



Eve

Issue 7

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Cayenne

Botanical name: capsicum. Also commonly known as "chili pepper"; the pungent fresh or dried fruit of any of several cultivated varieties of capsicum. Common names: Cayenne pepper, red pepper, capsicum, Spanish pepper, bird pepper, pod pepper, chilies, African pepper, chili pepper, African red pepper, cocksbur pepper, American red pepper, garden pepper.



Reprint of a
magazine/
web article.

Cayenne: Hot Healer

Raw, dried, powdered cayenne is a hothouse of medical possibilities. It empowers the body and makes it easier for the immune system to function efficiently. I have a small vial of it in my bathroom, in my bedroom, in my purse, and in my traveling first-aid kit.

Cayenne is a stimulant, and improves blood circulation. It has the ability to clear the blood of matter and gasses that cause digestive problems, and help people who suffer from cold hands or feet. It alleviates inflammation and can break up the deposits

that contribute to the pain of arthritis. It clears sinus congestion, conjunctivitis, and spongy, bleeding gums. Because it also has astringent qualities, it can stop bleeding and prevent swelling. A source of vitamin C, it rejuvenates the entire body when energy is depleted. It is believed to be a good tonic for strengthening the heart.

Using cayenne medicinally doesn't require exotic ingredients or equipment. Recently, my husband and I were vacationing at the seashore, and he spent the evening surfcasting. By nightfall, the pain in his shoulder indicated he had been at it too long.

"I'm really

hurting," he admitted. "I don't think I'll be doing anymore fishing this vacation. Did you bring anything that will stop the pain long enough for me to get some sleep?"

What I had with me was some ordinary salad oil, some capsules of vitamin E, and my trusty vial of powdered cayenne. I mixed about $\frac{1}{4}$ teaspoon of cayenne with the contents of one vitamin E capsule and added enough Safflower oil to make it workable. Then I gently rubbed the mixture, in small, circular motions, onto his shoulder and neck. I put a warm, damp towel on the area, and before I could finish packing everything away, hubby

was fast asleep.

He awoke an hour later totally pain-free. We removed the compress, rinsed the area to make sure that the skin was not irritated, and he fell asleep for the night. The next morning he was down at the shore, casting away, and the problem never returned.

We have used the same formula many times, sometimes with the addition of two drops of an anti-inflammatory known as Tea Tree Oil (or Cajeput), a natural medicinal oil from the trees of Australia. A young athletic friend of mine complained of having chronic pain in his left knee due to a college injury. He said that the pain often kept him from sleeping, but that he had been told there wasn't much he could do about it, short of surgery. He soon discovered that the cayenne mixture gave him immediate, safe, long-standing relief and allowed him to sleep peacefully and resume his normal activities. Friends have used this treatment with equal success on chronic areas of arthritis, bursitis and

gout.

Maybe you have a particular hour of the day when the energy just seems to drain out, and you wonder how you will make it through the rest of your day. For me, that hour is four o'clock in the afternoon. Then I discovered my special Energy Brew. I stir 1 teaspoon apple cider vinegar and 1 teaspoon raw honey into a mixture of $\frac{1}{4}$ cup orange juice and $\frac{1}{4}$ cup water. Then I add a pinch of powdered

As with any herb, it is best to start very slowly and make sure it has a positive effect on your body.) Sometimes I add a carrot or celery stalk to the brew as a stirrer.

I turn on some music, put my feet up, and sip my elixir. Within ten minutes I am fully rejuvenated and ready to go, and the energy lasts until bedtime. Even the very smallest amounts of cayenne are effective, and in emergencies I add a few grains to a little water, swish it

eight or ten visible grains of it to the water I used to rinse my mouth after brushing. As soon as I discovered how wonderful that felt, I increased the dosage a bit and expanded the regime. Now immediately after flossing every day, I put a very small amount of cayenne on the wet, soft bristles of my toothbrush and gently massage it into my gums, allowing its stimulant and astringent properties to go to work. Then I add toothpaste and brush normally. Afterwards, I rinse my mouth with a pinch of cayenne in water. As a result, I no longer have any problem with bleeding, spongy gums, nor have I had any abscesses or mouth blisters.

Cayenne has proved equally effective on congested, inflamed sinuses. Just a few specks of cayenne in distilled water has the ability to relieve sinus pain and eliminate congestion. I fill a small three-ounce paper bathroom cup with the very weak cayenne solution and squeeze one section together to form a

around my mouth, then swallow. It works!

When I am even mildly run down, I often wind up with bleeding gums, inflamed sinuses and red, itchy eyes. I began testing cayenne for my gums by adding just

cayenne. (For me, $\frac{1}{16}$ to $\frac{1}{8}$ of a teaspoon works well, but I started with just a *few grains* of the powder until I was sure how much my mouth and system could tolerate.

Remedy for Bruises

A spicy alternative to menthol or other warming oils.

1 cup vegetable oil, warmed
 $\frac{1}{2}$ teaspoon cayenne powder

Mix the cayenne into the oil. One day after the initial injury (the first day apply ice), gently rub the oil onto the affected area several times a day until the bruise clears.

Make sure you do not apply this to an area with broken skin.

crease. Tilting my head back, I very slowly pour a tiny amount of cayenned water into

sinuses, become infected and drip down to the throat.

The real test of cayenne came when I developed a stubborn

smarted, and I absolutely do *not* recommend rubbing cayenne into your eye. But after quickly flushing the eye out with plenty of distilled water, I discovered that the smarting was gone, as was the pain, itching and redness of the conjunctivitis! Next time I have conjunctivitis, I might be compelled to try the treatment that worked when the prescribed remedies failed.

But that's not all! Uncooked, powdered cayenne has also been used effectively in combating such diverse problems as constipation and laryngitis. Because it is an astringent, which constricts bodily secretions, it can be used as a styptic to stop wounds from bleeding. It has even been used successfully in treating bleeding

ulcers.

Remember that we're talking only about uncooked cayenne. When used in cooked recipes, cayenne often does just the opposite and acts as an irritant to the digestive system. Therefore, to add cayenne's spicy heat to your food and gain its medicinal advantages at the same time, add it raw, after the dish has been prepared.

Herbs with medicinal capability are effective because they are *potent packages of condensed energy* that our bodies can draw on. But even the mildest herb may not agree with everybody. It is wise to start with the *smallest dose* of an herb, to make sure it does not cause a negative reaction in you. With herbs, more is not necessarily better.

Hot Cayenne Tea

Here's a hot tea for a cold that won't go away.

- 1 quart of water
- 1 teaspoon cayenne powder
- 2 regular bouillon cubes

Place the water into a medium-sized saucepan. Heat the water until boiling, then stir in the cayenne and bouillon cubes. Mix until thoroughly dissolved then cool until the broth is not too hot to drink. Drink as much as you can and repeat until all of the broth, or your cold symptoms, are gone.

one nostril, holding the other nostril closed with a finger, and I sniff the liquid in. Then I reverse the procedure, and do the same with the other nostril. Yes, it does tingle a bit as it trickles down the throat, but it does the job! I then press that nostril closed and sniff the liquid into the other one. Not only does the sinus pain disappear rapidly, but the number of throat infections I've had have diminished dramatically, possibly because the mucus has less chance to accumulate in the

case of allergic conjunctivitis or pinkeye that would not succumb to prescribed medication. I knew that a very weak cayenne eye rinse was often recommended by herbalists, but I just couldn't bring myself to try it. My biggest fear was that if something went wrong, I'd feel ridiculous going back to my medical doctor and tell him I had put pepper in my eye! However, after adding cayenne to a chili recipe, I carelessly rubbed my eye with my finger and presto, the cayenne was in. Naturally, it

Preparations:

- ◆ Combined with vegetable oil and rubbed on sprains, swelling, sore muscles and joints to ease pain.
- ◆ Infusion: 1 cup boiling water poured onto ½ to 1 tsp. cayenne powder and steeped for 10 minutes. 1 tbsp. of the infusion mixed with hot water and consumed as needed.

