



# Eve

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# YOUR HOME REMEDIES

**T**he following remedies have been tried and proven by those who have written in about them, but please don't forget to take each idea to the Lord specifically before putting it to use in your individual case.—Only the Lord knows what will work best for each person and situation!

## Pimple zapper

Have a serious pimple? Put some mint toothpaste on it, and wipe off after five minutes. You will see the difference. Repeat the process (depending on the intensity of the breakout) and by morning, you will hardly be able to see the pimple.

*Bridgette, Web reprint*

## Tea tree to the rescue

Tea tree oil is very useful for skin problems: apply neat (meaning without diluting) to treat athlete's foot, ringworm and all manner of cuts and wounds. It can be used with water as a mouth wash for bad breath, mouth ulcers and gum infections. (*Eve: But don't swallow.*)

*Web reprint*

## Seborrheic dermatitis\*

I've had dermatitis seborrhea for quite a while. After consulting with dermatologists and trying lots of different creams, it only seemed to get worse. The problem is from an excess of grease in the skin. After a lot of prayer, the Lord led me to consult with a naturalist doctor, who told me to take brewer's yeast with all my meals and wash my face with salty water (1 spoon of salt in 1 liter of water). He also recommended that I use a shampoo with propoleo\*\*. After following his advice for a while, my skin totally cleared up. It's been six months since then. I still do those things and don't use any creams, and PTL, I'm just fine.

*From Maria Antonia, Chile*

## Menstrual difficulties

I've been having side pains and more difficult menstruations. The Lord reminded me that red raspberry leaf tea is helpful for the uterus. Since I began drinking it, the pains are nearly gone! All glory to Jesus. (*Eve: Please be very prayerful and check with the Lord before taking red raspberry leaf tea if you are pregnant. While some sources say that it is beneficial to drink all throughout pregnancy, others say that drinking it in the early months can cause miscarriages. Only the Lord knows what will bring good fruit for you, so find out from Him!*)

*Love (of Marc), Canada*

(\***Seborrheic dermatitis**: a chronic skin disease associated with flaky, greasy scales on the scalp or eyelids or other parts of the skin)

(\*\***propoleo** – also propolis: Bee propolis is a powerful protector. It consists of approximately 55% resinous compounds and balsams, 30% beeswax, 10% aromatic oils, and 5% bee pollen. Other constituents include flavonoids, amino acids, B vitamins, and most importantly, antibiotic substances. Often called “nature’s penicillin,” bee propolis has effective antibacterial, antiviral, antiseptic, antifungal, and antibiotic properties. These protective and healing properties have been conclusively demonstrated in numerous studies all over the globe.)

### Help for heartburn

*Parents magazine*

- Chew (sugarless) gum for at least 30 minutes after a rich meal. Increased saliva production neutralizes stomach acid and washes it down.

- Loosen up. Tight clothing adds pressure to your belly and makes acid reflux worse.

- Nibble a little. Munching on hors d’oeuvres can actually be good for you. Avoid big meals, especially within an hour-and-a-half of bedtime.

### More heartburn-beating tips

By Fran Henry, *Cleveland Plain Dealer*

- Don’t nap after eating.
- Fast for two or three hours before bedtime, even if the leftovers call your name.

- Avoid foods that can irritate the esophagus: fried, fatty and spicy foods, onions, garlic, chocolate, peppermint, alcohol, caffeine, tomatoes, pepper and citrus fruits.

- Eat small meals.
- If you experience heartburn at bedtime, raise the head of your bed about six inches. Use a foam wedge or raise the headboard with wooden blocks.

## BACK-ING UP

More tips and testimonies from you on the subject of back health and strengthening

### Restoring calcium helps back pain

From Pedro (of Sara), Brazil

I’m writing this note especially for all of you who may have problems with your back. You know that pain in the lower part of your back that sometimes grabs the nerves of one leg or both of them?—And then there you are ... in bed! I’ve had this for many, many years.

A sweet brother told me he had not been having those strong pains anymore since he started taking magnesium chloride. This natural product helps to restore the calcium in the bones which helps take away those pains.

You can get it in any homeopathic drugstore (it contains instructions on how to use it). I pray it’ll be a blessing to whoever needs it, as it is starting to be to me!

### Firm believer in exercise

From Amy, USA

Around 1½ years ago I started having problems with my back. I saw a chiropractor, and he did various

You can also try eating a little ice cream or frozen yogurt after dinner and/or before bed! It soothes and cools the burning throat and esophagus when heartburn acids come up. It’s the only thing that worked for me.

*From Sara D., USA*

treatments on my back to help it to heal. I was also on the prayer list for quite a few months. It was painful and I was restricted in the amount of activity that I could do. I couldn't do any housework for a while, and no exercise! I was used to exercising and being very active, but I had done something to my sciatic nerve and needed to go very slow.

Well, after all the prayers and seeing the chiropractor, my back slowly got better. It started feeling good more often than it was painful. I prayed that the Lord would help me find a good exercise program to help strengthen my back.

The Lord led me to some Family members who use a workout series called "The Firm." I started doing it, slowly at first. After being consistent with it for the last few months, it has helped tremendously. The stomach exercises are vital, as my chiropractor told me that strong stomach muscles lead to having a strong back, as they support the back.

I am also nearing the age of menopause, and have noticed the difference in my health as well as my monthly periods. They were painful before starting this exercise program. I was taking calcium, but I also read an article that said that as women approach middle age and near menopause, their estrogen levels lower, and one of the things that they recommend is exercising with weights. That is what I am doing, and I can testify to the change that it has made in my overall health. I recommend it to anyone. Sometimes I still do have longer periods and am more tired than usual at those times, but the cramps and ill-ease that I used to experience have now subsided. TYJ!

## Pillow power

From Abe, Pakistan

I asked for prayer for my back a couple of months ago. Thank the Lord, it has improved greatly and I have no more pain. I am also able to carry my nine-kilo baby daughter around for

quite a while without any significant pain.

The Lord showed me to put a thin pillow under my foam mattress, just where the small of my back is, and I also followed the advice on a video about back exercises to put a pillow under my knees when lying on my back. PTL!

## Healing from front to back

From Jewel (of Aaron), Taiwan

Thanks for all those who helped with the *Eve* articles about backaches! I have had problems with my back for the last five years, since I began having kids. After reading about the benefits of sit-ups I began doing them and wow, did I feel good! For the first time in a long time I didn't have that dull pain that I constantly felt in my lower back. Today I had some business to do and didn't get a chance to work out, so my back began its ache again.—But after 30 sit-ups I got up and all the pain was gone. A great big thanks for all the goes into each *Eve*!

## Praise for the victory

From Love (of Peter), Vietnam

Because of the Lord's healing and our precious Family's prayers, my back is tons better and I am able to do the normal things around the house. I can go to the market and carry light things and go for get-out, bowling, etc. Most of all, I get to sit down and rest my whole upper body weight—which might sound funny as it's something that's usually taken for granted when you have a healthy back.

For me, little things like that makes life worth praising and thanking the Lord for.—And that includes things like putting my clothes on, going to the bathroom, putting my shoes on, etc., which a lot of times can be taken for granted. So the fact that I can do all those things is your doing, dear Family—and let's not forget our wonderful Husband, Jesus. ■

## Heavenly itch cure

From Priscila (of Francesco), Moldova

**O**ne day when the weather was extremely hot, I came home from town and realized my neck was very itchy. I thought that maybe it was because of the dust and sweat, and I didn't pray against it or about it, but after a few days it was still there, and even getting worse. When I asked the Lord about it, this is what He told me in prophecy:

*(Jesus speaking:)* Things are dirty everywhere. I am not talking strictly about your surroundings, as you are doing quite a lot to keep yourself clean, but I am talking about the world generally. It is good that you are cautious not to touch your eyes and ears and mouth without washing your hands first, but your skin is just as sensitive—especially in summer, when your pores are open. Take care, okay? Your skin is just

beautiful and such a witness and testimony of your healthy way of living.

Now try this: Make a concentrated mint tea, strain it and apply it with cotton on your neck. That will be cooling and refreshing. Stay away from creams for a few days, so your pores won't close and open successively. After this wash, you can try the remedy that you read about in *Eve*, the anti-dandruff shampoo, and see how it goes.

