

EVE

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HEAVEN

I went to Heaven to bring back my baby



From Amy (of Martin), Argentina

In March 1982, I was 22 years old and pregnant with my 4th baby. When I reached the fifth month I started to wonder if something was wrong with the baby; I couldn't feel any movement. Days passed and nothing changed. So one night I prayed desperately, asking the Lord to help my baby to move, to let me know that everything was okay. Then I fell asleep.

Next thing I knew, I could see my body lying on my bed. I started flying through

a dark tunnel. At the end of the tunnel was a garden full of flowers, birds, babies and children. It was beautiful—like a big nursery. I was not allowed to stay there, but I was supposed to pick up my baby and then continue my trip.

I noticed a blonde two-year-old little guy, totally naked, sitting beside a beautiful, gigantic flower. I saw him and knew right away that he was "my baby." I picked him up

and flew back through the tunnel again. Then I woke up.

Right after that my baby started jumping, moving and kicking in my tummy. It was such a sweet experience. I praised the Lord for His mercy! He heard and answered my prayer. So if you are having trials about your pregnancy, talk to Him. He has His Own original ways of answering your wholehearted prayers!

From Esther L., Kazakhstan

After carrying all the heavy things during our move, I got really sick and felt like something was wrong with my womb. I got all worried and started imagining the worst. After the Home prayed for me I was healed the next day, even though I was still weak and spent the day in bed. After such a busy time my mind was occupied with all of the things to be done, and I hadn't been spending enough time with the Lord. He knew what to do to get me praying and spending time with Him. PTL!

Why some foods aren't safe during pregnancy

Dad: God bless all you wonderful women and your precious, straight-from-Heaven cargo! Take this article as a good check and reminder, but don't let it get you fearful or worried, wondering or analyzing any little time in the past you might have slipped and unconsciously done something you now fear might harm your baby. Remember, with this and everything, you do what you can and then just trust the Lord for what you can't. He's the One Who's in control of all of our lives, and if you follow Him as best you're able, doing those things you know you're supposed to do and what He shows you day by day, then He will make up the rest and deliver the final product to you in just His way, just His time. So be careful, be prayerful, but most of all trust Him. Then relax and have faith, knowing He's got you in the hollow of His hand.

Babycenter

Foods such as soft cheeses and processed meats can harbor the bacteria *listeria* and the parasite *toxoplasma gondii*, both of which can cause miscarriage and birth defects. *Listeria* gets into food that is processed or packaged in unsanitary conditions and is most often found in

soft cheeses, unpasteurized milk products, and ready-to-eat or undercooked meat, poultry or seafood. It can even grow in refrigerated foods. *Listeria* infection causes mild to severe flu-like symptoms. Although the infection can be treated with antibiotics, a pregnant woman can pass the

bacteria on to her fetus.

You can get toxoplasmosis from an infected cat's kitty litter, or by eating undercooked meat and poultry or unwashed fruits and vegetables. You may notice only mild flu-like symptoms—or none at all. Eating contaminated meats and unwashed fruits and vegetables sickens about 112,500 Americans

and kills about 375 each year. Of most concern to pregnant women is congenital toxoplasmosis, where the parasite is transmitted from the pregnant woman to her fetus.

Always wash fruits and vegetables thoroughly, and have someone else change your cat's litter box (or wear gloves if you have to do it). ■

Don't eat the following foods (whether pre-cooked or not) unless they've been thoroughly heated or re-heated:

- Cold ready-to-eat meats (hot dogs, sausage, ham, bologna, etc.)
- Cold ready-to-eat seafood products (smoked salmon, etc.)
- Cold leftovers of all types

If you're pregnant, play it safe and stay away from the following foods:

- Soft cheeses (Mexican-style, blue-veined, feta, Brie, and Camembert)
- Unpasteurized asiago, gorgonzola, havarti, and Muenster cheese
- Raw eggs, raw shellfish, rare meat and poultry

EXERCISE

The expectant exerciser

Exercise during pregnancy offers many physical and emotional benefits. For example, a good exercise program may help relieve some of the common problems associated with pregnancy, such as excessive weight gain, swelling of your hands and feet, leg cramps, varicose veins, insomnia, fatigue and constipation.

You also can look forward to improved posture and circulation, reduced back-

aches, pelvic and rectal pressure and increased energy levels if you follow a well-designed exercise program while you're pregnant. And you'll feel better knowing you're doing something good for yourself, which is, of course, good for your baby.

Pregnant women can participate in low-impact aerobic activity. But don't push it; if you're feeling exhausted, don't try to exercise. Walking is one of the best aerobic activities

and, as long as your doctor says you can exercise [or as long as the Lord gives the go-ahead] and you're comfortable, do it. Just be sure to first take the time to gradually warm up, and don't forget to gently stretch before and after your aerobic session.

The buoyancy effect of water may increase your comfort by supporting your weight and reducing any feelings of clumsiness or lack of balance. Swimming and other water exercises place muscles in a relaxed, non-weight-bearing position, providing relief to those who are carrying more pressure and stress as a result of pregnancy.

Exercise during pregnancy should take into account the changes you're experiencing—new body alignment, different posture and reduced strength and

endurance. Your program should begin with a series of warm-up exercises and mild stretches that concentrate on hip, neck and shoulder movement and lower back flexibility. Any abdominal exercises should be modified to reduce strain. Because of the risks associated with exercising on your back, your side is a good position for floor exercises.

If you experience any of the following symptoms, stop exercising and call your physician:

- ◆ increased uterine contractions
- ◆ vaginal bleeding
- ◆ amniotic fluid leakage
- ◆ dizziness or faintness
- ◆ shortness of breath
- ◆ palpitations
- ◆ persistent nausea or vomiting
- ◆ back or hip pain
- ◆ difficulty walking
- ◆ general swelling or edema
- ◆ numbness anywhere in your body

PREGNANCY TRIVIA

- ◆ **The first system to function in your developing baby is its cardiovascular system (heart and blood vessels). Your baby's heart was beating before your period was one week late.**
- ◆ **The hardest substance in your baby's body is tooth enamel.**
- ◆ **Skin facts: The baby's skin will contain more than 500,000 hair follicles at birth; they begin forming during the sixth month. Additionally, each square inch of the baby's skin will ultimately contain 700 sweat glands, 100 oil-bearing glands and 21,000 cells that are sensitive to heat.**

What effect does exercise have on your delivery?

By Dr. Koger

There's a lot to be said for the connection between exercise and how well your delivery goes. This is not to say that if you exercise faithfully during your pregnancy there's no way you're going to have complications or a difficult labor, because of course there are many other factors that also play a part in the equation. However, by keeping your body in peak shape with regular, moderate, appropriate

exercise, you are preparing it for the strenuous time it will need to go through in the birth—ensuring that your stamina and strength will be up to par, that your muscles are strong and supple, your body able to relax and contract as needed, your heart strong and your energy level high. All these things are crucial at that final time that you've been building towards for nine months.

So don't neglect it. It's a tough call to keep going at it day after day, when your body feels so heavy and you're so tired you can hardly walk around, much less think of exercising. But even if you just get out for a short walk every day, keep your body moving, and most of all ask the Lord how He can help you keep prepared and get physically ready for this very important time to come.—You'll see how it's worth it, and you'll be glad you did.

