

# Eve

Issue 44

|                      |    |
|----------------------|----|
| Crazy Pregnant Faith | 2  |
| Nosebleeds           | 17 |
| Recipes from You     | 22 |

# crazy Pregnant Faith

By Amy (of Martin), Brazil

It's been wonderful to see how powerful prayer really is—and even more so with the power of the keys. I'm eight months pregnant with our 12<sup>th</sup> child.

Since we moved to this city just seven months ago, we had not had much success in finding a doctor and hospital here. The brethren in the area told me there was no contact nearby, and that the sisters usually went to another city to have their babies. We started getting desperate, praying and calling on the keys. We had been calling some of the simpler hospitals, but they didn't want to help, much less to let Martin, my husband, assist in the delivery.

Then the Lord told us that He wanted to give us the best, so Martin went and found what was one of the nicest hospitals in the city. Once in the hospital he asked for the best doctor, and the receptionist led him to

Dr. R. Martin. He came back home so impressed with the standard in the hospital. Everyone was very sweet, and the atmosphere was uplifting and cheerful. Martin got the doctor's phone number, but the price of having a birth there was very high.

Though it was a battle to have the faith, I called the doctor. He was sweet and understanding, and agreed to give me one appointment for free. On the day of the appointment we were able to witness to him, and he turned out to be a precious sheep. Before we even asked, he offered to do the whole delivery for free, including all the prenatal care! He also told us the name of the director of the hospital that we had to talk to in order to provision the hospital for the birth.

He checked me and had only good news—more answers to prayer. My problem with high blood pressure had disappeared, and the baby who was in a breech position had moved and

put his head right in the perfect position. He said that I was fine, and the baby was big and was also fine. I almost cried tears of joy! (My last birth was a cesarean.)

But the miracles didn't stop there. The hospital director turned out to be another precious sheep, who fell in love with the Spirit. His secretary told me that he never attends to people personally, but he stayed a whole hour with us!

We left the hospital walking on air, having discovered, once again, that our God is a God of miracles, and nothing is impossible with the power of the keys. We didn't intend to provision the best hospital and one of the best doctors, but that is how the Lord wanted it. It was His decision from the beginning. He said the baby was His idea, and He wanted the best for His children. We know we don't deserve any of this; only His infinite love, mercy, and crazy faith made us try the impossible!

# The Importance of Eating Right

By Jesus

You do gain weight when you're pregnant because it's what I intend for you to do. I cause your body to need to put on extra fat stores so that in later months when you're nursing you can take from your own body to feed the baby. So if you want a cute, chunky little one, then make sure that you're feeding yourself the way that you should, and you'll not have any problems later on.

When you don't eat right during your pregnancy, then you do have problems, not only with your own health and happiness, but with the health and happiness of your baby once he is born. He will start to be fussier as time goes on. He will be susceptible to colds, coughs, and the common sicknesses and flus because he wasn't given the strength that he needed when his body was forming.

So do your best now to help Me to make that baby form right.

Just like Sophie the washerwoman sent up so much in the way of kind deeds and prayers to Heaven that they were able to build her a great mansion, so you must do by giving your body enough nutrients and calories and all that I need as building blocks to form a happy, clear, healthy and well-made baby.

Sometimes babies are not properly formed even if they appear so, because their mothers didn't eat right when they should have and they didn't give Me enough to build with. The first thing that goes is their immune system, and then I have to start taking from the mother and she wonders why she doesn't feel better after having that baby. And it's all because of a poor diet.

You don't want that to be said of you, do you? So eat right. Eat nuts when you feel like it. Have cheese if that is what you're craving. Have milk, cream, meat! For you personally, anything that I give you a craving for means that

that is what I want you to eat. So don't drown out the needs of your baby because it's a food that you don't want to eat. Listen to your body; listen to what I am saying to you in your heart. I'm going to help you to do just what is necessary for you and for your baby.

Trust Me, My love. Know that I won't let anything hurt you. Just keep eating right. Try to get as much protein as you can and then trust Me for the rest. You're in My hands, your baby is in My hands, and you don't have anything to worry about.

• For more on nutrition in pregnancy, please see articles in *Eves* #1:6; #3:9-10; #6:2-4; #8:3; #14:2-5; #15:2-3; #22:15; #25:19; #26:13-14,16; #28:23; #33:22-23; #34:3-4; #38:4.

# Fighting the System—And Winning

FROM HEAVEN'S DOORS

By Angelica Candle, Russia

Dasha is our second child. Our first, Egorka, was born by cesarean before I joined the Family. When I got pregnant again this time, I knew I wanted to have this child naturally, with the Lord's help.

From the very beginning the Lord did little miracles for us. In order to get any medical attention in our city, you need local medical insurance; otherwise you have to pay for every doctor visit. We didn't have insurance, but we felt it was necessary to have a doctor observe me during the pregnancy. So we prayed, claiming the keys, and Jesus took care of the problem: One of our contacts led us to the vice-minister of medicine in our city. She called the prenatal clinic, and they accepted us with no payment or insurance whatsoever!

We claimed the key: "Every prayer shall be answered for those who call on the power of the

keys." That is our story. Every little thing, every complication that came up during my pregnancy disappeared when we asked Jesus, claiming the power of the keys.

The problems began when we started looking for a hospital to have our baby. I was in my 35–36<sup>th</sup> week of pregnancy, and my husband Elia and I approached a hospital we both felt could be good. But the head of the hospital refused to talk about natural delivery.

So we wrote down all of our needs and requests, and chose one key promise for each one of them. We prayed desperately with the whole Home for the Lord to help us solve the problem and to take away all the negative things (regarding our wanting a natural delivery after a cesarean) that could scare the doctors away. (My last ultrasound had shown that the baby was big, the cord was wrapped around her neck, and my abdominal

scar was uneven, not thick enough, etc.)

In prophecy, Jesus told us that we needed to look for open doors. So we started calling all the hospitals in town, explaining our situation. Each one refused to take us in, except for one. The head of this hospital agreed to meet us for a checkup and talk about it. This gave us hope, even though it was the most expensive hospital in the city.

At the ultrasound, what do you think they found? First, the cord wasn't wrapped around the baby's neck anymore. Second, my scar was even and in perfect condition! Nothing is impossible for the Lord. Nevertheless, the doctor still tried to convince us not to have it naturally. Arriving back home I felt I had no more faith to keep fighting. The whole System was against us! I was scared. "What if everything they said was true, and I'm just being stubborn and going against God's will?"

Once again, the prayers and support

of our Home gave us more strength to keep fighting. During this time I felt closer to the Lord than I ever have in my life. I decided to blindly trust Him for everything. He also told me that even if everything the doctors said was true, it wasn't *His* truth. We are His chosen ones, and there's only one truth for us: His promises, which always come true and never fail.

So we went to this expensive hospital, clinging to our faith with everything that was left in us that we could still have a natural delivery. And there we met a doctor who agreed to let us try. Hallelujah! We couldn't stop praising the Lord. This was a real victory that was won by Jesus!

But this wasn't the end of our trials. When we came in for one last checkup a week later (March 4<sup>th</sup>), the doctor told me: "I'm sorry, but natural delivery is impossible in your case. Your cervix is deformed and it won't dilate fully to let the baby out." She offered to do the cesarean the very next day. Of course, I refused. I prayed all night that night!

The next day, two more doctors checked me and said the same thing: A cesarean was the only way! I was offered to have the operation on either March 7<sup>th</sup> or 11<sup>th</sup> (as the days in between were holidays). So finally I agreed to do it on the 11<sup>th</sup>. In my heart I told the Lord that if He wanted me to have a natural delivery, I had to have it before the 11<sup>th</sup>.

On the evening of March 8<sup>th</sup>, my contractions began. All that night I had contractions for 30 seconds at five-minute intervals. On March 9<sup>th</sup> my contractions stayed at the same level of intensity and frequency. Some people in our Home got together to hear from the Lord, and He said that everything was under His control and that I would have the baby that night.

