



# EVE

Issue 9

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# 15 Shortcuts to a Healthier Life

Redbook

- **1. Floss at least once a day.** Scientists now believe that the same bacteria linked to tooth plaque and gum disease may also contribute to the narrowing of the coronary arteries and the formation of life-threatening blood clots in heart vessels. In fact, research shows that people with periodontal disease have twice the risk of developing heart disease or suffering a stroke as do those with healthy gums. Bacteria from gum infections has also been associated with diabetes and chronic lung disease.
- **2. Dry down, not up.** As you towel off from a shower, dry yourself from the head down, says Rodney Basler, M.D., of the University of Nebraska Medical Center in Lincoln. Drying feet first can spread the fungus that causes itchy athlete's foot to other receptive areas, such as your groin. Yes, even women can get jock itch!
- **3. Harmonize your hygiene.** Most people don't brush their teeth long enough, according to the Academy of General Dentistry. Brush for the length of one complete song (about three minutes). Also try humming the tune "Happy Birthday" twice while washing your hands for better germ-fighting results. *(Eve: Or take the opportunity to have Praise Time, review memory work, or spend a little time with Jesus on-the-go!)*
- **4. Kick off your shoes.** Padding around your room barefoot for five minutes at a time is a great foot-saver. You'll not only stimulate circulation, which relieves that tired, draggy feeling; you'll exercise and strengthen foot muscles, which can guard against such conditions as flat or fallen arches. You can get the same benefits while sitting down. Alternately point and flex your feet or draw the letters of the alphabet with one foot and then the other periodically throughout the day.
- **5. Skip the (down) stairs.** You know you should take the stairs instead of the elevator. But you're better off taking the elevator down, says New York personal trainer Jon Giswold. "Going down, your knees are what are absorbing the impact," he says. Women, possibly for anatomical reasons, are particularly vulnerable to knee injuries.
- **6. Drink green tea.** Research suggests that drinking about four cups of green tea a day may slash your risk of cancer, and possibly reduce your risk of heart disease as well. That's because tea leaves contain high levels of antioxidant compounds, which are thought to reduce the kind of cell damage that triggers these diseases.
- **7. Go tomato.** An analysis of 57 studies in the Journal of the National Cancer Institute reveals that a substance found in tomatoes (lycopene) has significant anticancer properties. The evidence was strongest regarding cancers of the prostate, lung, and stomach, but also suggested a protective effect against cancers of the pancreas, colon and rectum, esophagus, mouth, breast, and cervix.
- **8. Garlic up.** According to research from the Smell and Taste Treatment and Research Foundation, just the smell of garlic bread was linked to fewer negative and more positive interactions among family members. Enjoy peace and quiet at the dinner table!
- **9. Have seconds—of veggies, that is.** A recent study published in the Journal of the American Geriatric Society found a difference between centenarians and their younger counterparts:

They ate more than twice as many servings of vegetables.

**10. Pass the honey—and make it dark.** In a study analyzing 19 samples of honey, University of Illinois scientists found that dark varieties contained more cancer-fighting antioxidants than did lighter shades.

**11. Turn back the clock with sex.** Intercourse can be a fountain of youth, says preventive gerontologist Michael E Roizen, M.D. He estimates that having a healthy sex life can reduce your biological age by as much as eight years. Sex decreases stress and increases intimacy, which counter the health-damaging effects of life's big hassles.

**12. Eating fresh cherries may relieve pain better than taking an aspirin.** Researchers at Michigan State University have found that chemicals in the fruit block the inflammatory enzymes that cause pain. Although the results are preliminary, lead author Muraleedharan G. Nair says they suggest that eating about 20 cherries could reduce inflammatory pain ten times better than aspirin.

**13. Trim sit-down time.** One way to increase your physical activity is to decrease sedentary behaviors like TV watching. This approach is likely to make you more active, regardless of what you do.

**14. Enjoy yourself.** In a long-term study of more than 1,200 people, Swedish researchers found that those who rarely took in art shows, movies, plays and concerts, and read few books and magazines were one and a half times more likely to die during the study than those who frequently enjoyed such cultural resources.

**15. In the car—check your seat.** If your seat is too close to the steering wheel, an inflating air bag may strike you forcefully instead of cushioning you. Sit at least 10 to 12 inches away from the center hub of the steering wheel. How you grip the wheel is important too: Forget the old three and nine o'clock positions; during an impact you might strike yourself with your own hand or receive lacerations from rings or watches when the air bag inflates. Grip low: Your left hand should be placed near eight o'clock; the right near four o'clock.

## Haircuts to Flatter Your Face

*Some hair salon experts advise on hair styles that are most flattering to some specific face types.*

**Receding chin:** Keep hair length below the chin line. A flattering style would be to wear hair pulled back on the nape of the neck. (Earrings are flattering here, and the neckline should not come up too high; a scooped neckline or open collar would help create the needed balance.)

**Double chin:** Same guidelines apply as for the receding chin, but if you like wearing your hair pulled up or back, try allowing some tendrils (hair strands) to fall from the sides of the face down to the neck. They can be curly or wavy; if

the hair is straight, it can be trimmed at an angle for a tapered effect.

**Short neck:** Hair should be worn long or very short, not cut in the middle.

**Close-set eyes:** Hair should be styled broader, wider, and flatter on the top. Short, blunt cuts work well here; also bangs can be very flattering.

**Double chin/short neck:** Hair should be at least shoulder length, with some height at the crown of the head. ■

# Cinnamon:

## Good and Good for You

### Web article reprint

*Fast facts:* soothes indigestion, controls blood sugar in diabetics, prevents stomach ulcers, wards off urinary tract infections, fights tooth decay and gum disease, prevents vaginal yeast infections.



Cinnamon is more than just a kitchen spice. It's been used medicinally for thousands of years to fight tooth decay, clear up urinary tract infections and soothe stomach irritation. Modern science has confirmed its value for preventing infection and indigestion, and has also discovered a couple of new therapeutic uses for the herb.

Cinnamon comes from the bark of an Asian tree. (The sticks are actually pieces of bark.) Chinese herbalists still recommend it for fever, diarrhea and menstrual problems. In the Bible, Moses used it in holy anointing oil.

**Boastful Benefits:** Several toothpastes are flavored with cinnamon, and for good reason. Cinnamon is an antiseptic that helps kill the bacteria that cause tooth decay and gum disease. Cinnamon also kills many disease-causing fungi and viruses. One German study showed it "suppresses completely" the cause of most urinary tract infections and the fungus responsible for vaginal yeast infections.

Like many culinary spices, cinnamon helps soothe the stomach. But a Japanese animal study revealed that it also may help prevent ulcers. To brew a stomach-soothing tea, use ½ to ¾ teaspoon of powdered cinnamon per cup of

boiling water. Steep for 10 to 20 minutes. Drink up to 3 cups day.

It also appears to help people with diabetes metabolize sugar. In one form of diabetes (Type II, or non-insulin-dependent), the pancreas produces insulin, but the body cannot use it efficiently to break down glucose—the simple sugar that fuels body functions. U.S. Department of Agriculture (USDA) researchers discovered that cinnamon reduces the amount of insulin necessary for glucose metabolism.

In foods, simply season to taste. For people with diabetes, 1/8 to 1/4 teaspoon of ground cinnamon per meal may help control blood sugar levels.

In powdered form, culinary amounts of cinnamon are nontoxic, although allergic reactions are possible. Cinnamon oil, however, is a different story. On the skin, it may cause redness and burning. Taken internally, it can cause nausea, vomiting and possibly even kidney damage. Don't ingest cinnamon oil.