Besides that, good prayer, praise and a healthy spiritual life always puts the Devil on the run. So try love—loving Me and others. Oh, and by the way—it [the itchy skin] is not contagious. *(End of message.)*

Many times I have received natural remedies in prophecy that I never heard about in real life. Thank the Lord, the rash is healed now. ■

## The hem of His garment

From Claire (of Barney), Taiwan

**I** had a miraculous answer to prayer this month! I had noticed a swelling in one of my breasts over the last month, which the Enemy was using to make me fear. So after reading the healing section of the *MOP*, I felt I should face my fears and get it checked out.

I phoned a sister that I felt close to, asking if she could help me find a doctor. She was very supportive, and arranged an appointment. She also asked her Home to get together and pray for me. That night the most amazing and supernatural thing happened!

I dreamt I was swimming underwater and touched some kind of small generator, and it gave me some kind of electric shock. But the amazing thing was the shock was real! I awoke instantly with the power still surging through me. I thought I was going to die! There was no pain, but the power was incredible; instead, it seemed to just pass on into the bed, etc. It was incredible!

I opened my eyes to see the sun rising

through my bedroom window, then fell back into a blissful sleep. Next day the swelling was so itchy (just like when a wound heals). I knew something had happened.—I just wasn't sure what. When I asked Jesus, He said that I had touched the power of God. That really was how it felt, like the woman long ago must have felt who touched the hem of His garment. Just the tiniest touch at a very small outlet, but such immense power.

I don't know if Jesus healed me from something or whether it was just a demonstration of His power to encourage my faith, but it surely was an answer to prayer and a life-changing experience. The checkup proved everything was fine. The doctor could not explain the reason for the swelling, as there were no tumors (TTL), and any infection that could have caused swelling would have been accompanied by severe pain. I can't say I understand it all, but I do know that that power was real and it was immense. With Jesus beside us, we truly have nothing to fear. PTL! ■

Q:

A:

**Name:** Davida Smile

**Age:** 26

**Nationality:** East European

**Where do you live:** Far-eastern Siberia

**Status:** Married, to DJ

**Children:** Karina (3) and Larisa (1½)

**How long have you been in the Family:** 5 years

**Have you ever had a supernatural experience, or an encounter with a ghost, spirit or angel? Please describe.**

Yes, I still remember my first encounter with Jesus. It was few months after I met the Family and had had lots of trouble with my parents. They forbade me to meet the brethren and decided that at least one of them would stay with me at all times until I forgot about being a missionary. My heart was broken. It was so hard for me, and I felt that my faith, inspiration and happiness were going down. I was desperate with Jesus.

One evening I went to sleep crying and told Jesus that I was tired of trying to make my parents understand, and that if He wanted me to be a missionary He would have to do it Himself.

That night He appeared to me in a vision. I can remember it as clearly as if it happened today.

I was sleeping when a great, bright light woke me up. I sat up and saw Jesus. His face was shining like the sun. His clothes were as white as snow. A few years later I found that Bible verse that describes Him exactly the way I saw Him—Matthew 17:2: “And Jesus was transfigured before them: and His face did shine as the sun and His raiment was white as the light.”

I tried to look at His eyes

and face, but His face shone so brightly that I couldn't see through the light. I felt a spirit of meekness fall upon me and I bowed down at His feet. I was thankful to just look at His clothes and feet. That night He came to me in the same vision three times. Each time I bowed down at His feet.

The next day I woke up, filled with an incredibly great strength. And later I had courage to leave my parents and join the Family.

I still remember another occasion so clearly. I think when we have any contact with the spirit world we seldom, if ever, forget it. At that time I was pregnant with my first child. The Lord and Grandpa had promised us in prophecy that they would be at my delivery. I really hoped they would be, because I was so afraid of having any complications.

It was time to go to the hospital and we called the ambulance. The doctor told me to lie on the stretcher but I didn't want to, as I felt more comfortable on the seat. The bumpy roads really helped my contractions progress.

Suddenly I saw somebody lying on that stretcher right in front of me, where I was supposed to be. When I looked more closely I saw a man, with

his hands folded under his head, a big smile and a very happy face. I realized it was Grandpa, but he looked much better than in the pictures I'd seen. His beard was very nicely trimmed and a little shorter, and he looked a lot younger.

He told me, "Don't worry, Honey. Everything is going to be okay." He was happy and relaxed. I was a little shocked, because usually when people see you in pain they look a little sad, but he was just radiating happiness. I don't think I can explain the

happiness I saw in his face.

I had my baby Karina in just seven hours, but at one time the contractions were so strong that I felt I couldn't cope with them anymore. My husband was trying to get my attention by looking into my eyes and helping me with breathing, but I couldn't concentrate.

Another contraction started and again my dear husband tried to get my attention. I looked in his eyes and suddenly I saw him transforming!—It was Jesus! I couldn't believe it. I remem-

ber that was the easiest contraction I had. Then I forgot about my contractions, myself and everything around me. I was lost in His eyes. It was such a wonderful experience. Although it didn't last long, it gave me so much strength—not just physical strength, but willingness and determination to go through it.

After I had the baby, my husband told me that he saw Grandpa when we were in the ambulance.—And when we compared the times, it was exactly when I had seen him too! ■

# Papaya: The Fruit of Good Health



When Christopher Columbus arrived in what is now South America, the natives welcomed him and his crew with a feast. Some historians claim that the explorers ate too much, and that their hosts gave them papaya to soothe their upset stomachs. Today, researchers are discovering that the health benefits of papaya could extend well beyond settling stomachs.

High in water and minerals, papaya can be an effective treatment for dehydration, while its concentrations of vitamins A and C help prevent the most common cause of childhood blindness (xerophthalmia). The

fruit contains high levels of beta-carotene, an antioxidant that destroys free radicals, chemicals that are released when cells break down and can cause cancer. Papaya also stimulates the release of growth hormones, which both children and adults need for growth and healthy cells.

The papaya tree is known as the "tree of good health" in Mexico, and its fruit is used to treat liver problems and irregularity throughout South and Central America (the fruit's native region).

Papaya seeds are sometimes used to purge the body of worms, amoebas and

By **Nikolin Ré Eyrich**, news reprint

intestinal parasites, but they contain a toxin that affects the nervous system and should not be eaten regularly or in large quantities.

As Columbus may have discovered, however, papaya is best known for calming stomachs. While the alkaline nature of the fruit makes it ideal for soothing acidic stomachs and ulcers, papayas also contain papain, an enzyme that aids digestion by breaking down food proteins.

People with celiac disease, which normally prevents them from digesting the wheat protein gliadin, have been able to digest wheat treated with papain.

The enzyme also seems to have healing and painkilling properties. Laying strips of papaya on wounds seems to accelerate healing, and the U.S. Food and Drug Administration has approved papain injections to relieve the pain of slipped disks.

*From Sara D., USA:* We found in combating worms in Brazil that in order to be effective, the seeds have to be eaten to rid of worms. The juice alone was not effective, as our Homes had papayas daily as they were always available. But we still had problems with worms till it was discovered that the kids especially, and those with worms needed to ingest the seeds—swallow them whole like vitamins.

## Everything You Could Want in an Exotic Fruit

*By Sheldon Margen and Dale A. Ogar, Los Angeles Times*

Nutritionally, papayas are as good as they taste. They are very sweet, but 3½ ounces (about one-third of an average-sized papaya) has only 39 calories, while providing 62 milligrams of vitamin C and 38 micrograms of folacin (folic acid). That's more than 100% of the recommended daily allowance (RDA) for vitamin C and almost 20% for folacin.

Papayas are picked when they are only partially ripe, so they will be firm enough to survive the shipping process. As they ripen, they go from green to yellow-orange,

starting from the bottom and moving up toward the stem. If a papaya is completely green (without even a tinge of yellow), it has probably been picked too soon and it will never ripen properly. When you choose one at the market, make sure it is at least half yellow. When completely ripe, a papaya will yield to slight pressure, but shouldn't be soft and mushy around the stem.

