

EVA



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about warts

McKinley Health Center Web site

Warts are non-cancerous skin growths caused by a viral infection in the top layer of the skin or mucous membranes. Viruses that cause warts belong to a "family" called human papillomavirus (HPV). The appearance of a wart depends on where it is growing. Warts are usually skin-colored and feel rough to the touch, but can be dark, flat or smooth.

There are several different kinds of warts including:

Common warts usually grow around the nails, on the fingers and on the backs of the hands. They are more common where skin has been broken, for example where fingernails are bitten or hangnails picked.

Foot warts are usually on the soles of the feet and are called plantar warts. When plantar warts grow in clusters they are known as mosaic warts. Most plantar warts

do not stick up because the pressure of walking flattens them and pushes them back into the skin. These warts often have black dots that are actually blood vessels. Plantar warts have a bad reputation because they can be painful, feeling like a stone in the shoe, and are often difficult to resolve.

Flat warts are smaller and smoother than other warts. They tend to grow in great numbers—20 to 100 at any one time. They can occur anywhere, but in children they are most common on the face. In adults they are often found in the beard area in men and on the legs in women. Irritation from shaving probably accounts for this.

Genital warts (also called condyloma) have become a common and worrisome problem in adults. They tend to be small and flat but can be thin and tall. These are soft, not rough and scaly like other warts. They can occur on the genitalia, within the vagina, on the cervix, on the penis, and around the anus or within the rectum. The HPVs that

cause genital warts rarely cause warts of the hands or feet but can cause warts in the mouth. *[Eve: Genital warts will be covered in detail in an upcoming publication, and therefore are not addressed in detail in this mag. WLY!]*

Warts are probably passed from person to



How do you get warts?

person, sometimes indirectly. The time between the first contact and the time that the warts can be seen is often several months. The risk of catching hand, foot, and flat warts is small. Wearing thongs in public showers, and taking proper care of hands and feet can limit the spread of warts. Genital warts seem to be more contagious.

Some people get warts depending on how



Why do some people get warts and others don't?

often they are exposed to the virus. Warts occur more easily if the skin has been damaged in some way, which explains the high frequency in people who bite their nails or pick at their cuticles. Some people are just more likely to contract warts than others, just like some people catch colds more easily than others do. Weakened immune systems, lack of adequate rest, poor nutrition, increased stress and close living quarters can also contribute to catching the wart virus.

Warts often disappear without treatment



Do warts need to be treated?

over a period of several months to years. However, since warts can be spread to others or new areas of the body, it is reasonable to treat most of them, especially if the warts are bothersome or painful.

Sometimes it seems as if new warts appear as fast



What about the problem of recurrent warts?

as old ones go away. This may happen because the old warts had shed virus into the surrounding skin before they were treated. In reality new “baby” warts are growing up around the original “mother” warts. The best way to limit this is to treat new warts as quickly as they develop so they have little time to shed virus into nearby skin.



Are warts contagious?

The wart virus is contagious, however, there is a very low incidence of transmitting regular skin warts from person to person. The other person would need to be susceptible to the virus. Warts tend to appear when one’s immune system is weaker, or when a person is under physical or emotional stress.

Some children often have trouble not scratching or biting warts on their hands, which can cause the warts to bleed and break up, making them more contagious.

Warts may also infect indirectly, especially from hard floors—for example in bathrooms and swimming pools. A foot with a plantar wart releases virus infected cells onto the floor and the wet and more receptive skin of others may then become infected. People with scratches or cuts on the soles of their feet are especially vulnerable.

home remedies

to try

Compiled from Web articles

- Make a paste from baking soda and castor oil. Apply this paste each evening and cover with a bandage. This treatment may take up to several weeks to resolve the wart.

- Apply castor oil to the wart and rub twenty times or so. Do this at night and in the morning. This method can take up to a month to show results.

- Another castor oil remedy is to apply a half-drop of oil to the wart twice daily and cover the wart with some form of first-aid tape or bandage. Keep the bandage on 24 hours a day for three

weeks, removing only to put on a new one.

- Soak cotton in fresh pineapple or lemon juice and apply as a bandage to dissolve warts.

- Tape a slice of fresh garlic to the wart. Be sure to first protect the surrounding skin with petroleum jelly.



- Soak a small piece of cotton in aloe vera gel and tape over the wart. *[Eve: Or tape on a slice of fresh aloe vera.]* Add more gel every three hours. Change cotton daily. The wart should begin to dry up within a week.

- Soak your wart in warm water for twenty minutes; dry thoroughly; apply full strength apple cider vinegar with a cotton ball and leave on for ten minutes; wash off with

tepid water; dry.

- Rub the wart three times daily with a solution of baking soda and water.

- Take a ripe banana peel and apply a small piece of the pulp side to the affected area and tape securely. Leave the peel on except when bathing, changing daily. Change this every day with a fresh piece of banana peel. Other sources suggest using an unripe banana, as certain healing compounds are more concentrated in the peels before they ripen.

- Lightly apply the milky latex juice from a green papaya to the wart; repeat several times a day until the wart is gone.



- Break open the stem of a dandelion and rub the milky sap on the warts in a circular

Note

There are literally thousands of different viruses that fall under the HPV umbrella. So what works for removing one type of wart may not work for another. The location of the wart will also have a bearing in the treat you choose to use on it. This is why it's important to seek the Lord for your particular case.—He knows best!

motion. Do this two or three times a day until the wart disappears.

- Cut an onion in half, scoop out the middle and put in about ½ teaspoon of salt. After several hours the salt will draw the onion's juices which can be applied to the wart several times a day.

- Rub a slice of fresh pineapple on the wart.

Keep applying frequently, as needed.

- Peel the skin off a potato as thin as possible. Take a small piece of potato skin and rub the potato side on the wart twice a day. Do this until the wart turns black and falls off. There is apparently a chemical in the potato near the skin which kills the wart.



- Put the contents of one 100 I.U. of natural vitamin E capsule on a Band-Aid and cover the wart.

Jesus speaking:

There are many and diverse natural remedies among the things that I have created, and the list might seem long as you look it over. However, I want to remind you that the most important thing is looking to Me. True healing only comes by My hand, and if you will stay close to Me and seek Me as to the best path to take, I can show you which remedy will work best for you. As you have read above, there are many different types of warts, and certain remedies work best for certain types of warts. As well, some remedies are gentler and take a longer time to help, while others are more potent and will bring quicker results. There are so many different variables, and there are no set facts for what is right and what is wrong. Do not lean to your own understanding, but look to Me and I will guide you to that which will bring about the best results in your body.

tips

from you

**Lisa (of Luke),
Russia**

I had warts (about 15 altogether!) for almost seven years and could not get rid of them. I tried different treatments that had worked for others, but they did nothing for me! The warts made me self-conscious to where I was embarrassed to play

guitar in public (since a couple were on my hands) and especially have dates. I sent out a prayer request about it, but nothing changed.

About four months ago I tried another medicine ... none of the warts disappeared, and I got

three more! Boy, was I discouraged! But the Lord doesn't fail; He just wanted to get me desperate.

When hearing from the Lord about this problem a couple of years ago, He had told me that I could only get rid of these

type of warts with daily prayer. I did pray for a while, but when nothing happened right away I gave up. To be honest, I didn't have faith that prayer was enough to heal them all. LHM! I guess the Lord let me try all that medicine to prove to me that if He didn't want to heal it, nothing would work, but that if He wanted to heal me He didn't need anybody's

help.

Finally I got to the point that I gave up on trying (or trusting?) medicine and decided to put it completely in the Lord's hands, and if He didn't want to heal me from this disease, if it wasn't His will, it would be my thorn in the flesh all of my life. I prayed for the Lord to heal me, and pretty much forgot about my warts.