Careful, *consistent* use of those that work for you may be more productive than larger, infrequent dosages. With some herbs, such as cayenne, a very small amount can be fully productive.

Caution: Avoid cayenne pepper if there is a tendency for nosebleeds or excessive bleeding, if there is an ongoing debilitating disease, or if there is dryness or internal inflammation. Excessive doses can cause vomiting.

Dosage: Because cayenne is such a "hot" herb, doses should be very small at first. Rather than give a generally-recommended dose, I would advise trying *just a few grains* of dried, powdered cayenne in your tea or water or on a salad, until you can evaluate what your body tolerates.

More Info on Cayenne

(Excerpts of an article by Dick Quinn, R.F.)

One of the most effective stimulants, cayenne targets the digestive and the circulatory system

primarily. Cayenne regulates blood pressure, strengthens the pulse, feeds the heart, lowers cholesterol, thins the blood, cleanses the circulatory system, heals ulcers, stops hemorrhaging, speeds healing of wounds, rebuilds damaged tissue, eases congestion, aids digestion, regulates elimination, relieves arthritis and rheumatism, prevents the spread of infection and numbs pain.

Cayenne stimulates every system and cell of the body. Cayenne has been valued around the world for its uses as a stimulant, astringents, antispasmodic, circulatory tonic, antidepressant and antibacterial agent. In addition, cayenne acts as a diaphoretic to induce sweating, a rubefacient to increase circulation at the skin's surface and a carminative to help prevent and eliminate gas.

Used as a condiment, cayenne aids digestion and soothes intestinal ailments by stimulating the stomach to produce mucous. In China, the pungent pepper has been used to stimulate the appetite and

promote the flow of saliva, which, in turn, aids digestion.

In the circulatory system, cayenne helps the arteries, veins and capillaries regain the elasticity of youth by feeding the cell structure. Cayenne helps equalize circulation by regulating the flow of blood from the head to the feet.

Generally, cayenne boosts overall health of the entire cardiovascular system.

With enough protein in the diet, cayenne was able to significantly inhibit cholesterol

absorption, which can narrow the veins and arteries. Cayenne also helps thin the blood and prevent blood clots that can clog the arteries and cause heart attack and stroke. Ingesting cayenne stimulates the body's fibrinolytic system to help prevent clots from forming and dissolve clots that had already formed.

In more ways than any other herb, cayenne gets the blood moving. Touted as "the purest and most certain stimulant known to man," cayenne is

Mama Maria's Cold Defense Recipe

Prepare in a pot:

6 cups water

½ cup ginger, grated or cut in little pieces

Boil 15 minutes, then add

2 tsp cayenne pepper

Strain.

To serve, squeeze

2-4 cloves garlic (depending on their size) into one serving, and stir. Let set for a few minutes, and then strain out the garlic pieces. Add:

2 tbsp honey

Heat to desired temperature, and drink.

Adding the garlic right before you drink it ensures that the garlic is fresh, and thus as effective as possible.

(Note: The raw garlic and cayenne can be hard on an empty stomach, so if you're not sure, try just a little bit at a meal time.)

considered to be one of the best crisis herbs. By helping the circulatory system operate more efficiently, the snappy red pepper boosts the energy level and eases the damaging effects of stress on the body.

By increasing the circulation of the blood to peripheral tissues throughout the body, cayenne helps deliver necessary nutrients to inflamed and infected areas. Studies show that the nutrients in food ingested with cayenne are assimilated faster and more easily.

The herb itself contains many nutrients essential to the health of the circulatory system,

The redder the cayenne pepper, the more vitamin A it contains. Paprika, the mildest cayenne, has the highest vitamin C content of all.

Cayenne's high mineral content, including sulphur, iron, calcium, magnesium and phosphorus, makes it an effective treatment for diabetes, gas, arthritis, pancreatic and throat disorders. The high vitamin C content of the fruit helps target colds, while the tremendous amount of beta-carotene helps speed the healing of ulcers.

Added to garlic, for example, cayenne speeds up the antibiotic

remember that a little cayenne goes a long way. Nature made the red pepper hot for a reason. People who don't usually eat hot spicy food should build a tolerance slowly. Remember too, that cayenne works best in concert with a healthy diet that is low in fat and high in protein and carbohydrates.

Excerpts from *Back to Eden*, by Jethro Kloss

Though it will smart a little, red pepper can be put in an open wound—either a fresh wound or an old ulcer—and it is very healing instead of irritating. Red pepper is one of the most stimulating herbs known to man. It causes no harm and has no unhealthy reaction.

It is good for kidneys, spleen, pancreas, lockjaw, will heal a sore ulcerated stomach, and is a remedy in yellow fever as well as other fevers. Good for coughs. May be taken in capsules followed by one or more glasses of water.

Capsicum is

antiseptic and therefore a valuable agent as a gargle in ordinary sore throat or diphtheria. An excellent agent in congested, ulcerated or infectious sore throats. Common red pepper may be given safely in capsules which take the place of tablets. In the onset of chills and colds it is the sovereign remedy.

Whenever a stimulant is necessary, capsicum should have the first consideration. Capsicum is nonpoisonous and there is no reaction to its use. There is no other stimulant known to medical science so natural, so certain and with less reaction following its constant use. Capsicum increases the power of all other agents, helps the digestion when taken with meals, and arouses all the secreting organs.

Red pepper is useful in cramps, pains in the stomach and bowels and constipation. When taken into the stomach it produces a pleasant sensation of warmth, which soon diffuses itself through the whole system, equalizing the circulation. ■



Storage Tip:

Storing chili powder at room temperature will eventually deplete its beta-carotene. Keep chili powder in a dark, cool place.

action of the other herb. Cayenne boosts the power of garlic so much it's akin to taking liquid penicillin. Together, garlic and cayenne lower blood pressure safely and rapidly.

It is important to

including alpha-tocopherols, vitamin C and minerals. Cayenne also contains a high amount of vitamin A (beta-carotene) which aids in healing ulcers.



A sight for sore eyes:

If your eyes hurt and sting often, you could try rinsing them several times a day with breast milk. It's very soothing, and cleanses and makes your eyes feel better. When

someone in our Home has a sty or any type of eye infection or just even red eyes, we always give them pure mother's milk straight from the breast or a clean cup into their eye, and it's amazing how fast the infection clears up. My eyes have been aching lately and are a bit red, so I've been rinsing them with breast milk too (my own, ha!), and they feel better.

—Renee, Canada

natural, mild substances that is good and beneficial.

If you have an infection in your eye, one breast milk rinse probably won't take it away completely. It works a little like a commercial eye-drop, in that you have to wash it faithfully and regularly until the infection has cleared. Each rinse washes away more of the infection, so with each treatment you should notice an improvement. It also relieves itchiness.

Breast milk can also be used for other infections on your body—like infected cuts or scratches, for example. It's completely sterile and clean, and helps to cleanse the wounds of infection, but at the same time it's mild and doesn't sting like some commercial substances. It may not completely clear up very bad infections, since breast milk is a mild cleanser, but it won't do any harm.

Though you can use breast milk for other ailments of the body, its healing qualities are best experienced and appreciated when used as an eye cleanser. ■

Jesus speaking:

Breast milk is filled with My natural goodness and is one of the wonders of My creation. It's packed with nutrients and antibodies, is sanitary and sterile—and it's free. As long as the breastfeeding mother is in good health, there's lots of goodness contained in it and nothing that's detrimental.

