



EVE

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My Diet Scare

From Madi (20), Mexico

Before I got pregnant I had been dieting a lot. I had always been a little “round”; finally I couldn’t stand it any longer, so I went on this major diet. I would eat like one piece of fruit a day, and if I ate anything else I would chuck it up. So yes, I did get thin, but even then I still thought I was big and needed to lose more. And I still wasn’t eating well. I was very weak, and never had any energy at all. (*Eve: Please see “Mama’s Memos—No.11” (ML#3253); “Man Looketh on the Outward Appearance” (ML#3125)—Part 2; Free Zine 032 and 040; FSM 343, and “The Way Things Really Are in WS” (ML#3309, par. 358-375) for more on the dangers of anorexia and bulimia.*)

Then I got pregnant. As happy as I was to be having a baby of my own, my body wasn’t in the right condition. I tried to eat well, and for the first month I did okay (because I had my sister taking care of me—thank you so much, Haven!). But then when I moved, I stopped eating well. I wasn’t taking prenatal vitamins faithfully either, and I

started getting discouraged. I was traveling around a bit, raising funds, etc., so I wasn’t really tuning in to the needs of my baby and what my body needed.

At about six months pregnant I went for a checkup, and the doctor noticed the baby hadn’t grown much since the last checkup. He was a little nervous and we were all trying to figure out why the baby hadn’t grown. By this time I was already eating a bit better. I was forcing my eggs down every morning and trying to take my vitamins, but because it was not a habit, I wasn’t as faithful as I should have been.

The doctor kept telling me that everything was gonna be fine and that I would be okay. I asked him if it was because I hadn’t been eating enough and he said, “No, you’ve gained weight. Don’t worry! Everything will be fine!” (I actually hadn’t gained much weight—it turned out I had toxemia and was retaining water, so I was mainly just swollen. I asked my doctor about that too and he said it was normal, so I thought all was well.)

In the last three months of my pregnancy, my tummy barely got bigger, and my legs and feet and hands kept getting more swollen. Finally, just days before my due date I called my doctor up and told him that I was very, very swollen, and I had been having very bad migraine headaches, ringing in my ears, and couldn’t sleep at night, so he had me do some tests. That afternoon he got the results and had his secretary call me in immediately.

When I went in he did a test on the baby’s heart right away ... and his heart was stopping!!! At that point, honestly, my life flashed before my eyes—all my sins, how poorly I had eaten and how it would be my fault if my baby didn’t make it. I was so scared, because I knew I could have done better. The doctor then told me they would have to operate immediately, because the baby’s heart didn’t have the strength to go through a natural birth; if they didn’t get him out right then, he would die.

On my way into surgery I saw a painting on the wall of two surgeons, and Jesus with His arms around them,

His hands holding theirs. I just held on to that image in my mind. I knew it would just be the Lord if my baby made it. I have to say those were the most desperate 20 minutes of my life.

Well, the good news is that he did make it! Kurt was born underweight, but had no other problems. He has a perfect heart, and is a perfectly healthy, smart boy. But that sure did give me a scare! Of course the Lord let me go through that to teach me a few lessons, but let me tell you, if you can learn to eat right without having to go through what I did, it's worth it!

I later found out, after explaining my symptoms to different doctors, that I also could have died if I had

waited just two more days, because my blood pressure was so high, and just kept rising. It was all caused by a lack of proteins in my body, by not eating right and taking care of the body that God gave me.

Having a baby has been one of the best things that's ever happened to me, but I just want everyone to know the importance of taking care of their bodies. I still have to fight to eat right because it was such a bad habit.—I love candy and junk food, and I have to try to not eat that kind of stuff, but I promise ... you will be so thankful you ate right when it comes time to have that baby! Sure, being thin and beautiful is great ... but the best way to be thin and

lovely is by eating right! If you starve yourself you'll just end up losing your hair, your nails will break, your skin won't have that beautiful shine and you will regret not eating well.— Take it from me!

PS: One more thing I learned is to not always trust the doctors.—Seek the Lord; He is the real Doctor. If your body isn't feeling right and the doctors say that you're fine, ask Jesus, and He will show you what to do. I didn't seek Him much during my pregnancy, which was a big mistake. He could have told me where the problem was earlier, and I could have avoided having to go through all that.

More on Toxemia and Malnutrition in Pregnancy

From the book "What Every Pregnant Woman Should Know,"
by Gail Sforza Brewer

Toxemia is one of the most dangerous pregnancy complications. However, evidence from investigators around the world, reported since the 1930s, points to an entirely different cause of toxemia [than excess weight gain, which many doctors believe is the cause]—maternal malnutrition during pregnancy. This metabolic theory traces the onset of toxemia to a lack of

nutrients essential in pregnancy, chiefly protein. Lack of these nutrients results in a malfunctioning liver. Various compensatory mechanisms throughout the body are called into action when liver function fails. These mechanisms account for the high blood pressure and abnormal swelling that characterize toxemia.

The work of Dr. John Dobbing—a research

professor in the Department of Child Health, University of Manchester Medical School, England—explains how interference with maternal nutrition at the end of pregnancy compromises the growth of the baby's brain in particular. In February 1976, in a talk at the Montreal Children's Hospital, he concluded: "Even mild degrees of maternal undernutrition in

the last few weeks of pregnancy can interfere with the normal growth and development of the human fetal brain."

For many years Dobbing has studied how the brain of the unborn baby develops. Identifying two periods of rapid growth of brain cells—the first at twenty weeks' gestation and the second at thirty-six weeks, one month before the baby is born—he believes that the developing brain is most vulnerable to the effects of maternal malnutrition at these times.


strated at the London School of Tropical Medicine that these disorders could be produced experimentally in animals by limiting protein. One way to do this is by restricting protein intake directly by not allowing the animals to eat protein-rich foods. Another way is to limit the amount of carbohydrates the animals consume. He found that when the calorie intake provided by fats, sugars, and starches is reduced below the body's requirements, dietary protein is burned for energy. During

cians, she is going to get only 1,700 calories—a deficit of at least 900.

Platt calculated that a deficit of one-third in needed calories results in one-half the dietary protein being burned for energy. So over half the 90 grams of protein the mother is allowed daily on this diet will not be available for building her baby's body and brain.

Many women have been told that if they gain too much weight during pregnancy they will have a difficult labor and delivery. They fear being too fat by the time labor begins. They fear their baby will be too large. They fear their labor will be long and painful. They fear they will need a Caesarean section. They fear they will hemorrhage.

A look at the facts reassures the well-nourished woman. When mothers have a physiologic weight gain from eating the correct foods, very few gain excessive amounts of weight. In over 7,000 pregnancies in our Contra Costa County project, a weight gain of thirty to forty pounds was average. These mothers usually returned to their pre-pregnancy weight within six weeks after delivery. In twins, weight gains of fifty to sixty pounds are typical, reflecting the greater needs of two developing babies and the marked physiologic water



"Even mild degrees of maternal under-nutrition in the last few weeks of pregnancy can interfere with the normal growth and development of the human fetal brain."

The importance of adequate protein intake during pregnancy was proven by the pioneering work of Bertha S. Burke of Harvard. In the 1940s she found that women whose diets contained 45 grams or less of protein a day suffered the highest incidence of stillbirths, neonatal deaths, congenital defects, and premature and low-birth-weight babies.

The late Professor Benjamin S. Platt demon-

strated that only the "leftover" protein will be available for growth of the baby and maintenance of maternal health.

A moderately active woman needs approximately 2,600 calories every day to meet her normal energy requirements in the last three months of pregnancy. If she is carrying twins, the figure is closer to 3,100 calories. On the kind of diet recommended for weight control by many obstetri-

retention caused by the extra hormones from two placentas.

