

# Eve

Issue 29



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### WATCH OUT FOR

# Your Health

**By Jonathan (of Amor), Taiwan**

In a recent book by Dr. Kenneth Cooper called *Faith-Based Fitness*, he talks about how having faith in the Lord and good health and fitness are an unbeatable combination which can work wonders.—Something we have been taught for the past 32 years! We're way ahead ... or should be!

A few months ago I found an article describing some effects of poor blood quality or inadequate circulation, and I realized that I had a few of the symptoms! These include getting easily fatigued, especially in your arms and legs; dizziness; partial loss of your

They say the next highest dietary cause of diseases is fats. The Scripture says, "Let not your hearts be overcharged with surfeiting," meaning having too much of anything. It's hard on your heart and it's hard on other parts of your body as well. Fats have been a proven cause of all kinds of diseases, particularly heart trouble and arteriosclerosis, hardening of the arteries, along with excess salt.

**ML#609, *Food or Poison*, par.76**

sense of balance; mental confusion; muscle cramps; blurred vision; high blood pressure and early senility. These are all results of plugged-up arteries, but the main problem is that it slowly clogs your arteries, to the point where you can have a severe or even fatal

heart attack without warning. (This is not limited to older people. More and more young people are victims of heart attacks—most often the result of poor eating habits, especially tons of junk food, over a number of years.)

If we're obeying the Lord, eating the way Dad taught us to eat, and exercising properly, we shouldn't have any problems or have to worry about this. But even the bad effects of many years of improper diet and lack of sufficient exercise, resulting in arteriosclerosis, can begin to be reversed by a good, wholesome diet and vigorous exercise.

I've begun to eat more carefully, even abstaining from some of the "goodies" at holiday times, and other

When you eat so many unhealthful foods, junk foods, and stuff that has no nutritional value, you clog up your whole digestive system. Pretty soon your body can't even digest the food properly. Your blood vessels clog, so the blood in your body can't flow freely to your heart. You start having problems in all sorts of areas in your body! But if you were more careful about what you ate and tried to stick to unprocessed, natural foods—good fruits and vegetables, good clean meats, eggs, milk, homemade or plain yogurt, and whole grain cereals, breads, pastas, and brown rice—you'd find yourself having so much more energy! Your health would improve drastically.

**ML#3180, *Eat Right*, par.39**

high-fat foods that our Home occasionally eats. I've begun to eat more vegetables and fruits, grains and natural starches, and less processed foods, and animal and dairy products. I try to stick to lean meats and tofu, beans and legumes as my main sources of protein. Already some of the symptoms above, which I had been experiencing, have been abating or are totally gone. TYJ!

If you or your Home have lowered your exercise or dietary standard a bit, and they're not what they should be, you might want to consider asking the Lord if He wants you to do anything to change your daily

habits and work on becoming healthier.

For example, maybe you don't eat all the fresh fruits, vegetables, and whole grain foods you know you should, and you go heavier on meat and fried or fatty foods. If so, you might ask the Lord if He wants you to eat less of those, and if so, how you can do it in practical terms.

According to the medical experts, it doesn't matter how strong your heart and lungs are; if your arteries get too plugged up, the blood just won't get through. Then you've got problems: surprise strokes and heart attacks!

So if you do what you can, minimizing the fatty,

fried and processed foods, and eating lots of fresh vegetables and fruits, grains, lean meats and all, you'll probably do fine!—And don't forget to exercise vigorously!

I recently started (again) on a regular and vigorous exercise program, and shortly thereafter, a good Family friend of mine had a moderately severe heart attack. He's younger than I am. Some months later, he was still convalescing. He's not up to full strength, still feels quite weak, and is concerned that he won't fully recover. (Full recovery is not only possible, but almost certain—with a good exercise program, and change of eating and living habits. But it could take a bit of time, even a year or more.)

He said he had had so many warnings and checks about stopping his work and getting exercise, but he kept blowing them off. He said in the last months before his heart attack, the Lord was almost yelling in his ear. But he was deaf to it and just kept working—doing provisioning pickups, follow-up, and all the things he loves to do for the Lord. He knows he should have heeded the Word and the rules, and the Lord's checks to stop and take time to exercise and relax. But he didn't.

The same could be true for every one of us. If we

It's spiritual as much as physical, folks. Because the Lord has given us health rules to live by, and because I've spent so much time teaching you the specifics of how to live right and eat healthy, when you have that option but you choose the alternative of the Devil's poison, it's nothing but disobedience, plain and simple! The Lord can't bless it.

The health and well being of each of us is so very important. If we're not as healthy or as strong as we could be, how can the Lord use us to the full? Our spirits may be wildly willing, but if our flesh is weak and weighed down, then we're not going to be of much use to the Lord.

The body is a vehicle, and we need to keep our vehicle in good shape. We need to keep the engine tuned, the exterior clean, and the windshield wipers working. We need to stay full of gas, oil, water, and keep our tires pumped up with air in order to be useful to the Lord. He's counting on your faithful upkeep of the car that He's given you! He's counting on you to be faithful with the body that He's given you—and eating right [and exercise!] is a major part of your care and upkeep.

obey, happy are we!—And healthy. And blessed.

This friend of mine also said that after his heart attack the doctors told him many things about his body and overall health, just by analyzing his blood. He said his blood looked like the hotdogs he often ate for lunch. Instead of

healthy individual cells, they were all clogged up and stuck together.—A dangerous condition that comes from poor diet and little exercise.

If he'd taken any kind of preventative medical tests earlier, this condition could have easily been diagnosed and he would

have had some advance warning. And, of course, first and foremost, if he'd been more obedient to the Lord's admonitions to eat right, exercise right, and live right, given repeatedly through Dad, he could have been in much better health all along. Lord help us all to be a bit wiser!

### HEART SMART

## Sho!ts

Compiled from articles from the *Electronic Telegraph*, *Reuters*, *Parade* magazine, *AP* and *UPI*

▪ **Mind your portion size:**

Scientists have found that an unusually heavy meal may quadruple the risk of having a heart attack within two hours of eating it. According to the findings, eating too much may trigger an attack in the same way as extreme physical exertion.

▪ **Apple helpers:** Drinking 12 ounces of apple juice or eating two apples a day has a beneficial effect on risk factors for heart disease. Compounds in apples and apple juice act as antioxidants in much the same way that red wine and tea do. A moderate intake of apple juice or apples has the potential to reduce risk fac-

If you have a weak heart, or have had a heart attack in the past, it's important for you to have regular exercise. It helps strengthen your body and your heart, and helps protect you against future heart problems. However, even more important is what kind of exercise you do, and how. It's vital to get it right—to have good exercise that keeps you in shape, but that also won't put undue strain on your heart.

It's very important to not overdo or strain or over-exert yourself when you have heart trouble, as that can lead to more and bigger problems and complications—and in the worst cases, even heart failure. So I can't stress enough how important it is to be very prayerful with every aspect of your exercise. Listen to your body and how you're feeling and don't overdo, but most importantly listen to Me and let Me show you what to do. I am your Heart Specialist, and know what's best for you.

Jesus speaking

tors for heart disease in a fairly short period of time.

▪ **Thumbs up for fish:**

In a study of 12,000 patients with heart disease, fish oil supplements reduced the risk of dying by 20%. Italian researchers supplemented the patients' diet with either placebo pills (containing no substance)

or one-gram capsules daily containing oils found in sea fish, such as salmon, bluefish, tuna, sardines and herring.

▪ **Better berries:** Blackberries, red raspberries, sweet cherries, blueberries and strawberries, are all said to be good for the heart.

▪ **Step up the pace:**

Being active is good for damaged hearts. A new study finds that people who have had one heart attack reduce their risk of having a second—and of dying—if physical activity is a habit. Dr. Steffen-Batey and her colleagues looked at 406 people in Nueces County, Texas, who had survived a first heart attack. 150 patients went on to have another heart attack. But patients who remained active had a 60% lower risk of a fatal or nonfatal heart attack, compared with those who had little or no activity. Patients who increased their activity had a 78% lower risk. Most patients in the study did things ranging from light gardening to jogging, although some worked harder.

