



EVE

Issue 13

Sexual Fantasies	2
Mama's Motivators	5
Tubular Pregnancies	12
Staying Young	21

SEXUAL FANTASIES

AN INSIDE SCOOP



Jesus, what is Your view about sexual fantasies? Do You have any advice or guidelines for someone who might want to use or experiment with them while having sex?



(Jesus speaking:) What exactly is a sexual fantasy?

It's also been called role play, make believe, "let's pretend..."—there are lots of words to describe it, but basically, you are acting out a scenario in your interaction with your mate or lover, during your intimate times together.

Fantasies can be a wonderful way to add a special spice to your times of lovemaking. Some might find it a bit bold or adventuresome, but I wish for My children to have as much fun and enjoyment and delights in spirit as they can handle, for My Spirit is a wild spirit. I wish for

My children to know that their God is a sexy God, Who delights in the extraordinary and the unconventional.

After all, look at your relationship with Me—this is sexual fantasy in its highest form, and this is the very best it can possibly get. And even in your interactions with Me, you can benefit from some creative fantasizing, creating different scenarios in your mind where I can join you in the spirit, and there we can enjoy fulfilling, passionate lovemaking such as you have never dreamed.

So yes, I am all for fantasies in lovemaking. Anything that brings change, excitement and spice into love, and

which rekindles desire and tenderness and emotion, these are good fruits of the spirit, and if the fruits are good then the tree must be good also.

Of course, you should make sure that you are being prayerful and that your scenarios are loving and minister love and positiveness. Many of the sexual fantasies promoted by the world and the perverted sex industry are not of Me, but are of the Evil One. So of course you must be discerning in your role playing. But within My Spirit there is a lot of leeway for thrills and excitement, so make use of them to the full. Enjoy them in Me, and you'll find whole new worlds yet to discover.

When you're ready, share a fantasy with your partner. Start by talking about plots and characters. If it seems appropriate to do so, act out your fantasy, complete with costumes and props (which can be as simple or elaborate as you wish). Role-playing a fantasy can be confined to the bedroom or it can start hours or even days in advance of the eventual sexual encounter.

Starting with Fantasies **THE BOTTOM LINE**

Tips for Starters

FROM MEN'S HEALTH MAGAZINE

Sexy thoughts not only melt your mind, they also prepare your body for a more powerful orgasm. That's the mind/body connection: The increased circulation and muscle tension caused by those images allow for more physical sensation and a greater feeling of release, says Robert Hawkins, Ph.D., a sexologist and professor of health sciences. "Simply put, the purpose of sexual fantasy is to improve the quality of your actual sex life."

If you're in a long-term relationship that's

lost a little of its sizzle, or if you're in a new relationship with someone who's just really, really—well, advanced, then you may be trying to figure out how to make one or more of your wilder fantasies come true. Some, of course, can never be lived out. But with a little effort and a little imagination, you and your partner can make a sexual adventure you'll never forget.

Here are some tips from the experts on turning fantasies into orgasmic reality:

 Don't be afraid to ask. Keep in mind that if you've been somewhat bored with your sex life, chances are your partner is, too. For that reason, he or she may be more receptive to sharing your sexual fantasies than you would have thought.

 Some therapists do speak with recommend picking a fantasy that's

going to help increase the intimacy in your relationship. Many husbands and wives get off on going to a hotel room and pretending to be strangers having an affair. Another great spark-igniter is to park in a deserted area and pretend that you're two horny teenagers out on a date.

I FANTASIZE!

Yes, I fantasize. Ahhhh! And it's hard for me to remember when it all started. I think it comes naturally to most women to think up sexy scenarios and events, or to replay sexy moments in your mind. I've always found it has successfully raised my sex life by a few notches as well. It gives variety and can turn an ordinary night into an extraordinary one. It brings new mental stimuli into play.

I was used to turning over sexy stories in my mind while having sex with my boyfriend-turned-man-in-my-life. It took some time for me, though, to deal with what he would think of me verbalizing those fantasies aloud. Of course, we would love Jesus together, but I

thought he might think a personal fantasy was strange, or worse yet—that he might think I do it cause he wasn't good enough. Wouldn't that be a bad move?!

But one evening I did it, and was it ever steamy! We haven't stopped since. And it's made our loving Jesus more comfortable, because hey, since we swap sexy stories, role playing and fantasizing

By a 20-something-year-old female, Earth

Sex and Romance

(all within natural, good, clean limits!), we can't exactly pull the "I'm shy!" tactic when it comes to voicing our feelings about our hottest Lover.

I have to admit I was surprised to discover how much he liked it, and even though I wasn't sure the first time or two, as he didn't say much about it, he was soon hooked! It can heat things

up immensely, and now he comes up with his own fantasies and verbalizes them for me. Now *that* is erotic!

Though all the above sounds good, and I imagine you're looking for somewhere to put this mag down so that you can go try it out ... I do have one *large* caution, and that is not to get dependent on it. If you do it all the time, every time you ... you know

what, then you may find that if you don't fantasize during sex, things are a bit lackluster. In plain English, when you get used to something and have to go without, you feel it.

So from an experienced fantasizer, I recommend not overdoing, but using it as you would any good spice—with moderation and to taste. Happy fantasizing!

FANTASY-O-RAMA



This simple chart can help you pick out one fantasy after another. Think of it as a Chinese menu of sexual adventure.

Pick one from Column A, one from Column B, and so on. To get the most out of this exercise, make your picks early in the week, and allow the fantasy to simmer for a few days. Share it with each other. Talk about it for a few nights. By the time the weekend comes, the two of you should be up for some explosive sex. (As you get the hang of it, feel free to add your own!)

(Pick One): He is ...

- A tall, dark, mysterious stranger
- The handyman/poolboy/gardener/cook
- A big boss
- An Arabian desert sheik
- The benevolent slave master
- A traveling salesman
- A member of a motorcycle gang
- A football star
- A patient

A

(Pick One): She is ...

- The school principal
- A wealthy socialite
- The new secretary
- The slave
- A bored housewife
- A motorcycle mama
- The head cheerleader
- A high-class madam
- An accomplished masseuse
- A young hitchhiker

B

(Pick One): You go to ...

- Your office, late at night
- The back table of a dark, smoky bar
- The patio
- The back row of an airplane (a night flight)
- The living-room couch
- The garage
- A campsite
- The weight bench in the basement
- The easy chair in the family room
- The backyard at night
- A piano bar
- A canoe
- A field of tall grass

C

(Pick One): You bring ...

- A ruler
- A fake mustache
- A cucumber
- A business suit and a short dress
- Blankets and peanuts
- A wig
- A trench coat
- A blindfold
- A single sleeping bag
- Warm, scented oil

D

Mama's Motivators!

Note from

Mama:

Here are a couple of messages on exercise and the important role it plays in your health. The first is some good all-around advice from Dr. Koger, and the second is an interesting message I received from a spirit helper. These were both received when I was having a difficult time being motivated to keep up with my regular exercise. They really helped me get the vision for exercising, and I thought they'd probably help you too.

(Doctor Koger speaking:) The Bible says “bodily exercise profiteth little,” and often people take this to mean that they don't have to exercise—because after all, they figure, it doesn't do much good. But the reason it says that bodily exercise profits little is not because your body is unimportant and you don't need to exercise!

