


Eve

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How to

Measure Your Physical Fitness

Did you ever wonder if you were doing okay, fitness wise? Ever wish you could measure how “in shape” you were, or even your physical fitness in general? Well, you can!

Most experts now agree that the best measurement of a body’s overall fitness is its ability to process oxygen—to get oxygen into the body, through the lungs and into the blood. This is then pumped by the heart all through the body—including to the heart, the brain, and all the organs and muscles. A heart attack is the result of failing to get enough oxygen to the heart, and therefore this vital organ’s muscles fail. A stroke is the result of the body failing to get enough oxygen to the brain, which is what enables it to keep up with its many functions, thus keeping everything else in the body going.

Fitness experts agree that aerobic exercise

(which is any exercise designed to strengthen the heart and lungs ... the word “aerobic” is derived from *aero*=air and *bios*=life) is the most important and necessary form of exercise. Recent studies have shown that heavier, but aerobically fit people are much healthier and have fewer serious health problems than unfit, even though leaner, persons.

A hundred years ago (and back from that point to the beginning of history), almost everyone did some form of physical activity or manual labor all day long. To get places, people walked or rode horses, camels, donkeys, etc. They did nearly everything “by hand.” Everything they did involved at least mild aerobic exercise, which stimulated the heart, conditioned the lungs, and kept their bodies in shape; they stayed fit and relatively healthy.

But with all the “conveniences” of modern society, including automobiles and machines to do just about everything for us, man has become much more sedentary, and does less aerobic exercise.

Dad taught and reminded us over and over again that we, as God’s

By Jonathan (of Amor), Taiwan

children and missionaries, need to have some form of good exercise every day, for an hour or so—something that gets our heart pumping and lungs expanding, something that uses, tones and strengthens our heart muscles, our lungs, and our entire body. This in turn will keep us healthy. He taught us that if we’re eating right, resting right, living right (for the Lord!) and getting that hour of vigorous exercise daily, without fail, we’ll generally stay healthy. That’s doing *our* part.

Many of us fall down, at least periodically, in being faithful to “get out” and exercise vigorously, on a daily or regular basis. So what can we do?

- Pray, and ask the Lord and our fellow Home members to help us be more faithful.

- Make get-out a higher priority in our busy lives for the Lord.

I know everyone has probably read enough *Eve* and *END* articles on health to be convinced this is needful. But maybe now you’re wondering, “Is there a way to measure fitness? How can I tell if I’ve been getting *enough* vigorous exercise, and whether it

is sufficient to strengthen those muscles and systems that are essential to good health and quality of life ... and even to staying alive?"

Fitness experts and preventative medicine specialists originally devised some fairly complicated machinery, charts and techniques for testing and measuring aerobic capacity and a person's physical fitness. These included stationary cycles and treadmills, with variable speed and pitch. They also designed masks to be worn during the exercise, to measure the intake and outgo of oxygen, etc. For many years they studied and charted the effects of differing amounts and levels of vigorous exercise on health, and came to the obvious conclusion that good, regular, vigorous exercise is essential to good health, longevity and a good quality of life. (Those who are more fit and exercise regularly are, on average, happier, less stressed, more relaxed, and enjoy life more and longer than their unfit counterparts.)

But after awhile, these scientists discovered much simpler tests, which could measure the level of an individual's aerobic capacity (how well an individual could process

oxygen, which translates into essential fitness) as accurately as could the extensive and complicated equipment and procedures. Simply put, they are exercise tests to see how much an individual can walk/run, swim or cycle, in 12 minutes.

In studying tens of thousands of individuals and measuring their fitness, the experts developed simple charts which can show people of any age how fit they are, how "in shape" their heart and lungs are—just by testing themselves using one of these forms of exercise. I have included three of the basic charts here, if you'd like to test your own personal fitness. These can help you measure and then set goals for yourself, so you can become as fit as possible.

But please be aware that it is *not a good idea* to try to take one of these tests if you haven't been regularly getting vigorous get-out for several months. The tests are strenuous, might be hard on your heart and body, and could cause you problems if you're not in good shape. So be advised, and pray and get a confirmation from the Lord before trying it out.

If you're very out of shape, these tests might

seem quite far out of your reach. But honestly, they don't require a lot of effort to train for and reach. A very acceptable level of fitness is attainable if you're willing to commit to exercising three, four, or five times a week, and are willing to push yourself a bit. It might be slightly uncomfortable at first, as you get huffing and puffing. (I'm not just talking about slow or leisurely walking or exercising!) But with good, regular, vigorous exercise your body will quickly respond, and in three to six months, you'll be able to take and pass these fitness exams with *great* scores!

God bless you as you do your best to care for your "temple." If we all do this, we'll no longer be lethargic couch potatoes, but inspired and eager, available participants in all of our Homes' activities during this exciting time in history!

Here are the three self-tests designed to help you know your state of physical fitness, how well your body processes oxygen, and how "fit" you are overall. These tests and charts are taken from Dr. Kenneth H. Cooper's book, *The Aerobics Program for Total Well-being*.

Normally in our pubs we try to include the metric conversions for any imperial measurements, and vice versa, so that the information printed will be easily relatable to our Family all over the world. In this case, however, this book reprint using U.S. measurements is very long and involved. So while we will not be able to print duplicate tables using metric conversion, we would like to point you to the following Web site, where you can type in your metric distance measurement to convert it for application into the tables: <http://www.sciencemadesimple.com/conversions.html>. We pray this will be a workable solution and blessing to you all. God bless and keep you exercising!

Please proceed with prayer and caution in attempting to take any of these fitness tests. If you haven't been regularly exercising vigorously, you may not be fit enough to

even try the tests, as it could be too much stress on your heart and body. It's best to transition slowly into exercising vigorously, and go bit by bit and day by day. You don't have to rush it.

- For all the tests, as with any vigorous exercise, warm up well beforehand. Also take time to cool down properly (five minutes of slow exercise) after any of the tests or vigorous activity.
- Do not attempt the tests if you're deconditioned (declined from a condition of physical fitness), especially if you're older or have not been doing vigorous exercise daily or very regularly. Pray! Use wisdom!

The Walking/Running Test should be done on a flat, level surface, which can be easily measured. A school track (usually a quarter mile) is convenient and simple. Or

12-Minute Walking/Running Test: Distance (Miles) Covered in 12 Minutes

* < Means "less than"; > means "more than."

