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The Uchee Pines Institute health and news letter

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Healing Foods of the Bible Part 1

You've probably heard the old saying, "You are what you eat." So, what are you and I eating...? A lot of what passes for food today, shouldn't. Because it really isn't food at all! Many products contain so much salt, sugar, fat, and artificial colors and sweeteners that they can only be described as the junkiest of "junk food." Think about what you consume, or what you see others eat. Might this be the reason why there is so much illness in the world today? The simple truth is that a lot of sickness and disease could be eliminated through the power of food. Let's go back to the beginning to see what the Bible tells us about the food we eat.

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat" (Genesis 1:29). God tells us here that He has given us everything we need to be in good health of body, mind, and spirit.

So, let's take a deeper look at several of the healthy foods found in the Bible. These foods were traditionally eaten during Bible times and represent the foundation of what is known today as the Mediterranean diet. These are the foods that give us optimal nutrition and have healing properties that can protect us from disease and illness.

APPLES

"As the apple tree among the trees of the wood... I sat down under his shadow with great delight, and his fruit was sweet to my taste" (Song of Solomon 2:3).

It's been said that "An apple a day... keeps the doctor away." Today's medical science actually supports this claim, with a recent study finding that apple-eaters have lower risk of tumors, lung cancer, and cardiovascular problems. Did you know that heart disease is the #1 cause of death in the United States every year? Apples can help! They are rich in the soluble fiber pectin, which is key for heart health and for maintaining proper blood cholesterol levels. 1 or 2 apples

per day can drop cholesterol levels up to 10%, which translates to a 20% reduction in heart disease risk! When eaten with the skin, apples are a top source of antioxidants.

They also contain anticancer properties, boost the immune system, and are a great source of Vitamin C. To avoid added chemicals and pesticides, choose organic apples, which are not really that much more expensive nowadays.

NUTS

“And their father Israel said unto them... take of the best fruits in the land in your vessels, and carry down... a little balm, and a little honey, spices, and myrrh, nuts, and almonds” (Genesis 43:11).

A diet that includes various nuts can lower your LDL cholesterol, which is the bad cholesterol (L for lousy!). HDL is the good cholesterol (H for happy!). Eating nuts may reduce your risk of developing blood clots that can cause fatal heart attacks. Almonds and pistachios are good sources of antioxidants, including Vitamin E, as well as being rich in the essential minerals Potassium, Magnesium, and Zinc (needed for normal cell function, muscle and nerve health, and immunity). Walnuts are the highest in Omega-3 fatty acids, which are essential for good brain health (notice how walnuts look like little brains!) Choose raw and natural nuts without the added salt and oils.

BEANS & LENTILS

“Take thou also unto thee wheat, and barley, and beans, and lentils, and millet, and fitches, and put them in one vessel, and make thee bread thereof” (Ezekiel 4:9).

In Bible times, beans and lentils were used to make purees, pottages, and even breads. These foods are rich sources of high quality vegetable protein. They supply the body with the essential protein it needs without any of the saturated fat or cholesterol found in animal protein sources. Beans and lentils are good sources of soluble fiber, which is effective in lowering blood cholesterol levels. The high fiber content also helps to regulate blood sugar levels, keeping insulin production balanced (which is important for individuals at a high risk for developing type 2 diabetes).

Beans and lentils are also high in complex carbohydrates, which are great foods to fight overeating and obesity. Lentils are one of the oldest cultivated plants and are a good source of iron. Garbanzo beans (chickpeas) are one of the most popular beans in the Middle East. They are used to make such healthy staple foods as hummus and falafel (a vegetarian meatball). Garbanzo beans are also a main ingredient in the Indian chickpea dish known as Chana Masala, which also includes onions, garlic, ginger and tomatoes.

GARLIC

“We did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlic” (Numbers 11:5).

Garlic was used by the Israelites as a food and medicine long before Moses led the children of Israel out of Egypt. Garlic possesses a pharmacy of natural health properties. Numerous studies have shown garlic to be effective in reducing bad cholesterol and increasing good cholesterol. Garlic is also a natural blood thinner, preventing blood

clots which could lead to heart attack. It is antibacterial, antimicrobial, helps to boost the immune system, and is associated with a reduced risk of ALL types of cancer. Onions and leeks also share many health properties similar to garlic.

GREENS

“And God said, Behold, I have given you... and to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat” (Genesis 1:29-30).

Green, leafy vegetables were commonly eaten during biblical times. Varieties of greens include kale, collard and mustard greens, dandelion, Swiss chard, and spinach. They are good sources of Vitamin K, which is important for bone health, and can even prevent fractures. Greens contain beta-carotene, lutein, and zeaxanthin, all of which are beneficial for good eye health. Greens are a good source of Vitamin C, manganese (which is essential for health of the brain and nervous system), and folate (needed for healthy cell formation and function), and protects against various types of cancers. Greens are a leading source of many vitamins, minerals, and phytochemicals which are important for meeting the body's nutritional needs and preventing disease.

These are just some of the healthy foods described in the Bible. God has blessed us with an abundance of wonderful foods created for our benefit. These foods not only provide our bodies with essential nutrients needed for optimal health, but they also look and taste great! Let's be encouraged to learn to use and eat more of the healthful foods that God has given us.