Breast milk can be used as an eye cleanser for itchy, sore or infected eyes. It works as a sterile balm that washes away the infection, cleanses the entire eye, and aids in the healing process. The eye is a sensitive organ, and you must be prayerful about what substances you use in its care, but breast milk is one of My

Soft, softer, softest

To remove dry skin, try a salt scrub. Drizzle ¼ cup of boiling water over a cup of mineral salts. Next, stir in a cup of olive or canola oil. Then, using old socks to protect your hands, apply the mixture to your arms, legs, and feet. (Soft, repeated, upward strokes work best.) Rinse off in the shower, then run a bath. (*Redbook*)

Dream of an unborn Baby

From Davida Smile (of Daniel Jeremiah), Ukraine

I had been wondering what happened to babies who were aborted. Do they come back to Earth in somebody else's tummy? Do they get another chance to live on Earth?

Dad The Lord must have the biggest nursery in the universe!—Considering all the children that have died or been killed and everything! I mean, they must have scads and scads of little kids up There! Who knows? Maybe they get another chance?—They didn't have a chance to live out their lives! They really didn't have a chance. Maybe the Lord lets them come back and have a second chance! (Maria: Be born over again?) Yes! (Maria: Through someone else, in another mother?) Yes! Why not! (ML #794:17,18.)

I was very happy when I got pregnant with my second baby, although I had very bad nausea. As soon as I found out I was pregnant, though, the Devil started fighting me. I started having so many trials, feeling sick and unable to take care of my one-year-old daughter. Then one night I had this dream, which took away most of my trials.

I was in this strange town, a very dark and poor place. I was watching this young rich man visiting his girlfriend in an orphanage. She was poor, but he loved her very much and wanted to marry her. She loved him too, but I saw something was troubling her. I tried to find out why she was so unhappy, and then she told me that she was pregnant and really didn't want the baby. She was



Art by Niki,
Philippines

feeling sick in her early pregnancy and resented the poor baby. I wanted so much to take away her pain that I told her to give me her baby, and that I'd have it as my own. All of a sudden I was pregnant with her baby, and felt very sick and nauseated.

Then I woke up and couldn't go back to sleep. I wondered if the baby I have in my tummy was perhaps first going to be born to another mother, but wasn't because of her mommy's decision to abort her. This gave me a special love for my child, and helped me endure the nausea and sickness of the first months in order to give her a chance to be born and grow, to love and live a life on the Earth serving her Lord.

Jesus It is one of the mysteries of the spirit, one of the wonders of Heaven, that I sometimes allow babies whose lives were cut short and never got a chance to live their life on Earth, because of the decisions of their mothers who chose to abort them, to have a second chance. Some babies who are aborted before they are born on Earth and live out their life, go on to greater things in My heavenly realm. While other babies that are aborted are given a second chance to go back to Earth in the womb of another woman who will love and care for them. This is one of the miracles of life!

Top Tips

For all women whose blood type is Rh negative, even when having a small miscarriage it is necessary to have a “Rhogam” injection. (Women with Rh negative blood are recommended to take this injection after every pregnancy, including the smallest miscarriage, so as to not have problems with the mother’s blood making antibodies that break up the baby’s blood in the next pregnancy.) I forgot to do this after a miscarriage; as a result, when I later gave birth to our twin girls (Angie and Sarah), they had to be kept in intensive care for a while. They had made contact with my blood, and antibodies had started to “break up” their blood. The medical term here is having “bilubirin” in their blood.

Angie had to have a complete blood transfusion, and both Angie and Sarah had to be under light therapy for weeks, to help break up the bilubirin. Thank the Lord that this problem was discovered just in time, and both girls are very healthy today. TYJ! They had only made contact with my blood at the end of my pregnancy.

Regular blood tests can show the amount of antibodies in the mother’s blood, and when it goes up that means the baby might be in danger. In my current pregnancy, my antibodies are already four times higher than normal, and I’m only five months PG. I’m not writing this to make people fearful, but to warn and remind them not to make the same mistake I made of forgetting this injection, if your blood type is Rh negative. (Eve: *As with any medication, please make sure to confirm your decision with the Lord before going ahead with this. See CCHB1, pgs. 43, 44.*)

—From Maggie Flame, Belgium

I’ve had eleven children and had the blessing of Rose Midwife attending my ninth birth. She emphasized to me and to the Home teamwork the importance of giving two weeks of rest from all responsibility to the recovering mother. I followed her counsel, although it was difficult to resist the temptation to get up and get involved. I found that my recovery was by far faster, and I experienced less fatigue over the following months. Now I’m on the mission field and saw two mothers recently give birth. One mother was out witnessing and raising funds less than two weeks later! The other was answering the Home’s phone at all hours, only a day after giving birth! I felt sorry for them and wondered if they and their Homes realized the need for their bodies to rest and recuperate. (*For more good counsel on this subject, see Tech’s Story chapter 10, “Convalescence,” in Vol.7.*)

—From a mother in the Philippines

During my pregnancy I read various books on the subject of pregnancy, childbirth, and breastfeeding. I just want to say that the good ol’ *Childcare Handbook I* is the best! Nothing that I read was more complete nor more interesting! There’s nothing like the Family Pubs!—They make everything as simple as it should be.

—From Love (of Marc), Canada ■

Dad

As far as I’m concerned, women are their most beautiful when they’re pregnant—gorgeous! The more pregnant they get, the more beautiful they are! They virtually glow with beauty and health, the way God intended for them to! (ML #1006:37.)

From Heaven's Doors

Specific prophecy leads the way

From Mary Praise (of Jeremiah), Japan

Early September 1, 1999, I had a baby girl, which we named Akemi. It was a smooth and easy delivery, just as we prayed for. Thank You Jesus!

To backtrack, I knew the Lord would always work things out, but as my pregnancy progressed I had started to worry and wonder about the birth. About a month before the due date, the Lord gave me the verse, "My presence shall go with thee, and I will give thee rest." He told me not to worry.

As our Home is quite busy and my husband had appointments around my due date, we prayed that the Lord would have the baby come during a time when Jeremiah was home. The Lord answered that prayer, too!

I started having contractions in the early morning. A little after 4:00 AM we headed to the midwife's clinic. When we arrived she was quite

nervous, since I had only gone for two checkups at this place. She told me I had to lie down. I didn't want to, since my contractions weren't so strong. But when I prayed, Jesus said to relax and so I obeyed. The midwife said I'd have the baby by 7 AM, but my contractions didn't get stronger, even after 7.

The midwife was a little frustrated because I'd been there for two hours and was only 8 centimeters dilated. My contractions were still light and the baby wasn't coming down. But I had perfect peace. While I was praying, He said, "Don't worry. It's going to be a quick, easy delivery." I also saw a vision of Jesus by my side, massaging my back while the contractions were coming.

While lying there I got to talk and witness a lot to the midwife and her daughter. By 8:00 AM my contractions were still light, so I told the midwife that I wanted to get up, to help the baby come down or to bring on stronger contractions. She agreed. We called and asked the Home to pray for



the baby to come soon. Then I started walking around. My contractions got stronger within five minutes, and I felt the baby coming! I barely managed to climb back on the delivery table, and as soon as I did ... the baby came out so quickly!

The midwife said, "That was so easy, you could have had the baby at home. All the women from your group have easy, smooth deliveries!" When she'd first seen me holding my picture of Jesus, she'd told me I wasn't allowed personal items in the room, but later she told me, "At first I got mad about the picture, but it's funny, when I looked at His face, I felt peace come over me. I felt like He told me not to worry, and He smiled." Wow!

During my time at the clinic, Jeremiah and Lily Joy (who had come with us) did prayer vigil for me while waiting for the baby to come. They both had similar visions of cherubims, and one beautiful angel coming with the baby in his arms and Jesus following after them, like a procession. PTL!

