



EVA

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GRIP

on My Weight

Getting a

By a 20-something-year-old, Asia

Over my teen years, my weight fluctuated, but I never had to worry about dieting or keeping it in check. I was generally considered slender or, at my high points, normal. However, since leaving my teen years behind, and inching ever closer to the big 30, I've noticed significant changes in my metabolism. Weight stays more than it leaves. I've found myself concerned and thinking about my diet, and wondering if my weight needed to come down a few notches.

Over the past few years my personal life has been exceptionally turbulent, and while the Lord has kept me through it and taught me wonderful things, I noticed a subtle link between my personal life, my weight, and my happiness.

On the weight side, I realized recently that I needed to come to grips with my weight. I have a 10-pound (4.5 kg) weight range that I go back and forth between every few months, and

consequently have what I call my "small" clothes and my "bigger" clothes. Depending on what end of the scale I'm at, I bounce between wardrobes. Before, I'd just ride the weight roller coaster, never doubting that it would go down just as surely as it went up. But recently, well, the down part quit working as well.

I found myself sitting at the high end of my weight range, and even inching above it a touch, and asking myself: "Am I going to be happy *staying* at this weight?" For some of us women, our weight and how happy we are with our weight has some bearing on our emotional life and happiness. What a revelation, ha!

In my case, I realized that my weight, or more precisely, lack of sufficient weight, was affecting my emotional stability. I had been quite thin a number of times over the past few years, and since I'd started to settle at a more balanced, less-thin weight, I realized, *Hey, I've been*

much happier! It's true. My emotional life has been more stable and I've felt more at peace. I give credit to the Lord, of course, but in thinking and praying about it, I realized that for me personally, I am happier and more balanced in life when I'm not "skinny."

So after giving it considerable thought, I've made the choice to remain a little heavier than what I considered "perfect" in the past. I've chosen to enjoy life more. I've ditched my "small line" of clothes that I kept hanging onto, thinking, "I'll lose a bit of weight sometime." I've determined to be happy as I am.

I've found that the guys love me just the same, think I'm sexy, and that in reality there is no difference. It was all in my mind, and—well ... in a few pieces of clothing. But I'm happier and feel more stable emotionally. And since this discovery, I've read that a woman's weight can affect her happiness and mental/emotional health, and

I've experienced it. It seems to especially hold true if a woman is at all underweight, as then your body can be lacking some of the nutrition and health needed to keep you balanced in all other areas

of our complex nature, ha.

It was a tough choice to make, but the results have been well worth it! If you're in a similar boat, I highly recommend coming to grips with the fact that you may be better off

emotionally and overall a few pounds (or more) over what you consider your ideal weight. After all, life isn't about weight: It's about enjoying what the Lord has given us! And it's a *great* life!

FIXES

for the Heavy Handed

Four Makeup

InStyle Magazine

Problem 1: Caked-on concealer

Too much concealer only draws more attention to a flaw. Instead, dot an extra coat of foundation on the trouble spots, especially under-eye circles. If that's not enough, dip a clean lip brush into concealer and dab under the eyes or on imperfections. Pat with your ring finger until blended.

Problem 2: Too much eye makeup

Never try to resculpt your eye shape. Heavy pencil shrinks eyes, and creating a crease with shadow is nearly impossible. Only use pencil on upper lids; for lower lids, use a small brush and shadow. For depth, apply shadow to the V at the

eye's outer corner (from the center of the upper lash line to the corner, and from the corner up to the center of the crease).

Problem 3: Heavy lip liner

Use liner to give a lasting boost to lipstick—not to re-create your mouth. Fill in your lips with liner, then apply lipstick or gloss. A dot of shimmer in the center of the bottom lip will create a fuller look.

Problem 4: Clown blush

There's a reason it's called blush; to give you the soft look of a flushed face. Forget about trying to create the illusion of cheekbones through streaks of dark contour and color. Simply apply a cream blush on the apple of your cheek and blend well to give skin a dewy, natural-looking radiance.

Dad speaking:

My mother was a real proponent of looking nice. She took the time to put on a little makeup because she considered it a part of her witness. She didn't slather on the eyeliner or have raccoon eyes or big bright cheeks, but she was quite an artist! She'd add a touch of color here and a little dab there, and she was a beautiful woman. For her, it was a witness to look lovely, to look healthy for Jesus.

There was one girl who visited my Home once who was so pale and so "revolutionary" that she looked downright sick! So I asked one of our girls to give her a few tips on adding a little touch of blush on her cheeks and some lip gloss, and boy, the difference was like night and day! She got so many

compliments after that, she never stopped wearing the stuff, and she always looked so nice. She looked healthy.

Then there was another girl in my Home who wore a lot of eye shadow, so much so that the first thing you saw when you looked at

her was her raccoon eyes, and it just wasn't attractive. I just didn't like it, and I asked one of the girls to sweetly mention it to her. As soon as she stopped wearing so much, everyone began to compliment her, so it shows that I wasn't the

only one who felt that way, because then you could see her beautiful eyes so much better. She still wore a little touch because she needed it, because of the color of her complexion, but she looked so much better! (*ML #3125 6,8–9*)

S SHORTS

Honey

By Yvette Eastman, Touchpoint Institute of Reflexology and Kinesthetics

* Honey and sugar both work on bedsores (skin ulcers caused by prolonged pressure on it, as in bedridden patients) and are actually used in many hospitals.

* Use unpasteurized honey on burns; it takes out the heat, the pain, eliminates infection, heals the burn swiftly and safely, and removes or reduces scarring, depending on the type of burn.

* Use honey as "chapstick"—put it on at night and you'll have soft kissable lips in the morning, or dab it on during wintry days.

* Put honey (the unpasteurized kind will be needed for medicinal benefits) on pimples, canker sores, blisters, etc. Magic.

* You can also use it as a cream on athlete's foot—it will clear up in

about three days.

* *Addition by an SGA:* I knew a mom with a number of little boys who always kept honey in her room, and put it on bruises and head bumps as soon as they got them. She said

it helped the bump not to swell or turn colors, and to heal faster. It's sticky and messy, but it worked for her.—And the boys got to lick the spoon she used to get the honey out, so that cheered them up too!

B BED

Wearing Socks to

The Bottom Line

Wearing socks to bed helps people fall asleep more quickly. A study of factors that affect the time to fall asleep found that warm feet and hands were more effective than melatonin levels, light levels, temperature or diet in speeding the onset of slumber.

Formula for falling asleep more quickly: Keep the room cool and your feet warm, but not too warm. (You can always kick off your socks halfway through the night, as you warm up.—It's the going-to-sleep portion that reaps the biggest benefit from the added warmth.)

the treasures of affliction

• from joanne w. (of richard), holland •

I felt like crying while I read Sara's childbirth testimony in *Eve 17*, "My Delivery Through Affliction." Thanks for writing it, girl; it might not seem like a great miracle-reporting to you, but to me it was like fresh, cool waters on a hot day!

Ever since I joined the Family I've read those "I felt a few minor contractions, pushed once and there was the head" testimonies. My mother-in-law had 12 kids and also has these ultra-short (compared to mine at least) labors of four to six hours, and no stitches. One of my friends who is small-built managed to push out a ten-pound baby after six hours of contractions, and also come out with not as much as a stretch mark or a single stitch.

Needless to say, surrounded by all these amazing accounts, I felt disappointed, ashamed, and condemned when I started having my own babies and things turned out very differently!

My first delivery lasted about 20 hours, and although the Lord gave me grace to handle it well and it was a natural home delivery, after seven days in an IC unit, our baby boy, Kenny, went to be with the Lord.