If your papaya is between one-quarter to one-third ripe, it will ripen fully in two to four days if left at room temperature. If you want to speed up that process, put it in a paper bag with a banana. Once a papaya is ripe, it should be stored in a plastic bag in the refrigerator, where it will keep

for up to a week. But be warned, the flavor starts to fade almost immediately, so use it within a day or two if you can.

When you cut open a papaya, the center cavity is full of small black seeds. Many people just throw these away, but they are actually edible. They look and taste like peppercorns and can be used as a garnish or seasoning. They can even be dried and put through a food processor or blender to make a tangy, peppery spice.

There are lots of ways to use papayas. Cut the fruit lengthwise and scoop out the seeds. Use a paring knife to take off the skin. The flesh is very soft and can be diced or removed with a melon baller.

Fresh papaya wedges are frequently served with a little lemon or lime, or even a dash of cayenne pepper to cut the sweetness. Papaya halves can be filled with cottage cheese, other fruits, tuna fish, or whatever you like. For dessert, try them with a little frozen yogurt.

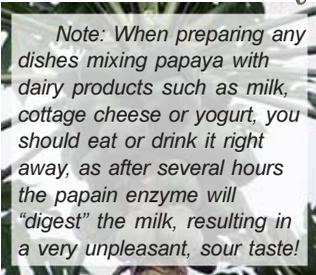
You can bake an unripe

papaya half just like squash and serve it as a side dish with poultry. It can also be skewered and broiled on the grill. Papaya sauce can be used in blender drinks or as a dressing to put on your salad. Papayas can also be used like mangoes in fruit salsa, which is excellent with fish, meat or poultry.

**From a female SGA:**  
Papayas are also supposed to be good for boils. I remember when I was a kid, my parents applied the skin of the papaya whenever we had boils, as it helped to draw out the infection.

## Papaya Tips

### Papaya



is a very good digestive.—In fact it is probably best known for aiding digestion due to its content of “papain” (an enzyme similar to pepsin) which helps digest protein. This protein-digesting enzyme makes papaya helpful to those with digestive difficulties. The white, milky juice from the unripe papaya is the best source of the enzyme papain.

Papaya is also effective in relieving allergies because of its ability to denaturize proteins. It’s also a good meat tenderizer. It’s a good source of vitamin A and C. One hundred grams of papaya contains vitamin A: 1,700u, and vitamin C, 56 mg.

From Misty, WS

### Papaya smoothies:

- Blend papaya and banana, a touch of milk, honey if desired. (*Eve: A delicious variation is to freeze the papaya and banana cubes ahead of time for a frozen treat.*)
- Blend papaya and yogurt, honey to taste, add in brewer’s yeast or protein powder if desired.
- Blend papaya, milk powder, ice, honey to taste.

### More papaya tricks

- The most common use

of papaya is fresh in slices or chunks and in fruit compotes.

- A thick juice can be prepared by blending diced papaya with a little water.
- Papaya can also be sliced and dried.
- Green papaya is sometimes cooked and eaten like squash.
- Green papayas can also be shredded and eaten like carrots in salads, etc.
- Papaya is a prime source of papain enzyme (a meat tenderizer), so green fruit chunks and leaves can be

wrapped around meat or fowl before cooking to enhance tenderness and flavor.

- Papaya cooks well, especially when unripe as it holds its shape. Cut it into chunks for kebabs with chicken or add some chunks around a roast like potatoes.
- Cooked and pureed, papaya is delicious on meat, fish or poultry and is wonderful in salads or sauces.
- For a quick and easy hors d’oeuvre, wrap cubes of peeled papaya with thin slices of prosciutto (smoked ham). ■

— FROM HEAVEN'S DOORS —

# The Ultimate Sacrifice of Love

From Amanda (SGA,  
of Kevin), WS

I recently had my first child—a beautiful baby boy. Going through the pregnancy and delivery gave me so much admiration for my mom, who had ten of us, and all our wonderful women who bravely bring into the world child after child. I never really understood what they went through to fulfill this high calling, but now I think I have a tiny glimpse, and I believe every mother is worthy of a medal of honor.

I now know what it's like to endure a difficult pregnancy, being sick for months on end. I now know what it's like to go through a long and trying delivery. And I so admire all of our women who have been through this not just once, but time after time, cheerfully bearing the discomforts and pain in order to receive precious rewards from Heaven—your children.

My labor was 72 hours long. My baby's head was stuck in my pelvis, which is why it was so prolonged. I had prayed desperately, unitedly and privately, for weeks before my due date, asking Jesus to



give me a quick and easy delivery (or at least as quick and easy as it could be, ha!), but that's not how things turned out. Okay, I was prepared for a 24-hour labor—but I never imagined it would turn out to be 72 hours!

While in the midst of heavy labor I was tempted to doubt the Lord's love for me. I wondered why the Lord didn't answer my prayers. I wondered if I would make it. I wondered if the Lord was punishing me for something that I'd done wrong. Did I not have enough faith? Was He far from me? Had I not prayed desperately enough? But now in looking back I know that

the Lord was with me through it all, even though I didn't always feel Him.

He brought me through and made it worth it all. Not only did I gain a beautiful child who is mine forever, but I also gained many valuable lessons. I feel that my life has been enriched in more ways than one. I now have more compassion on others. I'm more faithful to pray for friends and loved ones that I know who are pregnant or about to have a baby, as well as those who are battling with life-threatening or debilitating afflictions. Jesus also strengthened my faith and trust in Him through it all.

Shortly after I had my baby, a dear friend of mine received a message from Jesus for me, which I wanted to share as an encouragement to others who've had tough deliveries. This is dedicated to you! He does all things well, and knows what we need to strengthen our faith and keep us close to Him. And whether quick and easy or long and difficult, each delivery is a miracle and each baby a touch of His love.

*(Jesus speaking:)* You did it, Honey! You fought and you won! You may feel exhausted and spent and weary and

worn, but isn't it worth it for the darling bundle you hold, who will now be yours forever? I know it's still hard to see how all the pain and the waiting could ever be "no more remembered" for this joy, as the Scripture said, but you'll understand one day. Even the waiting, the struggling, the agony, was part of My gift to you. Though, of course, the most priceless of all gifts is the new little life that will change and renew your life.

You have not only given birth, but you have been reborn into a beautiful new world. You'll understand your little one better because of what you have been through, and will yet go through; because of your own rebirth into a whole new manner of existence. It's not easy for him, coming down from Heaven and coming into this new environment that is so different, and in many ways so harsh—but you'll make it worth it for him because he'll love you and learn to love life.

You've been a fighter and a soldier to be proud of. You fought the fight, you passed the test, and you won the prize. I know you didn't feel prepared, and you were tempted to wonder if I'd forgotten about you and left you to suffer on your own, but I was there with you all along, holding you, supporting you, loving you. It was a fierce test, but you came through as gold and have the prize to prove

it—as well as the medal of honor of spirit that is only worn by a mother who has brought forth life. You shine and glow with this honor. Though you might feel unlovely in flesh, you radiate with a new beauty, the beauty of a woman—My bride, and mother of one of My precious children.

Rest in My arms and find surcease from your labors. You have labored long and hard, and are deserving of My care and comfort and that of those around you. Let us minister to you, and let yourself be fed and

the easy kind of faith, the faith that always believes everything is going to be okay and that nothing bad is going to happen and just breezes through life; this is deep faith, faith that knows how to endure, faith that goes through the storm and fire knowing that it's going to make it despite all odds. Your spirit has been enriched with this deeper faith and it will be a source of strength to you in days to come.

So welcome now, My love, to a new day, a new year, a

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**"You have been reborn into a beautiful new world."**

renewed in body and spirit. For virtue has gone out of you, but it has also returned to you in new and more wonderful ways than ever before.

That battle is done and over, and you'll never have to face that same struggle again. Yet through it you have gained what is priceless, in more ways than one. Through it you have gained what you could not gain any other way. Through it you have gained a whole new life, along with experience, wisdom and faith that you will need in this new life. You may not feel very strong in faith after such an ordeal, but doesn't it increase your faith to see that you came through, that you survived, that you made it, that you found the strength when you felt you had none? This is not

new life! All things have become new, and life will take on new meaning, new color, new purpose, new understanding and new hope. Your new treasure will be yours forever; in this life and in the life to come, he will love and cherish you as you love and cherish him. He will be your reward, the gift that keeps on giving.

