



emphasis

The Uchee Pines Institute health and news letter



GIVING CHILDREN A NEWSTART THIS SUMMER

NEWSTART is a holistic approach to wellness that was developed by the Seventh-day Adventist Church. It emphasizes the importance of lifestyle choices in promoting and maintaining physical, mental, and spiritual health. By adopting these evidence-based strategies, many people have prevented and even reversed chronic diseases. Read further to find out how these benefits are also available to children of all ages!

NUTRITION – Eat a lot of fruits, vegetables, and whole grains.

These foods have a lot of fiber and promote healthy blood, which is essential for good health. Beans, nuts, and seeds have all the protein children need to grow up big and strong. Avoid snacking in between meals, as this gives your stomach time to rest. “And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree... to you it shall be for meat” (Genesis 1:29).

EXERCISE – Regular exercise strengthens your heart and lungs, develops muscles, and helps

to maintain a healthy weight. Being physically active will make you happy, and will even help you sleep better at night. Walking, swimming, and riding your bicycle are better for you than extra hours watching tv or playing video games. “A wise man is strong; yea, a man of knowledge increaseth strength” (Proverbs 24:5).

WATER – Did you know that most of your body weight is made up of water? That’s why it’s so important for us to drink several cups of water every day, depending on our age and weight. If you feel thirsty,

your body is already running low on water. We should also bathe each day and wash our hands when they get dirty. “But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life” (John 4:14).

SUNLIGHT – 30 to 60 minutes of sunlight each day helps your body fight infections, makes your bones stronger, and helps you be happier. Sunshine is so important to planet earth. It can kill germs and mold on clothes, pillows, and blankets. But be careful not to be in the sun too much each day, or else you may get a sunburn. “Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun” (Ecclesiastes 11:7).

TEMPERANCE – Being temperate means to not eat, drink, or

do things that will hurt your body or make you sick. Avoiding unhealthy foods and drinks, as well as inappropriate music and media will keep your body and mind strong, and will help you live a long, healthy life. Alcohol, drugs, and cigarettes are also bad for you and should be avoided. “And every man that striveth for the mastery is temperate in all things.” (1 Corinthians 9:25).

AIR – Did you know that the air we breathe contains oxygen, and that every cell in our body needs oxygen? Opening windows, playing outside, sitting up straight, and taking deep breaths improves your circulation and keeps your mind alert. Cigarette smoke and air pollution can damage lungs, so be careful of breathing these things. “And the LORD God formed man of the dust of the ground, and breathed into his

nostrils the breath of life; and man became a living soul” (Genesis 2:7).

REST – When you sleep, your body is resting and is able to renew its energy. Children need from 10-12 hours of sleep each night. Avoiding food before bed gives your stomach a break and allows for the best quality of rest. “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28).

TRUST IN DIVINE POWER – Talking to God as your friend will give you peace and joy. Ask Him to help you in everything you do. Reading and memorizing His promises will help you overcome negative thoughts. God made you and loves you, and He has the answers for every one of your problems. “Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength” (Isaiah 26:4).

Vegetable Fried Rice

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| 8 ounces tofu | 1 cup peas (frozen) |
| 4–5 tablespoons coconut oil (or olive oil) | 3 cups cooked, cold, brown rice (previously cooked) |
| 2 leeks (chopped and rinsed) or 1 onion, diced | 3 tablespoons Liquid aminos |
| 3 garlic cloves, rough chopped | 1 teaspoon toasted sesame oil |
| 4 cups chopped veggies (carrots, cabbage, bok choy, asparagus, kale, bell pepper, broccoli, zucchini, snow peas, green beans, baby spinach, kale) | 1/2 teaspoon sea salt |
| | 1/4 cup scallions |
| | 1–2 teaspoons toasted sesame seeds |

Blot tofu dry and break apart into smaller pieces. In an extra-large non-stick skillet, heat 2 tablespoons oil over medium heat and scramble the tofu. Season with a little sea salt (if you want your tofu yellowish, add a pinch of turmeric). When cooked, set aside on a large plate. In the same pan, heat oil over medium, and saute the leeks or onion. Once tender add the garlic, saute 1-2 minutes. Lower heat to medium and add longer cooking veggies first like carrots and broccoli, then add the other veggies, leaving the greens, kale or cabbage to add at the end. Toss in the frozen peas, stir, and set the veggies aside next to the tofu. Add enough oil to lightly coat the pan. Add the rice, spreading it out. Turn up heat to med-high, and let it get a little crispy. Once the rice is crispy enough to your liking, add back in the tofu and the veggies. Give a good stir to combine. Add the liquid aminos, sesame oil, and sea salt. Adjust flavor as needed. Top with fresh scallions and toasted sesame seeds.