Trying to get over the shock and start all over, my husband and I prayed to have another baby as soon as we could. Two months later I got PG again—only to have a miscarriage two and a half months later.

We refused to give up. So the Lord gave me another chance the month after my miscarriage. We prayed and waited till the day we would finally have our own little treasure in our hands, hoping for a healthy, happy baby this time around.

During the seventh month of my pregnancy, it was discovered that our unborn baby had a large cyst in his brain. Since that was a very rare condition and affected people differently, the doctors could not tell us anything for certain about

it. However, they did make it clear that "This kid won't be normal, and might have severe handicaps for the rest of his life ... if he *is* born." With the last sentence they suggested I could opt for abortion.

I was disgusted that they would consider me killing my own child, even though he might not be "normal." At the same time I had to fight hard not to get bitter with the Lord. "Why, Jesus?" I pleaded. "You promised us a healthy boy. You said things would be okay. I do accept this baby even if he is born handicapped, but didn't You say he would be healthy?"

My baby was born by C-section after another 20-hour labor, which this time was induced.

To my enormous encouragement and joy, the Lord *did* keep His promise: Alvin was born with that cyst, but after about 100 tests it turned out that aside from extra pressure in his brain, there was absolutely nothing wrong with him!

The hardest thing during and after my two deliveries was fighting off the condemnation. I was hit with, “If other women have such short deliveries and healthy kids, why not me? Where did I go wrong, Lord?” I felt there must be something spiritually wrong with me.

It took a huge amount of prayer, reading, and prophecies to get myself out of that pit. Being surrounded by women who, as the Hebrew women in the Bible, were “delivered before the midwives came,” I felt like the odd one out. Although I did my best to pray daily for my babies and deliveries, ate the best I could, and exercised enough, I felt there was something about being a mother that I missed, that I just could not attain to.

I am not one to rejoice in another’s afflictions, but it was good to read Sara’s testimony, and to hear again that I am not the only one who has a hard time with births. Sometimes mothers who have easy deliveries have a hard time understanding cases like mine; they try to suggest that it’s the diet, exercise or some other thing that we’ve

done wrong ... when in reality women’s bodies are different, and some of us are just stuck with those 20- to 30-hour labors no matter what we do or don’t do.

Of course, each case is different, and the Lord might do a miracle and let someone deliver her baby in three hours after having her first baby by C-section. But if or when that miracle does not happen, it helps if people around do not judge the woman harshly. Some of us have to go to a hospital if we want to live through our deliveries. Some of us have to have C-sections in order for the little ones to live.

I admire mothers who have many children, and if I could, I would have many as well. I would

love to have more healthy children, but the Lord saw fit to make my life different.

Looking back, I can honestly say that my kiddies are worth it all—all those fierce battles we fought to get them as well as to keep them, all the attacks of the Enemy we had to overcome to keep afloat when our faith was tested, all the confusion and discouragement we had to endure when it looked like our prayers were not answered. Well, they were—in a way we didn’t expect. While we didn’t get to keep every baby the Lord initially gave us, the ones we have are precious to us, and the fact that they were “hard to get” only makes us treasure them more.

• eve • eve • eve • eve • eve • eve •

Here is a little word of encouragement from the Lord for you—and for all of you wonderful mothers of His Endtime children!

• jesus • jesus • jesus • jesus •

My mothers, you are My queens, My heroes, My champions! Even when you feel others may not understand you and

what you’ve been through, know that I do. I see all. I feel all. I know all. Nothing you experience escapes My eye; every bit

of pain and hurt touches
My heart, too, and I
understand.

**"I never haphazardly
allow afflictions or
pain or suffering,
but it is all toward
a greater end, a
more beautiful plan
than you might ever
imagine."**

Who can know My ways? Who can judge My ways? It is foolishness for a mortal man to try to understand My mind and the way I choose to work, for things aren't always as they seem in the natural. I use different things in each person's life to make and mold and bless them. The way I choose to work in each person's life is My decision—but everything I do, I do in love.

Is a woman who has easy births more loved by Me than a woman who has longer or more difficult or complicated labors? No, for My love is not judged by circumstances. My love is always strong for you, My mother brides, no matter what difficulties you may be faced with, no matter what I choose to allow to be brought into your lives. My love is not measured by the yardstick of man, or whether it seems you walk an easy road or a more troublesome one.

My love is a spiritual substance that knows no bounds or limitations.

In this life you may never understand fully the way I have chosen to work in your life or why I have allowed pain or suffering. But for now you must simply

believe that I love you and I care for you. I never haphazardly allow afflictions or pain or suffering, but it is all toward a greater end, a more beautiful plan than you might ever imagine.

Easy or difficult labors are no measure of My love. Healthy or afflicted children are not proof of My approval or disapproval. But know that all that I do, I do in love. All that I allow, I always have a very good reason for—some reasons I will show you clearly, others you will have to trust Me on for now.

Remember that I love you and I will help you through anything, even unexpected difficulties, and bring you through in the end stronger or blessed in some special way. (*End of message from Jesus.*)

the garden of affliction

I love each and every one of My children, and I wish to draw them all close to Me. I have a plan for each of them, and I wish to mold them into the

vessels of My choice. But in order to mold them into such vessels, I must allow different things to happen in their lives to cause them to be humble and broken;

to be weak in themselves so that they're dependent on Me and My strength, My grace, and My mercy.

I allow some to have physical afflictions,

• **jesus speaking, from ml #3247:6–15 •**

which are like thorns in their flesh, and these things keep them humble, broken, and desperate. To others I give good health, but I work in their lives in different ways. I may ask them to give up loved ones, to forsake even children, wives or husbands, so they may learn to put Me first in their lives. This again causes a breaking, a humbling. It causes them to be weak in themselves so they are dependent upon My strength to pull them through.

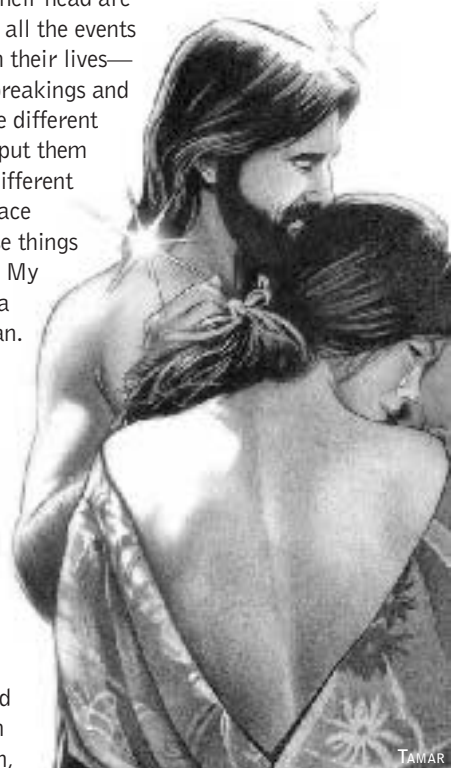
“I love you, My children, and I know what’s best for each of you. So allow Me to work in your lives, to humble you and break you and draw you closer to Me.”

To others I give a job or a ministry which is not easy for them. They may prefer to go someplace else, to have a more exciting job or a different ministry, but that’s not My highest will for them. To others I give a calling or ministry that carries a great weight or responsibility, a job that they know they’re not capable of doing on their own. They realize that they

don’t have the strength or power in themselves to do such an important task or mission, that it’s beyond their own limited capabilities, so it causes them to cry out and be desperate for My strength. So you see, there are many ways that I work in My children’s lives to help them to become weak and dependent on Me. But what I want My children to understand is that I allow these things to happen because I love them. I love each and every one, individually. Even the very hairs of their head are numbered. So all the events that happen in their lives—the different breakings and humblings, the different experiences I put them through, the different situations I place them in—these things all come from My hand and are a part of My plan. I allow them to happen because I love them and I wish to draw them close to Me.