We were afraid to go to the hospital too early, thinking that the doctors were going to insist on the operation. But at 8 PM we decided it was time to go. Since it was a holiday, there was only one doctor there. She said the cervix was 3 cm dilated, but that the contractions were too light, and if nothing

changed by midnight, she'd have to operate on me.

Three of us were in the delivery room, desperately praying and claiming the keys, and when the doctor returned, she found I was 7 cm dilated, even though still the contractions were weak. The water bag broke shortly after that, and by 1:38 AM on March 10<sup>th</sup>, after three or four pushes, our daughter was born.

All this time we had felt like we were struggling against the System on our own, and like it was going to crush us with its heavy wheels. But it turned out that Jesus was fighting for us all this time and clearing the way ahead of us. Every prayer was answered: The labor was light and short, I had almost no tearing, and I left the hospital in 1½ days. All our conditions were met, and our baby Dasha was born absolutely healthy. In addition, the cost was minimal.

What else can I say? Our hearts are full of thankfulness and love towards Jesus. We are thankful for the Family and all the answered prayers, for His love and care.

# To the Limits of My Faith—But Not Beyond

Eve:

Following is a faith-building testimony from Ginna, an SGA woman who experienced a long labor with several complications, but the Lord brought her through and showed His miracle-working power on her behalf. We pray that this will be an encouragement to any mothers who have experienced something similar. How true it is, like the Lord said once before, in a message published in *Eve* #18:

Jesus:

I have many reasons for allowing difficult and less-than-perfect deliveries. ... Not everyone is the same. Sometimes I use difficult labors and deliveries to teach faith and trust, patience and endurance, longsuffering toward others, tenderness of heart and spirit. Other times it is to help the mother appreciate to the full the beautiful reward



Baby Petra (of Ginna), USA

of the baby I have given her—beauty for ashes, joy for sorrow! There are so many reasons; no two are identical.

So if you don't have a complication-free childbirth, and you wonder why, ask Me to show you the beauties in it. I allow difficult labors

and easy labors, but through all of them I am with you, upholding you and strengthening you. I never leave your side or desert you. And through it all, even the difficulties, I bestow upon your life manifold blessings—both physical and spiritual. *(End of message.)*

By Ginna (SGA), USA

A month from my due date, at a routine sonogram, it was discovered that the amniotic fluid in my water bag was low. Concerned, the midwife sent me back the following week for another sonogram; they discovered that the water had dropped dangerously low—3.1 out of 10. (The midwife had mentioned in my 7th month that my liquid was slightly low, and had told me to drink more fluids, but this apparently hadn't helped.)

At this point, the doctor told me that they had to check me in to the hospital immediately.—Talk about a shock! Thankfully, I had most of my birth bag already packed, as I'd had a premonition things would be coming on a bit earlier than we'd anticipated. So I went and called Claire at home, asking them to pray for me. God bless Claire who got all my stuff together, and she and Marc came over right away.

Thank the Lord, we had found a hospital close to the house, as it

proved to be Claire's and my "home away from home" for the next week. Claire was by my side for almost the entire time, and was such a strength and support, especially when at times my faith began to waver. Two are always better than one!

Back to my story.

induce labor), or they could hook me up to an IV and try to re-hydrate my body, in an attempt to bring up the water levels enough to send me home safely.

After prayer I opted for the second option, and so began my ordeal in the hospital.



I committed the whole situation to the Lord, and sure enough, though it was a close call on more than one occasion, He brought me through exactly as He had said.



## Day 1 – Friday:

At the maternity ward I was shown to the delivery room and asked to change into a hospital gown. The midwife and a doctor came in and examined me, and I was told that they planned to induce labor. I was 2 cm dilated and my cervix was almost completely effaced, which was good news. They proceeded to give me two options: one was to induce labor right away with Pitocin (a slew of hormones which your body normally puts out in labor, administered in gradually increasing dosage to artificially

Thankfully, and I'm sure due to everyone's fervent prayers, the baby was perfectly happy and content the entire time. (I had a monitor on my stomach to keep track of the little one's heartbeat.) It was a real miracle, as if the fetus had shown any signs of distress they would have sent me in for a C-section immediately.

In the months prior to my delivery I had prayed very definitely that I would not need a C-section or an episiotomy, and had received a prophecy including, "... no knife shall come near

thee.” I believed it, but—you know how it is—I was afraid that it might have been slightly tainted with my own personal desires. So I committed the whole situation to the Lord, and sure enough, though it was a close call on more than one occasion, He brought me through exactly as He had said.

I spent that night in the hospital, on the delivery bed where I was to spend the next four nights, not getting much sleep. The next morning they took another sonogram.

## **Day 2 – Saturday:**

Though my water level had increased from 3.1 to 5.9, I was told it was not a sufficient increase, and that labor had to be induced. It was a bit disheartening, but the Lord gave me peace, and so I was hooked up to the IV and administered Pitocin for the rest of the day. This was supposed to put me into labor within hours, but by 6 PM I wasn't having more than first-stage contractions, regular but not increasing in strength.

They decided to take me off Pitocin

for the night (when on this drug, you are not allowed to eat). I was a bit discouraged. I broke down and cried, but Claire encouraged me, and after hearing from the Lord I realized that I would just have to trust in Him. All things would only happen in His time, not one moment sooner.

After I had eaten, they inserted a Cervadil, which is supposed to stimulate the cervix, to help it to completely efface, and has at times sent women into labor. I was at this point 3 cm dilated. That night I began to experience contractions that were a bit stronger than during the day—just strong enough to keep me awake, ha!

## **Day 3 – Sunday:**

The next morning they took the Cervadil out, but my contractions continued, stronger than the day before. Thinking to help them increase, Claire and I went for a walk—only to have the contractions stop completely! Oh boy, the Lord sure knew how to test me and keep me on my toes!

At about midday, the midwife decided to put

me back on the Pitocin to see if they could jumpstart it all again. But that night I was back to where I was the evening before; no closer to labor.

That night, they took me off Pitocin again so I could eat (as I wasn't eating at all during the day), and I was able to get a shower and a bit of rest during the night.

The midwife on duty that evening suggested they break my water bag, which they felt would facilitate my labor; the only drawback was that if I didn't go into labor within 24 hours, they would have no choice but to do a C-section. She decided, thankfully, to wait until morning to do this. In the early morning hours I was able to have some extra special time with Jesus, and felt much more refreshed and ready to meet the day.

## **Day 4 – Monday:**

At about 8 AM, the midwife came in, again wanting to break my water bag. When I asked if they could wait until Claire arrived, they were very obliging, and during the wait this particular

midwife went off duty and another came on in her stead.

This new midwife, who was a bit older, proved to be a Godsend.

**The Lord stretched my faith and brought me to the edge, but He never failed or gave me more than I could bear.**

She was willing to do what I had the faith for and try something different, as the Pitocin obviously wasn't working. In the morning when she first arrived she had me do "nipple stimulation," as this supposedly aids in bringing on contractions. Claire and I had a good laugh that morning as I lay there rubbing my nipples while she ran back and forth from the microwave, heating up the towels which I laid over my breasts as part of this whole procedure. It was quite a funny sight!

By midday I was still at square one and so the midwife suggested I go

back on the Pitocin. I asked if instead I could have another Cervadil inserted, as this seemed to have been much more effective. She agreed but told us that if nothing happened by that evening, she was going to have to break the water bag, as the doctor was getting impatient.

Boy, did we start praying and claiming the keys for a miracle! At about 2 PM I was sent for another sonogram; the midwife was hoping my water level had risen so I could go home. (This was the second time the midwives tried to send me home, but like the time before, the doctor said no.) The level had again dropped slightly, but on my way to the sonogram I began to experience stronger contractions. I didn't say anything as I didn't want to raise a false alarm, but by the time we returned from the sonogram there was no doubt about it.

