



A TIME TO FOCUS ON MENTAL HEALTH

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”
Isaiah 26:3

Since 1992, the month of October has placed an emphasis on world mental health, a time dedicated to global awareness and understanding of mental health issues. Nearly one in five people experience mental health issues at some point in their lives. The World Health Organization (WHO) reports that since 2020 major depressive illness has been

the leading cause of disability in the world. Additional statistics show:

- 50 million Americans suffer from a diagnosable mental disorder each year - one in four adults, teens, and children.
- Preschoolers are becoming the largest market targeted for treatment by anti-depressants.
- Suicide is the third largest leading cause of death of youth age 15-24.
- Anxiety, panic, and phobic disorders affect two to three times as many women as men.
- Schizophrenia occurs more often in young men than in women and usually has its onset in the late teen and early adult years.
- More women than men have Alzheimer's disease.
- Depression and anxiety are seen more frequently among people with disabilities than those without disabilities.
- 32% of people counseled by their pastors were told mental disorders are spiritual in nature.

A world mental health focus seeks to address all issues surrounding both mental illness and general mental health, as there is a difference between the two:

Mental illness is diagnosed by a medical professional according to a set of criteria. Examples include OCD, clinical depression, General Anxiety Disorder, mood disorders (like depression and bipolar disorder), personality disorders, eating disorders, psychotic disorders (such as schizophrenia), and narcissism. These disorders severely impact a person's thoughts, feelings, and emotions, and can affect their ability to cope with, and function in, life.

Mental health, on the other hand, is always there (everyone has mental health, but not everyone has a mental illness) and refers to one's overall mental well-being (which can be good or bad depending on different circumstances and periods in your life). Mental health is also about our physical and social well-being.

Knowing the difference between these two classifications can help one differentiate between those who are suffering from mental health issues or from diagnosable mental illness.

The WHO reports that almost one million people die by their own hand every year—that is one death every 40 seconds. What is worse, in the last 45 years, suicide rates have increased by 60 percent worldwide, particularly for those aged 15 to 44. In the United States alone, more than twice as many Americans die by suicide than by homicide, and more die by suicide than by all motor vehicle accidents.

Even more concerning is that approximately 9 out of 10 people

who die by suicide have at least one underlying mental health issue, including substance abuse or depression. Among youth, this reality has become worse due to the influence of social media and online gaming.

Fortunately, suicide is a preventable public health problem. Here are some signs and symptoms to help identify potentially concerning behavior in yourself or others:

- Talking or writing about death or suicide
- Withdrawing from family and friends
- Feeling hopeless or helpless
- Feeling strong anger or rage
- Experiencing dramatic mood changes
- Abusing drugs or alcohol
- Acting impulsively
- Losing interest in most activities
- A change in eating and sleeping habits
- Performing poorly at work or in school
- Giving away prized possessions
- Feeling excessive guilt or shame
- Acting recklessly

When you see these signs in others, don't be afraid to carefully ask questions and refer them to a health professional for help as needed.

There are also many behaviors that can improve one's mental health, such as: eating healthy meals, exercising, spending time in nature, sleeping well, trying new recipes, starting a new hobby, de-cluttering and organizing your home or office, reading positive and inspirational books, listening to uplifting music, practicing saying No, and asking for help.

Let us also remind people that nothing, including suicide, can separate us from the love of God (Romans 8:38, 39), and that the Bible contains many promises related to our overall health of body, mind, and spirit:

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7, ESV

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." Isaiah 41:10

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John 14:27

"Casting all your anxieties on him, because he cares for you." 1 Peter 5:7, ESV

"And be not conformed to this world: but be ye transformed by the renewing of your mind." Romans 12:2

"For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end." Jeremiah 29:11

"For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us." Romans 8:18

To contact a Christian counselor, please go to nadfamily.org/resources/counselors

Some Facts About Vitamin B12

from Dr. Agatha Thrash

The small intestine of healthy humans can contain bacteria that are capable of producing vitamin B12. There are at least two groups of germs normally in the small bowel: *Pseudomonas* and *Klebsiella*. These may synthesize significant amounts of the vitamin, high enough in the intestinal tract to be absorbed in the terminal ileum (Nature 283:781; February 21, 1980). Both these germs can overgrow and cause an unhealthy small bowel.

Around 3,000 men and women aged 26-83, investigated as a part of the Framingham offspring study, showed a surprising 39 percent of the participants to have blood levels of B12 below 350, the level at which neurological signs of vitamin B12 deficiency or high homocysteine levels sometimes occur. Younger people were just as likely to have low levels as older people. Those who got their B12 from supplements or fortified breakfast cereals were less likely to be deficient than those who got their B12 from dairy products, meat, poultry, or fish. It was suggested by

the researchers that the proteins in meat may make B12 less available. The RDA for B12 is from 6-25 micrograms, depending on the age, the higher levels being in older people (American Journal of Clinical Nutrition 71:51, 2000).

Factors that Affect B12 Needs:

Meat, other animal products, and refined carbohydrates (sugars) when used generously may more than double the amount of B12 you must have from all your sources to stay healthy.

Persons who use drugs, chemicals, or beverages that destroy B12 (tobacco, alcohol, caffeine, etc.), will require more B12 to stay healthy.

Mega-doses of vitamin C may produce B12 deficiency by destroying the cobalamins during the time both B12 and vitamin C are in the intestinal tract together. More than 500 milligrams of vitamin C can destroy 50-95 percent of B12 in the intestinal tract. If both vitamin C and B12 must be taken for some condition, B12 should be taken at the beginning

or before the meal, and vitamin C should be taken after meals.

Oral contraceptives increase the need for vitamin B12. Cooked eggs decrease B12 absorption.

Intestinal parasites, especially tape worms, and explosively growing bacteria in the intestinal tract such as from infected or inflamed intestines, can effectively compete with the host for B12 and make the requirements higher. *Helicobacter pylori* infection can cause malabsorption of vitamin B12.

Almost 90 percent of older people with serum B12 levels less than 150 show evidence of tissue vitamin B12 deficiency. Older people are more subject to disability from low B12 than younger individuals (Journal of the American Geriatric Society 44:1355;1996). We can see wisdom for persons over age 60 with low B12 levels taking a supplement. About 100 micrograms daily chewed for two minutes before swallowing (to get the “salivary factor”) will probably be enough to supply the system with all its needs.

Black Bean Burgers

2 cans black beans drained/rinsed
2 cups cooked brown rice
1 cup oats ground to flour
Liquid smoke to taste (optional)
Small can of tomato sauce
Add your preferred seasonings

Layer cooked rice and beans in food processor and pulse until blended, but still with texture.

Transfer rice bean mixture to a large bowl. Stir in tomato sauce and seasonings. Stir in ground oats and mix well.

Form patties (mixture will be sticky) and place on baking sheet. Bake at 375 for 30-40 mins flipping every 10 mins till outside is desired crispness.



From our Lifestyle Center

What Our Guests are Saying

Coming to Uchee Pines has literally changed my life, for the physical and the spiritual, as well as emotional. I'd like to say to you that "you are not alone." People around you are also going through life carrying a load; just know that the people at Uchee Pines are here to help you to the best of their abilities through Jesus Christ. Do not be defeated, just get up and partake in the seminars, devotions, exercise, and other activities. Put your all into it if you desire change. Remember they are here to help, just extend your hand and accept it.

-Anon



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