Cinnamon gives a deep internal warming and can help

with problems arising from coldness, such as cold extremities, cramping, aches and pains from cold or flu onset, stiffness of muscles and joints and indigestion. It also helps warm and strengthen kidneys and liver.

Uses include circulation, digestion, and relief from coldness and congestion. It is used to strengthen the constitution, blood and energy. Cinnamon also helps relieve lower pains and menstrual discomfort.

One of my favorite ways of dealing with the symptoms of a cold or coldness: Heat a pot of water. Add 1-2 broken cinnamon sticks, 3-4 inches of astragalus root, several slices of fresh ginger and a few whole cloves to the pot. I will let the pot steep for an hour or two on the warmer then sip the tea throughout the day. This tea will also work well for indigestion right after a large meal.

Try a cinnamon stick, or sprinkled powdered cinnamon, in a cup of hot wine with lemon (especially good for a cold), or sprinkled over hot coffee with foamy crème on top. ■

# Antibiotics or

# FAITH

An infected hand and a lesson from Heaven

## From Margie, FC

**I**t all started at a time when the Lord was shining His spotlight on my life, and I had a few things to get straightened out in my heart. This experience helped me to see how trusting the Lord fully and asking Him about everything really works.

I had gotten a deep cut with a kitchen knife on the center of my left palm. The wound was deep but didn't seem like such a big deal on the outside. A few days later the skin closed over the wound and seemed to heal, but then the palm of my hand started to turn purple like a bruise.—It was obviously infected.

When I prayed about it the Lord said to get it checked, and when the doctor saw it he was a bit concerned. He said that the infection could climb rapidly up my left arm and hit my heart. He gave some strong antibiotics that I needed to take for about 15 days.

After leaving the doctor's office I felt led to go ahead and buy the pills, so I did. At home I prayed again to confirm if it was indeed the

Lord's will for me to take them. I had spent quite a bit of money on the pills, but I still felt led to pray again for a confirmation.

Lo and behold, the Lord said that I shouldn't take them, but to trust in Him and He would heal me. At that moment I didn't feel I had full faith to do so; the infection was frightening and the pain in my hand was so strong that it was keeping me awake at night a bit. But finally I decided to go ahead and trust the Lord through prayer, knowing that He would take care of giving me the faith I needed. I asked the Home to pray for me at Communion, and the same day I got rid of the pills.

In prophecy, the Lord told me to look up some

info in a health book about infections, and recommended natural helps. The main vitamins against infection were vitamin A, E, C, and garlic. So I went ahead and prayed about it again, getting a confirmation from the Lord about taking these vitamins, along with balanced meals and good daily rest.

The full healing didn't come until ten days later. I felt pain for about six more days from the moment I asked for prayer, and then it subsided little by little. Finally, after two weeks I didn't have any more sign of the infection. Thank You Lord! The Lord said that this was a longer process of healing, but a surer one. Here is the prophecy I got after my first doctor's visit:

## HEALED!

I've had painful calluses on my feet for many years. Last summer I had the option to go on the road, or have an operation to remove them. With the operation, I would have to be in bed for a month, and I dreaded the thought of having to be in bed not doing anything.

So I trusted the Lord and went on the road. It wasn't easy, as each step was painful and we were doing quite a few shows. But this last week, I discovered the calluses are getting smaller and one of them is gone! Having an operation now seems almost foolish compared to the wonderful miracle that He is doing to take them away without any pain. TTL!

—From a catacomber in Lily, Peter and Slava's Home, Russia

According to your faith, be it unto you. I leave this decision in your court and will in both ways protect you and give you total healing. You can take the antibiotics, or you can trust for My healing without them.

The way of the antibiotics is the quickest way, and in a couple of days you will be over the infection. It will also prevent the infection from spreading more and you will stop having pain in about a day. You strip the body of the infection, but these pills also strip the body of other things you need right now. It affects

other organs on the way to the so-called "healing." It takes away the natural protection I have put in your digestive system to absorb the vitamins from the food you eat. It also kills the white blood cells that are to protect you from other infections.

It does well for some things in your body, but on the overall it does more damage than good. It does things inside you that you can't see, but that will take your body more work in the long run to rebuild. There are other organs that suffer and lose valuable stuff that the body will have to replace over time. Meanwhile you are weakened through it and are more liable to come down with other sicknesses like colds and other similar things. It's really your choice, as it's your body and you must go according to your faith.

On the other hand, if you decide to trust in Me and in prayer then things will be different. The pain you feel now will continue for a few more days. My method is not a fast one, but it is sure, one that really heals and does what your body needs. You will need to research the natural health books on

this and find out in detail what you can take that will kill this minor infection.

One thing you know that works is garlic and vitamin A. Take also vitamin E for inner healing of the tissues. This kind of healing is not a "quick healing" as it would be with the antibiotics, as I do all things well and take My time to do them. It will take more faith on your part to do this, as you won't see immediate results. But this will increase your faith in other areas of your life, as you will see how I work. Another thing this will bring about for you is that this time of waiting will teach you patience that again brings faith into your system.

So see, My child, it's your free will, but you must count the cost. Your heart has been hurting you these last days too, and those antibiotics will not be good for that either. Thanks for coming to Me again. This is what I teach you: to come to Me once, and to come to Me again. I don't reveal everything at once, but I lead My children to come to Me again and again, not only to find My will but to learn to depend on Me continuously. ■



## YOUR HOME REMEDIES

I grew up on white bread. My family used it for everything—cinnamon toast, ham sandwiches, French toast. It wasn't until college that I came to an important realization: this stuff isn't *food*! It has virtually no taste, and with that awful, pasty texture, it practically dissolves in your mouth. Nutritionally speaking, white bread is a zero. Whole wheat bread has 88 percent more fiber and magnesium, 62 percent more zinc, and 72 percent more chromium—just to name a few nutrients.

—Kathy Smith, fitness expert

### Honey for hay fever:

Katya and I started having hay fever. After prayer, the Lord showed us to eat local honey, and we have practically been healed since then. TYJ! —*From Matteo and Katya, Italy*

### Get rid of lice:

Apply hair conditioner with a few drops of lavender oil, tea tree oil and some eucalyptus oil. Then just comb out the nits with a lice comb. They slip off the hair easily and wash away. If you don't have any of the other oils, the hair conditioner works well alone also. —*From Jeff and Rose, Australia*

### Ingrown toenails:

Soaking your feet will ease the pain, and my son has found an easy way to do this. He puts the plug in the bathtub as he showers and lets his feet soak the entire time. —*Author unknown*

### Massage miracles:

I had been experiencing severe pain in my shoulders, which I had prayer for. Then one of my students offered to take me to the health clinic where she works for a professional massage. Now I'm feeling much better. Recently I took Kim, and the massage helped her to feel better too after she had had a bout of headaches for a few days. So for all the oldie goldies, we recommend a good massage every now and then. —*From Greg (of Kim), China*

### Herbs for sleep and arthritis:

St. John's Wort is a wonderful herb to help with sleep. Also, I had arthritis in my lower back and hip, and taking calcium and magnesium and vitamin D twice daily helps. Devil's Claw herb works to reduce pain and has helped me be able to walk. —*From Mary, Canada*

### More on St. John's Wort:

For sleeping disorders, especially in menopause stage, St. John's Wort is a relaxant and helps to promote a good night's sleep. It's changed my life because I can sleep now. TYJ! —*From a woman in Canada*

# The PASSAGE

## As a woman walks

through the passage of menopause, I work a work in her body and spirit that is forever changed. She can't expect to be the same person she was before—not just physically, but also spiritually. While I'm pleased that you've researched My Word and all the

such it is a time to look steadfastly into My face, to hold on to Me for dear life. Earnestly seek Me and ask Me what I would have you change in your heart, your spirit, your ministry, and your relationships, attitudes, and interactions with those around you.