Springtime is Here!

“For, lo, the winter is past, the rain is over and gone; the flowers appear on the earth; the time of the singing of birds is come, and the voice of the turtle is heard in our land.” Song of Solomon 2:11-12

This lovely morning all nature appears fresh and beautiful. Earth has put on her summer robes of green and is smiling in almost Edenic loveliness.

I think our enjoyment of the summertime is heightened by the memory of the long, cold months of winter; and on the other hand, the hope of summer helps us to endure more cheerfully the winter's reign. If we were to permit our minds to dwell upon the barrenness and desolation with which the ice king surrounds us, we might be

very unhappy; but, being wiser than this, we look forward in anticipation to the coming springtime, which is to bring back the birds, awaken the sleeping flowers, clothe the earth in her robes of green, and fill the air with light and fragrance and song.

The Christian's sojourn in this world may be fitly compared to the long, cold winter. Here we experience trials, sorrows and disappointments, but we should not permit our minds to dwell upon these. Let us rather look forward with hope and faith to the coming summer when we shall be welcomed to our Eden home, where all is light and joy, where all is peace and love.

Had the Christian never experienced the storms of affliction in this world, had his heart never

been chilled by disappointment or oppressed by fear, he would scarcely know how to appreciate heaven. We will not be despondent, though often weary, sad, and heartsick; the winter will not always last. The summer of peace, joy, and eternal gladness soon will come. Then Christ will dwell with us and will lead us to fountains of living waters, and will wipe all tears from our eyes.

Let nothing ... hinder you from making thorough work for eternity... There will be no chilling winds, no wintry colds, but an eternal summer. There is light for the intellect, love that is abiding, sincere. There will be health and immortality, vigor for every faculty. There will be shut out forever every sorrow and every grief.

-E.G. White, *Our High Calling*, page 158

Red Yeast Rice

Red yeast rice is the product of yeast grown on white rice. The powdered yeast-rice mixture is a dietary staple in Asia and has been used in traditional Oriental medicine. Benefits include controlling high blood pressure, lowering blood sugar, aiding bone formation, and increasing circulation. It also has anti-inflammatory and anti-cancer properties. However, it is mainly used to treat high cholesterol. This is because red yeast rice can contain monacolin K, a compound which is chemically identical to an active ingredient in some statins and can reduce the liver's production of cholesterol.



News Around Campus

New housing has been a need and a focus here at Uchee Pines for several years now. We have replaced many aging trailer homes with new housing to accommodate families with children, couples, and single volunteers. In an effort to provide single housing for some of our longest-serving staff members, where they would have their own personal space without having to share common areas such as the kitchen, living room, or bathroom, we have begun construction on two duplexes.

Through the hard work and sacrifice by the talented crews of Maranatha, construction started in November of 2024, and has advanced promisingly, with the anticipated completion date for all four units projected for some time in August. Once finished, these units will be a great blessing to the campus. We are thankful to God, our generous donors, the many Maranatha volunteers, and also to our faithful construction crew for working together to make all this possible.

From our Lifestyle Center

What Our Guests are Saying

It was a blessing for me to attend Uchee Pines Lifestyle Center. I was unable to do any walking as I experienced low back pain and pain in my left leg, so much so that it was difficult to stand for more than five minutes. I particularly appreciate that my Lifestyle Counselor stayed with me throughout my treatment sessions; and that the doctor was available on demand. She spent quality time with me in addition to giving thorough examinations and explanations. Prayer is a mayor part of the program. I will definitely recommend this program and hope to be back annually. To God be the glory. -Fran



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