It was the first time in seven years that I had peace about it! Well, that is not the end of the story, because a couple weeks later I looked at my fingers and my feet and ... *all the warts were gone!* I could not believe my eyes! He did it! He never fails, and now I know for sure that His delays are not denials; in His perfect time, every little prayer is answered! PTL!

Steffi,
WS

When my children were small and had warts I was desperate to find a solution to the problem. Commercial preparations such as "Compound W" and similar things were not easily obtainable on our mission field. Finally I was able to get ahold of some of this, but it was not effective in the long term. Seeking medical advice from a friend of the Family, I was faced with two options: Burn the warts off or use a strong chemical that our doctor friend would write out a prescription for. The Lord did not lead us to try the burning method; it seemed harsh and possibly traumatic for children, and we did not want to risk scarring.

So we decided to give the prescribed

chemical treatment a try. This consisted of applying drops of this strong liquid to the warts. To my dismay, these strong drops turned my children's skin completely black! It was not a pretty sight, especially as the kids sang and performed often and had warts on their hands! Poor things, they looked like they had the plague!

This drove me to seek a more natural, lasting solution. I set out to research and investigate more about warts and that's the first time I discovered that warts were caused by a virus. A friend we were witnessing to who was into "health and the natural way" suggested we try vitamin A. At the same time, he pointed out that

because warts are caused by a virus it was important to not only apply the vitamin A topically, but to take it internally as well.

We prayed desperately first and foremost, asking the Lord to take the warts away, and continued to do so daily. We then applied the vitamin A every day to the warts (breaking open a cod liver oil capsule and applying it to the warts), and gave the children one cod liver oil capsule daily as well. In a few short weeks the warts were gone and were never a problem again. (Remember, vitamin A can be toxic, so you want to be careful to not take too much, but under normal conditions, one cod liver oil capsule a day should be okay.)

From a woman in China

Thanks to the one who sent in a tip about using castor oil to extinguish warts in

Eve#4. I had two of them on different fingers. After being faithful to apply castor oil every night for

15 days, they disappeared completely. After one year they have never come back, TTL!

Ruthie, Brazil

I had a small wart on my left hand. I had complained and worried about it a lot, but the Lord reminded me that I could pray it away. So I went on

the attack and every time I looked at it or felt it, I rebuked it in Jesus' name. It took a while and I did wonder once or twice if the Lord was actually going

to take it away or if it was something He wanted to keep me humble with. Then one day it started to get smaller and smaller. Now it's completely gone!

Vanessa, WS

My daughter (age 8) got a big plan-tar wart on her foot, which then started spreading until there were about seven little ones surrounding it. After asking for prayer for healing at communion, I started researching the Web for natural remedies. First I tried applying vitamin E every night. We did this for about two weeks, and the warts seemed to still be spreading and growing. So we tried the next remedy on my list, which

was vitamin A, and still no improvement.

Next we tried Australian tea tree oil, and applied it every night for three weeks straight. First we soaked her foot in hot water for five minutes to soften the warts, then dried it and put a good dousing of oil on each wart with a Q-tip, covered it with a Band-aid every night before bed, and prayed for the Lord to heal it.

Well, it worked! The warts died within

three weeks, and they just peeled right off yesterday! Apparently it's important to get a good strength of oil in order for it to be effective. Here's the info on the bottle that we used:

100% Essential Oil

- Tea tree oil (*Melaleuca alternifolia*)
- Australian standard 2782-1985
- Active constituents: 1,8 cineole content 2.5%.
- Average Terpinen-4-ol content: 39% average.

June, USA

I recently watched a video on natural healing. A point that was a bit of a shake-up to me was that whatever you put on your skin is ingested into your body—just like food! Makes sense—people put these patches on their skin to slowly ingest insulin,

chemicals to help them stop smoking stuff, hormones, etc. So putting chemicals on our skin means we're taking them into our bodies too!

This caused me to re-pray before using some strong (and expensive!) chemicals to remove a wart. Instead,

I've found a list of proven natural remedies that I'm going to try first. They may take a little longer, but they're natural and won't backfire by adding to all the other things that are little-by-little pickling my body with chemicals!

Maria (of Paul), Nigeria

Recently a French pharmacist gave me this tip against warts. Mix 1 tablespoon of Vaseline with 2 aspirins. Apply to the warts once or twice daily. This is useful in case wart medicine is not easy to find in places like here in Nigeria.

Amanda, WS

When I was about 10, I had a very bad and painful plantar wart on the bottom of my foot. I went to the doctor and he prescribed some wart medicine. At the time we didn't really use prophecy, so we just went ahead with what he suggested. Despite that, the Lord must have been anointing him in his instruction, because his counsel worked. The doctor told me

to soak my foot in warm water, file the wart when the skin was soft (with a nail filer), then put the medicine on. I did this faithfully once every day. It only took about a week or two for my wart to completely disappear, and I haven't had any problems since.

The purpose of soaking your foot in water and filing the wart is because whatever you're putting on the wart (be it a medicine or something natural) is supposed to kill it. So you soak your foot and then file off the dead part. Then when you put the treatment on it's more effective; it's not just killing the same layer of the wart over and over, but it's actually hitting new parts when you file off the old. There are probably many things that work to take away warts, and I'm sure that something natural would be much better than a commercial medicine like I used. But I mainly wanted to share this tip because I believe the soaking and filing of the wart were a big part of the healing process.

Try Tea Tree for Plantar Warts

Female, WS

I had approximately 30 plantar warts on my feet, which are now completely gone, PTL! The skin specialist I went to recommended burning them off—a procedure that was not only expensive, but extremely painful. On top of that, it didn't completely work, and about 10 of the biggest ones remained. Then someone recommended tea tree oil, so I tried it as a last attempt—and it worked! Within a month, all of my warts were completely gone.

It should be 100% tea tree oil. Try to get a medium-good brand. It costs a fair bit, but it lasts, and it's not nearly as expensive as going to a skin specialist.

Wash your feet and dry them before bed and dab a little of the oil on each wart, using either a Q-tip or your finger, (I found that using my finger worked better as the Q-tip absorbed a lot of the oil.—Just wash your hands afterwards!) Try to go to do this immediately before getting in bed or while you're in bed already; that way your skin can really soak it up. Repeat every night faithfully. Within 1-2 months your warts should be gone.

Avoiding the Cut

By Adrienne
B. Lieberman,
American Baby

A review of existing studies recently published in *Obstetrics and Gynecology* found that not only is the procedure of episiotomy performed too frequently, but the benefits doctors have long attributed to routine episiotomies—including that they help women heal faster by reducing tearing and prevent brain damage to the baby by reducing labor time—appear not to be true. “There’s no evidence that speeding up labor provides any benefit to the baby unless the baby is in distress, and episiotomies clearly cause women a lot of pain and suffering,” says Eric Eason, MD.

Dr. Eason argues that the cut should be reserved for exceptional circumstances in which it’s beneficial. These include high-risk deliveries or when a baby is breech or in trouble. But most of the time, with local massage and controlling the delivery, the vaginal tissue stretches on its own and will return to normal on its own.

Indeed, research has long suggested that episiotomy’s

risks—including blood loss, pain, swelling and infection—outweigh its claimed benefits. Nonetheless, some doctors still perform episiotomies as a matter of course, arguing that they’re easier to repair and heal better than a natural tear. But if your pushing is coached by a willing and experienced birth attendant, many such tears heal without stitches. Even a tear that needs stitching will usually be no more extensive than an episiotomy. And research suggests that women with natural tears experience less pain and infection. They also resume intercourse sooner than women with episiotomies.