The reason that it profits little is because the flesh profits little all around if you compare it to the spirit. Get it? In other words, of course the spirit is more real, more lasting, so of course it is going to profit more to attend to the spiritual things. To be carnally minded is death, but to be spiritually minded is life and peace. It's always better to set your affections on things above, and not on the things of the earth. The world of the spirit is far better, because it's more real and lasting. It's for eternity! But as long as you are in the body, you must take care of your body. After all, it is the temple of the Holy Spirit.

As long as you are encased in human flesh, you must tend to the things of the flesh. That's just the way it is. The body not only requires food for good health, but it also requires movement. Now, granted, you need to just do

all you can and trust God to do the rest, and He will.

Just as Dave taught you, there are certain guidelines that the Lord has set down: Live right, eat right, exercise right, love right and you will be right! The very nature of your work lends itself to your being still most of the time. But fresh air, exercise, good deep breathing, and even a little stretching will do you a world of good. It will strengthen your body, and therefore help you to build up your resistance. You'll be surprised at how if you keep at it, over a

Doctor Koger speaking

period of time you will be able to handle more and more and you'll be strengthened.

These things take time, but keep at it with a good exercise program. Get some good fresh air in that room. You do have to be careful with drafts and getting chilled. But you can bundle up properly and then get the fresh air. Breathe it in; clean your lungs out.

A good diet is important, but equally important for good health is good exercise and peace of mind. You have peace of mind; the Lord gives you plenty of that.

—Keeping the Vision for Exercise

So keep at that exercise too and remember, we're right here ready to help you get the good exercise you need. Keep it up. Keep progressing. You gotta keep all those parts of your body not only well oiled, and well fueled with good food, but also in motion so your machinery runs smoothly.

It's been proven time and time again that God's natural ways, fresh air, exercise, sunshine and cleanliness all aid in the prevention of so many illnesses, even the common cold.

So stick with it, keep up your exercise program, and build up little by little. Even if it seems like baby steps at first, keep at it.

Note from EVE:

Although weights are specifically mentioned in the message on the right, if you have not exercised with weights before and are feeling led to begin, please make sure you've prayed and heard from the Lord for a personal confirmation that He knows that is the right thing for you and your situation. He knows best!

(Spirit helper Corrie speaking:) I know it's difficult to be motivated to do your exercises every day. It's hard work and sometimes you just don't feel like doing it, so I'm going to help you. I know you need your exercises, and that you really want to do them more faithfully, so I'm going to help you to remember to stretch and wiggle and lift some weights and walk and just do some body movements whenever possible.

I'll help you with your regular 30 minutes on the treadmill, plus I'm going to give you new inspiration to want to do even more than that. I'm going to help you to keep going for a few more minutes until you build up your time on the treadmill. You'll hear my voice in the spirit whispering in your ear and it will encourage you to keep going.

Don't worry that you won't remember to make use of the times when you're sitting talking to someone, because my job will be to remind you when it's appropriate and to nudge you in the spirit to pick up your weights and do a few bicep curls, or to stretch your legs or arms. I'm

going to be with you from now on and help you, because I know how important it is for you to get all the exercise and muscle toning that you need so that you can stay healthy and feeling well.

By the way, my name is Corrie—which is short for corpus, which as you know means “body.” I love to

Spirit helper Corrie speaking

help those who need help with their get-out, by giving them the inspiration and motivation to do it every day, or at least as much as they need it.

I'll motivate you every day. I'm going to be your coach, encouraging you to be faithful, or to do a little more, pushing you in the spirit and urging you to keep going and working out a little bit here and there. You're going to find that you will feel stronger and healthier as a result. I know just how much you need and when it's enough. I'll whisper in your ear and let you know if you're overdoing it. I'll keep you on track and help you to know what's the right amount of exercise for you.

If you're confused about how much exercise you need, you're not alone. One reason why many Americans remain on the couch, experts say, is that they're baffled by conflicting exercise advice they've heard over the years:

1970

1970s "running revolution": People were told exercise had to be vigorous and sustained or it didn't count.

1980

1980s "aerobics boom": Exercisers were urged to go for the burn—while taking their pulse and figuring their target heart rate so they could work out at the proper intensity.

1990

1990s "machine mania": Exercise machines exploded in popularity (especially those designed for home use) and it seemed essential to hop on a treadmill or join a gym to shape up.

2000...

Exercise: How Much Do You Need?

Exercise in 2000:

Today, however, top exercise experts avoid the "one-size-fits-all" exercise prescription. There's a growing recognition that individual preferences and fitness levels vary widely, and the amount and kind of physical activity each person needs depends largely on his or her goals. Someone with athletic or appearance goals—such as completing a 5K race or fitting back into a favorite pair of jeans—may need more exercise than someone whose goal is general good health.

Exercise Lite Generation: In our sedentary society,

many people want to know "the least they can do" to maintain good health. For this group, public health professionals recommend a simple formula dubbed "exercise lite":

Accumulate 30 minutes of moderate activity on most days of the week.

This is enough to confer health benefits, which include a reduced risk of numerous chronic diseases (such as coronary heart disease, type 2 diabetes, hypertension and colon cancer), improved mental health and enhanced physical functioning.

In addition, most sedentary people who

add 30 minutes of moderate activity to their days will lose some body fat and experience improvements in blood pressure, blood glucose and blood cholesterol.

The Winning Formula: Intensity, Frequency, Duration.

But while "exercise lite" is great for those who want to do the minimum activity possible for good health, it's not enough to gain optimum health and fitness. If your goals include major fitness gains, such as reshaping your body or achieving maximum cardiovascular health, you will need to do enough exercise to gain fitness benefits such as:

- increased muscle

By
Carol
Krucoff
(Web
reprint)

strength

- significant fat loss
- greater flexibility
- improvements in

VO₂ max—a measure of the body's ability to use oxygen

This generally requires doing a specific kind of activity at a certain intensity, frequency and duration. [For example, achieving cardio-respiratory fitness requires doing aerobic exercise at a “somewhat hard” intensity (55-90% of maximum heart rate) for 20 to 60 minutes, three to five days a week.]

Get Up, Get Out and Get Moving. To paraphrase the previous paragraphs: Some exercise is better than none, and more exercise is better than some.

To achieve health benefits, all you have to do is get 30 minutes of daily physical activity—defined as bodily movement that is produced by the contraction of skeletal muscles and that substantially increases energy expenditure. To achieve fitness benefits, it's necessary to exercise—defined as planned,

structured and repetitive bodily movement done to improve or maintain one or more components of physical fitness.

Know Your Fitness Goals. Here are some of the most common health goals with exercise prescriptions for achieving them.

Maintaining General Good Health: Accumulate 30 minutes of moderate physical activity on most, if not all, days of the week.

Optimum Heart Health: Perform 20 to 60 minutes of continuous aerobic activity—such as brisk walking, cycling, swimming or jogging—three to five days per week. Be sure to get your heart rate up into your target zone, or simply listen to your body and work out at a pace that is “moderately hard” for you.

Weight Loss: Burn 300 to 500 calories a day, four to six days a week. For example, a 175-pound person burns about 360 calories during a brisk, one-hour walk. Lap swimming burns about 600 calories per hour, aerobic dancing burns about

480, in-line skating burns about 560 and jogging burns about 800.

Be sure to eat properly too, by controlling calorie intake and choosing appropriate portions of healthy, low-fat foods. A brisk, three-mile walk, five days a week, combined with proper eating habits, is generally sufficient for weight loss.

Strong Bones and Muscles: Do eight to 10 strength-training exercises involving the body's major muscle groups, two to three times a week. In addition, regularly engage in a weight-bearing activity, such as stair climbing or jogging, to help build strong bones and reduce the risk of osteoporosis.