If My children are proud and strong in themselves and feel capable in their own flesh,

then they are distant from Me, and I must allow difficulties to happen to help get rid of pride, to help them see and understand that they can’t do it in the arm of the flesh, and to help them to truly become weak in themselves. I love you, My children, and I know what’s best for each of you. So allow Me to work in your lives, to humble you and break you and draw you closer to Me. Be thankful that I make you weak in yourselves, for by so doing, you become strong in Me.



Healing Foods for Optimum Nutrition—Part 2

Excerpts from the book by nutritional therapist Denise Mortimore

Health Benefits of Cereal Grains

- Treatment and prevention of constipation.
- Energy boosting.
- Reproductive and hormonal health.
- Healthy blood.
- Reduction of high cholesterol levels and high blood pressure.
- Immune boosting.
- Stabilization of blood sugar levels.
- Cancer prevention.
- Keeping the urinary tract healthy.
- Helping digestive problems.
- Toxin elimination.
- Prevention and treatment of osteoporosis.

Grains are the edible seeds of grasses—wheat, rye, oats, barley, rice, millet, and maize. They are high in fiber, complex carbohydrates, polyunsaturated fatty acids, vitamins B and E, and many minerals

(including calcium, iron, and magnesium). Most have high protein levels and many contain antioxidants.

WHEAT is a nutritious grain especially when used as a whole grain, bulgar, and couscous.

RYE is very filling and is better tolerated than wheat. It has more fiber and less gluten; consequently rye bread is heavy and rises only slightly.

OATS are high in protein and have a soluble fiber—good for lowering cholesterol. Nutrients in oats stabilize blood-sugar levels, combat inflammation, and may prevent cancer. The polyunsaturated fatty acids in oatmeal help to ease inflammation and boost cardiovascular, hormonal, and immune health.

BARLEY is rich in minerals and good for urinary infections,

constipation, high cholesterol, cancer prevention and also inflammation of the throat, esophagus, and digestive tract.

RICE is high in protein and very nutritious. Wholegrain (brown) rice is the healthiest, and is useful, particularly the short-grain variety, for bowel detoxification. Wild rice contains more protein than oats or brown rice.

MILLET is higher in protein than wheat or rice. It is easily digested and rich in nutrients (especially silicon, which promotes healthy hair and skin). It also contains betacarotene.

When **POPPING CORN AND GROUND MAIZE** (used to make polenta and tortillas) are eaten, they provide the nutrients from the whole grain and are a particularly good source of zinc, essential fatty acids, and antioxidants.

TAPIOCA, ARROW-ROOT, SAGO, AND AMARANTH are not true grains, but are easily digested food ideal for convalescents.

QUINOA is a perfect high-fiber, non-allergenic food. It contains twice the amount of protein found in rice, and is rich in calcium, B vitamins, polyunsaturated oils, and many other useful nutrients.

BUCKWHEAT (KASHA) is high in protein, essential fatty acids, minerals, and vitamins. It contains rutin, a bioflavonoid which can strengthen the walls of the capillaries and is used to treat chilblains (inflammation of the hands and feet caused by exposure to cold and moisture) and varicose veins. Antioxidants in buckwheat help reduce

high blood pressure and atherosclerosis. The lysine makes buckwheat complementary to other grains in providing high-quality protein.

Health Benefits of Soy and Other Pulses

- Lowers cholesterol levels and blood pressure.
- Improves heart and circulatory disorders.
- Cancer protection.
- Blood-sugar balance.
- Elimination of excess fluid.
- Prevention of gallstones.
- Helping symptoms of post-menstrual stress and the menopause.
- Prevention and treatment of osteoporosis.
- Blood building and prevention of anemia.
- Immune boosting.
- Pregnancy and healthy reproductive organs.
- Prevents constipation.
- Relieves stress and tension.

PEAS, BEANS, AND LENTILS are all high in carbohydrates and protein. The quality of protein in soy is equal to, and sometimes better than, animal proteins. Soya and tofu are both excellent sources of phytoestrogens known to reduce the risk of hormone-related cancers, such as breast, ovarian, cervical, and prostate cancer.

Use **SOY MILK** as a low-fat alternative to cow's milk.

TOFU is particularly rich in calcium, selenium, magnesium, and boron.

Traditionally, Japanese women use soy to strengthen their bones.

PULSES include a wide range of beans, split peas, lentils, chickpeas, and peanuts. They are used in soups, stews, burgers, "meat" balls, salads, for sprouting, or as vegetables.

BEANS eaten in their pod and raw are high in fiber and carbohydrates. Beans, in particular, are rich in potassium and very low in sodium, with a mild dietetic effect. Their high levels of iron, chromium, molybdenum and zinc are good for anemia and boosting the immune system. Beans and lentils are rich in folic acid—good for women planning pregnancy. Calcium, phosphorous, magnesium, zinc, copper, betacarotene, and vitamin C are also found in many pulses.

UNCOOKED SPROUTED BEANS contain chlorophyll and carotenes, as well as many natural enzymes, to help digestion.

CAUTION: Soybeans can be allergenic in some people and many cause indigestion or headaches.

"Some people who are sensitive to low thyroid might do better staying away from soy protein because it does have a thyroid-inhibiting effect, which could result in a lack of energy, weight gain and things of that sort," says Jack Challem, founder/writer of the *Nutrition Reporter* newsletter, and co-author of *The Health Benefits of Soy* (Keats, 1996).

Flatulence may occur when large amounts of beans are eaten. Cook or use beans and peas with some summer savory (a Mediterranean mint), fennel, or caraway seeds to prevent this.

Health Benefits of Seeds and Nuts

- Lowering high cholesterol.
- Helping prevent heart disease and signs of aging.
- Preventing constipation.
- Helping with hormonal, nervous, and immune functions.
- Healthy circulation.
- Improving bone health.
- Helping with thyroid activity.
- Maintaining electrolyte levels.
- Healthy skin and hair.
- Relief from symptoms of post-menstrual stress and menopause.
- Cancer protection.
- Prostate problems.
- Anti-inflammatory.
- Preventing kidney stones.
- Blood building and prevention of anemia.
- Healthy muscle and nerve function.

Nuts and seeds are high in protein, carbohydrate, fiber, and polyunsaturated fats, with a whole range of minerals and vitamins. They are very rich sources

of essential fatty acids and vitamin E.

NUTS AND SEED OILS are often used for salad dressings. The most stable cooking oil is olive oil; which contains monounsaturates, and vitamin E, vital for cholesterol balance and cardiovascular health.

SUNFLOWER, SESAME, PUMPKIN AND FLAX (EDIBLE LINDSEED) are the most nutritionally complete seeds. (Whole flax seeds swallowed with water are a remedy for constipation.) The first two are high in the omega 6 series of essential fatty acids; the latter two in the omega 3 series (found otherwise in oily fish).

LINSEED OIL has the best balance of essential fatty acids and is an excellent source of phytoestrogens. The micronutrients in linseeds and other seeds include calcium, phosphorus, iron, copper, magnesium, potassium, zinc, and betacarotene; all contain some of the B vitamins.

Seeds are best eaten complete in salads and cooked vegetable dishes, lightly toasted, or sprouted. Fenugreek seeds have an insulin-like effect and have been used to treat nature-onset diabetes.

Crushed seeds make good "seed cheeses"

(mixed with garlic and herbs) and "butters" (tahini, or sesame paste).