I spent the rest of the afternoon pacing the floor in my room in an attempt to increase the strength of my contractions, which this time proved to be

successful. The midwife had wanted to break my water bag right away, but when praying about it I felt led to ask her to wait until that evening. At around six that night she came in and broke my water bag, after which my contractions began to increase in intensity. I was dilating (albeit a bit slowly); by the time she broke my water bag I had been in labor almost 4 hours and was 5 cm dilated.

This continued till about 9:30 PM. I was only 6 cm dilated, but the contractions were becoming increasingly strong. Hours passed, and I started running out of strength. The lack of sleep and food over the past days was taking a toll on my body. By midnight I was struggling to keep awake between contractions, which were now coming regularly every 2 minutes.

At about 1 AM the midwife again checked me and found to my dismay that I was still only 8 cm dilated. I was exhausted, so the midwife suggested I try to rest for a couple of hours to recoup my strength.

### Day 5 – Tuesday:

At about 3 AM the midwife came in ready to put me on the Pitocin to increase my contractions' strength, but I was totally wiped out by this time and hardly able to function. She then suggested I have an epidural, which I had been very determined I would not take. By this time I felt I had no alternative and so I went ahead, praying desperately that the Lord would guide the doctor's hand (as I had heard stories about what happens when they miss your spine!).

“Our precious Lover had fulfilled His Word, and we both came through “without the smell of smoke.”

Thank the Lord the doctor didn't miss, and it was a blessing to have some relief after hours of such intense contractions. I lay there with needles in my arm, tubes in my back, monitors on my stomach, and a continual wrap on my arm to monitor

my blood pressure (the epidural causes your blood pressure to drop, which in my case was a cause for concern). I began to feel pretty lightheaded and later on almost passed out due to the epidural.

At about 6 AM the midwife checked me again and found me 9.5 cm dilated. She said, “Let's go for it! You start pushing on your next contraction—you are having this baby on my shift!” I began pushing, but because of the epidural I couldn't feel the contractions or if I was pushing, and so was not making any progress. They turned it down a bit and finally turned the epidural off all the way, after which I began to make some progress pushing.

At about 8 AM the midwife came to us with another problem: The baby was in posterior position and lodged against my pelvic bone. She was not progressing down the birth canal, and if she didn't begin soon I would need a C-section, as the baby would be put under stress. Claire, bless her heart, started desperately claiming the power of the keys for a

miracle, and the Lord answered. Slowly the baby began to descend. With each contraction the midwife would put her hand inside and push the baby's head down to help dislodge it. Her goal, she said, was to get the head down far enough to where it could be vacuumed out, as she didn't think I had the strength to push her out. After a while, I was able to push again, TTL.

Finally at 10:16 AM, after 4 hours of pushing and 20 hours of labor, little Petra Elle came into the world. Amazingly, I didn't require any stitches—another miracle. It was finished; our precious Lover had fulfilled His Word, and we both came through “without the smell of smoke.”

I stayed in the hospital two more days. They wanted to keep Petra for observation, as she was three weeks premature and a bit puny at 5 lbs 7 ounces. We finally went home on April 10<sup>th</sup>, almost a week after it all began. The Lord stretched my faith and brought me to the edge, but He never failed or gave me more than I could bear. Thank the Lord!

FROM CISSY, TANZANIA

## [ TRUSTING HIM FOR MY WOMB ]

**T**hank the Lord, I have enjoyed generally good health for more than 50 years. But recently I began bleeding abnormally and heavily. I thought of going to a doctor, but in prayer was reminded of the story in Mark 5 of the woman in the Bible who had an issue of blood for 12 years until she touched Jesus' garment. After re-reading the story, I prayed and decided to trust the Lord. I asked for prayer; the bleeding slowed considerably, but not all the way.

After a few days, however, my feeling of weakness increased. I felt tired, nauseous, and slightly feverish. I got so weak that I couldn't stand up for long, and didn't want to do anything but sleep for three or four days. It was a very special time when I was able to talk to Jesus, and

He was able to talk to me personally. He showed me through His Word changes that He wanted to make in my life, for which I am very thankful. He then gave me some strength back, but the bleeding increased again.

I began taking some vitamins and iron tablets to rebuild my strength, but the bleeding continued. At this point I wanted to get some counsel from a doctor, which the Lord confirmed. He warned that the doctor would prescribe strong medicines, most likely hormones, possibly a D&C, or even a hysterectomy.

The doctor did some tests and an ultrasound checking for fibroids, growths, or tumors. Thank the Lord that I had nothing like that. A small cyst was spotted behind the uterus wall—but it disappeared during the ultrasound examination. The doctor didn't know what to think. He thought I might have a fallopian tube or abdominal pregnancy. He was very concerned that my blood count was so low, and prescribed hormones to stop the bleeding right away. He said I should rest in bed for a week and then possibly do a D&C (evacuation of the uterus).

So now the choice was before me: Trust the Lord for His healing of my womb or go the medical route, even though the doctor wasn't sure what was wrong with me. I decided to claim the keys for healing and ask for united prayer. "Some put their trust in doctors and medicines, but when you put your trust in Me, and through the power of the keys ask what you desire, you will see miracles performed, bodies strengthened, the weak and afflicted encouraged, diseases healed, and the power of Heaven at your command."

At first the flow seemed to increase, but I kept claiming my healing by faith. After two days it decreased by 80%, and by the third day it totally stopped, almost two months after it had begun! "He said unto her, 'Daughter, thy faith hath made thee whole; go in peace and be whole of thy plague'" (Mark 5:34). My healing is a touch of Heaven!

(Eve:) For more specific counsel and advice on strong bleeding during menopause, please see FSMs #315 and #316.

---

According to your faith be it unto you. First I suggest that you ask for prayer and ask for My healing, for I am the Great Physician and I am the most wonderful doctor. Not only am I your doctor, but I am your loving Husband, and I long to make you whole without these little afflictions which hinder and bother you.—Jesus (FJWL2:411a)

BY JESUS

## [ THE BEAUTY OF MATURATION ]

**W**hat is beauty and where is it to be found? Beauty is in the eye of the beholder. Beauty is the glow that I give. Stunning beauty is Me shining through your eyes, as you gaze with love on another.

Your body is like the earth. First, I breathe My breath of fresh creation over you and you blossom and grow with age. As you age you mature, change, bear fruit, and in time you are no longer the new land, but you've grown lush trees that shelter others, fruit to be plucked and nourished by, and you are a unique piece of earth. Over time you do age and change. But if you've been tending well to the beautiful garden I created, it will continue to bring forth blossoms and remain beautiful in its own unique way.

When it comes to your body that you have been tending with care, the question no longer is "What is the form?" but

"How is the form used?" If it is used for My glory, it is a good form. The body comes in all shapes and sizes. The question is "Does it serve the purpose I have given it? Does it bring happiness to others?" If it does, it is a good body.

I have not created a "supposed to be" in bodies. The question is not size or shape or years of age. The issues should be: Does this body feel right? Does it have the right connection to pleasure, to the heart, to others, to Me? Does it have and bring happiness and joy? Can it in its own way dance, sway, jiggle, move, thrust, and bring warmth and comfort to others? If so, don't worry so much about the weight [or other changes] that come with age, for your body serves its purpose and is a good, lovely body.

As you age, I allow you to gain some weight for various reasons, even when you do try to keep in shape and maintain a healthful diet. In most cases it's inevitable that the hips will begin to spread somewhat, the tummy protrudes to some extent.

While it's important to keep yourself in check by obeying the health laws that I have given, eating right, sleeping right, exercising right, living and loving right, the most important thing is to trust Me about the body I have given you and not get overly preoccupied with your figure. If you strive to live right and keep moderate in all things, then you can rest assured that the extra love handles are natural and that they are alright, and not to worry about, for it is the way I have created you be at this stage in your life.