Flexibility: Stretch before and after physical activity and any time you feel like it during the day—particularly after sitting or standing for an extended period of time. Don't bounce. Go to the point where you feel a mild tension and hold for 15 seconds, while breathing naturally. Learn good stretching technique.

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: **Eve: Stay tuned for an upcoming feature on stretching, DV!** :
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After the Burn: The Healing Power of Vitamin A and E

S

From
Joy (of
Ben G.),
Hungary

Some months ago I was struck by lightning. It hit me on the back of my head and burned its way down my neck, chest and stomach, then went out the sides of my legs. When I arrived at the hospital after the incident my skin was in pretty bad shape. My neck was badly burned (a metal and bead necklace I was wearing had melted off my neck)

Dad speaking:

God's ways are mighty and miraculous, that's for sure!—And just as much as it was a miracle of healing and deliverance from those burns and scars, it was also an amazing and awe-inspiring testimony of the Lord's protection from the lightning. I'm sure you know that to be directly struck by lightning is no small matter, so reading this account should be a great faith increaser for all of you. His power of protection and safekeeping is just as great and strong today as it ever was. Praise His name!

and so was my chest and stomach.

I was quite discouraged when looking at myself in the mirror and seeing all the blisters and scars from the burn. I prayed desperately for healing with no scarring, then went on the attack with both eating and rubbing vitamin E and A oil all over the burns.

I took up to 25,000 IU of vitamin A and 1600 IU of vitamin E daily, which is what health books recommend for severe burns. (Note: If you're pregnant do not take more than 10,000 IU of vitamin A daily.) I also faithfully put A and E on the burns a couple of times daily.

To our surprise, just three days later when I was released from the hospital the burns were much better. They asked me to come back for a checkup in a couple of days, as they were still concerned about the burns. Two days later at the checkup the doctor hardly looked at me as everything had healed up so well! He kept commenting that I was very lucky. (To which I gave God the glory!)

After another week you could hardly tell I had been burned at all, except for the white splotches on my skin where the top layers of skin had peeled off. Today, I have *no* scars and my skin looks normal again. Thank You Jesus!

First and foremost I want to give the glory to Jesus for His wonderful healing, and I also thank Him for all we have learned about natural remedies, as I know these vitamins really helped. The health books that I read recommend not only rubbing vitamin A and E on the skin, but taking them internally as well, as the two work together to strengthen and heal your body and skin.

He Opened Up My Nostrils

O

From
Stefan
Pioneer,
Switzer-
land

ff and on for four years I have had a chronic plugged-up nose. Whenever I caught a cold I would moan in despair, knowing it would mean I'd have stopped-up nostrils for the next month. I prayed and prayed, but for a long time didn't heed the leadings I was getting from the Lord and others to inhale something hot to loosen up my nostrils.

Finally, after three solid months of chronic problems, I got so desperate that I bought some natural inhaling drops (menthol and eucalyptus) and started breathing in the hot fumes twice a day. After one week my nostrils completely opened up! I was flipped, praising the Lord for this great idea. I guess He was just waiting for me to obey so He could do this miracle along with the use of this natural, simple practice of inhaling.

A week later I caught another strong cold. The first day my nose was running like a faucet, which usually would result in it being plugged for the next three or four weeks. After praying desperately, the Lord showed me to start inhaling these natural drops again; three days later my nostrils were clear. Hallelujah! Praying, listening, and obeying the Lord definitely works!

Flu? My Advice May Bug You

S

By J.B.
Orenstein,
*The Wash-
ington Post*

tay away from doctors—they'll only make you sick." This cranky tidbit of advice comes from my father, a retired general practitioner. And in the depths of flu season, I wish more people would take it. Swarms of patients flood medical offices and emergency rooms, leading me to wonder, as I do every winter: Why are you here? We all know how little a doctor can do to relieve your misery, so why didn't you stay home in bed? Wouldn't you be cozier there?

Flu is a distinctive and remarkably fast-moving malady. You wake up feeling a little sniffly and within eight to 12 hours you feel pain in every fiber of your being, accompanied by an overwhelming desire to do nothing but lie undisturbed for a month or two until your broken body begins to recover. This accounts for the desire to seek professional help: Nothing should feel this bad. And if it does, by cracky, there ought to be something a doctor can do about it.

So you languish for hours in a waiting room along with everyone else who has the flu—and a few other germs that you haven't gotten yet and might not otherwise be exposed to.

When you finally get to see the doctor, we tell you what you already know, which is that you've got the flu, what can we do for you? Well, we can recommend over-the-counter decongestants and cough medicine, but that's so been there, done that. We can prescribe antibiot-

ics. We can also bark at the moon: Antibiotics kill bacteria, not viruses. Viruses are as safe from antibiotics as the driver of a Lincoln Navigator is in a head-on collision with a Volkswagen Beetle.

We can prescribe antivirals. But there's a major downside to any antiviral therapy. Influenza viruses quickly become resistant to these

drugs. So folks treated in December spread a drug-resistant version of the virus to other people, and by January the newly circulating strains can't be treated. Remember what Dad said about doctors making you sick?

And we can't prevent you from getting sick with something else the moment you get over the flu. In fact, our

waiting room may have been where you picked up that next cold.

My dad's patients knew when to seek his help and when not to. Got the flu? Stay home in bed, drink lots of fluids. One last piece of advice from Dad: "If I give you antibiotics, you'll be better in seven days. If you go home and take chicken soup, you'll feel fine in a week."

Dad speaking:

Ha! Well, there's a good message in this clever little

article. I know our Family members aren't prone to just run to the doctor at the sign of a sniffle, but it's good to be reminded of the fallibility of the medical profession. As I've always said, a good deal of the time they know as little as you do, and it's no wonder—sure they can guess, but how can they know you and your body when for the most part they've never even met you before? How much better to entrust our lives and our bodies to the One Who made them and Who really knows best!

Of course this is not to say that there's never a time when you should go to the doctor, because there are times and cases where a professional diagnosis can be very valuable and helpful. But just make sure that it's directed and appointed by the Lord, and you confirm each and every decision with Him along the way.—For He's the greatest doctor of all, and His cures can never fail.

Redbook

Yogurt can reduce or eliminate repeated yeast infections, but those cartons don't come with instructions on how to put it to use. Here are some how-to's:

1. Buy it live: The most effective yogurt contains live and active cultures. Flavored and frozen yogurts may contain more sugar, which is something to avoid if you're prone to yeast infections, because the fungus thrives on sugar.

2. Eat it up: The home-base of yeast is in your gut, so you need to eat yogurt to enjoy its anti-yeast properties. Eating more fiber can also decrease concentrations of yeast in your gut by keeping your bowels moving.

3. Eat at least eight ounces a day: In a recent study, women who ate eight ounces of yogurt daily had one third fewer infections than those who ate it less frequently or not at all.

TUBULAR PREGNANCIES:

Why, How and What to Do

My tubular pregnancy

Recently

I started not feeling so well. I was newly pregnant and had a few side pains—not much, but I was spotting. After many checkups, it was finally concluded that I had a tubular pregnancy and needed an operation.

From
Faithy
(SGA, of
Samir),
Middle East

This was quite a blow for me at first; I don't like hospitals at all and I've never had to be a "patient" before. I've seen others go through things like this, but I never thought it could happen to me. But the Lord had a lot of lessons to teach my mate and me during this time. The Home members were really sweet, and we received a lot of prophecies to help, encourage and instruct us. We also received quite a few personal prophecies during our time of desperately seeking Him.

