture of comfrey root powder and aloe vera gel soothed the membranes and encouraged healing. She mixed them in water and gargled, patted the two herbs on, then sprinkled comfrey root powder on. It wasn’t easy, but it was the only stuff that truly provided relief.

**Warning:** Because comfrey tends to knit a wound together so quickly, do not use it on a wound that is so deep that healing the top surface will prevent the under layers from healing properly. Also do not use comfrey unless you are certain that the wound is sterile, with no hint of festering, pus or infection, because you do not want comfrey to heal the surface of the wound

over an existing infection.

**Skin care:** A strong infusion/tea of comfrey leaves steeped in boiled water for 20 minutes and drained is very healing as a compress over canker sores, styes, irritated nipples for nursing mothers, or used as an eye wash, etc.

A wonderful salve can be made simply by taking some comfrey leaves, pulverizing them in a mortar and pestle with a little olive oil until the leaf cells are mashed. Then put the oily leaf mixture into a sterilized jar, add enough oil to cover with at least an inch of liquid oil above the level of herb leaves, and let it sit in a warm place (Comfrey needs gentle heat to release its medicinal properties), gently turning the jar back and forth once a day, for at least four weeks. A quicker way is to place the liquid oil and leaf mixture into the top of a non-metallic double boiler, and let the oil mixture heat gently. (But do not boil! Comfrey's medicinal capacity is released with gentle heat but eliminated when overheated.) Heat, covered, for about four hours, checking regularly to make sure it is not overheating. Strain into a dark

bottle or jar (sterilized, of course), making sure to squeeze that precious liquid out of those herbs. (By the way, I take that wonderful glob of healing, oily herbs, and separate them into separate muslin-wrapped bath floats and refrigerate. Talk about pure bathing luxury!)

To prevent this oil from getting rancid quickly, store in the refrigerator or a dark sterilized bottle to which Vitamin E has been added. I generally add 1 capsule full of Vitamin E to 1 cup of comfrey salve. Other herbs that grow easily in a home garden and can be used with the comfrey leaves in making this healing, soothing salve are the yellow petals of the calendula flowers, for additional healing and antibiotic ability, and the yellow flowers of St. John's Wort, for their ability to reduce nerve pain, and the soothing flower/leaves of the marshmallow plant. (Remember to label your container with the contents and the date.)

The possibilities for this salve seem endless. It has been used on burns, sprained muscles, dryness of skin, dryness of vaginal membranes in menopause, hemorrhoids, varicose veins (add a sprinkle of raw cayenne powder to increase circulation), eczema, dandruff or scalp seborrhea (add nettle leaves to the mixture and/or a drop or two of cayenne or Tea Tree Oil), dry lips, pets' skin problems, etc.

**Preserving comfrey:** It is not at all difficult to dry comfrey leaves. I keep the flowers pinched off to encourage the plant to send its energy into the leaves, and several times during the growing season I cut the healthiest, undamaged leaves, hosing them down first, and allowing them to dry before gathering. Then I gather a few at a time by the stem, tie tightly with a rubber band, clearly label and hang from a nail in my garage. When they are crisply dry, I remove the "leaf" from the stem and veins, and store in dark jars or loosely in marked brown paper bags.

The roots are best dug up in the spring or autumn because that is when the allantoin (the active ingredient) is most prevalent (40-60 degrees C). Cut the roots down the center and dry at moderate temperatures. Many herbalists feel that the roots retain the greatest amount of medicinal property when it is stored in the largest pieces until use. ■

NOTE



NOTE

Although comfrey has a history of marvelous medicinal value when taken internally, there is presently some concern about its safety because in the late 1970s, laboratory rats developed liver damage after being fed several times their body weight of comfrey over a long period of time. Although Adele Dawson in her book, *Herbs, Partners in Life*, includes a quotation indicating that it might take 140 years of drinking four cups of comfrey tea a day for a person to be equally exposed, I have chosen not to discuss the use of comfrey internally. However, many herbalists are loyal to this nourishing, healing herb for internal as well as external use.

# I love how you love me...

By an SGA male

**O**ne of the most outstanding feminine qualities I have had the pleasure of experiencing is when she has the ability to make a man feel loved. The truth is, women have already at one time or another done everything I can think and more of what could make me feel appreciated. So (in spite of my vivid imagination) I am expressing here neither fantasy nor wish, because—at least the way I look at it—a fantasy, once realized, is no more, but is magically transformed into a loving memory.