THE COCONUT, actually a fruit, contains fat in a form instantly burned rather than stored. It has many nutrients, and exceptionally high levels of folic acid. The oil is high in vitamin E and phytoestrogens.

NUTS are best eaten freshly shelled, lightly roasted, or as "creams," "nut butters," or dips. Walnuts have good amounts of essential fatty acids; others, such as Brazil nuts, are rich in selenium. Cashews are rich in copper. Almonds and hazelnuts contain calcium, magnesium, potassium, iron, zinc, copper, boron, E and B vitamins. Hazelnuts, cashews, and chestnuts contain betacarotene; Brazils, chestnuts, fresh coconut and hazelnuts contain vitamin C.

Health Benefits of Eggs

Eggs are a first-class protein. Though high in cholesterol, the yolk also contains lecithin which helps to metabolize cholesterol. In addition, eggs provide vitamins B, D, and E, some zinc and reasonable amounts of selenium, iodine, and iron.

Little iron is absorbed unless vitamin C foods or

drinks are taken at the same meal.

Health Benefits of Live Yogurt

- Protecting against harmful bacteria and their toxins.
- Reducing levels of yeasts, especially candida.
- Reducing vulnerability to gastroenteritis.
- Speeding up recovery from diarrhea.
- Helping prevent urinary tract infections.
- Helping prevent osteoporosis.
- Restoring healthy gut flora after antibiotics.
- Stimulation of immune function.
- Helping to heal peptic ulcers.
- Improving the levels of B vitamins, especially B12.

Live yogurt is a high-protein food. Even those who are intolerant to cow's milk may find that they can eat cow's yogurt because the lactose (milk sugar) has been converted to lactic acid and the milk proteins made more digestible by the bacterial activity.

Live yogurt contains calcium, iodine, and a variety of health-giving bacteria, which improve the absorption of many minerals, help to maintain bowel health, and reduce the absorption of microbial toxins and excess cholesterol.

Research has indicated that healthy intestinal bacteria can produce enzymes which are absorbed directly through the gut wall, and work to enhance the body's immune activities.

Health Benefits of Oily Fish

- Lowering the risk of heart disease
- Reducing the risk of stroke.
- Reducing high blood pressure and high cholesterol levels.
- Reducing tendency to form blood clots.
- Helping remove the pain and stiffness of arthritis.
- Helping ulcerative colitis.
- Relieving inflammatory skin conditions.
- Reducing breast pain.
- Prevention of some post-menstrual stress and menopausal symptoms.
- Reducing risk of cancer.
- Helping improve brain and memory functions.

Oily fish are a good source of protein. Mackerel, salmon, sardines, pilchards, kippers, fresh tuna, and herrings are high in omega 3 oils, which improve brain functions. They contain much iodine, selenium, zinc, and vitamins D and E.

For added calcium, consume the soft bones of canned fish. Canned or

packet peppered fish have many of these oils.

Health Benefits of Berries, Grapes and Cherries

- Cancer prevention.
- Helping urinary tract infections, prostate and kidney problems.
- Helping cardiovascular problems.
- Good for connective tissue and bone health.
- Eye health.
- Immune boosting.
- Reducing free radical damage in arteries, capillaries, and joints.
- Healing muscle damage.
- Helping psoriasis, arthritis, and other degenerative diseases.
- Treatment of painful periods.
- Soothing the digestive tract.
- Inhibiting food-poisoning bacteria.
- Treatment of varicose veins and hemorrhoids.

Berries and other fruit with a blue or red color are rich in vitamin C and phytochemicals, particularly the skins. They appear to inhibit the body's production of inflammatory metabolites—rather like aspirin, but without the gastrointestinal side effects.

STRAWBERRIES AND RASPBERRIES contain some effective phytonutrients, although

strawberries have much more vitamin C, and provide coumarins and chlorogenic acids, which eliminate cancer-causing substances. Eating strawberries helps to cleanse the digestive system and also appears to help whiten teeth. In addition, their boron content is important for hormonal and bone health.

BLUEBERRIES are good for the pancreas.

BLACKBERRIES are a good source of iron and fiber, and contain some folic acid and vitamin E.

CHERRIES are excellent at stabilizing blood-sugar levels, and are high in minerals copper and potassium. They are effective against gout and are believed to help maintain skeletal tissues and skin to prevent premature aging.

STRAWBERRIES, GRAPES, RASPBERRIES, AND CHERRIES contain ellagic acid, which appears to block enzyme activity involved in cancer formation. Some American studies put strawberries at the top of the list of foods most closely linked to lower rates of cancer death among large groups of elderly people.

CRANBERRY JUICE contains hippuric acid, which aids recovery from urinary tract infections, prevents kidney stones, and

can help prostate problems. Blueberries, too, seem to have this effect. Substances in blueberries can prevent painful periods, and protect the retina of the eye and the arteries against free radical damage.

PLUMS are a good source of carotenes, flavonoids, potassium, and iron. Plums and prunes are often eaten for their laxative effects.

BLACK CURRANTS are rich in carotenes, fiber, iron, vitamin C, and potassium. They are excellent for helping to treat food poisoning and urinary tract infections, as well as being a traditional diuretic.

RED WINE AND RED GRAPE JUICE are especially rich in anthocyanidins and polyphenols, which reduce lipid oxidation in the blood and may offer protection against heart attacks.

Health Benefits of Tropical Fruits

The yellow pigment occurring in many of these fruits relates to the carotene content; the darker the color, the more betacarotene present. Tropical fruits are rich in vitamin C, and many contain effective protein-digesting enzymes. Many also have antibiotic and anti-inflammatory properties.

Pineapples contain several compounds with marked antibiotic and anti-inflammatory effects. Consequently, they are good for sore throats, fevers, and digestive problems. Pineapples also contain the protein-digesting enzyme bromelain, which is similar in action to papain in papayas.

These fruits are good for general soft tissue injuries, prevention of angina and high cholesterol, arthritis, indigestion, upper respiratory tract infections and also trauma.

Substances in pineapple discourage the formation of dangerous blood clots, are anti-inflammatory, and may remove plaque from artery walls.

BANANAS are full of nutrients, especially carbohydrate, potassium, vitamin B6, and folic acid. They are good for treating diarrhea, stomach ulcers, exhaustion and glandular fever, raised cholesterol, and prolonging energy for sports people. Bananas contain the amino acid tryptophan, which encourages restful sleep by boosting serotonin production in the brain.

GUAVAS are extremely rich in vitamin C, also B3 (nicotinic acid), phosphorous, calcium, and contain plenty of soluble

fiber. Some of their uses include treatment for constipation, boosting immunity, heart and cancer protection, and reducing high cholesterol levels.

MANGOES are rich in vitamin C, betacarotene, vitamin E, fiber, potassium, iron, and B3 (nicotinic acid). They are excellent for maintaining healthy skin, strengthening the immune system, and cancer prevention.

KIWIS have twice as much vitamin C as oranges, and more fiber than apples. They are rich in potassium and folic acid, and contain many natural enzymes. Kiwis are useful to treat constipation, high blood pressure, depression, fatigue, poor digestion, and immune deficiency.

FIGS are rich in iron, calcium, potassium, copper, magnesium, manganese, betacarotene, and fiber, and are effective against anemia, constipation, digestive problems, and cancer.

PEACHES AND NECTARINES have high levels of vitamin C, potassium, carotenes, and flavonoids. They are easy to digest, and can be used as a gentle laxative. The mineral boron is found in these fruits, which makes them helpful for hormonal and bone health.

APRICOTS are rich in iron, potassium, and magnesium.

Food for Common Ailments

The symptoms of many common ailments can be greatly relieved by including certain foods in the diet.