This is where I can accomplish the most out of this passage; otherwise it would seem you would walk this stony ground pointlessly, merely to fulfill a predestined, unchangeable period of change within your body. But, My love, that is looking at menopause too shortsightedly, too much within the physical realm and the resultant ailments and side effects this can bring within your body. Whereas I would have you take a long and hard look at this time and all you've gone through and experienced from the *spiritual* perspective.

Ask Me how I want you to grow and progress spiritually from this time. Ask Me how you can give more of *Me* to others, how you can show and extend more of My love and compassion toward others and bathe others in the same loving comfort and encouragement that sustained you during your darkest

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## Prophecy received for a woman experiencing menopause.

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material published on menopause—and studied about its symptoms, effects, and possible strange irregularities in personality and moods that some women may experience—the greatest work I would accomplish through this passage of time is the change within your spirit, the re-evaluating of your spiritual walk and growth, and even your ministry in some cases.

Remember that this time is as a crossroads in many ways, and as



# Can you believe that I am able to make you better through menopause?

## Dad SPEAKING

Dear Family, those of you who are living with a woman going through this tremendous time of change, please remember and keep in mind all that has been written in the Word on the subject of love and consideration and putting yourself in the other person's shoes. Menopause affects each woman differently, and there's a lot that each person in the Home can do to make a difference in how the various symptoms are received and handled. So step out today and do what you can to bear each other's burdens, and you'll see what wonders a little love can do. I love you!

moments. Maybe I don't want you to jump back into the past, back into your previous ministries and previous way and mode of operation. Maybe I have something new for you, some ministry wherein I need you more, and where you can grow more.

This is where you must trust again, My love, for I want you to re-evaluate your life and ministries. As you ask, I promise that I'll lead you in a plain path, a happy path, a path where you'll continue to grow spiritually and feel challenged, fulfilled, needed, and loved, even if it's a different path than you've previously walked.

*Reading* about menopause is one thing, but *experiencing* the ripple effects of seeing a co-worker or mother or wife go through it is another. Very few young people, husbands, and co-workers have been able to walk through the door of menopause and tackle and handle all the nuances of change it can bring in their mother, their wife, or co-worker. Often they feel very lost as to how to truly empathize and be the support they know that I want them to be, and in some cases this swimming around in unfamiliar water causes them to be and do less than the best.

Sometimes the menopausal mood and personality changes in particular are difficult to bear for others. The menopausal woman's frustration and agitation at what's happening to her body beyond her control often bleeds out upon others. This is the hardest change for others to be fully prepared for. Even though those close to you may read up and prepare in theory, experiencing menopause in a loved one for the first time can be a new and awesome experience, and it takes time to adjust, and requires a lot of love and understanding on everyone's part.

Can you believe that I am able to make you better through menopause?—That your previous glory and ministries and participation and activeness in Home duties and responsibilities will be pale in comparison to the greater things and ministries I have for you?

As you seek Me, as you ask Me step by step, I will lead you onto this brighter path. As you let go of the past, of your own ideas and plans, as you let go of your own personal hurts and feelings of being misunderstood, I'll release you and your beautiful wings from the cocoon of the past and set you free to serve Me in a new way, the way that I know is best for you.

Thank you for loving Me through this. Thank you for trusting Me, My love, even though at times I know you felt My presence not, you felt the love of many wane, and you were sorely tested. But turn your face upon Me, My love, look full in My wonderful face, and don't be

afraid to strip yourself of what you feel you should do or be. Just expose yourself in pure love and humility before Me, desiring only My best, and I promise to once again set your feet upon a rock, My firm foundation wherein you can boldly testify to My saving grace and resurrecting power! (End of message from Jesus.)

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### From a woman in Thailand

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### Dear WOMEN

...who have experienced or are experiencing this change of life, please write in and share any tips, lessons, testimonies, victories, battles, or whatever is on your heart, with others like you around the world. We would like to round out this section of the mag more, but we are limited by what we receive from you. We love you!

I am in the middle of menopause. The menopause pubs that came out three years ago have been such a help to me through the years! I have read them so many times. At times they have been my only “guiding light,” as sometimes I haven’t understood what’s happening with me, my body, my reactions to things, etc.

I don’t know if there could be something printed in *Eve* regarding the emotional ups and downs of menopause, or any subject that other sisters have experienced? Being able to hear other sisters’ experiences is such a help and reassurance that I’m not the only one, but others are going through similar sensations, and that “it’ll come to pass”!

As I live in a small up-country Home, there isn’t very much chance of fellowshiping with sisters my own age (I’m 54). It’s very encouraging and strengthening to at times “compare notes” about my experiences with others. I have email contact with another precious sister who is about the same age as myself. Sometimes she describes how she feels at

### According to an Indian LEGEND

God, wanting to create Woman, realized that He had used up all the solid materials in creating Man. After much thought He came upon a solution, and used the following elements: The roundness of the moon, the wave like curves of the serpent, the gracious contours of the vine, the quick shivering of the herb, the frailty of the bamboo, the velvety feeling of the petals of a flower, the lightness of the feather, the liveliness of the river, the tears of the clouds, the inconsistency of the wind, the shyness of the hare, the vanity of the royal peacock, the slyness of the fox, the talkativeness of the parrot, and the cooing of the dove... and with all of these materials made the woman!

*Sent in by A.E. (21),  
South America*

times or reacts to this and that. I feel so relieved to hear that she has similar discoveries or experiences.

Anyway, I don’t know if you have any plans of printing something about this subject. But if you do, I would be very, very thankful! ■

# TIME

## When It's Time to Help Your Man

Jesus speaking:

The following are excerpts of a message which was given for a woman in answer to some questions she had concerning her interactions with her husband, and how to help him in some of his weak areas which were negatively affecting their relationship.

It's difficult for men—especially men who've been looked up to or who appear very strong—to show the weaknesses they have. It's very difficult for them to embrace the new day, because it means destroying the work that they've labored at for so long, trying to build up a world for themselves, a name, and a work of which they can be proud. Instead of letting Me work through them and build My work through them, they worship the works of their own hands. That's why it's hard for them to accept any faults and failings, because they've tried so hard to patch them up and keep their ship afloat on their own.

These who suffer so from their own pride must be lovingly brought to the truth. The bolt of lightning may come sometimes, but generally I try to work in their hearts. I begin to cause things to fail around them. Things begin to fall apart, and

they begin to see that they can't make it. For some it may take months, others years, but I do work in their hearts. Often I have to do something to wake them up, but I do it lovingly, never with harsh words of criticism, because this is what they're afraid of. They're afraid of being hurt, so they hide behind this cloak of good works and a false show of strength. They hide behind the things they've done to protect themselves from being hurt. They want so badly to be used and to be a blessing that they're afraid to tell anyone that they're weak and that they need help.

With such precious people who often have such soft hearts behind the walls they build to protect themselves, you must take time to lovingly express the things I lay on your heart. Before you confront a problem, come to Me and get My advice on how to best present it to them. Lovingly

The most  
important thing  
... is loving him.  
That's what he  
longs for most  
of all

seek out their hearts and assure them that you would still love them even if they were an invalid or incapacitated and couldn't do anything for themselves. Assure them that they're secure in your love and that they don't have to work for it. Lovingly tell them how much you desire them and how much they mean to you; how much the times when they bare their hearts before you mean to you; how you appreciate those times, and how it sparks the desire to love them more.