In fact, episiotomies are actually more likely than natural tears to extend into or through the anus. Why? Imagine ripping a sheet into rags. Tearing an uncut sheet is

hard to do. But if you make a cut at one edge first, the sheet rips more easily, and faster. These tears to the anus or into the rectum, called third- or fourth-degree lacerations, can sometimes require surgery months after the birth.

A study in *British Medical Journal* also revealed that simply getting an episiotomy tripled a mother’s risk for fecal incontinence (loss of bowel control) three months after delivery. And though episiotomies have been claimed to prevent pelvic-floor-muscle relaxation, these muscles are actually weaker in women who had episiotomies. (Weak pelvic floor muscles contribute to urinary incontinence.)

Because you may require an episiotomy for a valid medical reason, and because a substitute doctor may be present at your baby’s birth, ask when and how often the individual doctors or midwives in your provider’s group find it necessary to perform this procedure. If your doctor performs episiotomies quite frequently, you may want to

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consider switching providers. Ask the doctor why. If you don't get a credible answer, that brings up a lot more questions. If you are uncomfortable with your doctor's answer, it may not be the place for you.

A caregiver who does few episiotomies will probably recommend several strategies to help you avoid an unnecessary cut. One of Stacy Anderson's doctors, for example, suggested she practice Kegel exercises, to tone the vaginal muscles so they could stretch more easily for the birth. To do a Kegel, tighten and relax the muscles around your urethra, vagina and anus, as if you're trying to hold back urine. Keep the muscles contracted for about 10 seconds. Repeat 10 to 20 times in a row, two to three times a day.

Anderson's doctor also recommended prenatal perineal massage. A 1999 study found that perineal massage significantly boosted the rates of stitch-free delivery for first-time mothers. (*See Eve #2, pg.9 for more on this.*)

During the birth, you can help by controlling your pushing according to your birth attendant's directions, by letting your knees fall far apart, and by completely relaxing your pelvic floor muscles (do the opposite of a Kegel). Your doctor or midwife may apply warm compresses to help

you relax, topical lubricants to ease out the baby's head, and firm hand pressure to keep the baby's chin flexed to present a smaller diameter at birth.

Healing hints: Whether or not you have had an episiotomy or stitches from a tear, you'll feel sore or swollen for a few days to weeks after giving birth. Experts also say you'll be sitting pretty faster if you:

- Use an ice pack for 24 hours, then take frequent warm sitz baths (you should receive one from the hospital and they're also available at your local pharmacy).
- Keep the area clean and apply witch hazel or a topical anesthetic.
- Do frequent Kegels to improve circulation and speed healing.
- Drink lots of water to keep your urine diluted so it doesn't sting.
- Don't sit on an inner tube to avoid pain: This pulls stitches apart. Instead, choose a firm seat and do a Kegel before you sit down.
- Don't baby the area.

The sooner you move around, the faster pain will decrease.

(Dr. Koger speaking:) It's generally a better idea to let your body do its natural thing. Episiotomies are unnecessary in most normal circumstances. If there are certain complications during the delivery, then they can be

helpful, but for the most part it's safer to tear naturally. Of course, there are practical things you can do to prevent tearing like this article suggests—massage, going slow, pushing at the right time, relaxing your pelvic floor muscles, etc. Another very important ingredient is prayer. Make it a specific prayer request in the weeks leading up to the delivery, as well as during. Ask the Lord specifically to help you not to tear—or that He will help you to only tear minimally and make the healing process swift.

In some areas of the world there are doctors who are religious about episiotomies, and they do it routinely. So it's good to ask them about it and share your feelings on the subject. If you'd rather not have one, try and wisely share your feelings on it. You'll find that most of the time they'll respect your wishes. If not, pray and ask the Lord what to do—to go ahead with that doctor and possibly have an episiotomy, or to try and find a doctor who is a little more natural and open to your wants and wishes. It's something you have to pray about personally and decide where your faith lies. It may seem like a little thing, but can make a big difference in your recovery time after delivery. (*End of message.*)

Q : I am expecting my first child soon and have heard that I may need an episiotomy. Is this true? Are there any exercises that can be done to decrease the chances of a potential episiotomy?

A : An episiotomy is an incision in the perineum made with scissors when the baby's head is very close to delivering. A local anesthetic is usually injected into the perineum to numb the tissues before this incision is made, though this is sometimes unnecessary. If the episiotomy is performed when the perineum is already stretched thinly over the baby's head, the pressure alone will naturally numb the perineum.

Here are some medical myths, which have been used to rationalize the need for episiotomies, and the real facts.

Medical Myth: If an episiotomy is not performed, the mother's tissues will tear badly.

Reality: Women who give birth with midwives or doctors experienced and skilled in the art of delivering babies without episiotomy will have far fewer tears (also called lacerations) than those who give birth with providers without this experience. Over 40% of the women who give birth with my current midwifery practice have no tearing at all. This is quite impressive, since we have a very high percentage of first-time mothers coming to us for care, and they are more likely to have tears than women who have given birth before.

Lacerations are classed by their severity.

- First-degree lacerations involve only skin and/or mucous membrane.

- Second-degree lacerations involve muscle tissue. An episiotomy is equal to

a second-degree laceration in terms of which tissues it involves.

- Third-degree lacerations involve the anal sphincter muscle.

- Fourth-degree lacerations involve the rectal mucous membranes.

Most spontaneous tears are only first- or second-degree. Third- and fourth-degree tears rarely occur spontaneously if the woman has not had an episiotomy. It is not unusual, however, for episiotomies to extend into third- or fourth-degree tears. So in reality, the risk of having a serious tear is much greater with an episiotomy than without one.

Medical Myth: Episiotomies are easier to repair than tears and cause less pain during healing.

Reality: Most tears are small and straight. They are repaired in the same fashion as an episiotomy. Sometimes a tear will require a bit more creativity in its repair than an episiotomy, but this is not

By Cheri Van Hoover, C.N.M.

Episiotomies

—Medical Myth Versus Reality

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beyond the ability of a skilled midwife or doctor.

Studies have shown that there is little or no significant difference between second-degree tears and episiotomies in terms of pain in the first few days after delivery. These studies have shown, however, that episiotomies may cause more long-term discomfort and pain with intercourse, which can last for many months. Episiotomies have also been shown to cause a greater blood loss with delivery.

Medical Myth: Episiotomies shorten the second stage of labor significantly.

Reality: No significant reduction of the length of second stage of labor has been demonstrated in episiotomy vs. no episiotomy groups.

Medical Myth: Episiotomy preserves the integrity of a woman's perineal muscles, improving sexual satisfaction for her and her partner. It also

decreases the incidence of urinary incontinence in later life.

Reality: Episiotomy has not been shown to have any significant effect on either of these things. Exercise and heredity have the greatest influence on pelvic muscle strength. Every woman should learn how to do Kegel exercises and should incorporate them into her daily life. Whole body exercise such as weight training, swimming, and non-impact aerobics can also make a big difference in pelvic muscle strength.

Medical Myth: Episiotomy is safer for the baby and makes for a gentler birth.

Reality: Babies are made to be born. They are ideally suited for the passage through the birth canal, just as women are built to give birth. Occasionally, a situation will arise in which the baby's heart rate drops to a dangerously low

rate just prior to delivery and does not seem to be recovering to a normal rate within a reasonable period of time. Episiotomy is an appropriate step to take in attempting to speed the birth of the baby in that situation. This is a matter of judgment, and you must trust your midwife or doctor to make that decision when the time comes.

The most important factor in minimizing trauma to the woman's perineum is patience. Gentler, more controlled pushing is less traumatic to the mother's tissues than full-force straining when the head is very low in the pelvis. The midwife or doctor should direct the woman's pushing, telling her when to push and when to breathe, when the head is about to emerge. A slow, controlled delivery of the baby's head allows the best stretching of the mother's tissues.

