



Eve

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Quiet Victories

From an FGA woman, North America

Victories in sharing are easy to miss, even if you are watching. It is easy to misunderstand what is really happening or to read something into it that is not the case. The reality is often the opposite of what we think in our carnal minds; when the Lord calls the shots, even the players haven't read the final script.

My husband and I have a solid marriage. We have decided to give each other the freedom to be led by the Lord in our sharing with others in the Family. Basically, you could call it trust. We decided after reading the Law of Love Letters that we are in the Family because we believe in our fundamental beliefs, and this couldn't exclude living the Law of Love, even if it is hard.

We have been married a long time and have been in the Family most of our lives. All that we are, as parents and marriage partners, is affected and formulated by the Word. I like to feel that I haven't lost my childhood innocence: I read the Word and I believe it.

So when the Letters on the Law of Love came out a few years ago, I had to believe that it was doable.

Of course Mama gets golden victories, but I had to believe that since I am in the Family, I can also claim her victories for myself, in my own life. Jesus suffered on the cross for my sins, so seeing our shepherds pouring out their hearts on paper has to have a twofold purpose—to help us understand their human frailties, but also to believe that what the Lord did for Mama, He could do for me.

Sharing in the Family used to be different. For one thing, there was a lot more of it going on. But for another, it was a bit more evenly balanced.—At least I thought so. If my husband had a date, it was never difficult to find a “needy” and appreciative brother to take my mind off of it. But sharing today is more difficult. In my situation, if my husband decides to share with someone, it invariably leaves me alone to seek comfort and solace in my Husband, Jesus.

This past year I have been tested in my resolve

to live the Law of Love. A sweet single sister came to our Home. She and my husband had previously had dates and I expected that they would continue to do so. What I didn't expect was the level of battles I would have. I didn't exactly help her feel as comfortable as I should have. I would find myself praying, “Please, Jesus, just help her to leave.”

I am not a jealous person by nature, but I couldn't share my battles with my husband because I didn't want him to see how petty I had become. There were other couples in the area, but I couldn't share my battles with them either because they had pretty much decided that sharing didn't bear good fruit in their marriages, and I didn't want to make things worse for them. So I had to take this stand of faith alone. But the Lord was with me at each step, and He helped me claim His victories in my life.

I am so thankful for the lessons of this last year! I certainly had my self-righteousness chipped away. It helped me understand

Jesus speaking

This is a wonderful testimony of one of My brides who believed My Word and obeyed it. Of course, the steps that she took to attain victory may be different than the steps I would lead you to take—each case is different. Sometimes when going through battles sharing the one you love or living the Law of Love, I want you to find your full comfort in My arms; other times it's My will for you to communicate with your husband or shepherds as well. Each case is different, and each person's steps to victory are different. The bottom line is that you just have to ask Me. I know what will work for you, what will help you get over the hump, and how I will help to make it easy for you to continue living My Law of Love.

others; it helped me see that the Lord's love is worth it all. I am His bride, and He cares for me like a loving Husband. Fighting to put my own feelings in their place, I turned to the Lord to help me through my lonely hours. I loved Him intimately. I heard from Him in prophecy. I did a Word study from all the recent Letters on sharing. I found myself listening carefully to songs that gave me strength to obey.

The Lord carried me all the way. I came through my battles without making my husband feel guilty for meeting the needs of this lonely woman. As I overcame the Enemy's attacks she even felt loved by me. I came to recognize the negativity that attacks when you are trying to do God's will, and I have come through it all very thankful that we have and are continuing to share. Even though at times I came so close to failing, the Lord gave the victory

and we were able to hang onto the promises the Lord gave us when we decided that we wanted to believe the Lord's Words and share His love with others.

Our marriage is closer and sweeter. I am a little

humbler. My relationship with the Lord is also closer and sweeter than ever before. He is my Husband, but He is also my Shepherd Who helps me through whatever difficulties come my way.

The Boat

By an FGA woman

So young we were, so in love, setting sail in our small craft upon the sea of life. All we had, it seemed, were our hopes and dreams, and most of all the love that bound us together for the journey.

Then, before we knew what we were getting into, we were no longer two but three, a family; then four and more, sailing blissfully along,

clinging tightly together.

The day was young and so were we, when we were asked to change, to lengthen our cords and bonds of love, so readily we obeyed. We checked the sails, loosened our ropes and prepared for this new part of the way.

Without warning the clouds broke loose with gale-force winds. Emotions flared; waves of jealousy

Just for Fun

A Woman's Ultimate Fantasy

Sent in by Zac, Finland

In a recent Harris On-line poll, 38,562 men across the U.S. were asked to identify woman's ultimate fantasy. 97.8% of the respondents said that a woman's ultimate fantasy is to have two men at once.

While this has been verified by a recent sociological study, it appears that most men do not realize that in this fantasy, one man is cooking and the other is cleaning.

roared. Not knowing how to ride the storm, we clung tight to the main mast and to each other.

The gray skies faded to lavender hues; the boat was safe. The storm had passed. We knew it was a vessel meant to last, to withstand the ocean's stormy blast.

Now, beyond the storms of life, we lie entangled in each other's arms watching the red-tinged setting of the sun. In this peaceful

moment we count our blessings, remembering all we've been through. The bodies that know each curve and move so well melt even closer together, and the gentle sound of the waves carry our whispers.

I say, "Honey, how was your night? Did you have a good time?"

You answer, "It was really nice, sweetheart, thank you. She appreciated the time so much."

I say, "You are such a tender lover. I am sure she appreciated you."

You answer, "There's nobody like you. It would be so nice if you had someone to share with, too."

I say softly, "In the Lord's time, honey. Right now I am just so glad you're back in my arms."

You answer, "That's where I want to be. That's where I belong. I'll love you forever."

The red-gold sun beams down upon our sails and gives them a supernatural touch of glory, as the moon begins to rise over the placid, indigo sea. We end as we began, marveling at the miracle voyage we have shared as we cling ever more tightly together.

We never could have imagined that the love we began with could have held us so tight, and grown beyond imagination.

Keeping Priorities!

From Linda (22), Latvia

Recently I had a baby, which has since consumed most of my time. Before having the baby my boyfriend and I used to have regular prophecy time,

but since the birth we hadn't had much time with the Lord. Things got a lot more difficult and problems began to arise continuously, so we learned that things don't work out unless we take that time. Now we try to do

it more often and we feel so refreshed; things work so much better. Even though we find ourselves with a lot less time on our hands, we try to spend as much time as possible hearing from the Lord and reading the Word.

VIVA VINEGAR

Properties of Apple Cider Vinegar

Healers' Network Web site

Apple cider vinegar is one of the oldest, most powerful, healing home remedies ever. If you don't mind the taste of apple cider vinegar (or you can sweeten it—by adding honey, for example), you will find it one of the most important remedies in healing the body when taken daily.

Apple cider vinegar has a number of reported uses—relief from pollen,

food and pet allergy; relief from chronic fatigue, sore throats, and contact dermatitis relief; and a general energy tonic, to name a few. It's suggested that apple cider vinegar has such curative abilities because it causes one's pH levels to become more acidic. Urinalysis studies have shown that pH levels in the body become highly alkaline before or during a

virus, bacterial or allergy attack.

Apple cider vinegar also contains minerals and trace elements such as potassium, calcium, magnesium, phosphorous, chlorine, sodium, sulfur, copper, iron, silicon, and fluorine. Its vitamin contents includes vitamins C, E, A, B1, B2, B6, Pro-vitamin beta-carotene, and vitamin P (bioflavonoids).

Benefits of Apple Cider Vinegar

Hoosier Herbal Remedies

Since Biblical times it has been known that raw, natural apple cider vinegar will provide your body with potassium and other vitamins to help your digestive and circulatory system.

Other benefits of apple cider vinegar include:

- Helps control weight
- Fights osteoporosis
- Maintains healthy skin

From Sara D., USA

Apple cider vinegar helped me lose weight after my pregnancies. I gained loads of weight each time. I researched how apple cider vinegar can help with weight control if you drink an 8-oz glass of water with just 1 teaspoon of apple cider vinegar, three to five times daily. You can acquire a taste for it, and it is great ice cold. I really did shed the pounds after two months of sipping this solution throughout the day!