Bad breath: Parsley, dill, caraway seeds, aniseed

Colds and flu: Dark green and carotene vegetables, shiitake mushrooms*, fennel, celery, garlic, seaweed, oats, popcorn, beans, Brazil nuts, linseeds, pumpkin seeds, almonds, yogurt, strawberries, guavas, pineapples, mangoes, kiwi fruit. (*An Asian mushroom having an aromatic, fleshy, golden or dark brown to blackish cap and an inedible tough stipe. Also called Chinese black mushroom, golden oak mushroom, Oriental black mushroom.)

Constipation: Carrots, green beans, beetroot, potatoes with skins, seaweed, barley, whole grains, soya pulses, whole linseeds, prunes, guavas, figs, kiwi fruit, peaches, nectarines, apricots, live yogurt

Coughs: Fennel, garlic, onions, leeks, shiitake mushrooms, brassicas, pumpkin seeds, manuka honey*, pineapples, mangoes, kiwi fruit (*A

cold-pressed honey with many healing and antibiotic properties. Originating in New Zealand, manuka honey can remove some bacteria, including the one thought to cause peptic and duodenal ulcers and, possibly, prevent stomach cancer.)

Cystitis: Parsley, fennel, celery, barley, green beans, nuts, seeds, yogurt, cranberries, black currants

Fatigue: Green and orange vegetables, potatoes, whole grains, linseeds, bananas, kiwi fruit

Indigestion: Asparagus, manuka honey, live yogurt, papaya

Insomnia: Ripe bananas

Migraine: Fennel, celery, garlic, berries

Skin problems: Cucumber, turmeric, oily fish, sweet corn, potatoes, sweet potatoes, millet, popcorn, soya, green beans, nuts, seeds, seaweed, bananas, guavas, pineapple, mango, cherries

Stress: Asparagus, celery seeds, garlic, potatoes, oats, peas, nuts, seeds, berries, kiwi fruit

Upset stomach: Brassicas, manuka honey, raw carrots, garlic, papayas, arrowroot, berries, pineapple, black currants

Water retention: Asparagus, parsley, fennel, celery, potatoes, avocado, bananas, seaweed, pulses, black currants

Belly Dancing for Fitness

From MSN Web site

Belly dancing is one of the oldest forms of dance in the world, originally a ritual to celebrate fertility and the female form. It is also a total body workout, which uses around 600 muscles.

Belly dancing is a great exercise for people wanting to keep fit and de-stress. Anyone can belly

dance—any size, age, skill level.

Juliet took up belly dancing to help strengthen her weak back from years of sitting in an office. After nine years of belly dancing she hasn't seen the chiropractor for at least five.

The key to belly dancing is the rhythmical

tightening of the abdominal and pelvic muscles, which in turn strengthen the back and thighs. Not surprisingly, some women find the gentle rotating and rocking movements help tone the body during pregnancy. Belly dancing is also a healthy alternative for losing weight.

Belly Dancing: The Basics and Beyond

By Shira, Web reprint

Please note that the following article is more directed to those who already have a foundation in basic belly dancing skills. For those interested in a class to begin from, please see *Activity Book III*, pgs.L63–L75. WLY!



How to Structure a Belly Dance

Whether you're practicing in between your regular classes, or whether you're learning belly dance from videos and books, here are some

tips on how to structure your home practice to get the most value out of the time you spend.

Allow enough time:

If possible, set aside one hour for your practice session. If you take the time to warm up, review what you learned in the past, and drill yourself on new moves, you can easily fill an hour. Admittedly, not everybody has a full hour available, so if you must do less, do what you can.

Remember, most belly dance classes set

aside a full hour for the class. If you're learning or reviewing at home, why not give yourself the same benefits of focused attention?

Do it regularly:

Try to work on your studies at least one day per week. If you have time to do it more often, you'll learn even faster! The more time that goes by between study sessions, the more you'll forget in between.

Set realistic goals:

If you're not sure of what you're going to try

to accomplish during your practice session, you probably won't accomplish much. First decide whether your goal is fitness, adding new steps and combinations to your movement vocabulary, polishing technique on moves you already know, or learning a specific piece of choreography for an upcoming performance.

Any of these can be legitimate goals, but each may steer you to a slightly different practice technique. For example, if you just want to learn how to dance, then you might set a goal of mastering four new moves and reviewing all the moves you know so far in a one-hour practice session. But if you want to use belly dancing as part of your fitness program, then you'll want to structure your study time with continuous aerobic movement.

Plan how to use the time:

Decide how much time you'll allow for each section of your practice time—warm-up, review, study of new material, and cool-down. Assemble any written notes, videos, hip scarves, props, or other resources needed for your

work in a single place so that when your practice time comes along you have everything you need close at hand. You'll want to spend your time dancing, not hunting for something you need!

Wear something appropriate for active exercise:

Instead of trying to dance in blue jeans and an old T-shirt, try to put on something that separates you from your normal daily routine. For example, tuck your T-shirt up under your bra so that it bares the midriff, or put on a sports bra. Instead of blue jeans or other normal daytime garb, put on either a practice dance outfit, or wear a pair of sweat pants with the top edge pulled down below your navel so that they look like hip-huggers and help emphasize your hip movements. A hip scarf is a good idea, but isn't required.

Warm up:

Begin every session with a warm-up. Warming up is important because it puts both your body and your brain in the mood to dance. It stimulates circulation to your muscles and releases the tension in them so they'll

be free to move. It helps your brain adjust its attention away from the day, and brings your focus to dancing.

- If your teacher hasn't taught you how to warm up, or if you're studying with a video that doesn't tell you how to warm up, here's a simple way to start:

- Start with a CD using lively music that you like very much. It doesn't have to be Middle Eastern music. Anything brisk with a strong beat that makes you want to get up and dance will do. Pick a song that's about 3–5 minutes long.

- As it plays, walk briskly around the room, swaying your hips side to side.

- Gracefully bring your arms out to each side, outstretched in what my friend Asifa el-Bah'r calls "the crucifix position."

- Raise your arms into a "V" pointing diagonally on each side toward the sky. Make sure your shoulders are relaxed and not raised into a shrug position.

- Raise both hands directly overhead and relax the elbows just a little so you have a soft curve. Again, make sure your shoulders are still relaxed.

- Keeping one arm overhead, drop the other to a right angle so that your arms form a letter “L.”

- Do the letter “L” on the other side.

- Make up additional arm poses that you think might look graceful.

Continue walking around the room, swaying your hips in time to the music, experimenting with these different arm variations until the song ends.

Review what you already know:

If today is not your first session, begin with a review of what you have learned so far. Here’s my recommendation on how to structure the review.

Put appropriate belly dance music on your stereo system and systematically do every move that you remember. When I teach classes, I usually allow one or two songs, each with a length of 3-5 minutes for this. Use the full song, repeating each individual move many times, paying careful attention to correct posture and technique. If you have written down a list of the moves you have learned so far, consult your list to make sure you practice

everything on it. If you run out of time, restart the song at the beginning and keep going. This isn’t a race.

Do your own improvised little belly dance. Put a suitable song of 3–5 minutes on your stereo system, and focus on what you hear in the music. Use the moves you know to interpret it. If the music is slow and sensuous, use undulations, hip slides and circles, rib cage slides and circles, and snake arms. If it is brisk and energetic, do hip lifts and drops, traveling steps, and shimmies.

In your unstructured review and practice dance, you may have forgotten to use some moves that you know how to do. Place your video in the machine, or refer to your class notes or book. As the video/book/notes discuss each move that you already know, do the move with it. Listen carefully to what the instructor is saying, or read the text carefully, and pay close attention to your technique. Are you doing it correctly? If so, can you sharpen it at all? Can you gain further range of motion by encouraging a little stretch in your muscles?

