

Eve

Issue 26

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Name: Timna (YA, of Jack and Jenny)
Age: 19
Nationality: USA
Location: Asia
Marital Status: Single
Years in the Family: Since birth (19 years)

Q: How do you personally manage to get time with the Lord, both to read and hear from Him?

A:

I try to read from 7:30-8:00 in the morning while my group of 3- to 4-year-olds are still in their beds. Then I try and get another half-hour in the morning around 10:30-11:00 while they have some playtime. My last half-hour I try to get at around 8:30-9:00 in the evening, after I have put them to bed.

Some tips I have for squeezing in extra Word above my scheduled reading times are:

- I keep a couple books—FJWL, DM, TJWL, and a Bible—right next to my bed, so when I wake up in the morning and before going to bed at night I can take time with the Lord for a few minutes to start and end the day.
- I take prayer vigil and praise time during the day with the kids.

Q: If you could live your life over again, what one thing would you do differently?

A:

I think if I had a chance to live my life over, I would want to change all the different things I said or did to others that were mean and unkind, and instead tell people how much I loved them.

Q: Even though you have never had children yourself, what three tips do you think you would give to a mother pregnant with her first child?

A:

(1) Dress in clothes that make you feel beautiful and are comfortable to wear, and don't think that just because you are pregnant means you have to wear big baggy clothes (unless you want to!).

(2) If you feel hungry

every couple of hours, it means that your baby is hungry and you need to eat. (I am not being sarcastic when I say this; I have some friends in the Family who are first-time mothers and they didn't know that.)

(3) Buy (*Eve: Or provision.*) some special clothes for the baby before it is born, so that when it is born you will have something really special for him or her.

Q: What is your all-time favorite home remedy?

A:

My favorite home remedy when I am sick is my mom making me that nice chicken noodle soup with crackers, and giving me all that love and attention.

Q: How do you fight discouragement or depression?

A:

I fight discouragement by

getting a prophecy for someone else, going to get something for someone, or taking someone somewhere special. This helps me overcome my discouragement because my greatest joy is seeing other people happy, so making someone else happy encourages me and makes me feel happy too. As it says in the Word: "If you give love, you will receive love!"

Q: What do you most look forward to about Heaven?

A:

I most look forward to finally being able to meet Jesus face to face, and also to experience and learn all of the new things there are in Heaven.

Q: Have you ever had a supernatural experience, or an encounter with a ghost, spirit or angel?

A:

When I was around four years old, we lived in a three-story house. My mom told me that one day she and I were up on the third-floor balcony hanging laundry. There was a wobbly stool that she had told me not to stand on, because it was dangerous; but, being a curious four-year-old, I decided to do it anyway when she had her back turned for a moment. My

mom said that she turned around and saw me leaning over the edge and actually beginning to fall over the side of the balcony, when I was suddenly pushed back by some invisible hand. I know it was my guardian angel protecting me from falling.

Q: What is the biggest thing you have learned in taking care of your children?

A:

I don't have any kids of my own, but I have been helping care for kids since I was 15, and I love it. I have to say that the biggest thing I've learned in taking care of children is that no two are the same. You have to treat each one differently in every area of their life. I have also learned that you can never love one more than the other, as they each have their own unique and special personalities.

Q: Have you ever been in a really tough situation, or had times when you felt like completely giving up? Tell about the experience, and what helped pull you through.

A:

Recently I have been at a low point in my life; the Lord has been taking me through some heavy battles

and I have even had doubts in my heart about my place in the Family. But I must say that the only way I am making it through these battles is by clinging to the Lord, the Word, and taking time each day to ask Him for His leading and guiding for the day. Last but not least, I've learned to be totally open and honest with my shepherds about what is on my heart, as I have a tendency to worry about what others will think and not really say what is on my heart. It is also my shepherds'—who happen to be my parents—support, love, correction, leading, guidance and encouragement that is helping me make it through this difficult time.

Q: Do you have a natural beauty, fitness or nutrition tip you'd like to share with all?

A:

I don't have any tips, but I do have something to say on the subject, and that is to be comfortable with yourself no matter what. If you have confidence in yourself—really the Lord in you—then you will be confident in whatever you want to do in life—whether trying to lose weight, reaching goals in your life, finishing your schooling, learning new things, or anything else you may be trying to do.

Q: What things have been an encouragement or source of inspiration for you?

A:

These things have been a source of inspiration to me:

1) The articles people write about kids, child training and teaching.

2) My little brothers, my nephews, and other little kids' funny stories, personalities, ideas, suggestions, and all their funny antics.

3) The joy and thrill of teaching, and the training that comes when you teach children.

Q: What Letter has had the biggest impact in your life, and why?

A:

The first I would have to say is the "Techi Series" (*DB 10*). The reason it had such an impact is because from the time I was 11 until I was 15, I went through exactly the same battles that Techi went through. Knowing that I wasn't the only person to go through those battles, and also having all the counsel in those Letters on how to

overcome and get victories in the areas I was working on made it a lot easier than if I had had to do it on my own.

The other Letters that have had a real impact on my life recently have been "Communication Keys #2" and "Leadership Lessons #1"—sort of for the same reason, which is knowing that someone else is going through the same battles as you and that you are not alone in your fight for victory, and also having the counsel on how to overcome and get victories.

Herbal Speak

From Steffi, WS

Just yesterday someone was asking me how to make ginger tea. I thought to myself, *Well, I'm not sure if you're supposed to boil the ginger or simply steep it as with most teas.* This started me thinking and asking myself, *I wonder how many of our dear Family folks really know the proper way to prepare things when it comes to herbal remedies.* I have personally found, over the years, that's it's important to be familiar with the terms and various methods

of preparation when it comes to herbal remedies. If you do not know the proper way to prepare things you could be doing the wrong thing with the wrong herb, which can prove to be dangerous to your health.

I noticed in our Home most people were accustomed to making ginger tea by boiling the ginger for a rather long period of time. (In other words, making a "decoction.") After doing some research, however, I found that if you want to derive the most health benefits from ginger tea (and there are many great qual-

ities to be had), for example, you need to make an infusion (that is, only steep it—do *not* boil).

When making herbal preparations, whether you boil or steep, and what amount of herb you use could make the difference between getting good results and possibly causing you greater harm, damage, or even poisoning yourself or others!

It is important to note that herbal remedies have worked in the past, and will likely continue to do so for many people, but they affect different people in different ways. A lot

depends on people's physical makeup, their health histories, their current state of health, and so on. What works for one may not be as effective for another. The best and safest way is always to ask the Lord, and get His confirmation and instruction on what herbal remedies to use for your particular needs. Then make sure you check it out, do your homework, refer to a dependable source or two, or three if necessary, for exactly how to prepare the herbs you are using, if the Lord confirms you should proceed. Most of all, pray and ask our Miracle Man to bring about the miracle of healing.

Here is a little basic info on these terms and what they mean.

[Excerpts from The Herb Book, by John Lust, and Medicinal Plants by Alan White.]

• Infusion

An infusion is a beverage made like tea, by combining boiling water with plants (usually the green parts or the flowers) and steeping to extract their active ingredients. The relatively short exposure to heat in this method of preparation minimizes the loss of volatile elements.

The usual amounts are about ½-1 oz to a pint of

water. (*Note: This can vary, depending on the herb, so check it out.*)

Most often the water is poured over the plants, but some recipes require the plants to be added to boiling water, the pot then immediately removed from the heat. (This is often the case if you live in a high-altitude area, because of the lower boiling point of the water.)

The herb should be allowed to steep for at least 10 minutes, while the pot is tightly capped to minimize evaporation and heat loss.

Use an enamel, porcelain, or glass pot to steep the plants.

For drinking, strain the infusion into a cup or glass. Most infusions are best taken while still warm, often with a bit of honey or lemon to improve the flavor. The cumulative daily dose varies from one to four cups, depending on the severity of the problem and the potency of the plant.

• Decoction

A decoction is generally used if you want to extract the mineral salts and bitter principles of plants, rather than vitamins and volatile ingredients. Hard materials, such as roots, wood, bark and seeds also require boiling to extract their active virtues.

Boil about 15 grams (5 oz) of plant parts in one

cup of water in an enamel, or non-metallic pot. Green plant parts can be added to cold water, brought to a boil, and boiled for 3-5 minutes; or they can be added to boiling water and then boiled for 3-5 minutes before being allowed to steep in a covered pot for up to 5 minutes. Hard materials need boiling for about 10 minutes and sometimes more, plus a period of steeping to extract their virtues.

The decoction should be strained before drinking, with the same general dosage as an infusion.

Root decoctions in general may be reused a number of times by adding more water.



From a variety of Web sites

- To prevent egg shells from cracking when putting eggs into boiling water, add a pinch of salt to the water first. (Another tip is to hold a spoon in the hot water for a minute or two to heat it up. Gently lowering the egg into the water using this hot spoon minimizes the chance of the shell cracking. You can also put a spoonful of vinegar in the water, which helps the egg

not to seep out of the shell even if there is a small crack.)