If the mother has been obese before pregnancy and switches to a higher-quality diet, she may actually lose a few pounds over the course of pregnancy and, after delivery, be in much better health than previously. The focus is on adequate nutrition, not pounds. Since many women fear gaining weight because they have been so conditioned to fear "losing their figures," it is necessary to remind them that they must gain enough weight during pregnancy from eating good foods. This is especially important for mothers who are underweight at conception. When the pregnancy weight gain is the result of a sound diet, including adequate salt intake, the mother does not gain excessively, although she may gain significantly more than the old twenty-four-pound limit. One factor accounting for the larger gain is the increased amount of water retained when the mother salts her food to taste. This may add fifteen or more pounds to the mother's original weight and, usually within a week, these extra pounds vanish.

Dr. John Ebbs of Toronto compared the obstetrical outcomes in three groups of mothers. One group contained 120

women whose diets were deficient and who were not counseled about nutrition in any way. The second group of 170 mothers on supposedly adequate diets received nutrition education that stressed the importance of high-quality proteins, vitamins, and minerals. Ninety women whose diets were judged deficient received food supplementation in addition to nutrition education.

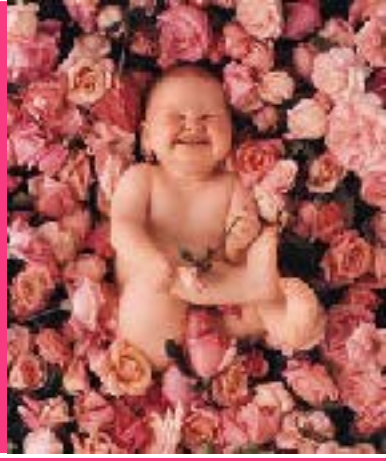
Difficult, slow, and painful labor (dystocia) was observed in 24.2 percent of women on poor diets, compared to 2.3 percent in the supplemented group. The duration of labor and length of postpartum recovery was longest in the poor diet group. Labor averaged five hours shorter in the good diet groups. Overall, the rate of major complications reached 36 percent in the poor diet group, 12 percent in the adequate group, and 9 percent among supplemented mothers.

What accounts for the easier labors and deliveries of mothers with good diets? Probably most significant is the optimal growth of the uterus made possible by sound nutrition. When a woman is not pregnant, her uterus is a small, almost solid organ about half the size of her fist and weighing only two ounces. By the end of pregnancy, it has

increased in size thirty-fold to accommodate the baby, placenta, membranes and over a quart of amniotic fluid. Two important nutrients fostering this process of uterine growth are proteins and vitamin C.

When adequate nutrients are not supplied by the mother's diet, the uterus does not grow normally. During labor, it is more prone to exhaustion by the strong contractions necessary to deliver the infant. When this happens, the mother may receive drugs to stimulate the uterus into further contractions, or, if labor has failed to progress for some time, a Caesarean section may become necessary.

The cultural obsession with the idea that "thin is beautiful" should be replaced, especially in the case of the expectant mother, with the concept that "health is beautiful." Not only will the healthy mother be less likely to have difficulty during pregnancy and more likely to have a larger baby who is easier to handle, but she recuperates from childbirth much quicker, too. (*Eve: See also FSM 313 "Nutrition in Pregnancy," for more on this subject! Also, don't miss the full book summary of "What Every Pregnant Woman Should Know," coming to the MO site in the near future, DV!*)



After reading the testimonies in *Eve 5* about babies going to be with Jesus, I felt led to share what happened to us many years ago, which may be an encouragement to some.

About 15 years ago, Sam and I were working together, and though we were not mated, we had occasional dates. Sam was close to a single sister, and she then became pregnant by someone else. While this sister was giving birth, Sam and I were at home having a date. Right afterwards, we both had a very strong impression, which we later shared with each other. The exact same impression we got was that this sister's baby was going to come to us.

Now we were not in *any way* contemplating getting

My Return Baby

From Crystal (of Sam [David]), India

together at this point. We both felt strange sharing this with each other, and felt even stranger when we heard the next morning that this dear sister's baby had gone to be with Jesus that night due to a heart defect.

Over the next year or so, the Lord led Sam and I to get together. I was 30 years old when we got married, and in my five years of being in the Family I had never conceived—despite being quite active during my single days, ha! As the Lord never saw fit to give me a baby during that time, we wondered if I was able to have children or not. Sam felt led to have the whole

Home lay hands on me and pray for me to get pregnant.

The next month I discovered I was pregnant—a total miracle! After taking the PG test I went to my room and there was a ML volume on the bed. I cracked the book open, and the first thing I read was the following:

I mean, 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? (Maria: Yes, I wonder if some of

them come again, that...)—That 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? ... Or since they didn't get to live their own life, why couldn't the Lord let them come back and be born again? (Maria: Yes! If you can be born again spiritually, why can't you be born again physically?) Yes, it seems like it would be a very simple thing. (ML #794:17,18,31)

It sent shivers down my

spine as I relived that evening when the Lord had said that this sister's baby would come to us!

that the Lord had performed a miracle:

That really would be weird to have her come back

that much. ... (Maria: Well, do you think that might have happened?) Maybe he is Julianna, the one we lost! (Maria: Yes!) Maybe we were more right than we realize. (Maria: Oh my! How weird! Yes, maybe he is Julianna.) (ML #795:10)

We later wrote to this sister, who was by now married and had another child, about this experience in the hopes that it would encourage her that her child is still in the Family and is shining for Jesus. We pray too that this testimony will encourage others who may have lost a little one. (Eve: See also "Dream of an Unborn Baby" in Eve 7, for more on this subject.)

"It sent shivers down my spine as I relived that evening when the Lord had said that this sister's baby would come to us!"

After we had the baby, our sweet Angelina (meaning angel from Heaven), we realized that this sister's baby was a boy—and Angie, of course, is a girl! So I went back to that series of Letters and I read the following, which encouraged me further

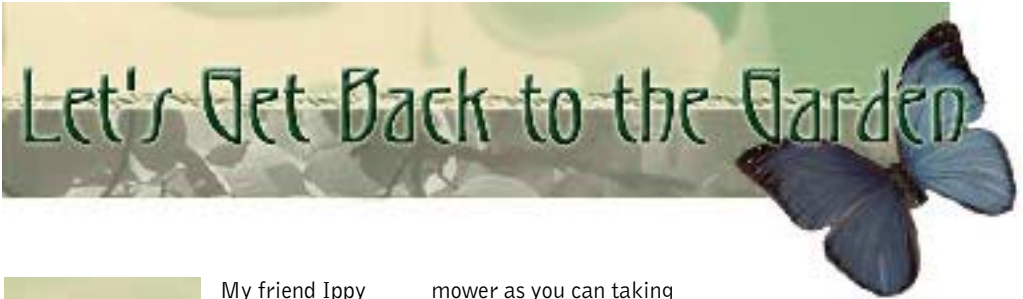
and be reborn as a boy when she was a girl! (Maria: I guess it wouldn't matter, would it? I mean, that's spirit.) No, of course not! There's "no male nor female in Christ Jesus." (Gal.3:28.) In the spirit world that doesn't matter

Jesus speaking:

The ways of My Spirit are marvelous and mysterious, and there are many, many things that cannot be fully comprehended by the finite mind of mortal man. It pleases Me to reveal unto you, bit by bit, some of the mysteries of My world of the spirit, but you must be careful not to get too caught up in all the particulars, or too bound trying to understand every jot and tittle. Some things just have to be taken by faith, and seen as though through a glass darkly.

The time will come—and is not far off—when that glass shall be removed, and then you will see clearly all these things, and then you will understand. So thank Me, praise Me, and trust Me for these hidden secrets of the world of the spirit which I impart unto your hearts. They are wonders beyond compare, and they are available for you if you will just have the simple faith to believe. (*End of message.*)





Gardening for Fitness

Web reprint

My friend Ippy Patterson stopped going to the gym a few months back when she discovered that

the gardening she'd been doing at her country home was providing all the exercise she needed.