Beyond the IUD

*From a woman,
China
(The following is a
reaction to the sec-
tion "Getting Rid of
It," from Issues #8,
GN 951.)*

Over two years ago, after the birth of my second child, my husband and I decided we weren't ready to have any more children, at least for another three or four years. So I got an IUD (intra-uterine device). I can't say we put a lot of prayer into it, as at the time we weren't doing

too well spiritually. Trusting the Lord was something I battled with a lot, and getting the IUD made me feel that area of my life was under my control and was one less thing to worry about.

About a year after having the IUD I started really wanting a baby again, but because

of the IUD I couldn't. It was a real battle for me, as I had made a decision and now I had to live with it. I often hoped that the Lord would let me get pregnant despite the IUD, and that way I'd know that the baby was meant to be and not a "surprise," which I felt my first two were.

Around this time the Lord started working in my husband's and my life. We started seeing that using contraceptives wasn't the only area in which we were hold-

ing back from the Lord. We came to the point where we had to decide what we wanted to do, as we'd been hanging out in the "gray" area for so long that we weren't making progress.

After a few months we renewed our commitment to be in this Family, and decided that we wanted to keep moving forward. That meant giving everything up—including the IUD. As I said earlier, I had been wanting a baby again, but taking out the IUD

meant going back to trusting the Lord fully and trusting that He would send the baby right when I was supposed to have it, no matter what the circumstances or the timing. My attitude was, "Okay Lord, I do want a baby, but here's my schedule and the times that will work best..." Ha! It doesn't work like that.

Well, I'm happy to say that I'm pregnant again! I know this is what He wants.—He doesn't make mistakes.

Is It Really Worth It?

From Vera (of Daniel), Ukraine

I am coping again with the first months of pregnancy, so I imagine that my general appearance is not very inspiring at times. One time a senior teen asked me, "Is it worth it to go through the morning sickness and the discomforts and all? Is it worth it to go through all that to be pregnant?" This is what I told her:

Two days ago I was going through a big trial. It was

nearly bedtime and I was sitting in my room (which is also my kids' room). As they were chattering away before lights out, I was quietly sitting and crying, trying not to attract their attention.

Suddenly, everything went silent. (Try hiding something from a five-year-old—or a four- or three-year-old for that matter!) Then my oldest (Aggie, 5) piped up, "Mommy, are you sad?" I looked at her, and saw the other two standing up in their little beds, looking at me with sympathetic eyes, all wondering the same thing.

I couldn't hold it in anymore, so I broke into sobs and uncontrollable crying, feeling

ashamed to be in such a state in front of my kids, but unable to get ahold of myself. So I just said, "Yes, I am sad. Can you please pray for me, kids?"

So all three of them stretched their hands towards me from their beds, chorusing in prayer together, "Jesus, please help Mommy to be happy again, and not to feel sad."

Aggie got out of her bed, came up to me and quietly took my hand. She was silent for a moment and then said, "You know, Mommy, Jesus really needs you, and He loves you too. So the Devil will try to tempt you to get down, but don't listen to him. Just listen to Jesus, and you will be

happy." She went on and on.

I was crying again, I guess with mixed emotions now, seeing this little child encouraging me the best she knew how. Being short of vocabulary, she just repeated the whole thing over and over, adding occasionally, "Just stay close to Jesus, okay?"

The other kids ran up to me and each gave me a hug

and a kiss, then quickly ran back into their beds. My husband then came in, rocking the baby. Seeing me crying and Aggie standing near me, he sat down next to me. Both of us just couldn't stop smiling at her simple words of encouragement. He told me quietly, "See? It all comes back to you, whatever you've poured into them."

Suddenly it all seemed easier—my trials, my feelings of hopelessness and heaviness. The Lord lifted them all off of my heart.

So to answer the question of whether it's worth it to go through the morning sickness—yes, it is. After an experience like that (and so many others) I know that it is worth it. Totally!



From
Heaven's
Doors

➤ The Unbreakable Power of Prayer

From Jewel (of Aaron), Taiwan

With the birth of my fourth baby, Ashley, the Lord taught me a lot about trust and the power of prayer. I learned so much from this pregnancy!

At the beginning of the pregnancy, I guess I took things a bit for granted. Everything was going smoothly, and I was a bit laid back. Then a few minor complications got me desperate. I had some bleeding, and there was a scare about my blood type, which is RH negative. I yielded to fear for a while,

and started to let it get the better of me. Thank the Lord that with a little trust, prayer, and resting in bed for one week, everything was fine and I continued carrying a healthy baby.

Towards my delivery date, the baby stayed in breech position. I did the exercises and she moved, but on my next checkup she was

back the wrong way again. I was only about ten days from my due date and she was big already, so it was harder for her to move.

I began to get fearful again, and started to doubt and worry. My fears started to get so big and out of control that I didn't think anything would work. I started reading up on C-sections, calling those who had had one and getting set to just give up on a natural birth altogether.

Somehow, though, the Lord punched through enough to tell me to pray. And what I got was: "I am using this to help you ask for prayer and help. It has to be the

prayers of others.” So I wrote a prayer request and sent it out. God bless the Homes around; they not only prayed, but called and wrote me to let me know that they were doing so. I felt everyone’s love behind me. Thank you, Taiwan Homes!

The day before my due date, the baby turned around and everything was set! This was the first pregnancy where I had used prayer so much, and I felt its power strongly. Yes, things were more complicated, but the power of prayer put it right again.

The best part was the delivery. When I was eight months pregnant, I had made a list of exactly how I wanted everything to work and go. There were about twelve requests. Of course, there are always the “Lord make it smooth and quick” prayers, but this time I went into detail.—And the Lord answered each one just as I asked.

I wanted my sister there, and the night before I went into labor a couple moved into our Home; this meant that they could watch my other kids so my sister could come with me. I had prayed for only one transition contraction, and I had only one. I asked that the baby be born in one contraction and two pushes, and it came to pass. All the rest that I prayed for also came to pass.

My daughter Ashley Mei was born healthy and beautiful, without even the smell of smoke. She even had the blood type I prayed for. Through her I have seen that the power of prayer these days is so much stronger—and all we have to do is *ask*.

A Perfectly Synchronized Birth

From Dove, USA

As my due date approached, one of my daughters suggested I ask for specific prayer for different aspects of my birth, which I did. As this was my tenth birth, and my births are pretty easy and quick, I’ve gotten a bit familiar with the whole process. But with the last two, I’ve realized the importance of preparing both physically and spiritually, as I got a little nervous even though there were no problems at all. It seemed like such an unnecessary drain of spirit, when we have so much Word and Godly counsel at our disposal!

So this time I determined to memorize some beautiful, strengthening verses from CCHB1 and *The MOP*. (Some real good sections are Faith and Trust, Strength and Power, and of course, Pregnancy and Childbirth.) Though I had had many babies, I decided to watch the terrific Family childbirth video, as I had never seen it, and

I gleaned some good points from it. I had some time to rest during the days before the birth, so I read the chapters on childbirth in the *Techi* and *Dito* books. It was feeding to see everyone’s faith and the sample of the Lord’s care.

I also heard from the Lord and got some beautiful promises of protection and loving care from our sweet, faithful Husband. Finally, I asked for prayer for several areas that I had had problems with or complete faith and peace, grace for the stronger contractions, for strength and for a short labor. I also prayed for everything to be in His perfect time, as I was due the day after market day and Tim does the market pickups every week.