Fitness Category		Age (years) 13-19	20-29	30-39	40-49	50-59	60+
I. Very Poor	men	<1.30*	<1.22	<1.18	<1.14	<1.03	< .87
	women	<1.0	< .96	< .94	< .88	< .84	< .78
II. Poor	men	1.30-1.37	1.22-1.31	1.18-1.30	1.14-1.24	1.03-1.16	.87-1.02
	women	1.00-1.18	.96-1.11	.95-1.05	.88-.98	.84-.93	.78-.86
III. Fair	men	1.38-1.56	1.32-1.49	1.31-1.45	1.25-1.39	1.17-1.30	1.03-1.20
	women	1.19-1.29	1.12-1.22	1.06-1.18	.99-1.11	.94-1.05	.87-.98
IV. Good	men	1.57-1.72	1.50-1.64	1.46-1.56	1.40-1.53	1.31-1.44	1.21-1.32
	women	1.30-1.43	1.23-1.34	1.19-1.29	1.12-1.24	1.06-1.18	.99-1.09
V. Excellent	men	1.73-1.86	1.65-1.76	1.57-1.69	1.54-1.65	1.45-1.58	1.33-1.55
	women	1.44-1.51	1.35-1.45	1.30-1.39	1.25-1.34	1.19-1.30	1.10-1.18
VI. Superior	men	>1.87	>1.77	>1.70	>1.66	>1.59	>1.56
	women	>1.52	>1.46	>1.40	>1.35	>1.31	>1.19

measure distance with an automobile odometer.

The Swimming Test requires you to swim as far as you can in 12 minutes, using whatever stroke

you prefer and resting as necessary, but trying for a maximum effort. The easiest way to take the test is in a pool with known dimensions, and it helps to have another person record the laps and

time. Be sure to use a watch with a sweep second hand.

The Cycling Test: Cycle as far as you can in 12 minutes in an area where traffic is not a problem.

12-Minute Swimming Test: Distance (Yards) Swum in 12 Minutes

Fitness Category		Age (years) 13-19	20-29	30-39	40-49	50-59	60+
I. Very poor	men	<500	<400	<350	<300	<250	<250
	women	<400	<300	<250	<200	<150	<150
II. Poor	men	500-599	400-499	350-449	300-399	250-349	250-299
	women	400-499	300-399	250-349	200-299	150-249	150-199
III. Fair	men	600-699	500-599	450-549	400-499	350-449	300-399
	women	500-599	400-499	350-449	300-399	250-349	200-299
IV. Good	men	700-799	600-699	550-649	500-599	450-549	400-499
	women	600-699	500-599	450-549	400-499	350-449	300-399
V. Excellent	men	>800	>700	>650	>600	>550	>500
	women	>700	>600	>550	>500	>450	>400

12-Minute Cycling Test (3-Speed or less): Distance (Miles) Cycled in 12 Minutes

Fitness Category		Age (years) 13-19	20-29	30-39	40-49	50-59	60+
I. Very poor	men	<2.75	<2.5	<2.25	<2.0	<1.75	<1.75
	women	<1.75	<1.5	<1.25	<1.0	<0.75	<0.75
II. Poor	men	2.75-3.74	2.5-3.49	2.25-3.24	2.0-2.99	1.75-2.49	1.75-2.24
	women	1.75-2.74	1.5-2.49	1.25-2.24	1.0-1.99	0.75-1.49	0.75-1.24
III. Fair	men	3.75-4.74	3.5-4.49	3.25-4.24	3.0-3.99	2.50-3.49	2.25-2.99
	women	2.75-3.74	2.5-3.49	2.25-3.24	2.0-2.99	1.50-2.49	1.25-1.99
IV. Good	men	4.75-5.74	4.5-5.49	4.25-5.24	4.0-4.99	3.50-4.49	3.0-3.99
	women	3.75-4.74	3.5-4.49	3.25-4.24	3.0-3.99	2.50-3.49	2.0-2.99
V. Excellent	men	>5.75	>5.5	>5.25	>5.0	>4.5	>4.0
	women	>4.75	>4.5	>4.25	>4.0	>3.5	>3.0

Try to cycle on a hard, flat surface, with the wind (less than 10 mph), and use a bike with no more than 3 gears. (Eve: *Or try using just the mid-range gears of your bike and use of an electronic bike odometer.*) If

the wind is blowing harder than 10 mph, take the test another day. Measure the distance you cycle in 12 minutes by either the speedometer/odometer on the bike (which may not be too accurate) or by another

means, such as a car odometer or an engineering wheel. (Note: This was written 20 years ago, when bikes were simpler and less technologically perfected. Bear this in mind when determining your fitness.)

Anytime

Is Good for Exercise

Question: Is it better to work out in the morning for the most fitness gains?

Answer: No, not really. The best workout time for you depends on your own personal energy level, time constraints and schedule.

There are positives to both morning and afternoon workouts. Many people enjoy starting their day with exercise because it eliminates the pressure to “get it in” at the end of the day when other priorities may make it difficult. Also, morning exercise (be it running, stretching or lifting weights) can wake you up and clear your mind for the day ahead.

However, there does seem to be a higher risk of injury for people who

exercise in the morning. Muscle pulls and strains can occur more often at this time of the day because your muscles aren’t warmed up properly. So, before you jump on the treadmill, give your body a chance to “loosen up” for at least an hour after you get out of bed. You might also try a hot shower prior to exercising, especially if your fitness routine emphasizes lower-intensity stretching.

But don’t give up exercise if your schedule doesn’t allow you to choose the optimal time for your workout—just adapt. Be it morning or evening, you’ll still make fitness gains.

(Dad speaking:) The important thing is to exercise, like this article says, and it doesn’t matter so much when you do it. Just find what works best for you, what fits into your schedule and

responsibilities, and “go to it and do it.”

Many people find that it helps them to have a regular plan, a time every day when they have their get-out. Something that’s a part of your schedule is harder to forget or push aside. Some people find the early morning—after their Word and time with the Lord, of course—a good time for get-out, because as the day goes on it can be a temptation to push aside your get-out. Others prefer to choose a slot of time in the early afternoon, during the children’s naptime, or even later on in the afternoon.

But whether morning, afternoon, or evening, there is really no wrong time to have get-out—so just find out what works best for you and keep faithful to your commitment. Establish a specific, set time, and then stick to it as much as you can. It pays to exercise, and it’s worth the effort and time it takes. *(End of message.)*

By Stephanie Oakes, *Los Angeles Times*

In Celebration of the Vintage Years

By Tirzah Rivers (of David), Guatemala



I am so thankful to have reached the half-century mark in my life. I really didn't think it would happen, nor did I think I would end up having 10 children and three grandchildren! I can honestly say that I have never been so happy in all of my life.—Each day gets better! As the saying goes, "You're not getting older, you're just getting better."