"Sawing down trash trees, digging holes and pitching mulch give you a wonderful aerobic workout and also builds upper body strength," says Patterson. When a recent rainy spell prompted her to go back to the gym, she said, "all those machines that are usually so hard were a breeze."

Gardening is one of those activities that many people enjoy so much they don't even think of it as exercise. But you can burn as much body fat pushing a lawn

mower as you can taking aerobics at a health club. Plus, it's practical, so busy people who don't want to take time out for exercise can work in the yard and feel like they've gotten something done.

Depending on the activity, gardening can be as tough a workout as lifting weights or riding a bike. "It's all a matter of how much energy you expend," says Barbara Ainsworth, an assistant professor of sports science at the University of North Carolina, who has compiled a comprehensive list of the metabolic equivalents—or METs—of more than 500 physical activities. (A single MET is the amount of energy someone expends sitting quietly, while a 2-MET activity uses twice that much energy.)

In general, gardening tasks like digging, raking and planting are 4- to 5-MET activities, which make them equivalent to sports such as snorkeling, volleyball and brisk walking. The toughest gardening workouts include mowing the lawn with a push mower, chopping wood, shoveling and tilling.

But working out in the garden offers a unique chance to interact with the environment unmatched by most sports. Gardening is an approach to health that gives you exercise, relief from stress, nutritious fruits and vegetables, companionship of family and friends and the aesthetic pleasures of working in nature. And it's an activity you can do all your life.

Some "Fitness Gardening" Tips

- Don't bend at the waist to pick things up; bend at the knees.
- Alternate your grip when raking, digging or hoeing. If you're right handed, rake or hoe first with a right-handed grip, then switch to a left-handed grip.
- Combine stretching with light gardening activities, such as the "lunge and weed": Lunge forward with one leg, weed for about 10 seconds, then stand up and alternate legs.
- Remember to warm up and cool down and avoid overexerting yourself.



Gardening vs. Aerobics

Prevention

You'll need to do more than just pull some weeds, but you can burn more calories in your yard than in the gym. When researchers tested a 40-year-old woman,

they found that she burned nearly 30% more calories while working outdoors than she did during a step aerobics class.

Both workouts lasted for an hour, but the amount of time that she was working in her training heart rate zone, which improves cardio fitness, was nearly double while gardening. Her activities included sawing, carrying, and piling debris.



Diggin' in the Dirt

American Council on Exercise

Gardening can burn an average of 300 calories per hour, and is an effective form of resistance training. Most people say they garden for the fun of it. However, according to the experts, moderate-intensity exercises such as gardening and walking, done most days of the week, provide a sufficient amount of physical activity to lower your risk for heart disease, cancer, diabetes and high blood pressure. Whether your goal is a manicured lawn or to be able to walk out your back door and pick the vegetables for dinner, there are a number of books that can tell you what and how to plant, feed and maintain your garden or yard. Once that step is done, you can focus on getting both you and the ground in shape.

Work those muscles: Remind yourself that the tasks of gardening require

the use of muscles that may not have been active for awhile. If you start off slow, you can avoid the back strains and soreness that come from repeating the same motion for hours at a time.

Plan on gardening three times per week for 30-60 minutes. To work on your upper body, try turning your compost pile and pulling weeds by hand. Raking and hoeing trains your biceps, triceps, deltoids, trapezius and latissimus dorsi, while digging targets your gluteus maximus and quadriceps. And you can get your heart pumping by taking a turn or two around the yard with a push mower.

Oh, my aching back: A little prevention goes a long way when it comes to avoiding sore gardening muscles. It is essential that you use proper form when gardening. Start by warming up with a short 10-minute walk to prepare your body. Next, remember to use good posture and positioning to avoid injury, and keep all of your motions smooth and steady. No matter what activity you are performing, always keep your abdominals firm to help maintain good back alignment.

An aching back is a common post-gardening complaint. This can be remedied by using your legs, not your back, and keeping your knees flexed when lifting wheelbarrows or heavy planters. When digging with a shovel, don't twist your back. Instead, lift your front foot, point it in the right direction, and turn your body. Keep your knees bent and alternate which foot you lead with to help you focus on your movements. Concentrate on your breathing as well. Don't hold your breath, and be sure to exhale as you exert force. For example, exhale as you lift a heavy load, inhale as you lower it.



gardener's Daily Workout

By Jennifer Greer, Web reprint

If Jeff Restuccio had his way, gardening would be a main event in the Olympic games. And Restuccio, a fitness gardener, would be the odds-on favorite in the "lunge and weed" competition. "It gets your heart pumping," says Restuccio, demonstrating the lunge technique in his backyard where he works out, gardens, and watches his three kids play—all at the same time. "Don't worry about what the neighbors say. Fitness gardening may look funny, but health and wellness are serious matters."

Fitness gardening? I learned to garden from Grandma Bessie. What would she say about this updating of her beloved pastime?

"We're doing something different from what your grandma did, but I think she'd appreciate it," says Restuccio, who is putting on leg and arm weights to finish his gardening chores. "For example, I recommend six different ways to weed to exercise different muscles and increase your

flexibility. It's better than any thigh-thinner machine."

Maybe he's right. Restuccio, a wiry, energetic 40-year-old, is an organic gardener and author of "Fitness the Dynamic Gardening Way." In his book, he combines techniques from martial arts, aerobics, and weight training to optimize the fitness benefits of gardening. Restuccio says that gardening can burn excess calories, build up your muscles, lower your stress level, maintain your body's flexibility, give you a chance to be creative, and make your yard beautiful as well.

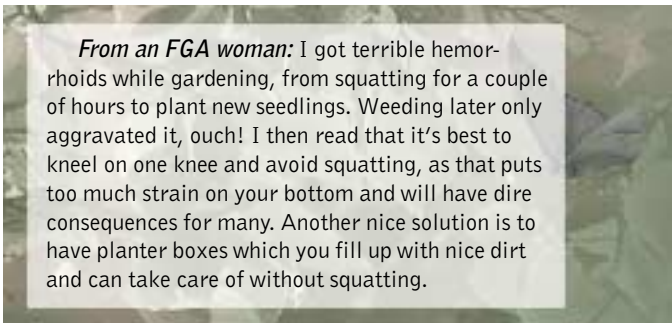
Plus, gardening can do more than just get your heart pumping. Janet Szofran, who works at a hospital as a registered horticultural therapy technician, cites research from Kansas State University that shows how gardening helps reduce stress and lower blood pressure. In one study, surgical patients actually healed faster if they had a room with a view of anything green and growing.

Szofran says gardening

works its healing powers on her as well. "The garden is where I clear my head, focus, and work out my troubles. I have one friend who says her mother 'dug many a problem into the dirt.' I love that saying because I do the same thing."

Here are some tips from Jeffrey Restuccio:

- Start gardening workouts with a 10-minute stretching session to loosen up and help avoid injury.
- Work at a steady, unhurried pace.
- Incorporate exercise techniques into regular gardening activities. Examples: Put a wooden box in your pathway and step over it every time you pass: that's step aerobics by any other name. When raking, change arms to exercise both sides.
- Save your back: Lift with your legs rather than your back; flex your knees rather than bend at the waist. Kneel or sit when you're pulling weeds.
- Pick the right tools: Use a small digging tool, such as a mattock, rather than a heavy pickaxe; use your wheelbarrow to carry heavy plants or bags; get a power tiller for your size.
- Keep a compost pile for year-round exercise. You'll have to carry plant matter to it every day, turn it occasionally, and finally haul it to your garden and spread it.
- Use a push mower instead of a power mower.



From an FGA woman: I got terrible hemorrhoids while gardening, from squatting for a couple of hours to plant new seedlings. Weeding later only aggravated it, ouch! I then read that it's best to kneel on one knee and avoid squatting, as that puts too much strain on your bottom and will have dire consequences for many. Another nice solution is to have planter boxes which you fill up with nice dirt and can take care of without squatting.