Overall, the Lord said that He wanted to grow us up to be more desperate in our lives, to seek Him daily

through prayer and prophecy, and He also said that this was a gift of love from Him, and though we couldn't see it now, we would in the future. The Lord was very sweet and helped us through it all. He also confirmed for us to go ahead with the operation.

The Lord did many mighty miracles along the way. He helped me to have a somewhat calm spirit about it (shamefully, I think I gave the Lord and everyone around me a pretty hard time when I went in for the first scans). We were also able to provision the hospital stay and operation for free. God bless those in the Home who worked on that!

When I went in for the operation, the doctor said it was impeccable timing, as I had just started to bleed internally (I must have been about two months PG). He did a good job and was able

to save the tube. TTL! I was in the hospital for one night and went home the next morning. The recovery took some time—the Lord taught me patience. Ha!

I am pretty much back to normal now, though I had to take it easy for a little bit. But the whole experience was a life changer for me, and helped me realize that without Jesus and our brothers and sisters we are nothing. It also made me love my Family a whole lot more, not to mention our wonderful Husband as I exercised my gift of prophecy more than ever before. It was also a real answer to prayer that everything went well and that I didn't have a rupture or anything more serious. I can certainly give the Lord all the credit; if it had not been for His checks, Words and encouragement, it could have been much worse.

Tips on recognizing tubular pregnancies

I would

like to suggest that we publish tips on how to recognize tubular pregnancies, which often result in life-or-death emergency operations, so as to prevent the difficult last-minute emergencies that come from finding out too late. I don't think any pregnant woman should be alarmed about this possibility, since it only happens in a very small percentage of pregnancies. But having info about it can be helpful.

From
Clara
Translator,
BVM

A few things I learned when it happened to me:

- I missed one period, confirmed the pregnancy, but my second period came with pain. I thought it was a miscarriage and waited. A tubular pregnancy can easily be mistaken for a miscarriage, since bleeding and pain also occur sometimes in miscarriage.

- I had pains for about one week, but only two excruciating sessions. Even with an ultrasound, they weren't sure what it was until I did a hormone test for pregnancy. They said it could be a tumor,

because there was a "ball" formation there. The weaker pains are like a strong urge to have a BM, but even after you go, you still feel like going again.

It seems this kind of complication is usually caused by infections in the tube or other problems, not just something that happens out of nothing. In my case I did have an infection of the tubes (confirmed after the operation) but had never noticed it and it had never bothered me. But I didn't get pregnant for seven years before this. Doctors also say it's more common in women with

many full sex partners, as you have greater risk of infections. I noticed too that it happens more often in older women, not usually girls who have recently started their sex lives. But I had mine at 28.

I'd like to say, though, that through this trial in my life the Lord brought me a lot closer to Him, and it was a wonderful time in the spirit. The doctor said I might never get pregnant again, because my remaining tube was also affected, but I prayed and two years later, the Lord gave me my sweet baby Carolina. So the victory was won.

Ask-a-midwife

Your questions answered by Rose Midwife

Question

What causes tubular pregnancies? Is there anything you can do to avoid them? I am an SGA, and don't have any health problems or STDs. However, I recently got pregnant for the first time and it ended up being a tubular pregnancy. Can anything be done to avoid this happening to young people who have no medical history? Is it common for a young person? I've heard lots of cases where this has happened to older women who have had children before, or if they had medical problems, but I have not heard of any young person having a tubular pregnancy for their first child. *—From Fathy (of Samir, SGAs), Middle East*

Answer

This is a very good question you've asked. You might be right about it not happening as often to younger women as to older ones. My personal experience has also been mostly with women who have already had children.

The medical theory is that the cause is scarring in the tubes, which is caused by infections, normally caused by STDs. However I don't personally believe the medical reason, as many of our women who have had tubular pregnancies have not had STDs, nor a traceable infection. The other theory of cause is numerous sex partners, but to me this also seems off, as it would not cause

scarring or blockage of the tubes any more than numerous acts of sex with the same partner. So basically I think they're just guessing, as they don't know the cause.

I have never heard or learned of anything that can be done to avoid them. Many of the older women also had no medical problems to lead anyone to think that they would have a tubular pregnancy, but the good news is that many women have children after a tubular pregnancy, as normally the other tube is fine and functioning well. So please be encouraged that if you do have a tubular pregnancy, you can usually still have children afterwards.

I speak from experience, as it happened to me. For myself and other mothers in our Family that I've talked with, the tubular pregnancy was a special time in our lives in which the Lord was teaching a special lesson, or showing His love in a special way. Truly the quote about it being God's "intolerable compliment" applies. I'm sure that, even though very hard, you have a special spiritual experience involved with your tubular pregnancy that you maybe wouldn't have received so clearly without it. I know it was very hard to go through, but it seems the Lord loved you that much! God bless you and keep you always and may the Lord bless you with a new baby.

Directly from His hand

Who can know the mind of the Lord? He works in each of our lives in different ways, and only He knows the reasons for all the events and circumstances that He brings our way. I hope that reading through these articles will not cause any of our folks to worry, fear or fret, wondering if such a thing might happen to them. The bottom line is that God's hand is upon each of our lives, and although it takes more faith for you down

there to believe that than it does for me—as I see the Lord face to face and I know firsthand His tender loving care—I think that for those of you who are living for Him and serving Him, well, you know it too.

The medical profession doesn't know a thing. Of course tubular pregnancies don't occur from having multiple sex partners! "Professing themselves to be wise, they became as fools." How can man, with his finite, useless scope of understanding and reasoning, man who can't even begin to explain the workings of the human body, ever hope to understand one iota of all that God has ordained and placed in this frail cocoon of flesh? Only to those whose hearts are unto Him does He reveal that which He pleases.

A baby comes straight from the hand of God, and

By Dad

it is God who engineers the placing of it, and its rise or fall. That egg is coaxed through the fallopian tubes by God's own hand, and if He allows anything to happen that is different than the norm, it is because that is His perfect will for you.

Of course in many cases you can affect the outcome of your life and health through your own decisions—for example, it's your responsibility to eat well during your pregnancy and take care of your body, or else you will suffer the consequences. That's all part of keeping His natural laws. But if you're obeying the Lord's natural and spiritual health laws, you can rest assured that as you do your part, He will certainly do His. His will be done, on Earth as it is in Heaven.

The importance of early recognition

From Mercy, Lithuania

I had to be hospitalized for a week due to a fallopian tube pregnancy. The tube ruptured so I had to have an operation. The operation went well and I recovered quickly. TTL! Here are the early symptoms that I felt, which might help others.

I started to feel pain in my lower left abdomen (in my case, since it was in my left fallopian tube) about 10 days before my period was due. I thought it was caused by my ovulation, but when it didn't go away, the idea of a fallopian tube pregnancy crossed my mind. Sad to say, I discarded the idea because I was under the false impression that a tubular pregnancy would only cause pain later on in the process, like two weeks after the period's due date. So I decided to wait and see if I got

my period.

I started to feel more pain, but it was not constant so I still wasn't sure what it was. I thought maybe it was intestinal. I waited until my period was about five days late then decided to get a PG test the next time I went out. Then I started bleeding, so I thought my period had come.

But the pain remained and became more acute until one evening (seven days after my period's due date), I felt this very sharp pain and started bleeding more heavily. Then we knew it was something serious and decided to go to the hospital.