A neat little thing that happened was that on my last visit, my midwife had told me to do a “kick count” after meals to make sure the baby was still hanging in there. Of course, any mommy is bound to get a little concerned after being told something like that. However, the very next day, the new mailings arrived, with a new *Eve* mag. In there was a little article about kick counts; it explained things so well, and eased my mind totally (*Eve*#11, pg. 17). TYJ for His concern, even for the smallest details!

Well, the time arrived, and with the “Scripture pills” I had stashed, and the differ-

Pregnancy and Childbirth

ent Word and promises from the Lord I had received, I had a lot of peace. The Lord had promised that He would be in complete control and would make things as easy on me as possible! I started losing my mucus plug, and that actually took about two days! During that time I was having contractions, not regular or for very long, but I definitely felt things “moving along.”

I felt the Lord was taking things along slowly, which gave me time to get used to the idea, ha! It also turned out that with all the preparation, my labor ended up being substantially shorter, an answer to prayer. Another sweet answer to prayer was that since I was not so sure if I should eat too much during those two days, but not wanting to be weak from lack of food, I was a bit hesitant at every meal. So every time I ate, I prayed that the Lord would stop the contractions long enough for me to digest my meal. And every time, my contractions completely stopped for at least an hour afterward.

The second night, the contractions started getting more regular, though not very strong yet. Up to an hour before the birth, some contractions were still only 20-30 seconds long, and only a few were really strong ones! (I keep a log of the length and strength of the contractions,

as I don't have such a good memory, so I can tell my midwife exactly what happened and when. It's also kind of interesting to look back and see how things progressed.) With my last baby I had had a longer labor than usual, so I was kind of expecting the same, and I waited a while to wake up my mate, Tim. When I finally woke him, we decided to wait to call the midwife, as it was quite late, and we didn't want to disturb her unnecessarily.

My first test of faith came as the contractions started getting stronger, but the Lord faithfully reminded me of the verses I had memorized. I started quoting them out loud, which helped me to calm down right away, and I didn't have any problems with nervousness after that! As things progressed we finally decided to call the midwife, but it turned out that she didn't answer the phone for about 45 minutes because she was deeply asleep and didn't hear it. I hadn't realized how far along I was, and was already in transition by this time. (Of course, usually it's best to leave plenty of time to contact your doctor or midwife before your birth, and keep them informed of your progress after labor has begun.) It all turned out to be the Lord's plan, however.

Knowing that the mid-

wife would probably not make it in time for the birth, I still had perfect peace. (It also helped that Tim was fully prepared, and had even delivered our first baby by himself in a clinic when the doctor didn't make it on time!) A few contractions on the toilet, where the water bag broke, then three more on the bed, and it was show time! One of those “I gotta push—NOW!” situations! With Tim in catcher's position, and lots of prayer power from Shine and from Rosita, our oldest daughter, after three more pushes, she was out!

However, little did I know the miracle that had taken place during the birth. It turned out that the cord was wrapped around the baby's neck three times, and then around one of her legs! But as she came out, Tim just held the cord away from her neck, and let her body kind of slip through the other loop around her leg, and then unwrapped her when she was out! GBH! Whew! He said he never doubted that the Lord was in control, and that the baby would be fine, because she was the Lord's child!

(By the way, the birth was early enough so things were wrapped up in time for Tim to go to the market, with no disruption to our schedule another answered prayer, TYJ!)

continued on pg. 21 ...

A Real Woman

◆
By Jesus

Being a real woman is a gift. It's much more than just a physical thing, being a female and all: It's a thing of the spirit. There is a certain charm, depth and mystery that real women have, and you girls in the Family have every opportunity to be just that—a real woman.

You see, as you reach out and give and love unselfishly and sacrificially, I reward your spirit with the love of Heaven. As you give of your love, I put in its place My love, the love of Heaven, which makes every little task wonderful. That's what gives

you the twinkle in your eyes, the sparkle in your smile, the vivacity in your voice.

It's not something you can work up in the flesh through doing certain things or looking a certain way, because it's a quality of the Spirit. Where you're really going to get a connect is in the spirit, and those who have given much for Me are deeper in the spirit and thus, are really more attractive.

So if you want to be more attractive, more sexy, the secret is to spend more time with Me, getting deeper into Me and letting Me get deeper into you, and then turning around and reaching out to others, giving your love and your time and your resources, both physically and spiritually. I will then pour My elixir upon you and bathe you with that golden glow and aura, that mystique of the spirit that makes one sexy.

As you give out, you will receive. Sex is giving and the more you give and share what you can, the more sexy you will be. I know that the end result is not just sex, or to have better sex, or things like that, but it's to be able to connect with people on a spiritual plane—because that's really where you'll understand each other the best.

The secret is to spend time with Me and in Me. Try it! You just might like it!



Tamar

How to Handle Battles



From Joy (of Dan), Mexico

Someone recently asked me a thought-provoking question: What do I do when I have heavy battles? Of course the most important thing to do first of all is to get in the Word, ask for prayer from others and get desperate with the Lord. But after all that has been done, I thought it might be interesting to get each other's ideas on how we handle and get our mind off of heavy battles. For example:

- I take a long walk.
- I listen to FTTs or Word tapes constantly.
- I take some time alone, and I dance or exercise. I increase my

normal exercise program a little.

- Instead of eating unhealthy foods, I eat extra fruits and veggies.
- I choose one of my older kids and have special time with him or her. We go out for ice cream and talk about our wishes and dreams.

- I deep clean. I am normally a moderately organized person, but when I am beyond thinking or talking with others, I clean and organize everything in and out of sight.

- I take extra witnessing time, or call a friend who I need to follow up on.

- I invite one of my kids to join me hanging up my laundry and sing together or just tell jokes. (Doing home jobs like hanging laundry can be rough when you are going through it, so I try to think of variations, like doing it together with someone or to music.)

- I pour out my heart on paper, or write a letter that I hold on to until I can hear from the Lord about sending it.

- I dig out my memory and review system and literally wash my brain with the Word.

- I plan a party, trip or fun activity. Getting my mind on something like that inspires me and stops me thinking of myself, and my problems, as I put my energies into what will make others happy.

(Dad speaking:)

Amen! These are some great tips. There's lots written in the Word about taking action when you're going through it.—Try reading "How to Go on the Attack" and "The Power of Positive Praise," and more. You want to be mindful not to get into a works trip, but once you've taken time—and be sure that you do that first thing—to commit your problems and trials to the Lord, then sometimes you just have to get moving and do something. Ask Him what is the best way to go on the attack against your battles and trials, what will best get your mind on other things. And then just go for it! Focus on others! Take action! Bury yourself in the needs of others or even just take time out to do something fun and different. Get your mind on the positive!—Look at the light, and the darkness will flee of itself. I love you!—Happy overcoming! *(End of message.)*

Grounding Our Relationship in Him

FROM LINDA (22), LATVIA

i Ike and I have been together for over a year now, and the Lord has been teaching us about our interaction with each other when friction or personality clashes arise. We hit it off real well from the beginning—aside from an occasional hormone eruption during my pregnancy, when I'd rain fire and brimstone on my poor, confused man! Being the calmer type, he took it surprisingly well.

The Lord told us in prophecy that our relation-

ship is based on Him, and that the closer we are to Him, the better our relationship with each other would become, as He orchestrated it. That has proven to be the case.

Whenever we have neglected to spend sufficient time in prayer and the Word together, it's only a matter of time before we start getting on each other's case more. It very rarely breaks out into serious arguments, but just the small bickering that is a nuisance to any relationship. Of course, this gives us a major incentive not to neglect our time with the Lord, no matter what urgencies may arise.