A Message from Jesus:

Be My Valentine



I love My children, and I don't mind if they want to use Valentine's Day to show some love to those in their Home. Can I let you in on a little secret? You know what I would like Valentine's Day to be for those in My Family who are accustomed to celebrating it? A time of love between us! Let love rule! Let My love flow. Let it be a day of loving Me, and let Me love you back! But, please My dear brides, don't let Valentine's Day use you—you use Valentine's

Day! Don't be bound by traditions of cards and candies and the like. Why not put a different spin on the day? Why not make it a "Loving Jesus Day?" A day when all My brides and I have a special time of loving one another.

There are always occasions to liven up Family life by taking what's available and using it for My glory. Seek Me, My children, for I'm not a boring God, but I love variety and excitement. I will let you know what you can do. But I would that you be not bound, nor that My children feel bound, but that they are free! Be not conformed to the System, but be ye transformed by the renewing of the Holy Ghost! Let My Spirit flow, My loves! I have so much I want to give and show you!

I don't mind if folks want to make a cake or give a Valentine card that they make with words of love they receive in prophecy for those in their Homes, or whatever little deeds of love they would like and receive My approval on. I do not want, however, for it to become a commercial type of occasion, where folks feel they need to spend money and get cards and do things like those in the System, and that if they don't, they're missing the mark.

Of course, our Family probably loves to do little deeds of love, give a card, or chocolate, or whatever the case may be and that's fine; just be Spirit-led. They just need to check in with Me. My children have more than the System will ever have when it comes to true love. So let them love one another. Let them give cards, or have a special treat, but let it be done in love, not as duty or in a way they feel they must do it on "Valentine's Day." They can do it any day!

Valentine's Day Sweets

Here are some precious love words received from our Heavenly Lover especially for Valentine's Day.

♥ I love, love, love you! You are My prized treasure, more valuable to Me than anything, and I will do anything to keep you close to My heart. When we are close together, the fulfillment I feel is beyond words. We were meant to be together.

♥ My mercy is from everlasting to everlasting, and on this beautiful day of Valentines—like any other day—I see only strength and beauty shining from your noble heart, My love. Thank you for being My Valentine.

♥ This is a day of love that I have made to share My love with others! I love you so much. You have always given Me the best of your love, and I will give you My blessings in return.

♥ Dear loved one, I have come on this special day to whisper words of kindness and encouragement. You, My faithful one, will shine brightly for Me in the day of darkness, and the light and love in Me will shine through you. I love you greatly, and I love to pour down My seeds upon you. I love you always!

♥ You are a beautiful rose in My garden;
Beautifully scented, adorned with the rarest beauty ever.
How I love thee!

♥ Happy Valentine's Day, My loves! The greatest gift that can be given is love, and this is also the most pleasurable to receive. Although others may give gifts of rare diamonds and fine jewelry, the gift of love that we share is of the heart, and more precious to Me than anything. Thank you for your love! Your Lover, Jesus.

♥ I want to hold you in My arms and kiss away your pains and fears. For when you are in pain, I am in pain. And when the tears start to fall and there is too much for you to bear, so do My tears fall and My heart is filled with compassion and love for you, My love.

♥ My love for you will never grow old. As the sun fades every night and rises every morning, so is My love for you!—So sure and never ending.

♥ You, My dear children, are not only My special valentines, My love to the world, but you are My sunshine, My sun that shines for this world.

♥ **The Love Down**
Let your hair down
Let Me
Lay you down
Lay Me down
Tonight the moonlight
shines
On thee
My Valentine

♥ Lie back in My arms as I kiss and caress you, My love, on this special day for lovers. This is our day, so let us enjoy it together!

♥ My sweet love, on this day I give you a beautiful bouquet of four roses. These are not just ordinary roses, they are magical roses: one for health, one for anointing, one for happiness, and one a Heavenly gift certificate that you can appropriate for whatever you need or desire. I love you forever!

♥ Close your eyes and take a moment to savor your Valentine's gift from Me: a great big kiss, a warm enveloping hug, and the gift of My presence to travel with you all through the rest of your evening. You are My beloved brides, in whom I am well pleased.

♥ My darling Valentine, I'm so glad you're Mine. Nothing can us part, I'll always be in your heart. Always near; Always dear. Precious bride of Mine, I want you for My Valentine.

♥ You are the fairest of ten thousand to Me. When I look at you I see nothing that is not perfection, nothing that is not exquisite.

♥ My precious loves, oh how I love you and wish for you to constantly know and feel My love! There are so many ways that I manifest My love to you every day: a warm bed, good food, clothes that you like to wear, people you like to work with and jobs you like to do. But most importantly, I give you abundantly and without measure of My love and My Spirit.

I have opened the storehouses of My treasures of the spirit for you; I have released My fountains of love for you. I wish for you to walk in the light of this new day, in the power of My anointing and in the richness and fullness of My Spirit. Ask and you shall receive of My Spirit and blessings without measure. I love you more than you can imagine, and am endeavoring to show you more and more of My love each and every day, so that each day will truly be Valentine's Day—a celebration of our love together.

♥ To My Valentine: Oh, the abundant power and explosive might that is contained in My cupid's dart of love that I send to you now! It's enough to completely transform your life, as it pierces your heart, yet with such tenderness and gentle persuasion. How I love you! With love forever, Jesus.

♥ You are My Valentine all day, each and every day. We don't have to wait until Valentine's day to celebrate our love; we can celebrate it any time we want!



A Tribute of Love to All Our Women

Queens of beauty
Precious and rare
Jewels of splendor
Daughters so fair
Mothers of armies
Valiant and strong
Keepers of heritage
In these courts do belong
Strong in spirit

Tender in heart
How graciously these
Do display Heaven's art
Pearls of great price
Lovely to behold
Graceful in purpose
More precious than gold
Carrying the glory
Of Heaven above

Ready and willing
Such vessels of love
No one can compare
With God's chosen few
Handmaidens...yet
brides...
This is dedicated to you!
—*Spirit poem received by
Josh, Uganda*

Food from the Heart

Here are some simple and love-inclined recipes to make any day a special day for someone the Lord lays on your heart.

Sweetheart Pancakes

- 1 3-oz package any red flavor Jell-O (gelatine)
- 1 ½ cups pancake batter (any pancake recipe will do)
- ½ cup mashed banana
- Oil

To turn these puffy pink pancakes into heart shapes, either make pancakes in rounds and cut with a heart-shaped cookie cutter, or swirl the batter from your spoon into a heart shape right into the pan. Makes 1 dozen.

How-to: Add gelatin to prepared pancake batter in a bowl. Mix together well. Stir in banana puree. Cook pancakes in a skillet lightly coated with vegetable oil over medium-high heat for a few minutes on each side, until lightly browned (but still pink). Serve to your loved ones on Valentine's Day, a special birthday, or any other day.

Sweetheart Eggs

- 1 teaspoon margarine
- Heart-shaped metal cookie cutter
- 1 egg

A quick, easy, and fun way to say "I love you" in the morning! Makes 1.

Melt margarine in a small saucepan. Place cookie cutter in center of pan. Break egg into cookie cutter and press cutter into pan for a few seconds (wear an oven mitt to avoid burning yourself). Cook egg sunny-side up until done, then serve heart-shaped egg to a loved one.

Cupid's Cocktail

- 3 ounces sherry
- 1 egg
- 1 teaspoon raw sugar*
- Pinch cayenne pepper
- 3 or 4 ice cubes

Combine all ingredients in a cocktail shaker or tightly-closing jar/container and shake vigorously. Strain into a fancy glass.

(*Crush your raw sugar to make it blend better by laying out on a smooth surface and rolling with a jar or rolling pin, or else put a small amount in a blender to make it finer.)



mascara

and more...

