



WELCOME TO THE UCHEE PINES HERB SHOP!

Stepping into an herbal shop awakens the senses; the deep aromas of roots, leaves, and berries immediately signal that you've entered Nature's Pharmacy. It is a vibrant botanical laboratory where raw natural elements are converted into powerful tools for the recovery of health. In the herb shop, the focus is on plant-based medicine; catering both to the inside of the body with herbal extracts and tea blends, as well as to the outside of the body through soaps, balms, and salves.

There is also enough here to appeal to the intellect. Products are made from herbs and other raw materials that have been chosen based on their proven therapeutic properties and historical effectiveness. Through precise methods, raw botanicals and minerals are blended into concentrated extracts and medicinal salves. Every mixture is intentionally crafted to target specific health goals or support the body's natural healing ability. You will be impressed with how scientific and

sensible, yet simple, the processes are.

The Uchee Pines Herb Shop also helps to cater to the high demand for natural skin care products. Many conventional products contain synthetic chemicals like phthalates, parabens, and sulfates, which have been linked to hormonal disruption and long-term health risks. At Uchee Pines, we aim to offer something far better.

Below are a list of currently available products and their uses.

Herbal Extracts:

Anti-Parasite: targets and eliminates intestinal parasites

Anti-fungal solution: a topical application for fighting fungal infections of the skin and nails

Blood Builder: increases iron levels and supports the production of healthy red blood cells

Flu Syrup: fights flu and cold viruses and alleviates the symptoms

Heart Support: regulates blood pressure and reduces inflammation

Immuno Booster: stimulates the immune system to respond effectively to threats

Insect Repellent: deter pests like mosquitoes and ticks without the use of synthetic chemicals like DEET

Pain and Inflammation: combines botanical anti-inflammatories and analgesics to target the body's inflammatory pathways.

Stop Smoking: designed to address challenges such as nicotine withdrawal and nervous system irritability. Unlike synthetic patches

or gums, these natural approaches focus on repairing the body while calming the mind.

Rest and Relax: soothes the central nervous system and regulate stress hormones like cortisol

Herbal Salves:

Pain Salve: a concentrated, oil-based ointment that delivers medicinal plant compounds directly to the skin to alleviate localized discomfort

Healing Salve: protects damaged skin while providing the building blocks for rapid cellular repair

Congestion Salve: uses the power of volatile essential oils to open airways and soothe respiratory distress

Soaps and Lib balms:

Our soaps are crafted using plant-based oils (olive, coconut, and castor) combined with an alkali to create a gentle, moisturizing cleanser that preserves the skin's natural oils. Scents include Muscadine, Citrus-Calendula, Lemongrass, Vanilla cream, and

Lavender-Patchouli. Charcoal soap is an all-time favorite; and the unique Himalayan Pink Salt soap is a stand-out for its beauty, exfoliating, and relaxing properties.

Traditional lip balms create a thick, plastic-like seal on the surface. While this prevents moisture from leaving, they cannot penetrate the skin to provide actual hydration. Some commercial balms contain intentional irritants like menthol, phenol, or salicylic acid to create a "medicated" tingle; however, these can strip the lip's thin barrier, leading to even more dryness and a constant need to reapply. Our natural lip balms are emollient and restorative. They use plant-based oils (sweet almond, coconut, and olive) with smaller molecular structures that actually sink into the lip tissue to deliver vitamins and fatty acids.

You may order these items through countrylifeonline.com or by calling 706-323-9194.

From our Lifestyle Center

What Our Guests are Saying

After making poor food choices, I felt affected by my stomach for about a week, even though I didn't pay much attention to it when I was told I had polyps in my gallbladder. Then I was on antibiotics for several infections, about 5 different ones. At the end of the year, I also caught a stomach-bacteria, and required antibiotics again for 5 days. My stomach was very affected, gas, acid-reflux, and other problems for my stomach. I sought medical help, but I didn't want to take pills. It was because of the pain and discomfort in my legs and back that I decided to come to Uchee Pines. This stay has been a great blessing and a lot of learning for me. I feel very pleased because I have received much more than just the treatments. -Ada

Health Benefits of Common Culinary Herbs

“And the leaves of the tree were for the healing of the nations.” Rev. 22:2

Basil – antioxidant properties, aids digestion, reduces stress, anti-inflammatory, manages blood sugar levels

Cilantro – heavy metal detoxifier, digestive aid, anti-inflammatory, reduces blood sugar levels

Dill – manages diabetes, lowers cholesterol, aids digestion, reduces bloating, relieves menstrual pain, historically used to treat colic

Fennel – digestive tonic, relieves bloating, supports lactation, relieves menstrual cramps, supports heart health, protects against skin damage