That's when I was diagnosed with a fallopian tube pregnancy, but it had already ruptured and I had been bleeding internally, so I had to have a major clean up of my abdomen. If it had been caught earlier it could have been

taken care of with microsurgery instead, which would have been easier to cope with.

One lesson I learned is that I shouldn't have *only* asked for prayer for healing, but I also should have taken the time to ask the Lord what it was and what I should do. I was in a frame of mind not to go to the doctor unless it got really bad, but I didn't ask the Lord if that was His frame of mind as well. Thank the Lord, all things worked together for good and He taught me many precious lessons in the process.

The funny thing is that on a few occasions over the years, I'd wondered, "How does it feel to have a fallopian tube pregnancy, and how could someone recognize it?" I'd thought of asking for something to be pubbed on that, but I never did ... until now.

Ectopic pregnancy

An

ectopic (abnormally located, out of place) pregnancy occurs when the site of implantation is outside of the womb. It can occur in several places: the ovary, the abdomen, the cervix, at the join between the tube and the womb (cornua), but the most common place is in the fallopian tube. Pregnancy can even occur in both the womb and the tube at the same time (heterotopic pregnancy), but this is rare (about 1/10,000 pregnancies).

From
"Women's
Health,
UK" Web
site

What causes the ectopic pregnancy?

Many factors are known to increase the risk of having an ectopic pregnancy. Anything that alters the tubal function may affect further pregnancies. Fallopian tubes aren't like a hollow pipe that sits there with the egg rolling down. They have little hairs on the inside (cilia), which move with a wave-like motion to encourage the egg toward the womb. If the tube becomes blocked or the cilia damaged, then ectopic is more likely.

Often none of the risk factors below are present and there is no obvious reason.

- Advancing age
- Pelvic inflammatory disease (eg. previous chlamydia or gonorrhoea): Infection causes scar tissue adhesions in the tube and may damage the cilia.

- Tubal surgery: Women who have had operations on their tubes are more at risk of ectopic. This includes initial sterilization, reversal of sterilization or tubal surgery for a previous ectopic.
- Previous ectopic: about 10-20% of those attempting pregnancy after one ectopic will have another.
- Previous termination of pregnancy: the risk of ectopic increases among those who have had two or more miscarriages, particularly if there was infection afterwards.

How would I know if I've got an ectopic?

Ectopics tend to present in one of three ways:

- As an emergency. Suddenly, without warning a woman is very unwell, collapses and is taken to hospital. A positive preg-

nancy test is found as well as a ruptured ectopic with bleeding into the abdomen.

- The second group are known to be at risk of an ectopic pregnancy. For example, she may have had an ectopic previously, may have undergone tubal surgery or assisted conception (such as IVF [test-tube baby]). Early detection of ectopics are high in this group of women, as we routinely check that the pregnancy is where it should be fairly early on. Less than 20% of ectopics present this way.

- Finally, the most common presentation is with a missed period, positive pregnancy test, some abdominal pain (usually to one side), and some irregular vaginal bleeding. Some women report fainting or shoulder-tip pain. Unfortunately, there is about an 11-14 day

window when a pregnancy test may be positive, but it is too early for ultrasound scan to confirm exactly where it is. In this case, it is important to watch for change in clinical signs, such as worsening pain, more tender on examination, fall in blood pressure, etc.

What are the treatments?

Once an ectopic is diagnosed, there are several different treatments. It is not possible to take the pregnancy from the tube and put it into the womb. The options are as follows:

- Expectant management: A proportion of all ectopics will not progress to tubal rupture, but will regress spontaneously and be

slowly absorbed. This may be appropriate if the level of HCG* is falling and a woman is clinically well. (* HCG [human chorionic gonadotrophin]: A hormone produced by the developing placenta and the fertilized egg after implantation in the uterine wall. This hormone is measured in the blood to determine pregnancy.)

- Medical treatment: With a drug called methotrexate, which is given by injection. This makes the ectopic pregnancy shrink away by stopping the cells dividing. Only a few ectopics can be treated this way, which is the least invasive. Certain criteria must be fulfilled, such as small diameter of the ectopic and low level of HCG. Close

follow up with further scans and blood tests is also necessary.

- Laparoscopic surgery: Via “keyhole” surgery, it may be possible to either open the tube and remove the pregnancy (salpingotomy), or remove the tube altogether (salpingectomy). The decision on which of these options is taken is very specific to each patient. Follow-up with blood tests for HCG will more than likely be needed as persistent ectopic tissue can occur in 5-10%.

- Open surgery (laparotomy): This involves a 5 cm. incision at the top of the pubic hairline. The affected tube is brought out and either salpingotomy or salpingectomy performed.

Saved by prayer

About

From
Hannah,
Japan

15 years ago, we left France to go to Calcutta, India, and I had a tubular pregnancy. When we arrived there I had some symptoms, but I didn't know what it was. I didn't feel so good and things got slowly worse, so finally we went to a doctor, but she said it was a miscarriage, so she took me in to scrape my womb, which nearly killed me.

When I came home from the operation there was internal bleeding, the pain was growing worse, and I had a cramp in my lower abdomen

which was going up my body. At the same time there was a Hindu festival going on, and a power cut—so there was no electricity, no way to phone, and no way to go outside for help from any doctors or hospitals. On top of

Pregnancy and Childbirth

it we were under persecution and investigation, so we were trying to empty the house and move. The streets were filled with crowds and Hindu dancers; meanwhile I felt the pain growing worse, so we gathered together to pray.

All the adults gathered together and a brother named James, who had the gift of healing, prayed for me. Everyone gathered around and prayed and anointed me with oil, and in the name of the Lord I was healed. I took some painkillers and fell asleep. The others really wondered if I would survive.

The next morning I woke up and there was this beautiful light flowing on my face, and I felt

fine. After that, I got a slight fever and I could still hardly walk, but we had to leave the house and move to a hotel. I survived drinking little by little, but I still had some pain. We finally found a doctor, who told us: "You had a tubular pregnancy, but by a miracle the bleeding stopped, and you are saved." He advised an operation, which we were able to do a short time later. But I was saved from the internal bleeding by prayer. TTL!

Our miracle baby

By Daun and Joe Bichlet (Web reprint)

About

three weeks after we were married I had a tubular pregnancy. The fallopian tubes are really small, nearly microscopic to begin with, and they don't have the capacity to expand. As soon as the embryo begins to grow, they get stretched beyond capacity. Consequently, within a very short time they burst like a balloon. I went into surgery; they removed the damaged fallopian tube and sewed me back up.

In August of 1980, Joe and I watched a televised service in which people were healed after having hands laid on them in prayer. This was our first exposure to divine healing and we really knew nothing about it. Yet this service was so clearly of the Lord that Joe laid his

hands on me and together we asked the Lord to heal whatever might need further healing. It was more of a precautionary measure than anything else; I had no reason to believe there was a need for healing. That night was the first step into the realm of faith.

One day I was crying and praying for a baby. The Lord told me to read Psalms 37, and certain words leaped off the page. It said to delight in Him, trust Him, and He would give me the desires of my heart. Be patient, don't fret, and wait ... the whole thing reads like that.

Shortly afterwards, I became pregnant again. But I started having the same symptoms as I had the first time: abdominal

pain and cramping. I refused to believe there was anything wrong; the Lord had promised! But I didn't know what to do with that promise. All I knew was that He said I would have children. I didn't know anything about the authority the believer has, or how to come against things that are contrary to what God has told you. Plus, we had prayed that one night and I figured that was enough. I didn't know anything about warfare.