- To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before squeezing. (This works well for oranges and grapefruits too.)

- To easily remove burnt-on food from your skillet, simply add a drop or two of dish soap and enough water to cover bottom of pan, and bring to a boil on stovetop. The skillet will be much easier to clean now. (*Eve: Or cover the bottom of the pan or pot with baking soda and water, and bring to a boil.*)

- Rub your plastic bowls and leftover containers with vegetable oil before

pouring in tomato-based sauces—no more stains.

- If you accidentally over-salt a dish while it's still cooking, drop in a peeled potato. It will absorb the excess salt for an instant fix-up.

- Wrap celery in aluminum foil when putting it in the refrigerator. It will keep for weeks.

- Brush beaten egg white over piecrust before baking to yield a beautiful glossy finish.

- Place a slice of apple in a container of hardened brown sugar to soften it back up.

- When boiling corn on the cob, add a tiny pinch of sugar to help bring out the corn's natural sweetness.

- To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh;

if it rises to the surface, throw it away.

- Potatoes will take food stains off your fingers. Just slice and rub raw potato on the stains and rinse with water.

- To get rid of itch from mosquito bite, try applying soap on the area. Instant relief.

- Ants, ants, ants everywhere. ... Well, they are said to never cross a chalk line. So get your chalk out and draw a line on the floor or wherever ants tend to march. See for yourself.

- When you get a splinter, reach for the Scotch tape before resorting to tweezers or a needle. Simply put the Scotch tape over the splinter, then pull it off. Scotch tape removes most splinters painlessly and easily.

For a Longer Life Free of Stress, Stand Tall

Jesus speaking:

Lift your heads up high, My wonderful women! You are My queens and you have a lot to be proud about!—A lifetime of service to Me and a glorious future in the Heavenlies. So stand up tall, and walk in the anointing of My Spirit in every way.

Los Angeles Times

Live well, longer, without stress, taking only minutes each day.

1. Stand tall.
2. Shoulders back.
3. Clasp your hands behind your back.
4. Breathe deeply.

Do this while waiting for coffee to be ready, while food is cooking on the stove, while standing in line at the store, etc. You'll feel so refreshed, relaxed and energized.

My sisters and I had to do this three times every day while going to boarding school. We are now 80 years and over and still stand tall (whenever we remember).

The Ultimate Counselor



My husband is just not the romantic type, and I am. He really does love me and he tries to do romantic things, but it's just hard for him to remember or think of what to do. What should I do about this? Should I try to change and not desire that romance factor, or should I keep helping him try to grow to be more like that?

—A young wife, North America



(Dad speaking:) There is a balance. On the one hand you have to accept your man and love him as he is, determining to love him no matter what his problems, quirks, or what you might call personality flaws. On the other hand, you do want to encourage him to supply your needs—in this case romance—and there are some practical things you can do. But the last thing you want to do is push and nag or get on his case about it, because that will only make him inclined to be less romantic.

Some guys just aren't naturally very romantic; it's usually more of a "girl"

thing. Of course, some guys have a romantic streak to them, but often the women are more that way. If your husband is not so romantically inclined, you can encourage him to be more romantic by telling him the things you like, what turns you on, what makes you feel loved—not in an "I need such-and-such to make me happy" kind of way, but with a lot of love and no pressure.

If a guy feels like he's pressured or nagged to perform or to do things for you, he might just crawl back into his shell and forget about doing anything romantic. But if you can drop helpful hints every so often, or playfully suggest things, he'll store them away in his memory bank, and you'll be surprised that every so often he'll come out with something that will really surprise you and touch your heart. It's not something you can expect overnight, but it will happen if you encourage him the right way.

There's another way you can help your husband to be more romantic, and that's by showing the way. If you crave romance and your husband just isn't

into it, think up some fun things to do to bring romance into your lives. You'll probably find that he really enjoys it. Sometimes guys just have a hard time thinking of romantic things, but if you instigate it—whether a special time together, a nice dinner or a romantic date—he'll join in and enjoy it too. Your helping to move things in that direction will show him that you like that type of thing, and he'll get more ideas for ways he can please you.

But what it boils down to is that while some guys are romantic, others aren't. Those husbands who aren't romantic are never going to be Don Juans, and the women who are married to them have to learn to accept that and appreciate the many other good qualities in their man—and in every man there is so much good. But even if your husband isn't particularly romantically inclined, that doesn't mean you can't help to bring the romance into your lives together.

Sometimes women can tend to feel that it's unfair that they are often the ones who seem to end up with the job of keeping the



Here's a tip if your husband or boyfriend is not the romantic type but does make an effort to be so every now and then, for your sake: Just respond wholeheartedly and sincerely when he does make an effort, and you can be sure he'll remember that and repeat the effort. Most men like a wholehearted and heartfelt response—in bed! So if their effort to be romantic results in that, they will often get the point that it works, and will be happy to try it again on another occasion.

—From an FGA woman, WS

“romantic fires burning”—sometimes simply because it's just more on their mind than on the mind of the men. But you should think of it in a positive light, that through kindling

the fires, you're able to help keep your marriage hot and burning. And in the process, your husband might just start making some moves himself. You'd be surprised! It's not that

he doesn't want to be romantic, it's just not his nature and it takes more effort and thought for him than it does for you. So be patient.

But be careful not to measure your love or your marriage by the amount of romance you enjoy—because every marriage is different. Love is much deeper than romance, and just because you might not feel a whole lot from your husband, that doesn't mean he doesn't love you. Love is measured in many ways, and romance is only one of the many varied forms of this special gift.

Have Crazy Sex in the Tub For Adam

By David Strovny, About Men Web site

So you've covered just about every nook and cranny in the house and you're finally ready to upgrade to “water sex.” Well, prepare yourself to

Note:

Sex in the tub/shower can be fun even while conserving water. You can get wet initially and then have your fun, or fill up the tub partway.

get wet because this sex tip is all about the part of your house that is commonly used for less-than-sexual things—that's right, the bathroom.

Hold on a sex

For all you spontaneous guys out there, the greatest thing you could do for a gal is start the session on dry land (namely a bed, the couch, the floor, the dining room table...) and right before you're about to get serious, tell her there's something you have to do and go do it.

Go into the bathroom, light some candles, turn off the lights, turn on the shower, and find the perfect water temperature. Then return to her and continue the game. Take her by the hand and lead her into the steam-filled bathroom.

Once you have her in the shower, wash her body down. That'll make the entire experience even more erotic.

Make her sponge worthy

Lather a body sponge with an aromatically inclining soap and face her back.

Spirit helper speaking

Sex in the shower can be incredibly fun, and it certainly makes for great variety. Of course, I'm not necessarily talking about full intercourse here. That works for some people, but for others it's just plain awkward. But it's fun for a lot of other things—for example, foreplay, kissing, masturbation and oral sex. Some people may not particularly like it, but others find it extremely enjoyable.

Just be prayerful and careful while in the shower. The bathroom is the second most dangerous room in the house, so be on guard against accidents and ask the Lord for His protection.

Begin scrubbing her from behind and work your way down to her bottom, the back of her thighs, her calves, and even her feet. And while you're kneeling down, turn her around and begin working your way up from her shins to her stomach and finally, her breasts. Don't neglect her arms, her neck and of course, other personal areas.

I'm quite sure that she'll be more than willing to reciprocate the favor. Or if you have two body sponges, you can cleanse each other simultaneously. Double your pleasure, double your fun.

Water you talking about?

After you're done laving one another, there are a variety of positions you can engage in that will minimize awkwardness during sex and won't require ambulance assistance. Hopefully, the shower you're in is roomy enough for two and allows for maneuverability rather than elbow-in-face discomfort.

Bend her over

Those who have read my articles know how I feel about doing the doggy—and the shower leaves yet another perfect opportunity to engage in the “bent over rows.” Turn her around, get her to rest her hands on the tiles or hold on to the towel rack and go on in. Don't cover your penis with soap; that won't make her insides feel very good (I still haven't lived that one down).

Lay down, boy

If you'd like to watch her while she gets wet and wild, then lie down in the tub and do your thing. Imagine how good it would feel to have the best of everything; while the water teasingly hits you. What could possibly be better?

Get on your knees

You can leave her standing up or lay her down in the tub. Whatever the case, many a woman loves receiving oral sex in the shower.

So if you know she wants it then give it to her; trust me, it'll all work out in your favor.

Put it in her mouth

Stand with your back against the spurting water or once again, lie in the tub and let her perform her own magic on you. Don't place her in a position where her face is getting bombarded by water, though.

Other exciting parts

If the shower scene left you feeling somewhat unsatisfied, you can let her sit on the covered toilet and finish you off from there. You can also run your fingers through her wet hair while she's hard at work... sorry, I meant play.

Also, you can sit her up against the sink, just edging off the rim and penetrate her. Hang on to her waist or her shoulders and slowly maneuver in and out all the while kissing her mouth and body.