▪ **A warm dip:** Ten minutes of soaking in warm water boosted performance on the treadmill and improved fatigue and leg pain among 16 elderly men and women, some who had heart disease and some who did not, according to researchers from Kagoshima University in Japan. Dr. Nobuyuki Tanaka told Reuters Health that it is widely believed that heart disease patients should avoid warm baths because they may speed the heart rate. Not so in Japan. In fact, according to Tanaka, warm baths seem

not only safe for the heart, but they also appear to dilate blood vessels and thus allow more blood to get to the muscle. The study looked at people with heart disease, high blood pressure, or no cardiovascular problems. A short dip—about 10 minutes—in a 41-degree Celsius (106-degree Fahrenheit) bath improved exercise capacity. According to Tanaka, people in shower-loving societies like the U.S. and Europe may do well to slip into a bath every now and then.

▪ **Laugh it off:** People who laugh more are less likely to have heart disease. “The old axiom that laughter is the best medicine appears to hold true when it comes to protecting your heart,” said Dr. Michael Miller, director of the center for preventive cardiology at the University of Maryland in

Baltimore. Miller and colleagues believe laughter may release chemicals that relax the blood vessels. “It’s not just going ‘ha, ha, ha,’” Miller said. “It’s having a good, hearty laugh.” Miller said many studies had shown that feelings of anger and hostility cause the cells lining blood vessels to release chemicals that make them constrict.

▪ **Walk your way to health:** Women who walked as little as one hour a week, even at a gentle pace, had about half the risk of coronary heart disease as women who got no physical activity. A recent study indicates women can benefit even with less than 30 minutes of brisk walking on most days of the week. “It doesn’t matter how fast or how slow you walk,” researcher I-Min Lee said. “Even doing a little bit can be helpful.” A little exer-

It’s one of God’s laws for healthy living: Moderation in all things. Too much of anything, especially fat, is going to be detrimental to your health. And good health is built by faithfully obeying God’s laws every day. If your body has been in disrepair, then it might take you a while to build up your health once again. That’s why it’s important to eat healthily consistently. Just deciding to eat healthy for a little while isn’t going to do you a whole lot of good; it’s got to be a way of life.

cise is better than none, but more is better than a little. The study found that women who did more vigorous exercise had a lower risk of heart disease. But among women who did not do vigorous exercise, those who at least walked an hour during the week had a lower risk than that faced by com-

pletely sedentary women.

▪ **In praise of tomatoes:** The Rowlett Research Institute in Aberdeen, Scotland, reports that the yellow jelly surrounding tomato seeds contains a powerful substance that prevents clots from forming. This “tomato factor” interferes with the

clumping of platelets in the blood, reducing the risk of clot formation in blood vessels. These clots can cause serious circulatory problems in the heart, brain and elsewhere. So an apple a day may keep the doctor away, but a couple of tomatoes can keep the cardiac ambulance at bay.

### GOOD FAT

# Bad Fat

**By Sandy Weeks, *Quackbusters Chronicle***

*Myth:* We should avoid eating fats and oils because they make us put on weight and cause bowel cancer.

*Fact:* Moderate consumption of fats and oils are necessary in our diet because they contain the fat-soluble vitamins A, D, E and K—two of which are anti-cancer vitamins (A and E).

*How does it all work?*

Let us look at oils first. Oils contain two fatty acids that are not found in fats. These are linoleic and lin-

### AP

The death rate from cardiac arrest rose surprisingly among young American adults in the 1990s, climbing 10% in men and 32% in women. Cardiac arrest is still rare under age 35, accounting for just 1% of all deaths from this cause. But experts say the newly recognized increase is troubling. Researchers believe a major reason for the increase is the epidemic of obesity, along with increased smoking and drug abuse. Doctors from the Centers for Disease Control and Prevention conducted the first-ever survey of cardiac arrest in people ages 15 to 34. They released the figures in San Antonio at an epidemiology conference of the American Heart Association. Across the United States, the number of fatal cardiac arrests in this age group rose from 2,710 in 1989 to 3,000 in 1996.

### Cardiac Arrests on Rise in Young

olenic acids, both essential in our diet because our body cannot manufacture them from anything else. A dietary source is thus essential, hence the term—essential fatty acids.

Fats and oils provide a store for energy and act as an insulator against temperature changes. They are essential for our normal growth, to maintain healthy

skin and provide the essential fatty acids we just mentioned. Fats and oils work very closely together, and it’s been observed that obese people actually lose weight at a much faster rate when small amounts of oil are included in their diet. Olives and most nuts are a good, natural source of oil when consumed in moderation.

You can read more on our health practices and guidelines in *The Love Charter*, pg.248.

Note

You need some fats and oils in your diet to keep you healthy. But you also need moderation, because too much oil and fat over a long period of time can cause all kinds of health problems—not just limited to the ones mentioned in this article. Some people get all hyper about the “dangers” of fats and oils, and they go to the opposite extreme and don’t include any—or hardly any—in their diet. This can be almost as bad as eating too much. So be wise and have a just balance in all things.

### Dr. Koger speaking

*A cautionary word:* We do not need much of either fats or oils in our diet, but we do need some. If we overload our system by eating too much fat, or having our oil intake all in one sitting instead of spread throughout the day,

our bowels will start to complain.

Ingesting too many fatty acids, either in fat form or oil form, will stimulate an increase in the production of bile salts in our bowel. Bile salts are produced in our liver and enter into our

bowels when we eat fats or oils. There the food is broken down so that our body can digest it and use its nutrients.

If we have too many fatty acids, an over abundance of bile salts will be produced to deal with them, and too many will stimulate a cancer-causing effect, thereby increasing our risk of bowel cancer. This, among other risks, is why a diet that is continually high in fats and oils can be dangerous. Some good sources of dietary fat are found in nuts, fish oil, cottonseed oil, corn oil, and soybeans (one of the best sources).

## EATING THE

# Heart-Healthy Way

Please note that the following dietary suggestions should not be taken as the “Gospel truth,” but can be prayerfully applied in your situation according to the need, practicality, and in keeping with how the Lord is leading in your own Home and situation. We pray these ideas are helpful and a blessing to you!

Eve

### Web reprint

You don’t have to cut out all fat. Just make improvements in your diet one day at a time, and soon you will reach your goal of heart-healthy eating.

Choose heart-healthy foods from different food groups—meat, poultry and fish; dairy foods; eggs; fruits and vegetables; breads, cereals, pasta, rice and other grains, and dry peas and beans; fats and oils; and sweets and snacks.

Eating a variety of foods each day will help your whole family get the nutrients you need.

### Meat, poultry and fish

- Trim fat from meat and remove skin from poultry before eating.
- Bake, broil, microwave, poach, or roast instead of frying. When you do fry, try a nonstick pan and a small amount of vegetable or olive oil to

## Health Feature: Heart Smart Eating

reduce the fat.

- When you roast, place the meat on a rack so the fat can drip away.
- Brown ground meat and drain well before adding other ingredients.
- Use ingredients like fruit juice, wine, or defatted broth to baste meats and poultry.
- Skim off fat from casseroles and soups: Refrigerate or freeze the cooked food first and then remove the solidified fat.

### Breads, cereals, pasta, rice and other grains, and dry peas and beans

- Use whole-grain breads, rolls, and cereals.
- Limit baked goods, like

those that are made with large amounts of fat.

- Eat dry peas and beans often. Use them as the main ingredient in casseroles, soups, or other one-pot meals. They are excellent sources of protein and fiber.
- Try whole grain pasta or rice in soups, or with sauces as main dishes or casseroles.
- Stretch meat dishes with pasta or vegetables for hearty meals. You can use less meat this way and still have the flavor.
- Bake your own muffins and quick breads using vegetable oils. Experiment with substituting applesauce or cultured buttermilk for oil in sweet baked goods, or cut back the amount of oil in the recipe. For every two cups of flour,

you only need 1/4 cup of vegetable oil.

### Fats and oils

- Choose liquid vegetable oils high in unsaturated fat for cooking and in salad dressings. Examples are canola, corn, olive, peanut, safflower, sesame, soybean, and sunflower oils.
- In cooking, limit butter, lard, and solid vegetable shortenings.
- When using fats and oils, use only small amounts.
- Flavor cooked vegetables with herbs and spices instead of lots of butter or high-fat dressings.