Tips for exercising during pregnancy

Excerpts of the book "Mom to Mom"

Two great exercises that benefit the entire body are swimming and walking. Prior to my pregnancy, walking had been my favorite form of exercise. I had also heard that for pregnancy well-being and preparation for delivery, regular walking at a good pace for one's current state of pregnancy was a great way to increase the chances of having a faster, easier delivery. Walking may or may not have had anything to do with it, but I did have a fast, relatively easy delivery!

- 1 Drink plenty of fluids before, after, and if necessary during exercise.
- 2 Avoid exercise during hot, humid weather, or when feverish.
- 3 Keep your heart rate between 130 and 140 beats per minute.
- 4 Do not exercise *strenuously* for longer than 15 minutes at any one session.
- 5 Avoid any exercise that is performed lying on the back after the completion of the fourth month.
- 6 Avoid jerky, bouncy movements, as well as either deep flexion or extension of the joints.
- 7 Include five-minute warm-up and cool-down periods in your exercise routine.
- 8 Exercise regularly—at least three times a week—rather than sporadically. ■

From Heaven's Doors

An exercise in faith—and a wonderful testimonial

From Davida (25, of DJJ), Ukraine

We had to change fields around the time I was due, moving to Ukraine, and I was trembling at the thought that I might not find a good place to have my baby. Most of all I was scared that my husband wouldn't be able to be with me; he had legal work coming up, plus I didn't know if any of the hospitals would let him in.

I was very desperate about the situation ahead of me. The Lord spoke to me and told me time and again not to worry. He said He would do everything according to my wishes, not according to my faith—as my faith was so little. But He said that through the miracles He'd do for me, my faith would grow. He promised that He'd never let me down and that if He didn't care for His Own He's worse than an infidel.

Things began to roll. I wrote a midwife friend from the US who had helped with my first birth. She had participated in a few natural delivery programs in the CIS, so I asked her if she knew any hospitals in Ukraine that practiced natural deliveries. To my surprise, she wrote to me about a program in the very town I was moving

to! She gave me the names of the best doctors, and arranged for me to meet them as soon as I got to the town.

My husband left for Russia to renew his passport. The Lord worked out his other potential legal obligations, and he was back in time to be at the birth. Meanwhile here, in Ukraine, the Lord was working miracles for me to find the best doctor for my delivery. His unending love never fails, and He gave me a beautiful baby after just four hours of real labor, with no complications. God bless dear Mary and my husband for helping me through the contractions. It really makes a difference when you have somebody with you.

There was a time during my labor when I had no more patience to wait for the baby to come out, and when it was very hard for me to cope with the contractions. I told the Lord, "You said You'd do everything according to my wishes!" Then I heard His voice: "You didn't tell me what to do!" Then I realized He was there all the time, just waiting for me to tell

Him what to do.

As soon as I told Him that I just wanted my baby out, with the next contraction I had to push. Two more contractions and little Larisa was out. What a miracle! The Lord really takes us at our word! What a lesson on exercising my faith. I wonder how many times He's right there to help us and we



just fail to simply tell Him what to do? How many times we go through problems and pain and yet forget to ask Him to deliver us from it? We try to be brave soldiers, but He doesn't always ask us to be brave. He asks us to call on Him for help. Many times He calls us brave not because *we* were brave, but because we ask for His help. His strength is manifested through our weakness. PTL!

Multiple obstacles overcome through prayer

From Victoria, Australia

I had quite a few problems in my pregnancy, from migraine headaches to food poisoning, thrush infections, and later on the flu and laryngitis just before the baby was due. I had to have eight ultrasounds, as the placenta was low and they kept checking it in case I would need a caesarean. On top of that, the baby was breech till about two weeks before she was born! And finally, she was overdue a week, and before her birth I didn't sleep for two nights so I was getting pretty weak.

It all seemed just too much, and we were getting so desperate. But all these obstacles were overcome by His strength and power in spite of how very weak I felt, and we had a very nice experience giving birth to a very large baby girl, 4.8 kg—our dear Tanya. All I can say is glory to God! He did a miracle in answering prayer. He brought a victory out of seeming defeat, and we are so very thankful. PTL!

The rearranging power of prayer

From Mina (17, of Mike), Japan

I had two complications in my pregnancy. I had placenta previa, and my baby was breech. Both the doctor and midwife I was seeing said I would have to have a caesarian birth if the placenta did not move back up. The midwife

also said she would not take me if the baby did not turn, and that it is very hard to find a doctor that will let you have a natural delivery when the baby is breech. Miraculously, my placenta moved back up and the midwife was able to turn the baby around from its breech position! TTL!

Specific prayer answers every call

From Shadrach and Amada, USA

Amada (of Shad) gave birth to twin girls: Ashley and Nicole! It was literally one miracle after another as there were the beginnings of several different complications, but as each one started we had desperate prayer and the Lord answered—sometimes in the most amazing ways!

We had prayed like a house afire for everything to go smoothly before and during the delivery, but after the delivery Amada started bleeding badly and they said they might have to take out her uterus. We prayed desperately and the bleeding immediately started to slow down. Then they were talking about giving her a transfusion due to the blood loss, as her blood tests showed her to be severely anemic. We prayed desperately again and the next blood test came back so close to normal that the doctor didn't believe the results and scheduled another test.

Later they said that she



could go home, but the babies should stay as they were a little underweight and one had a light case of jaundice. We prayed again, and a day later Hurricane Floyd was coming close to Miami so they discharged her and the twins together as the hospital began their hurricane prep.

However when we got home, the hurricane (one of the largest of the century) was headed straight towards us, and we were under a hurricane warning to evacuate! We prayed and asked for united prayer through the ABM, and the next morning the news showed that the hurricane had turned north and away from us. One of the weathermen said in his report that although all of south Florida was getting some rain squalls and winds, Miami seemed to be protected by an "invisible wall." We didn't even get any rain for the whole day! The Lord was simply amazing. ■

Pregnancy and post-baby hair

American Baby magazine

Q: My hair seems to be growing more quickly than usual. What's going on?

P: Hair *does* grow faster during pregnancy. Doctors trace this phenomenon to two things: the surge in estrogen and other hormones women experience during pregnancy, and the fact that many moms-to-be take prenatal vitamins and eat a more balanced diet in general. When your body has the nutrients it needs, hair follicles are healthier and produce hair a lot faster. It's true even when you're not pregnant.



an there be anything more beautiful than the woman that carries life within her, whom You are using to bring more humans into the world? Inside that fragile vessel You are slowly fashioning another vessel with Your deft potter's hand (You, Who formed man out of Earth), taking the time that is needed to create a masterpiece.

Throughout those nine months You shape a perfect sculpture, not with blows of hammer and chisel, but through the caresses and touch of Your master hand. It's like a tender shoot that we water daily with our prayers until the day it blossoms. It's a hidden treasure, like the precious metals concealed under the Earth's crust.

It's a mystery beyond words, more than a biological process. It's poetry becoming flesh. It's an unending miracle, a touch from Beyond. It's a tapestry that You weave with threads of affection and strands of tenderness. It's a surprise that You keep for us, and You take all that time in order for our expectation to increase day by day until You uncover the surprise and show it to us. Then we realize it was worth the wait, and the end result far exceeds what we anticipated.

—Ezekiel, SPALIM

Q: I just had my baby and my hair is falling out in clumps. Am I losing my hair—or my mind?