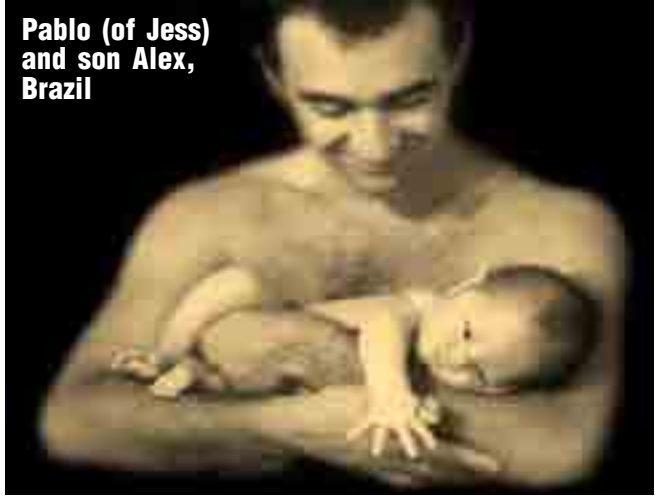
The Lord engineers a perfect birth

From Christina (of Marcus, SGAs), India

Throughout my whole pregnancy I was dreading the pain of those few hours of labor, but the Lord made it easy for me. It started at six o'clock on a Monday morning, when I woke up with contractions. We left for the hospital at 1 PM. By this time the contractions were pretty strong. The Lord did a miracle and the hospital staff allowed both Marcus and Paloma into the delivery room. I was very thankful to have them there!

By the time we reached the hospital, I was already 5 cm. dilated, and after just a couple of hours Alan Troy was born. I was in the depths of despair thinking he would never come no matter what I did, but he popped out and made all the pain worth it. He was 3.75 kilos and 53 cm. long.

Pablo (of Jess) and son Alex, Brazil



Both Marcus and I are totally in love with him.

The Lord did so many miracles to make it easy for me. I had him in a very nice hospital and I got to stay in a deluxe room afterward. The doctor was a sweet Christian lady who was very obliging and agreed to all our requests, even though some were not the way they did things here in India. I had been apprehensive at having the baby here, but it couldn't have been better. Alan Troy is a perfect little boy and we are so happy to have him in our lives.

The testimony of prayer

From Francisco and Beatriz, Bolivia

The birth of our baby was a testimony to all the doctors and hospital staff, especially before the operation [for cesarean birth]. When they were going to anesthetize Beatriz, she asked the anesthesiologist to pray with her first, but he refused. So Beatriz said she would not allow them to put her to sleep without praying. Then the doctor agreed and prayed with her with much respect. When the other doctors came into the room he made them all keep quiet and they joined in on the prayer. The whole atmosphere in the operating room was transformed. ■



enjoy the excitement of knowing that there is a possibility (however minute) of someone discovering us in our passion.

Age

23 Anywhere besides bed—on a rock, on the floor, on a chair, in the car, on a table, in a closet, in the bathroom, etc.

Q: What's something that a woman could say or do that would drive you wild?

Age

17 Okay, in the middle of work hours I pass her in the hall, she grabs me and pins me to the nearest wall, pressing herself against me as she buries her face in my shoulder. Her lips are just centimeters from my ear, where I can feel her breath with every word she says. Then she proceeds in the most graphic, explicit way to tell me where to take her and exactly what she wants me to do to her, all the way down to the most dripping detail. Needless to say, I'll comply without hesitation.

Age

40 What normally excites me is just feeling how excited my partner is getting. The more turned on she is by what I'm doing to her, the more turned on and hot it makes me. Also, when my partner is loving Jesus freely and very explicitly, that's probably the thing that most excites me and gets me really hot.

Age

22 Just about anything a woman I love does drives me insane. But there's something a certain woman once did that to this day I've never gotten over. I was sitting at a table, totally engrossed in a conversation. She came up and ran her fingers from the base of my neck up through my hair to my forehead, and gently pulled my head back to rest between her breasts (she was

Q: Where is your favorite place to make love?

Age

17 My bed. I know that's not a particularly exotic answer, but there is a good reason—mainly that it allows for the most variety, which is very important to me. Secondly, my bed at present is very secluded and I definitely am glad for the freedom to shake the room, bang the walls and yell our heads off.

Age

22 I can't say I pay a whole lot of attention to my surroundings. All she's got to do is walk in and the surroundings rapidly fade into oblivion. But I do like to try a variety of locations just for the fun of it.—Like sneaking off to some "abandoned" room, or to a place where you feel you could possibly get "caught in the act."

Age

40 Showers are great for sex, and I actually quite like making love on the beach (if it weren't for the sand). Anywhere outside is kind of fun.

Age

35 I love the outdoors for two reasons: Firstly the cool wind and distant foreign sounds lend interesting variety. Secondly, I

clothed—I think). Had she kissed me, that would have been it. Wow! That was something else.

Age

22 When giving a girl a hug, if she sort of wraps herself around me, like locking one leg behind mine, it's a real turn-on. It just says, "I want you," or that she accepts you and finds you attractive. I think that, above all, is the biggest turn-on to me: just knowing that a girl really wants me and she expresses it—even in simple ways, like a flirtatious look, a hug, a touch, or comments here and there. They all add up and it can get to a point where you just can't think of anything else.

Age

35 I love it when a woman is enjoying herself. It's particularly arousing to know that a woman is enjoying making love to me—that it is actually sexually exciting for her. If this is the case then I want to know in no uncertain terms exactly what it is that she likes doing to me and I want her to do it for as long as she can stand it. She can use explicit and passionate words to describe what she is planning on doing to me at every stage, and from time to time look me straight in the eye while doing it.

Age

23 When a girl takes control and initiates spontaneous sex—no matter what the time or what the location.

Q: Do you have an aphrodisiac, something that arouses or intensifies your sexual desire?

Age

20 When a girl's wearing pants and the first button's undone to where you can see the top of her panties, her navel, etc.

Age

22 Perfume—especially certain ones—can really do it for me. A girl may wear the same perfume all day, but when applied before some intimate moment it sends an air of beauty about her that is irresistible.

Age

23 I really have a thing about dresses with a slit up the side. It doesn't even have to be a high one, but I think they make dresses very sexy. It's like I'm seeing, but then not really—at least not much; it's like teasing. Soft filmy material is also nice, especially when it doesn't instantly bare all. Like Dad said in "Revolutionary Women", it keeps us wanting more till we can't stand it anymore and feel like tearing out of bed to catch her.

Age

35 I find simple, long flowing dresses to be rather sexy. This is probably because they give me a sense of accessibility. Clothing that is easy and convenient to remove tends to arouse my imagination, placing in my mind's eye erotic pictures of passionate, spontaneous lovemaking.

For example, even now as I am writing this I'm picturing a lovely woman with long blonde hair wearing a light blue dress, modestly decorated with small colorful flowers. We are walking hand in hand in a lovely forest on a warm spring day. She turns to me as we pass a large oak tree and moves backwards slightly to arch her back on the trunk and close her eyes. I softly kiss her with her eyes still tightly shut, as if she were being taken away by a dream. I reach my hand slowly downward until I find the hem of her dress just below the knees. My hands then move along the same path, but this time in an upward direction until she can feel the day's warm breeze on the nakedness of the soft, fair skin of her breasts.

What happens after that is anyone's guess... ■

Staying 2 gether

From a young wife, in Eastern Europe

Recently I'd become somewhat discouraged about our marriage, because for the last three years my mate and I have seemed to have "slight disagreements" more and more often. For a long time I thought that when my husband and I disagreed, it was a sign that our marriage was not doing well. In time, I realized that these "growing pains" are normal occurrences in marriage; all couples go through them.

What frustrated me was that the subject of our arguments was always the same. We couldn't seem to find common ground on one certain issue. We were pretty uptight, to the point that we couldn't talk about it anymore. We both felt that anything that could be said about it had already been said, and neither of us felt like yielding to the other. I

Francis and Joanne, Uruguay



cried all my tears and prayed all my prayers—nothing.