Garlic – immune support, cardiovascular health, protects from cell

damage, fights microbial infections, regulates blood sugar, supports digestion

Ginger – aids digestion, relieves nausea, reduces inflammation, supports heart health, antimicrobial

Lavender – aids sleep, reduces anxiety, calms nerves, antiseptic properties, anti-inflammatory, alleviates pain

Oregano – antimicrobial and antifungal, antioxidant, anti-inflammatory, supports heart health, aids digestion, historically used for infections

Parsley – anti-oxidant, detoxifying, supports kidney function, aids digestion, rich in vitamins A, C and K

Peppermint – supports digestion, relieves gas and bloating, antimicrobial, soothes menstrual

cramps, relieves headaches, soothes respiratory issues

Rosemary – improves memory and concentration, alleviates stress and anxiety, enhances circulation, reduces inflammation, antimicrobial benefits

Sage – antioxidant protection, supports cognitive function, promotes oral health, sore throat relief, wound healing, manages blood sugar and cholesterol levels

Thyme – fights coughs and respiratory infections, antiseptic, antimicrobial, anti-inflammatory, improves digestion

Turmeric – anti-inflammatory and antioxidant effects, digestive aid, relieves arthritis

Health Reform and Third Angel's Message Closely Allied

“Who giveth food to all flesh: for his mercy endureth for ever. O give thanks unto the God of heaven: for his mercy endureth for ever.” Ps. 136:25, 26

The Lord had in His providence given light in regard to the establishment of sanitariums where the sick should be treated upon hygienic principles. The people must be taught to depend on the Lord's remedies, pure air, pure water, simple, healthful foods.

Every effort made for the physical and moral health of the people should be based on moral principles. The advocates of reform who are laboring with the glory of God in view will plant their feet firmly upon the principles of hygiene; they will adopt a correct practice. The people need true knowledge. By their wrong habits of life, men and women of this

generation are bringing upon themselves untold suffering.

Physicians have a work to do to bring about reform by educating the people, that they may understand the laws which govern their physical life. They should know how to eat properly, to work intelligently, to dress healthfully, and should be taught to bring all their habits into harmony with the laws of life and health, and to discard drugs. There is a great work to be done. If the principles of health reform are carried out, the work will indeed be as closely allied to that of the third angel's message as the hand is to the body.

Why is there so much dissension? Why so much independent action, so much selfish ambition in this great missionary field? God is dishon-

ored. There should be concentrated, united action. This is as necessary in the physician's work as in any other branch of the work of preparation for the great day of God...

Teach the people how to prevent disease. Tell them to cease rebelling against nature's laws, and by removing every obstruction give it a chance to put forth its very best efforts to set things right. Nature must have a fair chance to employ its healing agencies. We must make earnest efforts to reach a higher platform in regard to the methods of treating the sick. If the light which God has given prevails, if truth overcomes error, advanced steps will be taken in health reform. This must be.

E.G. White, *To Be Like Jesus*, p. 298

Vitamin E

Vitamin E is a fat-soluble vitamin and antioxidant found in certain foods that helps to protect your cells from free radicals. It also supports healthy vision, improves immune function, reduces inflammation, lowers the risk of blood clots, and reduces the risk of chronic diseases such as heart disease and cancer.

The best food sources for Vitamin E are nuts (almond, hazelnut, peanut, pine), sunflower seeds, avocado, green vegetables (spinach, broccoli), certain fruits (kiwi, mango, tomatoes), wheat germ oil, and fortified cereals.

Daily needs vary from 4-11 milligrams for children, increasing up to 15 grams for teenagers and adults. Pregnant or lactating women require more.

If taking blood thinners, cholesterol medications, or cancer treatments, please consult your provider or oncologist before taking Vitamin E supplements. Vegan supplement options by Deva, NOW, and MaryRuth are available through Country Life.



Spinach Berry Quinoa Salad

- 1 cup dried quinoa, rinsed
- 1 3/4 cup water
- 5 oz. baby spinach (about 5 cups)
- 1 cup each: blueberries, sliced strawberries, blackberries
- 1/3 cup slivered almonds
- 1 avocado, sliced (optional topping)
- 1 banana, sliced (optional topping)

Citrus Dressing:

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|----------------------|------------------------|
| 1/3 cup orange juice | 2 tsp tahini |
| 2 tsp lemon juice | 2 tsp pure maple syrup |
| Salt to taste | |

In a medium pot, add quinoa and water, bring to a boil, cover, reduce heat to low and simmer for 15 minutes. Remove lid and let rest for 10 minutes, fluff with a fork.

In a small bowl, combine the citrus dressing ingredients and mix well. In a large bowl add the spinach, quinoa, berries, and slivered almonds. Pour dressing over top and toss well to coat.



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