You must assure them of your love and of My love. They're afraid to bare all for fear that they'll lose what they love. They're fearful that if they show what they're really like—weak, emotional, helpless—that those they love will leave them and hurt them. So they hide.

But all these walls can be broken down by love; they can be melted away with love. The hammer and the rough techniques will only cause him to reinforce his walls, but the warmth of the sunshine of love will cause him to relinquish his hold over the walls he has built. As they slowly melt before him, he will timidly step out into the sunlight—cautiously at first. But as he sees that you accept him as he is, he'll be willing to show you a little more, and more, and on it will go.

What is extremely important—and I say this with great emphasis, because one wrong and unloving move will cause him to rush back into hiding and be unwilling to venture out again—what is

extremely important is that you treat every little gesture with love; that you don't act in shock, in anger, or in haste; that you seek Me for My love and ask Me to prepare your heart for whatever it is that he will show you.

Perhaps it will be ugly, perhaps not. Maybe there will be some part of him that he's totally ashamed of, but is a gorgeous touch of My love; but he's been covering it because he's accepted the lies of the Enemy telling him that it's ugly. Then there will be things that are ugly and sinful, that just need to be washed away by the water of My Words.

When these things come out—the things that may seem ugly or dirty—lovingly take him in your arms, as a shepherd lovingly carries the dirtied sheep to the wellspring to clean him. Take him in your arms and pray for him, love him, and read with him. Honestly admit your faults and failures and don't lord the weaknesses he has over him. Gently wash them away with the waters of My love and My Words which I will give to you if you will but ask for them.

I will give you the grace to face each little thing he opens up to you. And if you'll desperately seek Me, I'll give you the strength to bear him in your arms, and I will help you carry him to Me.

The most important thing, and I can't stress this enough, is loving him. That's what he longs for most of all. Just love him and accept him as he is, but help him to grow. It's so important, and I

Your mission is  
to love. That's  
My commission  
to you.

know I can trust you with this mission. If you self-righteously condemn him, it will ruin all the good that you've tried so hard to build up in him, for he'll run, and clamp up tighter than ever.

So the most important thing is love—to lovingly, gently bring him into My arms. Lovingly bring him before Me and beseech Me daily for his progress. Okay? Can I trust you with this? Can you make it your mission to love? Can you bring him before Me not because you want the glory for having changed him, but because you only want to see him love Me more, and be able to receive My love? Check your heart to ensure that your only motivation is to help him and to love him. If this is what you sincerely want to do, then I will help you. But if you take this upon yourself to prove that you're better, or to humble

him, then it will not bear good fruit.

It's a very vital mission and a very sensitive one. Don't act on your own. Always come to Me and ask Me about everything. Don't go ahead on your own, because the mistakes that could be made will not only affect your life, but his also, and his service for Me. So desperately seek Me and desperately ask Me for My help, and I'll give you the wisdom you need. Don't worry, though, and be too scared to do anything; if you come to Me and ask Me, I promise I'll do it through you.

It must always be approached in a spirit of humility and love. If you can do this, then I will work a beautiful work, and the bird that has been caged will fly high on up to the sun, and he will be free. Your mission is to love. That's My commission to you. ■

## The Sniffle

### Stifler

If your sweetheart is battling the sniffles, whether it is from a cold or allergies, it is an opportune time to give a little extra love. My wife Athena has her own tissue box on her side of the bed. It didn't take me long to disassemble the box and remove a handful of tissues. I wrote encouraging, uplifting and somewhat silly messages on several of them and returned them to the box. I glued the box back together in no time.

Within a week Athena had discovered what I had done. When she pulled out that first message, she instantly forgot whatever pain she was feeling—and simply felt loved. Laughter might be good medicine, but if you combine humor with love you have an even more potent cure.

By Michael Webb

# Warm-Up to

# Work Out

## American Council on Exercise



Suppose you were told that you only had to add an extra five to 10 minutes to each of your workouts in order to prevent injury and lessen fatigue. Would you do it? Most people would say yes. Then they might be surprised to learn that they already know about those few minutes called a warm-up. If done correctly, a pre-exercise warm-up can have a multitude of beneficial effects on a person's workout and, consequently, their overall health.

### What Happens In Your Body?

When you begin to exercise, your cardio-respiratory and neuromuscular systems and metabolic energy pathways are stimulated.

### Short?

Don't underestimate the benefits of short workouts. Sometimes I hear people say, "What's the point? I only have 15 minutes." Well, you can accomplish a lot in 15 minutes! Studies show that when it comes to health benefits, two 15-minute bouts of exercise are virtually as good as a full half-hour.

*From "Kathy Smith's Fitness Makeover"*

Muscles contract and, to meet their increasing demands for oxygen, your heart rate, blood flow, cardiac output and breathing rate increase. Blood moves faster through your arteries and veins, and is gradually routed to working muscles. Your blood temperature rises and oxygen is released more quickly, raising the temperature of the muscles. This allows the muscles to use glucose and fatty acids to burn calories and create energy for the exercise.

All of these processes prepare the body for higher-intensity action.

Specifically, a gradual warm-up:

- √ leads to efficient calorie burning by increasing your core body temperature

- √ produces faster, more forceful muscle contractions

- √ increases your metabolic rate so oxygen is delivered to the working muscles more quickly

- √ prevents injuries by improving the elasticity

of your muscles

- √ gives you better muscle control by speeding up your neural message pathways to the muscles

- √ allows you to work out comfortably longer because all your energy systems are able to adjust to exercise, preventing the buildup of lactic acid in the blood

- √ improves joint range of motion

- √ psychologically prepares you for higher intensities by increasing your focus on exercise

### Where to Begin:

Your warm-up should consist of two phases: 1) progressive aerobic activity that utilizes the muscles you will be using during your workout, and 2) flexibility exercises.

Choosing which warm-up activity to use is as easy as slowing down what you will be doing during your work-out. For example, if you will be running, warm up with a slow jog, or if you will be cycling outdoors,



begin in lower gears.

An ideal intensity for an aerobic warm-up has yet to be established, but a basic guideline is to work at a level that produces a small amount of perspiration, but doesn't leave you feeling fatigued. The duration of the warm-up activity will depend on the intensity of your workout as well as your own fitness level.

After the aerobic warm-up activity you

should incorporate flexibility/stretching exercises. Stretching muscles after warming them up with low-intensity aerobic activity will produce a better stretch since the rise in muscle temperature and circulation increases muscle elasticity, making them more pliable. Be sure to choose flexibility exercises that stretch the primary muscles you will be using during your

workout.

**Make the Time:**

In order to fully reap the benefits of the time you are spending exercising, you must warm up. Taking those extra few minutes to adjust to increased activity will ensure a better performance from your body and, in turn, will make your workout more efficient, productive and, best of all, enjoyable.

**Why the**

**Warm-Up**



**By Kevin D. Steele,  
Ph.D., 24 Hour  
Fitness**

o matter what your level of fitness, always begin an exercise session with a proper warm up, to stimulate the cardiovascular system and warm the muscles that will be used during the workout. Research has shown that many injuries that occur during training are caused by the lack of proper warm up before exercising.