No matter how you look, don't let the Enemy get you down and tempt you to fret and worry about your figure, and make you feel that you're not attractive anymore now that you don't have the body of an 18-year-old. The shape of the body does not play as important a role in being attractive as you may think—especially as you get older. Wisdom, grace, humility, faith, and My Spirit of love are what make you attractive as you age.

---

The keys of the Kingdom can touch and heal any ailment. There is no sickness immune to the keys' power. Use the keys to strengthen, to touch, to heal, to make whole.

Your

# Home Remedies

**\* MAKING "GEL ICE PACKS":** Mix 3 cups of water and ¼ cup of rubbing alcohol into a freezer bag. Shake lightly to mix, then place in freezer. The mixture will not freeze solid, but form a slush-like gel. I mix up bags in several different sizes—larger bags for knees and arms; smaller ones for ankles and wrists. They travel well in an ice cooler.—*Web reprint*

(*Jesus:*) This is a good tip. Just make sure that there aren't any holes in the freezer bag you're using, and that it's strong enough to hold all of the liquid without leaking. (If you were using the ice packs for an injury, you may not want that rubbing alcohol to spill on your skin.) Alcohol doesn't freeze like water, so it makes a "cool" ice pack. (*End of message.*)

**\* BLOOD PRESSURE REGULATOR:** A Chinese professor gave us this tip for a natural way to lower your blood pressure. He said that if you have

about a teaspoon of sesame oil a day in your diet, it drastically lowers your blood pressure over a period of around six weeks. He also said that celery—especially the leaves—are very helpful in reducing blood pressure. We have been chopping up the leaves (which we used to throw away) and putting them in salads. This tastes delicious!

Steven has been faithfully taking a teaspoon of sesame oil daily, and amazingly his blood pressure has gone down to a very good level—completely normal!—*Cherry, China*

**FOR MORE** on high blood pressure, please see *Eve* #7: 5–6; #17:2–12; #20:3; #25:8; #37: 8; #38:8,10–12; #38:16–18; #39: 27; #40:10,14.

**\* GARLIC POWER:** After my 11<sup>th</sup> child (I now have 12) my body got very weakened. In the

**EVE:** The following remedies have been tried and proven by you, our wonderful Family, but please don't forget to take each idea to the Lord specifically before putting it to use in your individual case.—Only the Lord knows what will work best for each person and situation!

past four years I had four heart attacks, and my health had been quite poor. Then I read about the many benefits of eating garlic. I now eat one whole head of garlic every day, and it is helping me so much. I have more energy and feel very warm, my blood circulation is better, and my blood pressure seems a lot more stable. TTL!—*Dorcas Pioneer, Japan*

**\* HEALING SLEEP:** Over the last six months or so, our family has been so healthy, all credit to Jesus! On the physical side, we have been getting more rest than previously. For our family, I have found over the last 10 years that nearly all sickness (other

than childhood diseases) seems to be related to our physical well-being, and especially how tired we are.

If I eat a reasonable diet, and get a good 7–9 hours of rest a night, I rarely get sick. Nearly every time in the past that I got a cold, sore throat, or flu, it happened when I was physically tired and had been going on less sleep.

In the past, my motto was, “As they went they were healed!” But generally I ended up sick for a week, because my body was probably saying, “Get some rest, fellow!” For years, I lived on 5–7 hours of sleep, and I needed more.

I am not advocating this as the cure for everything—obviously, if you have a serious heart attack, taking three extra hours of sleep won’t make it go away. But in the day-to-day running of things, I have sure found it helps me.—*Steve (of Ruth), England*

 **SKIN SOOTHER:** The following is a tip for the treatment of skin rash, dermatitis, or eczema. The Lord showed me to apply olive oil and natural vitamin E on my rashes two times a day.

I also take one cod liver oil tablet a day. I stopped using body lotion. It really works, and I don’t feel so itchy anymore.—*Elisabeth (of Simeon), Indonesia*

 **COLD CURE:** Here is a cold remedy that really works and gives you a big boost. The credit for this goes to Lydia (of Francis). Take raw ginger and grate it into a cup of boiled water. Strain. Add the juice of one lemon and some honey. Let steep for 5 minutes, then drink. If you want a bigger boost, add a pinch of cayenne pepper.—*Aaron and Jewel, Taiwan*

(*Dr. Koger:*) Ginger is very good for you, and combined with lemon juice and honey it’s also very soothing. If you want to get the best benefits from ginger, just like this tip says, you’ll want to steep the tea in boiling water—also known as making an infusion. A lot of people boil the ginger in water on the stove—a decoction—but it’s not nearly as good as steeping the fresh ginger in boiling water for at least 5 minutes. And if you really want to chase your cold away, try adding some cayenne, if you can handle it. (*End of message.*)

## Can You Help?

I have osteoarthritis in both my knees and right shoulder. I have seen on the prayer lists that there are others who battle this affliction too. I wanted to ask if anyone has any experience with treating the symptoms with natural supplements. Any ideas, tips, etc., would be greatly appreciated.—*Tabitha, UK.*

**EVE:** We would like to print a feature on this subject in the near future, DV. If anyone has anything to contribute, we would love to hear from you. Thank you!

## Medication

## Cautions

\* **BY SANDY WEEKS,  
QUACKBUSTERS  
CHRONICLE**

**Myth:** Prescribed medications or drugs do not interfere with the absorption or utilization of our body's nutrients.

**Fact:** The use of medicines is always an area of concern in relation to their impact on our nutritional status. Many side effects of drugs interfere with the way in which our body metabolizes certain nutrients, even to the extent of causing vitamin and mineral deficiencies. Furthermore, this can rapidly weaken a person's health, and may also introduce new disease processes, which are often treated with yet more drugs or medications—and we can see how easily a vicious cycle can become established.

Too many painkillers, even too much caffeine or alcohol, all deplete our nutrient stores and reserves. Anti-inflammatories, such as those used for rheumatoid arthritis, happily gobble up vitamins E, C, and the B group. Antibiotics upset our normal bowel flora

and result in poor nutrient absorption, despite the fact that we might be eating a balanced diet. Live yogurt, acidophilus, and plenty of fiber and water can help to re-equilibrate normal bowel activity.

Even taking most simple antacids for heartburn can cause phosphate depletion and interfere with vitamin D and magnesium absorption. This in turn can lead to an increased

risk of osteomalacia (bone thinning), impaired iron and vitamin absorption, all of which need replacing in these instances.

**Health Tip:** Correct nutrition and particular nutrient supplementation can overcome many side effects of drugs or medications; and in some cases, correcting nutritional deficiencies may even resolve the initial complaint.

## A Wakeup Call to Reevaluate My Life

\* **BY SAM, ASIA**

Not long ago, I had some battles with pains in my heart and arms, and a couple of nights with little sleep. It was quite a wakeup call, which caused me to take a look at my spiritual life and walk with the Lord. I hadn't been spending as much time with the Lord as I should have, and had been slacking off in my use of prophecy. The Lord had been giving me messages about this, but I just got too busy. He told me He desired to spend more time with me, and was waiting for me.

I had been busy with teaching, end-of-the-year report cards, running the

Home, caring for the kids, feeding the sheep, etc. I wasn't trusting the Lord like I should have been. This accumulated into quite a bit of stress, and wham!—I got hit with these pains, which was quite a shock. I didn't think I was going to pull out of it until I called out to the Lord. I was shaky, but when I prayed I could hear His calm and peaceful voice saying, "Don't worry. I'm here. Just trust in Me, and everything is going to be alright. You'll see."

Well, it was. He pulled me through every time. I was so convicted. He was there all the time, watching over me, but I wasn't spending enough

time with Him. I was getting my minimum Word time and praying, but I wasn't really waiting on the Lord and spending enough time hearing His voice, resting in Him, and loving and enjoying Him as much as I should have been. I'm very thankful that the Lord loves me so much and is taking good care of me. I feel a lot better now.