I continued to have pain off and on for about a week, not telling anyone about it. I'm the type that tries to explain everything away—gas, something I ate, you know? Finally I couldn't go on any more. I told Joe that something

was wrong. So I found myself in surgery again.

Joe: The tube had burst at the very end, and the doctor did what he could to repair it. He said he didn't know whether it would be any good or not after that, but at least he had tried to save it.

Daun: Dr. Brandt said after surgery that there were so many things wrong inside me from the first surgery that I probably could never have carried a baby for 9 months anyway. I had bleeding cysts on my ovaries, scar tissue had adhered to my bowels,

[The doctor] later told me that at that time he held no hope for me getting pregnant.

and I had an inflamed appendix! I was a mess.

I thought at that point that the Lord had worked it out that I was in the doctor's hands so he could get me all fixed up inside so I could have a normal pregnancy later on. From then on I told everyone I was going to have a normal child. I had a lot of scoffers, naturally, but I believed God to fulfill His promise.

The doctor ran some tests, six or seven months

after the surgery, to see if the fallopian tube was blocked. He later told me that at that time he held no hope for me getting pregnant.

Joe: We believe God left that [second] tube in. It wasn't any good, but He left it in to bolster her faith. Dr. Brandt never said anything to wreck her faith.

Daun: Yes! He never told me that there wasn't any hope until after I became pregnant! If he had taken the tube out it would have been hard to believe that the Lord wasn't directing me toward other means, like test-tube or something. It's easier to believe for the Lord to fix something rather than to have to grow a whole new one.

So there I was, tests inconclusive as to whether my tube was workable or not. I kept telling everyone, "The Lord's going to take care of me. I'm going to have children." On the inside, though, I was really struggling. It seemed as though the Lord was nowhere to be found.

There was something in my relationship with the Lord that was missing. I couldn't figure it out.

During the first week of January 1982, I was listening to a church radio program. They gave out a

phone number to call in for prayer requests. Somehow I *knew* I had to call in. A girl answered: "How can I help you? Why are you calling?"

"I don't know," I said. I told her what happened, that I had been sitting there listening to the radio broadcast and I knew I had to call. I really felt dumb!

She said, "Let's pray." So we prayed. (I met her 10 months later, and she told me that the Lord had given her all those things to say to me. Incredible!) We prayed about why the Lord wanted me to call her, what He wanted to say to me. After that prayer, she asked me, "Do you need healing?"

So I told her my history of losing my two babies, and the surgery and all. She said, "Okay, fine. I'll stand with you on the promises He has given you. But let's pray again and see what else God wants to say, okay?"

We prayed some more, and then she asked, "Do you have a problem with anger?"

I said quickly, "No, YES!" What did I say? I then started opening up to her about things I hadn't even admitted to myself. I told her that I was really upset, that I was hurt, that I felt the Lord had not

Pregnancy and Childbirth

honored my faith in His Word. He had let me down. I was angry because He hadn't told me why He had allowed all this to happen.

We began praying then and the Lord began to minister to me. I never heard much more of what the girl said. We hung up, and the first thing the Lord said to me as clear

We're to *put* on the armour, not just stand and wait for God to dress us!

as a bell was, "You had the authority all the time." It was *my* position to do something. I had been questioning why He had let this happen, and He said that I had the authority *to do something about it*.

I asked Him for forgiveness and a peace came over me. He then began to show me that I had the knowledge I needed all along. I had neglected to use it—simple as that.

As Christians, we have the authority of Christ. When Satan seeks to destroy or interfere with God's plans for us, it's up to us to do something about it. According to Ephesians 6, we're to *put* on the armor, not just

stand and wait for God to dress us! He also showed me that I needed to get into the Word more and study.

The remaining month of January, plus February and March of 1982, I had a very painful ovulation period. The egg was released from the ovary and it traveled down the fallopian tube. As the egg traveled down the tube, the pain was so distinct that I could probably have taken a magic marker and drawn a line on my belly where the tube was and where the egg was in it. It was as though God was shoving the egg farther and farther, a little at a time.

Towards the end of March, Joe suggested that I go to the doctor and have tests run. "Let's see what he's got to say. Have some tests run; let's get something concrete." I didn't want to go. I *knew* I was going to have a baby. I just had to be patient. If I went to the doctor at that point, it would be a step in the wrong direction, against my faith in the Lord to fulfill His promise.

Towards the end of the week it came to a head, and after a long discussion I went off to be alone. I prayed and cried, because Joe didn't understand my position,

and I felt trapped. I said, "Lord, what do I do?" And He said, "Be still, and know that I am God." A real peace came over me. I stopped crying instantly.

I went downstairs after that but I didn't tell Joe what happened. I just told him to give me some time to think about it. I wasn't sure what the Lord was directing me to do. I didn't know if He meant, "Be still and I'll give you courage," or "Be still and I'll tell Joe something." He just said, "Be still." So I didn't say anything.

A week went by and I knew I was pregnant. I was elated! I had no physical evidence, so I didn't dare say anything yet. Thank God, physical evidence came after about 10 days. I went to the doctor, and he said, "What can we do for you, Daun?" I said, "I'm pregnant." Needless to say, he was a bit skeptical. He said "Oh? Let's see." But during the examination he got this big grin on his face, and said, "Oh! Someone's prayers *have* been answered. You're right. I can feel it, and it's growing!" After that, every time I would see him for my check-ups, he would ask, "How's that Miracle Baby doing?"

Staying Young

Staying Young as You Near the Five-Zero Mark

From Misty, Mama's Home



I'd like to share a personal prophecy I received from our wonderful Husband with good tips about health, especially for us women as we reach middle age. He's the greatest health and fitness instructor there is, and I pray that you'll be able to benefit from some of His wise advice too. Be sure to check in with Him personally too, because He may have tailor-made fitness and health tips just for you that He's waiting to bless you with.

Jesus speaking: My love, I ask that you take better care of yourself physically. I know this seems like an odd place for Me to start in My "coaching" of your life, as you feel you do pretty well

can and will take their toll unless you prepare.

My men and women can get by for many years with a lifestyle that is healthy for any age. What I mean is, until you reach a certain age the requirements for good health are basically the same. As long as you get enough sleep, a reasonably good diet, drink plenty of water, and exercise moderately, you will maintain fairly good health. But when you reach middle age, you must pay greater attention to your health and the things that promote strength, longevity and vitality. What was good enough for when you were 25, 35 or even 45 is no longer sufficient for now.

I ask that you put special attention on maintaining and even building good health. What you do this year and in the years to come will prepare you for the increased taxes on your body through menopause and the natural weaknesses which come with aging. If you prepare now, if you invest in your body as if it were a bank account or a child, you will reap the dividends and benefits in the years to come. It's not enough to wait until you start to feel your health waning, and then start to be more watchful and careful. You need to start now, and then when you need it, you will have the reserves you need—good muscle tone, strong bones, moderate blood pressure and healthy vital organs.