Specifically, a warm up is needed for the following reasons:

1. Warming up increases the body and muscle temperature helps to increase the rate of energy production.

2. Warming up increases blood flow to the active muscles.

3. Contraction and reflex times are improved with higher muscle temperatures.

4. Exercising without a warm up places a potentially dangerous stress on the heart. Warming up reduces the stress on the heart.

5. Soft tissue (tendons, ligaments, and muscles) injuries are less likely with adequate warming up.

6. There is a psychological benefit from the warm up (one feels ready to exercise

afterwards).

General warm up includes activities that stimulate an increased blood flow to the large muscle groups. Such activities as slow jogging, stationary cycling, or light calisthenics exercises are effective general warm-up activities. They stimulate the cardiovascular system and lungs, as well as preparing the large muscles for rigorous exercise. Exercises should be preceded by a five- to 10-minute general warm up. All warm-up activities should be performed at

relatively low levels, less than the training heart range, and build gradually to the lower end of the training heart range.

Specific warm up is frequently necessary in skill activities (i.e., handball, racquetball, tennis, etc.) and when training with heavy weights. As the name implies, the specific warm up prepares the specific muscles that will be used in an activity. It prepares them exactly in the same way (movement, angle, etc.) in which they will be required to perform. Specific warm up activities use lower resistance and consist of easier movements or practice sets of the activity to be done. The intensity of the specific warm up is gradually increased leading up to more vigorous activity. In all exercise programs where a specific warm up is necessary, it should always follow the general warm up.

Stretching is recommended prior to each workout in order to reduce the risk of muscle injury during the workout. However, muscles should not be stretched until the general warm up is completed. This is because the most effective increases in flexibility are achieved when the

muscles are warm.

There are three different ways to stretch the muscles and their surrounding connective tissues. Dynamic stretches are those that involve repeated, gentle, flowing, fluid motions of the joints . . . moving them through their entire ranges of motion. These are the type seen at the beginning of an aerobic class. Dynamic stretching is also occurring when slow, controlled exercises are being performed with weights—providing the joints are moved through complete ranges of motion.

Static stretching, for all practical purposes, involves little or no movement. It involves placing a body part in a given position in order to place a particular muscle on stretch. Then that position is held (statically) until the individual senses a relaxing or release in the tightness of the muscle. The release occurs because the muscle spindle is adapting to the new longer muscle length and is, in a sense, communicating “cease fire.”

### **Precautions for Static Stretching Exercise**

Don't overstretch! Each of us possesses a Stretch Reflex Mechanism, which is a protective mechanism

designed to prevent muscle tears associated with overstretching. When activated by bouncing or overstretching, the stretch reflex mechanism causes the muscles to tighten. For best results, avoid inappropriate stretching techniques such as bouncing because they can activate the Stretch Reflex Mechanism.

Proper technique is important. Begin each stretch by mentally relaxing the muscles to be stretched, and continuing to breathe through the stretch. A properly stretched muscle should feel more relaxed the longer it is held.

1. Begin each stretch by getting into the proper starting position
2. Relax the muscles to be stretched
3. Slowly move into the stretch
4. The muscles should continue to relax throughout the stretch
5. As they relax, slowly increase and hold a developmental stretch
6. Hold the stretch 20 to 30 seconds or longer
7. Slowly release the stretch

Do not compare yourself to others or be concerned with how far you stretched. Some days it will be easier to stretch than others. Emphasize quality, not quantity.

## **Exercise?**

Members over the age of 18 must have regular and sufficient exercise as well as fresh air, weather permitting, not less than four times per week, unless too ill to do so. (*Charter, point 48 A.*)

# 3 Things Every Exercise Program

# Should Have

# A

American Council  
on Exercise

complete fitness program must include aerobic exercise, muscular strength and endurance conditioning, and flexibility exercise. Aerobic exercise does good things for your cardiovascular system and is an important part of weight management. Muscular conditioning can improve strength and posture, reduce the risk of lower back injury, and is also an important component of a weight management program. Flexibility exercise is needed to maintain joint range of motion and reduce the risk of injury and muscle soreness.

## 1. Aerobic exercise:

Walking is a weight-bearing aerobic exercise. So are jogging, rope skipping and dance-exercise. Aerobic exercise is any activity that uses large muscle groups in a continuous, rhythmic fashion for sustained periods of time. There are also non-weight-bearing aerobic exercises, such as bicycling, stationary

cycling, swimming and rowing.

A very important aspect of your exercise program is the intensity. You should exercise at a comfortable pace. You can measure your exercise heart rate to check the intensity of your exercising (see Eve #1 for more details on how to do this), or you can take the “talk test”: just go at a pace that allows you to carry on a conversation while you’re exercising.

How often should you exercise? Three to four days of aerobic activity is fine for general health maintenance. If you’re trying to lose weight, aim for four or more days a week, being sure you take off at least one day a week.

How long should you exercise? Work up to 20 or more minutes per session for general health maintenance. For weight loss, gradually work up to 45 minutes or longer at low to moderate intensities in a low- or no-impact activity.

**2. Strength conditioning:** Pick calisthenics, free weights or machines. Just be sure that your strength training includes exercises for every major muscle group, including the muscles of the arms, chest, back, stomach, hips and legs.

Start with a weight that’s comfortable to handle and keep it up for eight repetitions. Gradually add more repetitions until you can complete 12 repetitions. For greater strength conditioning, add more weight and/or more repetitions, in sets of eight to 12, when the exercise becomes easy.

**3. Stretching:** Proper stretching involves holding a mild stretch of 10 to 30 seconds while you breathe normally. Always warm up before you stretch. Like strength conditioning, flexibility exercises should include stretching for all the major muscle groups. ■

# From Heaven's DOORS

### **In the face of lying vanities, God's Word stands!**

*From Sara Smile (23, of  
Jonathan), France*

The arrival of our little bundle of joy, Nicolas, was such a big miracle for us—even more so after the doctor foretold all kinds of problems during my pregnancy. At five months pregnant, the doctors told me that I was having early contractions. I stayed in bed for two weeks, and after fervent prayer the contractions never came.

At six months, I was told that my placenta was aging too fast, which would result in the baby not getting enough oxygen and nutrition for healthy growth. I was given a short vitamin treatment, which according to the doctors did not help; I was told I would be lucky to carry the baby till 38 weeks, and that he would most likely be small.

Through all this I felt very well, and had much more energy than before getting pregnant. We continued desperately praying for the baby to be born in the Lord's perfect time, and completely healthy and normal. We had to hold God to His Word and promises, as there was nothing

we could do ourselves except keep a healthy lifestyle. As a result, we saw once again that God never fails.

When I went for a checkup at eight months, I was told that the baby was too big, and I'd better have him soon or I would need to have a C-section. I was strongly advised to stay in the hospital for the month until the baby came. We decided to trust the Lord. We just added another request to our list: that the baby would be the right size to be delivered naturally without the need for a C-section.

Now the result of our prayers is right before our eyes. Nicolas was born after six hours of labor,

at exactly 40 weeks, 3.5 kilos. He is healthy and strong and there was no need for a cesarean. We can't thank God enough for the miracle of our new baby, and for all the comfort and reassurance that He gave us while facing the lying vanities of the Devil. Thank God He cannot fail!

### **Second-time blessing**

*From Esther (SGA, formerly  
Starlight, of Jonathan), Norway*

My first labor was very short but quite painful. When I got pregnant again six months later, I was quite fearful. During the pregnancy I always had trials



thinking about the fast-approaching delivery.

Two days before my due date I started having light contractions; by the time I realized it was labor I must have been quite far along, because two hours later our little boy was born.