And for you cool cats out there, turn her around so that both of you can look in the mirror at one another. Women love eye contact.

Or you can always use the good old floor. Although this won't be comfortable for long, you can place some towels on the ground and have an interesting session. The idea is not only to get off, but also to make sex a little more interesting.

Between the Generations

From an FGA woman

I am an FGA woman and I love sharing. Over the years, it has happened that the only eligible man in the house to share with was an SGA. (I've been single for a while.) I think sharing between the generations is one of the meatiest aspects of the Law of Love because of the many barriers there are to overcome, but I have

married SGA man. I deliberated a lot about asking him, but finally got up the courage. He was sweet, and said he'd talk to his mate. I could tell that at the time it wasn't the easiest thing for him to pray about.

Well, time went on and he didn't return my answer so I had to ask him one day if we could talk and pray together. I didn't want to put unnecessary pressure on him, but I was quite needy and I had the faith, so I felt I should see it through.

We prayed and I told him that I knew that there were many battles to overcome in order for this sharing to happen. We discussed the different points. One, there were other women his age in the Home. This is a lot of peer pressure. Then, he was married. Then, he'd never done this before. Then there was the physical barrier—that is, me being older and not

as physically attractive as younger women.

But then there was the Word! He had asked his wife and she had said okay. He'd prayed and the Lord had told him to fight to overcome the other pressures that would have been just excuses and not real "reasons," because obeying the Word and helping someone else was more important than the peer pressure or physical hang-ups.

I was amazed at how much this guy fought to do the Lord's will. I will always be proud of him for that. We had fun and I'm sure the Lord blessed him and his wife in some other ways in their lives, too, for really going for the top blessing.

Thanks to all of you SGAs who have the faith to challenge the Devil and go for the best the Lord has to offer!

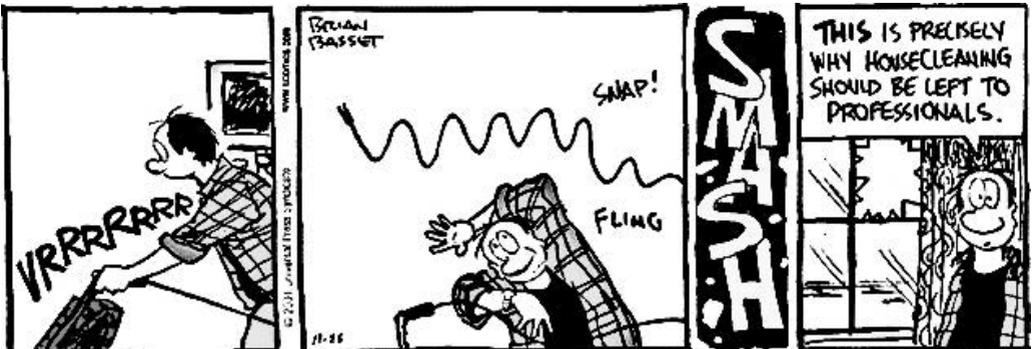


Creative Ways to Show Your Love

(Husbands) How to be your wife's best friend: Lie on her side of the bed on a cold night to warm it for her before she gets in.

had a few wonderful experiences, one of which I would like to share with you.

It happened in one Home that the person most available to share with was a



Sexy

Pregnant

Women

By Carmen Sutra, *Great Sexpectations* newsletter

No, it's not a joke. As a matter of fact, I was browsing through this gorgeous coffee table book that was filled with pictures of famous women in their last trimester of pregnancy. What made the book unusual is the fact that they were all posing semi-naked, and they looked beautiful.

When I took an in-house survey of every pregnant woman in my office, the vote was unanimous: none of them felt sexy, so most of them were avoiding sexual relations with their partners (I'm not speaking of those who were just mere moments away from delivery). Understandable, but I've never been pregnant and they all looked fabulous to me, so I was confused.

Aside from the obvious rounding of the midsection I didn't know what they were talking about. Apparently hormones during pregnancy can make your skin break out, can change the texture of your hair, promote extreme mood

swings, and even make you crave things to eat like dirt. (I swear I've heard this!) I'm certainly not an expert, but even the most loving and devout husband would be hard-pressed to be driven into a passionate frenzy by seeing his loved one chowing down a bag of yard mulch.

The men were much more insightful, but it all came down to what we already know. These men love you as you were and as you are. They were not obsessed with you being a size 4 when you met, nor are they now. This all started to sound like the typical girl disease, which begins with poor body image and constant self-criticism. I asked the men what they would love to do to create the perfect night of romance with their pregnant wives and as soon as I got through the jokes we got down to business.

The following is a list of suggestions provided by my room of husbands who were or just had been

expecting a baby. From the sounds of it, successful foreplay for the pregnant woman begins with comfort.

1
one

One man told me that he draws a warm bath for his wife, complete with bubbles and candles. He also puts bath oil beads in the water to soften her skin. He said oftentimes he gets in with her and holds her for a while, but the warm water and baby on the bladder means she'll only last for so long. On the days he doesn't get in with her, he dries her off and has her lay down on her back on the bed. When she's dry and comfortable he rubs cocoa butter on her belly (plus other areas!), as a relaxing massage.

He also grinned and said even if she wasn't in the mood before, she is by the time he finishes rubbing her all over slowly. Yes, he admits to letting his hands wander slightly lower than her belly. ...

2

The next husband said he had success by treating her food cravings as an aphrodisiac. He would find out what she wanted and play hunter-gatherer to assemble her feast. He would take it one step further by feeding her in bed and presenting the food on the good dishes.

The trick to making this a totally pleasant experience is to have her change into her most comfortable clothing. This might be a flannel shirt or sweat pants, but I've heard that most women will borrow their husband's clothes when they're too big for their own, and too small for the maternity wardrobe. A highly craved picnic on the bed might induce more than a full tummy.

3

The one idea that was repeated countless times was the all-powerful foot massage. If your partner is suffering from water retention and her feet and ankles feel puffy and sore, the foot massage is always a fast track to her heart, but it goes beyond that.

Women see themselves through your eyes, and if you look at her just like you did when you first met, and caress her like you mean it (and not because it's expected),

you'll encourage her sexy side to appear again. Remind her that she is beautiful—because according to the husbands I talked to, they see the bulge in her belly and swell with pride.

One guy said his wife looked totally hot pregnant, and didn't understand her reservations. Of course he was grinning about her rather swollen breasts, but like he said, "Show me anything sexier than that!"

Some of the women told me that, oddly enough, they felt sexy when they wore their husband's clothes or poured sparkling cider into the champagne glasses and were served strawberries. It's hard when you're swimming upstream against the hormone monster, but taking a proactive role in your romantic life during pregnancy is really impor-

tant. Don't get carried away with the "Moby Dick" jokes, or hide from your partner.

Sometimes a man doesn't want to press his partner, and in the interest of keeping her happy he will avoid sex. This can backfire because by avoiding sex she convinces herself that she was right about how unattractive she looks.

Try to be sensitive and above all, communicate your desires clearly. You will both have to compromise, but it's all worth it in the end, right? Grab the lotion and start rubbing those tummies. I, personally, have never seen more beautiful women than the expecting ones. When my sister was pregnant she glowed for nine months.—She really did! So relax and celebrate your roundness, and let your partner join you!

Dad speaking:

Like I've always said, there's nothing more beautiful than a pregnant woman—and especially our pregnant women. Even though you may feel tired and unlovely sometimes, girls, you certainly don't look that way to others. You glow with the beauty of the Lord, and the beauty that He has placed inside you. You're sexy, too! Everything about you is sexy and beautiful—your spirit and your body!

Ask

A Midwife

Your questions, answered by Rose Midwife

Q question

Over the last two years, I have had three miscarriages. The first one was in the first month, the second in the fourth month and the last one in the second month. Before that I had three children without problems. (The last was born here in India.)

I am in my early forties, and living in India for the last five years has taken a toll on me. I've lost quite a bit of weight, and after having studied your counsel on diet in pregnancy, I know I haven't eaten very well. For the last five months we have been pioneering a Home in Calcutta and have not been able to get a fridge. At times our meat intake has been very minimal. That's when I was pregnant again and once again miscarried.

I went for a checkup afterwards and everything was fine. Thank You Jesus! The doctors, however, were worried I would get pregnant again and told me to either not get pregnant anymore or do some very expensive tests, which—according to them—would show what the cause is. I read up on it and found that an anemic condition often causes miscarriages. Also a lack of vitamin K or different hormones can cause miscarriages. I'm pretty sure I'm anemic, though I have not taken a blood test for it yet.

We do want to keep going for the gold of course, so their option of not getting pregnant any more is out of the question. My first leading and answer from the Lord was to find out how anemic I am, and try to get back in shape physically somehow.

Do you have any advice about taking these kinds of tests to see if there is some virus or antigen in my blood causing the miscarriages? We don't want to waste the Lord's money when there might be a simpler solution, or a less expensive test.