P: Everyone's hair goes through growing and resting phases. During pregnancy the growing phase increases and the resting phase decreases—meaning you lose less hair in proportion to how much is growing. After baby the ratio of growing to resting hair swings in the opposite direction. Now you're losing more hair, and less of it is growing back. Don't worry, though. Within 6 to 12 months of delivery, the whole balance of your hair's resting and growing phase will go back to normal.

Foot Care

Compiled from the books "Absolute Beauty" and "Natural Beauty."

Tips for beautiful feet:

- ◆ Keep feet clean, but do not suppress foot perspiration by using antiperspirant powders.
- ◆ Do not wear tight shoes or very high heels.
- ◆ Try putting raw green peas in the bottom of your socks and walk around for 5-10 minutes to give yourself a mini-massage.
- ◆ Roll each bare foot over a tennis ball or rolling pin while sitting, to strengthen foot muscles and increase flexibility in joints.
- ◆ Before bedtime try a 5-10 minute foot soak in warm water + 2 tsp salt, followed by a foot massage with olive or sesame oil.
- ◆ Simple booster for tired legs and feet: Lie down with your feet above your head for ten minutes. Then, with a light coating of oil on your hands, gently massage each leg in turn with continual movements from ankle to knee.
- ◆ Corns form as a protection against tight shoes or constant rubbing, so in addition to treating the corn, try to sort out the cause. Small corns can usually be dealt with by using a pumice stone when you have a bath (or foot bath). You can also try the garlic treatment. Rub the corn with a cut clove of garlic, then take one sliver of garlic and secure it onto the corn with a plaster or bandage. Replace it daily until the corn disappears. (Another remedy to try: Soak cotton in fresh pineapple or lemon juice and apply as a bandage to dissolve corns.)
- ◆ If you suffer from smelly feet, take a foot bath with deodorizing herbs such as basil or loveage, and dry and powder your feet well afterwards.

Regular foot care is important, not only because it reduces the chance of developing problems that could limit mobility, but also because the feet are connected by the body's subtle energy channels to all body organs, including the brain. Consequently, when the feet are tired, so is the mind and body. Beautiful, healthy feet are literally the foundation of physical grace and stamina.

Need a two-minute mood boost? Take a few uninterrupted minutes to stretch twice a day. When you stretch, receptors in your muscles instantly inform your nervous system about your body's level of tension. As you unwind those muscles, blood vessels dilate, blood flow increases, and you feel more alert. Slowing your breathing inspires calmness and helps ease mental stress as well. (*Eve: As you lift up your hands to Heaven—praise Him!*)

Parents magazine

Where Germs Hide

Here are some hidden places bacteria and viruses linger:

Redbook

◆ *In the bathroom:* Ditch the communal cup to avoid transferring cold and flu bugs from one mouth to another. *(Eve: Also remember to keep your hand towels clean by washing and changing them regularly. Dirty, damp towels are fertile ground for viruses and bacteria.)*

◆ *In the kids' rooms:* Watch the play food and tea sets—and any other toy children are likely to dribble on. One study found that plastic food toys tend to be

slobbered on and passed back and forth more, increasing the risk that something nasty will get transmitted from one child to another. *(Eve: Toys should be washed regularly for hygiene's sake, and more frequently when groups of children play with them often, or when a sickness is going around.)*

◆ *In the living room:* Avoid "party bowls." Communal platters of chips and carrot sticks increase the odds of catching a bug deposited by others' fingers each time they dive in. *(Eve: This does not necessarily mean serving bowls, but the type of general dishes where people touch the food while taking a portion, eat and come back for more. In general, in those cases it's best for people to serve themselves their portion into a smaller bowl, using a utensil, then come back for more when they are done with that.)*

◆ *In the kitchen:* Setting out food for others? Keep your hands away from your mouth and nose, so you won't spread any bugs you might be carrying.

◆ *In a tissue:* Every time you touch another person's used tissue, you're at risk of becoming infected. Similarly, when you touch your own used stash (like the one you've stuffed in your pocket or purse), you increase the likelihood of spreading the virus to others. Stock each room with waste cans. (And if you do need to touch a used tissue, wash your hands well afterwards with soap and water!)

◆ *In a handshake:* When you touch the hands or any other surface that's been sprinkled with an infected person's sneeze, you can transfer the virus or bacteria to yourself. So wash your hands before you place food in your mouth or rub your nose or eyes.

Tip for long life

Prevention magazine

Is there a secret to living a very long, healthy life? To search for clues, a new study in Italy looked at a group of 22 centenarians—average age 103 and no signs of disease—to see what set them apart from younger people. One amazing finding: The centenarians ate more than twice as many vegetables as their counterparts. No doubt good genes also helped them stay healthy. But this study suggests just how powerful veggies really are in maintaining your body in top form.

On alcohol consumption

The Charter

Only one of the following are permitted as a weekly maximum alcohol limit for members over the age of 18, where legally permitted:

1. 12 ounces or 37.5 cl of wine. (or)
2. 8 ounces or 25 cl of sherry, port or vermouth or other drinks that are not more than 20% alcohol. (or)
3. 28 ounces or 84 cl of beer containing not over 6% alcohol.

Some do's and don'ts...

◆ *Don't ever drink if you are an alcoholic.* There is absolutely no degree of alcohol that you can safely drink. Ever.

◆ *Don't drink and drive.* Even one glass of wine can impair your visual acuity, coordination and judgment. Guesses about how much alcohol is "safe" for each individual are too uncertain and the stakes are too high to take chances. Pick a designated driver instead.

◆ *Do make sure you eat before you go to a party.* Rest, too. The better physical shape you are in before you drink, the more effectively your body will metabolize and handle the alcohol. Do eat while you drink. Nibble on hors d'oeuvres or take the time to sit down to a proper meal. Head for the buffet before you head for the drinks. Alcohol leaches potassium from your body, so you could drink some fruit or tomato juice or eat a banana afterwards. Water will also help fight alcohol's dehydrating qualities.

◆ *Don't give alcohol to children or have it within their reach.* Children and young teenagers have immature livers, which cannot safely process alcohol. It's also unwise to get kids used to the taste and the very idea of drinking at too early an age. After a party, put away leftover drinks before you go to sleep so that curious children don't help themselves the next morning.

Some little-known facts on...

Alcohol

◆ *Drinking and swimming can be as fatal as drinking and driving.* Alcohol was thought to be a factor in about 50% of drownings of men aged 18 to 35 last year, and 30% of adult drownings in Victoria (Australia) in 1996 involved alcohol.

◆ *A small amount of alcohol boosts a woman's sex drive.* We all know alcohol diminishes our inhibitions, but it also raises the levels of testosterone in a woman's body. Men don't have exclusive rights to this hormone, which is also made in the ovaries and helps power a woman's sex drive. The effect seems to be higher during ovulation, but (sorry, guys) alcohol doesn't raise testosterone levels in men. However, too much alcohol makes it harder for women to have orgasms.

◆ *Alcohol could make you healthier in old age.* A NSW study

of 3600 people found moderate wine drinking reduced cataract risk by 50%, compared with a reduced risk of 20% for beer and spirits drinkers. And a study by French scientists shows moderate wine drinking might prevent Alzheimer's disease.