### Make physical activity a part of your routine:

Regular physical activity improves your health. It can also help you lose weight, if you are overweight. But you don't have to train like a long-distance runner to benefit: Any physical activity for just a few minutes each day is better than none at all. Try to build physical activity into your daily routine in ways like these:

- Take a walk after lunch or dinner.
- Use the stairs instead of the elevator.
- Get off the bus one or two stops early and walk the rest of the way.

These are good, healthy tips to adapt to your lifestyle as the Lord shows you. It doesn't matter whether you're younger or older, whether you are in good health or experience health difficulties, whether you have a strong heart or a weak heart—living a Godly and healthy life is important for everyone.

Some of these tips may apply to you; others may not. The point is that you should be actively looking for ways to incorporate more goodness into your life through the food you eat, and strive to consume less of those things that just aren't good for you—like excess fats, oils and sugars.

Exercise is another important key. Opting for the active activity—like walking somewhere instead of driving, and using the stairs instead of the elevator—is good for you physically. I'm sure the Lord will give you lots of other ideas too, that you can incorporate into your life.

Dad speaking

- Park farther away from the store.
- Ride a bike.
- Work in the yard or garden.
- Go dancing.
- Try to be active as a family: Take trips that include hiking, swimming, or lots of walking. Use your back yard or the park for games like badminton, bas-

ketball, football or volleyball.

- Vigorous activities like brisk walking, running, swimming, or jumping rope are called "aerobic." They are especially good for the health of your heart and can burn off extra calories. Aerobic activities can condition your heart if you do them for at least 30 min-

utes, three to four times a week. But even if you don't have 30 minutes, three to four times a week, try to find two 15-minute periods or even three 10-minute periods daily.

(Eve: *Check out The Love Charter, page 252, for more on the recommended daily exercise guidelines!*)

## HEARTY

## Tips

By Sanna James Delmonico, MS, RD, eHow To Web site

## 10

- 1.** Eat more garlic. Add it to pasta, soups and vegetables.
- 2.** Increase your intake of soy foods. Enjoy more tofu, green soybeans (edamame), tempeh (a high-protein food of Indonesian origin made from partially cooked, fermented soybeans), and TVP (texturized vegetable protein).
- 3.** Add beans to your diet three to five times a week. Try lentil soup, black beans and rice, and hummus, and toss kidney beans into green salads.
- 4.** Include a serving of fiber-rich fruit or vegetables at every meal and snack.
- 5.** Substitute olive oil or canola oil for butter, margarine and other oils in cooking.
- 6.** Think of meat and poultry as a side dish, to add flavor to vegetables, grains and beans, rather than as the main dish.
- 7.** Increase your intake of soluble fiber from sources like oats, flaxseed, barley, sweet potatoes and carrots.
- 8.** Keep moving! Aerobic exercise such as walking, bicycling, running or jumping rope improves your health and helps your heart.
- 9.** Maintain proper weight. This is best done by exercise and low-fat foods that are high in nutrient quality.
- 10.** Eat fish that are rich in the fatty acids EPA and DHA, such as sardines, salmon or cod, or take cod liver oil capsules.

# Grapefruit Weight Loss?

Q: I've heard that drinking grapefruit juice is a healthy (and considerably cheap) way to shed some unwanted pounds. Is this true? I've always been a little overweight and would be happy if this could be part of the solution, as grapefruit juice here is very cheap.

—YA female, Asia

A: (Reprint, iAfrica Web site.) Unfortunately there is no "miracle" diet to lose weight fast and keep it off permanently. The best way to lose weight permanently is to follow a healthy, low-fat eating plan in combination with exercise (which is equally important as diet). Besides burning calories, exercise maintains muscle mass and therefore metabolic rate.

Grapefruit is a healthy food to incorporate into one's diet as it has no fat, is low in calories and sodium and is packed with vitamin C. Also, grapefruit

is high in water and fiber and may help fill you up. However, no super foods exist—no one food or type of food has all the nutrients necessary for good health. Grapefruit does not burn fat nor does it alter the fact that all excess food eaten is stored as fat.

## Some Benefits of Grapefruit

- *Combats Iron Deficiency*—Consuming citrus foods like grapefruit and grapefruit juice can help combat anemia.
- *Disease Prevention*—One half of one medium grapefruit gives you 110% of the current recommended daily value of vitamin C you need each day. Vitamin C is an important anti-oxidant, blocking "free radicals" that damage cells. One half of a grapefruit also has more dietary fiber (six grams) than many other popular fruits, including bananas, apples and strawberries. Recent research has suggested it may help to prevent chronic diseases like heart disease and cancer.
- *Losing Weight*—People trying to lose weight should consume fruits and

(Dr. Koger speaking:) Grapefruits are good for you and have many health benefits. If you're looking to lose weight, try to incorporate more fresh fruits and vegetables into your diet—including grapefruits, if they are readily available. But in everything you should use moderation and not go to the extreme. Grapefruit juice alone isn't going to cause you to lose weight; it's not a magic formula that will zap away the extra weight you're hoping to lose. You have to eat a healthy, well-balanced diet and get lots of good, vigorous exercise; that's the only safe and healthy way to shed excess weight.

vegetables with high fiber and water content—like grapefruit.

- *Potassium*—A deficiency of potassium is sometimes caused by the dehydration of diuretics such as coffee or tea. To



overcome this loss, try eating more foods that supply potassium. Grapefruit has 230 mgs, or 7% of the recommended daily value.

- *Cold Season*—Research suggests that vitamin C may shorten the duration and/or lessen the severity of colds.
- *Improve Your Smile*—Vitamin C is an essential nutrient for healthy skin and gums.

# Catnip Crazy

## Catnip Puts Bite on Mosquitoes

*David Derbyshire, Electronic Telegraph*

Catnip, the herb that sends cats into a state of purring euphoria, is one of the strongest mosquito repellents known to man, a study has shown. The nepetalactone oil that gives the plant its odor is 10 times more effective than the chemical used in commercial repellants, researchers at Iowa State University said. Two years ago the team found that the oil also repelled cockroaches.

## More on Catnip

*Compiled from Yahoo Herbal Remedies Listing, The Herb Place, and other Web sites*

Regarded today as little more than a treat for the household cat, Catnip once enjoyed popularity as a kitchen and medicinal herb throughout England and France. This common herb does, in fact, offer several medicinal benefits, including the ability to reduce fever, promote sweating, and relieve cramps.

A perennial plant often reaching a 3-foot height, *Nepeta cataria* (also known as: Catmint, Catnep, Catswort and Fieldbalm) is native to Europe, and grows wild in the United States as well. It has a pleasant, mint-like aroma. The leaves and tender shoots are considered medicinal.

For medicinal benefits, use fresh catnip from your

Did you know that when you sleep you are preventing your hair from: falling out, getting greasy, getting dandruff, split-ends or drying out? Try to get the rest you need, because when you sleep is when your hair follicles get the nourishment they need.

—From Angela (16), Spain

own garden, or purchased from health food stores. Don't use the kind sold for cats, which may not be fit for human consumption.

Catnip is easily cultivated in any garden soil. It blooms from June to September; gather the aboveground parts just after blooms open. Planted in the garden, catnip attracts bees and defers flea beetles.

Sow the catnip seeds (available at most garden shops) in a sunny location in early spring. It takes about two weeks to germinate. The catnip plant grows dense so you can thin it out. After flowering, cut off plants four to eight inches. Catnip is a perennial so it will grow back year after year. You can also grow catnip indoors in a pot on a sunny windowsill.

Catnip was used by Indians to nutritionally





calm the digestive system, especially in children. It is also known to help relieve flatulence and relax the intestinal tract. In addition, it assists in improving circulation and in eliminating mucus from the body. This herb has been known to nutritionally support the nervous system

### Poison Ivy Pack

For bad poison ivy rashes, my dad would gather catnip leaves, roll them up, and dab the juice directly on the blisters. We'd do this several times a day. It relieved the itching significantly and dried the rash faster than letting nature take its ugly course.

—Susan Flagg, *Prevention magazine*

through its rich content of nutritional volatile constituents. It is an aromatic that appears to assist the nervous system by way of its influence upon the digestive system.