THANKSGIVING



By E. G. White

“Oh, give thanks to the Lord, for He is good! For His mercy endures forever. Let the redeemed of the Lord say so, whom He has redeemed from the hand of the enemy, and gathered out of the lands, from the east and from the west, from the north and from the south.” (Psalm 107:1-3)

Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings—as much a duty as it is to pray. If we are heaven-bound, how can we go as a band of mourners, groaning and complaining all along the way to our Father’s house? Those professed Christians who constantly complain, and who seem to think that cheerfulness and happiness are a sin, do not have genuine religion.

Those who take mournful pleasure in all that is melancholy in the natural world, who choose to look upon dead leaves rather than gather beautiful living flowers, who see no beauty in grand mountain heights and in valleys clothed with living green, who close their senses to the joyful voice that speaks to them in nature, and which is sweet and musical to the listening ear—these are not in Christ. They are gathering to themselves gloom and darkness when they might have brightness, even the Sun of Righteousness arising in their hearts with healing in His beams.

Often your mind may be clouded because of pain. Then do not try to think. You know that Jesus loves you. He understands your weakness. You may do His will by simply resting in His arms.

It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. While words express thoughts, it is also true that thoughts follow words. If we would give more expression to our faith, rejoice more in the blessings that we know we have—the great mercy and love of God—we would have more faith and greater joy. No tongue can express, no finite mind can conceive the blessing that results from appreciating the goodness and love of God. Even on earth we may have joy as a wellspring, never failing, because fed by the streams that flow from the throne of God.

Then let us educate our hearts and lips to speak the praise of God for His matchless love. Let us educate our souls to be hopeful and to abide in the light shining from the cross of Calvary. Never should we forget that we are children of the heavenly King, sons and daughters of the Lord of hosts. It is our privilege to maintain a calm repose in God.

“Let the peace of God rule in your hearts,...and be thankful.” Colossians 3:15. Forgetting our own difficulties and troubles, let us praise God for an opportunity to live for the glory of His name. Let the fresh blessings

of each new day awaken praise in our hearts for these tokens of His loving care. When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night, let gratitude as a sweet perfume ascend to heaven.

When someone asks how you are feeling, do not try to think of something mournful to tell in order to gain sympathy. Do not talk of your lack of faith and your sorrows and sufferings. The tempter delights to hear such words. When talking on gloomy subjects, you are glorifying him. We are not to dwell on the great power of Satan to overcome us. Often we give ourselves into his hands by talking of his power. Let us talk instead of the great power of God to bind up all our interests with His own. Tell of the matchless power of Christ, and speak of His glory.

All heaven is interested in our salvation. The angels of God, thousands upon thousands, and ten thousand times ten thousand, are commissioned to minister to those who shall be heirs of salvation. They guard us against evil and press back the powers of darkness that are seeking our destruction. Have we not reason to be thankful every moment, thankful even when apparent difficulties stand in our pathway?

“Oh, that men would give thanks to the Lord for His goodness, and for His wonderful works to the children of men!” (Psalm 107:15)

Sweet Potato Wedges

4 medium sweet potatoes
2 Tbsp olive oil
1/2 tsp sea salt
1/2 tsp paprika

Peel the potatoes and slice lengthwise into thick wedges. Place in a large bowl. Toss potatoes with remaining ingredients. Spread single layer on baking sheet. Bake at 375 degrees for 35-40 minutes, turning once halfway through bake time.



What God Says About Healing

“The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.” John 10:10

“Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live: And whosoever liveth and believeth in me shall never die.” John 11:25-26

“And there he found a certain man named Aeneas, which had kept his bed eight years, and was sick of the palsy. And Peter said unto him, Aeneas, Jesus Christ maketh thee whole: arise, and make thy bed. And he arose immediately.” Acts 9:33-34

“God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him.” Acts 10:38

“And God wrought special miracles by the hands of Paul: So that from his body were brought unto the sick handkerchiefs or aprons, and the diseases departed from them, and the evil spirits went out of them.” Acts 19:11-12

“For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.” Romans 8:2

“But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.” Romans 8:11

“For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord’s body. For this cause many are weak and sickly among you, and many sleep.” 1 Corinthians 11:29-30

“For to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit; To another faith by the same Spirit; to another the gifts of healing by the same Spirit.” 1 Corinthians 12:8-9

“Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body.” 2 Corinthians 4:10

From our Lifestyle Center

What Our Guests are Saying

Prior to coming to Uchee Pines, I did not know what to expect, but upon getting here I quickly felt at home due to the warmth here, the staff and physicians were great and always ready to help. I came here feeling weak and with side effects from chemotherapy but I am going home refreshed both physically and spiritually. -Anon

Lemongrass

Lemongrass is a tropical plant native to Southeast Asia and a common ingredient in Thai cuisine. It is widely used as a natural remedy for digestive issues, neurological problems, and high blood pressure. Lemongrass also has anti-inflammatory, antibacterial, and antifungal properties, and is traditionally used as a pain reliever and fever reducer. Lemongrass can be used as a tea or essential oil, and fresh lemongrass stalks available in Asian grocery stores.



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