The next thing the Lord showed me to do was change my diet. I don't eat a lot of junk food, but I found out some foods I was eating weren't good for me. Around this time some articles came out about high blood pressure and foods to avoid, which were a blessing and a call to me to watch my diet. I also wasn't getting enough exercise. I corrected that,

and have once again made it a priority.

These were good lessons for me, and I'm happy to say the Lord gave me a wonderful victory. I'm now walking the road of more new lessons He's opening up to me. I'm looking forward to spending more time daily with my wonderful Husband, Jesus.

*(Jesus:)* There's a lesson, blessing, or reward to be found in every affliction, if you just look for it. Don't ever assume that an affliction or difficulty or sickness you endure is just something "natural" or "normal," or something to be endured for no reason at all. There is always a reason that I allow afflictions and sicknesses. Sometimes it's to draw you to My arms, sometimes

it's to strengthen your faith, sometimes it's so you can be a witness to others, sometimes it's so you can comfort others, and sometimes it's to help you appreciate good health.

There are many, many reasons for afflictions and physical difficulties, and if you ask Me and seek Me, I will show you what is available for you to gain as a result. Always look for the rainbow of reward in the rain and storm of affliction, and it will be there to light up the sky of your life. Always look for the diamonds of My blessings in the dark caves of sickness, and you will find those jewels of great price. Always look for the beauty, new lessons, and benefits I make available to enrich and strengthen your life! *(End of message.)*

## Let Me Carry Your Burdens

 BY JESUS

My sweet ones, don't you see that I want to carry your burdens? Don't you know that I never give you more than you and I can carry together?

So many of you battle stress and pressure, when the loads you are carrying are

not ones that I have placed on you, but ones you yourself have assumed through your own desires—whether they are desires to please Me or your loved ones, or just desires to accomplish more.

But remember that I look on the heart. Your attitude of faith and trust

in Me is what pleases Me most. Remember, "Abraham believed God, and it was counted to him for righteousness." I love your faith, your love for Me and others, and your desire to be what I want you to be, so much more than just the accomplishments you

present to Me, which can be of your own making and not My own.

Seek Me, My dear ones, to find what I want you to do, so that you don't become overburdened. Then bring each task to Me for Me to perform. I have the means, through My Spirit, to empower you and make things turn out well. I also want you to empower Me

and My spirit helpers and angels through your use of the keys. So turn all your cares and tasks and burdens over to Me, and I will take care of them all.

You need to do this, for your health's sake. You must do this so you can live healthy, productive lives, and continue on into the Endtime, as is My plan for you. I love you, and I wish

you to remain healthy and fruitful for many years to come. You are My love gifts to the world, the Spirit encased in human flesh. But you must learn to care for this housing of mortal flesh, by letting Me carry the load, and asking Me and My angelic beings and spirit helpers to empower you through the power of the keys.

## Feature



### CAUSES OF NOSEBLEEDS

*From HBO & Company, and iVillage Web site*

There are several causes of bleeding, including:

- Injury to the nose, such as a punch, car accident, or being hit with an object
- Nose picking or putting other objects in the nose
- Dry air
- High altitudes
- A violent sneeze or blowing the nose; chronic nose or sinus infections
- Small growths in the nose called polyps; problems with clotting and other blood disorders
- High blood pressure
- In very rare cases, certain cancers
- The "weather change"

theory refers to the observation that nosebleeds are more common during a

prolonged hot or dry period. Think about chapped lips and imagine the same process happening in your nose. This is not a terribly accurate analogy, but it is true that we can minimize the risk of nosebleeds by taking steps to humidify or moisturize the nose.

- Allergies also seem to provoke nosebleeds. There does, indeed, seem to be a hereditary component to the development of allergies. The allergies themselves are not inherited—only the propensity for developing allergies.



### HOW TO STOP A NOSEBLEED

*Dr. Isadore Rosenfeld, Parade magazine*

Don't panic if you have an occasional nosebleed, which generally looks

worse than it really is. However, if they recur, they may reflect a problem.

About 90% of all nosebleeds are the anterior kind, caused by a tear in a small blood vessel in the front part of the nose. Blood comes out of only one nostril when you're sitting or standing, and is usually bright red. You can usually stop such nosebleeds yourself. (Posterior nosebleeds, on the other hand, originate high up in the nose, and blood flows out of both nostrils. Blood is usually darker. These usually reflect some medical problem, such as high blood pressure, and need to be treated by a doctor.)

*When nose starts to bleed:*

1. Sit down and lean slightly forward.

2. Blow your nose gently to clear out any clot attached to the bleeding vessel.

3. Stuff the bleeding nostril with cotton or gauze that's been soaked with a decongestant (vinegar also will do) or with water.

4. Put an ice pack over the bridge of your nose. (My mother always did this, but some say it won't help.)

5. Squeeze your nose with your thumb and forefinger, and maintain pressure for at least 10 minutes. Don't let go even for a few seconds. Resist the urge to check.

6. If you're still bleeding after 10 minutes, repack the nose with fresh cotton or gauze. Pinch for another 10 minutes.

If the bleeding still continues—or is going down your throat or coming out of both nostrils, you should consider going to the nearest hospital emergency room.

*After bleeding has stopped:*

- Leave the packing in the nose for a half hour.
- Lubricate your nose with an ointment to reduce crusting and itching.
- Avoid strenuous activity, and very hot food for 48 hours.
- If you have to sneeze, keep your mouth open.

## WHAT NOT TO DO

*From the e-MD Web site*

Common mistakes to avoid when treating a nosebleed include:

- Applying ice in the wrong area. Put it at the bridge of the nose; it is best if you can fold it around the nose. The purpose is to help stop the bleeding. A cold washcloth to the forehead or neck may provide comfort but will not help stop the bleeding.

- Applying pressure too high on the bony part of the nose. Press lower where the soft area meets the bony area.

- Tilting the head back. Keep it forward in the "sniffing" position as if you are sniffing a rose. This allows the blood to drain instead of being swallowed.

- Blowing your nose during a nosebleed. Try to avoid blowing your nose for at least 12 hours afterwards to prevent the bleeding from starting again.

- After a nosebleed, avoid nose picking, bending, lifting, sneezing, and nose blowing. It helps to humidify the air during winter and in dry climates and high altitudes.

## HANDLING NOSEBLEEDS IN CHILDREN

*By Lynn Cates, M.D., Web reprint*

Nosebleeds can be a nuisance, but they rarely

are serious. Since almost all children get nosebleeds at least occasionally, it's a good idea for parents to know something about them.

*What causes nosebleeds?*

Nosebleeds occur when the protective lining of the nose is injured, dry, or irritated. Most often, they are just due to a child's picking, rubbing, or blowing her nose. Of course, they are also common after a blow to the nose (e.g., if someone punches her in the nose or if she falls and lands on her face). Breathing dry air (e.g., forced air heating in winter or arid climates) predisposes everyone to nosebleeds because it dries out the normally moist lining (also known as mucous membranes) of the nose. When this lining is dry, it can't protect the blood vessels of the nose as effectively.

Nosebleeds tend to occur more frequently when a child has a persistent runny nose (e.g., hay fever, a cold, or sinusitis) because this can irritate the lining of the nose—whether or not she blows it energetically.

Less often, nosebleeds can be caused by some medicines, such as aspirin, or underlying medical conditions that cause problems with bleeding. Occasionally a nosebleed is

the result of child's sticking a foreign object up her nose.

*What can parents do to help?*

- Stay calm. Although many children and parents take nosebleeds in stride, the sight of blood can really bother others. Remember that a child with a nosebleed may be feeling frightened, worried, or even guilty depending on the circumstances that led to the nosebleed. It's important for you to stay calm and to reassure your child that she will be just fine.