More on ACV

Best of all, apple cider vinegar has helped to cure me of tummy troubles, and food poisoning with vomiting and diarrhea. Once I had terrible food poisoning when I lived with Dad and Mama in Madeira. I thought I was going to die of it! Mama Maria made this same vinegar mixture for me, and had me sip it every five minutes. It stopped the serious runs, vomiting and delirium I'd been having for hours, and I have used it since to help many other people.

Vim from Vinegar

My Backyard Herbs Web site

In her book, *New England Herb Gardener*, Patricia Turcotte provides this recipe for a famous brew called "Switchel" that her mother used to make with apple cider vinegar and serve to exhausted farm workers:

◆ Blend 2 tablespoons of apple cider vinegar and 1½ tablespoons of black-strap molasses in 2 cups of boiling water. Cool and serve in a tall glass filled with ice. This elixir is great for women due to its high iron content.

◆ Another tonic recipe is to add two teaspoons of

apple cider vinegar to a glass of water. This is a simple inner cleansing mixture that can be taken daily.

When getting apple cider vinegar, it is most healthful to buy the certified raw, unpasteurized brands. Read labels carefully, since some companies sell apple cider "flavored" vinegar.

The Complete Cure for Burns

From Jasmine, USA

You might be reading my title with skepticism, but I've got to say—I really needed this natural remedy! It all started last year when dear Andrew (formerly of NACRO) shared a tip with me for when you burn your mouth with hot food: If you swish the area with vinegar within five minutes, it will take the pain away completely. Since I burn my mouth on my food more often than I would care to disclose, this trick suited me fine, especially when I found it to work marvelously. I have never had the uncomfortable burnt-mouth syndrome since that day.

So the next obvious step that occurred to me was, "If vinegar works for burns in the mouth, what about burns *out* of the mouth?" Zealous food lover and cook that I am, I now have

quite a few little burn scars on my hands! To make a long story short—I have now tried and proved this remedy a number of times, and it's official! I don't know how or why, but vinegar really seems—at least on my skin—to completely neutralize a burn!

A few weeks ago I accidentally picked up a tray just out of the oven; I felt and heard the actual sizzle on my skin as I did so. Ouch! I poured a little apple cider vinegar in a dish and soaked my fingers in it. After 10 or 15 minutes the pain was gone; not a single mark ever appeared on my skin.

Just last week while I was out, some boiling liquid spilled on my face. Unable to find any vinegar, I wept inwardly until I got home, about 15 minutes later, when I finally was able to do my vinegar thing. I could already

see the blister starting to form just below my mouth. I kept reapplying a napkin soaked in vinegar and after some time the pain was gone. Because of the time delay in applying the vinegar, I still got the scar and mark, but the blister never developed, and the burn was simply a small, shallow one—instead of the 2nd degree scorcher that it would undoubtedly have been. (LNF: I applied pure vitamin E oil to the scar, and within a week or two, it was completely gone—not a trace left! PG!)

So, try it! I don't know what the magic ingredient is, but vinegar really does seem to completely counteract whatever damage the burn does to the skin, as long as you can catch it immediately, before the actual damage is done. Thank God for His wonderful, mysterious healing methods!

Make Your Own Herb Vinegar

By Brenda Hyde

I made my first herbal vinegar last year, and have been making it and using it every chance I get. Try making it just once and you will be amazed at how easy it is. Herb vinegars are so expensive in the store, but creating your own will cost you almost nothing!

You can grow your own herbs or use bundles of herbs from your local grocery store. I have done both, and the results are wonderful. Last year I gave gift baskets with homemade treats, herbal vinegars and recipes. They were a big success!

Just follow the easy steps to create your own vinegars.

Herb combinations

- ◆ Basil, thyme and oregano
- ◆ Nasturtiums, garlic clove and chives—turns a wonderful color!
- ◆ Cilantro, chives, a dried hot pepper, garlic—spicy!
- ◆ Thyme alone
- ◆ Sage, thyme, and basil
- ◆ Or just use your imagination!

The above combinations are ones I have tried. Once you create your own, you will think of different com-

binations to experiment with. Each one is unique in taste, and you will find different uses. Dill is one herb you need to use sparingly, because it is so strong.

Supplies and ingredients

- ◆ clean glass or plastic jar with a tight-fitting lid
- ◆ white distilled vinegar or apple cider vinegar
- ◆ your selection of herbs

Now create! Rinse and pat dry your herbs, then gently stuff them in a jar up to the top. Pour vinegar over the herbs, filling the jar to the very top. Place the lid on tight, and set on your windowsill for approximately four weeks. Shake gently once a day as you pass by the windowsill.

After a month, strain out the herbs and place the vinegar in your cupboard until you need it!

Using herbal vinegar

Now what do you do with your vinegar? Here are some suggestions!

- ◆ Replace the plain vinegar in any recipe—especially dressings.
- ◆ Use $\frac{1}{2}$ water and $\frac{1}{2}$ vinegar to baste your meat as you grill it.
- ◆ Drizzle over a beef roast after placing in the crockpot. (I put in carrots and potatoes also.)

Comments and tips

I buy white vinegar very cheaply by the gallon. I've received a lot of compliments on the taste of my herbal vinegars. I use any glass or plastic jars that I come across—empty dressing jars, pickle jars—anything that can be washed! Later, for gifts, I use nicer bottles. Tie a bow around your bottle, and attach a homemade gift tag.

60+ Uses for Vinegar

Web reprint

Around the House

1. Sagging cane chairs: Sponge them with a hot solution of half vinegar and half water. Place the chairs out in the hot sun to dry.

2. Remove stains from stainless steel and chrome with a vinegar-dampened cloth.

3. Soak cloudy drinking glasses in warmed white vinegar for a few hours to remove the film, simply

wipe clean, rinse, and dry.

4. Prevent grease buildup in your oven by frequently wiping it with vinegar.

5. Wipe jars of preserves and canned food with vinegar to prevent mold-producing bacteria.

6. To eliminate mildew, dust and odors, wipe down walls with a vinegar-soaked cloth.

7. Clean windows and mirrors with vinegar and water.

8. Hardened paintbrushes: Simmer in boiling vinegar and wash in hot, soapy water.

9. Clean breadbox and food containers with a vinegar-dampened cloth to keep them fresh smelling and clean.

10. Pour boiling vinegar down drains to unclog and clean them.

11. Clean fireplace bricks with undiluted vinegar.

12. An excellent all-purpose cleaner: vinegar mixed with salt. Cleans copper, bronze, brass, dishes, pots, pans, skillets, glasses, and windows. Rinse well afterwards.

13. To remove lime coating on your teakettle, add vinegar to water and let stand overnight.

14. Reduce mineral deposits in pipes, radiators, kettles and tanks by adding vinegar into the system.

15. Boil vinegar and

water in pots to remove stains.

16. Half a teaspoon per quart of patching plaster allows you more time to work the plaster before it hardens.

17. Add vinegar to laundry rinse water; it removes all soap and prevents yellowing.

18. Use it full strength to polish car chrome with a cloth and see it shine! Use it on your car's windshield and windows, too. Wipe out your refrigerator with vinegar to clean, deodorize, and help prevent mildew.

19. Periodically run a gallon of distilled vinegar through your washing machine to clean it thoroughly, get rid of soap scum, and clear out the hoses. Run the machine through the warm water wash cycle empty and then add the vinegar during the rinse cycle.

Health and Body

20. Vinegar can be used to treat dandruff. Simply pour a few tablespoons of vinegar on your hair and massage into your scalp. Wait a few minutes, then rinse and wash hair like normal. Try this for a few days, and you should see results.

21. To clear up respiratory congestion, inhale a vapor mist from a steaming pot containing water and several spoonfuls of vinegar.

22. Arthritis tonic and treatment: Two tablespoons of apple cider vinegar and honey (to taste) in a glass of water several times daily.

23. Facial for skin blemishes: Wash your face as usual. Then add three tablespoons of apple cider vinegar to a quart of water. Heat till steaming and pour into a bowl. Cover your head with a towel and lean over the bowl. Steam your face for 10-15 minutes. Pat the vapors into your skin and let air-dry.