Catnip tea is mild with a lemony, minty flavor. Catnip tea has long been used in alternative medicine as a mild sedative and antispasmodic (relieving or preventing spasms) in adults and children. Mild catnip tea is used to relieve colic in babies. Stronger tea relieves fevers due to colds and flu as well as calming the stomach and preventing nausea and diarrhea.

The fresh young shoots are good in spring salads and rubbed into meat for flavor. Applied externally or

added to bath it is good for skin irritations. Catnip oil is great for aromatherapy.

Catnip is high in vitamins A, C, and B complex, and contains magnesium, manganese, phosphorus, sodium and a trace of sulphur.

To make tea, pour one quart of boiling water over 10 teaspoons of catnip (or 2 teaspoons to 1 cup of water) in a glass bowl. Steep for 10 minutes. Then, use a strainer and pour the tea into your cup. Take up to 2 to 3 cups of tea daily. For children give ½ cup doses; for babies give 1 tablespoon of the tea diluted in water or milk.

Mint cream: Add 3 tablespoons to ½ cup of heavy cream. Use in cocoa or coffee for a fun treat!

# Y oung Women and Menopause

Q: I heard that young women can cease to menstruate as a result of malnutrition or anemia (this is known as amenorrhea). In other words, if they have bulimia or anorexia, or just aren't eating enough, then they can cease to menstruate. But once this happens, they run into a variety of symptoms of menopause, because their bodies aren't producing estrogen and progesterone. What symptoms of menopause could young girls experience if their periods stop?

A: (*Jesus speaking:*) When a young woman ceases to menstruate for a long period of time, over a year, it's possible that she could develop some symptoms of premature menopause. If she ceases to menstruate for longer than that, over several years, it's more likely that she'll experience some of the normal symptoms of menopause because her body has stopped producing the hormones that

trigger menstruation.

Some of the symptoms that a young woman in this position could experience would be: tiredness, listlessness, irritability, being overly emotional, mood swings, depression, loss of sex drive, etc. She might notice an increase in her weight, and a drier skin tone. It's not to say that all of these symptoms will occur, but it's possible. (*End of message.*)

# Reviving the Kiss

By David LeClaire, *The Bottom Line*

The 20-second kiss can revive the feelings that brought you together.—A long, slow, deliberate kiss can be a great reviver of closeness. Simply agree that either of you can ask directly for a 20-second kiss when feeling under-loved or under-appreciated.

Also helpful: The 60-second hug. Use it to say good-bye or to reconnect after a busy day. About halfway through a long hug, you will relax in each other's arms and feel a great release of tension.

money or going out on a date together. In fact, the simpler you keep it, the more often you will celebrate, and your relationship will be richer for it.

It is important to not make this into a competition or test. When you've truly celebrated your marriage, you will feel stronger and closer as a couple.

### *Here are some mini-celebrations:*

- Make positive comments about the way each other looks, or how a project turned out, or an interaction with one of the kids, etc. Brag about each other! Let one another know you are appreciated.
- Watch an old movie that you watched together and enjoyed years ago. Reminisce about that time in your life.
- Together, tell stories from your courting days to your kids.
- Listen to songs that

bring back happy memories and talk about them.

- Once a year, write a letter to one another that is a recommitment to your marriage. Keep them in an album to look back on years from now.

- Make time for just the two of you. Walk around the block, dance in the living room after the kids are in bed, go out on a date. Don't let the romance die.

- Pull out old pictures and look at them together.

- At mealtimes, have a toast to one another for one good thing that happened in your relationship that day.

- Tell one another what you appreciate the most about being married to one another.

As you continue creating special rituals and meaningful experiences together, your sense of celebration of your love for one another will grow and deepen.

# Celebrate Your Relationship

By Sheri and Bob Stritof,  
*About Marriage Web site*

Most couples make time to celebrate their marriage anniversary. But when was the last time the two of you had a celebration of your love that was not anniversary related? This type of celebrating doesn't have to involve a lot of

### Jesus speaking

Thanking Me for the love that I have given you is the best way to celebrate your marriage—or any relationship. No matter what else you're doing or what other ways you use to celebrate your love, include Me and remember to thank Me. After all, I am the Creator of love. I am the One Who engineered it all in the beginning, and the One Who will continue to keep your bond of love strong as the years go by.

# Don't Expect Your Spouse to Be a Mind Reader

Mark Merrill, *The Family Minute*

Maybe you're not the type to go around telling your husband or wife that you love them. They should know how you feel, right? Plus, it might not come naturally to you. But sometimes, it's nice to hear those three little words

### Dad speaking

As that beautiful song says, "Say 'I love you' 100 times a day." How does your husband or wife—or your brother or sister or loved one—know what you feel if you don't put it into words? Don't just assume that your love, appreciation or encouraging thoughts are automatically known by everyone around you. Take the extra time to put it into words, and I promise you will see the good results right away!

for ourselves. So make a point of voicing your feelings. Say, "I love you." You might just make your loved one's day and give them a break from being a mind reader.

## Fighting, Forgiving & Forgetting

By Michael Webb

Most couples fight. And no, it is not healthy for a relationship to fight (nor is it healthy to ignore problems in your marriage).

I need to define "fight." Fighting is not the same as arguing your point or disagreeing on a matter. You can argue or disagree without losing your temper or fighting. It becomes a fight when either tempers flare or one person intentionally tries to hurt the other, usually emotionally.

But the fight itself is not usually what is the most damaging to a relationship. Like a wound that is not properly cleaned and bandaged, injuries from a fight left uncared for can become infected and even have the potential to kill a relationship.

You have probably heard of cases where a person had a simple infection that they ignored that eventually caused them to have a foot, leg or arm amputated. Ignoring wounds from a fight can have devastating results.

If you and your partner have had a fight, here are some ways you can "clean and bandage" the wounds, so that healing will take place:

- It takes two to fight. So if you have any injuries you are partly to blame. There are rarely "innocent" victims. Admit the role you played. Try to be the first to say "I'm sorry" for your part in the fight, either provoking it or responding to it.
- Deal with the wound as soon as possible (before you go to bed). The longer you let an injury remain wide open, the greater the chances of the hurt becoming infected and the more pronounced the scar will become.
- Don't fixate on the ugly wound. Focus on (write down if possible) the wonderful qualities of your mate. It is easier to forgive those you think highly of.
- Actively love the person you just fought with, even if it is the last thing you want to do. Write love notes; slow dance; make passionate love. Love is a wonderful ointment that speeds up the healing process.
- Pray (together if at all possible) about the situation. Ask God to heal you of your imperfections and to heal the pain you have caused. Don't ask God to "fix" the other person.
- Once you have cleaned and bandaged a wound, forget about it. Don't be tempted to keep peeking at the injury—it will only slow down the healing.

# Sex Myths Quiz--True or

# False

From the *Third Age Web site*

### T or F?

The average penis length is five inches when limp—and six when erect.

False.

The average penis size is—well, pretty average! Tom Lue, M.D., a urologist at the University of California in San Francisco, compiled a survey of male subjects (without surgical enhancements) to determine average penis size. The results indicated that what men frequently consider small is actually the norm. The average limp penis measured 3.5 inches, while the average erect length reached 5.1 inches. Limp circumference averaged 3.9 inches and average erect circumference came to 4.9 inches.

### T or F?

Midlife men want more foreplay.

True.

Various sex surveys indicate most midlife men both

desire and need more foreplay! This may be because some midlife men are slower to get an erection than others. Women, you can use this situation to your advantage by caressing more with your hands and mouth. Pleasuring your partner by alternating between stroking and oral sex should help firm things up for mutual enjoyment.

### T or F?

Both male and female orgasms grow weaker with age.

False.

Good news: Your orgasms do not weaken with age. When you focus your lovemaking on pleasure rather than orgasm, you're on the road to stronger orgasms. Although it takes a little practice, you'll find it intensely satisfying. Here's how to get started: Practice containing sexual arousal at a lower pitch by using subtle touching and movements for as long as you both can stand it. While you're enjoying your slow, simmering boil, gaze into each other's eyes to heighten the intimacy. Slowly increase the intensity of your touching and pelvic movements; this can help intensify pleasure and

lead to longer and stronger orgasms.

### T or F?

Female orgasm frequency plummets as a result of hormonal swings; most women lose interest in sex after menopause.

False.