- Get comfortable.

One of the first things you need to do is make sure that you and your child are comfortable. It is important to keep her in an upright position with her head leaning forward so that she doesn't swallow or choke on the blood. Ingested blood irritates the stomach and can cause vomiting.

- Apply pressure. There is no reason to be confused about what to do for a nosebleed because it makes so much sense. The vast majority of nosebleeds can be stopped simply by pinching the nostrils shut, applying gentle but firm pressure to the fleshy part of the nose. The hard part is getting your child to hold still while you apply the pressure for a full 10

minutes. (Since 10 minutes can seem like a very long time, time yourself with a clock if possible.)

If you have someone else who can help you, it's a good idea to have him bring you a storybook to read so your child has something to keep her mind occupied. If you are alone with her, you can always tell stories or sing favorite songs. You also may want to promise her a small treat for being a good girl. If she is old enough, she may prefer to hold her nose herself. Make it a point to stay with her to be sure that she maintains pressure for the entire 10 minutes.

- Insert a plug. Many experts feel that it is safer if parents do not try to insert anything into the nose to help stop the bleeding. Some practitioners, however, think it is okay to place a cotton or gauze plug into the affected nostril. This plug should be moistened with water or coated with petroleum jelly.

If you do insert anything into your child's nose, use a large enough plug so that it doesn't get stuck way inside and doesn't pose a choking hazard if it comes out. Also, don't forget to remove the plug—a few minutes later in infants

and up to a few hours in older children.

The two main disadvantages of putting anything into your child's nose are the risk of choking and the tendency for the nosebleed to start up again when the plug is removed because it may dislodge the clot.

- Don't tilt a child's head back. This can cause choking or coughing, which may exacerbate the nosebleed. It also may make her swallow the blood and cause her to vomit.

*How to clean up:* Most parents don't like to see blood on their child's face. But after a nosebleed, it's not a good idea to vigorously scrub her nose because the bleeding may start again. It's fine to gently wash the rest of her face, but it is better to wait a few hours to gently cleanse the nose itself.

To prevent permanent stains on your child's clothing or pillowcase, your towels, and anything else she may have bled on, just soak the items in cold tap water and gently rub the spots until they disappear. Sometimes this requires soaking overnight. Once the soiled articles have gone through the wash and dry cycles, the stains will set and be much harder to remove.

### “One Wife” Marriage Is...

By Dad

What is marriage? It's a union, a uniting, becoming one. It's being together, acting together, and doing things together. So looking for ways to do more things unitedly and together when possible would be a good start.

- Marriage is understanding.
- Marriage is support. It's supporting your mates in their ministries, in their endeavors, in their projects, in their battles and trials.
- Marriage is protection.
- Marriage is sacrifice.

- Marriage is stepping out and trying new things, even if you think you might not like them.
- Marriage is being open-minded.
- Marriage is willingness—being willing to sacrifice. It's eagerness to lay down your life for the ones you love.
- Marriage is walking a mile in another's shoes. It's compassion.
- Marriage is fellowship—doing things together, being together.
- Marriage is companionship and friendship.
- Marriage is listening and understanding.

- Married love stands through thick and thin, no matter how hot the trials or how hard the test.
  - Marriage is honesty and good communication.
  - Marriage is talking, communicating, praying, discussing, sharing ideas and agreeing together.
  - Marriage is discovery.
  - Marriage is accepting others for what they are.
  - Marriage is humbling.
- (“Living the Lord's Law of Love!—Pt.11,” ML #3211:109–121)*

### More Memorable Sexcapades

True accounts of unusual, wild, and romantic sexual escapades

(Eve:) The following are some true accounts from normal, everyday people of where they “did it”! They're just for fun, for the interest of those of you who like variety, and for whom ideas are helpful.

Of course, this doesn't mean you *have* to get adventurous or outrageous or out of the ordinary to have fun and loving

sex or to keep your marriage or relationship flame burning. Though sometimes, for many people, variety adds spice and enjoyment and fun to life (and sex!), and when we asked the Lord about publishing these little snippets, He approved.

Please keep in mind that all of these may not be “doable” in your situation, or

wise—depending on your circumstances, security factors, country, climate, etc. Sometimes doing intimate things in a semi-public place, or where others would see you, would not be the loving thing to do, depending on the situation. Remember, “All things are lawful unto me, but all things are not expedient” (1Co.6:12). So be Spirit-

led, and ask our Husband to show you what will spice things up for you—and when, how and where! Including Him is the best tip ever, and then you can take it from there.

- I'll never forget the time I was in the pool with a guy, when he went under. Yes ... under water does feel good. Of course, it didn't end in the pool. *(female)*

- At 3:00 AM on the living-room sofa. *(male)*

- Had a memorable sequence trying to have sex using a pup tent on the beach. The moon was full, so having it on the sand was a bit "open." The only problem with the tent was that it was built for two ... babies! So we

improvised by leaving the doorway open, and keeping our busy halves in, whilst our legs dangled outwards just enough to warn any passersby. *(male)*

- There's nothing quite like a veiled sexual encounter on the dance floor! *(female)*

- On our walled lawn, under a moonlit sky. What made it a little more exciting was that we didn't know if or when the sprinkler system was going to come on all around us. It didn't ... but we did! *(male)*

- While living in a hot climate, with high walls around our property, we'd frequently take a dip in the pool to cool off—and have sex while we were at it! *(female)*

- My date and I had "chair sex" on top of a roof, while watching a New Year's fireworks show. *(female)*

- We were enjoying the sun in a corner of our yard that was screened from the view of neighbors—who were all off at work. We already had almost nothing on, so to bare the rest seemed the most natural thing in the world. The sun warmed us from head to toe and we joined the rhythm of the silvery plumes that swayed gently overhead ... mmm! *(male)*

- On a cliff overlooking the ocean as the sun went down and the moon came up. *(female)*

- Once my girlfriend and I had sex on a staircase. I guess that's what happens when she lets me peek up her skirt. *(male)*

- In one Home there was no place in the house to do it as every room was full, so we used our Home gym set's weight bench. *(male)*

- When we couldn't find a spare room, we locked ourselves into the dining room late at night to do the deed. Don't worry; we didn't use the tables, only a chair or two. *(male)*

## Women of God...

Women of God can never be like women of the world. The world has enough women who are tough; we need women who are tender. There are enough women who are coarse; we need women who are kind. There are enough women who are rude; we need women who are refined. We have enough women of fame and fortune; we need more women of faith. We have enough greed; we need more goodness. We have enough vanity; we need more virtue. We have enough popularity; we need more purity.

—Margaret Nadauld, *The Joy of Womanhood*



# RECIPES FROM YOU!

## Quick Quiche

*Contributed by Rebecca,  
WS*

Serves 4

*Crust:*

$\frac{3}{4}$  cup whole-wheat flour

1 tsp salt

6 tbsp margarine or

butter

2–3 tbsp water

*Filling:*

2 tbsp oil

2 onions

2 eggs

150 ml ( $\frac{1}{2}$  pint) milk

1 cup (250 g) cheddar  
or any mild flavored hard  
cheese

$\frac{1}{2}$ –1 cup bacon or ham,  
cubed

1. Place the flour and salt in a mixing bowl, and rub in the margarine or butter until the mixture resembles breadcrumbs. Add the water and mix to a firm dough. Then turn onto a floured surface and knead lightly until smooth. (Be careful not to knead it too much, as it'll make the pie dough tough.) Chill for 15 minutes.

2. Take the dough out of the fridge, roll out thinly,

and use to line a 20 cm (8-inch) flan ring placed on a baking sheet. (Or use a pie pan.) Bake in a preheated oven at 175°C (350°F) for 10–15 minutes, or until the crust is a light golden. Meanwhile, prepare the filling.

3. Heat the oil in a pan. Add the onions and fry gently until transparent. Add bacon or ham, and fry till thoroughly browned.