24. Apply vinegar to chapped, cracked skin for quick healing.

25. Vinegar promotes skin health. Rub on tired, sore or swollen areas.

26. Two tablespoons of apple cider vinegar with two tablespoons of honey in a glass of water, taken a half hour before meals, helps digestion and supplies trace minerals.

27. Facial toner: Mix 1/4 teaspoon of vinegar with a cup of spring water; splash on your face. Let dry. Put the remainder in the fridge to use for a few days.

28. Paint adheres better to galvanized metal that has been wiped with vinegar.

29. Pets' drinking water: Add vinegar to eliminate odor and encourage shiny fur.

30. Suffering from a sore throat? Mix a teaspoon

of vinegar with a glass of water. Gargle with the mixture and then swallow.

31. Remove berry stains from hands with vinegar.

32. Skin burns (including sunburn): Apply ice-cold vinegar right away for fast relief. Will prevent burn blisters.

33. A strength tonic: Combine raw eggs, vinegar and black pepper. Blend well.

34. You know those hard calluses that can build up on the bottoms of your feet with age—that thick skin that won't seem to go away? Try soaking your feet in a combination of white vinegar and warm water nightly, and watch your feet soften noticeably.

35. Add ½ cup of vinegar to warm bath water when bathing and get double benefits—softer skin and a cleaner bathtub!

36. Vinegar makes a simple, inexpensive conditioner for your hair and helps remove the sticky stuff shampoo can leave behind. About a tablespoon will do it, or simply add ½ cup of vinegar to your bath water when bathing, as suggested above, and your hair will also reap the benefits.

37. Prevent sugaring by mixing a drop of vinegar in the cake icing.

38. When boiling meat, add a spoonful of vinegar to the water to make it more tender.

39. Thirst-quenching drink: Dash of apple cider vinegar mixed with cold water.

40. Add a spoonful of vinegar to cooking water to make cauliflower white and clean.

Food-related

41. When boiling eggs, add some vinegar to the water to prevent white from leaking out of a cracked egg.

42. When poaching eggs, add a teaspoon of vinegar to the water to prevent separation.

43. Canned fish: To give it a freshly caught taste, soak in a mixture of sherry and vinegar.

44. Add a spoonful of vinegar when cooking fruit to improve the flavor.

45. Soak fish in vinegar and water before cooking for tenderness and a sweeter taste.

46. Add vinegar to boiling ham to improve flavor and cut salty taste.

47. Add vinegar to your deep fryer to eliminate a greasy taste.

48. Add a tablespoon of vinegar to fruit gelatin to hold it firm.

49. Make your ketchup and other condiments last longer by diluting slightly with vinegar.

50. Storing cheese: Keep it fresh longer by wrapping it in a vinegar-soaked cloth and keeping it in a sealed container.

51. Use vinegar instead of lemon on fried and broiled foods.

52. Rub vinegar on the cut end of uncooked ham to prevent mold.

53. Avoid cabbage odor by adding vinegar to the cooking water.

54. For fluffy meringue: Beat 3 egg whites with a teaspoon of vinegar.

55. Pie crust: Add one tablespoon of vinegar to your pastry recipe for an exceptional crust.

56. Prevent discoloration of peeled potatoes by adding a few drops of vinegar to water. They will keep fresh for days in the fridge.

57. Marinate tough meat in vinegar overnight to tenderize.

58. Preserve peppers: Put fresh peppers in a sterilized jar and finish filling with boiling vinegar.

59. Olives and pimentos will keep indefinitely if covered with vinegar and refrigerated.

60. Add 1 teaspoon of vinegar to cooking water for fluffier rice.

61. For a shiny crust on homemade bread and rolls: just before they have finished baking, take them out, brush crusts with vinegar, return to oven to finish baking.

62. Homemade sour cream: Blend together 1 cup of cottage cheese, 1/4 cup of milk and 1 teaspoon of vinegar.

Vinegar: (Almost) the Only Cleaner You'll Ever Need

By Noël-Marie Taylor

Most cleaning products fall into one of two categories: toxic or expensive. While both types will clean almost anything (at least within their limited range of capabilities), there's a third option. It's inexpensive and not at all poisonous to humans. It's multi-purpose as well—one container will take care of laundry, kitchen cleaning, even bugs and weeds. This "miracle cleaner" is vinegar.

Note: Plain white vinegar is the best for the following uses; cider and other vinegars may have unwanted side effects. Vin-

egar is used in 100% concentration unless otherwise specified.

All around the house

◆ To remove stickers that have been used to "decorate" furniture and other surfaces, moisten with vinegar. Let sit for at least ten minutes, then remove.

◆ For persistent room odors, place a bowl of vinegar in the room overnight.

◆ For spills on carpet, use a sponge or cloth to soak up as much liquid as possible. Then spray with a mixture of half vinegar, half water. Let stand for about two minutes, then blot with towel or sponge. Repeat as needed.

◆ For more persistent stains on carpet, use a mixture of 1 teaspoon vinegar, 1 teaspoon liquid dish soap, and 1 cup warm water. Proceed as suggested above. When finished cleaning, dry using a hairdryer on low.

◆ To clean windows, spray with half vinegar,

half water. Wipe clean with either newspapers or cloth.

◆ To clean silver, pewter, copper, or brass, dissolve 1 teaspoon salt in one cup vinegar. Add flour to create a paste (1/4 cup or more). Apply the paste to the metal item, and let stand for at least fifteen minutes. Rinse with warm water and polish with a soft cloth.

◆ No-wax floors can be cleaned with a solution of 1 cup vinegar per gallon of water for a shinier surface.

◆ To clean wood paneling, use a mixture of 1/2 cup olive oil, 1/2 cup vinegar, and 2 cups warm water. Apply to paneling with a soft cloth. Dry with a clean cloth.

In the bathroom

◆ To remove corrosion or chemical buildup from showerheads, soak in vinegar overnight.

◆ Remove stains from the toilet bowl by spraying with vinegar and scrubbing.

Vinegar spray bottles

In addition to your regular bottle of vinegar, a really useful item is a spray bottle. Ideally, you want two—one with pure vinegar, the other with a half-vinegar, half-water combination. Having vinegar in a dispenser of this type makes its use much simpler in many cases.

- ◆ To remove soap buildup from faucets, clean with a mixture of 1 part salt to four parts vinegar.

- ◆ Spray shower walls and shower curtain with vinegar to help prevent mildew.



In the kitchen

- ◆ To keep ants away, spray vinegar along doorways, windowsills, and countertops—anywhere that ants are likely to appear. If you find an ant trail (path that ants use repeatedly), clean it with vinegar.

- ◆ To remove odors from the sink or garbage disposal, pour in a cup or more of vinegar. Do not rinse out again for at least an hour.

- ◆ For a clogged drain, first pour in ½ cup baking soda. Then add an equal amount of vinegar. When the mixture finishes bubbling, rinse with warm water. (Note: Some garbage disposals do not react well to this cleaning method; check with the manufacturer first.)

- ◆ Wipe your hands with vinegar after chopping. It will remove strong scents

like onion and garlic, as well as stains from fruit juices.

- ◆ To clean wooden cutting boards, wipe with vinegar.

- ◆ Remove strong odors. Rinse jars with a half and half mixture of vinegar and water to remove garlic or other strong odors. Boil water with several spoons of vinegar to remove the smell of burnt food from your kitchen.

- ◆ To remove coffee or tea stains from china, clean with a mixture of vinegar and salt.



In the laundry

- ◆ To keep colors from running in the wash, soak in vinegar before washing.

- ◆ To decrease lint on clothing, add ½ cup vinegar to the rinse cycle.

- ◆ Many persistent stains can be removed with vinegar: coffee, chocolate, ketchup, jam, cola, wine. Gently rub stain with vinegar, then wash.

- ◆ To make your “brights” brighter, add ½ cup vinegar to the rinse cycle.

- ◆ For fresher cloth diapers, add one cup distilled vinegar to the rinse cycle. This will break down uric acid and remove both lingering stains and scents.