Jesus speaking:

My dear women, the following section contains information on the subject of mascara. However, along with this I would also entrust unto you the responsibility of taking it in the proper balance. There is a time and place where some feel comfortable with wearing such types of makeup; others find them unappealing, unnecessary, or even potentially damaging to their health for whatever reason. So these articles should be not be taken as a promotion or a new trend; rather as a further education and learning for those who already use these products. Let all your things be done in moderation—and above all in My love and to My glory. Follow Me close, and you can't go wrong. I love you!

Long-lasting Eyelashes

By *S.P. Bragg, About Health and Beauty Web site*

Here are a series of questions and answers that will make you more knowledgeable on the care of your lashes.

q
&
a

Q: My lashes are falling out. What does this mean?

A: It is perfectly natural for a few lashes to fall out, but if it is excessive you might be doing something wrong. You *must* be gentle when you remove your mascara. Never wipe or pull at the lashes. It is also a good idea to pay attention to how much mascara you put on. The more you use, the harder it is to remove, and the wear and tear on delicate lashes can cause them to fall out. Try to avoid waterproof mascara, as it is the hardest to remove.

Q: Are eyelash curlers harmful?

A: Most everyone has used them, but it's best not to get into the habit. The curler bends the lashes into a severe angle that is not natural, not to mention the possibility of breaking or pulling them out. If you are going to use one, be sure that your lashes are clear of any mascara. Use a curler offering a thick sponge tip. Squeeze gently, hold for a few seconds and then release the pressure slowly. Gently remove from the eye area.



Q: Are there different kinds of mascara?

A: You will find mascara that is waterproof and mascara that is water soluble. Avoid the waterproof when possible. It should only be used in special circumstances. It is understandable that you don't want to find yourself with black streaks running down your face, but waterproof mascara is difficult to remove without tugging at the eye area. *(Eve: Although some people have found that when living in hot, humid countries, waterproof mascara is the only type that looks good for more than 30 minutes, ha!)*

Q: What should I beware of in mascara?

A: To prevent your tube from drying out, don't pump the wand into the mascara. This carries air down into the tube, hastening the drying out. (Twirl it instead, to coat the brush.) You should also avoid brands that offer a big brush. Having a large brush means that the tube has to have a larger opening, which allows even more air to enter the tube. Actually, I find the big brushes are a hindrance, making it harder to reach the lashes at the corners of your eyes.

Q: What is the best way to remove mascara?

A: Eye makeup removers cause you to wipe at your eye area, and you don't want to do this. It can cause sagging, and you already know how delicate this skin is. Instead, use a regular face cleanser to gently remove it.

Q: What is the best way to apply mascara?

A: Upper Lashes: Use a rolling technique starting as close to the lash line as possible and coat to the end of the lashes gently curving them upward as you go.

Bottom lashes can be a little more tricky. You have to hold the wand perpendicular to the eye and parallel to the lashes. This prevents mascara from marring below the eye. It also allows you to get the corners of the eyes using this technique. On a last note, save an old brush that has been well cleaned to remove any clumps that occur and to separate lashes.

Q: Are there any dangers involved with the use of mascara?

A: Definitely! In a word: bacteria. It is important to throw out mascara after four months of use, or if there is an unusual odor coming from the tube. Bacteria contaminants found on the applicators and in the product can and have led to severe eye damage, even blindness. There are several cases on record that indicate that this isn't an isolated case or two. *(Eve: A golden rule with mascara is never to lend or borrow it! It's easy to do in our communal lifestyle, but it's very unsanitary and can easily spread around eye infections, etc.)*





Q: How do you remove mascara stains on clothes, etc.?

A: Mix one teaspoon of a mild pH balanced detergent with a cup of lukewarm water and blot. Sponge with clean water and blot again.

When to Change Mascara

Q: The general “rule” that is put forth by most outside sources is that you need to pretty much get rid of your mascara every 3-4 months, to keep bacteria from getting built up in it and risking infections and so on. Is that a practice that is wise to promote to the Family, or is it more of a gimmick set out by manufacturers who want to sell more of their product?

A: (*Spirit helper speaking:*) It’s definitely wise to keep an eye on how long your mascara has been in use, because you are dealing with your eyes here—very sensitive and valuable tools—and that shouldn’t be taken lightly. I wouldn’t say that across the board you need to throw out your mascara every few months and buy a new tube—that’s just not practical for our Family missionaries, nor is it really necessary in most cases.

I would recommend putting a little sticky label on the bottom of your tube of mascara, and just jot on it the date you first open up the tube and start using it. And then just keep an eye on that date, and keep an eye on your mascara and how it’s doing.

How long a tube of mascara lasts will depend on a lot of things—what the weather and general climate are like in the place you’re living; how much you might “pump” the wand, which would result in getting more air in which could bring in more bacteria; whether you’ve maybe used it on sleepy eyes and gotten some germs back in the bottle which could breed more and cause it to go “off”—there’s a lot of things that could go wrong, or then again they might not.

So the best thing to do is just pray about it every so often. Check out your tube after three months of use, and see how it’s doing. Pull out the wand and examine the texture of the mascara, and see how it looks. If it’s starting

to clump or get dried out, or if it smells funny or at all different than when you bought it, then you should have the faith to get rid of it, and trust the Lord to supply some more. After all, His servant is more important than the money! It’s better safe than sorry if there’s any doubt. But I think a lot of you will find you’re able to keep your tubes quite a bit longer than three months. Just bring it to the Lord on a regular basis as you go along, and He’ll guide you in the specifics.

For the over-40s

From an FGA woman, FC: I have read that women over 40 look better not using mascara at all on their lower lashes.—Because any bit of a smudge that comes off from the mascara—which tends to happen naturally as the day progresses—will make you look older. A light line of eyeliner along the lower eye looks better on some, and doesn’t smudge as easily.

More Quick Mascara Tips

*Bobbi
Brown
Beauty*

✦ If your mascara is too goeey or wet, use a tissue to blot lashes after coating on.

✦ I find that I get good lash separation if I roll the wand as I am combing it through the lashes.

✦ Always apply mascara to the upper lashes from underneath and to the lower lashes from on top. (Putting

mascara on the top of upper lashes looks heavy and gloppy.) Use less mascara on your lower lashes. Or for a cleaner, more open look to your face, try skipping your lower lashes altogether. (Remember this option for a day when you are tired-looking or pressed for time.)

✦ If your mascara becomes thick, put the container in warm water to thin it out a bit.

✦ Always apply mascara with the wand held parallel to the floor. Never point the tip of the mascara into your eye. It causes clumps and is quite dangerous.

✦ Never apply mascara in a moving vehicle.

My Secret Moisturizer

*From
Jewel
(of Jo),
Nepal*

I had to chuckle when I read the article in *Eve* about using corn oil for your complexion. Years ago, when we lived in Italy—I must have been in my late twenties, with three or four kids at the time—two prominent women on two different occasions sug-

gested to me to use corn oil on my face daily.

I thought it was odd that they should tell me that as if it were some kind of beauty secret. I took it as from the Lord and as we always had it on hand, I never lacked for a moisturizer. Living on the mission field with a big family, we didn't always have money for extras. But we always had cooking oil!

During the day, I now use a moisturizing cream, but would you believe it—I still use oil at night, and it works fine. "Little is much, if God is in it."

(Eve: Other "skin friendly" vegetable oils include ones such as canola, saffron, palm and olive oils—pretty much whatever is common and available where you are. It's amazing what you can find in your kitchen cupboard that works wonders for your skin! Cocoa butter is also available and inexpensive in many countries, and applied directly to the skin may be one of the best skin softeners and anti-wrinkle products known!—Shea butter is similar as well.)



Mood Relaxers

Redbook

✦ Square breathing: Do each of these to the count of four: Inhale slowly, expanding your abdomen; hold your breath; exhale, releasing your stomach; then relax without breathing.

✦ The comb trick: With a comb, make short upward strokes on your right fingertips and hand, first on top, then on the bottom, gradually working up your wrist, and then your arm up to your shoulder. Repeat on the other side.