Did you miss any important information when you learned this move in the past?

Take time to learn new material:

(See section on pg.18 for more details.)

Practice the new moves:

(See section on pg.18 for more details.)

Cool down:

Every exercise session should end with a cool down. This helps ease your body back to inactivity. If you were working with vigorous music before, switch to slow, sensuous music. Work through some of the gentle isolations that you have learned: hip circles and slides, rib cage circles and slides, and stretches.



Learning to Belly Dance from Videos

If you cannot find a local teacher, the second best way to learn belly dancing is through study with a video. When you use a video, you can see how the move looks on someone else, and try copying it in a mirror to see if you can make it look the same way.

Videos don't mimic real-life classroom instruction:

It may be tempting to just pop the video into your VCR and run it straight through from beginning to end, doing each move as it is taught, moving on to the next move when the teacher on the video does. But that's not the best way to really learn the material because the structure of the information on belly dance videos is quite different from the structure of a classroom situation.

When a teacher makes an instructional video, she first has to look at her budget and decide what length of video she can afford to produce. Let's say she decides to make a one-hour video. She then faces the challenge of packing as much useful information into one hour as she can. So for each move that she teaches, she might show it from a couple of different angles and offer a couple of different ways of explaining how to do it, but then she rapidly moves on to teach the next move. In contrast, when the same teacher stands in front of a classroom full of students, she allows time after teaching a

new move for everyone to practice it, and goes around to correct those who need it.

How to learn new moves:

Let's assume that you have warmed up, and let's assume that you have reviewed what you already know, following the techniques I recommended above. Now you're ready to start learning new material.

When you rewind the tape to listen to an explanation again, here's what to look for:

- Each time, listen carefully to the explanation and watch what the instructor is doing. If there are multiple people demonstrating the different moves, study each of them in turn—something about the way one person is moving might help you spot something that you didn't happen to see on the instructor.

- Pay attention to where she places her weight.

- Watch her posture, and think about her skeletal alignment. Are the hips facing straight forward, or is the pelvis angled? Does the rib cage face the same direction the hips are facing, or is it angled?

- Listen to her words. She might tell you something that isn't obvious from what you see.

- Look for details that she does not describe with words, such as where she places her arms.

- Do the move along with the video as it is taught.

- After you have rewound the tape about 4–5 times to review how the move was explained, pause the video, put suitable music on your stereo, and repeat it over and over for the length of one three-minute song.

Make a written list of all the new moves you learned during your session with the video. Over the next day or two, even if you don't have time to dance, pick up the list, look at it, and try to remember what each move was like. The next time you work with the video, this list will remind you of which moves to practice during your review.

Practice the new moves:

When I teach classes, I normally teach only 4 or 5 new moves per hour. There's a limit to how much new material your brain can absorb in one session, and it's good to take things slowly enough

to really learn each item before you move on to the next. Your muscles, too, need time to learn new ways of moving.

Don't rush your way through learning new material. Take time to learn all the details. For each individual move that the video teaches, take about 5 minutes (or more, if you need it) to practice that move. Rewind your tape 4 or 5 times, and each time pay attention to see whether you can pick up new information that you missed when you listened to it before.

When you've finished using the video to master the new moves that you studied in this session, turn off the television, and put your practice music on your stereo system. Start doing some free-form dancing to the music, using all the moves you know, and make an effort to incorporate the new ones you just learned.

Just focus on the music, and let your body interpret what you hear. But make it a point to incorporate the new moves into what you are doing. Try to do each new move at least 3 times. If the song ends before you fit them all in, restart it from the beginning.

Finish your study session with a cool down.



Avoiding Injury from Belly Dance

Every form of exercise carries some risk of injury. Belly dance is kinder to the body than many other dance forms, but it too has some risk. Here are some guidelines to help you avoid injury as you explore this dance form.

The single most important rule:

If it hurts, don't do it!

Maybe you're doing it wrong, and your teacher can correct your technique. Maybe you're doing the move correctly, but your muscles lack the strength to execute it properly at this time. Or maybe your particular body is simply not able to do this move due to previous injury, surgery, or just plain structure.

In any event, if you feel pain, stop immediately and find out why. No dance move is important enough to risk injury!

Watch your posture:

Most people understand that poor posture can look bad, so it's no surprise when a dance teacher corrects rounded shoulders

and slumped stances. But there's another reason for using good posture: In some cases, bad posture can cause injury!

Many women, in particular, are accustomed to standing with their rears protruding in the back. This leads to a dangerous arch in the lower back. If you try to do hip accents and shimmies with your lower back excessively arched and your bottom thrust behind you, you risk damage to your sciatic nerve. A damaged sciatic nerve can lead to a lifetime of lower back pain.

So what is the correct posture for avoiding injury? Here's what you should practice:

- Feet. Stand flat-footed with feet a small distance (about shoulder width) apart.
- Knees. Gently relax the knees, so there is some bounce to them.
- Pelvis angle. Rotate the pelvis so that the triangle formed by the two points on the front of the pelvis and pubic bone points directly down to the ground. Another way to visualize this: thrust the hips forward, and then keep them there. Feel the extension in the lower back. This is the

most important point for preventing lower back injury!

- Chest. Pretend the breastbone (sternum) is attached to a puppet string, and the puppeteer is lifting directly up. This will open up the lower abdomen.

- Shoulders. If the shoulders are pointing forward, draw them back on each side so that a line passing through them would be straight, not an arc.

After assuming the above posture, ask a friend or family member to check your shoulders to make sure they form a horizontal line, and check your lower back to make sure the spine through the lower back is straight, not arched.

The risks of floor work:

Floor work looks wonderful, but certain moves can lead to knee injury. If you have any history of knee trouble, ask a doctor or physical therapist to advise you before trying any floor work moves.

One dance move that can be dangerous for your knees is the Turkish backbend. Although this move looks really great, it puts incredible stress on the knees. One time after I

performed a Turkish drop, which consists of spinning and dropping abruptly into this position, I had knee pain for the next two months.

If you, like me, can't resist doing these backbends, here are some tips to make them as safe as possible:

- Build leg muscle strength. Before ever attempting this backbend, spend several weeks performing daily exercises to strengthen both the front and the back of the leg muscles. If you have access to a gym, use the leg extension and leg curl weight machines. Otherwise, use hamstring curls (standing with your thighs against a wall or other surface, flex one knee at a time bringing your foot up as far as it can go, hold 10 seconds, then lower slowly) to build the muscles in the backs of your legs. To build muscles in the front, especially in your thighs, kneel on the floor with your torso upright. Slowly lean back just a little, with your body tracing a straight line from your knees through the top of your head. Hold this position as long as you can—you'll soon feel the pull in your thigh muscles. You can also use

lunges and squats to build leg muscles.

- Build abdominal strength. Use sit-ups or crunches to build strength in your abdominal muscles.

- Work up to it. Before you ever attempt your first backbend, perform the above exercises daily for several weeks to build strength and flexibility in your leg muscles.

- Use knee pads.

When you're ready to try the backbend, either wrap your knees in an athletic bandage, or put on athletic kneepads. Your knees will thank you for the support!

- Don't bang your knees on the floor. Whether you descend gradually to the floor or perform a dramatic Turkish drop, avoid banging your knees on the way down. Learn to absorb the impact spread across the surface of your shins.

Your delicate neck:

Your neck is very delicate. An injury can give you a lifetime of pain or partial paralysis. Treat your neck with respect.