He does not understand your sacrifice now, but one day he will thank you with all his heart for being willing to endure all that you did to bring him into this life—the many months of sickness, the tiredness, the extra care, and not least of all the final round of this great marathon. He will one day rise up and call you blessed, as I do now, in gratefulness for this, the ultimate sacrifice of love. ■

## ASK A MIDWIFE

Your questions,  
answered by  
Rose Midwife

### Sugar drip—causes and queries

**Q:** After the delivery of my big, healthy baby (4.5 kg) the nurses checked the sugar level in her blood. They said they do it because very small or large babies sometimes have the wrong level of blood sugar. And so it was with my baby. They put her on a drip with extra sugar going into her body and she couldn't stay with me for the next two days.

Although it was a Romans 8:28 situation in my case, as I got to have a good rest after the delivery, I wondered if this drip was necessary. Wouldn't her blood sugar level adjust itself after a short time without this extra help?—Or if such help is necessary, could it be substituted with something else? —*Crystal, Poland*

**A:** Many times large babies are a sign of diabetes during pregnancy. If you were diabetic during your pregnancy (and it's possible to be undiagnosed, or to be only diabetic during pregnancy) then your baby would not be able to control her sugar levels naturally, as she would have basically had nine months of your body not controlling yours correctly and thereby affect-

ing hers incorrectly also. In this case, they wean the baby off the high levels of sugar in the blood she is used to, by giving the baby an IV of glucose solution (sugar water) and then gradually reducing the levels the baby receives.

If it took your baby two days to have that done, I would suggest that you take a diabetes test during future pregnancies, so that if necessary you can have your diet controlled. Then

the next baby would not have this problem.

Many times diet is the solution. Removing sugar, especially the refined sugars, from your diet and upping your protein intake can be a great big help. This is something you can do between pregnancies also. Also, you should pray about getting a diabetes checkup, as you may have this problem even when not pregnant.



### Beer and tuna booster

**Q:** Is there any truth in the old adage that a beer a day enhances the milk flow of nursing mothers?—Something to do with the yeast in the beer perhaps? —*Unknown*

**A:** Dark beer can help produce breast milk. It works especially well when you have it with tuna fish. Somehow the two work together to really help milk production. However, if you have enough good milk for your baby you wouldn't need the beer daily or even at all. For mothers with a low or watery milk supply, a dark beer and some tuna daily for one week should solve the problem. Then if you eat well after that week, you should no longer need the beer.

And yes, it is the yeast in the beer that makes the difference; somehow mixing it with the tuna makes it work much, much better. I don't know why, though! ■

Blood groups and blood types have specific characteristics of an individual's red blood cells. All people have red blood cells, or RBCs, which are responsible for transporting oxygen and carbon dioxide around in the body. However, RBCs vary among different individuals. The work they do is the same, but they can have different groups of proteins on and in the cells themselves. These characteristics are inherited from our parents.

**Blood Types:** The A, B, and O blood group characteristics are indicated by specific types of proteins found on the surface of the RBCs, as well as inside the cell and in other body fluids like semen and saliva. Blood types A and B indicate two different proteins which exist on and in the RBC. Blood type O indicates the absence of either A or B proteins. It is also possible to have both A and B proteins present in a single individual. Thus, individuals can have type A blood, type B blood, type AB blood, or type O blood.

The Rh factor is a group of proteins that occur only on the surface of the red blood cell. Simply put, if you have the Rh factor present in your RBCs, you are termed "Rh positive." If the Rh factor is absent then you are termed "Rh negative." So there are generally two parts to blood typing: the ABO part and the Rh part, and people are typed as A-positive, A-negative, B-positive, B-negative, AB-positive, AB-negative, O-positive, or O-negative.

**Immune Response:** The immune system plays a key role in Rh disease and pregnancy, because it is that part of our bodies responsible for fighting off disease and illness. It does this job by first recognizing foreign cells that have invaded the body and then by setting out to destroy these invading "non-self" organisms. It also forms antibodies against specific invading organisms that can be called on in the future to fight invasion by the exact same organism. Antibodies are made to recognize specific cells. For example, many of us have antibodies to the measles, mumps, some flu strains, hepatitis, chicken pox, and so on. These antibodies protect us from getting sick again if we come in contact with these specific invading organisms. It is this same immune response that is responsible for

By Denise Chism,

R.N., M.S.N.,

P.N.N.P.

RH DISEASE AND PREGNANCY

“Rh disease occurs when an Rh-negative mother and her husband conceive an Rh positive child”



the problems associated with pregnancy when a mother is Rh negative and the baby she is carrying in her uterus is Rh positive.

**What Is Rh Disease?** Rh disease occurs when an Rh-negative mother and her husband conceive an Rh positive child. When a few of the baby’s Rh positive red blood cells cross into the mother’s system via the placenta, either through a fall or accident, an amniocentesis, during a miscarriage, elective abortion, or ectopic (tubular) pregnancy, or after delivery when the placenta is removed, the mother’s immune system identifies these Rh positive fetal RBCs as foreign and sets out to immediately destroy them, as well as form long-term antibodies to fight them off at a later time.

If you are an Rh negative woman and you are carrying an Rh positive child during your first pregnancy, the chance of becoming sensitized and causing a problem for the baby is small. If the baby’s RBCs pass into the mother’s system, her body responds by producing antibodies and she becomes “Rh sensitized.” As a result, she will always carry these antibodies in her immune system.

If you carry an Rh-positive child in a subsequent pregnancy, the antibodies created by the immune system during the first exposure respond more quickly to the foreign red blood cells from the baby. These antibodies attack and destroy the baby’s RBCs in the mother’s circulation, but more importantly, they also cross the placenta and begin destroying the baby’s red blood cells circulating in the baby’s body. There are no complications for the mother in these circumstances, but there may be minor to serious complications for the baby. This is called hemolytic disease of the newborn.

**Prevention:** Early in pregnancy a standard group of routine prenatal blood tests are done on nearly all pregnant women. Included in this panel of tests is a blood test to determine your blood type (A, B, or O), your Rh status (positive or negative), and your antibody status. In this simple test, the laboratory is looking for a reaction by specific antibodies that might be present in your blood, specifically, if you have an Rh antibody, and if you do, what is the antibody exactly. If the antibody screen is negative then you are considered “unsensitized.” If it is positive, the lab goes on to identify the exact antibody. The risks for potential problems with this pregnancy are then addressed. Prevention is only necessary and effective if you are Rh negative with an antibody screen that is negative.

In this circumstance, sensitization can be prevented by giving the Rh negative woman an injection of Rh immunoglobulin (RhoGAM™) during and after pregnancy. Rh immunoglobulin is an antibody derived from human blood products, which is injected into

one of your muscles, usually an arm or buttock. With this specific antibody, your immune system is fooled into thinking it has already made these antibodies and blocks your immune system from producing any more.

So if you are Rh negative with a negative antibody screen, it is considered standard prenatal care to give you injections of RhoGAM™ to prevent Rh sensitization. You will receive two shots, one at twenty-eight weeks gestation and then again within seventy-two hours after the birth of your baby, if your baby is Rh positive. This method of prevention seems to block sensitization for a period of about twelve weeks, which is why you need two injections during the course of your pregnancy. For this reason, it is important that RhoGAM™ be given with all of your pregnancies, even those which may result in miscarriage or ectopic pregnancy.

RhoGAM™ is given any time the placenta is disturbed due to an accident or blow to the stomach, which could cause the placenta to pull away from the wall of the uterus. It should also be given after an amniocentesis and after an episode of vaginal bleeding.

**Hemolytic Disease of the Newborn:** Hemolytic disease of the newborn, or HDN for short, can actually be one or a group of symptoms exhibited by the baby. The most severe symptom is an accumulation of fluid throughout the baby's body, also called hydrops. After delivery, other symptoms may include severe newborn jaundice (yellowing of the body and skin), and a low red blood cell count (anemia).

**Rh Sensitized, Now What?** Your care provider will take a thorough history, including questions about previous pregnancies, how severely the babies were affected, and whether or not this man is the father of your previous children. You may also have an early ultrasound to confirm your baby's due date, as it is important to accurately know when it is due.

