



emphasis

The Uchee Pines Institute health and news letter



A Spiritual Work

The Seventh-day Adventist church was organized on May 21, 1863. Sixteen days later, on June 6th, the first major health reform vision, lasting approximately 45 minutes, was given to Ellen White. Was the timing of these two events merely a coincidence? Or was God making it clear that the formation of the SDA church was, in large part, for the purpose of promoting a message of health and healing to prepare the world for the Second Coming of Jesus Christ?

The overall message of this first major health vision was rather simple: Seventh-day Adventists were to pay better attention to their health. Health was important. And good health was dependent on one's lifestyle. The first health vision revealed the dangers of intemperance, the importance of controlling appetite and avoiding eating swine's flesh, the poisonous effect of using tobacco and other stimulants, the benefits of water, the importance of hygiene and fresh air, the balance of working and resting, the benefit of

a vegetarian diet, the use of natural remedies for healing, and the importance of a belief in God.

A little more than two years later, Ellen White was given a second major health vision which indicated that health was to become a critical part of the overall Seventh-day Adventist message. "The health reform, I was shown, is part of the third angel's message, and is just as closely connected with it as the arm and hand with the human body. I saw that we as a people must make an

advance move in this great work.” (E. G. White, *Testimonies for the Church*, Vol. 1, p. 486)

In short, the health reform work was to be recognized as a critical part of the overall Seventh-day Adventist message in the last days. In fact, Ellen White noted that medical evangelism had the potential to reach people that could not be reached by other types of evangelism:

“Our people should have an institution of their own, under their own control, for the benefit of the diseased and suffering among us. Such an institution, rightly conducted, would be the means of bringing our views before many whom it would be impossible for us to reach by the common course of advocating the truth. By thus being placed under the influence of truth, some will not only obtain relief from bodily infirmities, but their sin-sick souls will find a healing balm.” (E. G. White, *Testimonies for the Church*, Vol. 1, p. 492-493)

In 1866, just three years after the SDA church was formed, and just three years after the first major health vision, a building was established for the purpose of promoting God’s health message. The Western Health Reform Institute, which was billed as a home for the sick where they could be treated for their diseases and also learn how to take care of themselves so as to prevent disease, was a modest two-story house equipped with treatment rooms.

The Western Health Reform Institute became the first of many health institutes around the world. In 1875, John Harvey Kellogg was appointed medical superintendent of the institute, which was soon expanded with additional buildings and

ultimately came to be known as the Battle Creek Sanitarium. At its peak in 1929, the sanitarium could care for 1,200 patients and guests. For over 150 years now, the Seventh-day Adventist church has become a leading entity of faithfully promoting holistic health and healthful living.

Genuine faith—expressed in trust, persistence, and intercession—frequently accompanies and reveals God’s healing work. Consider the well-known story of the paralytic from Mark 2:1-12: The paralytic received help because his friends determinately brought him to Jesus, the One who could heal. The lesson here is that our persistent faith can actually open the way for healing to come into another’s life.

Consider some gospel examples of Jesus’ healing and compassion: In Luke chapter 4, after the temptation in the wilderness, Jesus read in the synagogue that His Father had sent Him to bring healing and recovering of sight to the blind. The apostle Peter declared in Acts 10:38 that Jesus went about doing good and healing. And in Matthew chapter 4, Jesus went about all Galilee, healing all manner of sickness and disease among the people.

During His earthly ministry, Jesus actually devoted more time to healing than to preaching. And His healing practices transcended the healing of the physical afflictions only. “Jesus made each work of healing an occasion for implanting divine principles in the mind and soul. This was the purpose of His work.” *The Ministry of Healing*, p. 19. Jesus’ healing ministry included the healing of the whole person; and Seventh-day Adventists were to follow His example.

Jesus said to His disciples at the Last Supper in John 14:12: “Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.” Jesus here assures the disciples that His mission will continue through them. The works He refers to were the miraculous deeds He performed, such as healing the sick, raising the dead, and feeding the multitudes.

The term “greater” refers to greater in extent and reach. While Jesus’ ministry was geographically limited to Galilee and Judea, His followers would spread the Gospel worldwide, impacting countless lives across generations. Today medical missionaries are taking that work around the world.

The Scriptures confirm that the apostles did go on to perform miracles in Jesus’ name, healing the sick, and converting thousands. And how were these healings brought about? Much like they had been throughout history – through the administration of natural remedies. Consider just a few examples of how Jesus, Old Testament prophets, and New Testament disciples all used natural remedies.

2 Kings ch. 5 tells us the story of Naaman, whose leprosy was cured using water treatments. 2 Kings ch. 20 tells us the story of King Hezekiah, who experienced healing through a poultice. In Jeremiah 8:22, the Balm of Gilead is mentioned, which was known across the ancient world for its incredible skin-healing properties. Ezekiel 47:12 mentioned tea leaves as medicine.