Many belly dancers like to do hair tosses. Too many dancers simply watch someone else do a hair toss, then start

tossing their own without first building strength in the neck. If you want to add this move to your dance repertoire, try doing these exercises every day to prepare your neck:

- Forward and back.

Following the posture advice above, stand in place, arms dangling at your sides. Bring your chin down to your upper chest as far as it can go without sacrificing the shoulder position described above. Hold it in position for a few counts. Next raise your chin and tilt your head back as far as it can go. Do this in a slow, controlled fashion. Avoid abrupt movement. Repeat these forward-and-back motions several times.

- Side to side. Check your stance to ensure your rib cage and shoulders are still in position as described above under posture. Tilt your head toward the left, as if trying to touch your left ear to your left shoulder. Be careful not to raise your shoulder to meet it! Feel the stretch in your neck on the opposite site as you hold the position for a few counts. Gently bring your head back to the upright position, then repeat the move on your

right side. Do this a few times.

- Head slides. Check your stance to ensure your posture is still correct. Now, looking straight ahead and keeping your head upright, move your entire head horizontally to the right. If you had a pen attached to each ear, it would draw a straight horizontal line, parallel to the floor. Be careful not to tilt your head toward your shoulder, and be careful not to hunch your shoulder. Now repeat the same move to your left. Do several. Feel the stretch in your neck as you go gently from side to side.

Do just a few of the above exercises at first, then over time slowly build the number of repetitions as you gain strength.

When you start practicing hair tosses, try to avoid circular motions that involve tilting your head toward one shoulder, then toward the back, then toward the other shoulder. It's okay to circle across the front, but circling across the back is risky. That combination of tilt and rotation across the back can cause neck injury.

Take it easy when you first start doing hair tosses. Do just a couple,

then stop. One time I performed hair tosses in a show without having first built up the strength, and my neck hurt for over a week afterward!

Wear shoes:

Many people believe belly dancing should be performed barefoot. I personally wear leather lace-up sandals every time I perform. I find that wearing the sandals makes me less likely to stub my toe on an uneven dancing surface, less likely to catch athlete's foot from other people, and less likely to get a glass bead in my foot.

Spinning and knee torque:

Avoid practicing spins either barefoot, in your stocking feet on a carpeted surface, or in shoes such as sneakers that grip the floor. Instead, wear dance shoes whose soles are designed to not grip the floor, such as ballet shoes, Scottish ghillies, or dance sandals.

Here's why: If your sole encounters too much friction with the floor when you spin, then you run the risk of painfully twisting your knee joint. Ouch! Shoes with slippery soles are the safest footwear for spinning.

Fighting Familiarity

—With Help from Heaven

A personal message from Jesus for a married couple

(Jesus speaking:) My dear ones, I love you very much. Thank you so much for coming to Me, baring your hearts, and asking Me for help as you fight the Enemy in your personal lives.

First of all, know this: It is not unusual for couples who have been together for some time to experience bouts of familiarity, irritation, and rubbing each other the wrong way. It can be upsetting, and you feel

that something is missing, something is lost that can never be regained, and something must be done to change the trend.

You're right that the trend must be changed, the habits or attitudes that are bringing on these irritations must be altered, and a new course must be set. Yet I want to assure you that it is not the end of the world, and it is not as serious as your not having faith in Me to help it. If you

were despairing and did not call on Me for help, then My hands would be tied, and you would stay in the state you now find yourselves in. But because you are calling out to Me fervently, sincerely, and with desperation, I will not fail you. I will help you to see how you can alter the course that you are now on. I can bring great victories to you as you continue to call out to Me for help.

Payer and the Word

This is the first thing that I would ask you to do: Take one morning a week, in your prayer and Word time, to bring your petitions before Me concerning your marriage. Ask for a refilling of My Spirit in this area, and a washing out of any bad habits that may be hindering you. Rebuke the

Enemy and his attacks, and lay this entire area of your lives before Me in sincere prayer, asking Me to do miracles.

Then, when possible, take that morning time in the Word as an opportunity to read about marriage, to claim promises regarding your relationship, and

to take note as to what to do to follow what I have said in My Word about it. There is GN material on marriage and communication, such as "The Beauties, Promises and Rewards of Married Love" (ML #3194) and "Communication in Marriage and Other Relationships" (ML

#3196). And there are FSMs, and even the “Law of Love” GNs (some parts), which will give you pointers on your relationship. Ask Me to lead you to other articles or information to read, such as in the *Marvelous Marriage* book, or material on the Members Only Web site. There are *Daily Might* sections and other materials in your Family pubs about marriage—these would provide a wonderful source of inspiring reading for you.

You can also ask Me to speak to you words of encouragement, instruction, guidance, and help regarding your marriage. Pray and ask for specific counsel, or at least for words of encouragement, as you meet together to study and pray and learn from Me about your marriage. Sometimes when you’re reading the Word on marriage or communication, I’ll bring a question to your mind to ask Me about, so take note of those

and bring them before Me.

Take some time, as often as you can, to study and read and pray together about your marriage. I think you’ll find, as you read, that many of the problems and hindrances that you’ve experienced have been felt by other people, and it will be a great encouragement to you to see that you are not alone. Others have fought the same battle, and have come out victorious and stronger for it.

pplying the Word together

My loves, in this time of spiritual strengthening, the Enemy would like to use the greater exposure to the Word to cause you to be self-righteous and to point things out to the other one on topics that you are reading about in the Word. He can twist the Word in this way, because instead of reading about yourself, your own problems, your own NWOs, or your areas that need improvement, you see your mate in the admonitions of the Word, and this can make you think, “Why doesn’t he

change this?” Or, “Why does she do that?”

As you up your own personal, spiritual standard through your individual and private study, you can (without meaning to) apply this standard to the person you’re living with. And then you’re puzzled and impatient if your loved one doesn’t seem to be pressing in in that area. You feel, “Don’t they know they’re not supposed to be doing that?”

One antidote to that thought process is to read together. Studying the

Word prayerfully together can be a great unifier, because as you see the points in the Word that are convicting and that show the need to change, they are brought up to you at the same time, and you decide together to take action on them, and you pray together for these, instead of just thinking about them privately. It is very unifying to read the Word together.

Whereas, if you’re reading a lot separately, you’re pressing in on different fronts, you have different areas of

emphasis, and you can tend to think that the other person needs to “get with the program,” when in reality he or she may have been convicted

about something else, and is working on a different program than you are. So reading and studying together when you’re able to do so, can be a

great unifier, and you can bring the things to Me together that you see you want to work on, or do, or be concentrating on, or praying for.

omantic love, spiritual and physical

My loves, another tremendously unifying practice is to love Me together intimately. I can infuse such love and tenderness and passion into your lives that way. If you have done it a certain way, look in the pubs to find suggestions of new ways to love Me together, new things to say, new things to read beforehand, new prayers of love and intimacy to pray to Me. I love you and I love it when you love Me together. This is a special, tender, passionate, and overflowing type of love—the sexual love that I have for you. I can fill you with so much love that your days will be tinged with the romance of the expectation and anticipation of the next episode, as well as the memory of the past one.

Keep on wooing each other. Remember that you each have a need to be loved romantically.

It helps to sometimes imagine what your life would be like without the other one. Or you can even pretend that you’re not married, and that you’re trying to “hook” the other person. What would you do to entice him or her? How would you try to attract them? If you thought that you could lose the other person in a day or so, you would do anything you could to encourage them, build them up, show your admiration, and make them feel loved. So go overboard! Say more words of love than you usually do! Be flirtier than you usually are! Step out of yourself and do little acts of love, romance, and flirtatiousness—and then respond favorably when the other one tries this on you.