✦ A neck massage: Put two tennis balls in a sock and knot the end. Lie on the floor, your feet on a chair or sofa, nestling your neck between the balls. The balls press acupressure points at the base of your skull and massage tight muscles on the sides of your neck.

More Home Remedies

Eve: Please note that even natural remedies or home remedies can cause problems for some people, so remember 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!

Prevention magazine

Bad Breath

Chew on some cardamom. Cardamon, a popular spice in Arabian cuisine, is rich in cineole, a potent antiseptic that kills bad-breath bacteria. To freshen breath, discard the pods and chew on a few seeds.

Drink peppermint tea. The aromatic oil that gives peppermint its distinctive flavor and smell is a potent antiseptic that can kill the germs that cause bad breath.

Toothache

Stun the pain with cloves. Rub a drop of essential oil of clove directly on an aching

tooth. If you don't have oil of clove handy, just wiggle a whole clove, pointed end down, next to the tooth. (Or

use powdered cloves, rubbing gently on the surrounding gum.)

(Caution: from an FGA woman:) It's best not to stick the clove in between your tooth and gum, as it can splinter and get stuck, or you may not be able to get it out, and worse problems may result. One time I did this and the clove got embedded in my gum, resulting in a serious gum infection. Eventually I lost the tooth, not to mention having lots of pain!

Open sesame. Sesame contains at least seven pain-relieving compounds. Boil 1 part sesame seeds with 3 parts water until the liquid is reduced by half. Cool the resulting decoction and apply it directly to the tooth.

Heartburn

Speed digestion with turmeric. Bitter herbs help

stimulate the flow of digestive juices, moving food along and preventing acid buildup. So spice up your food with the bitter herb turmeric (also the base of most Indian curries).

Indigestion

Grate some ginger. For best results, grate fresh ginger and mix 1 teaspoon to 1 tablespoon of it (depending on how strong you want it to be) in 1 cup of hot water. Steep for 10 to 15 minutes and then strain before drinking.

Diarrhea

In an emergency, use cinnamon tea. Cinnamon is a natural astringent and will dry up your bowel. Mix 1 tablespoon of dried, powdered cinnamon bark into a cup of hot water. Steep for 10 to 15 minutes. *(Eve: Another*



Cardamon seeds

tried-and-proven remedy for diarrhea or nausea is apple cider vinegar. One to two teaspoons in a cup of water, with no sweetener. Take small sips every minute or two, for 10 to 15 minutes. Works wonders and also aids in the healing of food poisoning.)

Sinus Pain or Pressure

Choose thyme. Thyme is strongly antiseptic and is a traditional remedy for respiratory infections. Drink a cup of thyme tea—made by steeping 1 to 2 teaspoons dried thyme in 1 cup of boiling water for about 10 minutes—three times a day.

Insect Bites & Stings

Cool the itch and squelch the swelling with mint. A tiny drop of peppermint essential oil rubbed into the center of a bite or sting can bring quick, long-lasting relief. Peppermint makes the area feel cool so you don't feel like scratching. At the same time, it increases the blood flow to the area, which helps to quickly carry off the little bit of venom the insect has deposited under the skin surface as well as the

chemicals your body has produced in reaction to the venom. That means less swelling and less itching.

Menopausal Night Sweats

Get some help with sage. Garden sage can help reduce or sometimes even eliminate night sweats. To make a sage infusion, place 4 heaping tablespoons of dried sage leaves in 1 cup of hot water. Cover tightly and steep for 4 hours or more. Then strain and drink. *(Eve: Do not take sage if you are pregnant or breastfeeding. Problems in pregnant women taking small or usual amounts have not been proven, but the chance of problems does exist. The herb may also inhibit milk flow, so avoid if nursing.)*

Motion Sickness

Give ginger a thumbs up. Ginger works by

controlling the symptoms of motion sickness or by dampening impulses to the brain that deliver messages about equilibrium. You need to give ginger time to kick in, though. To be on the safe side, drink ginger tea one hour before your trip.

Urinary Tract Problems

Go with parsley. Parsley is an excellent diuretic. This herb contains myristicin and apiol, compounds that are thought to help increase the output of urine by increasing the flow of blood to the kidneys. To make a tea, pour boiling water over a few sprigs of crushed parsley or 1 teaspoon of dried parsley. Let the herb steep for 10 minutes, then strain and drink. *(Eve: Be moderate in your use of parsley if you are pregnant, and do not consume in large doses.)*

Q: I have read that pregnant women should not eat parsley. Is this true? If so, why shouldn't they?

A: Oil from parsley, when consumed in heavy amounts, can stimulate contractions of the uterine muscles and possibly result in pre-term labor.

Also, the infant can develop a hemoglobin problem to his or her blood that can be very dangerous. But ... a sprinkle on food doesn't come close to these amounts. *(Gerard M. DiLeo, M.D.)*





Post-surgery Diet Tips?

*From
Maria
(of Andy),
Columbia*

Though I was trying to avoid it, the Lord indicated that I should undergo surgery to remove my gallbladder, which was quite full of stones. Everything went very well, just as the Lord promised. TYJ! One thing I'm learning, though, is about the recovery phase. It's been quite new to me learning to care for not only the wound but my body as well, for a good and speedy recovery. I've

never had to go through any type of surgery before, so everything was quite new for me—and those around me as well.

The article in *Eve* regarding oats and how helpful they are for people recovering from surgery was a blessing (See *Eve* #3, pg.26). I also knew from Dad's comments how helpful papaya is for healing wounds, and that it also contains some antibiotic properties. I have been eating lots of these "miracle" foods.

Still, considering that quite a few Family members nowadays have had to undergo surgery, I was wondering if anyone has any experience or more knowledge in this matter, who could write in and share any tried-and-proven tips and ideas about healthy foods and things to do (or not do!) for those coming out of surgery. Thanks!

Dear *Eve* readers: If you have any tips or knowledge about this important topic, please write in and share it with us all!



Responses to "Bitter Pill"

See *Eve* #6, pg.12

*From
Crystal
(of David),
India*

Our landlady is a Christian and we went to see her bedridden sister. The children sang for her and she prayed to receive Jesus. The landlady then told us that 20 years ago, her sister had a fever; the doctor prescribed some pills to help the fever go

away. She reacted negatively to the tablets and became paralyzed from the neck down, with only partial use of her left hand. There was nothing the doctors could do about it, and she has been paralyzed since then. For the past six months she's been in hospital as her health is deteriorating. We've gone a few times to pray and sing for her.

It sobered us up to see that doctors don't always know what they're doing, and the importance of praying desperately before taking any medication for "routine ailments"—it could change your life overnight!

*From
Marie,
India*

My first bad experience with doctors happened when I was eight years old. My school scheduled a smallpox inoculation. My dear mom instructed me to ask if the inoculation could be made on my thigh, so as not to have to carry a scar on my arm all my life. Well, not only did the doctors refuse to comply, but they used a big “communal” syringe on all of us kids, without making sure it was shaken very well. I was one of the last in line, so I got the concentrated residue shot in my upper arm. When I got home, I broke into a high fever and was very ill for 10 days. Another doctor came to check me and said I had been administered too

much of the vaccine and was in danger of coming down with smallpox! Thank the Lord, He healed me, but from that day on I developed a hatred against inoculation.

My next serious experience happened when I had just turned 15. For some reason, my mom took me to her gynecologist for a routine checkup. The lady diagnosed some kind of vaginal infection (though I had no symptoms whatsoever) and prescribed some shots to cure it. After the first shot, I felt very weak and tired. The next day, after the second shot, I was barely able to make my way to school. It was like a heavy tiredness had fallen over me. The third day, I passed out minutes after the shot. My mom freaked out and called another doctor who, after performing tests on me, discovered I was allergic to this medicine. He said I would have died had I had another shot of it. The gynecologist had prescribed this dangerous medication without first checking whether or not I was allergic to it.