—From Joyful (of Aaron), India

A answer

Having had quite a few miscarriages myself, I know they're hard to handle and I am praying for you. I know also many times the Lord gives another baby after a miscarriage, so you are right to do whatever you can now to prepare.

From having been in India, I know it can be hard to get good nutrition, but I know if you just do the best you can, the Lord will take care of the rest. Here are some ideas which might help you get better nutrition there: Dahl and brown rice can replace your meat. Also eggs are cheap there, and these can be a good source of protein. I don't know if fish is cheap in your city or not; it is in some places. Look for what protein the locals eat and you should do fine on that level.

You also will need to up your iron-rich foods, which is a bit harder. But do the best you can and remember, the Lord will bless it



and do the rest. Egg yolks when runny are high in iron, so try to eat your eggs with runny yolks—either soft-fried, soft-boiled or lightly scrambled; the harder the yolk, the less iron it contains. Liver also is high in iron and costs the same per kilo as other beef.

The darker the green vegetables are, the more iron they contain. I'm sorry I don't know what local vegetables they have there along that line, but you might ask at the market. While there we went to the market and the vendors were willing to tell us what the locals ate and how; by asking more than one we usually got the best prices and what was cheap locally at the time. You might even try iron supplements, but you must eat some iron-rich foods for the supplements to work.

A lack of folic acid can also cause miscarriages. It's a trace mineral and is in most foods, so you'd be okay with a supplement.

(See *Eve #6*, pg.4 for a list of foods that are high in folic acid.)

A lack of vitamin E also can cause miscarriages, so you might want to also take a vitamin E supplement. (It should be real or natural vitamin E [d-alpha tocopherol acetate], though, and not the artificial types. When you lack vitamin E in a pregnancy and you take artificial vitamin E, it can make the problem worse.)

You would need to take 1000 IU a day, each day of your pregnancy.

As far as the tests the doctors are recommending, I have never heard of them and don't know much about it. My leading is that it's not an antigen in the blood that's causing it, as you've had three children without problems. As far as it being a virus, are you now or have you been sick with fever or other signs of a virus? If not, that's probably not the problem.

You might try going to the India Red Cross for their counsel and advice on local nutrition. We learned a lot from them while we were there, and they only accept a donation for any classes or checkups; if you can't give anything, they don't make you feel bad. We're praying for you!

Next to My Heart

By Bonnie Compton Hanson, *Chicken Soup for the Soul*

The day I had to stop dead in my tracks in the aisle of a busy supermarket was one of the worst in my whole life.

There I was, pregnant as could be—forty pounds overweight, a whole month past my due date, with wretched "morning sickness" that lasted twenty-four hours every single day.

And now I had cramps in both feet so excruciating I couldn't move.

This wasn't the way I had expected motherhood to be. My own mother, who had six children, glowed when she was expecting. And her mother, my grandmother, not only joyfully welcomed sixteen little ones into the world, but

also ran a busy store the entire time. Looking forward to holding a little one in your arms, they said, and feeling the miracle of life inside you, should make any woman ecstatically happy. And healthy!

In all my magazines, the maternity advertisements showed blissful mothers-to-be in adorable outfits, perfect hairdos—even high heels. And that’s the way my expectant friends were. An office-mate with the same due date as me worked right up till her baby came. My next-door neighbor had done everything she wanted to for nine full months while looking absolutely gorgeous. Neither had been ill a minute. And both of them now had adorable, healthy babies.

Meanwhile, I was still pregnant, still miserable, and so large I had long since forgotten what either my feet or my legs looked like. There was only one outfit I could even get on—a sort of muumuu tent. I’d had to give up work, give up church ministries, almost give up hope.

Why was God allowing this to happen to me? He knew I loved Him, my husband, and this unborn child. My friends had started snickering: “You were due *when?*” Even my doctor grumped at me as if it were all my own fault.

And now during one of the hottest Augusts on

record, my ankles swelled so badly in our sweltering apartment that I had to keep them in buckets of ice. Going anywhere was torture. But we were out of milk. *Just a quick dash to the store*, I thought—surely I could do that.

So here I was, frozen in my tracks, stopping carts in both directions.

My face beet-red, I stared at the rows of cracker boxes in front of me, pretending not to notice the angry shoppers whose way I was blocking. And then I heard a little girl’s voice: “Mommy, why does that lady look so funny?”

I squeezed my eyes shut, trying to stop sudden tears. *Oh, God, please! That’s the last straw! Can’t anyone say anything nice about me for a change? I’m so tired of being a medical freak. Won’t I ever be normal and comfortable and well again? Won’t I ever get to hold this baby in my arms?*

Then that mother said

something I will never forget: “Dear,” she murmured, “it’s because God has given that woman a tiny baby to carry next to her heart.”

When I opened my eyes, mother and daughter were gone. Eventually, so were the cramps. But those words have lasted a lifetime.

For, oh, they were so true. And such a blessing to me during those final miserable days before I did hold my beautiful firstborn in my arms. During my next two pregnancies as well. A blessing I remembered as my three children grew up and married. A blessing I have been privileged to share with my own pregnant daughters-in-law and many other young women I have known over the years.

For even after our children are born, we mothers still carry those precious little ones next to our hearts. And we will our whole lives long.

Jesus speaking:

Not only is your little baby very close to your heart, it’s even closer to Mine. Your baby is My baby. Your pain is My pain. Your troubles are My troubles. Everything that you experience, while bearing My children, I know and feel. Your baby is very close to My heart—as are you, My darling mothers—and I will care for you and your little one most diligently and completely.

On Pregnancy,

Diet



Health

From Kris, Romania

I have four little darlings, all under the age of five—which means that almost every year I have been pregnant! Every one of them is precious, and brings such joy to my life.

My first pregnancy was great, except I ended up gaining way too much weight. I tried to lose a little afterwards, but number two came pretty fast and I found myself at the end of my second pregnancy having gained even more (right before my due date I was 106 kilos!). That is because, although I did take care to eat healthy, I also overdid on snacks and French fries, pancakes, etc. — Ha!

Well, the Lord was always by my side and He helped me a lot in every respect. By my third pregnancy I knew better, and avoided all those things that are not so important anyway. I concentrated on proteins, vitamins, and whole-grain bread and milk. (All the pubs on this subject were so vital to me during these times!)

There were also times

when I didn't feel like eating right—or eating at all, for that matter—but whenever I asked the Lord for a solution, He was always there to encourage me and make it easy for me and offer alternatives, all the while having a healthy diet.

My fourth pregnancy was even better, because this time I also included regular, vigorous exercise (which I kept up until the due date, TYJ!). This helped me keep my weight down while remaining healthy.

All this to say that even though at times I wasn't as thin as I wished to be—and believe me, I was wishing real bad—my kids have never been sick, except for a few runny noses. They are strong and well developed—so much so that many doctors have been amazed! It's been a testimony to them of all our good Family teachings, and the Lord's care for us. My pregnancies have been very easy, and my own health improved to where even my hair is thicker. TYJ!

I found that following the counsel in the Word—

having a good diet and regular exercise—is the best! After my last pregnancy, I can testify to how well one can feel—even when pregnant—by eating and living right. And the regular exercise helped me to lose all my extra pregnancy kilos, just three months after the delivery! When you see the results of having eaten well while pregnant—those children, as healthy as can be—you are really thankful. And being in the Family, we know better than many of the poor mummies in the world, which makes us so much more responsible.

I can't end without mentioning the important role my dear husband played in all this. He loved me for who I am, and was always by my side to encourage and support me—even in times when I didn't like myself. He is a real soul mate.

All glory to Jesus, Who is such a wonderful, caring Husband, Who loves to make it as easy as possible for us. All we have to do is follow!

Caring for Your Temple

From Merryheart, South America

Nearly

a year ago, I was trying to diet to lose weight. I was skipping meals, but then because I would be so hungry, I would grab snacks—which weren't the healthy kind. At the time we had a lot of pies, kind of like sweet empanadas. I was also not doing so hot spiritually, was under a bit of emotional stress, going out every day selling CDs, and generally not taking care of myself.

Then one day I got a really bad eye infection—the whole side of my face swelled up. I went to an

eye doctor who said my eye was fine. So I provisioned a real nice general doctor who told me I had a rare case of herpes on my eyelid and face! I asked, "But why? I have never had herpes or even a cold sore in my life!" She said that it is rare, but women and girls sometimes get it when they go on diets and get rundown. Wow!—The exact thing I was doing!

Well, I was desperate to be healed, so I prayed and started taking vitamins and some pills for herpes. The Lord miracu-

lously healed me up in just a few days.

I just wanted to send this in as a warning, to help others. Actually, when reading up on it I found out that it is very dangerous to get herpes in your eye, and can even lead to blindness! After that, I ate as much good, wholesome food as I could and repented fast of my foolishness. I am 58 years old, so I should know better, but it was a lesson learned. The Lord is sure good to us, isn't He?