- ◆ To remove scorch marks from an iron, rub with a mixture of vinegar and salt.

- ◆ To remove the smell of smoke from clothing, add a cup of vinegar to a tub of hot water. Let clothing hang in the same room for several hours.



Pet care

- ◆ To keep cats off windowsills or other surfaces, spray with vinegar. This will also keep them from scratching upholstery (spray an unnoticeable area of the fabric first to make sure the vinegar doesn't cause a stain).

- ◆ To keep dogs from scratching their ears, clean with a soft cloth dipped in diluted vinegar.

- ◆ If your dog should have a run-in with a skunk, vinegar will take care of the smell. Using vinegar diluted 50% with water, rub the dog's fur. Rinse with warm water. Repeat as needed.

When Is a Mole More than a Mole?

1

Normal



Q: Do you have any info about moles on a person's body? I have one that is quite itchy. Of course, I don't scratch it, but when praying about it the Lord showed me to write to you and ask. I'd appreciate any counsel, info about it. Thank you so much!

—Jenny, Romania

2

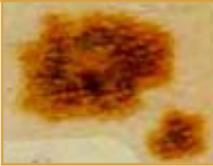
Normal



A: Web reprint, by Dr. Elizabeth Baird, MD

3

Dysplastic



What to look for:

Harmless moles are mostly small (less than 5 mm in diameter) with well-defined edges. They may be flat or raised and are usually evenly colored, with no more than one or two shades of brown as in photos 1 and 2.

They may be "dysplastic," that is, larger with ill-defined edges and somewhat irregular coloring on the surface as in photo 3.

Moles and freckles that may be a problem are those that change color, shape or size, become itchy, bleed or develop a lump. So when trying to decide if a skin blemish could be melanoma, look for any mole or freckle that:

4

Melanoma



1. Has changed color.

Melanomas often develop a blue or black color. Sometimes areas may become lighter and many different

colors such as reds, grays and blues may be found. (See photo 4.)

2. Has changed shape or increased in size. The change in shape is usually from an oval or round mole to an irregular "coastline" shape as in photo 5. The increase in size can be overall or simply an elevation above surrounding skin. It is important to react quickly if a flat mole becomes elevated (photo 6), particularly if the elevation is dark or a different color than the original mole.

3. Has an irregular border. Most harmless moles have smooth, regular borders. Melanomas often have irregular borders, as in photos 7 and 8.

4. Is itchy or bleeds.

A mole that bleeds without any significant injury should be examined by your doctor. Itch may be an important

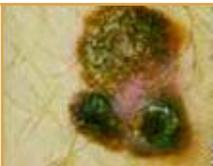
5

Change in shape



6

Elevated



symptom, but only if there are other changes noticeable in the mole. Many skin conditions, which are not serious, are also itchy.

5. Has appeared recently. Beware if a mole suddenly appears from normal-looking skin, especially if it has any dark colors or is growing rapidly.

The Truth About Doctors and Cholesterol

By Jesus

Doctors and scientists tinker away at the human body, trying to explore the ins and outs, trying to understand and comprehend every working organ—all of the cells and everything that makes up a human body. They want to know how everything works, what everything is, and they think they're pretty smart to have discovered some things about the human body. Many doctors specialize in playing God, and oh, how it displeases Me!

I have given many doctors wisdom over the centuries, because some of their skills are a help to mankind—helping them to survive the mess of the world that man has created. But over the years, and especially in recent years, more and more doctors are just seeking self-gratification. Most of their studies are conducted through pride—so they can make new discoveries, so they can be well known in the world of medicine, so that they can have more glory and honor.

In the beginning, doctors were more concerned for their patients and more concerned with helping people. But today, it's just a big game, with all the doctors

and scientists arguing about who's right and who's wrong, or racing to see who can be the first to discover some new theory on health or how the body functions.

That's not to say that all doctors are like this. Some doctors, even today, sincerely want to help people, and that's why they've chosen their profession. Some doctors are interested in the patients, in the people, and aren't in it for the money or the glory or the recognition. But there are many, many more who have the wrong motives, and have no fear of Me.

Most of the time, doctors don't know what they're talking about. Yes, sometimes I allow them to make discoveries that are within My will, that are true, factual, and will be a help to mankind. But more often they are just guessing. They think they know how the human body works, so they try and persuade the masses through various tests and studies. They think such-and-such causes this disease or problem, so they create a new drug to try and combat it. But usually they're just guessing, piddling around, trying to look smart and

7

Irregular border



8

Irregular border



Note:

Because the photos are printed in black and white in this mag, some of the details, such as color and so on, will be more clearly visible in the color version, posted on the Pubs section of the Members Only Web site.

sophisticated, when compared to Me they know nothing. I see the theories that they try and indoctrinate the world with, and it would almost be laughable if it weren't so sad. Here I am, seeing everything as it truly is, and what a far cry it is from the reality that the doctors and scientists think they know!

This cholesterol issue is a biggie. It's concocted by a bunch of scientists and doctors that pretty much know nothing at all. They're all trying to figure out about the workings of the heart, the cholesterol in the blood—what's good, what's bad, what's right, what's wrong, and all the rest. But they're just tinkering with My machine, the human body, and they're stumbling around in an area they know practically nothing about.

In regard to cholesterol, there are studies about this, studies about that, research on this, research on that, but they've come to no solid conclusions. Some doctors and scientists think they've reached conclusions, but they really haven't—at least not the way I see it. They force their doctrines and beliefs and theories on the world, thinking that they know what they're talking about, when they really don't. They've only just scratched the surface when it comes to cholesterol—what it is, what it does, when it's bad and when it's

good—and they're probably never going to find out the truth on this Earth. I'm going to be coming back soon, to rescue this world and set all things straight.

As for what you should know about cholesterol, My children—just trust Me. All you need to know is that I'm in control and I will take care of you—and that includes your health and well-being. If you're faithful to eat right, sleep right, exercise right, love right, and follow the rules I have laid down for healthy living, then you don't have to worry about cholesterol. It's become a big hype, and the doctors try to measure your health through counting your cholesterol, but it doesn't quite work that way. Someone might have a very "good" cholesterol count, and yet still be very unhealthy. Another might have what they would consider a very "bad" cholesterol count, and yet be very healthy.

The doctors use cholesterol as a yardstick for how healthy a person is, and how likely he or she is to have heart trouble and all the rest, and that's wrong. How can they tell whether you're healthy or not through this method that they hardly know anything about? They can't. The bottom line is that you've got to tune in to your body and its signs or signals that it needs attention—and most importantly, tune in to Me. If you're feeling weak,

ask Me what I would have you do to strengthen your body. If you're having problems with dizziness or other symptoms that the System relates to cholesterol, ask Me what to do about it.

It's not good for your body when you eat lots of fatty foods, but on the other hand it's not good to eat no fat. It's not good to eat too much protein, but then it's bad to not eat enough. And to find the perfect balance in every area of your life and health and eating habits, you have to ask Me. Everyone's body is made differently and has different needs, and only I know what's best for you. If you're worried about your heart and keeping it in good, healthy shape to avoid heart attacks, then ask Me. Don't listen to the cholesterol hype of the worldly doctors. Ask Me what foods you should eat, and how much. Ask Me if there's anything you should change in your daily habits—eating, exercising, sleeping, etc.—and I won't fail you.

I'll say one good thing for all of this cholesterol hype: It's got a lot of people thinking more about their health, what they eat, and being more concerned with taking care of themselves. But instead of being so complicated, by counting cholesterol and all the rest, keeping your heart and body in tip-top shape basically comes down to sticking to a healthy diet and obeying My health laws.

Feature

Help for Toenails

Ingrown Toenail Facts

From Xtra Health Web site

Ingrown toenails are some of the most commonly treated foot disorders. They most commonly occur when the end or side of the nail becomes embedded in the tissue on one or both sides of a toe. Any toe might suffer from an ingrown nail, but the big toe, because of its prominence and length, is involved most often.

As the condition persists, this tissue becomes inflamed and may bleed. The growth causes swelling at the site where the nail is intruding in the skin. Infection may set in shortly thereafter due to bacteria that live on the feet invading the site, while the pain becomes increasingly severe due to the sharp edge of the nail digging into the skin. The nail is tender to any pressure.