◆ *Alcohol is a carcinogen.* We hear lots of good news about alcohol and heart health—red wine can prevent blood clotting, and all types of alcohol in moderation increase levels of "good" HDL cholesterol. But alcohol is also a factor in some cancers, including cancer of the bowel, lung, esophagus and pancreas. Breast cancer is also linked to alcohol: Having two to four drinks a day (an amount some consider hazardous) raises a woman's risk of breast cancer to one in 12. (Compiled from articles in AP and The Age Melbourne.) ■

The Ultimate Counselor

Your relationship questions, answered by Jesus

Question:

I have been on the teamwork of our Home for a couple years now. Because I am a young wife, there are things that I do sometimes that unintentionally give my mate a trial. I'm sure there are tons of mommies and wives who have lots of other responsibilities who would have some good tips or lessons learned over the years on how to keep your husband happy and find a good balance between keeping up with your responsibilities and also taking care of your mate and kids. For example, after you've been in a meeting that your husband wasn't present for, how do you make it easy for him? What would be some loving things to say? *—From an SGA wife*

Answer:

Here are some tips which you might find helpful:

1 *One:* Always remember to walk a mile in your mate's shoes. Put yourself in his or her place, and that will help you to know what to say or not say, what to do or not do, how to act or not act. You're bound to make some mistakes every now and then, but if you're practicing "do unto your mate as you'd have him or her do unto you," then things will go much more smoothly and the mistakes and blow-its and misunderstandings will be more few and far between.

2 *Two:* Show outgoing love and concern for your mate, even if you're busy. It doesn't always matter how much time you invest, as long as it's quality time. If you're very busy, make your moments together with your mate and/or children really count and make a difference.

3 *Three:* Make an effort to show your love and express your appreciation, even when on the go. If you're on your way out the door, going to a meeting, or doing business, and you don't have much time, try and be cheerful and say at least a word or two of love and appreciation to your mate who has to stay home. He or she is likely feeling a little left out, so every bit of love will go a long way.

4 *Four:* Be affectionate. Take time to hug and kiss and show your love in this way. It takes humility to be affectionate, and shows your mate that he or she is special and important to you. Affection puts you on the same level as your mate, because it humbles you.

Five: If you're on the teamwork or have responsibilities that are different than those of your mate, try not to talk about the things that he or she doesn't get to partake of. Even if you had an extremely inspiring meeting, but know that your mate felt left out not being there too, downplay it for his or her sake. Don't even dwell on it if you don't have to. Instead, be sincerely interested in your mate and what he or she did. Listen to your mate's inspiring activities for the day. Be an active listener.

Six: And last but not least, hear from Me in prophecy. You can receive My detailed instruction to you about your relationship at regular intervals. But while on the go you can also receive My words on the spot. It needn't be a big deal. When coming out of a meeting, take a moment to shoot up a quick prayer to Me, asking if there's anything special you can do to make your mate feel loved. When your mate has missed out on something fun or special that you got to do, ask Me how to show him or her your love and appreciation. I'll give you a short message, even just a few words, that will make a world of difference.

Tips *from another SGA wife*

It's tough to be a woman in a position of authority or responsibility—say home teamworker or department overseer—when your husband isn't involved alongside you. When it's time for a meeting and you have to (as gracefully as is possible) excuse yourself, you can sometimes feel like you're leaving him in the lurch.

As a home teamworker or shepherdess, there are things that your mate won't always know about, and some things you're responsible to keep private or to only counsel about with your fellow teamworkers. So how do you help your dear husband or boyfriend feel as included as possible? The dreadful and to-be-avoided-at-all-costs feeling is that you are somehow above him, more important than him because you have classified "information" or are more "in the know."

Sometimes you just can't help it; there's nothing you can do about it. Both him and you know that not everything—information wise—can be shared equally, and that's something that each couple has to deal with and accept. But I've found a few helpful tips on my side to make it easier for my sweet one, the main one being to be extra loving, humble and helpful toward him personally.

Prior to going to a meeting or anything potentially sensitive, be affectionate, tender, and do what you can to make sure that he has all he needs. When you come back, do the same. Remember that whatever your position or responsibility may be, the Lord expects you to be a wife, and a loving one. That means being sacrificial, a servant to your husband, to provide his needs, and to be a Bible woman. When you're with others, you may be a shepherdess or an overseer, but when you're with him, you're his wife. Don't forget it.

Physical gestures of love, like bringing him a drink, taking a moment to hug and kiss him, listening to his day—anything that shows him that you care for him, admire him, respect him, and that he has your full attention—softens the awkwardness and even the hurt that he may be feeling. The Enemy loves to attack in this way, and your extra love can help to combat this. ■

Readers, please write in with any additional tips, thoughts or testimonies on this subject. Thanks!

Choosing to Trust my birth control victory

The biggest battle I faced this month was making the decision about birth control. Since my first child had serious health problems (then went to be with the Lord because of them), and my second baby had a brain cyst and had to have an operation, the doctors told me there's a good chance of my third child having some problem too if I get pregnant too soon. During the last year I was pregnant three times: I had a baby at the beginning of the year, got pregnant a

From Joanne W. (of Richard), Holland

So it was a bit overwhelming to think that there might be more problems coming if I get pregnant too soon. Since my body might not have enough time to fix itself from the ordeal, it might be another cesarean, plus

got convinced that this time there was no way around it. Although I have never used a thing and so far the Lord has taken care of me just great, I started to think that maybe this time it was different and I didn't

“**In the eyes of the System I look nuts, but what do I care? Trusting the Lord feels great!**”

I would have a little kid to take care of with not a soul around during the day, since my husband and his sister are both out fundraising during office hours. (I can manage by myself with one baby. But having two is very different, especially having to take care of my little one when I'd be really pregnant.)

Well, since the doctors were bringing all these "health reasons" to my attention, I basically

have faith to just trust. So I went to the drugstore and got a pill (at least it was free and I didn't have to pay for it!). But all this time since I'd started to think that I would actually use it, I felt like a huge weight was placed on my shoulders (by myself!). I was still going back and forth in my mind with this "take-or-don't-take" thing.

After I read the description of the side effects that could result from using the



Doctor a pair of regular dice with tiny stickers: one to feature suggestive actions (kiss, lick, squeeze, etc.), and the other with your favorite body parts.

month later, had a miscarriage, the next month got PG with my second child, and the last delivery ended up in cesarean.

pill, including migraine headaches, breast cancer, trombooses and having to stop nursing, I started to think that maybe what I really didn't have the faith for was taking that

favorite sun sign!— And He said it will be a girl!) But there was a condition to it: He said I had to get those pills and throw them down the drain now, so that I wouldn't get tempted to use them, and I was to destroy the prescription as well.

but so what?! At least since I trust Him for this pregnancy, I will be able to trust Him for the delivery also. Since He got me through it twice, I'm pretty sure He can do it again: either by making it natural in spite of all the doctors told me, or by helping me to have a quick recovery like this time, should it have to be a cesarean.

SEXY spicer

Sexy scrabble: The sexier the word, the higher the points. Better yet, spell out what's in store for him when the game is over.