Because my contractions were very close together we decided to call the ambulance, because we didn't think we would make it to the hospital in time if we drove ourselves. Just as we pulled up to the hospital, the head crowned, and seconds later the baby was born. I was so happy and relieved that it was over so quickly. The Lord made it so easy.

This experience really increased my faith and trust in the Lord, because I realized that although I was doubting and fearful, the Lord was there and helped us through with basically no professional assistance, since by the time the nurses and doctors arrived the baby was already born. PTL!

### **Under God's control**

*From Kristy, Brazil*

I wanted to share the birth testimony of our newest baby, Steven. I had started having contractions and dilating about a month early, and the doctor was concerned, wanting me to take medication to stop the contractions. The Lord showed me to just trust Him, that He was able to keep the baby until His perfect time. And He did!

It was only one week before the due date when I actually went into labor. The doctor said

we should be prepared for a very quick delivery, as I was already halfway dilated. We kept praying unitedly for the Lord's timing, as there are some times when most other adults go out witnessing or ministering in the evenings and there are no drivers at home, etc. Well, the Lord kept the baby until the time was just perfect—a Saturday afternoon, after I'd had a morning of W&R, when everyone was at home, and a day when there was hardly any traffic downtown. Hallelujah!

At the hospital they wouldn't let anyone come in with me, but God bless Hepsi, she was able to keep popping in every few minutes to check on how things were coming along. I was in a labor ward where another girl was not able to cope with her labor and was screaming, etc., so it wasn't a very pleasant atmosphere. Thank the Lord, He was able to keep me in perfect peace the whole time.

After a little while I went to the bathroom, and that's where the water bag broke, and the baby's head started coming out. The doctor didn't even have time to get me into the delivery room! Steven was born right there on one of the beds in the labor room. The doctor and nurses

were very young, and it seemed they hardly knew what they were doing—I felt like the expert, being on my sixth baby, and having to instruct them along the way, ha! Thank God we have the greatest Doctor in the universe, and He had everything under control.



### **Last-minute miracle**

*From Sharif and Joanne, Nigeria*

The Lord did a miracle with the birth of our second child. The doctors wanted us to come in for a C-section, as five days before the due date the baby was not in the right position. The Lord told us specifically that the baby would turn around and would come naturally. So we decided to wait.

One day after the due date our little girl was born, without any complications. It was a testimony to all the doctors, as we told them the Lord showed us to wait. At the last minute she turned around, which they said was impossible as she was so big. Thank the Lord! ■

# Miscarriages? WHY



miscarriage is a difficult thing for a woman to go through, no matter how early or

advanced the pregnancy is. It can be especially heartbreaking for the mother who has had multiple miscarriages, one after the other, and may never carry a baby to full term. Others of My precious brides have had one or two children, or more; in time they desire another, but end up having subsequent miscarriages, which is also a source of great discouragement.

Miscarriages aren't a sign of My disapproval, they aren't a sign that I don't love you, and they aren't a punishment. When I take a small baby Home to be with Me before it's reached full term, I do so in love. No matter how you may feel about it, I have a higher purpose and a greater plan than you can imagine. To find My reason for bringing your baby Home, simply ask Me and I will show you. Or ask somebody else to receive My Words for you.

I sometimes choose to send a baby to the womb of a woman for

a short time, so that that baby can bond with the mother, and the mother with the baby. I know from the beginning that the plan isn't for that baby to grow in the womb to full term, but in My great wisdom, I have a better plan. I need that baby to grow up in the spirit world, but it also needs to bond with you—and you with him—because of the plan that I have for him in the Heavenly realm.

## || By Jesus

The baby that you had in your womb for only a short while might be in training to be one of your spirit helpers, or may already be your spirit helper. The baby you loved and wanted, but who came back to Heaven so soon, may be your advocate in the halls of Heaven. The baby that you treasured and took care of while so tiny may now be in Heaven helping to prepare a comfortable place for you when you arrive.

Some babies even come back to Earth again in a later pregnancy.

There are many reasons for miscarriages. Sometimes the baby isn't forming properly or is sick and weak, so in My love I take it Home before it's born. This is not your fault, but I do it because I love you and know that it would be too hard for you to bear the pain of seeing your little one live his life in agony or discomfort on Earth. I know that if you had the choice, knowing that your baby would be sick or diseased, you would also have chosen to send it back to Heaven, to My care, until you get Here.

I use such times of grief, when you've lost your little one, to draw you close to Me in your hour of need. Though miscarriages are not usually solely for the purpose of strengthening you spiritually or teaching you lessons, and I usually have more than one reason for taking your baby Home to be with Me, I wish to allow such times to better and enrich and beautify your life. All things work together for good—even miscarriages—because you love Me and I love you.



## His Grace is Sufficient: My Miscarriage Battles and Victories

*From Dust and Heidi, Italy*



In the fourth month of pregnancy I began spotting. When I went to the hospital to have an ultrasound, the doctor told me that the baby's heart had stopped beating. I had a four-hour labor, then started bleeding heavily. I was taken into the surgery room for a D&C, and had to wait for three hours because there weren't any doctors to administer the anesthesia. But the Lord kept me through it. During this time I felt my body losing strength. I kept still, and all I could hear was a strong voice singing hymns. I didn't feel the pain anymore. Then the doctor came. He was very sweet and concerned, and was encouraging and comforting me.

The loss of the baby caused me great sorrow, and the Devil attacked me with condemnation. I remembered early on having felt something was wrong with the

pregnancy, and asking the Lord to take the baby Home if he was sick and would have to suffer. A sister received an encouraging passage from *From Jesus with Love* that assured me that my baby was one of my spirit helpers now.

This experience taught me once again that our lives are such a gift, and our children are such a miracle. The line between life and death is so thin, and I should give more importance to the things of the Spirit, set my priorities straight, and dedicate my life more to loving Him while there is time. It made me even more thankful for my children, and made me want to take better care of them and teach them.

P.S. The day after I returned home, my daughter Giada (18) told me that she was pregnant! Hallelujah! I was a bit shocked at first, but then I felt like the Lord wanted to comfort me that He didn't prepare me for a new baby in vain. Giada is very happy too.

## My "Heavenly Kid" Spirit Helper

*Author's name not included*



hope my testimony can be a comfort and inspiration to others who have had the difficult experience of miscarrying. It is wonderful

to realize that these children are not just gone; Jesus lovingly cares for them and has a special plan and purpose for each of them.

After our Home received the "Releasing the Spirits" GN (ML #3145, *Lifelines* 24), I prayed for

the Lord to give me a spirit helper. For some reason I thought a weak and sinful person like me would need a strong, powerful spirit helper, someone to help make up for my many shortcomings.

Imagine my surprise when not long after, the Lord told me that He had assigned a little child to me! Lord help me, I sort of wondered about that a bit. But the Lord explained that I would understand later. He also said that this little one would be an answer to my prayers in so many ways, a help and a great joy.

The following week on my W&R, I was walking outside having some prayer time. Suddenly my attention was drawn up to the right. It was as if a window opened into the spiritual realm. It was beautiful! A young man appeared who looked very familiar, but I could not think of who he was.

I saw his profile at first. Then he turned his face and looked straight into my eyes and winked at me with sort of a cheeky, sweet

didn't know who he was. He was just smiling and giggling at me. Then I realized that he looked so much like our daughter Joan (who is now an SGA, serving the Lord in Russia with her husband Michael) did at that age.