Make special occasions to show love to each other romantically. Plan an evening just for you

two. Have a romantic dinner with wine and candlelight, and promise not to talk about work. Have a special setting, or a special outfit, or a special snack, or a special something to read—anything to make the evening romantic and beautiful. See if there’s

“If you thought that you could lose the other person in a day or so, you would do anything you could to encourage them, build them up, show your admiration, and make them feel loved. So go overboard!”

someone who could take the kids for this evening, so that you can concentrate on showing each other love and spending time in the bed of love with Me and each other. It doesn’t have to be fancy, it doesn’t have

to be expensive—but it can be very special if you ask Me to make it special and to fill you with My love. I will be there—will you?

Please don't miss these appointments of lovemaking with Me, for they will change you and give you not only more patient love for each other, but more sexiness, more attraction for each other, more

in-love feelings. It can make you see the good in each other more than ever, because you see the other one with My eyes, after loving Me together. I inhabit each of you in a new way during that experience, when you call on Me to love you, and then I can express My deep love for you both through the other one.

When you love each other and Me

intimately, you open the floodgates for My love to pour out of you for each other, and this will give you more and more love as you do it more regularly. You will see each other more with My eyes, and you will feel more of My love for the other one, because you have called on Me to be part of your lovemaking, to love Me as you love each other.



Recreation and relaxation together

Remember that you are in love, and try to think of ways to show this in-love feeling to each other. Think of something that the other one would like to do or would like to have, and give that to them. Think of the special things they would enjoy and arrange that for them. Think of the things that they would like to have prayer for, and pray for them in that. Just do things to make the other one happy, and you will find that a boomerang effect can be started that will make you more and more content together, because each one is trying to make the other one happy. Each

one is trying to think of things that the other one would want or like, and the effect is that you are both pleased and encouraged—either from receiving little treats or special attention, or from being the one giving it.

“I promise that as you include Me, and let Me love you through our love-ups and other special blessings that I have in store, then I will in turn bless your marriage.”

Sometimes in the pressing work, you can feel guilty if you take

time for yourselves—your rest, your Word, your entertainment and relaxation together. But if you neglect your own relationship together, then your relationship with Me will suffer. I am married to you, too. I am in your marriage, and together we three can enjoy wonderful times together. I miss it when we're not together. I need you, too! And I promise that as you include Me, and let Me love you through our love-ups and other special blessings that I have in store, then I will in turn bless your marriage.

When you go on a special outing together (perhaps you get tickets

to a special event, or you provision a meal out, or you even ask Me to supply some time away for just you two), ask Me to be there with you too. Invite Me along! Ask Me to

“Together we are a three-fold cord that is not easily broken. But to strengthen this cord, you need to spend the time together with Me.”

be part of your times of relaxation, so that they are edifying and uplifting and you come away refreshed, feeling that you

have not just spent time with each other, but with Me too.

I love to be a part of your personal times, your times of fun, enjoyment, relaxation, and entertainment. I love it when I feel that you want Me to be sitting there, enjoying you and the fun experience together with you. I love that happiness that includes Me. It will not only refresh you for your work for Me, but it will give a special tinge of beauty and sweetness to the love you experience together. You will have not only been with each

other, but you will have been with Me.

So many of My children feel that they cannot take time off, they cannot take time for their families or mates, or even to have a rest themselves. But you need this, My dear ones. You need the personal time together, and you need the personal time together with Me. Together we are a three-fold cord that is not easily broken. But to strengthen this cord, you need to spend the time together with Me. As you do this, I will strengthen you, and I will help you, and I will answer your prayers.

In summary

Please thank Me for the fruits that you see, the joys you experience, and the love you feel as you put these recommendations into practice. Don't forget to ask Me to make your experiences together times of special love, passion, tenderness, and emotion. I can restore the sweet feelings of being in love that you want. I can give you understanding, tolerance, wisdom, and

sincere praise of each other. I can let your marriage be happy and joyful, and even give you lessons to share with others.

As you put emphasis on strengthening your marriage, through prayer together, through Word time together, through special occasions together, and most of all through loving Me together and including Me in your times of relaxation, I will infuse

you with more love and tenderness and emotion—so that you will wonder why you didn't ask Me for it before! It will be so enjoyable, and you will thank Me.

I accept your thanks in advance, and I look forward to the many sexy, entertaining, fun, pleasant and sweet times we will have together. I love you so much.

Your tender forever
Love, Jesus

FROM

Appendicitis

My Healing

By Naomi Meekness, Moldova

During my usual morning Word time before devotions one day, I started to feel a light pain in my lower right side. It didn't really bother me, and I thought it would go away by itself.

I was wrong. A half-hour later it was more intense, and by the end of devotions I asked for united prayer for healing. I felt that my appendix was the cause of my growing pain, so I found

and read the two MLs about appendicitis, and learned that it was not recommended to eat at all if I was sick. So I started to drink more water and tea.

The others in the Home told me to go rest. I slept for a while, and when I awoke, the pain was even more intense. Jesus showed me to read "Victory Over Affliction," and He laid it on my heart to pray that prayer out

loud. I did so, despite the Devil telling me that it was embarrassing to pray so loud and with conviction, because others in the Home might also hear and think I was exaggerating.

After I prayed, I asked Jesus about my situation. He said: "What you are going through, this pain you feel is a test for you. It is a test of faith. Regard it not as a burden, but as a blessing and a sign of My endless love to you. I want to heal you, and I want you to fight in prayer and faith for your healing! Claim My Word for this and the power of the keys to the Kingdom. Rise above the pain and fight! You know deep in your heart you can fight this, and that is the little grain of faith that you need to get started."

I spent the rest of the evening in praise and prayer and reading. The night passed rather slowly. It was very hard for me to change positions in my sleep,

Jesus speaking:

Come to Me as often as you remember to, and I will open for you My secret medicine cabinets that I may bestow upon you and pour upon you great balms, elixirs, and wonders that as of yet you know not of. Only I hold the key to this magical cabinet.

If you would know My will at all times, if you would receive blessings, if you crave to be in full health, come to Me that I may open the cabinet for you. Hearing from Me in prophecy before every move you make, to see where I will lead you with every step you will take, in every aspect through every day, is a miracle pill that I offer to you. Will you reach out and take it? ("Ask Me Everything," ML #3271:48-50)

Health

as I felt something was pressing me down and wouldn't let me move. In the morning when I woke up, I was very dizzy and felt weaker than before. I could hardly stand. I figured this was mostly because I hadn't eaten for a day. I was getting hungrier and hungrier, and by afternoon, I was increasingly discouraged, as the pain had now radiated to my lower back as well.

Francesco was preparing to give a class to two of our live-outs, and I decided to go along. I got up and got dressed, and when Francesco saw me he

said jokingly, "Oh, you even got dressed!" And then it hit me: I had been praying for my healing, but hadn't put feet to my prayers!—All I was doing was staying in bed and acting like a sick person. Jesus whispered to me that I should attend the class, and then go and eat and behave like I had the victory.

And the most amazing thing happened: As I was listening to the class, my pain lessened and lessened until I didn't feel any pain! I could move around (after the class, of course) and even walk the stairs without any difficulty! It

was amazing! I was so happy and I witnessed to everybody how Jesus healed me! That night I had another attack of strong pain in my leg, but I held on to the promises Jesus had given me and trusted Him for full healing.

In the morning, all of my pain was gone. I still felt a little weak, but I knew that I was healed. I had such joy in my heart that Jesus, in His endless love, had put me through this test in order to make my faith grow! I was happy to have had the privilege of His personal healing touch on my body!



Cover photo: Eternity, Iceland.

Suggested reading for ages 16 and up.

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