We've also made a rule for ourselves that has worked wonders: If one of us blurts out some unfit comment, he/she has to do something nice for the other—a backrub, bake a cake, bring breakfast in bed, etc. Now we almost look forward to even the slightest inkling of irritation, as it brings about pleasurable repercussions.—Ha! Okay, I'm kidding on the last part. But this little arrangement sure has worked wonders!

10 Ways to Be a Better Lover

BY DR. PEPPER SCHWARTZ

1 One: Slow down! I bet half of what you are doing is too fast. You have intercourse too fast, you have foreplay too fast, you kiss too fast and you get up afterwards too fast—unless you fall asleep. Do everything at half speed and you will get and give a lot more pleasure.

2 Two: Don't just slow down—lighten up. This is not an athletic contest. A little finesse leads to a lot

of feeling.

3 Three: Open up; talk a little. You have a big vocabulary, so how come you only grunt during sex? Say things like, "You are wonderful," "I love you," or perhaps other words that bring out your partner's passionate nature.

4 Four: Engage in a buildup of foreplay beforehand, throughout the day or evening. You need to be in the right frame of mind before you go to bed and the pressure is on. Seduce each other a little bit; if your mind is intrigued, your body will be only too happy to come along for the ride.

5 Five: Try something new every so often. I know that most couples think sex is a dance routine—and they can only think of one way to dance. Be innovative.

6 Six: Set the stage. Put soft light bulbs in the bedroom; disconnect the phone when making love. Don't be doing other things when you're having sex.

Sex and Romance

7 **Seven:** Get fit. I'm sorry, but if you are greatly out of shape, it's not you at your sexiest. You don't have to have zero body fat, but you should be exercising and lose a little weight if needed. Being wheezing

and winded after five minutes of sex is no turn-on.

8 **Eight:** Be appreciative. Tell your partner how fantastic he is. Tell your partner she tastes great. Silence may be golden, but it is boring in bed.

9 **Nine:** Cleanliness encourages so many nice things. Anoint your body, and your fresh smelling, lightly cologned self should help arouse your partner.

10 **Ten:** Figure out something nice, cuddly and affectionate to say afterwards. If you must fall asleep, say something nice when you wake up. Abrupt endings can ruin an otherwise astounding evening.

Emotional Connections

BY JAMES AND JUDITH SNIÉZOWSKI, THE NEW
INTIMACY NEWSLETTER

m Many people ask the question: How do I enhance lovemaking? To answer it, most people look to techniques—positions, toys and the like. There's nothing wrong with that unless it is a substitute for closeness and connection. Then it produces emotional distance.

But emotional openness is one of the most powerful gifts you can give your partner. Your willingness to let your partner in on what's going on with you says, "I trust you enough to take you into my inner world." What more can we ask of one another? How much closer can we get?

You create a sense of safety and strength by your readiness to let yourself be known. And it's usually in the little ways that really count. How you are feeling? What you are thinking? Are you troubled? Have you been

touched? You keep in steady contact with your partner. You say, "Who and how I am, I give to you. I know you will receive me with care."

If that's not a turn-on, then all the positions, toys and tricks in the world won't help.

Do you want to enhance your lovemaking? Then make love with your partner—soul to soul. Let it be known that you are a true lover. Yes, physically. And in all ways.

Making love is about being connected. You can be making love all of the time.

(Dad speaking: That's the beauty of love and marriage—two hearts that beat as one, two minds with a single thought. But the only way that can happen is with time, through a lot of sharing and caring, and most of all through being willing to open up your heart and reveal what's truly inside of you, which you can only do with the Lord's help. You've got to start slow, but be willing to bare your heart and your deepest thoughts and feelings before those you love, and you'll see the good results almost immediately.

You can also apply this counsel to your greater marriage with those in your Family. It pays to make yourself vulnerable, to open your heart to your brothers and sisters, to share what you are really like inside—what you feel and what makes you tick. How much time have you taken to reach out and get to know that man or woman who lives in your Home, what he or she is really like? One of the keys to unity and closeness is honesty and communicating, and you can do it a little bit every day.

Try to set aside a little time every day for fellowshiping—and by that I don't mean just vain babbling, shooting the breeze and talking about nothing. But take some time to really talk together, to pray together, and hear from the Lord together. These things will draw you closer to one another and bring about that true intimacy of the spirit that He wants of His Bride—one Bride, one body, one spirit.)

The Marriage Stabilizer

FROM LILY D., RUSSIA

I've recently learned how helpful it is to use the gift of prophecy in a marriage relationship.—Sorry, that's not even the right way to say it. I feel there can be no worthwhile relationship without the gift of prophecy, and without having the Lord as the first and most important One in your relationship! That is the conclusion that I came to through the trying times in our marriage.

I really love my husband. I love him both

emotionally and non-emotionally, and I fall in love with him again every time I see him. But loving my husband is not even the main thing.—I should love the Lord more and come to the Lord more often for counsel, even more than to my husband!

If I approach my man about a problem situation without asking the Lord for counsel first, it often ends up in a scene; we get frustrated and angry no matter how much we love each other. But by some magic law, if I ask the Lord about the problem first—even if counseling with the Lord doesn't change my mind about the problem and I say the same words as I would have originally—somehow it turns into a beautiful and pleasant experience! My sweet man listens to me more carefully, and he is more eager to ask the Lord again, and so we come to a good conclusion!

What is the secret? What is happening? What is the physical explanation of all this?—I don't know! All I know is that hearing from the Lord in prophecy works!

Fun Fact

Gloria Steinem, the famous Women's Lib leader of the '60s, who said things like, "A woman needs a man like a fish needs a bicycle," and that matrimony is a "little death," and invented the politically correct word "Ms.," got married in September 2000, at age 66, to a wealthy businessman six years her junior; saying that no one was more surprised than herself!

Sent in by John, Rose and Adam, Spain

What Can You Learn from Man's Best Friend?

You can actually learn quite a few lessons from the humble dog. Here are a few of them.

- Be a dependable friend.
- Love children.
- Show pleasure when treated well and don't be afraid to express your affections.
- Show excitement when a family member walks in the door.
- Don't judge people based on how they look or the clothes they wear.
- And finally, guard faithfully the interests of those who care about you.

So the next time you're with your dog, pay attention—he just might be trying to teach you a few new tricks.

Mark Merrill, the Family Minute

continued from pg. 16

The midwife showed up about ten minutes after the birth, and was amazed when we told her what had happened. She has attended eleven births in our house so far, and knows about our strong faith in God. She has seen several big miracles, and the Lord has used them as a testimony to her. Though she hesitates to say we should deliver our babies by ourselves, she admits that with her 17 years of experience, she couldn't have done it any better, ha!

So don't worry about it! Do what you can, and God will do the rest!

quick tips

on exercise

From the Netfit Website

- Use common sense and pace yourself to a level where you can talk occasionally as you exercise.

- When you exercise, remind yourself: "I'm building a better body to live in."

- The best aerobic exercise is the one you'll *want* to do, and the best time to exercise is a time when you will do it. Aim for a minimum of four sessions for at least 30 minutes of aerobic training.—And remember, even sex can be a workout!

- Exercise is one of the best ways to reduce stress. Ask yourself how you feel after working out.

- Exercise for the older age group helps to keep you young by maintaining muscle tissue and bone density. The older you are, the more important it is that you exercise.

- Upper body weight training will help you maintain a total lean body mass; more muscle equals a higher resting metabolic rate.

- If you get out of breath when you exercise,

you're probably going too fast or working too hard.

- Training too hard may lower your fitness level. Resting your body allows it to recover and rebuild itself properly. Don't over-train; you'll just burn up or melt.