**Miscarriages aren't a sign of My disapproval, they aren't a sign that I don't love you, and they aren't a punishment. —Jesus**

When I asked who he was, he answered and said with a bright smile, "I'm your spirit helper, and you know what else? I'm your son. I'm that little child you were pregnant with, the one you weren't able to carry to full term. God doesn't make mistakes, you know. I was not meant to live there on Earth. I was meant to be your spirit helper." (About seven years ago I became PG, but miscarried after a short time.)

I felt such a bonding with this little boy, who told me that his name was Star. It was as if he

into the spirit world. I could see him running up to Jesus, taking His hand, and together they walked on. It was just so beautiful!

I couldn't have thought of a better choice of spirit helper. James and I only have one child

here on Earth, and have always wished to have more. So you can imagine what a Heavenly answer to our prayer that was.

The Lord allowed me to see Star on several more occasions, and to feel his presence almost continuously. Sometimes he would crawl up on my lap and put his little arms around my neck. When I don't feel so happy, or when I am sick, he comes to comfort me. He passes interesting bits of information to me too, all about Heaven and how things work There—little funny details and tidbits.

One day, during prayer time I asked the Lord if He could tell me more about Star. The Lord answered, "Why don't you ask him yourself? He will tell you." Star told me I was to be his assignment from the beginning; he was just waiting for me to ask. Being aware that he is around, even seeing him sometimes, helps me stay more on guard against thinking negatively about myself. It really works, especially as I sometimes

**All things work together for good—even miscarriages—because you love Me and I love you. —Jesus**

look. Then, right in front of my eyes he became younger, till he was a child of six or seven years old.

I asked him who he was; I felt like I knew him, as if we had always been together. He seemed so familiar, and still I

had grown up with us. He said that in celestial terms his name sounded very different, and that there was no way to translate it. He said, "I'm really going to enjoy being with you, Mom. I'll come back soon." Then he smiled real big, turned and ran

catch a glimpse of his sweet little face looking at me and smiling. He's so cute.

On another day my mate and I were walking together. We had brought our dictaphone and were planning to hear from the Lord, when suddenly Star was there. He told me he would like to talk to his daddy through me. James hadn't seen or felt Star yet, and was thrilled that we have this heavenly kid. Star told us how he has a dog in Heaven, and that it was the dog James had when he was a boy, Prince. (Star told us the dog's name was Prince, which—unbeknownst to me—was the same name of the dog James used to have!)

James hadn't been able to see little Star, but was interested to know what his "Heavenly kid" looked like, so he asked me if I could draw a picture of him. I'm not an artist; I can draw simple pictures, but not portraits. I thought it was a neat idea, though, so I asked the Lord if He could give me the drawing in prophecy, like when He gives a song or a story. I took a pen and paper and started to draw by faith.

It was just amazing because the picture, though not perfect, came out looking so much like Star. PTL! We are so thankful for our Heavenly kid!

## Coming Through

*From Melody (19, of Piper),  
Brazil*



couple months ago I went through a miscarriage. I was a week short of four months pregnant when I started

bleeding a little bit. I stayed in bed for a couple days, then went for an ultrasound at our gynecologist's suggestion. The doctor said there was no baby, but something in my womb that he thought might be cysts. I was told I needed to get my womb scraped as soon as possible, so I planned for it the next day. That afternoon, after a walk I started getting light contractions. Up until that time I hadn't had any pain, but the contractions got

more intense until it felt like actual labor.

It lasted for about two hours and big blobs came out. The gynecologist said we should save them and bring them to the hospital to determine if it was cysts or a fetus. The next day I went and got my womb scraped, and came home the same day.

We received very encouraging prophecies and the Lord told us that the blobs weren't cysts, that it was a baby and that it was His will that I lose it. He said the baby was in Heaven with Him. It was quite heavy, as people in different cities got the same thing.

Of course I was discouraged and sad, and the second day after coming back from the hospital I even got something like postpartum blues, where I felt very hopeless and discouraged. Thank the Lord it didn't last very long!

While I was going through the ordeal I didn't really know what to expect, and if I was supposed to get up or rest, if I should wean my baby (which I did), if it's supposed to feel like labor, if it's normal to feel a little depressed afterwards and go through postpartum blues.

Also, when I had to tell people about it some folks would say, "Well, you weren't really far along, was it really a baby yet?" Those comments really didn't make me feel better and were even a little offensive, as I still felt quite sensitive. Maybe there are others who would also like to know more information about miscarriages.

## Eve:

**Dear Melody, we love you so much, and pray that you have had a chance to fully recover from your miscarriage. We hope that the information in this mag will be a help to you, and others who find yourself in this situation. Please write in if you have any further questions on this subject. We love you!**

### Keeping a Heavenly Perspective

*Counsel from Jesus to a young mother after an incomplete pregnancy*



There are many reasons why miscarriages happen. I know it can seem like a waste—all that time getting psychologically prepared, praying for your little one, getting extra rest, eating extra well, and all the many things you have done to prepare for this new little life—but none of that is lost.

In a way it's like a practice run. It's like a fire drill. If you have a drill, a lot of times you don't make it out of the building in the right amount of time, or you do something wrong. Later on, you all get together and talk about your drill and you see how things could have been done

more in tune. There's always something that can be done differently.

The most important thing during this time is to keep your mind on the positive. For the most part you've done that, and it's good. But it's a very emotionally sensitive time, and the slightest input on the negative side can really take you down a long way. Your walls of defense are not as strong as they are normally, for you are weak in body as well as in spirit. So all the more during this time you need to stay well-filled with My Word, and very close to Me in prayer. Spend lots of time with Me, loving Me and caring for Me and ministering to Me.

You needed the strength of My Word before, and you need it two-fold now, especially during these next few weeks while you are adjusting. More than ever the Enemy of your soul will seek to entrap and snare you and cause you to stumble and fall into his lies of doubt and discouragement. Shut the door in his face by remembering that all things come from My hand, and all of them are good and for your benefit. There is nothing that is done that is not personally allowed and approved by Me.

Your little one is Here, in My hands, and is eagerly anticipating coming down to you. It just wasn't quite the right time for her yet—but it will be! And you will rejoice when she does come, with exceeding great joy. ■

**To find My reason for bringing your baby Home, simply ask Me and I will show you. Or ask somebody else to receive My Words for you.—Jesus**

better, more efficiently and more safely.

In the same way, after this time, now you and I can get together and assess how you did—not in a condemnatory way, for it was not a contest where you could lose or win. That is not the point. But you can see what things you would do better next time, and how you could be more in shape, more practiced, and

# ASK A Midwife

Your questions answered by Rose Midwife



Do you have any tips or information on what to do after a miscarriage, how the mother should take care of

herself, what she should and shouldn't do? How long does she need to rest? Is there anything specific she should eat? Also, is there any difference between a miscarriage before the fourth month and after it? From what Dad said in "God's Gift Is God's Work" (MLs #744, 745, 746), you can't really count on a pregnancy before the fourth month, but does it still take a big toll on the mother if she miscarries before then?

—*Esther, Slovakia*



## Answer:

Miscarriages are a very big subject. Each one is as different as an actual birth. For some women, a miscarriage is similar to a very heavy period, and is not a big attack physically. For others, a miscarriage is very painful and physically weakening. And for still others, a miscarriage can be a near-death experience. So it's very hard to say across the board exactly what to do or not do.