Finally I said, "Enough is enough. I am going for divorce." Thank the Lord I prayed first! So I wrote a long message to the VSs, pouring out my heart to them. I felt almost ashamed writing them, since there was so much counsel given for married couples in both recent Word and the excellent older Letters. But sad to say, it didn't

seem to be having much effect on our married life, so I felt discouraged.

In my message I included the prophecies we'd received from Jesus and Dad, and went about to send the letter off. I read it through one last time, but as I read the prophecies, I changed my mind about sending the message. All the answers were already given clearly, and everything sounded so upbeat and encourag-

ing that I felt like holding on a little longer and giving it yet another try.

Then something else happened between us that set my mind on splitting for sure. So I was off to send that

same message—but again, every time I read the prophecies, I felt my anger was gone, and I was willing to give it yet another try. The Lord sure can give you answers tailor-made for your specific

situation! TTL! I would like to share with you some excerpts of these amazing prophecies that have given me the faith to keep fighting and going in my marriage.

Jesus speaking

The secret of being in the victory is obeying Me step by step. You feel perplexed when the battle hits you head-on, and you can hardly find strength to cry out to Me for immediate help. But that is not the time for you to receive My full counsel. This is the time for you to receive the immediate comfort and encouraging words of reassurance that everything is going to be fine, because I am the One Who takes care of you, and Who allowed the whole thing to happen this way. I did it, because I have a wonderful solution for you. You must believe that and keep it in mind.

Then, like with a physical affliction, come the other steps of recuperation, the healing process, when you are able to think straight so to speak, and are ready for subsequent steps for recovery. Then it is

wise for you to keep coming back to Me, day by day, moment by moment, for I will show you what to do. It says in My Word that a foolish woman tears her house apart with her own hands, and it is true. Many women do, for they lack wisdom and patience to make their house a home. Do not be one of them.

It takes a lot of physical work to raise your kids, and I want to talk with you about the fruit of your union. First, you need to realize that My hand on your life is not a sign that something terribly wrong is happening to you, and of the end of your marriage. My hand on your life is the sign of My deep, great love for you, that I see it fit to try and test you, to refine you as better gold, useful for the Master's work. This time in your life is the

time of strengthening you as a unit, and when one is weak, the other ought to be stronger for My plan to come to full fruition.

You ask Me if it is fruitful, your union, when you seem to not make progress when together, and are not as desperate as you should be with Me. You see a lethargic spirit taking over, deep familiarity between you, apathy, murmuring and disputes, selfishness and frustration, and you ask yourself if you are finished as a couple in service to Me. Well, this is something that comes in your life when you are married. These are the battles of a married couple. And the best way out of them, the victorious way out of them, is not to split but to work on them together, as a couple.

Remember what I have said in "Living the

Lord's Law of Love"? There are few exceptions when I place a man and a woman

You need to let go of your idea of marriage, and embrace the way I am leading in your particular married life.

together and give them children, and do not ask them to stay together. Ask yourselves if your case meets these exceptional situations, so that you should split now? Be honest with each other, and do not throw words as fiery darts at each other. The best time to talk about things is when you are calm and can reason things out. Ask Me for steps to remedy your marriage, and further counsel.

Your fruit is plain to see. You are blessed with three little kids, who need both Daddy and Mommy. This is your main ministry and this is My highest will for you. Whatever it takes, you must be willing to see that My gift is My work.

It is humbling for both of you, and you need to realize that. You are in this battle together. It hurts both

of you equally. You need to now start out by heeding the checks I give you when little things happen. He says, "Good morning." Answer back nicely, or give a kiss. Then take it further from there. Meet his every attempt to make up, or to make contact with you, for it is very difficult for him, too. He is humbling himself to launch out by faith, not knowing your reaction. So you should answer in all humility.

Frankly speaking, Sweetheart, what hurts you most is your feelings, and I can relate to that. And if that is to be your constant challenge, well, let it be. I will deal with him and speak to his heart, too, about his ways of changing, but that should not be your concern. Tend to your own business, and pray for him and for yourself. I promised to renew your unity if you met My requirements: loving Me intimately, wholly embracing and practicing My new weaponry for you, living My law of love more fully in your life, sharing your love with others, and sharing your loved ones with

others. When My deal is not coming through, it is because I cannot crown something half-done.

Yours is not an overly emotional relationship. It is calmer, and I have purposes for that, too. It draws you closer to Me, and opens your mind to the idea of sharing more with others to fully satisfy your emotional needs. It motivates you to reach out and share. It makes you hungrier for My written Word and the counsel therein. It opens your eyes to things which you would have missed otherwise in My New Wine. You are driven to My Word and to your knees for My answers and solutions. This is all very good fruit. You need to let go of your idea of marriage, and embrace the way I am leading in your particular married life. It is not without some changes both of you need to make. You are pushing for something that was not planned for you originally, which is not good nor healthy for both of you.

So do not block My work, but accept that My plan for your

marriage was a bit different than yours. It won't be super duper romantic, but instead will be a steady union of mutual respect and admiration, leaning on Me. The cure is to get your priorities straight. Give Me and yourselves more fun by

expecting Me to talk not just on a certain issue or with just a yes or no, but letting Me carry out the line the way I want it. Do not put limitations on Me. Of course, there are certain issues you come to hear from Me about specifically. But

for your fun times of hearing from Me, give Me freedom to overflow freely, and you will be surprised how prophecy touches the unknown so much. I love you! Thanks for coming.

Dad speaking

Your problem is that when trouble comes, you automatically start thinking about divorce, when you should be thinking about how to preserve your marriage. It almost makes me laugh how you react in your panic! It is like when a ship gets caught up in a storm, people are thinking of preserving their lives, but you are jumping off right away as if your ship is sinking! Well, maybe it will come in

[in the Family] and within marriages, too. And it is the people we love the most that we argue with the hardest, for some reason.

sure the Lord will remind you of those instances and remarks you've heard from both married and unmarried about how good

If it is the Lord's will for two of you to be together, and He confirms it, it is damn silly and it is pride to do otherwise.

So when things don't go as smoothly as you would want them to, remind yourself of the practicality of day-to-day life. Toughen yourself to the trials. Go in brokenness of spirit, but for God's sake don't drag your chin. And remember all those wise words from those who have it tough, like single moms. After some time of being alone, you are happy for any company. People buy animals for mere company, to hear somebody bark when they come home. I am

marriage is if you are destined to be married at this time.

If it is the Lord's will for two of you to be together, and He confirms it, it is damn silly and it is pride to do otherwise. Remember how good it is for the two of you on your sunny days, and how thankful you are every time you decide to stay together. It's good to remind yourself of this, when you are at your lowest. Read "Get It Together." It will do both of you good. ■

Remember how good it is for the two of you on your sunny days...

with broken sails—or, should I say, with broken *se/ves*—but you can still say you trusted and refused to give up.

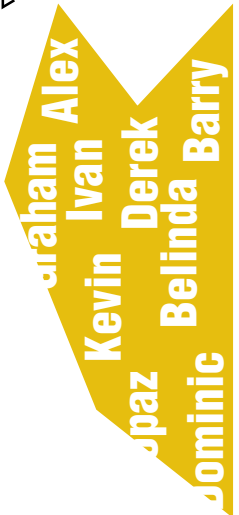
You should do all you possibly can to preserve your marriage. The Enemy is striking hard on unity

Name Gallery



Eve

Thanks to Dominic (Middle East) and Tara (of Cephas and Sapphire, Holland) for sending in some of these names to request their meanings.



Please note: These are just a few of the many, many names there are. To find out which name is best for your child, ask the Lord! He'll not only give you a suggestion, but can even tell you what it means specifically for your child.