However, deciding on something specific to describe here is no small task; not for lack of choices, but rather I feel like a grandma in a

gift shop. I'll try and choose one, though. Hmm ... I hope you don't mind that I think out loud....

Sometimes I can be found walking briskly through the house, with a determined, single-minded aura about me. Nothing can make me look back as I brave towering staircases; long hallways; floors littered with laundry, little green toy tractors, pee-pee spills and other such perilous obstacles—or even the distant sirens of a hallway hit-up. When I finally reach the kitchen, I let out a sigh of relief and enthusiastically open the fridge. However, after removing the tops to 432 small containers of food, it dawns on me that cold asparagus doesn't look any better at 10:00 PM than that toddler plate of bread crust, three peas and a spoonful of we'll-never-know-what.

It's time I took matters into my own hands. So, being the five-star chef that I am, I proceed to the jar of

raisins and fill my cheeks with a handful before I saunter off to my room with my hand on my stomach.

In a scenario such as the above, a woman would easily see the accuracy of the saying, "The way to a man's heart is through his stomach," by the look of pure pleasure on my face as she hands me a simple yet elegant sandwich, or a milkshake that would put Ronald McDonald on the streets.

I've had women offer to bring me a snack at moments that may have been crucial to my mental health. Furthermore, the fact that a woman could even think of little ol' me is enough to warm my heart and completely eradicate my recent recurring nightmares of being chased by a hungry jar of raisins.

Is that what I should choose for this article? It certainly makes me feel loved.... Hmm....

But what about the days when I've been at my computer working

## Sex

If you both agree, resist the urge to make love for a few days and set an exact date and time to "break the fast." In the meantime, tease each other with deep kissing, erotic massage and light stroking, especially on the breasts and buttocks. Sometimes, building anticipation is the most delicious foreplay of all.

## Sex

For an instant gift that your partner will love, write out an IOU promising a sensuous or erotic service that he can cash in at his leisure. Some possibilities: a full body massage (or mini hand and foot rubs), a private striptease, a blindfolded adventure or a suggestive phone call while he's out.

## Spicer

for so long that I began typing letters composed entirely of ones and zeros? At times like these, I feel so in need of a little attention that I find myself fending off thoughts of having a conversation with the ant that just crawled up my monitor. Then one of our Home's lovely girls walks in for the sole purpose of ... are you ready for this? ... saying "Hi" to me?!

I would think, "She came to my room just to put her arms around me and see how I'm doing? Why?" I could find no answer. My only conclusion was, "Gee, I must be appreciated. What for, I may never know, but I'm enjoying every second of it!"

There's something refreshing about knowing that a woman actually thought of me during her busy day of work. (Oh, and then they have those extra "free time activities,"

such as laundry, caring for children, cooking, and the other girl-things that have been known to make grown men cry.)

That's a good one! I think I'll choose that! ... Wait, no, I just thought of something else.

Do you cringe too when you meet someone for the first time and they say, "Oh yeah, I heard all about you!" Obviously, the standard answers are, "Uh-oh, I hope you heard good things," or "I'm in trouble now," or even, "I want names! Give me names!" We normally make light of it, but in reality we're searching every crack and crevice of our mental database for the dirtiest deeds or most embarrassing moments and trying to remember who was around when they took place. ("Oh man, I bet the whole world has heard by now what I did at that place, with that thing, with those girls.")

Of course, discovering that someone was revealing my secrets or discussing my deeds of senselessness behind my back is about as pleasant as nude sunbathing near a nest

of angry hornets. But what about the other side of the coin? There is hardly anything more encouraging than to find out through the rumor mill that a woman is saying nice things behind my back. ("Oh man, I bet the whole world has heard by now what I did at that nice place, with that nice thing, with those nice girls.")

Even if they have to use their imagination and make things up, at least it hints that they might sincerely like me as a person, and they may even be attracted to me. Either way, I find it virtually impossible to regard that as anything but sincere appreciation.

