



emphasis

The Uchee Pines Institute health and news letter



ARTHRITIS RELIEF

BY AGATHA THRASH, M.D.

Arthritis, an inflammatory disease of the joints, affects approximately 46 million Americans today. Some of the more common forms are Osteoarthritis, Gout, Rheumatoid Arthritis, and Infectious or Toxic Arthritis.

Those who suffer from arthritis have their “good” and “bad” days. Pain and stiffness ebb and flow on a seemingly unknown tide, and since they never know when the tide of symptoms will flood over them, life becomes a shuddering waiting game. However, this very characteristic

may hold a key to a natural course of treatment.

There are a number of lifestyle changes that have been known to help. A person employing this program should record their daily pain level, degree of stiffness, and general sense of well-being before, during, and after each aspect of the program.

Diet:

1. Try the “Grape Cure.” Start with a two-day fast, taking nothing but water. Then take three meals of

various kinds of grapes daily, including fresh, dried, and juice. After a few days of nothing but grapes, begin introducing a new food every second day. If pain or joint swelling occurs within 2 to 48 hours, the last food introduced is suspect and should be withdrawn. Use no animal products, sugars, citrus products, salt, spices, preservatives, alcohol, tea, or coffee.

2. One cup of celery (chopped or put through a blender) should be taken each day. If you are doing the “Grape Cure,” the celery should be added after that.

3. Chew all food to a cream. This is most important!

4. Since dairy products are responsible for 69 percent of all food allergies, they should be avoided.

5. Use a gluten-free diet: no wheat, barley, or rye.

6. Use a visible fat-free diet: no margarine, mayonnaise, cooking fats, salad oils, or peanut butter. Be sure to read labels for hidden fat.

7. Avoid carrageenan, guar gum, and other gum thickeners.

8. Avoid all free or refined sugars.

9. Devise a diet low in tryptophan. Foods with high levels are: wheat, most nuts, and all animal products. Corn, popcorn, and fruits are lowest.

10. Use the following daily when not on a special diet: 12 raw pecans, 6 apricot halves, 1/4 to 1/2 cup of cherries, and 1 teaspoon of blackstrap molasses.

11. For flare-ups go on an all-raw food diet.

12. Fasting up to five days or more has an anti-inflammatory effect.

13. Try the following Elimination and Challenge Diet: Try eliminating these foods, then, when the problem stops, add one food at a time every 5 to 7 days until the problem returns. This will provide you a list of all foods causing your problem.

Foods to Avoid:

Apples, artificial colors, bananas, beef, beer, cane sugar, chocolate, cinnamon, citrus fruits and juices, coffee, colas, corn products, dairy products, eggs, fish, garlic, legumes, lettuce, nightshades, nuts,

oatmeal, onion, pork, rice, seeds, strawberries, tea, tobacco, wheat, and yeast.

Allowed Foods:

Grains – amaranth, buckwheat, millet, quinoa

Thickeners – tapioca, cassava root, arrowroot

Herbs – basil, bay leaf, dill, parsley, sage, thyme

Vegetables – artichokes, asparagus, beets, broccoli, Brussel sprouts, cabbage, cantaloupe, carrots, cauliflower, celery, collards, cucumber, kale, okra, parsnips, pumpkin, rhubarb, rutabaga, spinach, squash (summer and winter), sweet potatoes, Swiss chard, turnips

Fruit – apricots, avocados, blackberries, blueberries, cranberries, currants, dates, grapes, figs, kiwi, mangoes, melons, nectarines, olives, papaya, peaches, pears, persimmons, pineapple, plums, pomegranate, prunes, pumpkin, raisins, raspberries, watermelon

11 Additional Tips You Should Know About:

Posture – Maintain erect posture at all times. Stretch all muscles morning and evening. While sitting, turn partly sideways and flex one elbow, touching it to the opposite knee. Alternate this movement left and right. While sitting, extend arms and legs straight out in front, then stretch arms straight out to side, then as far back as possible. While lying, extend arms overhead, point feet down, and stretch. Follow this by bringing knees toward the chest, and then do a straight leg-raising

stretch. Practice deep breathing once an hour, in and out through the nose for a full minute.

Exercise – At least 95 percent of people with arthritis participating in an exercise program find real benefit. Learn to breathe deeply while exercising; most people hold their breath. Push exercise for all non-inflamed joints, increasing to 60 minutes daily.

Trigger Points – Trigger point therapy is useful for intense pain. Press any painful point in a muscle firmly for about one minute.

Hydrotherapy – Apply heat (sunbathing, sauna, bathtub, whirlpool, hot compresses, hot pads, hot water bottles, or heat lamps). Cold is more effective for pain relief and inflammation than heat in most places, but not so pleasant to apply. Administer by ice massage, compresses, gel-filled re-freezable cold packs, or plastic bags filled with ice or mixed ice and water. Put a thin cloth between the cold pack and the skin. Limit to 20 minutes, three times a day. Continue for two months. Good hydration is also key. Try drinking at least 10 glasses of water or clear herbal tea every day.