It may also be necessary to test for the father's blood type and Rh status. If this is your first pregnancy with this man, and he is also Rh negative, there is no reason for concern because the baby will also be Rh negative like his parents. Even if the father is positive, there is still a chance that you and he could conceive an Rh negative child, again eliminating any concern for the baby's health due to Rh disease.

If you are already known to be Rh sensitized, your antibody screen will be positive. The laboratory will specifically identify the antibody and then measure the amount of antibody present in your system. This measure, or titer, determines how early to begin watching and/or treating the baby for problems. The higher the titer,



oms: If any of you have any testimonies, lessons or

experiences to share on how you have dealt with having Rh-positive blood in your pregnancy and childbearing, please write in and share them with us as we would like to do a follow-up feature with your input. We love you!

the sooner the baby will begin to have symptoms of hemolytic disease and the sooner it will require intervention.

***How Can I Best Care for My Baby and Myself?*** As I've said before, the single most important thing you can do is to get early, comprehensive prenatal care. This is especially true if you already know you are Rh negative or if you know that you are Rh sensitized. If you are Rh negative but not sensitized, the most important thing you can do is to get your RhoGAM™ injections at twenty-eight weeks and within seventy-two hours after delivery. This will protect any future children you may have from the complications of Rh disease.

Finally, ask lots of questions. There are no dumb questions when it comes to your health and the health of your baby. If you don't understand something, ask for clarification. Medical terminology uses lots of acronyms and abbreviations when referring to tests and conditions, so much so that care providers often forget how to talk in normal, non-medical terms and assume patients automatically understand them. You and your family need clear, concise answers, but you'll only get clarification if you ask for it.

***Labor, Delivery, and Postpartum:*** Labor and delivery generally progress with minimal problems. The condition of the baby at the time of active labor is the greatest concern. If the baby is moderately to severely compromised, the baby may not tolerate labor well as labor and contractions can be stressful to a baby. This may put you at increased risk for cesarean section as the means of delivery.

The postpartum period is generally uneventful for you, certainly with regard to being Rh sensitized. You will not be a candidate for RhoGAM™ after delivery because you are already sensitized and antibodies already exist in your system. The baby will most likely be observed in the neonatal intensive care unit (NICU) because it is still at risk for newborn anemia (too few circulating red blood cells) and potentially severe newborn jaundice.

**J**esus speaking: It's good to know these things, and to be well prepared and armed for some of these medical conditions which are a natural course of life. But please don't allow these medical facts and terminologies to alarm you! I am still the Great Physician, the Master and Creator of your body. So come to Me, and I will lead and guide you as to exactly what is best. It's good to be wise and take necessary precautions, but don't let the Enemy in through fear or worry. Do what you can, and know with full faith that I will do the rest!) ■



# Home-Handy Hair Treatments

After researching to find a variety of quick and easy home treatments to help keep your hair sleek, healthy and shining, we are including a cross-section of these recipes here, so that you can pick and choose which ingredients are available and affordable where you are. We pray this is a blessing to you!

## Weekly Scalp Massage

*For dry and sensitive scalp:* Massage 1 tsp. warm sesame oil into scalp for 10 minutes. (Other oils also work well, such as coconut, olive, canola, or castor oil.) Wrap head in hot towel and leave on for 5-10 minutes. Do once a week for sensitive scalp and twice a week for dry scalp or dandruff. The best time for this treatment is first thing in the morning or before bed. Massage increases circulation to the scalp, so do not do this massage right after a meal, when the blood supply is needed for proper digestion.

*For oily scalp:* With head down, brush dry hair 50 times from roots to end to spread natural oils. (This may give

best results right before a hairwash, as some may find it makes their hair *too* oily.)

## Warm Oil Treatment

Use this as a conditioning treatment for dry to normal hair. If you wish, instead of plain oil use an oil in which several sprigs of rosemary have been steeped for three weeks.

½ cup olive oil (castor oil works well too)

2 towels

Pour the oil into a heat-resistant pitcher or bottle. Warm it by standing it in a saucepan of water on a low heat. Warm the towels by placing for a few minutes on a hot radiator, or in the dryer. Massage enough of the warm

oil to cover your hair into your hair and scalp. Wrap one of the hot towels around your head. Replace the towel as it cools down. Use the other towel while the first warms up again. Keep the oil in your hair for 15-30 minutes.

To rinse the oil out of your hair, use an herbal shampoo. Rub the shampoo into your hair before adding any water. This will help you to wash away all the excess oil. Rinse out with warm water or with an herbal rinse.

## Oil Treatment for Dry Hair

¼ cup olive oil

¼ cup hot water

Put olive oil in the blender

and carefully pour in the hot water. Blend till the oil is broken into tiny droplets. Wait till it cools sufficiently and work into dry hair. Leave for 20 minutes. Shampoo as normal.

### Split-end Treatment

Honey and olive oil help to “glue” split ends together. The mixture is rather sticky when you apply it, but leaves your hair feeling soft.

- 2 tbsp. clear honey
- 1/3 cup olive oil

Place the honey in a bowl and beat in the oil. Massage the mixture into your hair. Wrap your hair in a hot towel (you can spin the towel in the dryer for a few minutes to heat it up) and leave for 30 minutes. Rinse hair out with warm water and use an egg shampoo to follow.

Rinse again with warm water, to which you have added 1 tbsp. cider vinegar.

### To Revitalize Dark Hair

- 2 tbsp. rosemary
- 1 cup milk
- 1 egg
- 1 tbsp. honey

Steep rosemary in the milk for three hours or overnight. Strain liquid to remove rosemary, and mix egg and honey into milk. Rub liquid into hair and cover with plastic wrap. Leave on 30 minutes, then shampoo.

### Rinse for Shiny Hair

- 1 cup water
- 1 tbsp. baking soda, OR ¼ cup cider vinegar

Mix together and rinse through clean hair.

### Lemon Hairspray

This will help keep your hair in place without the stiffening effect of many commercial hairsprays.

- 1 lemon
- 1 ¼ cups/275 ml water

Chop the whole lemon into pieces and place it in a saucepan with the water. Bring to the boil, then cover and simmer gently for 20 minutes or till the lemon is tender. Strain, pressing down to extract as much liquid as possible. Leave to cool completely. Transfer to a sterilized spray bottle. Keep in a cool place and use within one month.

### Natural Hair Gel

- 2 tbsp. flax seeds
- 1 cup water

Bring the ingredients to a boil. Remove from heat and let sit for 15 minutes. Strain and let cool. You can add a few drops of essential oils for fragrance if you wish. Store in an airtight container so as to not thicken it too much. Use on wet or dry hair.

### Mayonnaise Pre-wash Conditioner

- 1 egg
- ¼ tsp salt
- ½ cup/125 ml olive oil
- 4 tbsp/60 ml cider vinegar
- 1 tsp honey

Place the egg in a bowl with the salt and beat with a whisk or an electric beater until it begins to get frothy. Gradually beat in half the olive oil. Beat in 1 tbsp. of cider vinegar. Beat in the remaining oil, followed by the remaining cider vinegar, and the honey. Massage the mayonnaise into your hair and scalp. Wrap your hair in a hot towel and leave for 30 minutes. Shampoo the mixture out by running warm water through your hair. Do not use another shampoo.

Quick Fix: If your hair looks very dry, smooth a little oil onto your hands and rub through your hair to give gloss and body.

### Soothe an Itchy Scalp

Give itching the brush-off with this soothing scalp massage. All you need is a hairbrush. Try one with soft natural bristles if your hair is fine, or a mixture of nylon and natural bristles if your hair is thicker. Starting at the nape of your neck, brush with upward

strokes. This revs up blood flow and loosens dry, flaky skin cells. For best results, do this massage before shampooing your hair.

**Quick Fix:** Degrease oily hair with witch hazel when

you don't have time to shampoo. Apply to roots with a cotton ball. There's also the old-time favorite of "dry shampoo." For a quick fix for oily hair, try a little powder or cornstarch. Apply lightly and brush through evenly.

(Note: The recipes and tips above are compiled from the books *Natural Beauty*, *Beauty for All Seasons*, and *Absolute Beauty*.)