I could go on and on, but alas, time and space fail me. There are so many beautiful things that come from God's most beautiful creation—a woman. If I were asked to choose the feminine quality I enjoy the most, I would remain deep in thought till a white beard grew from my chin to the tips of my toes. I may not be able to choose amongst so many of God's priceless gifts, but at least I'm having a ball just being in the gift shop. ■

# Sexy Secrets

By Allison Glock,  
*Redbook*

**I**t's his birthday or your anniversary, and you want it (*that* "it") to be really hot. Or maybe there's no special occasion. You're just looking to crank things up a few notches, to make your satisfying but predictable sex life—well, less predictable and more satisfying. But how? Here are some tips.

### Light his fire:

Don't wait until nighttime to get things going. Arouse your husband's interest with a seductive whisper in his ear in the late afternoon. Sexy talk requires a gentle, low voice. You also want to sound approachable as well as receptive to his desires. Try questions: "Do you want to make love tonight? Wouldn't you love to do it in the shower?"—Anything you believe your mate will find titillating. If you're too embarrassed to be explicit, be flirty: "I want you to touch me like you did last night. I love it when you kiss me. I was thinking about you all day."

### How to dress for great sex:

Finding items that turn our husbands on without making us feel silly takes some effort. But the idea is to have fun with it. Try garments on and experiment with styles and fabrics. Many women like spandex-based material because it gently cinches you in and holds you up. A satin gown is also said to be a real turn-on for men. It highlights curves, flows beautifully, and catches the light.

### How to get a romantic glow:

Skip the pink bulbs. The rose coloring actually makes you look pink. If you're going for colored light, go for an amber tint, like you get at sunset—60-watt amber bulbs in your bedside lamps give you that radiance. If you are using white bulbs, try low-wattage (no more than 30 watts) and let the light reflect off your bed by using those white sheets! A woman lying on white linens and lit overhead by a soft light looks great because the fabric

reflects and fills in any harsh shadows.

### How to smooth the way:

While massage possesses healing and therapeutic qualities, there's no denying its natural eroticism. Have your husband take a hot shower beforehand, or crank up the heat in the bedroom (shivering kills the romance) and warm your oil slightly. Create a soothing mood: Play unobtrusive music, and turn down the lights. (Put up your "do not disturb" sign!)

Once you've set the scene, go slowly. Have your husband lie on his stomach, and either kneel beside him or straddle him across his lower back. Start the massage just below his head, your palms positioned on the shoulders and fingers pointing toward the spine. Slide your hands down his back (you should have just enough oil to move smoothly over his skin, but not so much that he's dripping), leaning forward to add pressure. Most masseurs recommend looking for clues—

smiles, winces, moans—to know what feels good. If you must, ask; only then will you know if you should use less or more pressure.

When you reach his waist, drag your hands across his body until they hit the bed, then trail them up along his sides. At his underarms, turn your fingers around and repeat the stroke. Or, for variety, trace his spine with your thumbs, curving around each vertebra

as you progress. Above all, linger over his body and maintain contact with his skin. If you're going to be in a hurry, pick another time.

**How to take it off:**

The idea is to look like you're making love. The slower the better. To help put you in the mood, put on music—something that sets the scene for intimacy. As

for clothes, a baby doll dress is good, or your husband's shirt—something you can flip up and flirt with that will come off easily. Makeup should be minimal and soft. You want to be clean and touchable. But don't let him touch—at least at first. Keeping a flirtatious distance, you want to dance (shake your hips, thrust your pelvis) as you play peekaboo with your clothes. Slowly lift

your shirt or dress, then let it drop. Undo a button. And another. Feel daring? You can fling the dress and keep dancing in your bra and panties.

For the timid who would rather not shimmy, all you really need to worry about is an easy sway and eye contact. Really look at your husband. Your face will draw him in more than any other part of your body.



*By Michael Webb*

# Habitual Hugs

**H**ugs and kisses are the backbone of any romantic relationship. I don't know any married couple who would say they had a fulfilling relationship if they didn't hug and kiss frequently. But wouldn't you (or your mate) like to receive more hugs and kisses?

I began thinking

about this, and it reminded me of a childhood game I would play with my sisters. Each time we spotted a Volkswagen Beetle on the road we would lightly hit the other person and yell "slug bug, no slug bugs back." After playing that game for many years in the back of our station wagon, it became a habit. To this day I can't see a "Herbie" without thinking of lightly slugging someone.