In the latter years, the Enemy seeks to weaken

Jesus

Jesus speaking

in this and you are generally in excellent health. But I ask you to focus on this area of your life and build up your health. Your body is the temple of My Spirit, and you are growing older. With age, My children must put more attention and priority on not just staying healthy, but also building up what you could call a "reserve" for the future, when the demands on your body

Midlife and Beyond

My veteran soldiers through physical afflictions, many of which could be avoided with proper care, exercise and diet. I need you in good

ow this building of reserves need not bring about a major change in your lifestyle

health and without distractions of the flesh that would steal away your time in the years to

1 Regular vigorous exercise, including resistance training to keep your muscle tone and avoid losing muscle mass as you grow older. Try to have a good workout four or five times a week. This is hard work, but it's one of the most important things to keep you healthy as you grow older. Some may not be able to endure such strenuous exercise as you, and each person needs to stay within her personal limits, but because you are now strong and you have been faithful to exercise your whole life, you are in a good position to maintain a strong and vigorous exercise plan. If

come, so I ask that you prepare now. Raise a standard against the Enemy's future attacks by being diligent, obedient and careful today. What you do today to care for the temple of your body will help to stave off or minimize the attacks of the Enemy in the future.

Now this building of reserves need not bring about a major change in your lifestyle, for you are already fairly conscientious. You do not at this time have any major health problems that need special attention or remedies, so it suffices for you to follow the basic health rules. But I want you to understand that the basic health rules for those nearing or over 50 are different than those for younger people. You must be more watchful, more serious, more diligent. Those health rules for women include:

you keep at it, you'll be able to maintain it in the years to come, but if you allow yourself to become weak, then it will not be wise or possible in later years to try to build up to what you could do if you put and keep an emphasis on strength-training at this age.

Now you build the foundation for your future exercise program. That's why each day's exercise plan should include at least 10 minutes of stretching and warm up—note that more of this is needed as you grow older, to prevent injury. Then aerobics, depending on your strength and stamina. You should not push yourself to the

point of feeling sick or light headed, but you should push yourself at least to the point of breathing heavily and having your heartbeat in the desired range of aerobic effectiveness, according to the acceptable charts for safety. Then muscle building with resistance training, also known as weight training. This is a key element and is crucial to future strength. (*Eve: For more on resistance training, see Eve 2.*)

You must keep up and even try to increase your muscle tone and mass, to counter the natural decrease that comes with age and menopause. You need not use heavy weights,

of course, as that's not wise at your age. But they should be heavy enough so that you feel your muscles are worked and slightly tense afterwards. Also keep up with "muscle confusion" through working the muscles with different exercises to avoid their becoming immune to the workout.

The cool down is

extremely important at your age. Don't let anything distract you from the cool down, as a lack of cool down time is almost a sure way to experience pain, tension or even sustain injury. As you grow older the muscles react more to strong exercise; they get more stressed. Therefore the cool down stretching is vital. The

muscles are less elastic and therefore can't go back to their normal desired state without your "helping" them through stretching. If you don't stretch them, with time they become shorter and shorter, which causes such problems as poor posture, back and neck aches, and pain in or injuries to joints.



Note from Misty:

The above exercise plan was tailor-made for me by the Lord. But it's important to understand that I have been fairly faithful with aerobic and resistance training for the last eight or nine years. If you are just beginning, going slow is the key! When you first

easy without them, and you can get through all the repetitions easily and without your muscles being sore afterwards. When you reach that point, then begin with light weights and slowly work up to more weight, if the Lord confirms that you should do so.

(Even after years of working out with weights, I only use three or four pounds on my legs, and from one to five pounds in my hands. But I began with only one-pound weights and very gradually worked up to more. If you do too much, you might pull a muscle or throw your back out, and that's a bummer!

(If you have back or neck problems, using weights can be very dangerous. So if you have that weakness, it's best to get a specific "okay" from the Lord, as well as any cautions or guidelines He might have for you *before you begin using them*. *If you have neck problems like I do, it's especially risky to lift any hand-held weights above your head.*

(Go slow! Be very careful to not do too much too quickly, or you might sustain an injury that will set your exercise program back for weeks or months. Listen to the signals your body gives you. A little done regularly is better than burning out or getting hurt!)



You should not add weights to your workout unless your exercises are easy without them.

begin an exercise program, it is extremely important that you do not over-stretch or push yourself too hard with aerobics or use weights.

(You should not add weights to your workout unless your exercises are

Midlife and Beyond

Jesus
continues:

2. Increased attention to diet, including more raw vegetables, grains and products that supply calcium, magnesium and iron to your body. Include foods in your diet that help prepare your body for menopause. Include soy products, vegetables (especially green leafy ones), grains, milk products, lean proteins, and fish. You do well that you don't eat a lot of sweets, and you like most foods. You try to eat a balanced diet, but you must go out of your way a little more. You need to give a bit more attention to your diet

now and you might need to invest a little more time in preparing foods that you need so you get everything you need each day. You can't get away with "just grabbing a little something to eat" anymore. Each meal should be as nutritious as you can possibly make it.

3. More clean, pure water to wash away the impurities and toxins that would plug up not only your heart and arteries but also your vital organs. If you can drink even more than the normal two liters, it would do you good.

4. Extra sleep and rest and relaxation. You must realize that as you grow older you can't handle stress like when you were younger, and I don't expect you to. Take it easier, slower.

5. Get fresh air daily, because as you grow older your lungs become weaker and don't cleanse themselves as easily. Breathing fresh air deeply each day helps to maintain a good balance in your lungs of the right life-giving elements, and also flushes out the contaminants that are so prevalent in the world today.

Beauty Tips

By Audrey Hepburn:

- ✿ For attractive lips, speak words of kindness.
- ✿ For lovely eyes, seek out the good in people.
- ✿ For a slim figure, share your food with the hungry.
- ✿ For beautiful hair, let a child run his or her fingers through it once a day.
- ✿ For poise, walk with the knowledge you'll never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed. Never throw out anybody.

Remember, if you ever need a helping hand, you'll find one at the end of your arm. As you grow older, you will discover that you have two hands—one for helping yourself, the other for helping others.

The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair. The beauty of a woman must be seen from in her eyes, because that is the doorway to her heart, the place where love resides.

The beauty of a woman is not in a facial mole, but true beauty in a woman is reflected in her soul. It is the caring that she lovingly gives, the passion that she shows, and the beauty of a woman with passing years—only grows!

Looking for a Pen Pal?

We'd like to open the door for anyone who's interested in having a like-minded pen pal, to send in a very short write up, which we will print in upcoming Eve magazines. You'll need to include your:

- Name
- Age
- Email or snail mail address
- A little specific information about yourself (brief!), explaining some of your likes or interests. You could include your sunsign, hobbies, likes and dislikes, and so on.

What type of person you are interested in writing. For example: "I'd like to be in touch with another single mom with teenage boys," or "I'd like to write someone who is going through a separation and has small children," and so on.

Please keep your ads very short, as if they are too long we will need to condense them for space-and-print reasons. We're looking forward to hearing from you!

Rain, Rain, Don't Go Away

By Michael Webb

Rain can be depressing to some; it can also be extremely refreshing. If rain puts you in the doldrums, consider trying out a few of the ideas below to turn a stormy night (or freeday) into a unique and romantic experience with your loved one.

- Take a walk together without an umbrella (if it's warm out) and stomp in the puddles.
- Make a cup of tea, hot chocolate or coffee and drink it with cookies.
- Play scrabble or some other board game.
- Turn out all the lights, light candles and listen to some soft music.
- Bake cookies with your spouse.
- Share stories about what you did as a kid on rainy days.
- Read a great book or poetry to each other.

Just for Fun

Top Ten Reasons Eve Was Created

10. God was worried that Adam would frequently become lost in the garden because he would not ask for directions.

9. God knew that one day Adam would require someone to locate and hand him the remote.

8. God knew Adam would never go out and buy himself a new fig leaf when his wore out, and would therefore need Eve to buy one for him.