Beating Back the Chub

From Sara D., USA

So often

I see young girls skipping meals in attempt to lose weight. I share with them how I battled chubbiness my whole life; it was the bane of my existence and a major source of discouragement for years. But finally I obeyed Dad's counsel in his talk to me on malnutrition and crazy dieting. He stopped me from skipping meals and

carbohydrates, had me eat two teaspoons of honey or molasses a day, and eat a balanced meal three times a day.

The weight just fell off and stayed off, as long as I did not binge on high-calorie food. Through a balanced diet coupled with regular exercise, I weigh less now at 51 than I did in high school!—And I *love* to eat!

I asked the Lord to take away a desire for sweets, and He answered through my tummy not accepting sweets hardly at all. I just wanted to testify that obedience works and eating a balanced diet keeps you at your proper weight. Snack on fruit, yogurt or carrot sticks, and don't skip meals; just eat smaller ones and no seconds.

Your Home Remedies

The following remedies have been tried and proven by you, our wonderful Family on the field, 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!

Hemorrhoidal hint

In *CCHB #1*, pg.252, there is an article on the use of garlic to cure hemorrhoids. After the birth of my first child I had a problem with hemorrhoids, which was very uncomfortable. The Lord led me to read this article, so I decided to try it out. After following the directions for two nights, I was healed of my hemorrhoids. TYJ! One tip I would like to add is that I used a frozen clove of garlic, which made the process occur more slowly and so was less painful. TYJ for His natural remedies!

—Mercy, Canada

(From CCHB #1:) A peeled clove of garlic that is scraped to allow the juice to seep out is known to help heal hemorrhoids by inserting it into the rectum as a suppository when retiring at night and allowing it to remain in the body all night. It will be expelled the next day with the normal BM. Repeat as needed.

Bright eyes

I used to do a lot of driving, getting up before dawn every day and sometimes driving all day long. It took a toll on my eyes, and I started getting infections, twitches, and even experienced double vision sometimes when I tried to read. A sister suggested I try drinking a cup of Eyebright (herb) tea daily. My eye problems have all cleared up after a week or so.

—James, USA

Eyebright is a native European plant, common throughout Britain. It is a semi-parasitic plant feeding off grass and other plants by attaching suckers to the roots and drawing out the nutrients it requires. The herb's French name loosely translates to "throw away your glasses," giving testament to its reputation as a cure for eye problems.

It is used in homeopathy for the treatment of hay fever, watery, irritated eyes and nasal discharge. Eyebright is an anti-inflammatory and astringent. It is soothing and antibacterial and has numerous other uses. Tea can be made from the whole plant fresh or dried. An infusion of the leaves can be used to bathe tired, sore eyes.

—Web reprint

▶ Earrings not gold

For going singing I wear earrings, and since my gold ones are broken, I had to take my nice but also irritating ones made of cheap metal. When I was complaining about the itchy and infected ears, the Lord reminded me to ask Him about everything, including these earrings. How slow can I be? Sure enough, He gave me a very good idea! I covered the back posts which went through my ears with clear nail polish, let it dry, and ... no more itchy or infected ears! His answers are so simple and good!

—Daniella (of Emanuel), France

▶ More on earrings

My ears are very sensitive to earrings that aren't gold. Sometimes I can wear silver ones. But this has always been a bit sad for me, as of course it's not practical to have a large selection of gold earrings. Some years back, a JETT girl gave me this very hot tip: When wearing earrings that aren't gold or silver, or that are the least bit dubious as far as quality goes, lightly coat the portion that goes inside your ear with your saliva before putting them on. Believe it or not, it works! No irritation or soreness. Apparently because your saliva is part of your body, it accepts it without problem and keeps the irritation away.

—Jenna, WS

▶ Gargling solution

Here is a tried-and-proven recipe for a gargling solution which I have found highly effective on any throat condition that involves infection or mucous such as laryngitis, tonsillitis in children and adults alike. You will be amazed at the results if you gargle with half a cup of this three times a day for as long as you need to. This isn't a complete cure, of course, but it alleviates the pain and has a cleansing effect.

Try to use these proper ingredients unless you must use substitutes:

1. Boil 1 cup of water in a small pot.
2. Turn off the heat, drop in 5 leaves of fresh (a little more if dried) sage. Let it steep for 5-10 minutes.
3. Add 1 Tbsp. of apple cider vinegar (or a good quality fruit or grape vinegar), and 2 tbsp. honey (or local natural sugar as available in your country).
4. Gargle.
5. Eat a teaspoon of honey afterwards, if available, and let it soothe your throat.

—Maria Swiss, Middle East

▶ Home remedies from the garden

Each of these vitamin-packed vegetables has a hidden use.

- Eat four cloves of garlic daily to prevent acne.
- Consume one Serrano pepper to relieve indigestion.
- Apply cold cucumber slices to sunburn to reduce inflammation.
- Mash an avocado and apply to face to moisten dry skin.
- Add a whole sweet potato to chicken soup to fight a cold.

—Sent in by Marianne Fighter, USA, from The Greensheet

Health & Nutrition in our Family Homes

From Seek (VS), Mexico

In visiting

the Homes I have often found that people aren't very aware of nutrition and the need to eat right, exercise right, and follow what Dad has said in the Word on the subject. There have been occasions where people's health or even spiritual problems were a direct result of poor nutrition. For example, a sister had been having depression for five years and was not sleeping, was very moody and often irritable, couldn't take care of her young children and had had a number of prayers of deliverance. She wanted me to pray for her once again at an area meeting, but as I started to the Lord spoke and said that part of her problem was a health problem.

I started to probe and found out she had a diet very high in white sugar, and low in vegetables, fruits and whole grains. She didn't exercise. So we made some recommendations to her. This sister changed her diet, started taking certain vitamins that her body needed, and started to exercise. She lost weight, was happy and not depressed, started to have a ministry in the Home and was able to take care of her children again.

We also recently visited a

mother who had had a cesarean and got an infection that had some serious consequences. When we prayed for her, the Lord told us that her immune system was very low, due to her poor diet going into her delivery and afterward. As we found the Lord's assessment to indeed be true, we talked to the whole Home about her need to have a good diet. At the same time another mother in the Home thought she had breast cancer, so the Home was motivated to change their eating habits and take better care of the mothers in the Home.

I don't think we ever visit a Home where we don't mention something we've read in the Family pubs or our health books concerning natural remedies. I think many even need encouragement to follow the suggestions in the pubs, as it's hard to break old habits and develop new ones in our eating.

(Dad speaking:) Folks, this is nothing new! I've told you time and again how important it is to take care of yourselves, to eat right, exercise right, live right and love right. Of course, this isn't the cure to all problems, but it can help a lot of things, and especially as some of you are getting older, this becomes even more important. Because if you don't, you're going to start experiencing all sorts of health problems which could have been prevented had you taken better care of yourselves and followed what the Word had to say.

You need to raise the level of your faith if that's what's stopping you from eating better. If you're only getting junk food in provisioning, you need to pray and seek the Lord to help you get good quality food. Where there is a will there is a way, and where the Lord guides He certainly provides!

Some health books are beneficial and give natural remedies to health problems people face. But if you would just follow what the Word has to say about proper diet and nutrition and taking care of your bodies, you'll be building the fence at the top rather than the hospital at the bottom, having to instead deal with all the repercussions of your bad habits and poor diet.

Go back and read the Word on the subject—there's "Eat Right," the "Get-Out" Letters, and as far back as "Food or Poison." Help the Family to change their habits and to take care of the temple of the Holy Ghost. It's your duty and responsibility before the Lord, amen? I love you! *(End of message from Dad.)*

The Eyes Have It

From Libby (of Abe), Pakistan

A little while

ago I developed conjunctivitis in my eyes; the doctor told me to use some drops in them, but after one week they still weren't much improved and even seemed a bit worse.

Well, one day I got super impatient about it and decided that I would use some other drops that I found in the cupboard. I felt the Lord checking me not to, but I went ahead anyway. A few minutes later I found some ointment in the cupboard—and thought I'd put some of that in too! Unbelievable, isn't it? Well, what happened next was pretty unbelievable too. Within a few hours, my eyes had swollen so much that I looked like the winner of a Star Wars Weirdo look-alike contest. My eyes were like two tennis balls with slits in them; I couldn't even open them. Just the memory of it makes me cringe.

I went back to the doctor and he dutifully prescribed some more drops and medicines. I went home and lay down in my room. The Lord was obviously dealing with me; He knows how vain I am and knew just what would get me utterly and totally desperate.

The folks in my Home came up to pray for me, and as they did I (with my eyes closed) saw a bright light open up in the Heavenlies and shine down on me. A voice in my head told me that the healing process had begun, but one look in the mirror proved that to be “all by faith.”

Well, I was mega-discouraged—first for having been so incredibly stupid and not listening to the Lord's checks or even stopping to pray about it before dumping all that medicine in my eyes, and secondly because I looked unspeakably horrible. By this time I was very reluctant to use any medicine without praying and hearing from the Lord. So I asked the Lord if I should go ahead and use this new stuff. (I was pretty desperate by then.)