The Lord has been so good to me, as I have hardly ever gotten sick. I guess there has always been so much to do with 10 kids that I just never had the time to get sick, ha! At my age I know that sooner or later I will start feeling symptoms of midlife, but then again

maybe not. (My husband says it might be because of our active sex life.—That just might make a difference, you know!) Whatever the reason, I'm thankful that He has kept me all these years.

I had my birthday about a week ago, and that morning I woke up thanking the Lord that I have reached this age, as so many other people don't. He's been so good to me! My kids are all just great, with so much love for me, and have made my life so wonderful. I have a marvelous husband who loves me more each day, and shows it. I wouldn't change anything in my past.

Of course, not all is roses, as we all know, and the problems and troubles are always just around the corner waiting to jump out at us. But I have just tried to stay positive, and this has helped get me through the harder times in my life.

Oh, there was a time when I was very jealous

and possessive, and much more. But after praying desperately for years, I can say that it doesn't "grab" me like it used to. I'm surrounded by very special mates and friends who do all they can to fight the fight together, and that is so wonderful, too.

So, here's to the "over the hill" age, where experience and maturity have taken us to the best time in our lives. I wouldn't be back in my twenties for anything! I love being older and am so thankful that He still has me going strong, despite what the Enemy might try to pull on me.

I love and admire our sweet SGAs—and I tell them so whenever I am around them—for sticking, holding on, and keeping themselves from the world and its temptations. God bless you, guys!

All that to say, I've got a lot to be thankful for.—Don't you?

I love you, my dear Family. I had the

"Strength in life comes from Me, and I can give it to anyone that I choose, regardless of whether they feel strong or whether they feel weak, or whether they feel used up or not."—Jesus (*ML #3047:97*)

blessing of attending the Conectate Retreat in Mexico, and saw brethren I hadn't seen for at least 10 years. It was so nice; I cried when I saw some of them. Some I have known

for 20-some-odd years! It was great.

So, again, here's to the older young people, who have really been through it and have come out like gold! Don't ever

think that just because you are "getting older" that your life can't be just as good as it was when your cheeks and breasts were firmer. Believe me, it's great!

My **Many** Mini Afflictions

By **Praise, Thailand**

As I grow older (I'm in my mid-40s), my ability to get over sickness seems to be declining—or the Lord uses it as a test of my faith, ha!

Recently I caught a cold, which turned into a serious cough and became bronchitis, though I tried to fight it off with natural remedies and prayer. As it lasted a few weeks I started

worrying, because a few years ago I was always able to fight colds off naturally, with orange and lemon juice, ginger tea, garlic, etc. They went away fairly easily. But this one proved very stubborn and painful.

After checking with the Lord, I decided to visit a doctor to diagnose my problem. He said it was only bronchitis, and prescribed antibiotics and medicines to speed up the healing. I was so desperate to get better that I took the pills, which didn't help and had such a strange effect on my body that I decided to put myself completely in the Lord's hands, ask for prayer, and claim the power of the keys. And of course, He did it!

A few weeks later I got some insect bites

on my lower lip and eye, making them swell terribly. This made eating very uncomfortable and helped keep me humble for a day or two. Again I started wondering what was happening to me and why, but thank the Lord for my dear brothers and sisters who helped me to claim the power of the keys again. By the next day, the swelling was considerably less.

It is a new thing for me to go through these afflictions, and although they are minor, they test my faith. I believe the Lord is doing this to help me practice using and learning to have more faith in the miraculous power of the keys. Praise God for our wonderful, precious Lover and for His patience with us slow learners.

"If you look back at My great men and women throughout history, and even your own Father David, their greatest accomplishments all came not when they were young, but when they were old. For the many years of youth are but a preparation for the greater things that come with age."—Jesus (*ML #3047:96*)

By Jim (of Jackie), China

The Diary of a Diabetic

DIABETES: THE NAME ITSELF conjures up images of needles, glasses of orange juice and no more sugar in your diet. At least it did for me when I first found out I was diabetic. Since then I have learned a lot more

about diabetes, and would like to share some of it with you in case you ever find yourself in a similar situation.

It was a miracle of the Lord how I found out I had diabetes without having to reach a crisis

state and end up in a hospital.

I had always been a very healthy person—active, loved sports, played basketball on a daily basis, etc. My eating habits were not that great; I often skipped breakfast completely, only sometimes ate lunch. I would mainly eat dinner, but I also had a habit of eating a big snack late at night, when I would finally stop all my busy activities of the day. This didn't give me any problems until I hit the magic age of 40, at which point I started to put on weight until I had gained quite a tire around my stomach.

All continued like this until I turned 48. At this point, let me open the pages of my diary to take you through my life-changing experience of learning I had diabetes, and the ensuing fight of faith to gain control of my diabetes without taking medicine or insulin shots.

Dad on Nutrition

NUTRITION IS HOW MUCH you absorb, not how much you stuff your belly with. You can stuff your stomach with all kinds of garbage, and you still won't necessarily actually assimilate enough of it to do you any good.

God has built into the body a desire for the things you need. If you haven't already perverted it by the wrong kind of things and the wrong kind of an appetite, you will hunger for the kind of foods you need.

They've found mountain people that regularly lived to be over a hundred and they don't eat very much, but they work hard all day long. They eat good, wholesome, natural foods just the way they come out of the ground, not a lot of doctored, prefab breakfast cereal and stupid idiotic junk like that.

People eat all that artificial junk with all that artificial coloring, artificial this, artificial that, artificial flavoring, and by the time they're done they wonder if they ate anything that was real at all!

Whereas the poor simple ignorant little peasants out there in the middle of the rice paddies or the nomad in the middle of the desert, they don't have anything else to eat but natural foods! (*"MO's Pointers for Health," ML #353:71,77,115,118-119.*)

Heavenly Health Through Middle Age

(DAD SPEAKING:) That's right, dear Family! Your metabolism changes when you enter middle life. While it's a fact that your body slows down, you personally need to go on the attack and up the ante in keeping fit and healthy. As you get older, you have to work harder at it. So ask the Lord for tailor-made instructions regarding your health program, and take the offensive. Don't eat too much, but eat right. Eat the right kinds of foods that are good for you. Cut down, if you have to, on the foods that aren't necessarily good for you, but are foods that you like or desire to eat. Cut the frills and eat things that are good, healthy and wholesome.