What causes ingrown toenails? Although there is

controversy as to whether poorly fitting shoes cause ingrown toenails or not, one thing seems certain: They can irritate an already ingrown nail, making it worse. The nail groove begins to disappear, probably due to pressure from tight fitting shoes or socks that compress the toes together and press the sides of the nail, encouraging it to curl in. This in turn presses directly on the toenail grooves, and forces the outside edge of the nail into the flabby nail fold.

The chronic pressure of the nail edge rubbing against the nail groove causes irritation and swelling of the surrounding skin. If the condition continues, hypertrophy—or overgrowth of the tissue at the side of the nail—leads to permanent changes in the tissue. These permanent changes in the tissue make the situation worse. Eventually an infection can occur in the area, leading to even more pain and swelling.

Improper trimming of the toenail can also be a cause of the problem. If the nails are cut too far back,

or down at the sides so that the sharp nail corners penetrate the skin, they grow out. A spike of nail can get imbedded in the skin and cause problems. This makes the pressure from the shoe even more painful.

Sometimes ingrown toenails are the result of an abnormally shaped (wider than average) or excessively thick nail plate that may result from some form of trauma (a heavy object falling on them, or the jamming of the toes by making sudden stops, especially while playing sports like tennis or basketball); heredity or a deformity of the nail caused by a fungus infection. Fungal infections of the nail will cause the nail to thicken and may also contribute to ingrown nail problems. If a person has an inherited tendency toward nails with extreme curvature, the soft tissue of the fleshy folds might grow over the nail plate—and then the nail would grow inward. Abnormal foot or toe structure, a particular style of walking, or excessive sweating, all contribute.

Eve:

Stay tuned for an upcoming feature on heart-smart eating, coming your way soon!

What are the symptoms?

The primary symptoms of an ingrown toenail are pain along the margins of the toenail. The toe is red, painful to the touch and it can be difficult to wear shoes—particularly those that are narrow around toes and aggravate the toenails. The toenails may be sensitive to any form of pressure, even the weight of bedclothes.

Sometimes calloused or red granulation tissue (proud flesh) grows over the embedded edge of the ingrown toenail at the lateral edge between the nail plate and the nail groove. Proud flesh is acutely painful and, when irritated or injured, bleeds readily. If dirt and sweat enter this area, infection can occur. If infection is present in the skin around the ingrowing nails, there may be drainage of pus or a watery discharge tinged with blood from the area as well.

How is it managed? In the early stages, if the toe is inflamed, a warm saline (salt-water) footbath two to three times a day is recommended. Pressure on the toe should be reduced to a minimum by wearing sandals or going as much as possible without shoes for several days. The temptation to trim the corner of the toenail off should be avoided. This can lead to a worse condition where the toenail forms a fishhook deformity that further grows into the nail groove.

What Is a Fungal Nail?

American Podiatric Medical Association

Onychomycosis (or fungal nail) is an infection of the bed and plate underlying the surface of the nail, and is caused by various types of fungi. Fungi are simple parasitic plant organisms, such as molds and mildew, which do not require sunlight for growth. A group of fungi called dermatophytes easily attack the nail, thriving off keratin, the nail's protein substance.

When the tiny organisms take hold, the nail may become thicker, yellowish-brown or darker in color, and foul smelling. Debris may collect beneath the nail plate, white marks frequently appear on it, and the infection is capable of spreading to other toenails, the skin, or even the fingernails.

Because it is difficult to avoid contact with microscopic organisms like fungi, the toenails are especially vulnerable around damp areas where people are likely to be walking barefoot—public swimming pools, locker rooms, and showers, for example. Injury to the nail bed (or possibly an ingrown toenail) may make it more susceptible to all types of infection, including fungal infection. Those who suffer

chronic diseases, such as diabetes, circulatory problems, or immune-deficiency conditions, are especially prone to fungal nails. Other contributory factors may be a history of athlete's foot and excessive perspiration.

Prevention

Fungi can be present months before they find opportunities to strike, and before signs of infection appear. By following precautions, including proper hygiene and regular inspection of the feet and toes, chances of the problem occurring can be sharply reduced, or even put to a halt.

Clean, dry feet resist disease; a strict regimen of washing the feet with soap and water, remembering to dry thoroughly, is the best way to prevent an infection. Shower shoes should be worn when possible, in public areas. Shoes, socks, or hosiery should be changed daily. Toenails should be clipped straight across so that the nail does not extend beyond the tip of the toe. Use a quality foot powder—talcum, not cornstarch—in conjunction with shoes that fit well and are made of materials that breathe.

Avoid wearing excessively tight hosiery, which promotes moisture.

Treatment

A daily routine of cleansing, over a period of many months, may temporarily suppress mild infections.

White markings that appear on the surface of the nail can be filed off, followed by the application of an over-the-counter liquid anti-fungal agent.

However, even the best over-the-counter treatments may not prevent a fungal

infection from coming back. A fungus may work its way through the entire nail, penetrating both the nail plate and the nail bed. If an infection is not overcome, or continues to reappear, further medical attention may be necessary.

On Medical Intervention

Message received for a woman whom the Lord led to go to a doctor for medical help for her ingrown toenail.

Jesus speaking

Sometimes I heal using the doctor's help; it's slower and appears less miraculous, but it is still My hand in your life, and My healing. If I always

made healing quick, easy, and supernatural, My children wouldn't always recognize what a miracle it is, and wouldn't appreciate it as much.

When one member is sick, all the members suffer; and in this case I am using this little operation to cause all your mates to appreciate the times when I heal supernaturally and instantly—not only in your life, but in theirs, and to appreciate

My loving hand in their lives, and to pray for your quick recovery and total healing. What happens to one member affects the others, and sometimes the way I heal is for the benefit of the whole body—to bring about good fruits in others' lives as well, to bring out love and compassion, prayerfulness, appreciation of My care and protection and healing. (*End of message.*)

Prayer and General Guidelines

Message received for a woman who had a painful ingrown toenail, and asked for prayer from her Home.

Jesus speaking

Every member of the body that I have created is important to Me. Even each toe has an important job and function in your body. It's an illustration of

little things, so I'm pleased that you have brought this matter to Me and before the body.

I have already seen your concern and heard everyone's prayers for you and have begun the healing process. Nothing is too small for Me. Bring every detail to Me in prayer, and you'll see results and My work in progress. You don't have to worry; I Who have begun the healing job

will finish and perfect it to the end.

There are some tips, though, to speed the healing and help it not to get worse. You're doing well by wearing socks that are not too tight or by not wearing shoes that put pressure on your toe. To have air circulating around your toe is good, weather permitting, or at least to wear loose socks that are not too thick and will let air through.

It's very good that you get exercise, which builds up your overall bodily health, but try to stick to things that won't bother or put pressure on your toe when you are using your feet. Letting your toe get air and receive no pressure will definitely help the healing process.

As long as you follow the guidelines above and

continue to beseech Me and have others pray, I will not let it get worse. In this case it's not necessary to have a physician handling your toe, as I am your Physician. I am handling your case and even now am healing it, as I don't want to see you suffer. I'm very pleased that you have chosen Me as your Physician above all and esteem

My counsel above all.

Keep your toe on the Home prayer list until it's well healed, and you'll see Me doing the work. Nothing is too hard for Me. I created you and know every little part of your body, and it pleases Me to give you what you need. I delight in touching your body and making it whole. *(End of message.)*

Guard from Infection

Dr. Koger speaking

You have to be very careful to not let an ingrown toenail become infected. You can try to train your toenail to grow away from the skin by first soaking your foot in warm water to soften the toenail, and then gently insert a piece of ster-

ile cotton gauze under the toenail to slightly raise it off the skin. You have to change the gauze or cotton strip every day, and even more frequently if it gets wet or dirty.

Don't use anything sharp, such as scissors, around that area in an attempt to shape the toenail, but rather use a soft emery board so that you

don't run the risk of piercing or scratching the skin and making it more sore or inflamed.

