



The Uchee Pines Institute health and news letter



SOME THOUGHTS FOR THE NEW YEAR

The old year, with its burden of record, is fast passing away. The new year, with all its possibilities, will soon be ushered in. What advancement have we made in the knowledge of Christ during the past year? Are we prepared to show, more decidedly than ever before, that we are on the Lord's side? At this time, when the nations of the world are wavering between infidelity and idolatry, are we prepared to stand as faithful ambassadors for Christ? Shall we not, at the beginning of

this new year, give ourselves and all we have to God? Shall we not listen to His voice, which calls us to a renewed contest, to a more thorough consecration of ourselves and our intrusted capabilities to His service?

To God we owe all we have and are. In Him we live and move and have our being. We have not been forgotten by Him. In His book each human being has a page, on which is recorded his whole history. Constantly and untiringly God is working for our happiness. The treasures

which He has placed within our reach are numberless. "The Lord is good to all; and His tender mercies are over all His works. Thou openest Thine hand, and satisfiest the desire of every living thing." He is the Father of mercies and the God of all comfort. The earth is full of His goodness. Creation proclaims, with myriad voice, the forbearance, love, and compassion of the Almighty.

Through all the ages God has manifested for the human race a love that is without a parallel. He

so loved man that He bestowed on him a gift that defies computation. That the abundance of His grace might be revealed, He sent His only-begotten Son to our world, to live a man among men, to spend His life in the service of humanity. In our behalf the Son of the Infinite God was numbered with the transgressors. Christ was the channel through which the Father poured into the world the rich stream of His grace. God could not give less than the fullness, nor was it possible for Him to give more. "Herein is love, not that we loved God, but that He loved us, and sent His Son to be the propitiation for our sins."

God has made us His stewards. To every one He has given some talent, which is to be improved and returned to Him. Every one is the possessor of some trust. Time, intellect, reason, money, the tender ministry to which some are adapted, --these are the gifts of God. From the lowliest to the highest, all have been intrusted with the goods of heaven, and all are called upon to make a return to the Giver.

The first thing we are to do is to give ourselves to the Lord. Life, with its endowments and privileges, is God's gift. Let us remember that it comes from God, and is to be wholly consecrated to Him. Let us say with Paul, "I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord; for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ, and be found in Him, not having mine own righteousness, which is of the law, but that which is through the faith of

Christ, the righteousness which is of God by faith."

When we have given ourselves to God, we shall be willing to give Him what He has given us. All we have and are is to be laid at Christ's feet. We have been bought with a price which can not be estimated, and we should count it a privilege to co-operate with God by denying self, by giving of our earthly possessions to make it possible for those in the darkness of error to hear the truth. Each soul saved is worth more than a world; for he is saved unto eternal life. Those who invest their means in this work double their talents.

Whether or not we give mind, soul, and strength to God, it all belongs to Him. God speaks to each human being, saying: "I have a claim on you. Give me your zeal, your capabilities, your energy, your means." He has a right to ask this; for we are His, redeemed by His boundless love and by the agony of the cross of Calvary from the service of sin. On no account are we to devote our powers to self-serving. Day by day we are to return to the Lord that which He has intrusted to us. And we are to ask Him, not only for temporal blessings, but for spiritual gifts. He who asks in faith, believing that God will fulfil His word, and who acts in accordance with His prayer, doing God's will in all things, will receive rich blessings from on high. And as he receives, he is to impart to those who need help.

By Ellen G. White, Signs of the Times, January 2, 1901



Banana Walnut Bread

3 mature bananas (mashed)
1/3 cup olive oil
1/2 cup sweetener (honey or agave)
1 teaspoon vanilla
1 1/2 cups flour
1 teaspoon baking soda
1/4 teaspoon salt
1/3 cup chopped walnuts (more for garnish)

Combine bananas, olive oil, sweetener, and vanilla. Incorporate flour, baking soda, and salt; mix delicately. Incorporate the walnuts. Transfer to a greased loaf pan and garnish with additional walnuts. Bake at 350°F for 50 to 60 minutes. Allow to cool before to slicing for optimal texture.