Once you reach middle life you can't eat like a growing teen; you've got to adjust things accordingly. God bless this dear brother for going on the attack when he did and going to the Lord to ask Him for tailor-made instructions. Our God is the greatest Doctor in the universe!

It takes hard work to maintain good health. Good health is a gift from the Lord, however, you have to do your part, and that takes effort and self-discipline. Sometimes you've got to work at it. You've got to exercise faithfully even when you don't feel like it. When you reach middle age you hardly have a choice anymore; you have just got to do it, because your health is at risk.

Each one of you is a temple of the Holy Ghost, so take good care of your temple. Go on the attack! Take action and keep the extra weight off by eating the right kind of foods and getting the necessary exercise daily! As you obey the health rules and take preventative measures to keep fit and healthy, the Lord will give you the faith, through the keys, to claim the youthful health of Heaven on Earth!

SEPTEMBER 2001:

For the last months I've been feeling a terrible, dry cottonmouth feeling. It began slowly at first, and as the months go by it has gotten increasingly worse. At first I thought it was the quality of the water from living in a

third world country. But I drink liters of water during the day to try to flush out this feeling; it seems I can't satisfy it, no matter what I try. My body just seems to crave water.

I suffered a knee injury last spring while

playing basketball, and the healing process is extremely slow. This is unusual, as though I am aging I have never had an injury take so long to heal.

(Note: I later found out that injuries and afflictions for diabetics, especially when their diabetes is not controlled, have a hard time healing.)

OCTOBER 2001: I am eating properly, but still drinking tons and tons of water. I have also developed another herpes outbreak. It also seems to be taking a long time to heal no matter what creams or methods I try.

NOVEMBER 2001: It is taking months for my knee to heal. I haven't played basketball in so long; no vigorous get-out, only walks as my knee hurts. I also am feeling more and more tired throughout the day. Yet despite this lack of exercise, I seem to be losing a lot of weight. Everyone I meet comments on how thin I am getting. I continue to crave a lot of water throughout the day to relieve this cottonmouth feeling.

DECEMBER 2001:

I've begun to wake up throughout the night desiring water and needing to urinate four or five times a night. My thoughts are often, "Will I ever have a full night sleep again?" My weight loss and waking up through the night are becoming more and more of an issue in my life. People's comments have changed to asking if there is anything wrong with my health, as I am beginning to look rather drawn and pale.

Though my knee is doing better, my other affliction has just now healed after three months. I have never experienced anything like this before.

JANUARY 1, 2002: I'm concerned; perhaps there may be something wrong with my body. After praying, the Lord led me to go on the Internet today and I researched "dry mouth." The one thing that seemed to fit my symptoms was diabetes. In my research I discovered that there is in fact two kinds of diabetes: The traditional kind that we often think of with needles of insulin and glasses of orange juice, is often acquired

as a child and is usually only treatable with insulin shots on a daily basis, and is referred to as Type 1 diabetes. This type of diabetes only makes up about 10–20% of all diabetes cases.

The other kind of diabetes, which is referred to as Type 2 diabetes, is far more common and usually occurs in people over 40—many of them overweight. With Type 2 diabetes your body can still produce insulin, but in too low amounts to sufficiently serve your body's needs.

It seems I have four of the common symptoms: 1) frequent urination during the night, 2) thirst, 3) weight loss, and 4) afflictions which heal slowly.

JANUARY 5, 2002: I've been using the Internet to do a lot of research on Type 2 diabetes, and found a wealth of information and support. I purchased urine test strips from a local pharmacy today and began testing my blood sugar level on an hourly basis. There is so much to learn and my body is still quite weak and run down. I've been trying to change my diet, but don't understand it all yet.

JANUARY 15, 2002:

I'm at the area board meeting, and miraculously I met a sweet sister who is a Type 1 diabetic and had a tester kit with her. Diabetics use this kit to monitor their blood sugar level. If your blood sugar level is too high or too low it can be very dangerous. She gladly helped test my blood and I found I had a very high blood sugar level (I was at 290 mg/dl, when a normal person should be around 100–140 mg/dl). This confirmed that I am diabetic.

From her years of experience with diabetes, she was able to share some very good counsel with me on what type of diet could help keep my blood sugar level stable. God bless her. I called her my nurse. Another one of God's little miracles in having her here at this meeting!

(Jesus speaking:) I bring this into your life for many reasons, but all of them are good. Please take care of your health. If you do, I will heal you. It may take time, so be patient but keep a steady diet. I will use the diet. When you have the opportunity, bring Me and

My love into the picture, as a witness, so others can also benefit from both My love and My healing power.

As far as what steps to take next: I have been leading you. I have given you wisdom, and as you take time with Me, seeking Me as to what steps to take next, I continue to lead you. Your life is in My hands, and as long as you seek Me and are asking Me what steps to take, I will lead you.

Get checked tomorrow [this was in reference to a tester kit that a diabetic sister had at a meeting] and see what the results are, but this is only a confirmation. You do have diabetes, and as I said, the healing process will take time. I want to use it so you will continue to draw closer to Me, and also so that it will be a witness to others. So go slow and steady, My love, and let Me hold your hand as we gently and slowly walk down this path. It will be wondrous path, and will bear precious fruit in the lives of all those you come in contact with. Be cheerful and let My love and happiness flow through you. (*End of message.*)

JANUARY 25, 2002: I feel like a diabetes doctor with all the info I have been learning on how to take care of yourself when you have diabetes. The good news I'm learning from my research is that Type 2 diabetes is treatable with a good diet and exercise program. Though many System folks just take medicine to treat it, you can follow a strict diet and exercise program, and through that, control your blood sugar level without having to take insulin shots or medicine.

[Before going to see a doctor:]

(*Jesus speaking:*) Really pray with Jackie while going there, that [the doctor] will be sweet and willing to work within your faith. Pray that she will only give you herbs which are going to help your diabetes, and that her spirit is one of humility and listening as well as teaching. If you do this, I will make your visit with her fruitful and good, as well as sweet. (*End of message.*)

JANUARY 27, 2002: I went to see our friend, the Chinese herbal doctor. She was able to prescribe some natural

herbal medicine that can help strengthen my body in this fight. The Lord showed me to use this natural medicine to help my body at this time, as it is so run down. Combined with a good diet and exercise program, He has promised to help me overcome this illness. TTL!