7. God knew Adam would never be able to make a doctor, dentist, or haircut appointment for himself.

6. God knew Adam would never remember which night to put the garbage on the curb.

5. God knew if the world was to be populated, men would never be able to handle the pain and discomfort of childbearing.

4. As the Keeper of the Garden, Adam would never remember where he left his tools.

3. Apparently, Adam needed someone to blame his troubles on when God caught him hiding in the garden.

2. As the Bible says, "It is not good for man to be alone!"

And the #1 reason why God created Eve...

1. When God finished the creation of Adam, He stepped back, scratched his head, and said, "I can do better than that!"

Makeup and Face Care



All sources say that you should wash off makeup at night before going to bed, for obvious reasons. For those of us who don't wear very much makeup, though, how necessary is this? For example, if I just had on mascara and lip gloss, is it necessary to wash the mascara off at night—particularly normal mascara that is not waterproof? Is it bad to leave it on occasionally or even all the time?



(Dad speaking:) I'm all for girls taking a few minutes here and there to clean and freshen

themselves up to make themselves attractive for the men. I've never gotten off on these big glamour-faced model looks that some girls are into, or the looks that are so much on the "cutting edge" that they have cut themselves off from all femininity or attractiveness. But when you're talking about just taking a few minutes of your time to apply a little makeup, especially as you get on in years, it can be a blessing and an inspiration to those around you, and also help you to feel more inspired and comfortable with yourself.

It is important to take good care of your skin, though, and to realize that these things that you are putting onto your face are not much more than paints. If you were doing an art project and you got some paint on your hands, you wouldn't just leave it there,

would you? Not just because of the way it looked, but you never know what is in these compounds, that might leave residue that could work its way into your body through your pores.

So it's always safest to wash it off. As far as your question about mascara, well, I'd say you're running a pretty big risk to just leave it on at night without washing on a regular basis. If you're real tired one night or you forget or whatever, that's probably not going to hurt you. It's not like all your eyelashes are going to start falling out if you forget to wash off your mascara for a few days in a row. But it's definitely not the best.

The mascara is a coating that you apply on your lashes, and a lot of different conditions can even affect the outcome—the quality of the brand, the type of mascara you're using, if the weather is real dry or hot or humid. If your lashes are too stiff and solid, they could break more easily during the night, or if they're too stiff they could more easily rub into your eyes, and some of the mascara could get in that way, which would not be good for them at all, and could cause an eye infection.

So I would say it's a good habit to make to wash off any makeup that you are wearing before you go to bed at night—whether it's a little or a lot. It's a good habit to wash your face at night anyway, just to clear it from any dirt, dust or pollution that you might have come into contact with during the day. It might not look particularly dirty, but I guarantee that if you make a habit of that you'll see the good results by and by. You don't need any fancy equipment—in fact, a lot of people do just fine with warm water and nothing else, believe it or not! If you have a gentle facial

cleanser that's easily available, that is good to use also (you shouldn't use harsh bar soap, as that can damage or dry out your facial skin), or there are different natural ingredients that can sometimes be combined into a good facial

cleanser as well.

So get into this habit and you'll see that it doesn't take much time at all. Just add it to your evening tooth brushing and bed-prep routine, and count it as a few extra minutes that your mind can spend loving the Lord while your body is busy with these natural activities of living. It's all part of taking good care of your temple, so you can shine out Jesus' love even more clearly. Amen?

Face Wash Follies

FROM EVE

Here are a few natural face wash combinations that you can make, from ingredients that are generally cheap and accessible. We pray these will especially be a blessing to you missionaries living in places where commercial face washes are expensive or not readily available. We love you!

Milk Wash

Found in your own kitchen is a simple, chemical-free cleanser: good ol' unboiled milk. Just dip a cotton ball in milk and wipe your face with it. It cleans unseen dirt and goes down into your pores. (Variation: Make a paste out of skim milk powder and water, and use as a gentle cleanser.)

Milk and Honey Cleanser

Mix 1 tsp warm honey with 1 tbsp milk or cream. This recipe should be prepared fresh each time.

All-Time Best Oily Skin Cleanser

1. Get a piece of unbleached calico, muslin or some other soft, fairly loose-weave material. Make a little drawstring bag

about 2 inches square.

2. Fill the bag with oatmeal and tie closed. (Or you could simply gather the material up and fasten in place with an elastic band.)

3. Now, whenever you would normally wash your face with soap, use the oatmeal bag instead. Get it nice and squishy under warm water and rub it over your face as if it were a bar of soap. You'll get a milky lather from the oatmeal; massage this into your face well.

4. Now rinse the oatmeal off using warm water. That's it!

Oats are a gentle yet thorough cleansing agent, and will remove the tiniest particles of dirt and oil while refining the pores and controlling the skin's production of oil. Be sure to empty your oatmeal bag and wash it well after every few uses, to make sure it's always fresh and clean.

My mom's dermatologist recommends daily washing with Dove soap twice a day. It's a very gentle soap with little irritating ingredients. I've tried it, and my pimples clear up whenever I'm faithful with two washes a day, TTL! I know it's silly for a 53-year-old woman to have pimples, but I tend to oily skin, which is probably why the Dove soap helps me. I don't think it would be good for women with dry skin to use soap like this, though.

Dove Soap

FROM AN FGA WOMAN

Feedback

Eve has such a wealth of information. It is a great blessing to know all this info; different things published have been put to action and applied.

Rejoice (of Gab I.), Italy

Eve 6 was great! I read it from cover to cover. I especially enjoyed the section by an SGA male, "I Love How You Love Me." It was so original and captivating, and made me laugh.

Meekness, England

The article on varicose veins (Eve #5) was so timely, as I was having an attack of pain in my legs due to my varicose veins. I practiced the advice given and the Lord helped me.

Tim and Joan, Ukraine

The tips in Eve are very helpful. I especially appreciated the articles and tips on varicose veins. I tried cayenne pepper for them and it seems to help alleviate the pain. It's such a blessing.

Joanna, Thailand

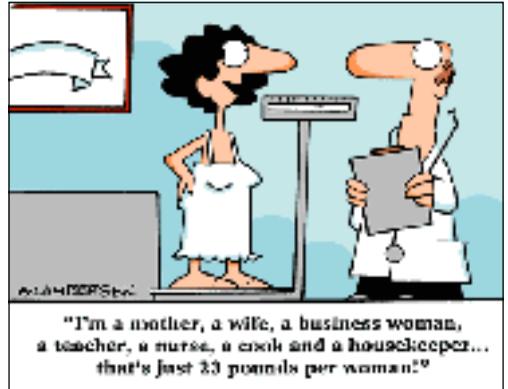
Having a large family, I'm very interested in natural remedies, tips about health and how to treat different ailments. I was thinking what a blessing it would be to have all the neat things that are coming out in Eve put together in a pub, like a handbook

on health-related topics and easy-to-follow remedies. (*Eve: Lord willing, we will eventually be able to reprint the Eve mags together into a book, for easy reference and referral. There is also a comprehensive index for the Eve and Kidland mags being worked on. This will, DV, be posted on the MO site in the near future. Stay tuned!*)

Joan, Italy

It's hard to get to read Eve, as the men in the house just won't let go of it! It's a very informative mag. The section I like the most is the sun sign reading, as it gives such neat insight into the various groups of people and helps me understand them better.

Claire, Italy



Cover photo: Alisa (20, of Josh, mother of 2), Japan

Suggested reading for ages 16 and up.
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