As with a period, in a miscarriage the mother is losing her life's blood, and therefore should eat very well and rest when she's tired. If she's also suffering contractions, she needs the help and prayer of others, warm showers or baths (make sure the tub and the water are very clean), warm drinks, and lots of rest. If she continues to bleed excessively—quite a bit more than her regular period

would be—she should seek the Lord concerning medical treatment. The mom needs to take it easy. She should not lift or move heavy things (like a toddler). She should take extra rest, and have no intense get-outs or sit-ups, etc., until all bleeding has stopped.

The biggest battles in a miscarriage are often the spiritual attacks. Whether the physical part is easy or hard, she needs lots of tender loving care and encouragement that the Lord's in control and loves her so very much.

Dad said not to count on the pregnancy until the fourth month, as many mothers lose their babies in the first three months because something is not developing right with the baby. But all miscarriages take their toll on the mother, both spiritually and physically. Miscarriages after the 5<sup>th</sup> month are especially hard, as the baby is big and it's actual labor. So these mothers especially need the love, prayers, encouragement, understanding and help of others.

**While it's essentially true that there's little reason to worry about miscarriage after the first trimester, it does occasionally happen that a fetus is lost between the 12th and 20th weeks. This is known as a late miscarriage ... it is rare in an uneventful low-risk pregnancy. After the 20th week, when the fetus usually weighs over 500 grams (17 ½ ounces) and there is a possibility that it can survive with specialized care, its delivery is considered a premature birth and not a miscarriage. (What to Expect When You're Expecting)**

A mother may bleed for the length of her regular period, or up to three weeks; either way is normal. It doesn't seem to make a lot of difference whether the

miscarriage was months or just weeks along; the amount of blood lost is not determined by how far advanced the pregnancy was.

I would say the best counsel is what Mama gave in “Libby’s Homegoing” (ML #2936, Vol.21) about giving help and encouragement, as a mother who is miscarrying gets spiritually hit from many sides—with guilt, sadness, the loss of a precious blessing, physical pain or weakness, emptiness, fear of it happening again, fear that she disobeyed or did something wrong, and many other battles. (*Eve: Make sure to come to the Lord for His perspective in the situation. He’s the One Who can encourage your heart, answer all questions and relieve all worries!*)



I recently had an early miscarriage. I went to the hospital and had my womb scraped. On leaving, they advised me not to get pregnant again until I had had two or three periods. Why is this?

—From Dulci, Spain



The main reason they advised you not to get pregnant until you had had a few periods was that the scraping of your uterus left an open wound, much like a scraped knee. In the miscarriage, only the part of the uterus covered by the placenta was opened, but after a D&C, the whole uterus is an open wound. Waiting until two or three periods have passed before getting pregnant would give the uterus time to heal, and a better chance of the pregnancy not ending in

another miscarriage.

For the placenta to “hold on” it needs a smooth location on the uterine wall, and waiting would give the time needed to ensure the healing of the uterus, and to smooth itself out again.

It’s always a good thing, especially for our girls in the Family, to eat as though pregnant—when possible—after a miscarriage, because often the Lord sends another baby along quickly to comfort your heart. And if perchance you don’t get pregnant again right away, the good diet will help your body recover faster and help you regain your full strength quicker.





I recently had a miscarriage at nine weeks pregnant. It's not my first miscarriage. Previously, the doctors highly recommended I get a D&C (scraping out the womb) to make sure no debris from the pregnancy was left in the womb. But when I questioned it, in both cases they were willing to try alternatives, such as letting things go naturally for a few days and then running an ultrasound scan to make sure all was okay. On this last miscarriage, though, I ended up going with the D&C, as they insisted it was very necessary. It was quite simple, and a not too painful experience. As we don't have a lot published about how to handle early miscarriage, I wondered what you recommend regarding this? (I also have seven beautiful, healthy kids, ages 2-19.)

—Marie Doorkeeper, China

### Q:

**Have you ever had a miscarriage? If you had any outstanding experiences, lessons, or tried-and-proven tips which helped you and which you feel would be a help to others, please send them in today!**



Dear Marie, Lord bless you and your wonderful children. What a joy to have seven! Concerning early miscarriages and D&C, I recommend that the mother do as the Lord leads her in each situation. Each miscarriage—as each pregnancy and delivery—is different. So it's very hard to have an across-the-board recommendation. Also,

each mother and her needs and her health are different each time.

You have to count the cost, but most of all ask the Lord what to do, as you have been doing. If you have a miscarriage and don't have the D&C and the placenta all comes out, you will be fine and it won't affect future pregnancies. However, if everything doesn't come out you could get a uterine infection, which could make it impossible for you to get pregnant again, or to carry future pregnancies to term. Or if left untreated, it could result in the need to have your uterus removed. This is why doctors recommend the ultrasound, to make sure everything has come out.

However, many of our mothers who have miscarriages don't do a D&C, and also don't have an ultrasound. In this case I recommend they watch for signs of infection: high fever, cramps, tenderness to the touch, and chills. At the first sign of any of these, you should see a doctor.

Most miscarriages are “complete,” which means that everything comes out, and most mothers are then fine. The D&C is usually relatively easy, however it does cause scarring of the uterus, as it is a scraping of the uterine walls. This scarring can sometimes make it difficult for a mother to get pregnant again, or give her trouble in carrying the baby to term. The procedure has a different effect on each mother, so the best thing is to stay in close touch with the Lord and go as He leads in each individual situation. ■



## Rescuing Hug

This is a picture from an article called "The Rescuing Hug." The article details the first week of life of a set of twins. Apparently, each were in their respective incubators, and one was not expected to live. A hospital nurse fought against the hospital rules and placed the babies in one incubator. When they were placed together, the healthier of the two threw an arm over her sister in an endearing embrace. The smaller baby's heart rate stabilized and her temperature rose to normal.

Let us not forget to embrace those whom we love.

## Express Yourself

Several years ago, a friend of mine was preparing for the birth of her second child. Among the many priorities was to ready her three-year-old daughter for the arrival of a younger sibling. Because she was planning to breastfeed, she thought it important to introduce her child to this concept by having her view an age-appropriate video on the subject. My friend wasn't sure how much of the video took hold with her little one and was somewhat concerned about her level of preparedness for this part of the new family adjustment.

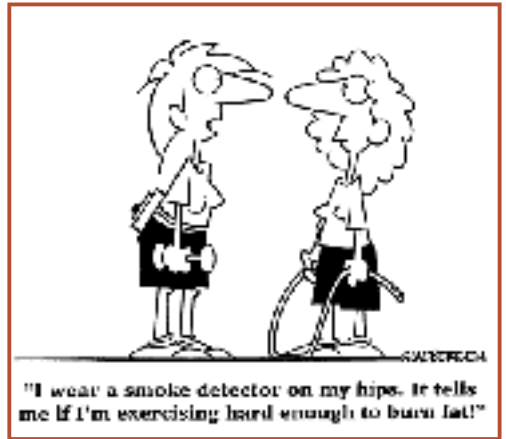
One day while driving in the car, the precocious three-year-old took in a big mouthful of her drink, poached out her cheeks and with both fists, propelled the liquid at the back of her father's head.

Her mother, quite aghast, asked her what in the world she was doing, and the child replied very simply, "Expressing my milk."

My friend was very impressed with her young one's level of comprehension and retention of the video. Dad, on the other hand, restrained his excitement until the milk stopped dripping down the back of his neck!

—Carolyn Molly, Web reprint

Then there was dear Mrs. Lytton who had to stop breastfeeding her infant son. It just hurt too much when she boiled the nipples.



Cover photo:  
Reina (of Bow),  
Dominican Republic

Suggested reading for ages 16 and up.  
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