JANUARY 30, 2002:

My trip to the U.S. has proven to be a big help. [Note: At this time I had made a trip to the U.S. on some business and follow-up.] I've met so many people that are Diabetes Type 2 or have a relative or friend that is. It's quite amazing; I didn't realize it is such a widespread problem in the System. It seems most of the people I met who are Type 2 diabetics just rely on medication or shots of insulin. I really don't want to go that route, but want to trust the Lord, and if possible, follow a natural course of diet and exercise to help my body.

I was able to find a couple of very good books to give me input and ideas on how to do this: *Reversing Diabetes*, by Julian Whitaker; *Type 2 Diabetes Source*

Book by David Drum and Terry Zierenberg; and *Diabetes 2 Complete Food Management Program* by Sherri Shafer. I was also able to pick up a tester kit, so I can more accurately test my blood sugar level as well as find out my body's reaction to certain foods.

FEBRUARY 2002: My body is feeling so much better as I fight to change my eating habits, but I still feel so tired in the morning. It's amazing to see how much is just following the health revolution rules of eating well and getting good daily exercise. My exercise routine has mainly consisted of vigorous walks several times a day. One article I read said that most Type 2 diabetics who follow a proper diet/exercise routine live five years longer than their non-diabetic peers, due to such a healthy lifestyle. Thank You Jesus for Dad, who has always been way out front in leading and guiding us to live a better lifestyle!

[Concerning my diet:]

(Jesus speaking:) I am leading you each step of the way. I have not had you take medicine yet,

because I want to heal you. Also, it is causing you to really look at your diet and come up with a good diet and exercise program. If you do this, then I will heal not only your diabetes, but also other ailments in your body.

You see, My love, your heart, liver, and kidneys also need help, and the medication for diabetes is not going to help this. A proper diet and exercise will help these and your overall health. So please continue to seek Me about your diet and exercise, and if later I tell you to take medication it will be okay. But for now, pray and read and study and seek the best health plan for you. *(End of message.)*

MARCH 2002: I've had a complete turnaround in my lifestyle. I now eat more often—once every three hours. I have balanced meals three times a day, and healthy snacks in between. No more skipping breakfast or lunch, and no more late-night gorging! I start the day with a glass of skim milk or soy milk, a piece of fruit and a piece of whole wheat toast with peanut butter or a bowl of healthy

cereal. Three hours later, it's a shake with tofu, yogurt and strawberries blended together or some healthy fruit. Another three hours later it's lunch with a big salad (olive oil and vinegar dressing), tuna, and one slice of bread. This is followed by my afternoon snack of a tofu shake again, or some fruit or healthy crackers and peanut butter, etc. Then dinner with lots of steamed veggies, a serving of meat the size of a deck of cards (about the size of a small fist) and a small serving of starch. I finish the day with a snack of all the popcorn I can eat, made with olive oil and no salt. *(Thank the Lord, He just provided a way to cook my popcorn in the micro-oven.)* Jackie is finding some great new recipes to try out.—I never knew there were so many delicious dishes to eat and stay healthy.

APRIL 2002: Diabetes has been such a blessing in disguise. I feel so much healthier and have developed a much better appetite for good, healthy foods. I don't feel a craving or desire for junk food. I

have discovered a new kind of French fries: barbecued long green beans. Yummy! It's also had such a good effect on my whole family. Jackie has been trying to lose weight for years, and with us both eating such healthy foods together, she is finally starting to lose the weight she needs to. Our kids are starting to eat better as they try out some of our new recipes. Thank You Jesus for this gift of diabetes!

MAY 2002: Today I found out an interesting fact about diabetes, having to do with carbohydrates. For a long time doctors have said that diabetics could not eat any sweet things. This is true in one sense, but they should not rule out sweets completely. You see, the big factor is controlling the amount of sugar you eat, which you do by controlling the amount of carbs you eat.

There are two types of carbs: complex and simple. Complex carbs are grains, pasta, starches, milk, etc. Simple carbs are things like ice cream, candy, sweets, etc. All of these carbohydrates, once in your body, turn into sugar or glucose.

I have found out that

according to my age, weight, height, etc., I can have 60 carbs per meal or snack; this is four servings of carbs per meal. If you find out the carb level of your foods and then regulate your meals to only consume the number servings of carb per meal you're allowed (each serving has about 15 carbs), then you can easily control your blood sugar level.

Following this simple formula has made eating healthy even simpler. For example, a slice of bread is one serving, or 15 carbs, which means I could have two sandwiches with meat (no carbs), lettuce, tomatoes (very few, if any, carbs), etc., for my lunch. For my drink I avoid carb-filled drinks like milk, soda or juice, and instead have cold water, which is nice with a twist of lemon.

I have also found out that wine has very little carbs in it, and if taken in moderation is fine. TYL! I am happy I don't have to forsake my wine. Jesus is so sweet to me!

JUNE 2002: I went and had my cholesterol level tested, as well as the fat in my blood, and blood pressure, as these things

can cause complications with diabetics. Thank the Lord all of my readings were good. (Note: If diabetes isn't controlled, some of the main areas affected are the heart, eyes, kidneys and feet.)

AUGUST 2002: Well, here I am, almost a year after I first began to notice the symptoms of this disease, and half a year from when it was first diagnosed. I thank You, my precious Husband, for how You have helped me reverse the diabetes in my body and have restored me to better health.

I thank you, my Family, for the prayers you prayed for me. My sugar level stays on a normal level pretty much every day. I feel so much better and stronger, and the cottonmouth feeling is completely gone. I don't get up throughout the night needing to urinate, and I am pretty much in the peak of health. All glory to our precious Husband and Lover!

I will stop here, dear Family. I have only shared the highlights of what the Lord brought me through, as well as some of the different material I have read, etc.

If you do have diabetes and would like to write me, I would be more than willing to try and answer any questions you may have, share different Web sites which have been helpful, etc. The key for me was seeking the Lord each step of the way, counseling and praying with my wife and team, and then obeying what the Lord was showing me.

Below are some prophecies, which were sent to me after I sent out a prayer request concerning my diabetes.

(Vision:) As I was praying for Jim, I began to see him in a vision. He was lying on the ground, and was encircled with a light that kind of went around him in a spiral form, and began to lift him off the ground.

He was unconscious or asleep. Now that I think about it, it looks like the end of the cartoon version of *Beauty and the Beast*, when the Beast is magically transformed—only this didn't look at all like a cartoon, but more like a sci-fi movie.