While the female libido is subject to mood swings, studies have found that menopause does not seriously alter female orgasmic activity. In fact, the overwhelming majority of women over 50 stay interested in sex. What's more, they have little or no reduction in orgasms and can continue to be multi-orgasmic. Enjoy!

### T or F?

The only erotic hot button a man has is his penis.

False.

Women, take note: In addition to the penis, there are three male hot spots (or four, if you count his imagination). Try to find one or more of the following the next time you make love.

The P Spot: The perineum is an inch-long

area between the anus and the scrotum that is also home to lots of nerve endings. Stimulating the P Spot in the heat of passion can trigger orgasm in some men.

The F Spot: This is the loose (and very sensitive) section of skin on the underside of the penis where the head meets the shaft. Gently stroke the F and you're bound to enjoy a very loving response.

The R Spot: This is the visible (and highly sensitive) line along the center of the

scrotum. Stroke it softly and feel what happens.

### T or F?

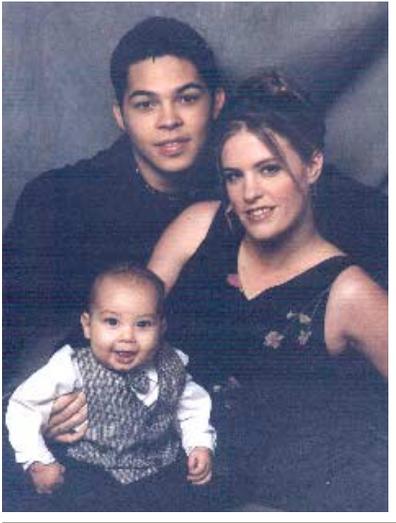
Midlife men experience slower sexual response and performance because of faltering sex organs.

**False.**

As a younger man, you may have zoomed to a rock-hard erection in mere seconds and reached climax quickly. Now, in your

midlife, slower sexual functioning does not mean your sex organs are malfunctioning: it's simply a common fact of midlife sex and nothing more.

Instead of panicking, consider using this slowed response and performance factor to your advantage. For example, pleasure your partner while your erection builds. Make love longer than you used to and drive her wild. Your partner will be very pleased, and you'll get your satisfaction.



*From Maria (20, of Jesse), Gambia*

This is for all you girls who are experiencing a famine for guys. I know how that feels!

When I was younger I always seemed to be around a lot of guys, so

## Made to Order

I never really understood when I read about people having major loneliness battles. When I was 16 there wasn't much variety, but it always seemed there was someone of the opposite sex to fall back on.

Then I moved to another city when I was 18, and there were literally no guys. I could never really cope well being alone, and in the past I had landed myself on partial excom. But this time I decided I wanted to stick and serve the Lord there.

Well, one desperate day, another girl and I got on our hands and knees and placed an order for our ideal guy. I wrote down my own specific wish list:

Six feet tall, dark, handsome, an artist, some Spanish blood if possible and maybe a bit of Leo in him so he could have some form of control over me (I'm an Aries).

A month or two later I had to make a trip to Canada and guess what I found? I met the man of my dreams and he fit the description to a T. I love you, Jess! Some months and a lot of miracles later we were on the plane back to India together. Almost a year and half later, we've just had our first baby, Ethan.

So there is hope!—Just try placing your order. If it worked for me, it can work for you.

# Head to Toe After Baby

■ ■ ■ By E. Bingo Wyer, *American Baby*

Here are some physical changes you might experience after baby.

## Hair

*The good news:* Fluctuating estrogen and progesterone levels might make for dramatic changes in your hair's texture. If you like your new locks, rejoice: The change can last up to two years.

*The naked truth:* Hair will fall out. Postpartum hair loss is a certainty, since you lost less than usual during pregnancy. While the average non-pregnant woman loses up to 100 hairs a day, a postpartum mom can expect to lose up to 500 strands daily. Hair loss tends to peak at six months after birth, and new growth will be fresh, healthy, and blissfully shiny.

## Skin

*The good news:* As hormones normalize, you'll experience a healthy glow. Acne sufferers may see their complexions completely clear up. Many women enjoy their best skin ever.

*The naked truth:* You might suffer from perioral dermatitis, a red rash that breaks out around your mouth and chin. You might also notice skin tags—little leather-like patches caused by perspiration and irritation—clustered around your neck. Some women also experience extremely dry skin, which a heavy-duty moisturizer should help alleviate.

Pre-cancerous moles quadruple when you're pregnant. If you find new growths that give you cause for concern, have a dermatologist check them out.

## Teeth

*The good news:* There's no truth to the old saying that "For every child a tooth is lost." And the notion that your baby's need for minerals affects the calcium in your own teeth is a myth. Gums look pretty good after birth as well. Any minor gingivitis or simple swelling you may have experienced during pregnancy will decline, thanks to reduced progesterone levels.

*The naked truth:* Any dental procedures that were put off during pregnancy will need to be attended to. If your gums were in bad shape going into pregnancy, they're probably in worse shape now.

## Breasts

*The good news:* Pregnancy and breastfeeding reduce your chances for breast cancer.

*The naked truth:* Sagging can increase after childbirth, because the skin of your breasts has been stretched. (However, this is not the case for all women—some women report that after pregnancy and breastfeeding, their breasts looked better than ever!) Tip: Place a pillow or rolled up towel beneath your breasts when feeding, to minimize elasticity loss and stress caused by pulling.

You may experience temporary leakiness, even if you don't breastfeed. Wear nursing pads inside your bra to prevent staining your clothes.

## Belly

*The good news:* Abdominal

muscles, which stretch to twice their normal size during pregnancy, are fantastically resilient—you can get back your flat tummy. If you do simple exercises—such as sit-ups—you'll be able to get your belly back in reasonable shape.

*The naked truth:* Your stomach muscles will never be as strong as they were. If you were out of shape to begin with, it will take longer to get them tight.

## Back

*The good news:* Posture that was compromised by pregnancy weight gain and swollen feet immediately improves after birth. Backaches and pains caused by the baby's position in your uterus vanish as well. If you find they don't, you can remedy the situation by doing the same "pelvic rock" you learned in your childbirth classes.

*The naked truth:* Even if you had no back pain during pregnancy, your slackened tummy muscles may cause some now. Backaches tend to worsen with each pregnancy. In some cases, pressure from carrying the baby can permanently alter the spine. If your ailment is serious, consider a chiropractor.

## Bladder

*The good news:* Without

the baby pressing on your bladder, you're not urinating as frequently. If you kept up with your Kegels during pregnancy and had an uncomplicated delivery, you'll be back to normal within a few days after the birth. If you suffer from incontinence after pregnancy, the Kegels will help you again now.

*The naked truth:* Pressure on the urethra during delivery can make urination difficult postpartum. But if you experience severe pain or burning during urination, it may mean you have a urinary tract infection. Also, a bout of incontinence now may mean you'll see it crop up again as you near menopause.

## Sex Organs

*The good news:* The vagina regains its pre-pregnancy muscle tone within the first few months. The cervix, forced open during delivery, closes painlessly over a period of ten days.

*The naked truth:* The first time you have intercourse after pregnancy, it will probably be slightly painful. If the pain is considerable, consult your doctor; some episiotomies need to be surgically corrected. You will also see lochia, the discharge of blood, mucus, and uterine lining. Bleeding can last up to six weeks—though

most of it will be discharged in the first week.



### Eve:

It is recommended that women wait until 40 days after delivery before resuming sexual intercourse.

You may have developed hemorrhoids as a result of vigorous pushing during labor, and from pressure on your anal tissues during pregnancy. Most of the pain will disappear in a few days. The hemorrhoids should go away completely in a few months. Until they do, try using bathroom wipes that contain glycerin or witch hazel.

## Legs

*The good news:* If you walked a lot during pregnancy, the payoff will be stronger legs. Walking is one of the first types of exercise you'll be able to do. In addition, the swelling and puffiness you probably experienced with pregnancy will lessen, and your legs and feet will feel better than ever.

*The naked truth:* Some women experience postpartum leg twitches; walking can provide some relief. Spider veins and varicose veins will improve with postpartum weight loss, but they won't go away completely.

# Postpartum: Perineal Pain

■ ■ ■ [Babycenter Web site](#)

Q: Will I be sore after delivering my baby vaginally?