I have a new habit now. Whenever I am in the car and stop at a red light, I lean over and give my wife a light kiss on the cheek while we are waiting for it to turn green. I guess I could start doing the same when we are at stop signs, or if we spot a McDonalds, or even a Volkswagen Beetle.

Some theories say that you have to repeat an action 17 days in a row before it will become a habit. In other

words, being romantic takes much effort and concentration at first, but if we repeat it consistently, after a while it will come more naturally. Giving and receiving daily kisses and hugs are important, but we must remember that hugs and kisses do not come natural for many people. Turning them into a game may be a way to teach some of us how to make those physical gestures a part of our daily routine. ■

# The Ultimate Counselor

## Q:

I know this sounds kind of weird, but my husband is not very into sex. I find myself always trying to get him into it, and often it's not that he doesn't want to, but he's just always tired or busy with something else, and we only get to it once or twice a week. Is this normal? What can I do to inspire him to be more into it?

## A:

Each person is a unique individual, created by Me with their own particular likes, dislikes, passions, pleasure, desires and more. To you married ones is given the special treasure of living so close to another that you are able to discover all of these, and learn to complement them in each other.

It's very normal for one partner in a marriage to be more into sex than the other. And the interesting thing is that this very often fluctuates. Maybe it's you who is more into it now, but at some point down the line, the tables could be turned! My Spirit works this way in the lives of My children, so that they are constantly presented with fresh challenges, new horizons, and new ways to expand their learning and understanding of others.

As far as how to handle this situation that you are in, the best thing to do is to cool down. Now by this I don't mean to back off and get cold, but don't get too heavy on him. If you are in the mood, don't come and plop next to him and start begging him, especially if it seems like he's not in the mood. You also should take care not to start murmuring or telling him that he's never into it, because as you share your negativity, it almost

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*Your relationship questions, answered by Jesus*

becomes fact.

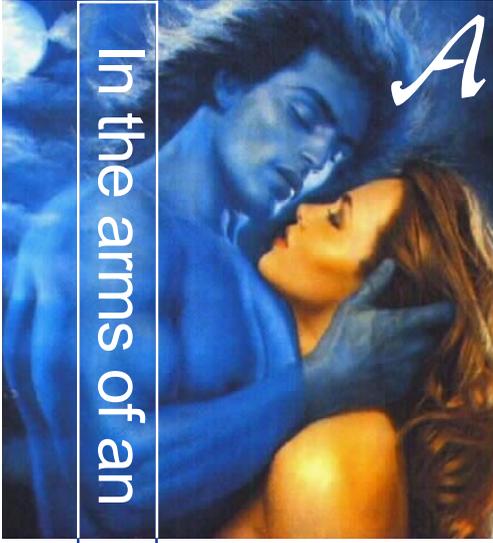
The best thing to do in a situation like this is to first of all be sensitive to his needs. If you know or sense that he is very tired, has had a long day, has a very busy day ahead, etc., then it might be best to forego your own desires and trust Me. Maybe there's someone else in the Home who could use some love, and who I could lead you to share with—in counsel with your mate, of course.

But if he's not too tired or wiped out, then try this: Don't just say—do! The best way to get him in the mood is by being in the mood yourself. Take a little time for some extra personal grooming. Put on something sexy, prepare some wine, and spray a little perfume around the room. When he walks in, you won't need to say a thing—he'll get the picture right away.

And if it comes down to it and you do all this and he really isn't in the mood, there's no harm done. You can lie close together, hold each other, talk about the day, spend some time with Me—and drift off to sleep, with another day to love tomorrow.

One other thing you should remember is that men and women are often aroused at different times. If your husband is not usually in the mood for sex at night, it's possible that his hormones are more active at other times. Try squeezing in a little creative lovemaking at other times of the day—first thing in the morning (on a day when the schedule permits), or at rest time. Don't let yourself get put into a sexual box; if things aren't working, wiggle them around till they do.

The best way to know the how-to's for your personal situation is to get them straight from Me. These are some general guidelines, but if you come to Me—alone or together—I will give you personal solutions that will make all your problems work out just right. Sex can be just that wonderful.



In the arms of an

# Angel

**L**istening to the song “Date with an Angel” today reminded me of an experience my friend Jenny and I had early this year. We were two single girls living in Hungary, in a Home with five couples. It was Valentines Day, romance was in the air, and we were feeling extra lonely.