- Performing cardiovascular type activities (i.e., running, cycling, swimming, etc.) five times a week decreases your risk of type II diabetes by 45%. Exercising two to four times a week reduces your risk by 40%; once a week, 25%. Exercise decreases your risk by reducing fat tissue in the body and making cells more responsive to insulin.

- Do those sit-ups! It is estimated that strengthening the abdominals can prevent 75% of lower back problems.

- After each workout, remember to stretch to help your body, repair and recover. When doing this, keep yourself warm and wipe away any sweat. Avoid standing around smelling of sweat, as the drying process can leave you with a cold.

- Exercise performance is improved by increasing your body's water content—so drink more! Just a 3% loss in body fluid can result in a 7% loss in physical performance.

- Restrict your car usage—for anything of 10 minutes or less, walk!

- Wear socks when out running; this will help prevent blisters and also soak up sweat, which can help prevent your trainers stinking out the house.

- Most tennis shoes can be washed; however, don't use too high a temperature during the wash, and let them dry naturally with old newspaper inside. Tumble-drying may lead to severe shrinking, damage to the shoes and a change in your shoes' size.

(Jesus speaking:)

The best benefit of being faithful to exercise is that you're going to be healthier and stronger, which will result in you being a better witness for Me. After all, that's why you're here on Earth in the first place—to win the world for Me. (End of message from Jesus.)

From Julie Trusting, Ireland

1. A warm hot water bottle can bring relief to those having period cramps, or can be used as a pillow for headaches or a cushion for a backache. Cover with a thin towel rather than putting it against bare skin.

2. When a child bumps himself or falls awkwardly or seems to have some swelling due to a bump, apply cold water or an ice pack immediately for 10 minutes. The swelling goes down straightaway and helps prevent complications.

3. When a child is scalded or burned and the skin is not broken, immerse the affected part in cold water for 20 minutes. This brings down the temperature of the burn and stops further damage. Applying cold water for only a short time will not help as much. (*Eve: See also the article in Eve #28, pg. 5, about the use of vinegar!*)

4. Chewing (or sucking) on a piece of raw garlic has helped my mate James when all else has failed to relieve him of breathing difficulties when suffering with asthma.

Exercise Can Help Beat the Blues, Doctors Say

News reprint

The best way to treat a serious case of the blues could be to take up aerobic exercise, German doctors said on Tuesday. Researchers at Berlin's Free University have found 30 minutes on a treadmill every day can relieve severe depression quicker than many drugs.

"Aerobic exercise can produce substantial improvements in mood in patients with major depressive disorders in a short time," Dr. Fernando Dimeo said.

In a study involving 12 people who had suf-

fered from severe depression for an average of nine months, 10 days of exercise on a treadmill improved the outlook of most of the patients, including five who had had no success with anti-depressants. Overall depression scores—measures used to test the depression in patients—fell by 25%.

Aerobic exercise also produced quick results. Studies have shown exercise encourages the release of endorphins, chemicals in the brain that make people feel good. (*Dad speaking: The Lord's natural ways are sure the best ways. People*

in the world pump themselves full of all these pills and medications, when if they would just obey the Lord's health laws they'd be pretty much as fit as a fiddle. It's just what I've always preached: Eat right, sleep right, live right—and that includes getting some good, vigorous exercise—and love right, and you'll be doing fine. And of course, most of all love the Lord right, because He's the One Who will really pull you out of the blues. Keep your mind on the Lord and go for a positive, active work therapy, and you'll be on the road to victory in no time.)

Understanding and Coping with Midlife Changes

(FGA woman's personal prayer request:) Dear Love, the other day when asking You how I was doing, You gave some things about menopause and the effects it has on me. Would You mind going into further detail? I know many people have come to a crossroads in their life when they hit midlife. I've been going through different things, and I wonder if You could tell me more about it. Are my mood swings spiritual, or something to do with midlife?

(Jesus speaking:) More than anything, your mood swings and disposition difficulties are a midlife change and hormone adjustment. Some women have night sweats; some have very bad headaches; some gain a lot of weight; some have hot flashes; some get very introspective and feel sorry for themselves; others become very spaced out, forgetful and scatterbrained, or a combination of the above.

It just depends.—Each person is different and [menopause and midlife] affects each person differently. You aren't affected too much physically, but more in your disposition and personality. With some people you are even more happy, friendly, outgoing and close to than before, but others tend to rub you the wrong way more. It's as though everything is magnified.

This is only a temporary state and won't last forever, but on the other hand, it's not something that will be over in two weeks like a cold. You'll have to deal with it for a couple of years. I could take it away if I wanted to, and I have lessened it. Many times I don't spare My children from afflictions; they have them just like everybody else. However, because you are My children, the afflictions are much

less severe than they would be if you didn't know Me.—It's basically just a touch of affliction. And it's important that you're touched with affliction, so you can know what others go through and you can sympathize and pray and have a heart for others.

Even I wasn't spared from afflictions and heartbreak and suffering—for exactly that reason: so I could be touched with the feeling of your infirmities; so I could feel for you, know what you suffer, know exactly what you go through; so My heart would be broken for you and I would want to help you. If I hadn't gone through affliction and suffering, I wouldn't be able to understand or have the love and compassion, mercy, or pity that I have.

It's important for you to suffer some things so you'll be capable of feeling for others, and be more understanding, patient and compassionate. That's one reason I don't always heal My children—not

because they've done anything wrong, but to teach them compassion and pity. That's why I let you go through some mood swings and ups and downs in your disposition: It lets you experience what other women have experienced, and even some men [in their times of midlife crisis], so you'll be more understanding.

You can't have real mercy until you've felt what someone else has gone through. It's one of the best ways to overcome self-righteousness: Just experience for yourself what someone else has suffered, and then you'll be very understanding. But until you do, you'll most likely have a hardened attitude and be more judgmental and feel above others. I do this sometimes with shepherds, bringing them afflictions. Otherwise they would tend to be hard and self-righteous, and not as merciful and understanding as they should be toward those who suffer and who are weak, unless I bring weakness and suffering into their own lives to soften their hearts. And My children are all shepherds to someone.

It's like when you've heard of women who were struggling and having emotional ups and downs, and you've thought or you heard others say, "Man, they just need to ask for prayer and get the victory. They can get the victory if they really want

to; they just need to go on the attack." Now you're seeing it from the other side of the coin, and it's a little different than just pray and, *voilà*—the victory. Victories don't come on silver platters.

It is very important for you to be sympathetic and understanding and compassionate, and having mood swings and ups and downs in your disposition is a great way to teach you and keep your heart tender and broken for others. It's made you very desperate and helped you to seek Me daily, to fall on Me and rely on My mercy. It's helping you be a lot less self-righteous, because you're much more sympathetic to men and women who are going through midlife trials; and to be patient with them, sympathetic, and have a much more loving attitude towards them rather than condemning.

It's helping your heart to not become hardened but melted in sympathy, because you're experiencing a kind of helplessness. You're acting in a way you don't like and don't want to, yet you can't help it. You're feeling a bit hopeless, that no one likes you and like a despicable creep and outcast and a misfit. It causes you to be more understanding of others and more reliant on Me.—And this is growth.

It will last a couple of years and it's a new phase of lessons for you. Every stage in

life has its own set of lessons, and you're going through a whole new set as you enter your fifties. It will make you more well rounded, loving and compassionate. It is a big change for you; sometimes it seems like your whole world is being turned upside down.

You don't really need a change of place to experience great change, but these things can be even a greater change in your life, even more than moving or a change of ministries or mates or whatever, because it's emotional, it's new, something never experienced before, unsettling and all the rest. It causes you to be more desperate than you ever have been before, learning new lessons, a whole new experience. It can seem very daunting, but that's good.