Heat – Wax heat is unsurpassed for the hands. Dip them several times into molten paraffin at 126-130 degrees F in a crockpot. Allow wax to harden. Cover with plastic bags and heated towels for 20 minutes. Peel off wax and return it to the pot. Wear stretch gloves each night on painful or stiff hands. Use an electric blanket each night. Dress for warmth and comfort, with the added dimension in mind of how

easy the clothing will be to put on and take off.

Weight loss – Weight loss, if you need it, is beneficial. Even a five-pound loss can have benefit, since it takes weight off your joints.

Time outdoors – Spend time outdoors. This brings a general feeling of well-being, as well as having other physiological benefits.

Sleep – Sleep must be on schedule and from 6 to 8 hours.

Vitamins and Minerals – Zinc is generally low in arthritics, as are vitamins C, B6, and E; so supplementation should be tried. Avoid steroids.

Regularity – Insure a daily bowel movement. Taking two tablespoons of ground flaxseed or bran is of benefit here. Also, two glasses of warm water upon rising and some mild exercise is stimulatory.

Trust in God – Trust in God with all your heart. And remember that James 5:16 says, “Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.” This practice activates the beta-endorphins, which are usually depressed in patients with rheumatoid arthritis.

God has given us many marvelous ways to prevent, treat, and cope with disease. As we work with Him, and grow closer to Him, we can enjoy better health and His peace, no matter what our ailments.



News Around Campus

Eight trainees, representing nations such as Trinidad, the Bahamas, St. Croix, China, Kenya, Brazil, Jamaica, and the Philippines, are currently attending the Uchee Pines Center for Medical Missionary Training (CMMT) as Lifestyle Educators, while another three are enrolled in the advanced Lifestyle Counsellor course.

For four weekends, spread out over six weeks, the diverse group travelled to various cities in Florida to share the gospel of health and wellness. One of those stops was at the Belleview Seventh-day Adventist church in the city of Belleview from March 28-30.

Due to rain showers, Sunday's health expo had to be relocated indoors. "Though the rain deterred some people, many still came out," said Lifestyle Educator Director

Jai Hewlett. "The church members were very happy for the support from the community. We know that they were blessed. In fact, some realized for the first time that they had high blood pressure or high blood sugar levels, and were able to get counselling on how to lower those numbers using simple natural means. This event was a great eye-opener to the importance of health education and God's method to bringing healing to a broken world."

Also, one of the medical missionary trainees was able to use the weekend program as an avenue to lead a visitor into Bible studies with the Bellview church. For information about scheduling a Health Emphasis Weekend for your church or community, or to learn more about medical missionary training, contact us: ucheepines.org/education

Basil

Native to India, Asia, and Africa, this fragrant herb is enjoyed as a seasoning in a variety of dishes, particularly in Italian and Thai cuisine. Basil is the family name of more than 100 different species, the best known being sweet basil, holy basil (tulsi), and Thai basil. Basil is high in antioxidants, protects against infection, reduces inflammation, and is a great source of Vitamin K, which supports bone health, and beta-carotene, which is essential for eye health. Its other benefits include regulating blood sugar, blood pressure, and cholesterol, as well as managing arthritis and PMS symptoms. Its fragrance can be used to ease stress and relieve anxiety.

From our Lifestyle Center

What Our Guests are Saying

Uchee Pines is a wonderful place where you can come and be restored physically, emotionally, and spiritually through the entire session. The staff continued to pray for us and with us, and I truly believe that is why so much healing continues to happen in this place. With the help of the Lifestyle Counselors and God, plus the health-care providers, I fasted, lost about 20 lbs, and regulated my hormones. I became more active and ready to spend time outdoors with the Lord. I feel revived and refreshed and ready to go back and do good work for our Lord!
-Anon

Garbanzo Breakfast Hash

3 sweet potatoes, cut
into 3/4-inch cubes
1 large onion, chopped
2 red bell peppers, cored
and diced
2 green bell peppers,
cored and diced
2 cans (15oz. each) garbanzo
beans, drained and rinsed
2-3 tbsp olive oil
2 tsp garlic powder
Sea salt to taste

Dressing:

1/2 cup tahini
1/2 cup water
juice of 1 small lemon
Sea salt to taste

Preheat oven to 425 degrees F. Line a sheet pan with parchment paper. Put sweet potatoes, onion, bell peppers, and garbanzos in a bowl, drizzle with olive oil, garlic powder, sea salt, and toss well. Spread the mixture in a single layer on pan. Place sheet pan in the oven, on the center rack, cook for 20 minutes, stirring halfway through. Turn heat up to 500 degrees F., stir a second time and continue baking for another 20 minutes, stirring halfway through. Let cool a few minutes.

Dressing: whisk tahini, water, lemon, and sea salt in a small bowl. Let rest for flavors to blend. Taste for flavor before serving.



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