It would seem a shame to me to have this section on hair without again mentioning nettle—one of the best all-around hair tonics there is. I have used it for years and years, whenever I can, and it always works great.

It is good for overall conditioning of all types of

hair, and to add body and shine to the hair. Simply make an infusion: bring water to boil, add stinging nettle, and let steep for 20-30 minutes. Add this nettle tea as a final rinse on your hair.

You can also use rosemary or sage for dark hair, and chamomile for light hair. Nettle is fine for all hair types and colors.

If you live in an area where stinging nettles grows, you can collect it yourself. (Use gloves to protect yourself from the "sting.") Gather it in bunches, tie a string around the end and hang the bunch up to dry for a few weeks in a dry, airy place. When it's dried, you can store in plastic kitchen bags and keep on hand year round to make your nettle tea infusions.

A jar of this nettle tea can also be kept in refrigerator for 2-3 days. You can take it out and dip your hairbrush in it to brush through your hair at various times. This is especially good for getting dust or smells out of your hair after being out and about around town, witnessing, etc. ■

## More Hair Tricks

**By Diane Irons**

It's called your crowning glory for good reason. But there's nothing like a bad hair day to bring you down. You look in the mirror and no matter which way you try to part, comb or brush your hair, you're just not satisfied. It's so bad you contemplate jumping back in the shower and starting from scratch. Avoid all the unnecessary hair hoopla with one of these simple suggestions.

1. Mash three aspirin in 1/3 cup shampoo to remove dandruff.
2. Add a packet of unflavored gelatin to 1/3 cup shampoo to thicken and add strength.
3. Mix ¼ cup lemon juice with ¼ cup water for a final rinse that will add shine to light hair.
4. For brunettes, mix ¼ cup vinegar with ¼ cup water for a rinse that gives great results.
5. Create a nourishing hair pack by mashing up an overripe avocado, warm the mush slightly, and blend through dry hair. Leave for 30 minutes, then shampoo thoroughly. ■

# So You Don't Have

Eve

**H**ave we got ideas for you! The following exercises were compiled from articles in *Redbook* and *Parents* magazines, and will show you how you can turn those spare here-and-there minutes when you're busy doing the inevitable—into a cumulative daily workout. Try it—you just might like it!

Don't forget to choose your exercises prayerfully, according to your capacity and threshold of fitness and flexibility. You'll also find it beneficial to do a light stretch of each muscle before and after exercising it.

## ◆ **Belly bulge blaster:**

When reading to the kids or even just sitting around, do this tummy tuck. Sitting on the edge of a couch or sturdy chair, extend your legs slowly in front of you. Slowly bring your knees in to your chest, using your lower abs to initiate the movement. Try to really pull those abs in throughout the move, and don't let your feet touch the floor. The farther up the reps are done from the floor, the harder the exercise. Try for 12 to 15 reps.

## ◆ **Knee and thigh firmer:**

This move helps combat the effects of aging and gravity. You can do it while you're working in the kitchen. Simply extend your right leg, with your foot flexed as high as you can in front of you, visualizing lifting your knee. Lower your leg and do 15 reps, then switch sides and repeat.

## ◆ **Butt de-jiggler:**

Every time you brush your teeth, tone your tush. Stand with your feet about hip-width apart, knees slightly bent, and lean your torso forward. Slowly raise your right leg back behind you as high as you can, focusing on really squeezing your buttock muscles. After about 15 reps, switch legs and repeat.

## ◆ **Saddlebag slimmer:**

You can squeeze in a few lifts almost anywhere. Extend your left leg directly out to the side. It's a key to keep that foot flexed to work the thigh muscles. Come back to the starting position and do at least 15 reps, then switch legs and repeat.

## ◆ **Inner thigh toner:**

While standing at the stove cooking or at the sink rinsing dishes, try working out your inner thighs. Simply cross your right leg in front of your left leg and lift, keeping that right foot flexed to really target the thigh muscles. After 15 reps, switch sides and repeat.

## ◆ **Last-minute thigh-toner:**

This is a great exercise to do while on the phone. Lean against a wall. Slide down the wall until you're in a sitting position, with your hips parallel to your knees, knees directly over your ankles. Hold for 15 to 30 seconds. Straighten up then repeat 2 or 3 times. As you become stronger, increase the amount of time you hold this position. Your goal: to hold the position for 2 minutes.

## ◆ **Blow dry and**

**stretch:** You can loosen up tight hamstring and inner thigh muscles while you blow-dry your hair. Stand tall and place your right leg on top of a waist-high counter or chest of drawers, extended full out to the side. While drying, stretch your upper body towards the lifted leg. Hold for 15 to 30 seconds. Switch sides and repeat. Do 3 repetitions.

# Time for Exercise!

◆ **Sleepyhead stretch:** Do this slow upper body stretch first thing in the morning (you don't even have to be out of your pajamas). Stand with your knees slightly bent, feet shoulder width apart. Lift your arms straight overhead and clasp your hands together. Stretch your upper body to the left; hold for 15-30 seconds. Repeat on the right side. Do 3 repetitions on each side.

◆ **Thigh tightener:** Do squats while blow-drying your hair. Stand with feet hip-width apart and pretend you're sitting down in a chair. Do this 10 or 15 times.

◆ **Belly flattener:** Supervising the kids' homework or quizzing them on their spelling words is the perfect time to squeeze in a few wall crunches. Stand about 18 inches away from the wall, knees bent and feet slightly apart. Lean your back against the wall and raise both arms overhead. Pressing your lower back against the wall, as if pulling your belly button in towards your spine, slowly bring your arms and shoulders forward as far as you can. This really targets the lower belly. Do as many crunches as the kids have spelling words!

◆ **Arm de-flabber:** Whether working or talking on the phone, grab whatever's handy—a soup can, paperweight or water bottle—and work the back of your arms. Start with your right arm fully extended. Keeping your right elbow close to your right ear, slowly lower the soup can behind you. Return to the start position and do 15 reps. Then switch ears—and arms—and repeat.

## Working Out with Kids

By Sheila King, Web reprint

**F**inding time to exercise can be a challenge, especially for those whose lives include caring for children. Why not start exercising *with* your children? Acting as a healthy role model is one of the best ways to get your kids interested in fitness, and the support of their participation will make it easier for you to adhere to your exercise program. Use these ideas as a springboard to develop your own family fitness regime.

Parents of young infants may choose to walk for exercise using a “Snuggly” or front pack. Be conscious of good posture, and avoid rounding your shoulders forward. Try to keep the baby centered low on your chest to avoid straining your back. When the baby can hold its head up, switch to a backpack, which is easier on the musculoskeletal system.

Parents of young children may want to invest in a jogging stroller. These are easy to maneuver, come with

seating for one or two, and will last many years. Look in the local “recycler” for second-hand deals. (Note: Just because they are called “jogging” strollers doesn't mean you can't walk with them!)

Older children can often ride their bikes while you jog or walk. Use interval-training strategies, and walk when the children tire. Start with short distances, and increase gradually. Be sure bike riders are wearing helmets!

*(continued on page 24)*

# Living the Law of Love: My Story

From a woman in Hungary

Before the Law of Love GNs came out I had never thought of sharing with a married man, or someone I wasn't attracted to, just for the sake of unity. Whenever I did have a date (once in a blue moon), it was always "for the other person's sake." I wouldn't admit that I needed intimate time with others and that I also had a need for love.—Actually, it's not that I didn't want to admit or confess I had a need, but having gone for so long without dates, I truly believed in my heart that I was fine without them.

It's not that I was against sharing or people having dates, I just thought I was better off without them, especially knowing what an emotional person I am. I was scared of

***H***aving gone for so long without dates, I truly believed I was fine without them."

falling in love with someone who was already married or with someone who wouldn't reciprocate the feelings.

When the Law of Love series came out and I read that it was a new and powerful weapon that the Lord had given us, I knew that things would have to change in my life.