Needless to say, after this experience I avoided doctors like the plague. I was so happy when I met the Family to discover that Jesus was the greatest Doctor in the universe and had promised to heal all of our afflictions and all of our diseases. Thank You Jesus for Your healing power!



The Long Road of Healing

*From
Mercy,
NACRO*

In 1980 or '81 I was in El Salvador with my husband, my son and others. I contracted amoebas from eating food from small street vendors. One of our regular visitors overheard me speaking of my ailment and offered to ask his father, a doctor, for medicine to kill the amoebas.

All I wanted to do was get rid of those yucky

things inside of me. But a few days after beginning the medicine, I started getting violent pains all through my abdomen after eating or drinking. They were so strong that at times I could hardly breathe in and out for the pain, but would just lightly pant. I also had a hard time lying down during these attacks. I stopped eating and had difficulty even drinking water, and got quite thin. Jesus miraculously delivered me, however, and raised me up.

I thought this all stemmed from the amoebas but found out later that it was a reaction to the medicine, which was too strong for my body. I learned the hard way that it would have been better to first trust the Lord; I trusted the physician more and really suffered.

Although Jesus healed and delivered me, I found I

could no longer drink coffee, eat beans or any fried foods, as I would have excruciating pain in my side. I would be doubled over, feeling I would burst inside. These attacks would last about three days: the first day with pain, then the next two days recuperating and

underwent many tests for my condition, but the doctors could not tell specifically what was wrong. One doctor finally speculated that my intestines would get enflamed, causing the pain.

This went on for about 10 years and I would get

me squarely in the eyes saying, "I believe this Letter really applies to you, Mercy."

At first I didn't believe him. I said, "Well, maybe the part about keeping a diet. But you know what happens—when I eat something greasy, I get a side attack!"

After devotions was over, however, I apologized to that dear shepherd for reacting so negatively, and he apologized for confronting me with that in front of everyone. As we hugged, I heard the Lord clearly tell me that I was indeed healed. So I reread the Letter and went on the attack, asking the Home to pray for my faith not to fail as I started eating all the food that was served.

It was so neat! I started eating everything— from peanut butter sandwiches to greasy

"I learned the hard way that it would have been better to first trust the Lord; I trusted the physician more and really suffered."

getting my strength back to be able to operate normally. Each time Jesus would deliver me miraculously. In my extreme pain, I would concentrate on the healing promises for dear life, listening to sweet Mama quoting those verses on tape, and repeating them over again myself. As I did, it was like the Word or my believing in the Word would literally cause the pain to ease up. I've proved these precious promises time and again. They've certainly been health to my flesh! ("My son, attend to my words ... for they are life unto those that find them, and health to all their flesh." — Pro.4:20,22.)

When we returned to the States for a little while and had medical funding from the government, I

these attacks quite regularly. They were triggered when I went through heavy battles as well. Then the Letter "The Fight of Faith for Healing" came out in 1991. I remember we were all sitting around the table, and after reading the Letter the shepherd looked

Eve:

It's wise practice when you have a sickness or ailment that seems to require medical attention, to first of all confirm with the Lord whether to seek a doctor's counsel about it, and then if He gives the green light on that, pray again to confirm the course of action the doctor recommends. It's easy for us to just routinely take the doctor's word as the gospel truth, and often they are right. But there are also times when they are not, and the Lord can warn us of these times so that the doctor's help can be in line with what He knows is best for us.

Mexican food at a provisioned restaurant ... and nothing happened. No side attack! I was very thankful. I hadn't tasted those foods in so long! At the New Year, dear Jesus gave me the verse, "If ye be willing and obedient, ye shall eat the good of the land" (Isa.1:19).

I did well for a few years after that, with a few


His Word and the prayers of my dear Family around me. God bless them!

Then in the summer of 1999 I had the opportunity to go on a witnessing trip in Spain. While asking Jesus whether I should go, one prophecy made me count the cost of going on the trip, and said I should be on guard with my weak health. At that point I took


His reins on me, keeping me close to Him and dependent on Him. I asked the Lord to confirm this for me and here is what I received:

(Jesus speaking:) There are many reasons why I don't give complete healing right away, or withdraw healing for a time to draw a person closer to Me. Such is the case with you. For if you had not had this crutch to lean on, where you could feel My strength touching you in the midst of your pain and delivering you, your faith would have failed at the onslaught of the many other tests you were passing through. So be encouraged that what you called weakness was actually your saving strength in a time that you needed Me the most.

You must not consider it such a detriment, that failing health is such a curse. For in those times I gain the most victories. "Every burden becomes a blessing when I know my Lord is nigh"—remember? So when you are tested sore, remember the blessing that I would bring out of it, that your attitude may be one of faith in the midst of a storm, that you may indeed be delivered speedily as My way becomes clear, even in the darkness. *(End of message from Jesus.)*



“Jesus was true to His Word and kept me, and since then I haven’t had a single side attack.”



side attacks but not half as many as before. I was healed! Ever so gradually, though, I began having the pains again, about once every month or two. I would then ease off greasy or fried food and keep a more strict diet, eating a lot of yogurt, cottage cheese and eggs, as those were easy to substitute for anything the Home was eating that I couldn't. But after a while I was again restricted to a different diet than the Home, and no longer had the faith to eat everything. Around this time I was also having pretty big emotional battles, which didn't help things.

But Jesus was ever so good to me and took me where I was at, saving me out of each attack through

the stand that if I was in Jesus' will to go on the trip, He would have to keep my health so that I could eat what was set before me while traveling. He confirmed His will for the trip with provision and promises, so I stepped out on the water and ate everything.

Jesus was true to His Word and kept me, and since then I haven't had a single side attack. It's been quite a miracle! There have been some times when I've felt the symptoms of one coming on, but I just get prayer at the onset and Jesus delivers me each time.

There have been times I've wondered why the Lord doesn't heal me once and for all. He told me that the side attacks are like

Culinary Delights

BLACK-BOTTOM BANANA CAKE

Ingredients:

- ½ cup softened butter or margarine
- 1 cup raw sugar
- 1 egg
- 1 tsp. vanilla extract
- 1½ cups mashed ripe bananas (about 3 medium)
- 1½ cups whole-wheat flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- ¼ cup unsweetened cocoa powder

1. Preheat oven to 350 degrees F (180 C). Grease a medium-sized baking pan; set aside.
2. In a mixing bowl, cream butter and sugar. Add egg and vanilla; beat until thoroughly combined. Blend in the bananas.
3. Combine the flour, baking powder, baking soda and salt; add to creamed mixture and stir to just mix.
4. Divide batter in half. Add cocoa to half the batter; spread into prepared baking pan.
5. Spoon remaining batter on top and swirl with a spatula or knife.
6. Bake for 25 minutes or until a knife comes out clean.

Notes: This is my all-time favorite dessert recipe. It is a sure crowd-pleaser and makes a wonderful special occasion snack!

THREE C BREAD

Ingredients:

- 3 eggs, beaten
- ½ cup vegetable oil
- ½ cup milk
- 2 ½ cups sifted whole-wheat flour
- 1 cup raw sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 2 cups grated carrots
- 1 (3.5 ounce) can flaked coconut
- ½ cup maraschino cherries, snipped into small pieces (optional)
- ½ cup raisins
- ½ cup chopped pecans (or other nuts)



1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour two baking dishes.
2. In a large bowl, sift together flour, sugar, baking powder, baking soda, cinnamon, and salt.
3. Combine the eggs, oil, and milk; add to the sifted ingredients, and mix until just combined.
4. Stir in carrots, coconut, cherries, raisins, and pecans.
5. Bake for 45 to 50 minutes. Remove from pans, and cool thoroughly. Wrap in plastic wrap or foil, and refrigerate to store.