I felt a presence near my head, and heard a man's voice saying to wait for now and just let my eyes rest. This was so totally cool! Every time I got discouraged or started wondering what to do, I heard this man's voice, giving me very practical counsel. I had been battling for quite some time, feeling that when I really need specifics I don't seem to get anything in prophecy, so this was thrilling. I asked the man who he was, and he told me that he is an eye doctor that the Lord sent to help me through this test. He said that I didn't have a clear enough channel to get his name, so I could just call him Bob.

Well, thank the Lord, Bob talked me through this testing time. I kept checking in with him to see if I should use the medicine, and he kept saying, “No, not yet.”

The next morning, just as I woke up I heard him say: “You can put those drops in now. Put them in every four hours.” This was really amazing for me! So I started to follow Bob's counsel, and my eyes started to get better. Within a few days they were back to normal. Phew! Thank God!

When my eyes were almost better, Bob said, “Okay, I'm going now, but I'm never far away and I'll always be here if you need me.” Since then, when my eyes hurt I ask Bob to come and help me and he does, usually giving me very natural tips and suggestions. This experience really increased my faith in hearing from the Lord and spirit helpers.

Make-up Tips for Over-50s

From Chloe, WS

If you're like me, you're not aiming to look gorgeous. Just pleasant. Just not like a dried-up old prune. Okay, I agree, it would be wonderful to look sexy and attractive—but hey, the Spirit is where it's at, right? That's the key to being attractive at our age—letting His love and joy and light shine through. Being concerned about others. Showing His love through our smile and countenance and interest in people.

Keep it moist

At the same time, there are a few things we FGA women can do to take good care of what the Lord's given us. One is to use moisturizing lotion on our skin, so that it doesn't get taut and dry. I have oily skin, but it still feels dry around my eyes and mouth and neck after I clean my face, so I put mild moisturizer on those areas. This is not hand lotion—which can cause a reaction on your skin—but a mild moisturizer (like Ponds, which is available in many countries). This helps my skin feel better, keeps it from drying out, and minimizes wrinkles.

It's actually good to begin using moisturizer on these dry areas early in life, to keep your skin healthy and supple. And don't forget your neck when applying moisturizer, as that can sometimes get wrinkly before your face does. I know mine did, but as I've started putting on the moisturizing lotion there, lots of the wrinkles on my neck have gone away.

Hold the powder

Another tip especially for women our age is not to use too much face powder. I always have to use some on my shiny nose, but if it's used too much on the rest of the face, it settles in the cracks and emphasizes wrinkles. Remember that in Hollywood, powder is used to make someone look older than they are, to produce that dry, flaky skin look—which we don't want! So use powder sparingly.

More on creamy

By the same token, powder eye shadow can



make the eyes look creased and more wrinkled than they really are, so you may find cream or stick eye shadow more flattering. I even found cheap lipstick in gold and silver-green (yes, green) is pretty as an eye shadow. It's very creamy and feels nice.

Glossy or matte?

It's nice if you can find glossy lipstick or lip gloss rather than the kind with a matte finish. The matte finish will stay on longer, but the slight shine looks more youthful, prevents dry lips and wrinkles around the mouth, and feels good, too.

Liners beware

Here's a caution on lip liner: We use it to give our lips more shape, right?—So that they look more round, even voluptuous and sexy. But if the lip liner is too dark in relation to the lipstick, the effort can backfire and make your lips look thinner. Instead of looking luscious, your lips can look like you are squeezing them together. So it's generally best to use a shade that's just a touch darker than your lipstick, and blend it in well by rubbing your lips together.

Eyebrow enhancements

With the years, it seemed to me that my eyebrows were slowly fading away. Then I realized it was because they, like my hair, were turning gray! My hair is almost completely gray, so it shouldn't have come as any surprise that my eyebrows were too. I've tried putting a little mascara on them, ever so lightly. I also found a charcoal gray eyebrow pencil and tried filling in my eyebrows just a tiny, tiny bit. Hopefully it's not enough that anyone can tell, but enough that the brows show up again and aren't invisible. Brown or black is way too dark—those are the colors of bygone years—but the charcoal

gray doesn't look odd, because it's the color my hair is anyway.

Rearranging my clothing colors

As my coloring has changed from having very dark black-brown hair to gray, it seems that the colors I look good in have changed, too. To depart from the makeup theme to clothing for a minute, colors like light blue, lavender, rose pink, and silver now go nicely with the gray and are more becoming—sometimes red, too. Rather than stick to the styles that I *used* to look good in, I've opted for softer lines, a softer hairdo, softer col-

ors—to cooperate with the inevitable and even take advantage of it by picking shiny, silvery things for make-up or clothing. (I still haven't given up my jeans, though!)

You'll only get more beautiful as you get older in the Lord, because "the path of the just is as a shining light, that shineth more and more unto the perfect day." There's no more wonderful testimony to our Husband's love than the sweet face of someone who has served Him long and faithfully and has the shine and radiance to reflect His wonderful care! So keep on letting His light shine.—You're gorgeous!

Amazing Grays

By Leslie Jay, Third Age Web site

Natural changes in coloration—from salt-and-pepper blends to solid silver—lend themselves to striking, sexy looks. It's important to remember, however, that changes in wardrobe and makeup may be necessary in order for newly gray women to look their best.

Gray and great

"I started getting gray hair at 18," recalls Chazz Levi, now 45. "I was getting more and more gray. To cover up, I went from dark brown to red to blond." Because her hair is straight and she didn't have bangs, new growth was immediately apparent. Finally, on her 40th birthday, she gave up dyeing her hair.

To complement her natural coloring, she rebuilt her wardrobe around shades of baby blue and gray. The result? “Even my husband says I’m better looking this way,” says Levi with a laugh. Katie Ford, of Ford Modeling Agency, agreed. After seeing Levi’s photograph, Ford added Levi to her roster. “My position is not about weight or youth,” says Levi. “I’m not skinny. I’m a role model for aging gracefully, which is great.”

Get the right cut

“Gray hair can be very beautiful,” in the eyes of Connie Voines, stylist and manager of a salon in New York City. The first step, she says, is to get a haircut that works. Graying tresses grow in more coarse and brittle, so short-medium, which will prevent breakage, is the preferred length for many. Trims every six to eight weeks will prevent ends from splintering.

Makeup tips

To complement gray hair, you’ll probably have to adjust your make-up and clothes. According to makeup artist Bobbi Brown, “Skin tone changes with age. Women often find their skin looks pale and uneven. You can use a good, medium-coverage foundation, which will even out the skin.

“Women with gray hair should have a pop of soft color on cheeks and lips. They should stick to soft colors that won’t wash them out but also won’t be quite as harsh as some of the brighter colors we often see on older women,” adds Brown.

“I recommend grays, slates, and white for the eyes, which offer a sleek and sexy look without too much drama. On the lips and cheeks a woman should stick to three-color palettes—rose, pink and peach—which always compliment silver hair. I love to see a pretty rose or salmon on the lips, which always looks beautiful on older women. The best colors to avoid are browns and colors that are too neutral because they will wash a woman out.”

Clothing and accessory tips

If your hair was dark to begin with, you might want to reassess your clothes. One good rule is to wear your hair color. Use all the shades of gray! And because gray is a neutral color, it’s readily available.

Matching your eye color is another tried-and-true technique. Nubby textures can be very effective, but try to avoid fabrics with lots of sheen, since they can outdo your hair.

While you’re at it, give some thought to accessories. Silver-toned jewelry is extremely flattering. So are pieces with blue in them. Downplay excess shine, especially near your face. Women who wear glasses should opt for frames with matte finishes and reflection-free lenses.

In Praise of Gray

From Rosemarie, WS

Gray hair can be really beautiful! When I visit my relatives, people often ask me if I color my hair, as they comment that it’s such a pretty shade of gray. I just say no, that I didn’t do that—God did! The Lord’s just made it a very nice gray—it’s all His doing!

I think it’s wonderful for people to have ideas on how to cope with their changing hair and help it look nice. I get so many compliments on my hair that I feel it’s a bit sad when women feel pressured to dye it. Of course,

if their gray is not a pretty color, I can see doing it, but personally I have yet to see a woman whose gray was not lovely. And when her face is youthful, as so many of our Family women's faces are, it looks very striking; you can tell that the Lord has kept her young, because the gray shows that she is older.

One last benefit of gray hair: respect! People tend to be more helpful, because somehow they think if you're gray-haired, you deserve respect. — Ha!

Keeping the Pacing

From Sapphire Shine, Belgium

I do a lot of tooling, mainly shop-to-shop and office-to-office. I have a tendency to push, and once I get in the swing of the witnessing, to just keep going and put in long hours. Since this year I am getting menopause symptoms, the Lord has been showing me to slow down and take more time with Him. Often, when praying for guidance for the day, He has led me to just put in half a day of outreach, or go out for a whole day and take plenty of breaks. I have found this to be even *more* fruitful than before!