Amazingly enough, after I did that I felt so much better! Besides the peace I felt knowing that "the Lord promised and so it shall be," I was also happy with the knowledge that there are no side effects to trusting the Lord, ha!—Well, maybe He will change His mind; maybe I will get pregnant before the time He has promised,

I guess in the eyes of the System I look nuts, but what do I care? Trusting the Lord feels great! And at least I know that when I get to Heaven I won't have to face one of my little ones and answer her question of "Why didn't you want me, Mommy?" ■

pill, ha! Even though everybody kept telling me that it was safe and all, even if I do get pregnant without knowing it and keep taking the pill.—Yet at the same time there was a warning on the package "Never take if pregnant!" So why was that warning there if it was supposed to be so safe?!

After praying desperately and pouring out my heart to the Lord, I got His promise that I won't get pregnant for the next 26 months—more than I was even asking or hoping for! (That also means that the next baby I would have would be of my

JESUS speaking

My little one, great is your faith, and great is your testimony which rings out so pure and true to so many. This is the faith that I love, the faith that I cherish, the faith that I can never disappoint or let down. This, My bride, who loves Me so and has given herself to Me so completely, is willing to stake her very own body and life and health on this faith. This one do I highly honor and commend unto all the world. So will I do this and more for her, My love, whom I love and cherish.

Can "middle-age spread" be shed?

By Carol Krucoff, Washington Post

For most people, widening waistlines are an all-too-obvious fact of midlife. The average American experiences a 10- to 15-pound weight gain during middle age. Commonly known as "middle-age spread," this girth gain typically occurs between ages 40 and 60, and contributes to obesity-related health problems. While most people try to battle the bulge by dieting, the long-term success rate of this method is quite

poor. Regular exercise may be associated with better long-term weight control than dieting alone.

Many experts contend that much of today's "middle-age spread" actually occurs because most people's activity levels decline dramatically with age, while their food consumption stays the same or even increases.

In addition, sedentary people begin to lose muscle in midlife, with a pretty clear drop-off in muscle mass around age 55. Since muscle is one of the body's most metabolically active tissues—acting like an "engine" to burn fuel—muscle loss has wide-ranging physiologic effects, including obesity, impaired glucose tolerance, declines in cardiovascular function, bone weakening and changes in the body's ability to regulate temperature.

Every pound of muscle we lose lowers our metabolic rate by between 35 and 50 calories per day, and every pound of muscle we gain raises our metabolic rate by between 35 to 50 calories per day. Research shows that basal metabolism slows down at the rate of 3 to 5 percent per decade for adults. This may be more closely related to our muscular conditioning than to our chronological age.

The best way to prevent substantial weight gain with age, experts say, is regular exercise. Even getting 30 minutes of moderate-intensity activity on most days of the week is enough to significantly minimize age-related weight gain. This amount of exercise may not be enough to lose much—if any—weight, however. Activity of longer duration or higher intensity would likely be needed to shed a substantial number of pounds.

Increasing evidence suggests that regular physical activity may be useful in minimizing age-related weight gain or reducing the risk of substantial weight gain, rather than in actually

Dad speaking:

Amen, preach it! That's what I've always said—I'd rather have 200 pounds of curves than 100 pounds of nerves. You women are gorgeous, and you shine with the beauty of the Lord. That's the key! As long as you're doing what you can and getting regular exercise, eating right and resting right and loving the Lord, then you can accept the changes that come in your body gracefully. You can't expect to have the body of a teenager clear into middle age—it's just not natural, and it's not the way the Lord made it. And why would you want to, anyway? I think the fuller, more womanly form is even more tremendously appealing, and has a lot going for it. So go for it, women!—You're the apple of my eye!

promoting weight loss. These reductions in weight gain may seem small, but when you multiply them over the decades of middle age, they accumulate into a net savings that is quite meaningful. It's like putting a penny into a bank every day. It's just a penny, but over 10 years it adds up.

Simply maintaining a given level of fitness doesn't appear to be enough to ward off a slow increase in body weight through middle age. Studies suggest that increasing amounts of physical activity may be necessary to effectively maintain a constant body weight with increasing age. Research has shown that even people who

run daily may add some weight in midlife. While physical activity favorably affects body composition—by burning fat and preserving lean mass—other factors also play a role in body weight, including heredity, hormones and food consumption.

The question to ask is, how important is it to maintain a constant body weight with increased age if you're healthy? As a culture we're obsessed with not gaining weight. But if you're a normal weight and otherwise healthy, is a 5- or even 10-pound weight gain in midlife really all that bad?

Delivered through menopause

From Gabriella, Austria

I have received healing from my menopause symptoms in a different way than I expected; that turned out to be the most important way. The Lord helped me to change my *attitude* toward my menopause afflictions, as well as toward my eye problems. I decided to quit talking—or rather I should say *complaining*—about both of these afflictions. I didn't realize it, but my groanings were causing me more trouble than the actual afflictions!

So a couple of weeks ago I told Mihai, "I'm not going to use the 'm' word anymore! (For clarity, I'll say it only once here: menopause.) I'm going to stop talking about how 'I'm dying from hot flashes,' 'I can't sleep,' 'my nervousness,' etc. etc. ad infinitum." Add to all that also not being able to see clearly due to my problem with "floaters" in my eyes, it seemed like I was falling apart in every aspect of the word.

As the quote says, "Words are real things," and I decided to stop giving place to them. And when I did ... I suddenly realized after a few days, I wasn't having as much trouble with these things! Some of the "m" symptoms disappeared

entirely. I got a new twist on that well-known verse: "Gripings and groanings which *shouldn't* be uttered."

Jesus speaking:

Praise is the voice of faith! When you praise Me, even when you're feeling uncomfortable or sick or miserable, that shows you have faith in Me and you know that I'll pull you through. When you have an attitude of faith and you use your voice and your heart to praise Me, then I am moved to work on your behalf to cleanse your life of the problems and minimize the difficulties and nagging afflictions. Praising Me shows that you have faith in Me—faith that I will heal, I will give grace, I will strengthen you and uplift you and hold you in your times of sorrow and pain and discomfort. I delight to answer you and comfort you and give you great peace when you cast all of your cares upon Me through praising Me and trusting Me.

Baking with meaning

From Joanna
(of Andrew), England

I have developed a hobby since my first few kids have started reaching their teens; I call it "baking with meaning." The idea is to provide healthy sweets they can eat without having to go to the System for them. Also, I always thought a baking mother makes a home more inviting to the weary litnesser. And the Lord seems to have allowed a few passing litnessers to become part of our family!

It's been fun over the years to collect recipes and try them out, alter them if necessary, and present special loved ones with their favorite on their birthday or for a party. Well, time passing adds a few interesting new factors into the equation of our health, and it can be a little more of a challenge of have your cake and eat it too, so to speak. The very least of these is the dreaded "middle-age spread," but other far more nasty ones include diabetes and high blood pressure.

I really love baking for people, and when yet

another precious brother explained in a cheerful tone that he's not allowed any kind of fat, even oil, and that cocoa might as well go too, I knew something had to be done. Such a praising and yielded attitude just needed a miracle to respond to it. The Lord seemed to say, "If you see it needs to be done, do it, girlie! I'll help."

So the Lord and I pulled up our sleeves that day, and we had some fun in the kitchen. I'll tell you what we did later, but suffice it to say that it didn't just work this once because of this sweet brother's birthday. It worked again, and so his wife suggested to me that I send the recipe in. My YA daughter and most people who know about cooking are usually pretty taken back, at best, and more usually horrified at my funny ways in the kitchen, which is why I hesitated. But hey, it might help someone!