When it finally lifted him up completely, it transported him to some kind of operating room, but there were no walls, and the scene was a dark blue, kind of like it was in outer space. There was no equipment; only a kind of high bed or table that he was lying on, and there were three angels. Two angels were on his sides, each holding one of his hands, and placing their other hand on his forehead. The other angel stood at his feet, with his hands upon the top of them. There was power

flowing from the angels' hands into Jim's body, and the impression I had was that it was healing power.

(Jesus speaking:) I have given you an illustration that will help you understand somewhat how healing prayer works. When you use the keys to unlock the store of healing power for another, the healing process begins instantly. In some cases, such as those where I require that you pray and pray and pray again, it is similar to that person having to repeatedly go to the doctor or hospital for therapy. The angels impart the healing, and it has begun.

This one requires that you and others faithfully uphold him in prayer, being fervent, as if it were you or one so close to you that were in need. Each time you pray, these angels "operate" by placing their hands upon his body and giving him a touch of Heaven. He is feeling it even as you pray; he is being touched through your prayers. Therefore, do not fail him, and do not sin in neglecting to pour out your prayers for this one. *(End of message.)*

Medical Research on the Web

(DAD SPEAKING:) Don't forget, folks, about the importance of desperate prayer and vigilance when you are thinking about using the Internet, especially for something like medical research. While there is a lot of good information out there, there is also a lot of trips, hype, misinformation, and downright negativity. So make sure to use a lot of prayer, wisdom, discernment and moderation in your research. Ask the Lord to lead you, and He will! Choose the good, and eschew the evil!

By Emanuel and Daniella, France

Blossoms of Healing

“GOD MADE A HERB FOR every sickness,” I was taught as a child. And we have found one that helps with diabetes! For 24 years Emanuel has been insulin dependent (he has to inject three times a day). The ups and downs of the sugar fluctuations in his body caused by this infirmity are not easy to bear, and so I wondered if the Lord had an herb for the healing of diabetes.

Sure enough, He led us to some friends who had a very interesting book describing a weed that can help. We are trying it, and it has really helped bring down his sugar level! We haven't used it exclusively yet (so far Emanuel has cut the insulin to half the amount he usually takes) since he wants to go slow, but so far it seems to be a substitute for insulin!

We looked at an herbal book to see what the plant looks like, and saw that it is a plant that grows wild all over this area, just like a weed, and is just now in full blossom! (Please be

careful not to mix it up with a similar, but much bigger-blossomed plant that is poisonous.)

Our friends showed us a book on herbs used by the North American Indians. It says:

“In 1935, scientists found an herbal remedy against diabetes, which doesn't have all the negative side effects of insulin. The Indians in British Columbia use it also as a preventative measure against acute diabetes, and which keeps the patients completely free from all the problems which normally come with the disease.”

It is the blossom of the wild carrot (*Daucus Carota* L., wild carrot; family: *Umbelliferae*—this is the Latin name, by which you can find it in any herbal book or pharmacy).

The Mohicans would put the whole blossom in warm water, and drink the lukewarm tea. American doctors have never found even one case of diabetes

among them. Trappers and mountain men, who suffered under this disease, swore to this tea, and always carried these dried white blossoms with them in bags. They all say that a regular warm tea preparation has healed them completely from the sickness, and has kept them healthy.

In the short time we have been trying out this tea, Emanuel has cut down on his insulin intake and his blood sugar is still very low. We will increase the tea intake, and see what happens.

For anyone who would like to, please write to us at:

E-mail: Lapasserelle@worldonline.fr

Or: Bridgeofhope2000@yahoo.com

Please continue to pray for Emanuel, and if the Lord lays anything on your heart for him, please don't hesitate to send it to us. We love you lots. Power to the kings!

By the AltNature Web site

Wild Carrot: *Daucus Carota*

QUEEN ANNE'S LACE

IS the wild progenitor of our cultivated carrot. It still has many of the properties lost in cultivation. If an apple a day will keep the doctor away, a wild carrot a day might keep death itself away!

Other names:

- Queen Anne's Lace
- Bee's Nest
- Bird's Nest
- Carrot
- Carotte
- Wild Carrot
- Yarkuki

- Zanahoria Wild Carrot
- Bird's Nest Weed
- Devil's Plague
- Garden Carrot
- Bee's Nest Plant
- Bird's Nest Root

Wild Carrot is easy to grow; it prefers a sunny position and a well-drained soil. Considered an obnoxious weed by some, it can spread very quickly. In its second year, from a taproot (the carrot) stems grow to a height of two to four feet or more. They are erect and branched, both stems and leaves are covered with short coarse hairs. The two- to four-inch "flower" is actually a compound of terminal umbels, made up of many small white flowers. The central flower is often purple. Blooming from June to August, it often continues to bloom flowers much longer. Its root is small and spindle shaped, whitish, slender and hard (tender when young), but soon gets tough, with a

strong aromatic smell. The root is a source of vitamin A. The plant smells carrot-like.

Harvest entire plant in July or when flowers bloom, and dry for later herb use. Collect edible roots and shoots in spring when tender. Gather seed in fall.

Properties: Wild carrot is edible and medicinal. The root is edible cooked or raw, flower clusters can be French-fried for a carrot-flavored, quite attractive dish. The aromatic seed is used as a flavoring in stews and soups. Used for centuries as an alternative medicine.

Ongoing studies are proving this to be a very valuable plant, useful in many areas, including Alzheimer's, Crohn's disease, Parkinson's disease, infertility, asthma, most types of cancer, diabetes, leukemia, HIV, spina-bifida, migraines, obesity, even the common cold, and much more.



A medicinal infusion is used in the treatment of various complaints including digestive disorders (soothes the digestive tract), kidney and bladder diseases and in the treatment of dropsy, it supports the liver, stimulates the flow of urine and the removal of waste by the kidneys. A wonderfully cleansing medicinal herb, an infusion of the leaves has been used to counter cystitis and kidney stone formation, and to diminish stones that have already formed. The seeds can be used as a settling carminative agent for the relief of flatulence and colic.

Wild Carrot leaves contain significant amounts of porphyrins, which stimulate the pituitary gland and lead to the release of increased levels of sex hormones, and stimulates the uterus. The plant can induce uterine contractions and so should not be used by pregnant women. An essential oil obtained from the seed has also been used cosmetically in anti-wrinkle creams. A strong decoction of the seeds and root make a very good insect repellent.

Recommend? Or Not?

(DR. KOGER SPEAKING:) It's a dilemma to know whether or not to recommend an herbal remedy of any kind—no matter how good it sounds—because there's always the danger that someone will take it to the extreme and not be prayerful in its use.