Just a Little Gray

From Ruth, Asia

A few years ago I started getting gray hair, but only around my temples. Having made the personal decision to dye my hair, I still didn't want to dye all of it, as the only time you could see the gray was when I wore my hair up. So what I ended up doing was just dyeing the gray parts. Although hair dye is relatively inexpensive, I still didn't want to have to buy a new box every time I dyed my hair (about every two months), so I just mixed up the amount I needed (1-2 teaspoons). It works great!

I shared this tip with several sisters who were dyeing their hair, but would dye

Important:

The liquids in both bottles will stay good up to one year — if you don't let the two liquids touch each other. I discovered that you shouldn't use the bottle caps as a measuring device, as when you put the lid back on, it causes the liquids to come into contact, resulting in the dye deteriorating more quickly. As long as you use a spoon or whatever to measure out your amounts, the remaining liquids will last a long time.

all their hair each time. Because dye has a tendency to dry your hair, they would wait until the roots were quite grown out before they dyed their hair again. With the method I have been using — dyeing only the part that shows — they were able to keep the gray away, but still have nice soft hair.

How to do it: I use the Clairol brand, as it comes in two equal parts of liquid. I

haven't tried this with any other brands, but it probably works with any dye that calls for the mixture of two separate liquids. (One is usually dye and the other some kind of peroxide, I imagine.) Just mix equal parts of both liquids until you have the desired quantity, then rub into gray parts that you want to dye. Wait however long you're supposed to wait, then wash out.

The Importance of Warming Up



Knee Care

Tips and testimonies from FGA and SGA men in WS

I used to jog quite a bit when I was a teen and I had difficulty with one of my knees giving me some pain. Of course, warming up before jogging (or any type of exercise) is quite important. But jogging on a hard surface such as concrete can also accentuate any weakness you may have with your knees. I read up on knee ailments one time, and one thing that I came across is that some people can get what is colloquially referred to as “dancer’s knee.” This comes from the jarring of the knee, etc., and what can

happen with some people at times is that small pieces of the cartilage in certain parts of the joint break off and act sort of like gravel or sandpaper in the joint—either right in the middle of the joint, or more often they aggravate parts of the joint closer to where they broke off, on the sides of the joint.

If someone has this condition, it normally won’t bother them during walking or other moderately paced exercises such as playing birdie or ping pong, but when the joint is jarred and used extensively, it can

cause pain and discomfort in the joint. There’s not really much you can do to reverse this once it’s happened, except try to avoid the type of activities that cause discomfort. Sometimes it goes away with time, but mostly, though it won’t bother you in your usual work or low-impact exercises, it never really goes away. (It’s called “dancer’s knee” because some dancers, mainly modern dancers, are prone to getting it, and after that they can’t keep up with all the fast-paced stuff anymore.)

When my knee began to hurt last year, I went in for a checkup. The doctor asked if I jogged, and when I said I did, he showed me a model that included two main ligaments, one on each side of the knee, around the area of the kneecap. He thought that might be the problem area.

He then asked me to sit on the table while he

took my ankle and foot, turning it slightly to each side. When he saw that it caused me pain to turn it in a certain direction, he told me that I might be running wrong, or my shoes might be causing my foot to turn in when jogging, thus putting undue strain on the knee ligaments.

Sure enough, I later realized that after each jog of about 30 minutes, I’d

been accustomed to doing a 3/4-speed sprint for one lap. It seemed that my foot would turn in a bit when I jogged fast. So as I began paying more attention to my jogging, and checking to see if I was turning my foot inadvertently as I ran, my knee problem went away. Mainly it seemed that I turned my foot more when running at high speed, and not so much with regular jogging.

Another contributor seemed to be running up and especially down slopes, which also put undue strain on my knee.

When I discontinued the sprints at the end of my jog and when I temporarily

stopped running down hills, the pain went away. Also to warm up, I simply walked for five minutes and did a few knee bends while standing, bringing my knee up to my chest, one at a time for just a few

times. Lastly, while I had that knee problem, using a simple elastic knee support gave immediate help. I used it till I felt good running without it, and now I only use it when my knee feels a bit sore.

I had trouble with my knees a few months ago. I think I just overdid and *kept* overdoing, rather than laying off (or cutting back) long enough for it to heal properly. I watched Jane Fonda's *Sports Injuries* video, which explained the problem and what to do about it so clearly. This video has info on about 20 of the most common minor sports injuries—the sort of things that we seem increasingly prone to as we get older.

My problem was with a small muscle just above and slightly to the inside of the knee which helps operate the kneecap.

As I recall, the sports doctor who does most of the explaining on the video says this muscle can be strengthened by simply extending the lower leg repeatedly. (In other words, sit on a straight chair—like a kitchen or office chair—with feet flat on the floor. Then slowly lift one leg until it sticks

straight out. Repeat 10 or 20 times, then do the other leg. The more times throughout the day you do this exercise, the better, so he suggests that you build it into your daily routine.) Now that I understand the problem, it's easier for me to avoid overdoing. I enjoy my get-outs and like to pack in as much as possible, so I have to remind myself that it's better to cut back than to have to lay off all together while my knees heal.

Relocation Miracle

From Eman, Albania

The Lord did a mighty miracle for me. I had hurt my leg real badly when playing soccer, and dislocated my knee. We had prayer for it but it was still hurting and very sore. Then I remembered the recent New Wine and what the Lord has said in regards to the powerful

miracles He will do through us.

So I claimed His promises, then I went to the doctor so he could put it back into place. At first the doctor was surprised and asked me why I had come. I told him the problem and showed him the initial X-rays we had had

done. Well, he looked at them and then at me like I was crazy or something, and said, "You don't need to have me put it back into place—it has already been done for you."

I was so happy! The Lord had done the miracle just like He said He would! Thank You Jesus!

Protecting Women's Knees

Associated Press

Anterior cruciate ligament [ACL] injuries are notorious because they're so painful and can require months of treatment and rehabilitation. But they also can predispose people to serious knee arthritis later in life.

The good news: There are some ways women can protect their knees, lowering the risk of injury by strengthening their hamstrings and learning to crouch properly while jumping.

"These injuries affect young people, and can affect the rest of their lives," said Dr. Letha Griffin, team physician at Georgia State University. "We really need to ... help the public know that there are injury prevention techniques."

Her message: "If I'm doing jumping, pivoting, cutting sports, I really need to look into some of these prevention techniques."

ACL injuries are particularly common with lots of jumping, quick deceleration and pivoting, like in basketball, soccer and skiing. But recreational athletes who run, take boxing classes, even do step aerobics can suffer, too.

Hamstrings (muscles behind the thigh) relieve stress on the ACL when the knee bends. If your hamstrings are too weak, they may not protect the ACL. Men's hamstrings typically are 60-70% as strong as their quadriceps (muscles in front of the thigh). Women athletes may have strong quads, but they typically have significantly weaker hamstrings. So as they jump and pivot, the hamstrings don't do their job and the ACL tears.

In addition, women jump and land differently than men—more straight-legged and flat-footed. Men bend their knees more as they jump and land, a built-in shock absorption.

(Dad speaking:) Amen! —An ounce of prevention is better than a pound of cure. Take care and do what you can, and most of all pray diligently for the Lord's protection as you exercise. Claim His protection and safekeeping, and He will do what you can't do.

Fitness Tips for Over-40s

From Maria, India

There are many articles in *Eve* and I am always thankful for any input for keeping fit. I do feel the need to exercise even more now that I am over 40. Some time ago I spoke to a fitness expert about a training program for folks our age. She told me that the most important thing was to feel good about one's self. I certainly agree, because at that time I didn't. Lack of direction and motivation were real brakes to progress. However, she gave me the following suggestions:

1. Choose a certain time of the day, and stick to it every day; make time for it daily like the other important things of your day.

2. Do not stick to only one type of training (e.g., cardiovascular), but also use an alternate type of exercise (e.g., strength training). Experts believe it is not good to exercise the heart only, but also the muscles; each of the muscle groups worked out should have a 48-hour rest. (Also, don't forget to warm up before and stretch after your workouts!)

3. Start working out at a level and for a length of time that feels comfortable for your body; as you get into better shape, you can increase the amount of time, and add more challenging exercises.

4. Never strain or overdo. This could cause damage to your tissues and heart.

5. Ladies need not to worry that they will build excessive muscles. The way they are built and made up, there is no real

chance of that. (Weight-lifting women are often given hormones to be able to develop substantial muscles.)

6. Working at a fitness station (gym) helps your muscles to be supple and

thus will give a better shape to the body. (*Eve: We've heard of some Homes who have provisioned the use of a nearby gym for their daily get out. You can also use hand-held dumbbells at home for a similar effect.*)

7. I should add here that it's a good idea to bring your exercise program to the Lord before you start. He will guide you to what is best for you and your particular situation.

Benefits of Weights

Q: I'm a 35-year-old woman who runs and stretches, so why do I still need to strength-train my muscles?