4. In a medium-sized bowl combine eggs and milk, then stir in cheese, fried onion/bacon or ham mixture, and salt and pepper to taste. Pour into the flan case (or pie pan) and bake at 175°C (350°F) for 35–40 minutes, or until a knife inserted through the middle comes out clean.

• For a bit of variety, try adding a finely diced green bell pepper, several handfuls of chopped mushrooms, and/or one diced boiled potato. In fact, many on-hand leftovers go great in quiche, so experiment away and have fun!

## Easy Coffee Cake

*Contributed by Amanecer,  
South America*

1 cup sugar

1 $\frac{3}{4}$  cups flour

2 tsp baking powder

4 tbsp butter

1 egg, lightly beaten

$\frac{1}{2}$  cup milk

1 tbsp sugar mixed  
with 1 $\frac{1}{2}$  tsp cinnamon

1. Preheat the oven to 375°F (190°C). Grease an 8-inch square baking dish.

2. Mix sugar, flour and baking powder in a large bowl. Work in the butter with two knives (or just use your clean fingers, like I do) until everything resembles coarse meal. Add the egg and milk, and mix well.

3. Spoon into the pan. Sprinkle the sugar-cinnamon mixture evenly over the top.

4. Bake about 25 minutes, or until a toothpick in the center comes out clean.

## Dahi Meat (Mutton or Lamb in Yogurt)

*Contributed by Abel, Feliz,  
and Marie, India*

1 kg (2.2 lbs) mutton  
or lamb chunks  
5 onions  
10 cloves of garlic  
1-inch piece of fresh  
ginger  
250 g plain yogurt  
2 tsp garam masala or  
curry powder  
2 tsp salt  
1 tsp red chili powder  
½ tsp turmeric  
powder  
A bunch of fresh  
coriander (cilantro)  
Cooking oil

1. Beat yogurt and  
garam masala. Soak  
mutton or lamb pieces in  
the mixture and set aside  
for a few hours.

2. Chop the onions,  
garlic, and ginger very  
finely. Fry in oil till pale  
brown. Add to the pan the  
marinated meat, along  
with the salt, turmeric  
powder, and red chillies.  
Cook on low heat until  
the liquid is gone and the  
meat is cooked through.

3. Garnish with fresh  
coriander leaves. Serve  
hot with chapattis or  
boiled rice.

## Orange Salmon Patties

*Contributed by Christine  
Cheval, USA*

1 kg (2.2 lbs) of  
salmon  
1 can frozen orange  
juice concentrate  
3 slices whole-wheat  
bread, crumbled, or a cup  
of raw oats  
4 eggs  
1 chopped onion  
Salt/soy sauce to taste  
Garlic (as much as you  
like)

1. Boil the fish, then  
remove bones and skin.  
Just under the skin there  
is sometimes a light  
layer of darker fish meat,  
which can be removed  
also, as it may be bitter.

2. Knead the fish with  
your hands to make sure  
there are no bones, then

“wring” out the fish meat  
by handfuls to remove all  
excess water.

3. Put fish in a bowl  
and add the remainder  
of the ingredients, as you  
would for a meat loaf.  
Form into patties and then  
place into a bowl of flour/  
cornmeal/salt to “bread  
them.”

4. Fry until lightly  
brown. Yummy!

## Jell-O (Jelly) Cheesecake

*Contributed by Jewel,  
Nepal*

*Cookie crust:*

Mix 3 or 4 packages  
of plain cookies with ½  
cup of melted butter.  
Press into the bottom and  
sides of a 9-inch pie pan.  
Chill while you make the  
filling.

## Homemade Yogurt Cheese

Strain 8 cups yogurt for 1–6 hours, depending  
on how thick you want your cream cheese.  
This can be done by putting a piece of white  
cheesecloth (or a new dishtowel, which can be  
saved and used for this purpose) in a colander  
or sifter, and setting it over a pot to drain,  
separating the curd from the whey. The thick  
yogurt that remains is a great substitute for  
cream cheese.

*Filling:*

4 cups yogurt cheese  
1 package Jell-O (jelly;  
any flavor)  
¼ cup cold water  
½ cup sugar  
1 tsp vanilla  
Fresh fruit

Combine Jell-O and cold water. Let stand one minute, then heat over low heat until Jell-O is dissolved. Allow mixture to cool slightly. In a large bowl, blend yogurt cheese, sugar, and vanilla until creamy. Gradually blend in Jell-O. Pour into cookie crust. Chill several hours, until firm. Top with fresh fruit.

### Chocolate Yogurt CHEESECAKE

*Contributed by Jewel,  
Nepal*

---

*Crust:*

1½ cups whole-wheat flour  
½ tsp salt  
1 tsp baking powder  
½ cup sugar  
1 tbsp powdered milk  
6 tbsp margarine, melted  
½ tsp vanilla

Sift dry ingredients. Add margarine and vanilla. Mix well, and press into 9-inch pie

pan—no need to roll out. Bake at 400°F (205°C) for 10 minutes. Cool.

*Filling:*

4 cups yogurt cheese  
1½ cups sugar  
1 cup cocoa, sifted  
2 tsp vanilla  
4 eggs  
3 tbsp oil

Cream the yogurt cheese and sugar. Mix in all other ingredients. Spoon the mixture into the partially-cooked pie crust. Place a shallow pan of water on the bottom oven rack, and place the cheesecake on the middle rack. Bake at 325°F (160°C) for 50–60 minutes or until center is almost set. (Do not open the oven during baking.)

When the cheesecake is done, turn off the oven and allow it to cool in the oven with the door ajar. For best results, chill overnight or for several hours before eating.

*Variation:*

• For plain cheesecake, omit the cocoa and oil from the filling. Top with fresh or stewed fruit.

### Double Chocolate Cake

*Contributed by Kayla,  
WS*

---

This is the easiest and quickest cake I have ever made in my life—moist and delicious. It's great when you need to whip up something quick and don't care to blend/sift/beat/separate/grease pans, or do other time-consuming stuff to make something yummy.

1⅔ cups whole-wheat flour  
1 cup sugar  
¼ cup cocoa  
1 tsp baking soda  
½ tsp salt  
1 cup water  
⅓ cup vegetable oil  
1 tsp vinegar  
1 tsp vanilla  
½ cup semi-sweet chocolate chips

Mix the dry ingredients, then mix in the wet ingredients. (You can mix them with a fork straight in the baking tray you're going to cook in—it's that easy!)

Preheat oven to 175°C (350°F). Bake for 30–40 minutes, or until toothpick emerges clean.

SENT IN BY ROBIN AND AUTUMN, PORTUGAL

## [ THE MIDDLE WIFE ]

## JUST FOR FUN...

A grammar school teacher from Miami, remembers this Oscar-worthy event from one of her students:

I've been teaching now for about fifteen years. I have two kids myself, but the best birth story I know is one I saw in my second-grade classroom a few years back.

When I was a kid, I loved show-and-tell. So I always have a few sessions with my students. It helps them get over shyness and experience a little public speaking. And it gives me a break and some guaranteed entertainment.

Usually, show-and-tell is pretty tame. Kids bring in pet turtles, model airplanes, pictures of fish they catch, stuff like that. I never place any boundaries or limitations on them. If they want to lug it to school and talk about it, they're welcome.

Well, one day this little girl, Erica—a very bright, outgoing

girl—takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater. She holds up a snapshot of an infant. "This is Luke, my baby brother, and I'm going to tell you about his birthday.

"First, Mom and Dad made him as a symbol of their love, and then Dad put a seed in my mom's stomach, and Luke grew in there. He ate for nine months through an umbrella cord."

She's standing there with her hands on the pillow, and I'm trying not to laugh and wishing I had my video camera with me. The kids are watching her in amazement.