A: We'd be lying if we said anything but yes. Giving birth is an amazing and beautiful event, but it's also painful. And if your baby, who typically weighs more than six pounds, entered the world through your vaginal area, you'll no doubt find that your perineal area is bruised and stretched. Even if you didn't tear or have an episiotomy, you'll probably feel some soreness the first few days after delivery. Fortunately, it passes fairly quickly.

The primary cause of perineal pain is an episiotomy or extensive tearing during delivery. The perineum is an extremely tender site for a cut or stitches, and women report a wide range of pain. Typically, you'll feel the pain during the seven to 10 days it takes for the wound to heal, though some pain may persist for a month.

A: Here's an overview of the standard perineal hygiene regimen suggested by many hospitals for all new moms, whether or not there was a tear or an episiotomy:

- Avoid touching the affected area.
- Change your sanitary pad at least every four to six hours. Gently secure it in place so it won't move around and cause further irritation.
- Use a small squirt bottle to pour warm water over the perineal area after going to the bathroom.
- Also squirt warm water on your perineum during urination. The water will dilute the urine so it won't burn as much when it touches the wound.
- Always pat the area dry from front to back to avoid introducing germs from the rectum into the vaginal area.

▪ Apply ice packs every couple of hours for the first 12 to 24 hours (typically, you'll do this in the hospital). Try sleeping on

your side with an ice pack between your legs. The ice will help reduce any swelling.

▪ When you get home and have some privacy, you may find relief by lying in bed without the sanitary pad (just be sure to place old towels under you) and letting your perineum "air dry."

▪ After the first day, try heat, which increases circulation to the site and promotes healing. Try a heat lamp or a warm sitz bath (or bidet)—sitting in warm water—for 20 minutes three times a day. (Even if you received stitches, check with your doctor or midwife to make sure this is fine to do.)

▪ An inflatable inner tube provided by your hospital or a small pillow can sometimes provide relief when sitting.

▪ Avoid standing or sitting for long periods, which can further strain an already over-taxed perineum.

▪ Shift your sitting position and lie down occasion-

Q: What can I do to relieve the pain?

ally when nursing to reduce the pain.

- Consult your midwife or doctor if you're not finding relief or if you experience any fever. Fever may be a sign of infection—always a possibility

when stitches or cuts are involved—but with proper perineal care the risk is considered low.

- Your Kegel exercises will help, too, as they increase circulation and help promote healing.

- Relax and give yourself time to heal. Every new mom recovers in her own way and on her own schedule. Follow your caregiver's instructions, focus on healing, and begin the lifelong process of getting to know your baby.

## Postpartum Healing Ways

■ ■ ■ **MotherHealth Web site**

### **Bleeding**

Massage your uterus by applying as much pressure as you can bear. The first few days are like a heavy period. Call your midwife or doctor if you are soaking more than two pads in one hour, or if your discharge has any foul odor, if you have a temperature and/or any uterine tenderness. Bleeding diminishes daily, going from red to pink to brown to clear.

### **Breasts and Nursing**

Call your midwife or doctor if you feel achy with flu-like symptoms, or a warm, red lump appears on your breast. These signs, together with sore nipples, might progress to breast engorgement later on.

### **Evacuations**

You should urinate a

large amount within a few hours after birth.

You should have a bowel movement within three days. Eat foods rich in fiber (such as beans, fruits and vegetables, and whole grains). Drink lots of fluids and prune juice.

### **Perineum**

Your pelvic floor muscles can be exercised to regain muscle tone. Do this in a sitting, standing or lying position with legs slightly apart. Close and draw up around the back passage as though preventing a bowel action, then repeat around the front two passages as though preventing the flow of urine.

Some natural births have perineal tears. The following suggestions can help hasten the healing of your perineum:

- Drink liquids every

hour or every 30 minutes after birth.

- Stand for a while, some hours after birth (when you are comfortable to do so).

- Keep your legs together.

- Eat foods high in iron, vitamin C, vitamin E, and protein.

- Eat foods that will not constipate; drink prune juice.

- Relax, sleep to strengthen the immune system.

### **Uterus**

Your uterus should feel like a firm grapefruit. Massage it if it feels soft. Nursing the baby helps the uterus contract, which is also stimulated by the release of the oxytocin hormone.

# Stretching:

## An Important Part of a Healthy Lifestyle

*By Cathie Friedrich*

Do your joints feel tight when you step out of bed? Do you slouch in front of your computer? Do the backs of your legs feel tight when you reach over to pet your dog? If you answered yes to any of these questions, you should investigate the benefits of stretching and see how it can improve your overall quality of life.

### **Why stretch?**

As we age, our bodies naturally tend to stiffen up. Stretching lengthens your muscles and loosens the joints they are connected

to so you can move more freely. It helps improve flexibility and posture, increases your range of motion, helps reduce your risk of injury, reduces stress and promotes relaxation. Furthermore, if you exercise on a regular basis, the benefits of stretching extend into your workouts by helping you recover faster, reducing lactic acid build up, and restoring flexibility to your muscles. The benefits of stretching are vast and should not be overlooked.

### **Static stretching:**

While there are many types of stretching, static stretching seems to be the most widely accepted. It is commonly used because it lends itself to easy modification for the needs of everyone. A static stretch is one in which you hold a muscle in its furthest elongated position, stopping just before the point of pain. This position needs to be controlled and free of any jerky or bouncy movements. Start out by holding your stretch for 10 seconds and gradually work your way toward a goal of 60 seconds per stretch.

You should always

stretch all of the major muscle groups in your body, giving extra attention to any hard-working muscles used on a given day. The major muscle groups include the arms, back, chest, shoulders, legs, hips, and buttocks.

While there is no optimum time of day to stretch, many people are most flexible in the afternoon. But as long as your muscles are properly warmed up before you start, any time of day is acceptable. Improvements in flexibility will vary per individual but generally, if you stretch every major muscle three times per week, you should see improvements within a few weeks.

That covers the foundation of basic static stretching, but before you bend over and touch your toes, consider these important stretching points:

1) Warm up before you start your stretching. When performing a warm up, be sure to do five to 10 minutes of large rhythmic activities to increase your blood flow and tissue temperature. Warm tissue temperature is more conductive to increased flexibility. (*Eve: See the following*



articles for more specifics on warming up.)

2) Never force a stretch.

Ballistic or jerky movements can encourage an injury.

3) Take deep and natural breaths. Bringing oxygen-rich blood to your muscles will enhance their performance and promote relaxation.

4) Stay focused on breathing deeply, and on your muscle elongation. Concentrating on your efforts will enhance the effectiveness of the stretch.

5) Practice makes perfect. The more you stretch, the better you become at stretching. The better you become at stretching, the greater the range of motion and flexibility you develop.

### How Important Is Stretching?

*(Jesus speaking:)* It depends on what works for you, meets your needs, and helps you to feel better, and have more energy and flexibility. Stretching is a very good way to relax your muscles, to keep your joints and muscles limber and moving more easily, to take away tension and to give you that feeling of being relaxed.

If you're an older person whose bones and muscles aren't so strong anymore, stretching can really improve your general well being and circulation. And of course, starting when you are young to get your muscles supple and well toned will make the growing and aging process much easier and keep you in better shape as you progress through life.

Stretching has many benefits and is an important part of your regular get-out or exercise routine. You have to find out what works best for you and what your body needs. Ask Me about it and I'll show you what to include in your regular get-out and whether or not you should be doing some stretches, and if so, what to do.

## What You Don't Know Can Hurt You

*By Jody Lannen Brady*

If you think that stretching means a few toe touches before a workout, you're probably doing more harm than good. Far from being a warm up to exercise, proper stretching increases flexibility and is a major component of any balanced fitness program.

Athletes who stretch regularly suffer fewer injuries, but athletes aren't the only folks who need to stretch. As we age, loss of flexibility means a loss of functional

abilities. Common complaints by older people of stiffness and lower back pain are associated with reduced flexibility.

Here are some tips for increasing your flexibility:

- For warm ups, slowly and gently rotate your neck (making sure not to let it fall too far in any direction), shoulders, elbows, knees and other joints in both directions; then jog or walk for at least five minutes.
- Pain means no gain.