I suggest you try to insert the piece of cotton or gauze under the toenail; this could help relieve the direct pressure on the skin, and could train the nail to grow upward instead of downward onto the skin. *(End of message.)*

Post-natal Ingrown Toenails

From Polish Faithy, EE

About four months after my baby was born, my big toenails got infected. At first I didn't recognize the problem, since I had never had a problem with ingrown toenails. The infection was worsening as

the days and weeks passed, and finally I realized that it was ingrown toenails. Somebody suggested that I try to cut the sides of the nails (wrong suggestion!), but this just made matters worse.

Finally, when it started to be almost too painful to walk, I went to a doctor. When he saw the state of

my big toes, he wanted to operate on them right away, and to cut half of the nail out. He also said it would be a long healing process—at least six weeks—because there was so much infection. But before agreeing to it, the Lord led us to get a second opinion.

The second doctor,

when he heard that I had a baby a few months earlier and that I had never had a problem with ingrown toenails before, concluded that it was caused by swollen feet during and after the pregnancy, and suggested I take some natural steps before cutting the nails out.

First of all, he taught me that toenails, especially on the big toes, should always be cut in a straight line, as cutting out the sides only makes them grow in the wrong direction. Then he advised me to do the following:

1. Gently try to lift the sides of the nails up a few times a day, as far as I am able without too much pain, so the nail would “come out” from under the skin.

2. Apply an antiseptic a few times a day to clear up the infection.

3. Go barefoot in the house, and use wide sandals when going out, so my toes aren’t squeezed together.

4. Keep my feet and legs up as much as possible (legs on a table while sitting, and have a pillow under my feet when lying), to help the swelling go down.

It took more than a month before the infection was completely gone and my toenails returned to normal, but these tips helped me avoid a painful and expensive operation. Thank You Jesus!

My Toes-timony

From Reuben, WS

I had a very tough bout with an ingrown toenail on my big toe. I got it by trimming the nail too close, “cleaning” away the calloused skin under the nail, and then digging around when it got sore in order to try to “fix” it. (Bad move!) I was afflicted for about one year.

The quick fix

At the beginning, I just tried to tough it out. However, when faced with having to suddenly prepare to go to another country, I opted for medical intervention.—I had to do a lot of walking in my current location, then I would need to travel, so I had to be mobile. I had my toenail cut at the hospital, and that alleviated the problem. However, about six months later the nail grew back to where it had been—and the problem returned. Thus, I knew that for me, having it cut again would postpone the problem, but not solve it.—It would most likely come back again.

Defining the problem

I learned that an ingrown toenail may result when the natural callous—

along which the edge of the growing nail moves when it grows—is removed or softened. Then, once the softened flesh is “wounded” by the edge of the nail, the nail becomes like the long edge of a knife blade, continually reopening the wound so it can’t heal. Inflammation and infection usually occur, making things more painful. Thus, my goal became to try to let the “rail” (the formerly calloused skin along which nail’s edge moves against when it grows) heal and toughen up.

The solution

In my case, I needed to do the following:

1. Keep my toe dry as much as possible. Pool water is especially bad, as the chlorine attacks the sensitive tissue.

2. I cut a “v” in the front of my toenail (the point of the “v” was aimed towards my leg), to help the nail grow toward the “v” and not put so much pressure at the edges of the nail.

3. I put a little cotton under the edge of the nail, between it and the wound, as a buffer to keep the nail from touching the

wound directly.

4. I wrapped my toe up with tissues or gauze and put tape around it.

5. I wore sandals and did all I could to avoid bumping my toe. I stood on one foot when in crowds.

Most of all, I learned to have patience—the nail eventually healed and hardened, and then was

able to accommodate the nail properly. This took months of toughing it out, waiting for the nail to harden, but avoided the vicious cycle of having the nail surgically cut and just putting off the day of reckoning when the nail would grow enough to again cut into the unprepared nail of skin.

Your situation and experiences may be very different than mine, but I hope that in some way this will be of help to you. My toe has stayed healed. The nail is a little marred and my toe is still sensitive, but there is no pain—just a feeling to remind me to leave it alone and not trim too close.

The Gentian Violet Discovery

From Julia, England

Some years ago, my son Ben had a very bad, painful ingrown toenail. One doctor we saw said that only surgery would cure it. That seemed very extreme, but then a different doctor (an older man) suggested we use gentian violet.

We got a bottle from a chemist, although it was hard to find, and we put it on Ben's toe every day. You have to paint the side of the toe where the nail is growing in. After a week or two, the skin became very hard and pushed the nail back so that it grew upwards the right way, instead of sideways into the flesh. Within a couple of weeks, Ben was totally healed.

Quick Facts

- ◆ Gentian violet [JEN-shun VYE-oh-let] belongs to the group of medicines called anti-fungals.
- ◆ Topical gentian violet is used to treat some types of fungus infections inside the mouth (such as thrush in babies) and of the skin. If you are applying this medicine to affected areas in the mouth, avoid swallowing any of the medicine. If you are using this medicine in a child's mouth, make sure you understand exactly how to apply it so that it is not swallowed.
- ◆ Gentian violet will stain skin and clothing. Avoid getting the medicine on your clothes.
- ◆ Using a cotton swab, apply enough gentian violet to cover only the affected area.
- ◆ Do not apply an occlusive dressing (airtight covering, such as kitchen plastic wrap) over this medicine. It may cause irritation of the skin.
- ◆ Apply to the affected area(s) of the skin two or three times a day.

Gentian Violet Storage

- ◆ Keep out of the reach of children.
- ◆ Store away from heat and direct light.
- ◆ Keep the medicine from freezing.
- ◆ Do not keep outdated medicine or medicine no longer needed. Be sure that any discarded medicine is out of the reach of children.

Heavenly Q&A — On Gentian Violet and Ingrown Toenails

Q: What are the benefits of gentian violet for infected ingrown toenails or fungal nails as opposed to other anti-fungal creams and ointments?

A: Jesus speaking

Gentian violet is better in many ways than other anti-fungal ointments because it is a thinner liquid that can actually seep under the toenail where the infection or fungus still thrives and attack it. Other anti-fungal ointments can only be applied to the part of the skin that's exposed, and very little ointment makes its way under the nail, so the improvement is much slower.

Gentian violet reaches more of the affected area; it's easy to apply and dries on the skin, and is not easily wiped off.

Gentian violet is also very strong. In earlier years it was used in veterinary medicine as a cure-all treatment. In many places it has been banned because it offends the sensibilities of many people who go to doctors and pay large sums of money to be treated with something that is cheap and used on animals. People's perspectives in medicine and their expectations have changed. The Enemy has hoodwinked them, so they expect that treatment must be expensive, complicated and new, if it is to be good. So many of the good, old-fashioned and more natural and cheaper methods of treating illnesses and afflictions have been abandoned, except by naturopaths. *(End of message.)*

Q: What is gentian violet and how does it help?

A: Jesus speaking

Gentian violet is good for many things. Even though some think of it as man made, I created it and gave it as a gift to mankind, for I knew that it would be a help. Of course, those who use it incorrectly will have problems—just as most good things also have a negative effect if they are used excessively or incorrectly, or abused.

The reason that gentian violet helps ingrown toenails is not only because it hardens and toughens the skin, but also because it helps to treat and get rid of the infection [or fungus that can sometimes accompany ingrown

toenails] in the nail and the surrounding area. Gentian violet is strong; it works more quickly than some other things that doctors prescribe. It won't hurt you if you use it in moderation—and will even help kill certain skin infections and fungi as well as help heal infected ingrown toenails. *(End of message.)*

Q: How often should you apply gentian violet to your ingrown toenail or fungal nail?

A: Dr. Koger speaking

It's a fungicide and helps to stop the fungal growth. You'll probably notice that it dries your skin, as well as dyes it purple. Just use a drop on your toe to keep it clean and to help kill the fungus or infection. It's not dangerous to use even as often as a couple of times a day, and you won't experience any bad side effects, other than that your skin will become very purple and drier in that area. But of course, the best thing is to ask the Lord what will work best for you and how often you should apply it. For an ingrown toenail or fungal nail, it can be applied anywhere from a couple of times a day to once every three days. *(End of message.)*

The Pregnancy Pain You Shouldn't Ignore

Dr. Koger speaking

Of course, the wisest thing to do when you experience any kind of pain or problem during pregnancy is to ask the Lord. Get His confirmation if you feel you need to go for a checkup, and also His Words of encouragement and comfort—to not worry or be fearful, because everything is under His control.