"Then, about two Saturdays ago, my mom starts saying and going, 'Oh, oh, oh!'" Erica puts a hand behind her back and groans. "She walked around the house for like an hour, 'Oh, oh, oh!'"

Now she is doing this hysterical duck walk, holding her back and groaning. "My Dad called the middle wife. She delivers babies, but

she doesn't have a sign on the car like the pizza deliveryman. They got my mom to lie down in bed like this." Erica lies down with her back against the wall.

"And then, pop! My mom had this bag of water she kept in there in case he got thirsty, and it just blew up and spilled all over the bed, like psshhheew!" Her little hands are miming water flowing away. It was too much!

"Then the middle wife starts saying 'Push, push,' and 'Breathe, breathe.' They started counting, but never even got past ten. Then, all of a sudden, out comes my brother. He was covered in yucky stuff they all said was from Mom's play-center, so there must be a lot of stuff inside there."

Then Erica stood up, took a big theatrical bow and returned to her seat.

I'm sure I applauded the loudest. Ever since then, if it's show-and-tell day, I bring my video camera, just in case another Erica comes along.

BY JOHN ROHN, WEB REPRINT

## [ TIPS FOR ADDING MORE WORTH TO YOUR LIFE ]

**1.** Life is worthwhile if you **LEARN**. Learn from your experiences, negative or positive.

Sometimes we learn to do it right by first doing it wrong. We call that a positive negative. We also learn from other people's experiences, both positive and negative. I've always said it is too bad failures don't give seminars. The information would be very valuable—how someone who had it all, messed it up.

We learn by what we see: Pay attention. We learn by what we hear: Be a good listener. (Now, I do suggest being a selective listener—don't just let anybody dump into your mental factory.) We learn from what we read. We learn from many sources.

**2.** Life is worthwhile if you **TRY**. You can't *just learn*; you now have to try something to see if you can do it. Try to make a difference, try to make some progress, try to learn a new skill, try to learn a new sport. Life is worthwhile if you try. It doesn't mean you can do everything, but there are a lot of things you can

do, if you just try. Try your best. Give it every effort. Why not go all out?

**3.** Life is worthwhile if you **STAY**. You have to stay from spring until harvest. If you have signed up for the day or for the game or for the project—see it through. Sometimes calamity comes and then it is worth wrapping it up, and that's the end. But just don't end in the middle. Maybe on the next project you can pass, but on this one, if you signed up, see it through.

**4.** Life is worthwhile if you **CARE**. If you care at all you will get some results; if you care enough, you can get incredible results. Care enough to make a difference. Care enough to turn somebody around. Care enough to start a new enterprise. Care enough to change it all. Care enough to be the highest producer. Care enough to set some records. Care enough to win.

Four powerful little words: learn, try, stay, and care. What difference

can you make in your life today by putting these words to work?

(*Dad:*) There's a lot of power and guidance in this little article, but always remember that it's the Lord Who's got to bring the increase in your lives. These are excellent goals to strive for, and things that are good to reevaluate in your life from time to time.

Ask yourself: Am I learning from the experiences the Lord is putting me through? Am I trying my very best, giving my 100% to the Lord in all the ways He is asking of me? Am I sticking, being a fighter, and not giving up when the Enemy says boo? Am I giving all of my heart to the Lord, loving Him with all my soul, and loving those around me as I do myself?

Taking a little time to have a self-evaluation, to take stock of where you are at with the Lord and in your spiritual growth can do wonders for your walk and relationship with Him and others. Try it—you just might like it! (*End of message.*)

BY DAVID STEVENS, M.D.

## [ JESUS IS THE ULTIMATE DOCTOR ]

Jesus, the Great Physician, treated and healed people with many different diseases during His life on Earth. Although Jesus' healings are well known, there's much more you can learn from Him when you consider His work as the Ultimate Doctor.

- In the medical field, attending physicians help doctors in training by teaching them, modeling what it's like to practice medicine and judging their efforts. During His time on Earth, Jesus spent a great deal of time meeting with His attending physician—God—in prayer, and meeting frequently with His disciples to serve as their attending Physician.

Jesus wants to be your attending Physician, revealing His wisdom to you and holding you accountable as you grow. He wants you to give Him your full attention and respect so you can benefit from His experience as you go on rounds with Him.

- Jesus formed His Own residency program on Earth, mentoring His disciples. He wants you to spend time with Him

daily in prayer so He can mentor you, and He wants you to start putting your faith into practice by sharing His love with others.

- Jesus wants to be your preferred Provider. He wants you to turn to Him first for all your needs, and He'd like you to refer others to Him.

- Jesus has a great bedside manner. He is deeply compassionate, and He fully understands all the suffering you endure. He wants you to touch others with the love He gives you for them.

- If you're going to follow Jesus, you're going to need to be on call for whatever comes your way. He wants you to assume responsibility and give up control of your life so you can make yourself available for the work He wants you to do.

- When you ask Jesus for help, He gives you His attention right away, without requiring a prior appointment. Although He knows that life's interruptions can be frustrating, He wants you to accept them as opportunities to grow and help others.

- Some patients are embarrassed to mention what's really bothering them to their doctors, or to have doctors touch painful parts of their bodies. Jesus wants to examine all aspects of your life—not just some of it. You don't need to be embarrassed to come to Him about anything, and you can trust that He will be gentle with you.

- Cleanliness is vitally important in the medical profession, because unsanitary conditions can easily lead to infection. Jesus wants you to let Him purify your heart, and He'd like you to wear spiritual gloves, guarding yourself against the germs of evil.

- Modern technology and years of innovative training have helped medical workers perform extraordinary feats to help people. Jesus can do even more, when you ask Him in prayer. He wants you to know that with God, anything is possible. He is waiting see you step out boldly in faith to pursue healing—physically, mentally, and spiritually.

# Feedback

• “Coming out of the Fog,” by Gentleness Fighter (*Eve* #36), describes my experience with menopause. I could totally relate to what she said—I, too, feel like I’m “coming out of the fog,” and the hardest part of menopause is behind now. Thank You Jesus!

—SUE, USA

• The two *Eve* mags covering the subject of cesarean births (*Eve* #35 and #36) were very interesting for me. My three deliveries were natural, so I didn’t know too much about the other. I’ve always wanted and prayed for natural deliveries, but at times I have been tempted to think a cesarean might be easier in some ways.

So it was good to read more about cesareans, to understand what it actually involves, and how it takes longer to recover from. Once more I thank Jesus for giving me three natural deliveries, with quick recoveries.

The *Eve* material has also been useful for counseling our Active members, as one of them just had a baby, and another is pregnant.

—ANGELA VICTORY (OF DANIEL), ROMANIA

• It’s such a blessing to have good, godly counsel about our health without having to screen out all the ungodly stuff.

Recently my mother wrote me with a health tip. I wrote back telling her thanks, that I knew about it, and told her the proper name for it. She was amazed and replied, “You must have some very good material available to you!” Yes, I do—the best! Thanks to everyone who contributes to and helps with these mags, and for putting the cookies on the lower shelf so we can all benefit!

—JOY, THAILAND

• It was a blessing to read the article in *Eve* #35 on herniated disks. It helped me to understand my back and leg problem (caused by improper lifting), and helped me to decide to do something about it and take it seriously; although it was painful, I had been underestimating it. God bless Gideon for sharing his experience with us!

—SAMUELE, ITALY

• I really enjoy rereading the older articles on pregnancy; now that I am PG again, it’s been a real help and blessing. The *Eve* article about avoiding soft cheese, such as brie, feta, etc., helped me recently when I was invited to a cheese and wine party at a supporter’s home. I was glad to be aware of these cautions, and enjoyed eating all the other foods instead.

—JOANNA, THAILAND

Cover photo: Claire (of Faithy and Jacques Elan), 16, Madagascar.

Suggested reading for ages 16 and up.

Copyright © 2004 by The Family. CM/FM. For nonprofit purposes only. Not for resale. February Issue.