Alex: A puzzle, a mystery. One who keeps his or her heart and feelings reserved. Within the somewhat complicated exterior lies a tender, warm heart full of love, compassion and tenderness. (*unisex*)

Barry: A strong tree, rooted and firm. This one is not easily moved nor swayed by circumstances or pressure. A bulwark who stands strong and firm and is able to support others also. (*male*)

Belinda: Dainty, doll-like. With fine, exquisite features and a tender, caring heart to match. A delicate princess of My Kingdom. (*female*)

Derrick/Deryk/ Derek: Strong and sure, determined. This one is not always easily persuaded, but once he has made up his mind he has the persistence and tenacity to see his calling through till the end. (*male*)

Dominic/Dominique: Possessing a heart of nobility. This one is a true noble in My eyes, with the nobility not of birth but of endowment from on high. Carries him or herself with dignity and self-respect. (*male/female*)

Graham: Sweet and jovial. One who enjoys laughter and joy, and who is easily able to inspire the same in others. (*male*)

Ivan/Iwan: A heart of tears. One who possesses an overflowing, broken heart for the lost and those who are in pain and suffering. One who will weep with those who weep, and will do all in his power to dry their tears and make their life better. (*male*)

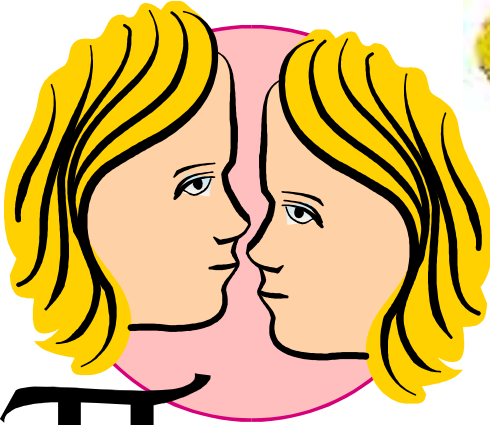
Kevin/Ke vyn: A lover of animals, and all of My creatures of nature, great and small. A caretaker and one who is greatly concerned about the welfare of others less fortunate than himself. (*male*)

Montrose: A delightful friend. This one has been ordained with a special gift of friendship. He can see into others' hearts and has the love and compassion to help them to open up. (*male*)

Rania: Her spirit is refreshing and cool when poured upon others. Her love is constant and flowing and sparkling, like the rain. (*female*)

Topaz: Like the precious stone by the same name, this one is beautiful and unique. She's a gift to the one who obtains her; a treasure to the one who finds her. Her qualities may not be as obvious as a diamond or emerald, but she has a special beauty all her own. (*female*) ■

GEMINIS



II

May 22nd - June 21st

As a Gemini, you have been blessed with a sharp and inquisitive mind. You are the type who does not take no for an answer, and are willing to push and probe and dig around until your curiosity is satisfied. This is a valuable talent, for it means you will pull and suck for the hidden things of My Spirit, and you are willing to search until you find.—Therefore, unto you will be given the true riches of the Kingdom of Heaven, for you follow hard after them.

Also, remember that an inquisitive mind needs time to unwind. You've got to have a time when you switch your mind off and put it in neutral. Let Me take over for a while, and don't get too busy

for Me. Geminis can tend to get the Martha syndrome sometimes, but while I love your busy work, I also love the times that we spend together—close together, in intimate fellowship and sweet communion.

You are very friendly and personable, and people like to be around you. If you're one of those Geminis who feels a little shy or awkward around others, take My word for it, you have the potential to be a wonderful, delightful and very charming personality. The key is to just forget yourself and think about others. You are most probably a prime conversationalist, and even if you don't always take the center stage in a group, your true friends will know you for what you really are—a colorful, animated, lively talker who can always bring a smile to someone's lips and joy to their heart.

You have a gift of encouragement. You are blessed with a great gift in your ability to openly

express your thoughts and feelings. Use it wisely, for it can be a great blessing to many. You have the ability to speak your mind, and people value that in you. They know that you will tell them the truth, exactly what you feel and the way you see things.

So continue to use this gift, but especially use it to minister My love to others. Use it to compliment people on those things that you always notice with your keen sense of perception. Don't just think these things—say them! Use your power of observation and candid expression to lift someone up.

And most of all, know that we are going places together, you and I. I've got great plans for you this coming year. I want to use every talent you have—and they are many. Yes, they are! You've got outward talents and you've got inner talents, and I want to use every one of them to glorify Me this coming year. So let's go—together! ■

CERVICAL CANCER

Healing Testimony and Tips

{ From Joy (of Andrew), India }

At the end of January 1999 I was 8½ months PG. Then during a medical checkup it was discovered that I had a large tumor blocking my cervix. The doctors and medical personnel went into instant panic mode, as I had to get the tumor diagnosed and make a decision quickly on what to do. One thing for sure was that I had to have a caesarian right away before the baby started to come normally, which would have been difficult or impossible.

I was faced with a choice at that time to have a hysterectomy (have my womb removed) at the same time as the caesarian, or to go for a hysterectomy or radiation treatment six weeks after the birth. We prayed and consulted with different doctors. Some advocated having both operations at once; others said that that was difficult, very dangerous and rarely ever done. The Lord showed us to take it one step at a time. We later learned that not only would that operation have been extremely dangerous (at

the height of pregnancy, the womb is over ten times its normal size, and removal could cause extreme bleeding), but it had never been performed in this city, and hardly even in the biggest hospitals in India! It was also probably not the best option, as the cancer had also spread to my lymph nodes. So a hysterectomy alone would not have stopped the cancer, aside from the possibility of my graduating on the operating table due to loss of blood or other complications.

So three weeks after the birth, I started radiation treatment. We received prayer and prophecies from all over the world, and thank the Lord, my body responded well. I had no complications or bad side effects as I went through 28 external five-minute radiation sessions and two 15-hour internal radiation sessions. The main ill-effect was feeling extremely tired. At one point, in the middle of treatment, my doctor felt it wasn't going well and was concerned that the tumor

hadn't gone down enough. I was at a large fellowship meeting at the time and we had desperate united prayer. To our great relief, the tumor right away was reduced to half its size.

In the course of treatment, we learned several facts about cervical cancer. The main point is that it can be very easily prevented. I should have been having regular pap smears, which are recom-

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In two different countries where I've lived, there were clinics that gave VD checkups free of charge, as they were government-sponsored. At these clinics, they also gave free pap smears. A nurse at one clinic emphasized how regular pap smears can indicate the presence of pre-cancerous cells, which are relatively easy to treat. So there may be government-sponsored clinics in many countries where we have Family Homes, in which a pap smear is done for free. In this test, they painlessly remove a couple of cells from your cervix, and then you usually have to call back in a week or two to get the results. —From Chloe, WS

.....

mended to have at least once every three years. It's a very simple test, which takes about five minutes to do. I'd never had one, even though several doctors (every time I was PG) had recommended them. I found out that this cancer must have been growing for at least 10 years, and for the first eight years it would have been removed by a very simple laser treatment, as it would have been termed pre-cancerous cells.

So we would highly recommend that any

woman who is sexually active get regular pap smears, as anyone who is or has been sexually active is susceptible to cervical cancer. High-risk groups also include those who have had a lot of children, and those who have ever had genital herpes or genital warts.

Thank the Lord for His healing power, and by faith I am completely healed now. He's done so many wonderful things for us, and has given us a fantastic ministry with cancer patients. TYJ!

PAP SMEARS

(Dr. Koger speaking:) This is another one of those mechanical things that is just a wise thing to do every now and then. It's not something you have to be a slave to, feel bound to do or worry if you don't or can't. But if the Lord brings around the opportunity, you would be wise to take heed of the ways He has provided of checking and making sure that everything is okay.