Evening came around and we were sitting around doing nothing, when someone gave us two Valentines cards with prophecies enclosed. One was from Jesus telling how much He loved us, etc., and the other was from River Phoenix. River said since we didn’t have Valentines this

year, that he and some other guys were inviting us to join them for some “Celestial sex.” Hmm—how could we refuse?

Since Jenny and I slept in the living room, we decided to have our *rendezvous* sometime after everyone else had gone to bed. We took a shower, dressed up nice (after all, it was a date) and set up our “room” with candlelight for the occasion. When others around saw us getting all dressed up and asked what we were up to, we matter-of-factly replied, “We’re gonna have a date with the angels!” You should have seen their faces!

The time arrived and we took a guitar and started by singing some love songs to the Lord. Someone had given us a bottle of champagne, so we put that to good use. And thus began our three hours of celestial communication and more. A lot of interesting guys came to speak, and we even had conversations with some of them. River came again and said how sweet we were,

etc., and how if those guys were here they’d be on us like bees on honey. Another dude told us there was a line of guys waiting for us in Heaven and that we’d better watch out once we pass through the gates! (We had a dictaphone, but the batteries were out so we couldn’t record any of it.)

After awhile we started hearing music, and we got up and started dancing. It was the strangest thing; I could feel someone right there holding me, but when I opened my eyes there was no one.

As we went to bed, we were on a spiritual high. I usually don’t have big spiritual experiences, so this was a first for me. But ever since then, occasionally when getting a prophecy from an unknown person, at the end they’ll say, “Remember me?—I danced with you on Valentines Day!” Try it yourself, you never know what could happen when you’re “in the arms of an angel.” ■

From Nina (18), Russia



# The Gift of Positiveness

By Jesus

Try to make a conscious effort to be positive, to speak positive, to think positive. That is one of the greatest assets that you could give your marriage: the gift of a positive spirit—to speak faith when you feel like doubting, to speak love when you feel anger, to speak the truth even when you feel it's all wrong. Just ask Me first, pray before you say, and I can guide your lips to speak the word that should be spoken, instead of the word that you feel or the word that naturally comes to mind.

This is very important, because when what comes out of your mouth is mostly disparaging—whether about yourself, or about your mate, or about others—it can be extremely dangerous and damaging to your marriage. Every negative word is like an

evil seed that takes quick root in the fertile soil of a relationship. Every weed that is sown will one day have to be plucked up, and the longer it is allowed to grow, the harder it is to pluck up. Every single negative comment will have to be picked up again someday, manually and with great and painstaking effort.

How much easier, then, just to never say it! How much easier to nip the weeds in the bud, before the word has a chance to leave your lips! You think it's hard to pray over the words before you say them, to try to say encouraging, cheerful and happy things, but I tell you, it is much harder in the long run not to do this. For all those weeds choke out the happy flowers of love and contentment and romance and passion. The weeds get right to work, and each weed can choke out many flowers.

Is it any wonder that sometimes your

garden looks more like an overgrown weed factory? It is all those negative words that you have been sowing in it throughout every day! So do the loving thing—to others, and to yourself, and to your marriage—by praying before you say. Pray to Me for a change of heart, a change of attitude, a change of spirit, that I may bestow upon you a spirit of contentment and thankfulness for everything I send your way, and then pray also that I may guard your tongue from unguarded moments.

This is not to say that there never will be times that you speak negative things, but if you stay close to Me and stay prayerful and on guard in this area, I will help them to become less and less, so that slowly, the flowers will grow again, tall and rich and fragrant, and your marriage and relationship will once again be a sight beautiful and wondrous to behold. ■

Eve:

Thank You, Jesus!—And, of course, the beautiful principles in this message can be applied to any relationship and interaction with another person!

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# FEEDBACK FEEDBACK FEEDBACK

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◆ The article about asthma in *Eve 2* is absolutely correct. I have been suffering from this problem for a long time, but if I keep my exercise up it really doesn't bother me much. A good diet of vitamins and minerals also helps. Several homeopathic doctors advise no cold or sour items to be taken in the evenings.

*From Maria,  
India*



Eve:

See a soon-coming issue of *Eve*, Lord willing, for more details on vitamin supplements to help fight asthma.