Luke chapter 10 gives us the story of the Good Samaritan, where olive oil and grape juice were used for wound care. In John chapter 9,

Jesus used clay to treat the man born blind. In 1 Timothy chapter 5, the apostle Paul encourages Timothy to use grape juice for his digestive issues (In an era of contaminated water, wine served as both an antiseptic and a digestive aid). And in Revelation 22, the very last chapter of the entire Bible, John the Revelator tells us that “the leaves of the tree were for the healing of the nations.”

We can see in all these instances that God remains the healer; and natural agencies are His chosen instruments and methods. He uses everyday materials—water, salt, fruits, clay, oil, wine—to display that true health flows from His command, and not from the substance alone.

These passages, and many more, encourage grateful, responsible use of creation’s resources while placing ultimate trust in the Great Physician who heals. Modern medical missionaries continue a legacy of healing that has been God’s plan from the very beginning. He’s used multitudes of faithful men and women to make healing a reality in the lives of so many.

In the book *Counsels on Health*, p. 540, we’re told that, “The work of the true medical missionary is largely a spiritual work.” “Take hold of the medical missionary work, and it will give you access to the people. Their hearts will be touched as you minister to their necessities. As you relieve their sufferings, you will find opportunity to speak to them of the love of Jesus.” (E. G. White, *Counsels on Health*, p. 533)

If you are interested in getting medical missionary training, please visit www.uchee-pines.org/medical-missionary-training. Be assured that your labor will not be in vain.



ANTI-FUNGAL SOLUTION

Fungus nails are related to athlete’s foot and are often caused by the same fungus. Treatment is as follows: Trim and scrape the involved nail to remove as much of the nail as possible and the crumbly material beneath the nail. Apply Uchee Pines Anti-Fungal Solution to the nail 2-4 times a day for 30 days, then once a day after that until the fungus disappears.

To prevent fungus nails, keep the nails trimmed short, do not wear tight stockings or socks, shoes, or allow bed covers at night to fit tightly over the toes so that blood is pressed from the nail bed. To do so weakens the resistance of the nail against fungus.

The Uchee Pines Anti-Fungal Solution is available through Country Life, 706-323-9194.

Mediterranean Potato Salad

2lbs baby potatoes, washed

5 tbsp olive oil

3 tbsp lemon juice

1/2 to 1 tsp salt

1 1/2 tsp dried oregano

1/2 cup to 1 cup halved cherry tomatoes

1/3 to 1/2 cup finely chopped red onion

1/3 to 1/2 cup chopped cucumber

3 tbsp fresh chopped parsley

3 tbsp sliced olives

Boil the potatoes in salted water for fifteen minutes. Drain and set aside to cool slightly. Mix oregano, lemon juice, olive oil, and salt in a large bowl. Cut potatoes into bite-sized pieces. Add them to the bowl with tomatoes, onion, cucumber, olives, and parsley. Gently mix ingredients so the potatoes do not break.

YOU NEED TO KNOW

See the next **Lifestyle Sessions** at the Lifestyle Center.

Visit: ucheepines.org/lifestyle-center

Do you want to be trained in medical missionary work? Apply today! Lifestyle Educator (6-months or take in 4-wk block) and Lifestyle Counselor (1-yr) courses begin in every January and July. Take the whole course or just one block (4wk).

Visit: ucheepines.org/education

5-day Virtual Wellness Conference – We take 50 years of expertise in applying lifestyle interventions and natural remedies in the prevention and reversal of disease and bring that expertise to you in a virtual format.. Visit: ucheepines.org/events

Continuing Education Credits – The Lifestyle Interventions with Natural Remedies for Health Professionals Conference offers continuing education for licensed healthcare professionals.

Visit: ucheepines.org/events

Country Life Natural Food Store and Vegan/Vegetarian Restaurant. We ship non-perishable items!

Visit: countrylifeonline.com

Staff Volunteer opportunities

Visit: ucheepines.org/work-opportunities

Current needs of the Institute: Funds for the renovation of men's dorm, road paving, new education building, vehicles for lifestyle center, media suite, refurbishing of existing housing. Visit: ucheepines.org/donate

From our Lifestyle Center What Our Guests are Saying

Being diagnosed with ovarian cancer has been a challenge. Gaining weight, losing my hair, experiencing different forms of chemo trying to get better only to find out that your body is rejecting the chemo that is supposed to heal you. I decided that alternative medicine was the way to go. God worked it out so that I would end up here at Uchee Pines. I was a bit apprehensive at first, but once I got here it felt like heaven. The morning and evening devotions, the nature and digestive walks, singing, praying, and the Lifestyle Counsellors are extremely professional. They are selfless; they work for you and encourage you. Since being here my energy levels are up. I am resting well and even started running again. God will make a way out of no way because Jesus said "all things are possible to those who believe". In all things give thanks. I will forever be grateful for the time spent here at Uchee Pines. -Halyn



Scan the QR Code and subscribe to our online mailing list or send an e-mail to: EYH@UCHEEPINES.ORG

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