The Lord has put lots of early warning signals in your body which can be discerned through these methods of testing that He has allowed, and by being prayerful and paying attention to them, you can save yourself a lot of trouble in the long run. So don't be penny-wise and pound-foolish. Pray and ask the Lord in each situation what He wants you to do. Don't feel bound to the letter of the law either way. But don't rule out these occasional medical checkups, because they can often be very helpful if the doctors and medical staff involved are operating in the Lord's Spirit—which you can know they are if you and others are fervently upholding them in your continual, desperate prayers.

SOME NATURAL FOODS THAT MAY HELP PREVENT OR INHIBIT CANCER

Reprinted from the Dietsite
Alternative Health website

Beneficial herbs

- ◆ Garlic and ginseng have immune-enhancing and anti-cancer properties.
- ◆ Turmeric and cumin have demonstrated significant protective effects against cancer development.
- ◆ Seaweeds such as agar agar, blue-green algae, brown algae, chlorella, and Irish moss have immune enhancing capabilities and may protect against cancers of the digestive tract.
- ◆ Herbs that may help prevent cancer include garlic, onions, licorice, carrots, and vegetables

rich in indoles such as broccoli, cauliflower, and bok choy.

- ◆ Ginger root is valuable in the treatment of nausea and vomiting.

Dietary recommendations

- ◆ Foods that may help prevent cancer include garlic, all green and yellow vegetables such as cabbage, broccoli, green peas, celery, kale, spinach, and collards, onions, chives, carrots, tomatoes, ketchup, ruby red grapefruit, sweet red peppers, soy products from soybeans, all fruits,

especially citrus, watermelon, and guava. 3 fatty fish such as mackerel and salmon, green tea, milk, and fiber (20-35 grams/day).

◆ Foods that may help retard the spread of cancer include seafood, garlic, mustard greens, turnip greens, and cruciferous vegetables such as cabbage, broccoli, collard greens, cauliflower, turnips, and rutabagas.

◆ Broccoli florets are loaded with a concentrated form of sulforaphane, a powerful cancer fighter.

Nutrient supplementation

A well-balanced diet is a more natural source of nutrients and it is best to get as much as possible from food. If you are not eating a varied mixture of the main food groups or foods high in a certain nutrient needed for your health situation, then try to make up the remaining through vitamin and mineral supplementation.

Suggested daily doses

Beta-carotene: 10,000-25,000 IU. (Caution: Do not take in this dosage if you are pregnant!)

Note: Recent studies have cast doubt on the benefits of getting beta-carotene through supplementation. The best way to take beta-

carotene into your body is through foods high in beta-carotene, such as carrots, apricots, cantaloupe, papaya, mangoes, and sweet potatoes.

Folic acid: 400-800 micrograms

Vitamin C: 250-1,000 milligrams, taken as 2 or 3 divided doses

Vitamin E: 400-600 IU

Calcium: 1,000-1,500 milligrams. (Caution: Avoid calcium supplementation if you have heart or kidney problems.)

Vitamin D: 400 IU. (Caution: Avoid vitamin D supplementation if you have heart or kidney problems.)

Other recommendations

◆ Use the freshest oils you can find. Oils become rancid as they oxidize and produce damaging free radicals.

◆ Reduce your exposure to aflatoxins, which are naturally occurring molds that can grow on improperly stored nuts, grains, and seeds and are potent carcinogens.

◆ When possible, bake or oven-broil meats instead of barbecuing or frying at high temperatures. This will reduce the formation of possibly harmful substances.

{ THE BARE FACTS }

From Christina, Pacific

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Many people become fearful upon hearing the word "cancer." My husband, Marcus, had cancer and was healed by the Lord, and this increased our faith. We hope that sharing these things we've learned about the disease will refute some fears and remind us that there's nothing too small or too big for our God to heal.—And there is a lot we can do to stay away from this sickness of the Egyptians.

1 Cancer is basically caused by pollution, radiation, and chemicals in food or in the air.

These cause some cells in our body to be deformed and turn into cancer cells.

2 Cancer patients who have people praying for them recover faster and have less chance of relapse, as compared to those who have no one specifically praying for them. (This is from an actual secular, scientific study done in the States.)

3 A person's spiritual condition, such as long-term depression, can cause cancer to develop in their body.

TRUST

The Greatest Healing Measure of All

{ By Dad }

I hope all this focus on sicknesses and some of these sad, but very real, diseases isn't going to make people worry and wonder and start focusing on all the problems they could be having or wonder if they might get them someday. It's a dilemma because when you're informed about some ways you can safeguard your lifestyle, or ways you can see some of these attacks of the Enemy coming, then you can be on your guard, and a lot of times you can prevent them from coming to full effect. On the other hand, it's easy to fall into the trap of worrying and fretting and getting all nervous about a lot of things that are really not so.

So take this hint, Beloved!—"The beloved of the Lord shall dwell in safety by Him, and the Lord shall cover him all the day long" (Deu.33:12). You

are the Lord's, and as long as you are in the center of His will, being yielded and obedient to Him, whatever comes to pass in your life is just what He has planned for you—nothing more, nothing less. If you're living a healthy lifestyle as best you can, following the Lord every day and living your life according to His laws, His direction, and to give His love to others, He can't help but care for you.

So take these articles as good advice, as good counsel to be aware of these possibilities, and to do what you can do to prevent them. But then beyond that, just throw your weight on the Lord and trust Him, and let Him take you where He wants you to go. Okay? He's the One Who's in control, and if you follow Him you can't go wrong. I love you!

4 People who live in the countryside have less chance of getting cancer than those who live in cities, especially in industrial countries.

5 A diet with a lot of fruits and vegetables and minimal fat, grease and processed food helps to cut down your chance of getting cancer.

6 If you suspect you have cancer, or have had cancer cells removed, your doctor may have you take a blood test. He uses certain blood counts as tumor markers, to measure whether you have

cancer, but they are not always reliable. The surer ways are ultrasound tests and computer scans.

In the same way, chemotherapy and radiation may not always help to get rid of cancer, and usually weaken your body quite a bit. The best thing to do is to really pray and hear from the Lord as to how to go about obtaining your healing or preventing this sickness.

7 With a strong will to live, even those who have terminal cancer can be healed. ■

Keeping Saliva in its Place

Your saliva starts to digest some foods as soon as they are put in your mouth. Your saliva contains acids and alkaline that go to work on beginning the digestion process. If you take a bite of food out of the food container, and then stick the same spoon back in for another bite, you're mixing your saliva into the food. Your saliva then stays in the food and starts to decompose it.

Have you ever noticed a watery, discolored surface on some foods, like pudding and custard? That could be from someone tasting the food, then sticking the same spoon they've just had in their mouth, now all covered with saliva, back into the same food for another taste. (Now this doesn't mean that every time you see that watery surface on food, that it's rotten, because that can come from other reasons too.) You not only transfer your saliva to the food, but you start a chain reaction of bacteria and bad germs growing in that food and contaminating it, so that the food goes off, spoils, and someone could get sick.

The same goes for cooks who need to taste the food they're preparing. They shouldn't keep reusing the same spoon to taste the food; they should use a clean utensil each time they taste the food. It's a matter of hygiene and being cleanliness-conscious, because the bacteria and germs which are perfectly healthy inside your mouth can contaminate food when they're left in it to grow and multiply. It's just not clean, and not healthy.

If you're preparing a snack or tasting food, don't stick your spoon or knife back into the food after you've licked it. For example, don't lick the peanut butter off the knife and then put the same knife back into the peanut butter jar. Don't take a spoonful of fruit salad from the serving bowl, put it in your mouth, and then put the same spoon back in the serving bowl again. The important thing to remember is not to transfer your saliva to the food, not to put a utensil that has been "soiled" back into the food.