If you feel pain while doing a stretch, then you're overdoing it. Overstretching tears muscle tissue and strains previous injuries. Avoid bouncing on the stretch. Also avoid vigorous twisting and stretches that strain tendons, ligaments, joints or disks. Experts recommend against toe touches, which put pressure on the vertebrae of the lower back and can cause knees to hyperextend. Another traditional stretch to avoid is the hurdler's

stretch\*, which wreaks havoc on knees.

- Go slow and steady.

Many fitness pros suggest starting out with just "static" stretches, where you move slowly into a stretch and hold it just past the point of comfort

for 20 to 30 seconds.

Stretch a muscle group three to five times, with a rest between each stretch. Plan to spend 20 minutes or longer on a stretching routine at least twice a week. Gaining flexibility is a gradual process, so don't

expect immediate results.

(\*The hurdler's stretch is done from a sitting or laying position. With one leg straight, the other leg is bent at the knee and brought up towards the outer thigh, so that the heel touches the buttocks.)

# Stay Flexible and Save

## Yourself a Lot of Pain

By Carol Krucoff, *The Los Angeles Times*

"Flexibility is a critical factor in achieving peak physical potential and preventing and treating injuries," says Mari Cyphers, a Northern California physical therapist. "But it is often overlooked or misused. Proper stretching is one of the more helpful ways to relieve chronic pain," says Cyphers. "If you don't stretch, your muscles get tight, which leads to pain."

For example, she says, "One of the main causes of back pain is tight hamstrings. Yet most people

don't make the connection between tight muscles in their legs and pain in their back. Even some athletes pay little attention to their flexibility—until they run into trouble."

Contrary to popular belief, "You don't have to lose flexibility with age," says Dr. Golding, who has collected data on nearly 1,000 adults who have taken the exercise class he's taught since 1975. "The stiffness many people associate with age actually comes from disuse," says Golding, who at age 74 can bend over with straight legs and touch both his palms to the floor. "If you stretch regularly, you can keep your flexibility."

Stretching is also essential for people who sit all day. The biggest promoter of inflexibility is sitting—especially sitting with stress. Certain exercises, such as running and cycling, can also tighten muscles,

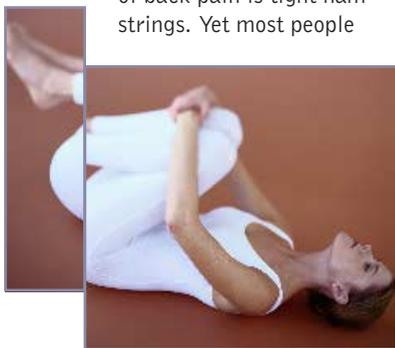
so it can be beneficial to stretch before and after exercise as well as spontaneously during the day.

In our competitive culture many people have trouble stretching, because they don't know how to do things on an easy and moderate level. Stretching should be as relaxed and natural as a yawn. Yet some people turn stretching into a contest. They see the next guy touch his toes so they figure that's what they've got to do. But stretching is not a race; it's a very individual matter. It's important to just be where you are and to stretch by a feeling, not by some predetermined idea that you've got to touch your head to your knee.

## Tips for Injury Prevention

By Nikolin Ré Eyrich

Research suggests that it's best to stretch muscles



when they are warm—after a workout, for instance, not before; or in the afternoon or evening, not early morning. At the very least, it's best to warm up with a few minutes of light lifting or jogging, since cold stretching can lead to muscle strains and tears.

Still, stretching is an important part of any fitness regimen. Done correctly, it can help accelerate muscle repair and growth, and prevent injuries. Weight lifting, for example, makes muscles shorter and tighter. If those muscles aren't stretched, they "forget" their original length, lose some of their spring, and don't absorb shock as well as before. This can transfer much of the strain and abuse of a workout to the joints, ligaments, and tendons.

Too much stretching can be as harmful as overly tight muscles, however, and many fitness experts say it is important not to loosen muscles to the point that they no longer resist stretching.

Pushing muscles beyond their maximum length and flexibility affects ligaments and tendons, making them prone to tears and reducing their ability to stabilize

joints, which can lead to damage there.

The key to effective stretching seems to be moderation. Fitness experts recommend stretching muscles to the point of gentle resistance, and holding the

stretch for 15 to 20 seconds; if there's any pain or shaking, you're overdoing it.

Avoid bouncing your stretches at all costs. Like cold stretching, it can tear muscles, ligaments, and tendons.

## Quick Stretches When You're Too Busy to Limber up

*By Beth Barrow, Ballet Tech*

**The butterfly.** Sit on the floor. Put the bottoms of your feet together so that your knees are bent and open in a butterfly position. With the soles of your feet together, gently slide your feet close to your body. Then slowly curl your upper body forward and over your legs. Exhale as you bend forward into the stretch. Hold the position for four seconds. Then sit up. Repeat this exercise eight times.

*Muscles stretched: The backs of your legs and torso.*

**The sitting "L."** Remain on the floor. Place your legs straight out together in front of you. Sit up so your back is perpendicular to your legs. Your body should form an L shape. Reach your hands out toward your toes or ankles, head down as close to your knees as possible without pain or discomfort. Hold this position for 10 seconds. Sit back up. Repeat this exercise eight times.

*Muscles stretched: Back, shoulders and legs.*

### **The standing "L."**

Stand with your feet parallel to each other, about 10 inches apart. Raise your arms straight up in the air, palms facing each other. Bend forward at your hips so your back is absolutely flat and straight, arms outstretched in an inverted L. While in this position, suck in your stomach and round your back like a Halloween cat. Keep your hips in place. Hold for four seconds. Do this exercise four times.

*Muscles stretched: Hamstrings, along the backs of your legs.*

**The reach.** Stand with your left hand on your left hip. Raise your right arm straight over your head. Bend your body slowly toward the left. Hold for four seconds. Do not bounce. Exhale as you stretch. Inhale as you come up. Bend to your left side slowly eight times, then switch arms and bend to your right eight times.

*Muscles stretched: Arms, sides of torso and lower back.*

Don't forget to warm up your body before doing any of these stretches!

# Stuck on the Stretch

*From Jasmine, USA*

I had an interesting experience the other day: I realized why I stretch after exercise. I guess it's easy to forget sometimes.

After a good, heart-pumping body toning workout video, I finished up with my standard set of lower body stretches that I often do:

- Lying with back on the floor, pull one leg up into the air, first gently pulling my knee into my chest, then putting the leg up straight at a right angle to the body.

- Point and flex the toes twice, then circle the ankle clockwise, then counterclockwise.

- Bend the knee slightly and pull very gently forward, then straighten and stretch again.

- Bend the leg at the knee and bring the foot up to rest on the knee of the opposite leg. Lift your opposite leg so that your foot comes towards your face and you feel a gentle stretch in your thigh muscle.

- Repeat all this with the other leg.

- Still lying on your back, straighten your legs up in the air. Bring them together, then open them up and pull one leg gently out to the side as far as you can. Repeat with the other leg, then spread both legs out as wide as is comfortable to stretch both together. This gets the inner thighs.

- Roll over on your side and, keeping one leg straight, tuck the other foot behind you and pull up

against your bottom. Repeat with the other side.

This quick and effective stretch targets the muscles in your lower body. Now here's my mistake. I did my stretches—but I forgot the last step, and apparently, the main focus of it was the shin muscle at the lower front of my leg. I was hardly on a first-name basis with that muscle before, but I'll tell you, I literally hobbled around for the next three days, as stiff as a board ... in just that one single muscle.

Now that impressed me. After a complete full-body workout—the only muscle that was remotely sore was the one I had not stretched. Definitely something to remember for next time.

# Exercises for a Full-Body Stretch

*Eve*

Here is a list of the major muscles and body parts, and a simple stretch for each one.

- *The back and outside of the thigh and calf:* Bring your right leg up, stretched straight out in front of you, resting the back of your leg

on the armrest of a couch (or other flat surface at a comfortable, thigh-to waist height). Round gently down over the front of your leg. Straighten up, turn your leg so the inner thigh is touching the armrest. Bring your left arm up and round down over your body to the side.

Straighten once more and turn your back to the chair, keeping your leg in place, turned so the front of your leg is facing down. Straighten your back and leg till you feel a gentle stretch. Repeat this series with the left leg.