So here goes. In the *Activity Book IV* pg.N55, there's a recipe for Crockpot Chocolate

I've seen some cooks get in the kitchen and make wonders out of almost nothing, or with just the normal things you find at any time in most Homes. To name a few: **Precious** (South Africa), **Chilean Priscilla** (BRALIM), **Mary T.** (ABM in Brazil—great cakes!), **Priscilla** (of Josue Carpenter, Brazil—great desserts!), **Mary SGA** (of Isaac, USA). It'd be nice having some ideas or methods of our "own"! —From *Sara Sunshine* (of Jay P., SGAs), *Chile*

eve:

How about it, readers? We here in pubs-land would love to receive any and all such culinary contributions. Our editors try to sample various assorted goodies in their spare time, and print them for you, but we would love to hear from YOU! Do you have a special dish that everybody raves about when you prepare? Write in and share it with all!

Cake. After my alterations, you may rename it Crackpot Carob Cake. It also works with cocoa. I just have two bowls. I put the dry ingredients into one, measure the wet ones in the other, sift the dry into the wet, mix it well, and presto, into the oven it goes! It saves time and works just as well for me, but if you prefer to do it the proper way, I won't blame you.

I tried it once replacing the margarine with oil, another time with half oil and half orange juice, and finally—yes, with only orange juice. The Lord blessed it the same and it worked great! Also I use a little less sugar and add a spoonful of molasses to enhance the flavor.

Crackpot Carob Cake

So you put in one bowl ...

- 3 ½ c. whole meal flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- 1 tsp. salt
- 2/3 c. carob
- 1 c. (or a bit less) raw sugar

Then in another big bowl, crack:

- 4 eggs

Add:

- 1 c. orange juice
- 1 ½ c. skimmed milk
- 2/3 c. water
- 1 tsp. vanilla
- Plus 1 tbsp. molasses too, if you're a molasses freak.

Mix it well. Then sift the dry into the wet and mix it well, add a good cup of raisins, pour it all in a big square baking dish and bake it for . . . well, I don't know how long, I just check it when it starts smelling good, but a clean knife should stay clean after you poke the cake in the middle with it if it's done. I iced it recently with a mixture of 1 oz. carob, 4 tbsp. boiling water and some raw sugar to taste.



Quick Lemon Cheesecake

Here's another recipe that is my favorite:

Use good muesli to line a round tin. You can add some crumbled biscuit or a weetabix if you like.

For the filling, pour 6 oz. boiling water and whisk in a sugarless lemon jelly, the juice of ½ a lemon, and 7 oz low fat fromage frais.

Then sieve a pound of cottage cheese (low fat if desired) or tofu, by pressing it through a sieve with the back of a big metal spoon. Mix the lot and pour over your muesli base. Chill. With the tofu, it's best to leave it a couple of days before eating.

Serve topped with sugarless jam or homemade marmalade.



Question:

I am naturally quite a thin person, but I have a problem with cellulite on my thighs. I would like to know how to get rid of it. How can I go about this? What exercises should I do and what foods do I have to stay away from?

—From *L.M.C (21)*, *Europe*

Answer:

Here is some interesting information on the subject, as well as some exercises to try, which we pray will be a help to you.

Dad speaking:

Of course it's natural to be concerned about your body, and the Lord can use this natural, inbuilt trait to help you put forth the effort to stay inspiring and attractive.— You're the Lord's love to others, so you should flaunt it. And it's always nice if there are some natural things you can do to help target any "problem areas" that can develop over the years.

But please don't take this counsel and advice to the extreme and start getting all concerned about every little dimple, pock-mark or "area of resistance." You're never going to have a completely perfect body, and guess what? I don't think the Lord would even want you to. Having little flaws and imperfections is

great for keeping you humble and showing that it's all the Lord.

So do what you can do to stay in shape and follow the Lord's natural health laws— and many of the ideas brought out in the following articles are just that—and then resolve to trust Him for the way He's made your body. Be proud of the way He's made you, because the way He's designed you is the way He likes you best!

What is cellulite, and can I give it back?

By S.P. Bragg, Web article reprint (Excerpts added from Wellness Online)

Cellulite is that dimpling skin that has the texture of orange peel; slim women can have it too. It is an accumulation of fat, fluid and toxins trapped into a hardened network of elastin and collagen

fibers in the deeper levels of your skin. Made up of accumulated wastes that cling together, it occurs because your liver and circulatory system are too sluggish to adequately filter toxins out of the cells.

Cellulite is hard to remove because there is very poor circulation in this part of the body. When it comes to inner cleansing, it is one of the last locations to release its trash.

About 95% of women say they have some degree of cellulite, either on their thighs, bottom or even tummy. It is caused by poor diet, stress and lack of exercise, and heredity.

Hormones seem to be a factor also, because men don't get cellulite. There are no miracle cures, but here are some things that can help.

It will take at least 4-6 weeks before you see any results, so don't expect to see results on the first day. Also don't expect to see 100% of it disappear, but you can improve things to a great degree.



⇒ Boost your circulation to the area by using a soft brush, washcloth or loofah sponge to massage the area for five minutes or so every day.

⇒ Increase your exercise and physical activity.

⇒ Avoid sugar, refined flour, caffeine, artificial foods—especially those containing chemicals, synthetics, preservatives, additives, and fatty foods. You can't eliminate current wastes when your body is busy dealing with new pollutants.

⇒ Augment your intake of fruit and raw veggies. Powerful enzymes found in raw fresh foods will work vigorously to dislodge and break up the clumps of fat-waste accumulations. These enzymes initiate a cleansing reaction that propels cellulite wastes right out of your eliminative channels.

⇒ Drink lots of water to cleanse your system and flush the toxins from your body cells.

⇒ Vitamin C intake has been recommended by cellulite researchers.

⇒ Swimming is great, as is walking and any stretching exercises.

Thigh toning and strengthening exercises

From "Living Better" Features

The benefits of strength training for hips and thighs are two-fold: (1) Your legs will look and feel more toned and shapely. (2) You will be stronger so that aerobic exercise, as well as daily physical activities, will be easier and more fun.

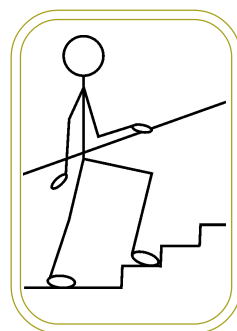
Strength training is a type of weight training that emphasizes low weights and high repetitions, as opposed to the "bulk-up" type of weightlifting. It helps to burn calories more effectively, enabling you to trim body fat. In addition, you'll burn more calories

during your aerobic workout and even when you're sleeping because you have more muscle, which is metabolically active.

Here are a few exercises to get you started. If you've done strength training before, hold some light dumbbells (or try soup cans or small water bottles) in each hand to increase the effort; if you're new to this, use no weight or very light weights until you get the form down. Form is more important than weights. Do the exercises slowly, and never lock your knees.

Step Up

You will need a stable staircase for this exercise. Stand close to the bottom stair and use the handrail for support with your head up, looking straight ahead.