Saliva is one of the worst things for contaminat-

ing foods. Some foods are more susceptible to this than others, but all foods should be kept clean and not mixed with the bacteria and germs that live in your mouth. It's also just common sense and courtesy not to put a "dirty" spoon back into the food container. You don't always know right away when you're not feeling well, and could be getting sick with a cold or sore throat or something. If you eat a little bit of the food from the container and then put your spoon back into the food, you could spread your germs to everyone.

It's usually better to use a separate serving utensil for each food that's being served: a utensil for serving the rice, a separate one for the vegetables, and so on. Don't use the same utensil that you stick in the rice to serve the vegetables and all the other food. It's better for cleanliness' sake to use separate utensils for each food, if at all possible. This will help to prevent the food that's left over from going off. ■

By Jesus

Keeping Your Body Running: It's a Team Effort

The human body is a wonderful, amazing machine. It's perfect in every way, and works to accomplish My will. But part of My will is that your body needs you to take care of it, in order to keep it running well. You have to do your part if you want your body to perform well for you and be free of sicknesses and problems. I've done the miracle of creating your body and helping it to regenerate and repair itself, but you also play a part in its regular maintenance, so that you can keep going and operating in comfort and good health.


The good health of your body depends in part on what you do to take care of it. It requires some time and effort to do this, and especially as you grow older and your body begins to wear out a bit, it takes even more time to keep it healthy. You have to have exercise; you have to visit the dentist sometimes; you might have to take vitamins or avoid certain foods; you have to have the right amount of sleep, you have to have your eyes checked periodically.—All of these things are part of life and necessary to the care of your body, so that you can stay healthy.

The world is changing, and because of that, the way your body operates or reacts is also changing, and it means you may have to invest more time into regular health habits. For example, if you live in an area where there is a lot of smog, this affects your body. It may mean you need to wash your eyes to keep them from being sore and infected. Or because of the increased amount of preservatives and additives in food, which may or may not affect your teeth and gums, you will need to brush and floss your teeth more carefully and regularly.

There are many things that affect your body, and it's up to you to do your part to care for it, to take the time you need to do this, to put forth the effort to do this if you wish to be healthy and as comfortable as possible. It doesn't mean you will never have any health problems or discomfort, but if you do your part to stay healthy, then I will do the things that you can't do.

Just use wisdom and moderation in what you do. Don't overdo and go to the extreme, as some people have. Just be moderate. Ask Me if you aren't sure what to do and I will lead and guide you. It is time well-invested, because it will make it possible for you to serve Me well with the body that I have given you. ■

YOUR HOME REMEDIES



The following remedies have been tried and proven by you, our wonderful Family on the field, but please don't forget to take each idea to the Lord specifically before putting it to use in your individual case.— Only the Lord knows what will work best for each person and situation!



Skin rash treatment

I've had a skin rash for a long time and never knew how to get rid of it. I just found out that it's a fungal rash (sun fungus, also known as Tinea Versicolor), where sun-exposed areas of the skin become brownish, flat, often scaly. This rash can cause some areas of depigmentation in dark-skinned people. Treatment is an anti-dandruff shampoo (such as Selsun or Head and Shoulders), a 2.5% selenium sulfide lotion or an anti-fungal skin cream. *(Eve: Others have also used these shampoos to successfully treat ringworm. They are, however, very harsh and can burn the skin if left on for too long. So please use prayerfully and carefully.)*

—From Grace (22), USA



Charcoal tablets for tummy upsets

When you have a tummy upset, charcoal tablets really help set things right, as they absorb the poisons in your digestive system that are upsetting you. In India, I found them sold as Distenil, manufactured by Ambrosia Remedies Pvt. Ltd.-Gujarat, with technical help by Sun Pharmaceuticals Industries Ltd.-Gujarat. *(Eve: Eating a piece of burned toast helps for the same reason—the black carbon can sometimes settle your tummy or alleviate the runs.)*

—From Miracle, India



No-fail wart cure

Our daughters (ages 10 and 7) had had warts on their hands for several months. At first we didn't take it seriously; we just sort of waited for the Lord to heal them but without even asking Him to do it! In the meantime, the warts were growing and spreading. Then we sent in a prayer request to the European Prayer List. And the miracle happened: one night we were having parent time and we noticed that our girls' hands were completely clean of warts! Big and small, they were all gone! TYJ!

—From Simon and Abigail, Italy

Missionary's treatment

For the last two or more years I've had an ugly fungus infection on my foot which would aggressively occur in hot weather. This was partially helped by a cream, but when my cream finished a couple of months ago, I was thinking I would never be able to find that kind of cream here in China.

Instead, the Lord has done the healing and no further fungus has occurred since the cream finished! Praise the Lord for making it so easy to be good!

—From Lily, China

The stain bane

Now and then you might get ink, plant juices, and other stubborn stains on your hands. To remove them, try rubbing with one of the following: the pith of lemon, grapefruit peel, lemon juice and a pumice stone, or cornmeal mixed with lemon juice. (Lemon juice is also a great skin softener. Whenever you have to cut or squeeze a lemon while cooking, rub the remains all over your hands and feel the nice results!—Just remember to rinse well afterwards.) Another simple stain remover is to mix 1 tbsp vegetable oil with 1 tbsp lemon juice and 1 tsp of sugar. Massage into the stains on your hands, and rinse with warm water.

—Reprint from Natural Beauty

Coffee/hemorrhoid connection?

Ever since I sent in my request to the Prayer List for very painful hemorrhoids, I stopped drinking coffee and the Lord has really relieved them! TYJ!

—From David Soldado
(of Hannah), Russia

Jesus speaking

This is not an across-the-board remedy that will work for everyone, but it highlights the aspect of coming to Me for My solutions and answers. In this man's case, quitting coffee was a key factor in helping him to overcome this painful problem, and if each of you come to Me, My children, when you have a question or problem, I can show you the solution that will best help you and get you on the road to perfect health again.

Unclog a stuffy nose with pepper

Both red (cayenne) and black pepper dilate blood vessels in the nose and stimulate secretions, which help drain sinuses. To clear up your stuffy nose, simply spice up your food by sprinkling red or black pepper (ground or flaked), to taste, on your meals. These spices blend especially well with salads, soups, chicken and pasta. Adding pepper to taste may mean sprinkling on two teaspoons. But if you're sensitive to hot peppers, your nose may clear up with a smaller dose. Anything under a teaspoon may give you only mild improvement.

—From Prevention magazine

On the Womanly Shape

Even before you reach menopause, you might notice a change in your figure. Studies show that it's common for women to gain weight after menopause; most of the increase occurs between ages 45 and 54. Whether or not you become heavier, your waist may thicken.

It's hard to pinpoint the reason for both of these changes. They're probably due to a combination of aging and hormonal shift of menopause. Hormones (as well as genetics) help determine where fat accumulates. Also when estrogen levels start to fall as women approach menopause, some of the glandular tissue in their breasts is replaced by fat, which makes them less firm.

Exercise may help minimize the changes in your body. A study of women ages 45 to 65 found that those who exercised gained less weight—and fewer inches at the waistline—than those who didn't. Try brisk walking on a regular basis. If physical activity isn't keeping you trim, try eating fewer calories too.

—Prevention Magazine

Dad speaking

It's natural for women to gain a little bit of weight with age, so you shouldn't feel bad about that. It's the way the Lord intended it. Some women, in the System especially, throw all caution to the wind and just blob out. But you wonderful women have the Lord's Spirit, and a wealth of counsel in the Word about how to eat right, sleep right and exercise right, which will keep you healthy and looking beautiful, even if you aren't as young or trim as you used to be.

Don't be discouraged if you don't have an hourglass figure like you did when you were younger. As long as you're eating good, nutritious food, and not gorging yourself, as well as faithfully exercising and getting the rest that you need, the Lord will do what you can't and help you maintain a healthy weight, and His Spirit will keep you looking fresh and beautiful.



Cover photo: Petra, Europe

Suggested reading for ages 16 and up.

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