So please, dear Family, be very prayerful with this information. I know you've heard this before, but I'm going to say it again: Don't ever assume that something is going to be the cure for "this or that," or help to relieve you of some affliction or health difficulty you experience—without first asking the Lord for His view. Herbal remedies can be helpful, but if used incorrectly or without the Lord's express permission and guidelines for you, they can be dangerous and have unpleasant side effects.

I can't stress enough that you just have to ask the Lord. There's no other way. No matter how good a product, medicine, or even something natural like an herbal remedy sounds, and no matter how it worked or helped someone else, you are different, your body is unique, and only the Lord knows what will work for you. So take it slowly, prayerfully, and counsel with our greatest Doctor! That's the only way to be safe and know you're doing the right thing.

Try These Recipes

MEDICINAL TEA:

To 1 oz of dried herb add 1 pint of boiling water. Steep 10–15 min. Drink three times a day.

INFUSION OF THE SEEDS:

Use $\frac{1}{3}$ –1 teaspoonful to a cup of water. Take in tablespoon doses 3–4 times a day.

SEX *After Baby*

Q:

In *GN Book 11*, pg.140, par.85, it mentions that Grandpa says that girls who have baby boys should refrain from sex for 40 days, but girls who have baby girls should refrain from sex for 80 days. What is the reason for this? I've always only been told to refrain from sex for 40 days. Is there a difference?

"ANSWERS TO YOUR QUESTIONS!—NO.8," ML #1566:85.

A:

This is a mosaic health law, so we are not bound by it except for health reasons. But nearly all doctors recommend six weeks to let the woman heal and recuperate before possibly having another pregnancy. —Mat.9:29.

VITAMIN B *Battles Nausea*

BY LEAH (OF ABEL), THAILAND

I have eight children and have always had extreme nausea with each pregnancy, lasting until I was nearly five months pregnant. Through the years I learned how to combat this and stay on top of it, what and when to eat, etc. But the main thing I wanted to share was regarding my last pregnancy.

Since my seventh child, I haven't felt that strong physically and wasn't sure how I would take another pregnancy,

especially now being over 40. Because I was often rundown, I started taking a natural B complex vitamin supplement every day, which helped keep up my resistance. Well, the Lord wanted to bless my new mate and I with a little one together, and at age 44 I got pregnant with number eight.

I was dreading the next three or four months of nausea, but was surprised to find it much less than any of my other pregnancies! I'm sure the Lord was helping me, but on the physical side, I read that if you take certain

B vitamins *before* you get pregnant, you won't develop a deficiency and get nausea. I had never taken them before I got pregnant previously, and wasn't even faithful to take them after I got PG because my nausea was so bad that I couldn't swallow pills.

So, my tip is ... if you battle nausea during your pregnancies, and you think you might get pregnant again, try taking a good balanced B vitamin supplement for a few months before you conceive (you particularly need B6 and folic acid). God bless you with healthy children!

B6 *Basics*

BY BABYCENTER WEB SITE

No one knows for sure how vitamin B6 (also known as pyridoxine) relieves queasiness. It helps the body metabolize certain amino acids (proteins), which may somehow reduce nausea. Doctors first used vitamin B6 in the 1940s to relieve morning sickness during early pregnancy. It doesn't work for all women, though.

Vitamin B6 is also important because it strengthens the immune system, aids nerve impulse transmission, assists with energy metabolism, and synthesizes red blood cells. The latest research showed that taking a supplement of 10–25 mg three times per day did reduce symptoms in some women with severe pregnancy nausea. (Note: Pregnant and breastfeeding women should not take more than

100 mg of vitamin B6 per day without a doctor's supervision.)

You can get B6 from food sources as well. A large banana provides almost an entire milligram of this B vitamin. Brown rice, lean meats, poultry, fish, avocados, whole grains, corn, and nuts are also high in vitamin B6. So you may want to add some of these foods to your diet along with the vitamins.

WHAT *Your Pregnant Wife Wants to Hear*

BY MARK MERRILL, THE FAMILY MINUTE

First, let me tell you what she doesn't want to hear. Things like, "Wow! You're getting big." "What happened to the fun woman I married?" Or, "Why don't you ever cook anymore?" Pregnancy is a physically and emotionally challenging experience, and a woman needs support and understanding. So be patient, and realize how she's feeling.

And what should you say? Try, "I'll make dinner for you." "Don't worry, I know you're just tired." And, of course, "I love you" is always appreciated.

MORE *Pg-* *mom Praises*

"You're looking radiantly beautiful!"

"I'm so proud of you for carrying our baby."

"It amazes me to see that you have another precious person inside of you! What a miracle!"

"You're such a wonderful sample of cheerfulness, when you must feel so tired, with the added weight of that little person inside you!"

"You are just amazing to me."

"I love you so much for being willing to bear my child."

"I never cease to thank God for the wonderful mother you are!"

"I love you more every day."

"Jesus has blessed me with the most wonderful woman in the world—the mother of my baby!"

MIRACLES *and Witnessing Galore* FROM HEAVEN'S DOORS

BY CLAIRE TRUST (OF
STEPHEN), BELARUS

Our baby is a real joy, and we are so thankful for this precious gift from Heaven! We had to fight for him, as I had a very difficult first half of pregnancy, then we traveled a lot, and the labor was a fight as well. But now when we look at him, we clearly see he was worth every bit of it. He's such a treasure! We now have three boys and one girl.

As always, the Lord has used our children to keep us moving and pioneering; this month we got to pioneer a hospital where our baby was born. The way they deliver babies in Russia is very far from natural. Our baby came

three weeks earlier than we had expected, and since we had to travel to a different city and country, we didn't have a chance to make arrangements with the hospital.

So when the labor started and we went to go to the hospital, the doctor in charge said there was no way my husband could be with me—and, what's even worse, I couldn't be in the same room with the baby after the delivery (and they keep you in the hospital for five days!). No matter how much we pleaded, they didn't seem to care.

We kept praying and claiming the power of the keys, even though it looked impossible. And then, when I was already by myself and Stephen was waiting downstairs, I decided to give it one more try. I

went to see the person in charge again and asked if she could change her mind—and she agreed! So Stephen was allowed to be with me. They also worked it out for me to stay with the baby, and the other things we asked them during labor and delivery. We had to keep asking and fighting for it, but the Lord came through for us. PTL!