Another thing that's happening with you is you're entering what you could call your second childhood—but it's more like your second teenhood, because of the hormone change in your body. You are experiencing again what you felt when you were 13 or 14, when you went through hormone changes then and had mood swings—sometimes up, sometimes down; sometimes happy, sometimes sad, and you were hard to figure out. That's really the most difficult stage for teens—and for the parents as well, because they often don't know how to

Midlife and Beyond

handle their kids when they go through that period.

Basically, the best way is for the parents to be understanding and show a lot of love, because it's a time when the kids are confused. They feel moody and messed up and dejected and worthless and very discouraged at times. But it's a phase, and it will pass with time. Love and understanding are major ingredients to help them through it, but being condemning and acting fed up and hard on them normally just makes matters worse, making them more emotional, and harder to cope with.

Sometimes they just need to cry, or say their piece, and they just have to ride it out for a year or two and then they'll pull out of it. But how others treat and react to them while they're going through it can sometimes either make or break them. I put everyone through a time of testing, and it's not always pleasant. It's not just a test for the person going through it, but also a test of love for those around them; how they treat and react to that person, if they reach out to them in love and help them through it, or if they are judging and harsh and handle them with a "get with it, or else" type of treatment.

Everybody has their times of testing, and that's why I have made you a Family—so when a person has their tests, the love of the rest can help pull

them through and give them the support and encouragement to make it. This is what makes you the Family of Love.

Though you can't completely escape the effects of menopause in your life, because I am letting it take its natural course in your case, there are things you can do to lessen the effects a little. I even use this as a teaching agent so you'll be more knowledgeable in this area. On the practical side, you need to be faithful to obey the basic health rules such as eat right, rest right and exercise right. Previously, you could skimp on this and cut corners, but as you get older you can't do that as much or you'll suffer the consequences right away. Stay away from processed foods and eat as naturally as possible. Stay away from canned foods, potato chips, other kinds of chips, processed meats such as sliced ham.—These have a lot of added chemicals, such as preservatives, coloring, etc. Eat a lot of fresh veggies and fruit, and soy milk.

Another thing is continuing to have your prayer vigil after lunch, a time of quiet and rest. Try to avoid pressure, rushing and cramming.—It can't always be avoided, but when possible, it's very important. Take your Word time faithfully.

Another thing that would help is to relax more. Take time to visit someone, talk

with others, watch something, or go out with somebody.

Relax and take time off here and there. This is new for you, but it's necessary to relax and soothe your spirit; it's almost like a medicine. Slow down a bit, like the diamonds of dust, and just float a little.

One thing that used to get crowded out a lot was your get-out, and you only managed about three get-outs a week. You can no longer slip on this. Get-out is a must if you're going to stay healthy and free of complications.—And not just an hour of rushed get-out, all the while thinking about all the work to be done when you get back. Enjoy your get-out! Give your mind and body a break so you can be refreshed; leave your work behind and don't take it with you in your mind.

Over the last year you've experienced pain in your leg at night that keeps you awake, robbing you of sleep. You've seen that when you have a good, vigorous hour of get-out, you don't have that problem so much. But if it doesn't work to have get-out, your leg becomes very painful—especially at night. This is part of the aging process, and you will need to get vigorous get-out for at least an hour—either jogging, or a sport, or dancing or something. A slow walk around the block won't do; you'll have to get your circulation going and blood pumping and muscles working to avoid this problem.

It's a must now for your health and happiness, your nerves, your disposition, and even your future service. If something comes up, you just need to say you have a get-out appointment and not skip getting daily exercise anymore.

This will not only help you physically, but your disposition as well, your outlook and cheerfulness and mood. Getting exercise and getting times away from your work will be a great mood elevator for you.

So don't be discouraged and condemned and feel like giving up. I will help you and this phase will pass. Many people go through this—even David went through it. But I will help you make the grade and overcome, just as I've helped you many other times, just like I helped you through your teen years and adjustment.

Look at it as a time of learning and growth, where you will learn to be more desperate, trust Me more,

and understand others more. You'll be more humble, have more compassion, and it will give you a broken heart for those around you. It's almost like starting life all over again—like when you were a teen and entered a new phase of life, like when you got saved and put all that rebelliousness and stubbornness and youthful fire and idealism to work for Me and channeled it into the Revolution. (*End of message.*)

Feedback

I think the article in *Eve* #12, "The Father's Role," is very needed and eye opening. I recently spent a month with my son, his wife and their three kids, and I saw at times that she expected him to react and do things when the kids were sick or fussy, and he didn't know how to handle the situation. I felt that even my husband (a father of five) would not have known how to handle such situations.

Out of frustration then, my daughter-in-law usually ended up taking over for her husband, and she did just fine. He is normally very helpful and a good daddy, and I was not sure how to explain to her that I have had the same experience with my husband and that maybe she should not expect so much of her

husband in that area. As moms we just have different gifts than the dads, and the prophecy in *Eve* explained it all so clearly.

FGA woman in Eastern Europe

Thank you for the article on papayas (*Eve* #19)! The fruit tastes a lot better already, ha! I would have eaten a lot more of it before, had I known more about its benefits. There are a lot of fruits to choose from here in India, and papaya is one of the cheaper fruits. Before it usually wasn't my first choice, but now I have my eye on it!

Aaron Quixote, India

Many of *Eve's* health tips have been a big help to me. I am now using tea tree oil for my ringworm of the toenail,

which is helping it to heal. Cayenne pepper has also helped with my digestion and dry skin. TYL!

Isaiah Knight, Canada

As we are soon to travel by plane, I photocopied "The Workout that Travels with You" (*Eve* #21), and put it in my purse to try out. Thank you! Also, the "Midlife" section is always a boost to me! It was encouraging to read "Matching Your Training to Your Age" (*Eve* #21). It's a goal to pray about and shoot for.

Harvest Fisher, Slovakia

Eve always has timely hints and news; I download and print some of the health and beauty hints for our Active members. It is truly a blessing to us!

Shemiah, USA

Caring for Your Garden



By Jesus

Your body can be like your garden—well or poorly cared for. You can prune it and lavish loving care on it. If you were just to let it grow as wild and free from birth, you'd look pretty wild and wooly for this day and age. You have to change with the times.

Some people get so into their garden, however, that they forget to take care of their house, and to keep house and be a good watcher over their inward man.

Do not criticize people for doing a little of this or that to make their garden better or what they like. But if they get so into it, forgetting about the Creator, not counseling with the Gardener, they may end up using some pesticide that's harmful to the earth or flowers, or trimming things a bit too much and not making it look like a garden of love. So they need to care for it, but in love and wisdom, and counseling with the Gardener Who knows what is best for their particular dirt and climate, and what plants grow there.

Most care for their "body garden" in some way and this is good, for I want them to. Just don't forget Me in the picture and only do the cosmetic designing, for if I wanted you to have a tree here or there, I would have planted that. So be thankful for what you've got, and the natural is the best.

Don't forget to water lots with smiles and the joy of the Lord—and I will bless you and make your face to shine, and your garden to be a blessing and joy to others. Don't overload it and don't overdo. For I want to see you and not just all the many flowers covering the land and the exotic fruit trees—the greenery of your spirit, the sunlight of your smile and your fresh inspiration.

Be wise. Hide not the light of the Lord in the abundance of beautifying, but take care, and I will bless your efforts if you seek to please Me in this area. Love Me like never before, and so shall the light of God shine on and in and through your face, as you light up those around you with My joy. Cherish Me in the secret places of your heart and life, and so shall I cause you to bloom and blossom in abundance. Your body shall be an urn pouring forth the life-giving waters to another, as I pour into you.

Cover photo: Mary (of Stephen), Tanzania.

Suggested reading for ages 16 and up. July magazine.

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