Continuing Medical Education available at Uchee Pines

Twice each year, Uchee Pines Lifestyle Center hosts a Continuing Medical Education / Continuing Educational Units (CME/CEU) Conference for licensed healthcare professionals. Attendees earn their medical education credits from Loma Linda University, which partners with Uchee Pines to offer the annual required credits. The conference provides reliable, scientific, evidence-based natural remedy therapies for acute and chronic lifestyle-induced diseases.

Healthcare professionals, and nonprofessionals interested in health and wellness through natural means, choose between online study and an entire immersive experience of lifestyle intervention education. Those who study on-site experience the therapeutic diet, the lifestyle center facilities, the benefits of a more natural lifestyle, and, best of all, the Christian environment of Seventh-day Adventist medical missionaries in Seale, Alabama.

Topics covered at previous conferences include: Self-Esteem and Body Image in Women, Clinical Implications of Forgiveness, the Rise of Colorectal Cancer in Young Adults, A Lifestyle Approach to Chronic Kidney Disease, the Longevity Lifestyle, Sports Nutrition, Demystifying Dementia, Natural Cures for Prostate Cancer, and Multiple Sclerosis. Sabbath services conclude the conference with special presentations related to medical missionary work and gospel ministry.

Eric Walsh, M.D., a practicing physician and health care administrator with a master's degree and doctorate in public health, as well as being a graduate of Loma Linda University, was enthusiastic about his participation as a presenter during a previous conference. "This was an amazing spiritual and academic experience that puts our patients first, and was very Christ centered. Such a blessing! And, as a Christian physician, I only wish more CME conferences were like this."

Kaylene WeirCox, M.D., medical director at Uchee Pines, offered her thoughts: "Many of our colleagues currently practicing in hospitals and clinics across the nation know that, in 2023, three of the top five leading causes of death in the U.S. (heart disease, cancer, and cerebrovascular disease) according to the CDC are associated with lifestyle, and there is no debating that type 2 diabetes and hypertension are also related to lifestyle. So, we want to share the God-centered therapies and modalities, including natural remedies and lifestyle-based treatments that we have been using, and that are supported by scientific evidence for the treatment and reversal of many of these conditions. We continue to share our experiences of success in working with individuals suffering from various diseases by addressing the whole person — mind, body, and spirit."

For more information visit: ucheepines.org/events/continuing-medical-education-continuing-education-units

Zinc

Zinc is the second-most abundant trace mineral in your body (after iron) and is present in every cell. Its main benefits are increased immune function, improved wound healing, and overall growth and development. Zinc is commonly used in hospitals as a treatment for burns, certain ulcers, and other skin injuries.

A review of multiple studies revealed that 80–92 mg daily of zinc may reduce the length of the common cold by up to 33%, and that zinc supplements significantly reduce the risk of infections, as well as promote immune response in older adults. Another study determined that 45 mg per day of elemental zinc may decrease the incidence of infection in older adults by nearly 66%. Zinc may also significantly reduce the risk of age-related diseases, such as pneumonia and age-related macular degeneration (AMD).

Because the body does not naturally produce zinc, it must be obtained through food or supplements. The best food sources of zinc are chickpeas, lentils, beans, pumpkin seeds, cashews, hemp seeds, pine nuts, almonds, oats, quinoa, brown rice, and vegetables such as kale, peas, asparagus, and beet greens.

The recommended daily dosage for zinc is from 10-40 mgs. Those with zinc deficiencies may need to take a higher dose. Zinc citrate or zinc gluconate are the most absorbable forms.

From our Lifestyle Center

What Our Guests are Saying

I arrived at Uchee Pines on a Sunday. My blood sugar was almost 200. Blood pressure was very high. I was in medication for diabetes, high blood pressure, and cholesterol. I was taking 60 units of insulin a day, and I weighed 204 lbs. 4 days later, my blood pressure was down to 103/78. I lost 12 lbs, and my sugar was down to 160. A week later, I was down to 188 lbs. My blood sugar ranged from 70 - 104. My blood pressure was 101/77. I am on no insulin, Losartan, heart pills, or water pills. I am drug free! In addition, the miracle of God's love and power has set me free. I feel so good that I'm training for a 5K run. God is certainly good. I praise Him, and thank every staff member at Uchee Pines. It is a little bit of heaven on earth.

– Ivan



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