At that time, the only male in our Home was a married man who I wasn't particularly attracted to. One day he and I were on the road together and the Lord was speaking to me very strongly about having a date with him—so much so that one evening I could hardly eat the very nice dinner we'd provisioned. So I decided to talk to him about it, and that same night we had a date. *(Eve: In general it is advisable that mates planning on sharing with others outside their marriage counsel with the other mate first before proceeding, as a sign of love and respect and also to make sure that it really is okay with the other person. Of course, it is likely in this case that the married man discussed this with his wife and they came to an agreement before his going on the trip, since he probably figured the possibility might come up.)*

The next day, knowing that I'd obeyed the Lord, I went on outreach with a true happiness and conviction in my heart. I was expecting the Lord to do miracles and that day everyone we met helped. It was so amazing, even the people who were shaking their heads or saying no in the very beginning ended up getting something from us or giving a donation. *It's truly worth it to obey the Lord,* I thought.

When we came back home, his wife was very sweet and very happy that we had started sharing. That helped me so much, because I didn't know what to think or say. But actually I had much more love towards her than him at that time, as she and I were good friends and we had known each other for quite a while.

As time passed the brother and I continued sharing, but I started to develop feelings towards him. I was so proud that I didn't want to admit it to

anyone, not even to myself. But I couldn't hide it for very long, especially when I started to battle with jealousy. When the couple realized I was having trials (it was probably obvious to everybody), they were very understanding and sweet about it. They helped me to confess my problems in a very loving way that caused me the least hurt. I think the wife actually came up to me saying that she's sometimes jealous, that way it wasn't too hard for me to say, "Me too!" She was a true help to me all along the way as she had had

***I suddenly saw Him sitting in front of me. He had His head in His hands..."***

similar experiences before, when she was a single. So she understood me completely and wasn't at all self-righteous or condemning. God bless her!

But just confessing that I was battling jealousy, selfishness and feeling insecure didn't give me the victory.—Actually, that's when the real battle began. Sad to say, the more the couple gave to me, the more demanding and unthankful I became. Many times I wanted to leave the Home, many times I wanted to give up, but whenever we prayed about it the Lord told us to keep on going, keep on trusting Him and that He had a victory at the end. I still don't know how they put up with me through those two long and painful years, as often I was really impossible to live with.

I was convinced that the only

way I would get a victory was to leave the Home and move to a different situation. The only thing that kept me there was that so many times before in other Homes, whenever trouble hit I chose an escape route and left the situation. Therefore I never really learned anything. So this time I stuck, knowing that the Lord had things to teach me. I knew I needed to learn and change in different areas, and that if I left the Lord would have to teach me the same lessons in another place. And here the Lord built up a perfect situation where He could work on my pride (which was my main weakness).

I remember one night sitting on my bed, praying desperately, almost arguing with the Lord and asking Him why I had to go through all this heartbreak. Then I suddenly saw Him sitting in front of me. He had His head in His hands, and I was waiting for a long explanation, so you can imagine how shocked I was when He simply said: "Because I want you to get rid of your Goddamn pride."

I didn't know what to say. That was the last thing I would have thought of. *Me?—Proud?* I knew I had tons of weaknesses, but to have a problem with being too proud ... much less Goddamn proud! But I had to admit that I was going through all this agony and pain only because I was so proud—as humility doesn't really feel it, right?

The wife and I had lots of talks together, and something that really helped was learning to be totally honest with her. Yes, honesty was a big key in making progress and moving ahead, but somehow I still wasn't in the victory. I guess I just couldn't let go and let God do it. I was struggling so hard in the flesh, wanting the victory so badly, when all I had to do was just let go. But I didn't know how. The Lord was purging me and breaking me, and that took time. Brokenness doesn't come from one day to the next, especially with someone who's as hard as I was.

As I said earlier, in my mind the victory could come only if circumstances somehow changed. To my shock, the victory came differently, showing it was only the Lord. Here is what happened:

During Christmas I spent most of my time crying and praying. Then at the New Year's Eve candlelight service, I got really hurt by something the husband said and I felt I was losing it again. But this time, instead of making the wrong decision right away—to yield to a bad spirit and get all out of it—something happened. I'm not sure how to explain this as it's sort of a spiritual thing, but I'll try my best.

As the bad feelings were overwhelming me, and I was feeling unable to handle it all again, suddenly the whole world stopped around me. I saw how I could make a decision. The Lord said gently: "Yes, it hurts, but this hurt has a purpose. Whenever you hurt like this, I'm taking away a little of your pride. Let Me do My work. Let Me break and mold your heart."

That was such a revelation! He actually said that all this pain and hurt wasn't in vain, that while I was hurting something was happening in the spirit. He was taking away my pride. He was cleansing me, so all I had to do was to let Him do it. All I had to do was not to kick against the pain, not to try to get rid of the pain, but to just let Him do His work and eventually the pain would cease. And it did. I just closed my eyes and let Him work, knowing and trusting that He saw what needed to be done. So now, today or whenever I feel the pain, I finally just let go and let God do it. TYJ!

I'm so happy now that I stuck it out, as I can see how the Lord can truly do miracles. This is such a

victory for me—that after two years of really bad struggling, suffering and agony, the answer finally came. And I can tell you honestly now that it was worth it all. This is such a basic lesson, to trust the Lord no matter what, and I know if I didn't pass this test the Lord wouldn't be able to use me much. This increased my faith so much, and whenever I see someone going through it now, I can tell them with full faith that if they just hang on to the Lord and don't give up, the victory will come. If He did it for me, He'll do it for you! ■

*(continued from page 21)*

Get a children's seat for your bike, or consider a "third wheel" attachment that converts your bike into a bicycle-built-for-two. "A little help from the back, please!" can be just what you need on those longer rides!

Spend a weekend afternoon at the local ice or roller rink. Skating is a wonderful aerobic activity that's guaranteed to produce some laughs. Just be sure to wear your kneepads and helmet!

Take a family walk around the neighborhood. Have a different family member choose the route each time. Pick a theme for each walk: Look for birds, wildlife, or go for a "kitty hunt"—whoever spots the most felines wins.

Go to the park or beach with other families and play games such as volleyball. Parents can take turns watching the children and playing. The kids will love playing in the sand and surf or scrambling over the play equipment together, and you can have a social life again!

Try some aerobic dance videos with the kids. Children love to dance!

Most of all, have fun exercising with your children. Tap into their enthusiasm, creativity and boundless energy. Focus on the play aspects of exercise, and engage in more spontaneous activities. You might just find yourself enjoying jump rope again. ■

# Let Your Fingers Take Control

FOR ADAM...FOR ADAM...FOR ADAM...FOR ADAM

By David Strovny, Web reprint

Do you enjoy exploring your woman's secret garden with your fingers? Are you having a hard time figuring out how to satisfy her completely? Well then, welcome to today's lesson on fingers and vaginas and how the two can get quite friendly.

Keeping your hands clean and your nails trimmed is probably the most important tip for any man. After all, if your hands aren't clean, do you think she'll let you anywhere near her sacred garden?

Not only can fingernails cause discomfort, they can cause yeast infections. So remember that first and foremost, your hands must be clean and your fingernails should be as short and neat as possible.

You don't have to get crazy on her in order to drive her crazy. Teasing her with your fingers is a wonderful thing in itself. Use your middle finger to gently rub her clitoris. As she begins to get mildly moist down there, you may become a little more abrupt with your rubdown (so to speak). Circular motions are usually preferred by women.

If she begins to get a little antsy and starts maneuvering

around somewhat, read her body language and determine whether she's pleased or not (or ask her what she likes and wants you to do!). If she likes to have her clitoris rubbed with one finger, then imagine how much she'll love it if you use two!

When you begin with two fingers, you can become slightly more aggressive since by now she's more receptive to your fingers. Depending on your lady, you can get either more aggressive or remain gentle—you will know by her reaction.

When you put your fingers inside her, don't be afraid to explore her insides. Get to know what she likes by her reactions. The reason that fingers are sometimes better than penises is because of their ability to maneuver more adequately. You can always hit the g-spot with your fingers whereas it's a hit-or-miss situation with Mr. Slimy.

As she will inevitably become wet, begin stroking her faster. Go in and out at a constant pace, reverting from her vagina back to her clitoris. If you can use your tongue on her clitoris whilst inserting your fingers inside her, she'll be all the more thankful.

Whisper to her, ask her if she likes it, if you should go deeper, if you should lick, finger or rub her. Ask yes or no questions or she may lose the mood. Let her concentrate on pleasure, not on teaching you the art of using fingers.