- *Front of the thigh*

## Fitness Feature: Bend and Stretch

(*quadriceps*), *hip flexor* and *shin*: Standing up straight (you can steady yourself by holding onto a chair, if necessary), grab ahold of your right foot and pull it gently towards your buttocks. Bring it as close as you can comfortably do so. Hold the stretch, then release and repeat with the opposite leg.

▪ *Gluteals*: Sit on the edge of a chair or couch. Bring one foot up, crossing it over your leg so that your ankle bone is touching your opposite knee. Lean gently forward until you feel the stretch in your buttocks area. Repeat on the opposite leg.

▪ *Inner thighs*: Still sitting on the chair, open your legs wide, with your knees bent and feet flat on the floor. Put gentle pressure with your hands to spread the legs wide. (An alternate stretch: Sit on the floor, bend your knees and bring the soles of your feet together. Stretch gently.)

▪ *Abdominal muscles*: Lie flat on the floor, on your stomach, with your legs

straight and close together. Place your hands flat on the floor at shoulder level. Slowly arch your back and bring your head up and back.

▪ *Back*: Go on your hands and knees; arch your back, then relax your muscles and hunch your shoulders forward. Repeat several times.

▪ *Arms and shoulders*: Bring your right arm across your body, pointing out at a right angle from your left shoulder. With your left hand grab the right elbow, pulling it gently towards the body.

Still guiding the right elbow with your left hand, bring your right arm up so the crook of your arm touches your ear. Repeat with the opposite arm.

▪ *Chest*: Clasp both hands behind your back and gently pull.

▪ *Neck*: Gently bend your head to one side, then the other. Make slow circles around in one direction, then in the opposite. Make sure your head does not drop down too far in any one direction, and keep it slow.

Now relax!—Doesn't that feel good?

## Great Body Stretches for Everyone

*By Peter Martins, New York City Ballet*

Dancers require proper tuning to keep muscles from tightening and becoming injured. We recommend the following stretches to help loosen key muscles, promote a fuller range of motion and lessen the chance of injuries.

▪ *Shoulder and arm* stretches warm up the upper body and stretch the shoulders, chest and arms.

Stand straight with feet together and arms at sides. Keep your knees bent slightly to avoid pressure on the lower back. Slowly raise arms in front of you until they form a V. Be sure to

keep your shoulders down. Extend arms slightly behind your body to open the chest, and then slowly lower arms to starting position.

Repeat the shoulder and arm circles two times.

▪ *Chest lifts* help lengthen the upper body and stretch the chest, front of shoulders and upper back.

Stand straight with your feet slightly apart, knees slightly bent and arms at sides. Clasp your hands behind your buttocks, and bring your head down toward your chest to stretch your back. Bring elbows together behind you while raising your head upward to stretch your chest. (Continued on pg.28.)



## Substitutions for Wine and Liquor in Cooking

### More Alcohol Substitutions

- For beer or ale ... try chicken broth or white grape juice.
- For rum ... use pineapple juice or syrup, flavored with almond extract.
- For Kirsch ... use syrup or juice from black cherries, raspberries, boysenberries, currants or grapes.
- For Cognac ... juice from peaches, apricots or pears.
- For Cointreau ... orange juice or frozen orange juice concentrate.
- For Crème de Menthe ... spearmint/peppermint extract or oil of spearmint/peppermint diluted with a little water or grapefruit juice.

### Honey-Sugar Swap

You can substitute  $\frac{2}{3}$  to  $\frac{3}{4}$  cup of honey in place of each cup of sugar a recipe requires. Then reduce the liquid by  $\frac{1}{4}$  cup. If the recipe does not contain baking soda, add  $\frac{1}{2}$  teaspoon baking soda for each cup of honey used. If baking, reduce the oven temperature by 25 degrees.

### Baking Substitutions

Not all substitutions work for all recipes, so experiment to find what works best. Following are replacements for some common ingredients.

- *Baking chocolate (1 oz.):* Combine 3 tablespoons dry cocoa, 2 teaspoons brown sugar, and 1 tablespoon water
- *Buttermilk (1 cup):* Combine 1 cup milk and 1 tablespoon lemon juice or white distilled vinegar in a small bowl. Let stand 1 minute; proceed with recipe.
- *Cream or half-and-half (1 tablespoon):* 1 tablespoon evaporated milk
- *Sour cream ( $\frac{1}{2}$  cup):*  $\frac{1}{2}$  cup plain yogurt (For baked goods, add  $1\text{--}\frac{1}{2}$  teaspoons flour to each  $\frac{1}{2}$  cup of yogurt.)

See also Eve #28, pg.9 for another sour cream modifier.

(Eve: When a recipe calls for some sort of wine or liquor, and it is either not available or not appropriate for use, the following substitutions may be helpful.)

- If the recipe calls for 2 tablespoons Grand Marnier or other orange-flavored liqueur, substitute 2 tablespoons unsweetened orange juice concentrate or 2 tablespoons orange juice and  $\frac{1}{2}$  teaspoon orange extract.
- For 2 tablespoons Amaretto, substitute  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon almond extract.
- For 2 tablespoons sherry or bourbon, substitute 1 to 2 teaspoons vanilla extract.
- For 2 tablespoons Kahlua, coffee, or chocolate-flavored liqueur, substitute  $\frac{1}{2}$  to 1 teaspoon chocolate extract plus  $\frac{1}{2}$  to 1 teaspoon instant coffee in 2 tablespoons water.
- For  $\frac{1}{4}$  cup or more of port wine, sweet sherry, brandy, or fruit-flavored liqueur, substitute an equal measure of unsweetened orange, apple or pineapple juice plus 1 teaspoon of corresponding flavored extract or vanilla extract.
- For  $\frac{1}{4}$  cup or more of white wine, substitute an equal measure of white grape juice or apple juice. (Try also: chicken broth or bouillon, ginger ale, or diluted cider or white wine vinegar.)
- For  $\frac{1}{4}$  cup or more of red wine, substitute an equal measure of red grape juice or cranberry juice. (Try also: tomato juice, diluted cider or red wine vinegar, beef broth or bullion.)
- Other substitutions include chicken broth, beef broth, vegetable broth, flavored vinegars, fruit juices, and apple cider.

## Recipe Magic: More Easy Substitutions

*By Suzanne Havala, News reprint*

Next time you are baking and run out of eggs, milk or butter, other ingredients can serve the same functions in cookies, cakes, pies and casseroles.

Egg Replacements:

In baked goods—such as cookies, muffins and quick breads—replace each egg with:

- Half a small, ripe, mashed banana
- $\frac{1}{4}$  cup of tofu, blended with the liquid ingredients in the recipe
- $\frac{1}{4}$  cup of unsweetened applesauce, pureed prunes or canned pumpkin
- 2 tablespoons of cornstarch beaten with 2 tablespoons of water

In casseroles, meat loaves, burger patties and main dishes, replace each egg with 3 tablespoons of:

- Tomato paste
- Quick-cooking rolled oats or cooked oatmeal
- Finely crushed bread crumbs
- Mashed potatoes, mashed sweet potatoes, or dry instant potato flakes

Butter:

- Substitute canola or safflower oil in baked goods. You can also usually reduce the amount by as much as one-third without affecting taste. Use olive oil for other cooking needs.

*(Continued from pg.26.)* Repeat back and chest lifts three times.

- Buttocks stretch helps to remove tension from the buttocks and lessen lower-back tightness.

Lie on your back with arms at sides, knees bent and legs hip-width apart. Cross your right leg over your left. Reach forward slowly. Wrap your hands around the back of your left thigh, and pull your leg toward your chest. Hold for 30 seconds. Return to a lying position, and repeat with the right leg.

Repeat on each side two times.

- Hip flexor and torso stretch helps to improve posture and strengthen the body overall. Stand straight, feet apart about hip-width, with arms at sides. Place both hands on your right thigh as you slowly extend your left leg back. Your right knee should be bent with the knee over the heel, but not so far that it extends over your toes.

Then place your left palm on the floor and slowly turn your upper body to the right as you reach up and back with the right arm. Keep your head up. Hold for a count of eight, and then return slowly to standing position.

Repeat twice on each side. Breathe deeply throughout the movement, and keep it fluid to avoid straining.

Cover photo: Agnes (of Andrew V.), Mexico.

Suggested reading for ages 16 and up. June magazine.

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