A: (*Michael O'Shea, PhD, Parade magazine:*) It's great that you're working on your flexibility and aerobics. But adding strength training to your regimen can greatly improve your health and fitness level as well as increase your bone density. As your bones adapt to weight-bearing exercise, bone density is increased. The earlier you start weight training, the more bone density you can build up before menopause, which can help prevent or delay osteoporosis.

Weight training will also burn calories while adding muscle to help you metabolize more calories daily (muscle burns about 45 more calories per pound daily than fat tissue burns), so you will be thinner and healthier.

Strength training, weight training and resistance training are all different

names for programs that gradually overload your muscles to increase muscular strength and endurance. Don't confuse them with competitive weightlifting, where the goal is to lift as heavy a weight as possible just once.

In the past, women stayed away from strength training because of the myth that weightlifting is only for men and that women cannot build strength. In fact, the "average woman" gains strength at a slightly faster rate than the "average man." Here are two other common myths:

Myth One: Lifting weights makes women "big and bulky."

Fact: Women don't have the genetic potential to develop large muscles, because they don't have enough of the hormone testosterone, which is needed for the development of muscle bulk.

Myth Two: Muscle turns to fat when you stop training.

Fact: Muscle can't turn to fat, but muscle mass can decrease if you stop training. Since muscle is denser than fat, strength training can help reduce fat and firm the hips, thighs and backs of the upper arms—areas that running and aerobics won't help, no matter how much you do.

A proper program will take 30 to 45 minutes, two to three times a week. These exercises might include dumbbell curls for your arms and squats for your upper legs. Start with one light set of 10 to 15 repetitions. Once you can do a set smoothly—without jerking—slightly increase the amount of weight (usually 1 to 3 pounds) and gradually work back up to being able to do another set in good form. Don't have dumbbells? Use soup cans or try the following two exercises, which use just your body weight:

Calf Raises: Stand on the edge of a low step on the balls of your feet. Gradually rise up, legs straight, and come down.

Abdominal Curl: Lie on your back, knees at a 90-degree angle. Slowly curl the shoulders off the floor, pause, then return to the starting position.

Victories

Everyday Victories—Victories Every Day!

From Grace, Russia

One day I realized that something was not quite right with me. I wasn't feeling very happy or fulfilled in my life. I asked the Lord why this was happening. — Where was the joy of my salvation? Where was my fervor in witnessing, my love and patience for others? Why was I becoming dissatisfied with myself, others, my life?

Jesus, in His soft, sweet and loving way started to lead me to the discovery of my biggest weakness: negativity and a "can't be done" spirit. My first reaction to most things that were happening to me, to most questions that I was asked, most ideas I was given was, "No." I was always afraid that somebody or something would ruin my perfect world, and I was trying to organize things for myself so that I felt secure.

The Lord knew that I needed a change of heart, and He proved to me that the only way to happiness is in the willingness to say yes to Him, and to change as He leads. The first thing He did was move me to

a very special place—a Heavenly Home with loving brethren and shepherds. They helped me to grow in so many areas and showed me many new things. The Lord just knew how much I needed them. Next, He gave me the most precious gift I could ever have dreamed of, and along with it many needed lessons and blessings—my baby son, Victor.

My delivery was for me the biggest proof that no matter how bad, spiritually weak and unworthy I am, He loves me all the same. I was very scared of having the baby, of being a mother and of all of the changes this would bring in my life. The Lord's answer to my fears? I had a wonderful delivery, with my husband and sweet sister by my side. My baby was healthy and beautiful.

Through my son I am learning patience, perseverance, and that, yes, many things *can* be done. I can sleep less; I can sacrifice for someone else. I have to pray constantly, as everything depends on prayer.

Then other battles came: Can I be still used by the Lord, sitting at home with my baby all the time?

From the Word I know that I am being used by Him in raising my child, but I wanted something more. Then the Lord did another miracle and opened the door for us to go to the mission field.

I was very excited at first, but as the day of departure approached I started to waver: "Should my poor little baby endure such hardships of travel? How will he manage? And how can I leave my Heavenly Home?" I left the Home with tears and real pain in my heart. I couldn't imagine life in any other Home than this one, which I thought was the closest to my ideal.

My baby was a real shiner, and took the trip so well. Again the Lord showed me that it *could* be done. When we arrived to our "promised land," the negative thoughts came again: Am I in the right place? It will take me years to learn the language and adapt to the point of being used by Him.

But one day the Lord told me: "Just look around and tell Me what you see." I saw my new happy Home made up of people who are

real fighters, following Him closely and accomplishing a lot for Him. I really want to learn from them, and with His help I am. I see the country ripe and ready for the harvest and lots of souls waiting to be reached. I see many possibilities of serving the Lord and I know that

my little child is not an obstacle. I am learning the language every day, and I know I will speak it sooner than I thought. I am learning to be a teacher and a mother for my son and a better wife for my husband. I am learning to be a blessing to my new Home and my

new field. I know I am on my way to victory and I will win with His help.

I am so thankful for my precious, wonderful Family, a beautiful place of service and sweet, helpful brethren. I can do everything through Christ that strengthens me. *It can be done!*

Tribute

A Tribute to All My Lovely Women

By Jesus

I love you! You are wonderful. You are tender. You are lovely. You are sweet. You are pure. You are My beloved, My bride in whom I delight day and night!

You are My creation! You are My sunshine! You are My lover, and you are My dream! You are the one I love, the one I adore, and the one I care for. You are sexy and beautiful. You are My darling, My dear one, and My sweetheart!

How I love to hold you in My arms and caress you. How I love it when you pray unto Me. How I love it when you hear My voice and do what I show you. How I love it when you wait on Me, with sweet faith and trust in My care. How I love it when you

love and help others, sacrificing your time and energy to give till it hurts. How I adore you when you help another and lay down your life for another.

How it pleases Me when you close the door and spend time to have sweet closeness with Me. How it pleases Me when you read and study My Word, and let it be to you as a light unto your path. How it pleases Me when you tell others about My love and win a soul to My Heavenly Kingdom. How I adore you!

You are the one I want to be married to, forever. You are the one I want to have children with. You are the one to whom I entrust the keys of My Kingdom. You are the one for whom I died, and gladly would sacrifice for again, to save your

soul and love you again and again, from everlasting to everlasting!

You are the one I love and adore, and on this day I want to congratulate you by kissing you with the deep kisses of My love. I will give you the gift of a greater anointing for the days to come. Open your heart to Me, and let Me fill you with more love, more faith, more peace, more miracles, more happiness and more hunger for My Word, more strength to fight the battles ahead and more of a desire to be one with Me.

I love you! I love you, and *nothing* will ever separate us from the love we have. It is sealed with the power of God. Nothing will ever separate us, and I will be with you even unto the end of the world!

Feedback

— I enjoyed trying the cake recipes in *Eve*, which turned out delicious—especially the “Three-C Bread” (*Eve* #14). I love baking, so this really turned my key. I got lots of happy customers, including my mate, son, and our family of catacombers who liked it very much. The recipe is great for guests and visitors as well as Home members! Thanks so much for putting *Eve* together and for all the contributors. I love it!

— *Marie Claire, India*

— The Lord finally gave us a baby boy after five years of marriage. I was really looking forward to becoming a mother, but when the baby arrived I got really difficult to live with. It was quite a big adjustment for me, not only having to care for a little one but also living alone with no help (we are living in a sensitive country with just my little family). I have had some experience with kids, but not much, as most of my life in the Family I’ve been involved in outreach and provisioning.

Don’t get me wrong, I am very thankful for my baby.— He’s the sweetest, most adorable little fellow imaginable, but I wasn’t prepared for the toll on my body and spirit from having to look after him 24 hours a day. It got to the point where my husband got really stressed out because I was so difficult to live with.

My husband’s a very sweet man, very caring and responsible, and would try to help alleviate my tiredness and workload as much as possible. I guess I just wasn’t used to having a little person making so many demands on me. Anyway, when I read the prophecy “The Fatherhood Role” (*Eve* #21), the Lord’s answer to this young mother’s queries gave me a better understanding of not only my husband but also of my role as a mother.

— *A woman in Asia*

— The article “Aerobics = Better Health” (*Eve* #20) was very good. I too have problems with high blood pressure at times, and have to keep things in perspective. I have had to learn that regular exercise is essential to good, stable health. At times I’ve felt that many of our older FGAs don’t put enough emphasis on having regular exercise. It took me a long time to get in the habit of doing it, but now that I have I can say for sure that all the benefits I read in this article are true.

— *Joshua Meek, Taiwan*

— The *Eve* mags have been very helpful! I am still reaping the benefits from issue #5 on cayenne pepper. I have had no overly heavy periods for the past year since I now take one cayenne pepper capsule a day and two a few days before my period actually starts. TYL! I’m 48 years old, so all the menopause info in these mags has been very helpful too! Thank you!

— *Susan Bird, USA*

Cover photo: Jewel (of Micah, mother of 8), Japan

Suggested reading for ages 16 and up.

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