Notes: This made a very nice-tasting bread. I was expecting more of a sweet cakey-type of loaf when I made it, so it wasn't quite what I had been aiming for. This has a light sweetness but is more of a healthful use-with-margarine-or-peanut-butter type of bread, excellent for special breakfasts and so on. The slices are delicious eaten plain as well. It keeps fairly well. I omitted the maraschino cherries, as they were unavailable (plus I don't like them!).

How to Drive a Man Wild With Desire?

Even a Stiff Breeze Works

By Dave Barry

When I'm in the supermarket checkout line, I always look at *Cosmopolitan* magazine to see if the editors have made any progress in their ongoing effort to figure out men.

I'm sure you're familiar with *Cosmopolitan* ("Fun—Fearless—Female"). It's the one with the cover that always has a picture of a woman who looks as though she has a prestigious and rewarding executive career as a hooker. Roughly half the articles in *Cosmopolitan* are devoted to explaining how you, the Cosmo reader, can make yourself look like the cover model. All you have to do is follow the two-step Cosmo Beauty Regimen:

STEP ONE: Using a combination of fun and fearless beauty procedures such as the Eyebrow Yank, the Hot Wax Torture, the Hydrochloric Acid Skin Peel, the Hoover Vacuum Home Spleen Removal, the Cage of Thigh-Eating Wolverines and the Industrial Drain Cleaner Enema, you remove all of the physical elements that make you unattractive, such as your fat, hair, skin, fingerprints and internal organs. At this point, you are essentially a skeleton

with eyeballs.

STEP TWO: You smear your entire self with a complex system of foundations, bases, creams, lotions, gels, powders, moisturizers, conditioners, mousses, sprays, mascaras, eyeliners, lip glosses, enzymes, lacquers, organic papaya-enhanced roofing tars, etc., until you are encased inside an impenetrable layer of beauty products thick enough that there is no way for anybody to tell, without giving you a CAT scan, what you actually look like. You could be a Shetland pony under there.

Once you have achieved this fun and female "look," it's time for you to get started on the other topic that is discussed endlessly in *Cosmopolitan*: Figuring out what men want. It's a tough one! *Cosmopolitan* editors wrestle with it day and night, and they're constantly announcing new breakthroughs. Pick up any issue, and you'll see articles like:

— "23 Ways To Drive Him Wild In Bed!"

— "127 Ways To Make Him Want To Get Naked Right In the Foyer!"

— "387 Ways To Make Him Completely Lose

Biological Control Of Himself While He Is Still In the Driveway!"

Over the decades, *Cosmopolitan* has printed literally thousands of sure-fire techniques for driving men insane with passion. If these techniques actually worked, by now the entire male population of the United States would have been wiped out by lust, literally exploding into little mushroom clouds of vaporized bodily fluids.

But this has not happened, except in the case of President Clinton. The problem, I think, is that *Cosmopolitan* is making this issue way more complicated than it actually is. I mean, we're talking about *men* here. You don't need rocket science to drive them wild in bed: All you need to do is to get in there with them. Or, just leave them alone for a while. Because men don't need much. Using a complex, sophisticated technique to get a man excited is like preparing a gourmet French meal for a Labrador retriever.

So I think *Cosmopolitan* is trying too hard. In fact, it may be doing women more harm than good. For

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example, the August issue has a feature entitled “What To Say To Make Him Ache For You—Whisper these frisky phrases if you wish to drive him wild.” One of the frisky phrases *Cosmopolitan* advises you to whisper to men is—really—“We’d better hurry home, because at midnight I turn into a vixen.” This frisky phrase might actually alarm the man, especially if he knows that the dictionary defines “vixen” as “an ill-tempered,

shrewish, or malicious woman.” Basically, you’re telling the man he could suddenly find himself in bed with Lorena Bobbitt.

Another frisky phrase suggested by *Cosmopolitan* is—get ready—“My bikini waxer went a little overboard.” Listen, women: If you actually say those words to a man, he’s going to assume you want him to take you to the Emergency Room.

So my advice to the editors of *Cosmopolitan* is:

Just drop this subject for a while. Trust me: Even without technical advice from you, your women readers will have no trouble getting men excited, as long as the men are aware (and believe me, they are) that the women, underneath their clothes, are not wearing clothes.

And consider this: If you *Cosmopolitan* editors stopped obsessing about men, you could focus your brainpower on the Middle East Peace Process, health care, Social Security or the federal budget surplus. I bet you could give us some important insights into these issues! Or at least tell us how to drive them wild in bed.

The Name Gallery

Donna: A woman fair and virtuous, chaste in spirit and noble in heart. (*female*)

Dulcinea: A beautiful and crazy crusader for Me; an ardent lover. (*female*)

Evangeline: A blazing messenger, sent with a purpose and a calling, willing to burn up bright to bring the message of My love to others. (*female*)

Jed: A man of few words. Soft spoken, yet possessing great wisdom that comes from hearing more than being heard. (*male*)

Keenan: A lover; passionate, tender, emotional and caring. One who thinks of the needs of others more than his own. (*male*)

Megan: Simple-spirited, happy, bubbly

sprite*. A lover of laughter; playful; friendly. (*female*)

Olivia/Oliver: A woman/man of sorrow and wisdom. Possesses a sobriety of spirit and heart that radiates the purity of My Spirit. (*female/male*)

Parker: Studious, diligent, with an inquisitive mind that longs to know all there is to know. Possesses a great hunger for the knowledge of My Spirit. (*male*)

Wyatt: A valiant soldier, endued with glory from on high. His face shines with the radiance of battle; he fights for a noble cause. (*male*)

(*sprite: small, elf-like person)

(Eve: Thanks to Joykie, NACRO, for requesting the meaning of some of these names.)

Feedback

I really enjoy reading the horoscopes. I'm an Aries and usually when I read about my sun sign, it is not so positive and sometimes discouraging. But what the Lord said about the Aries was so sweet, positive and uplifting. Thank you for taking the time to pull it down!

From Sara Missionary, Hungary

The health articles in *Kidland* and *Eve* have saved us time and helped us in our desperate need when our son Oliver (12) came back sick from witnessing in one of the river cities here in the Amazon region.

Through this we learned to not just *hear* from the Lord about where to go, but also to ask who should go. In our case the Lord confirmed the trip, but we failed to confirm who should go with Daddy. We went by our rotating schedule that it was our eldest son's turn to go, though he was recovering from a cold at the time.

But the article about cayenne (chili pepper) and Mama's cold defense were our present help at this time. Also another article with information about pneumonia—and the difference between bronchial, viral or bacterial—helped us tremendously, as we were in the dark about these things. Our son had a fever for five days, mostly in the 39s, and after praying desperately against his bad cough and cold, the Lord gave us peace that He would heal him without going the medical route.

We followed the counsel in these pubs, made teas with cayenne in it, gave him mostly juice, coconut water, carrot/beet juice from the HH5 recipe, watermelon juice and chicken soup. We also gave him natural cough syrup and let him eat raw garlic with honey and fresh cayenne in it every hour. After five days, the Lord did the miracle and his fever broke. PTL! It was a big miracle and we are very thankful that you helped us "pepper" up our faith! (*Eve: PTL for the wonderful gift of*

hearing from Him specifically for every situation! Dear readers, please make sure in situations such as these that you also ask the Lord exactly how to go about treating and caring for those who are sick, as these dear ones did. He knows just what will bring the best results. WLY!)

From John Ricky and Sara PI, Brazil

I liked the prophecy in *Eve #7* for a young couple in Russia ("Staying Together"). I found many things therein which I also had to learn. I had to change my whole concept of marriage. If God is the One Who intended for us to be together, then He must know what we really need. And sometimes that is not the romantic, emotional type of relationship, but a calmer one in which we both can be drawn closer to Jesus. This is the case with us, and looking back I can really see how good everything was for us, even though sometimes it seemed to be a defeat. Everything that happened drew us closer to Jesus in the end, and that's the important thing.

From an FGA woman in Germany



Cover photo: Honey (of Gabe Moonshine), Japan

Suggested reading for ages 16 and up.
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