◆ I wanted to say “amen” to the testimony in *Eve 3* about cutting weak hair. Just about a year ago I cut my always-thin-and-weak hair short; it has been very healthy ever since. My hair actually got thicker and keeps a style pretty good without having to worry about it. I don't dye it either, though it is getting pretty

white, because I figure people already know how old I am by looking at the rest of me. Ha! As women get older, their hair gets thinner and it's harder to keep it looking nice. Some still have strong hair and it looks okay, but others—like me—never had very strong hair even while young, and now even less so. So don't be afraid to try something new.—You may really like it!

*From Catherine (of  
Richard), USA*



Dad  
Speaking:

God bless all you wonderful women—my true wild and free revolutionaries! I know a lot of you remember my advice in “Revolutionary Women” about being just the way God made you and how I like long hair. Well, it's true. I do! I love long hair. But I also love short hair, and I love medium-length hair. I love you all, girls!—You're all beautiful to me. The key is to find what works best for you, and what will keep your hair healthy and an inspiring sample. Don't be afraid to step out and try something different from what you've been doing if what you've been doing isn't quite hitting it right for you. Ask the Lord specifically in prophecy before making any decisions about your hair care, and then go ahead with what He shows you. The Lord's ways are always best. Praise the Lord!

# JUST FOR KICKS

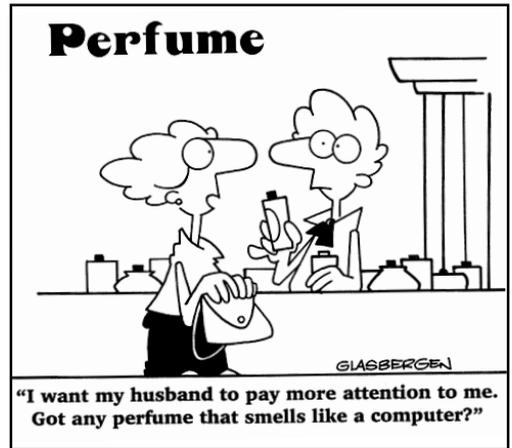
*A radio station held a contest for people to tell their most embarrassing stories. This one netted the winner. She said ....*

I was due later that week for an appointment with the gynecologist, when early one morning I received a call from his office. I had been rescheduled for early that morning at 9:30 AM. I had just packed everyone off to work and school, and it was already around 8:45. The trip to his office usually took about 35 minutes, so I didn't have any time to spare. As most women do, I'm sure, I like to take a little extra effort over hygiene when making such visits, but this time I wasn't going to be able to make the full effort.

So I rushed upstairs, threw off my dressing gown, wet the washcloth and gave myself a wash in "that area" in front of the sink, taking care to make sure that I was presentable. I threw the washcloth in the clothes basket, donned some clothes, hopped in the car and raced to my appointment.

I was in the waiting room only a few minutes when he called me in. Knowing the procedure, as I am sure you all do, I hopped up on the table, looked over at the other side of the room and pretended I was in some other place, a million miles away. I was a little surprised when he said, "My, we have taken a little extra effort this morning, haven't we?", but I didn't respond.

The appointment over, I heaved a sigh of relief and went home. The rest of my day went as normal—some shopping, cleaning and the evening meal, etc. At 8:30 that evening, my 14-year-old daughter was fixing herself up to go to a school dance, and called down from the bathroom: "Mom, where's my washcloth?" I called back for her to get another from the cabinet. She called back, "No, I need the one that was here by the sink—it had *all* my glitter and sparkles on it!"



# FITNESS FALLACIES

♦ Abdominal exercises can help tone your stomach, but they will not flatten it. Increase aerobic exercise and reduce fat in your diet to work away fat from your body.

♦ Lifting hand-held weights in your workout will not create body-builder muscles, but if you are worried about bulking up, do higher repetitions with lower weights (even two-pound weights work).

♦ Stretching cold muscles before working out is a bad idea—and can be injurious. It's good to warm the body up for a few minutes before doing any kind of stretching that will, in turn, help prevent injury during your fitness activity. Stretch again at the end of your workout to prevent soreness the next day.

♦ "No pain, no gain" is bad fitness thinking. If you truly like the activity you are engaged in, you are more apt to stick to it and see real gains. Warming up and then stretching properly afterwards helps reduce injury as well as aches and pains.

*Bobbi Brown Beauty*

Cover photo: Lisa, Russia

Suggested reading for ages 16 and up.

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