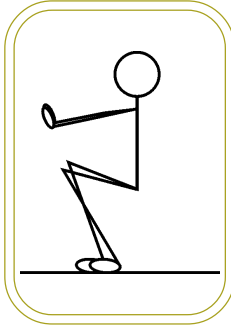
The move: Step completely onto the first stair with one foot. Keeping your weight supported on the front leg without letting your

knee come over your toes, bring the other leg up and tap the toes of the back leg on the step and then slowly return to starting position. Repeat while alternating the starting leg until you have completed eight on each leg (one set), rest for a couple of minutes and then repeat one to two more sets. ■

Squats

Stand sideways in front of a mirror and pretend you're going to sit in a chair. Your body weight should be centered over the middle to the backs of your feet. The knees shouldn't extend over the toe area.

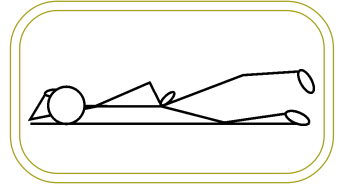
The move: Bend to about an 85 degree angle in the knees (about halfway down to the imaginary chair), then come back up. Do three sets of 10 each. ■



Hip Adduction & Abduction

Lie down on your side with (optional) ankle weights strapped on both ankles.

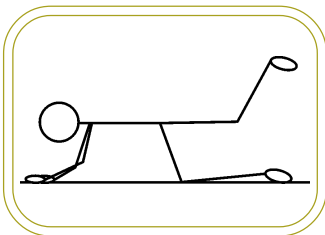
Raise top leg up slowly, about 45 to 50 degrees, and bring slowly down. Keep your body straight and your stomach tight. Do three sets of 15, depending on your fitness level and how much weight you're using. For the inner thigh, place right leg slightly behind the left leg, lift left leg off floor about four to five inches, bring back to floor slowly, do three sets of 15. Repeat on other side. ■



Prone Leg Curls

On the floor, kneel on all fours (strap an ankle weight on if desired).

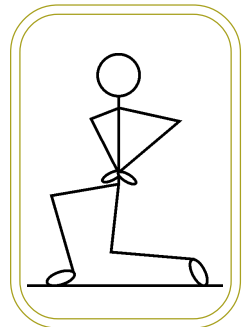
The move: Push one leg back, in a slow, controlled movement until you feel a contraction in the butt and your leg is parallel to the floor (do not arch your back). Do 20 repetitions on each side, two to three times. You may want to do fewer reps if the weight is heavier. ■



Stationary Lunges

Place one foot forward and your other foot behind you, about two to three feet apart; the back heel will be up most of the time.

The move: Bring your body straight down (not forward), and be aware of your front knee, which should stay over the ankle and never go over the toes. Go for an 85 to 90 degree angle for both front and back knee (this will be about halfway down to the floor; back knee should never touch floor). Raise yourself

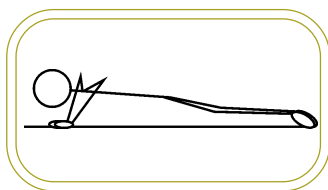


up and repeat. Keep the chest up, shoulders relaxed, and abs slightly tensed. Do 10 reps on one leg, then switch to the other; no rests in between. Repeat the set two more times. ■

Burpees

Jump down to the floor, do a push up, bring your legs back under the body in a leapfrog position, and jump up. Repeat up to 10 times, depending on your fitness level. When you throw the legs back and you're prone, this will cause a mild contraction in the butt and cause the abs, hips and lower back to contract. When you push yourself up to stand up, you're imitating a squat and

using the buttocks and legs. (*Note: You may want to avoid this exercise if you have a weak back.*) ■




Cellulite control

By Heather MacDougall, *Natural Land*; and Ageless web site

Cellulite can settle in regardless of body weight or fitness level. If nothing is done to remedy it, the cells harden, skin begins to lose its elasticity, and the lumps and bumps become more visible.

"Exercise is vital for preventing and eliminating cellulite," says Zia Wesley-Hosford, author of

Fifty and Fabulous. "You can't sit around all day and expect not to have cellulite." One of the reasons cellulite can be so evident on a woman's body is lack of muscle tone. This causes the skin to sag, making the dimples worse. Also with exercise, cellulite-causing toxins are efficiently eliminated from the



Question:

If we pub all this material about cellulite, is it making too big a deal about it?

Jesus speaking:

It does seem like a pretty big deal about something small, but because the counsel is all instructing people in the basics of having a more healthy lifestyle—drinking water, exercising, staying away from junk food, etc., it's fine to put in. A lot of women are concerned about their cellulite, and this will simply encourage them to follow My health rules more—more incentive. If the counsel for getting rid of cellulite was more complicated or involved unnecessary time-wasting type activities, then I would not permit it to be published. But because it promotes those things that I want My children to invest in, such as exercising, taking good care of their bodies by drinking water, and things that are good for their overall health and service to Me, it's fine to publish.

body. Hosford suggests daily aerobic exercise, such as brisk walking, to improve circulation and burn fat; and body sculpting exercises, such as weight training, to tone the muscles in the problem areas.

Cellulite sometimes happens after

pregnancy (or being on birth control pills), when the system is flooded with estrogen, or after a traumatic experience, since it interferes with blood circulation. Or it can be simple toxin buildup caused by insufficient water intake, no exercise,

Continued on page 25

Dance

As If Nobody's Watching

By Ann Wells,
Los Angeles
Times

My brother-in-law opened the bottom drawer of my sister's bureau and lifted out a tissue-wrapped package. "This," he said, "is not a slip. This is lingerie." He discarded the tissue and handed me the slip. It was exquisite: silk, handmade and trimmed with a cobweb of lace. The price tag with an astronomical figure on it was still attached.

Don't ever save anything for a special occasion. Every day you're alive is a special occasion.

"Jan bought this the first time we went to New York, at least 8 or 9 years ago. She never wore it. She was saving it for a special occasion.

Well, I guess this is the occasion."

He took the slip from me and put it on the bed with the other clothes we were taking to the mortician. His hands lingered on the soft material for a moment, then he shut the drawer and turned to me. "Don't ever save anything for a special occasion. Every day you're alive is a special occasion."

I remembered those words through the funeral and the days that followed when I helped him and my niece attend to all the sad chores that follow an unexpected death. I thought about them on the plane returning to California from the Midwestern town where my sister's family lived. I thought about all the things that she hadn't seen or

heard or done. I thought about the things that she had done without realizing that they were special.

I'm still thinking about his words, and they've changed my life. I'm reading more and dusting less. I'm sitting on the deck and admiring the view without fussing about the weeds in the garden. I'm spending more time with my family and friends and less time in committee meetings. Whenever possible, life should be a pattern of experience to savor, not endure. I'm trying to recognize these moments now and cherish them.

I'm not "saving" anything; we use our good china and crystal for every "special event," no matter how small or seemingly insignifi-

cant. I wear my good blazer to the market if I feel like it. I'm not saving my good perfume for special parties; clerks in hardware stores and tellers in banks have noses that function as well as my party-going friends'.

"Someday" and "one of these days" are losing their grip on my vocabulary. If it's worth seeing or hearing or doing, I want to see and hear and do it now. I'm not sure what my sister would have done had she known that she wouldn't be here for the tomorrow we all take for granted. I

think she would have called family members and a few close friends. She might have called a few former friends to apologize and mend fences for past squabbles. I like to think she would have gone out for a Chinese dinner, her favorite food. I'm guessing—I'll never know.