For all you gentlemen who would like to get a little freaky with your "willing to try anything once" women, why not use her mouth to moisten your fingers? Place your fingers in her mouth and let her suck on them before you even begin to rub her with them.

Creativity is the key in any kind of sexual act. When you're using your fingers on her, you can usually predict what she's feeling by her expressions. If she begins breathing heavy and saying "Yes! Deeper! Faster! More!" then it's quite likely that she wants to devour you.

On the other hand, if she begins getting squeamish or tries to stop you from continuing, then it's likely that she's not enjoying your efforts. All you really need to do to learn what it takes to please her is rely on her feedback.

Until next time, wash those hands, boys! It's going to be a wet ride! ■

# The Different Ways Women Experience Menopause

## Web reprint

Here's a question: Do people of the same gender experience things the same way? Some medical studies suggest they do. But when it comes to women and menopause, it just isn't so.

**Dean Edell, M.D.:** Bobbie is going through menopause. So is Linda. But their symptoms are very different.

**Bobbie:** I'm depressed, and I have difficulty sleeping.

**Linda:** I've got hot flashes.

**Dean Edell:** A new University of California at Davis study of women in midlife comes up with two major findings. First, when it comes to menopause symptoms, no two women are alike. However, there are some similarities within certain ethnic and lifestyle groups. The study also suggests that lifestyle changes can

reduce menopause symptoms.

Symptoms also vary among ethnic groups. African-American women report more hot flashes than Caucasian women do; Hispanics describe more dryness; and Japanese and Chinese women report fewer menopause symptoms than any other group.

**Ellen B. Gold, Ph.D.:** We do know that Japanese and Chinese women eat more soy, that's for sure. Whether that's the reason they report fewer symptoms, I can't say right now.

**Bobbie:** I praise soy protein to the hilt. I've encouraged a lot of people to go on it, because it has relieved a lot of symptoms for me.

**Dean Edell:** Mom was right about exercise, too. The study reveals that physically active women report fewer menopause symptoms than their inactive counterparts. ■

## Guiding Light

### From Tender Joy, Thailand

The menopause pubs really helped me through some tough and rough times. They have been like a guiding light through the darkness, sometimes the only thing I was able to hold on to, to understand what was happening with me! Of course, prayer and other Word has also been very helpful, but these pubs helped me to understand more what was going on and why, and that it was not just something in my imagination.

I think I have had a taste of more or less all the symptoms in the book. However, my main difficulty has been the emotional side of these hormone changes. The crying for no real reason, the insomnia, hot flashes, fears and

thoughts of all kinds, headaches, tiredness—well, the list is long. All these have been quite a test, struggle and strain at times.

However, to make a long story short, there is always a light at the end of the tunnel! I am definitely feeling better (even though you're not supposed to go on feelings, ha!) and able to start to see the beginning of the end of the bend in the road!

When looking back over the past two and a half years, one thing that stands out to me most is that I'm definitely much more desperate with the Lord, needing His help, and feeling His love and concern more than ever before, even if at times I don't understand it with my carnal mind (which is enmity with God anyway!). I

don't think I have been down on my hands and knees as much as during these times! But through all this I have slowly but surely learned—and am still learning—to hear from the Lord for other people and situations, and not only for myself.

In the past I leaned a lot on my own strength and abilities, or on my mate and children, etc. But now since my mate left the

Family and my children have grown up and are living their own lives, in all the experiences I now go through I have to lean on no one but the Lord—plus the prayers of the dear ones I live with. He has gently, but surely brought me to this position—no glory to me!—to teach me the utmost importance of depending on Him wholeheartedly, no matter what! ■

## Bleeding FAQ

### From Mama

Here's a message from Dr. Koger given years ago when I was having heaving bleeding. This could apply to some of you other women who are experiencing menopause as well, and some of these tips could also be helpful for women in general, when on their period or if they have lost a great deal of blood for any reason.

*(Dr. Koger speaking:)* It's not unusual for a woman in menopause to suffer extreme bleeding during her normal cycle, but it is important that you do all that you can to strengthen your weakening body from this extreme loss of blood. When you lose a lot of blood, you also reduce your natural supply of iron, oxygen, vitamins and necessary nutrients that your blood carries, so it's important that you try to replace these nutrients and eat well so that you can strengthen your weakened body.

Try to make all the foods that you eat top quality, as far as being natural and good sources of vitamins and minerals, iron, calcium, etc. Replace white rice with whole grain rice, white pasta and flour with whole grain pasta and flour. Eat the better-quality foods whenever you have a choice: better-quality whole grain bread, with nuts or seeds, for added protein and vitamin B; better-quality, dark-green leafy vegetables instead of lettuce. Fortify your meals, including baked goods, cereals, etc., with milk powder, yeast, wheat germ, etc., to give your body the greatest nutritional boost possible.

Add raisins to your cereal, egg yolk to appropriate foods; do anything you can think of to increase and replace your body's need for energy building foods. Concentrate on quality foods that have been well prepared so that the vitamin and mineral content isn't lost through overcooking. Concentrate on beefing up the foods you eat. Look in the cookbooks and get some good ideas and see what you like, and put it into practice, and you'll find your strength will come back much more quickly.

You can build up your strength by concentrating on a good diet supplemented with vitamin tablets, and when you are feeling stronger, begin mild stretching or mild exercise. When you are still extremely weak and on the verge of dizziness or headaches, it is too early to try to exercise, and it would be better to wait until those symptoms pass and you know you have enough strength to do some very mild exercise, starting with stretching while sitting or lying down and gradually building up to standing or walking exercises. ■

*From an FGA woman, WS:* Another tip if you sometimes take pain relievers to help with those headaches some of us females get near the time of our period.—If you at times experience heavy bleeding, then it's best not to take aspirin or ibuprofen, as these can increase bleeding. An acetaminophen, such as Tylenol, is better as it doesn't increase bleeding.

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# Feedback

The Lord healed a tooth nerve infection I had! I decided to follow the article in *Eve* on taking garlic and cayenne together to enhance the antibiotic effect of both. I took this for a week, several times a day.—And the pain in my tooth and face, and my headache and feverishness went away. TTL!

*From Renee, Greece*

I tried the pink heart pancakes in *Eve* and it didn't go as well as I had hoped! I probably did something wrong, but they stuck to the pan because of the gelatin in the mixture, and took a long time to cook because of the banana in them. So they burned before they were done, and I couldn't turn them over. They looked like pink-and-black lumps instead of the nice heart shape they were supposed to be, ha! But the sweet kids (and the supportive hubby!) liked them. They did taste good, but were just hard to shape or flip. I finally added some oats so they wouldn't be so soft, and cooked them very slowly on low.

Still, with the first ones, I said to the kids, "Do you like the pink pancakes?" They said, "Pink and black—they're pink and black." Ha! Anyway, we had fun and lots of laughs with the pink and black "love puffs," as we ended up calling them.

*From Chloe, WS*

*(Eve: Oops! Usually when we print a recipe for you in the mag, we have someone try it out first, to iron out bugs such as these. In this case the testing stage was overlooked, but we hope these tips can be a help to others who might attempt them. We love you!)*

I am so thankful for the health articles in *Eve*. I have put on a lot of weight in the last year, mainly because I am getting older, and it has been a real blessing to find articles with solutions. I am the only FGA with this problem here and it is sometimes a bit hard to have and keep the vision for exercising. I find it a bit discouraging that the younger ones always seem to feel like exercising. I think they don't realize how tired I feel in the evening, which is our only time to exercise (we do have a gym contact, which is a blessing). So *Eve* is a real encouragement to help me keep the vision and also to feel understood.

*From an FGA woman, Middle East*

I am really enjoying the *Eve* mags, with all the womanly and wifely content. The health tips have been great and I am encouraged that things are written for the New Day.

*Mary (of Cephas), USA*

The story about "Cindy" and "Bright" hit big-time points with the females—at least where I was! Stuff that deals with current, true-to-life, dubious situations goes over A+! Each female tries to peg herself—the late-night kitchen conversations were like, "I'm such a Bright!" "No, it's just that I'm the biggest Cindy around!" etc.

*From an SGA female, Earth* ■



Cover photo: Kerri, Mexico

Suggested reading for ages 16 and up.

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