Parents magazine

Frequent trips to the bathroom are normal during pregnancy. But if you also experience painful urination, fever or bloody urine, have your doctor check for a urinary-tract infection (UTI). Recent research indicates that bacteria that cause the infection may pass through the placenta and harm brain development. Your doctor can prescribe antibiotics that are safe during pregnancy.

Postpartum Menstruation

By Elizabeth Pryor, MD

Question

I gave birth three weeks ago in an uncomplicated vaginal delivery. I'm wondering when I can expect to start getting my period again. Also, I used to get really painful menstrual cramps—will it be different now that I've had a baby?

Answer

Resumption of your period will depend on several factors—the most important being breastfeeding. If not breastfeeding, 70% of women will menstruate by 12 weeks postpartum. The average time to the first period is seven to nine weeks. If a woman is breastfeeding, she may not have her period for months—often the longer the period of breastfeeding, the longer it will be before the first period occurs.

Most women say that menstrual cramps improve dramatically after having a baby. The mechanism isn't clear—perhaps due to stretching of the uterus and cervix during pregnancy and birth. But this is certainly an added bonus—and I hope this is the case for you!

What About Camembert?



Question

I was wondering if it's bad for PG moms to eat Camembert cheese, and if it's possible that it can give your child meningitis. I ate Camembert in my first pregnancy and my baby seems to be fine. I am now pregnant with my second baby and I am wondering if it's okay.

—Charity (of Jace), Japan

Answer

(Eve:) There is a risk in pregnant women consuming unpasteurized soft cheeses, such as Camembert, as there is the chance that these cheeses may carry a potentially deadly bacteria called listeria monocytogenes. Listeria infections are rare, and the recommendation to avoid these cheeses is a matter of erring on the side of caution. For more information and counsel on this subject, please see *Eve* #8, pg. 3 and *Eve* #15, pgs.13-14.

Q
&
A

Postpartum Bleeding Tips

From *Parenting* magazine

- ◆ Stockpile sanitary pads. On average you'll go through one every three hours. (Avoid Tampons; they can increase the chance of infection.)
- ◆ Line up help to keep you off your feet. Exerting yourself with chores can make you bleed more.
- ◆ By the end of the first week your flow should lessen, and the color should change from bright red to brown. Discharge can last about six weeks total, however. But if clots are larger than a quarter or you're soaking one napkin or more an hour for four hours straight, call your doctor immediately. This may signal a hemorrhage.

Eating foods fortified with calcium like certain cereals and orange juice (where available) and taking calcium supplements can also help you reach your optimal calcium intake. Since there are several types of calcium supplements available, you should discuss the choice of supplements with your doctor. There also are products sold in grocery stores and pharmacies that may help people with lactose intolerance to better digest dairy products, including tablets and liquids you can take prior to eating meals.

◆ *Eve*: Stay tuned for more on calcium in an upcoming *Eve* mag!

Calcium Concerns

Question

Being pregnant with number three, and not being able to drink milk like I did before, I was wondering about taking calcium tablets. The people at the pharmacy told me that you have to take it together with something else in order for your body to absorb it. Is there any danger in trying to get extra calcium through calcium tablets? What's the total amount of calcium (generally) a PG mom needs daily?

—Christina, Ukraine

Answer

(From the *National Women's Health Information Center*.) The recommended daily amount of calcium needed for pregnant women is as follows: for over age 19—1000 mg.; for ages 18

and under—1200 mg. The guidelines are based on calcium received through diet and through calcium supplements. Calcium intake up to 2,000 mg/day appears to be safe in most individuals.

Adequate vitamin D is essential for optimal calcium absorption, however most people receive enough vitamin D through sunlight. If vitamin D supplements are necessary, no more than 800 International Units (IU) mg/day is recommended.

If you are lactose intolerant, it is important to have a diet that includes other foods high in calcium to meet the recommended daily amounts.

Other foods high in calcium include dark, green leafy vegetables, like kale and broccoli; fish like salmon and sardines (or those with soft, edible bones); and tofu.

FROM HEAVEN'S DOORS

Royal Treatment for Heaven's Queens

From Anisa (of Abner), Brazil

I am your typical home person; I cook, take care of kids, etc. Whenever I have had any provisioning needs, I've counted on the Home's provisioners, and the Lord has never failed to bless their faith. When I was pregnant with number four, and we had planned to ask a nearby hospital for help, the main

provisioner could never get around to it, busy soul that she is.—God bless her.

So my hubby and I (with shaky knees) went to talk with the man in charge of the hospital. He was an understanding fellow and tried to help us, but it didn't work out. As we were leaving, however, he gave us a hot lead—a friend of the Family who was now an administrator of hospitals.

This man turned out to be an angel in disguise! He said "I'll get you a hospital, with a private room,

and someone will be able to accompany you in the birth. We'll treat you real well!"

Gasp! "Um ... wow, thank you!"

We had mentioned to him during the conversation that a hospital in another city had taken the Family as their "project," to help with births regularly, and this man told us: "You are my project then! Whenever you have a baby, I will help you!" He told a friend our story, and this friend arranged for us to go to his private hospital. When we arrived there on the due date, his friend

said, "Don't worry about anything—we'll treat you like a queen."

They sure did! We had our baby and didn't pay one cent, and we had all our needs met. It's the first time I have ever had a baby completely for free.—What a cool God! The Lord wanted to prove to me that you don't have to be a great, experienced provisioner in order for Him to supply. (I just wanted to add that my husband is a great witnesser, and was a key person in talking to these people. God bless him!)

The Gift of Isaac

From Josh and Esther, Japan

We are a couple in our forties. When we first got married, the Lord gave us a prophecy of a promised child, given to us just as Isaac was to Abraham and Sarah. But time passed after that prophecy was given, and our expectations gradually faded.

When Esther finally became pregnant, however, that prophecy came back to mind very clearly and the Lord told me: "He is a gift from Me and is going to help you to grow closer as a couple. He will also be a witness for Me to the world. Through this

child, a new ministry will start!"

Shortly after our son Isaac's birth, we found out that he had Down syndrome. It was hard to accept this at first, but he was so adorable. And as the prophecy said, we sincerely believed that he was a gift from God and a blessing and help to our relationship.

He was in the hospital for the first month of his life due to a weak heart and lungs, but miraculously he got better without an operation and blood transfusion. The Lord also gave us a good doctor who understood us.

For some time now I

(Joshua) have also had the opportunity to work with Down syndrome children once in a while at our friend's clinic. I've been learning how to understand them and I've had the burden to do more for them. So when the Lord gave us Isaac, I realized that He wants me to do even more with this ministry. I am overwhelmed by His amazing plan!

When I first held Isaac in my arms, I was so overwhelmed by His love. I can't thank the Lord enough. I just can't find the words. He gives me so much love, even though I am undeserving.

KEEP GOING!

**From
Tender,
Thailand**

I just wanted to thank you so much for Gabriella's article "Let's Seize the Day" (*Eve #18*). I can say amen to so many things in there!

I agree that one of the most important things for a woman going through menopause is encouragement and appreciation. Yes, my hair is getting gray; wrinkles are showing more and more; my tummy is not flat anymore (actually it has never been flat, ha!), etc. We are not the "spring chickens" we were before. But a woman's desire for a warm hug, and reassurance that she is still appreciated and valued, is still very

important. These things can make such a big difference in our daily lives!

Going through this stage of life (and still being in it, though I'm coming to the end of the tunnel, slowly but surely) has made me pray for my dear sisters in the Lord who are also experiencing this. I especially pray for those who are single, who at times have to kind of fend for themselves.

One thing is sure, though—this time of life has brought me much closer to the Lord. Compared to now, I feel like I hardly had a connection with the Lord before (not that I now

have some super-duper hotline with Him, but just in comparison!), as I don't have anybody but the Lord to lean on. But He really is enough, even though at times it's nice to be able to touch somebody "with skin on." I don't feel alone in my struggle anymore, because I know Jesus sees, loves, and cares no matter how I look or am!