It's those little things left undone that would make me angry if I knew that my hours were limited. Angry because I put off seeing good friends whom I was going to get in touch with—someday. Angry because I hadn't

written certain letters that I intended to write—one of these days. Angry and sorry that I didn't tell my husband and daughter often enough how much I truly love them.

I'm trying very hard not to put off, hold back, or save anything that would add laughter and luster to our lives. And every morning when I open my eyes, I tell myself that it is special. Every day, every minute, every breath truly is a gift from God.

May love litter your life with blessings! ■

You've got to dance like nobody's watching, and love like it's never going to hurt.

Continued from page 23

Research shows that the majority of women develop some form of cellulite as they age, and some researchers claim as much as 99% of all women develop some cellulite after 30. We all age, and nobody's perfect. Your body is an incredible machine that allows you to live, love and experience life. So what if you have a little wobble on your thighs? Wear a long skirt if you must and enjoy yourself anyway. Contrary to what some might say, it is better to feel good than to look good.

—From *Her Health Online*

constipation and digestion problems, tension and stress, pollution and incorrect breathing, fatigue, poor eating habits, etc.

Remember: Not all people with cellulite are overweight, although a lot of overweight people have cellulite. The idea when attending to cellulite is to eliminate toxins waste and buildups from your body. So drink plenty of liquids to help flush the system, and also ensure that you have regular bowel movements.

Purification is the keyword in fighting cellulite—not weight loss.

To help the process along, we suggest adding dried brewer's yeast to your diet. It is not great tasting but helps a lot. (Try and take the one to two teaspoons of brewer's yeast in a glass of juice at least twenty minutes before a meal.) ■

The Name Gallery

Brittany: Strong, resolute, of a firm purpose. This one is not easily deterred, a strong bulwark in the faith who can accomplish tasks with power and might. *(female)*

Chanton/Shantone: Heavenly minstrel, singer, music lover. One who loves to lift up his or her voice in praise and thanksgiving, and always has a song to sing. *(male/female)*

Christopher: Pure and noble of heart, upright. His heart shines with the purity and strength of My Spirit in him. *(male)*

Corton: Smooth and even-tempered. Mild in manner and courteous in gesture. This one has a great ability for friendship and gets along well with others. *(male)*

Jean/Jeanne/Jeana: Lover of My heart, a faithful and dedicated bride. One who loves Me greatly and with all her being. *(female)*

Jessin/Jessanie: Faithful friend, loving companion, one who will stand by when all others desert. Possessing the loving desire to care and to nurture. *(male/female)*

Eve: Thanks to Tara and Dominic for sending in some of the names to request their meanings.

Lawrence: Righteous and upright. One who keeps My commandments and is learned and able to instruct others also. A student of the Word, which gives him the ability to be an excellent role model. *(male)*

Rose/Rosie/Rosy: A beautiful rose of magnificent splendor. Even with her thorns in the flesh, she is dazzling, arousing and gorgeous; a touch of Heaven on Earth. *(female)*

Ryan: Rising and ascending. One with an inbuilt desire to reach for heights unknown—to climb steep mountains, to fly high, to touch the stars. *(male)*

Saba: Wild and free, this one dances with abandon and carefree zest that cannot be understood by others but is admired by all. She blows free with the breath of My Spirit. *(female)*

Tara: Starlight, soft and glowing. This one has the stardust of Heaven reflecting in her eyes, and the soft glow she gives forth draws others to Me. *(female)*

Vladimir: Silently brave and quietly courageous. A man of few words—yet words chosen and true. *(male)*

Yvonne/Yvonna: Love song of My soul, gorgeous strains of My heart, lyrics of My Being, music of My lips. *(female)*

Feedback... Feedback

⇒ Hats off for the *Eve* mag! It's so needed, fun and encouraging. I had a good laugh at the "Toddler Diet." Having a boy after so many girls, I am especially surprised at the things that capture little boys' attention.

Here's a tried-and-proven (weight-watching!) diet for women: Serve everyone first, then yourself. After everyone is served, if there's any food left, offer seconds to the hungry men and boys.

And here's a quote by Victor Hugo that always inspires me: "She broke the bread into two fragments and gave them to the children, who ate with avidity. 'She hath kept none for herself,' grumbled the Sergeant. 'Because she is not hungry,' said a soldier. 'Because she is a mother,' said the Sergeant.

—From a mom in ASCRO

⇒ *Eve's* focuses on walking, weight lifting and teeth care have revolutionized (again) my personal hygiene and health. TYJ! For example, I had been flossing my teeth daily for a couple years, but I still had little pockets that bled and sometimes still bad breath. Until the article in *Eve*, I didn't understand how to floss, as every dentist had told me a different way to do it. Thank for the truth!—And for my new mouth! It's so refreshing! (I'm

sure everyone else is happy about it, too!) This may seem like a silly testimony, but I'm so thankful for these little things that keep us on top of things and above those nagging little details.

—From Hannah, Russia

⇒ I like the pictures on the front of *Eve*. You can kind of see the spirit of a "Godly woman" shining through in their faces, whether they are young or old! It makes me so thankful for our Family, that I have so many precious sisters (and brothers, of course!).

—From a woman in Thailand



Are you feeling negative?

Of all the negative things we have to say to ourselves, God has a positive answer ...

You say: It's impossible.

God says: All things are possible. (Lk.18:27)

You say: I'm too tired.

God says: I will give you rest. (Mat.11:28-30)

You say: Nobody really loves me.

God says: I love you. (Jn.3:16; Jn.13:34)

You say: I can't go on.

God says: My grace is sufficient. (2Cor.12:9; Psa.91:15)

You say: I can't figure things out.

God says: I will direct your steps (Pro.3:5-6)

You say: I can't do it.

God says: You can do all things. (Phi.4:13)

You say: I'm not able.

God says: I am able. (2Cor.9:8)

You say: It's not worth it.

God says: It will be worth it. (Rom.8:28)

You say: I can't forgive myself.

God says: I forgive you. (1Jn.1:9; Rom.8:1)

You say: I can't manage.

God says: I will supply all your needs. (Phi.4:19)

You say: I'm afraid.

God says: I have not given you a spirit of fear. (2Tim.1:7)

You say: I'm always worried and frustrated.

God says: Cast all your cares on Me. (1Pet.5:7)

You say: I don't have enough faith.

God says: I've given everyone a measure of faith. (Rom.12:3)

You say: I'm not smart enough.

God says: I give you wisdom. (1Cor.1:30)

You say: I feel all alone.

God says: I will never leave you or forsake you. (Heb.13:5)

— *Sent in by Si and Claire Joy, Brazil*

Cover photo: Sherry, Brazil

Suggested reading for ages 16 and up.

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I just had my 10th baby and I wanted to suggest having a support group of mothers who write testimonies and lessons for other mothers who have had eight or more babies. There are certain battles and health situations older mothers face that may be helpful to a number of mothers who are having more babies. The doctors are quite full of how dangerous it is, how old we are, etc., and we don't hear so many testimonies about the number of mothers that go on having healthy and easy pregnancies and babies.

—*From a mother in India*

We'd be very interested to hear more from you wonderful Queen Mothers! Please write in and share any tips, lessons, testimonies and other experiences that you feel could be a help to all. Send in photos too! We love you and look forward to hearing from you!



"You always complain that I don't know how to show my emotions, so I made these signs."

Cover photo: Sherry, Brazil