God bless all you dear, sweet sisters! Keep holding on and trusting Him; He will not let you go through anything that you cannot handle. He will show you a way to make it!—And that's a tried-and-proven fact!

OVER 50 AND STILL FIGHTING PIMPLES!

**From
Chloe,
WS**

Last year I visited my mom in the U.S., who is not too shy about pointing out improvements needed in my appearance. Before I joined the Family she spent lots of time instructing me in makeup, clothes and hairstyles, and I guess she doesn't want me to go to pot in my missionary life. Now that I'm in my fifties, and she's in her seventies, she's still at it.

This time she had some advice about my red nose. Actually, lots of people had probably noticed it and were too polite to mention it—but you know how mothers are!

To backtrack a bit, I've always had oily skin and eruptions of pimples large and small—depending on what I was eating, my emotional state, and whether I was cleaning my face

well. My mom has the same type of outbreaks on her face, and a dermatologist recently diagnosed it as acne roseola. He advised her to wash her face a couple times daily with a mild soap (Dove brand), and to also clean the trouble spots with Betadine, a brown liquid soap. (It is actually a surgical scrub—an antiseptic
(Continued on pg.28.)

Raising Your Metabolism

F E A T U R E

What Is My Metabolism?

By Dr. Annette, Web reprint

Think about metabolism as the number of calories you're burning at any given moment, whether you're watching a movie or working up a sweat. Naturally, your metabolic rate—the rate of energy production and expenditure—will be higher when exercising than when you're crashed out on the couch. The Resting Metabolic Rate (RMR; also known as BMR, Basal Metabolic Rate) is the number of calories the body burns simply to stay in business. It takes lots of calories to keep organs cranking away and cells in constant repair. In fact, up to 75% of the total daily calorie expenditure comes from your RMR. That adds up to about 1,200 calories a day for the average woman and 1,400 calories a day for the average man.

Going on a low-calorie diet is a sure-fire way to lower your metabolism. Each diet we go on teaches our bodies to adapt better for the next diet. People on low-calorie diets burn 30-40% fewer calories a day than normal eaters. A

key to keeping your metabolism up is to eat at regular intervals at least three times a day. Skipping or under-eating meals can cause a drop in metabolism and often triggers you to overeat late in the day. One study showed that people who skipped meals, especially breakfast, had a 5% lower metabolism. Fasting only encourages your body to become fatter.

I recommend eating four or five times a day. Eating smaller, more frequent mini-meals throughout the day is a secret to weight loss. This eating pattern provides more energy, a more stable blood sugar level, helps you manage stress, control binges, deters overeating, and prevents a sagging metabolism.

Walking is one of the most effective and pleasant ways to burn fat and

increase your metabolism. Any type of total body aerobic exercise (walking, swimming, bike, treadmill, etc.) uses large muscle groups and creates a demand for calories. Keep with it for a full 30 minutes or more, and keep it regular, at least four to five times per week. Also, don't forget that RMR is directly related to the amount of muscle you have. Lifting weights increases your metabolism.

Aside from the calories you burn during the workout, you'll also continue to burn 30 to 50 calories a day every day for each extra pound of muscle you put on. (One pound of fat burns only about 8 calories per day.) A moderate strength-training program can significantly increase the muscle mass in your upper and lower body in as little as three months.

Simple Ways to Boost Your Metabolic Rate

By Stephanie Oakes, Los Angeles Times

Metabolism is lowest

when you're just waking from a restful sleep. It is highest during intense activ-

ities. There are ways to boost our BMR, thus burning more calories every day. Review these simple examples and try to include them into your healthy lifestyle.

- ◆ Incorporate “intervals” (one to two minutes of more intense exercise) into your aerobic training sessions.

- ◆ Don’t eat fewer than 1,200 calories per day. If you do, your metabolism will slow, and you’ll burn fewer calories.

- ◆ Be generally active. For example, park as far from the store as you can. Use the stairs rather than the elevator.

per hour revs up calorie burning by 600%. So even if your metabolism is on the slow side, you can still walk off big pounds.

Q: Does exercise affect metabolism even after you’ve hit the showers?

A: Yes, there is an after-burn effect. Walk for 20 minutes, come back, shower, drop on the sofa and your body will continue to burn excess calories for maybe half an hour more. This excess, however, isn’t as big as the effect on the metabolism achieved by doing resistance exercises that build muscle mass. Regular exercisers tend to burn 20% to 30% more calories at rest than people who don’t exercise. After-burn may account for some of this difference; a larger part of the credit probably goes to exercisers’ bigger muscles.

Q: Is it true that as we age, our metabolism slows?

A: That is true. Older adults also tend to lose muscle. The two are clearly connected. If, however, you keep honing your muscles with strength training, you should be able to minimize age-related decreases in metabolism.

Q: Yo-yo diets are said to slow metabolism. Is there any truth to that?

A: Researchers at the
(Continued on pg.28.)

Metabolism: Myth Versus Reality

By Charles Gaines, Web reprint

You can’t have the high metabolism of a hummingbird, but it helps to know what you can change. Eat like a bird, indeed! If a 130-pound woman ate as much in relation to her body weight as a hummingbird, she’d consume more than 28,000 calories! But hummingbirds burn calories at an astonishing rate. That rate—the rate at which a body converts food into energy—is known as the metabolic rate.

Sorry, you can’t have the metabolism of a hummingbird. But you can—to a degree—alter your metabolic rate. Still, don’t believe anyone who tells you that changing your metabolism is as easy as, say, eating a certain food or taking a food supplement. There are a lot of metabolism myths flying around. Here are answers to some of the most commonly asked questions:

Q: What determines a person’s metabolism?

A: If we’re talking about resting metabolism—the rate at which a body at rest burns calories—then the biggest factor is how much muscle the body has. Muscle requires energy. Even idle muscle burns far more calories than fat. Consider two people of the same weight, doing the same activity. The person with lots of muscle may burn up to 30% more calories than the person with little muscle.

Q: To what degree are differences in metabolism genetic?

A: Almost certainly, your metabolism is influenced by heredity. Two other factors, however, are likely to be more important to both your metabolism and your weight than genes—how much you eat and how much you exercise. Consider that walking at a very moderate three and a half miles

Feedback

Continued from pg.25:

bacterial/virucidal sudsing skin cleanser—whew!)

So she bought me some Dove soap and gave me a bottle of Betadine. I began using it, and this helped clear up my face, thank You Jesus! I find that if I eat lots of rich food, such as chocolate or greasy food, I still get little outbreaks on my nose. For example, last week I had a craving for chocolate, so I found some I'd stashed away and had a little each day with my decaf/coffee in the afternoon. Soon the familiar "Rudolph the Red-Nosed Reindeer" syndrome began again. It took a few days to clear up after I repented of what for me was a chocolate overdose. I can have a little, but too much makes me break out.

The cleanliness routine is a big blessing, though, and helps keep the condition under control. So if you have this problem, and these products or similar ones are available where you are, they might be a help to you too.

Continued from pg.27:

University of British Columbia in Vancouver recently measured the metabolism rates of 52 women whose weights had gone up and down over the years. Their metabolisms appeared no worse for the wear. However, long periods of fasting throughout the day, as well as very low-calorie diets or prolonged dieting, can make the body want to defend its weight by slowing metabolism. The weight-conscious therefore may be advised to eat three or more (small to moderate) meals a day and to shun crash diets.

Q: Do things such as hot peppers and coffee crank up metabolism?

A: While there's some evidence that certain foods, such as coffee and chili peppers, may affect metabolism, the effect would be infinitesimal.

Much more important to your metabolism: Make sure you get lots of regular exercise—both the aerobic kind, such as walking and bicycling, and the muscle-building kind, such as weight-lifting. Eat at least three times throughout the day and avoid very low-calorie diets unless your physician advises you otherwise.

And forget the coffee, unless you just happen to enjoy it. After all, when was the last time you saw a hummingbird sipping a cappuccino?



Cover photo: Rose (of Andy), in her native Taiwanese costume, Taiwan.

Suggested reading for ages 16 and up. April magazine.

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