The doctor gave me her phone number and asked me to stay in touch. She said, "If you decide to have another baby, you can come to me. I could even do a home birth for you!" Most women here have just one child, some two, and some none. So the fact that I was having my fourth child immediately drew everyone's attention. Most women at the hospital were having their first child, so some started coming to me asking for counsel on how to nurse their babies and take care of them. I tried to encourage the mothers and told them whatever I knew, as well as witnessed in whatever way I could. I'm glad the Lord could use me to help these people in some way.

DAD SPEAKING, ON "WHAT YOUR PREGNANT WIFE
WANTS TO HEAR":

Amen! This is true for our dear, wonderful pregnant mothers, and it's true for each and every person you run into throughout the day. You can have a great impact on someone's day—and life—by the little words you say. So be prayerful, and make sure that what you say will lift up, build, and inspire—by the power of His Spirit.

BEATING *The* Body Clock

QUESTION:

I wanted to suggest a topic: body clocks. You see, I have a problem with going to sleep. I enjoy the early morning hours of peace and quiet and usually don't feel tired until about 2 AM. I then like to sleep in until 9 AM. This can present a problem if the Home wants to have an early reveille, or if there isn't somewhere for me to spend those hours without disturbing anyone. Most others in the Home like to be in bed by 11 or 12. I have tried to change my body clock to synchronize with others, but nothing seems to help. Do you have any counsel or suggestions? Is it something I should accept, or can I change my body clock?—*Female 22, Europe*

ANSWER:

(*Dad speaking:*) Isn't the Lord's creation wonderful? He made so many different types of people, and we're all so different—in terms of appearance, personality, traits and mannerisms, and even something as seemingly simple as body clocks. It's all part of the wonder and miracle of the Lord's creation, and it's as much of a miracle that He enables us all to work together as such a well-oiled body, when we are so different.—All different, yet all one in Him! Praise the Lord!

There is some interesting material about

body clocks, and you can glean some good tips that can help you make the most of your peak work times and so on. But in all of this, there is one thing that's most important to remember, and that is, of course, the "God factor." Whatever trait, habit or genetic tendency you have, the Lord is greater than it, and with the power of the keys you can rise above.

That's not to say that being a late or early riser is a bad thing in itself—the Lord glories in our differences as much as in our togetherness. But undoubtedly there are times, such as the

one you described here above, when it can be inconvenient to feel the pull of the flesh too strongly in a certain way. And it's at those times that you should remind yourself of the tremendous power that is at your fingertips through the keys of the Kingdom.

Remember, there is nothing that cannot be accomplished through the power of the keys of the Kingdom. That is a promise, and you can claim that. There is no trait that is too difficult or impossible to overcome, and while you might still feel a bit more of a pull

towards the later hours, if you know from your Home schedule that it's not expedient for you to be up so late, because you'll have a hard time rising the next morning, then you can claim the Lord's promises, go about obeying by faith, and trust that "as you go, He will heal."

You can stake your life on God's promises.

His Word has never failed, so stretch out your hands of faith and take what you need from His bountiful storehouses. Don't limit your faith by thinking that it is such a small, petty or insignificant thing to be asking the God of the universe, or thinking that it is too "human," too naturally ingrained in

your system to be able to be overridden. Our God is a mighty, all-powerful force to be reckoned with. So ask Him for what you need.—And in Jesus' Name and the power of the keys, you'll get it! (End of message.)

(See also "Body Clocks and Astrology," ML #1310.)

HOW LISTENING *To Your Body Clock Can Make You Tick*

By Dan Fielder, Male Health Web site

Each of us has our own distinctive circadian rhythm (circadian comes from the Latin for "about a day") or internal clock, which regulates our body, releasing chemicals and changing breathing and heart rates as we move through our 24-hour cycle. Studying these daily behavioral patterns has enabled scientists to discover the best time for each of us to do all kinds of things, from studying to playing sports to having sex.

What type of bird are you? We're all on the same cycle, but some of us start—and finish—later

than others. Sleepwise, we all fall somewhere along a circadian spectrum that has "larks" at one end and "owls" at the other. Larks wake early and are at their best in the hours leading up to lunch; owls struggle to get started after waking but come into their own as the day goes on, and are often quite capable of working into the small hours if need be. (By the way, all of us may tend towards the lark end of the scale as we get older.)

- Plan your day.

Knowing where you fit on this spectrum is your first step to making the most of your internal clock. If

you feel like sleeping at midnight you'll be mentally brightest from around 9–10 AM, and your afternoon "down"—we all get one—will hit around 4 PM. But the more of an owl you are, the later these times will occur, so plan your day accordingly.

- Adjusting your pattern. Regular sleeping habits are essential to good performance. If you're a morning person but have got into the habit of going to bed later and later, get back into a sleep pattern that suits you. Set a time for bed—ideally before midnight, say sleep experts—and stick to

it, whatever you've been doing that day. (Don't worry if you can't sleep straight away: You will, with practice. In the meantime, do something relaxing like listening to gentle music.) (Eve: *Or have praise time, loving Jesus time, or prayer vigil. Or read something relaxing and low key, like CLTP stories, or Eve!*)

- Resetting the clock.

It can help to take things a little easier on your day off—it's a buffer period, which allows you to get back in synch with your cycle and make up for any lost sleep.

- Generally, people are best at doing mentally demanding tasks in the morning, somewhere between 10 am and noon—and certainly before lunchtime, which almost always produces a slump.

- Brain first, memory second. As a rule it's better to do purely intellectual and analytical work earlier in the day—and revision, retention-based work towards the end of your thinking session.

- Work that body! When you exercise in the late afternoons or early evening, your muscles are at their warmest and most

flexible. Not surprisingly, this happens to be the time when most Olympic records are broken. The happy exception here is sex, which turns out to be good at both ends of the day. Normally physical activity is stimulating—it increases blood pressure and heart rate, and switches the mind on—so shouldn't be carried out too close to bedtime. Sex, however, is unique in having a soporific (sleep inducing) effect.

And that classic excuse? "Sorry I overslept. It's just that in circadian clock, genetic terms, I'm an extreme owl type."

CRACKED *Wheat* Vs. *Whole Wheat*

QUESTION:

Some breads have whole wheat as the first ingredient, others have cracked wheat as the first ingredient. What is the difference?

ANSWER:

(By Prevention magazine:) When you see whole wheat, it means the bread flour is ground from whole-wheat kernels and retains the nutritious bran and germ components of the kernel, or wheat

"berry." Cracked wheat also comes from whole-wheat kernels, except that the berries are broken into coarse, medium, and fine fragments. Some people prefer cracked wheat bread because of the

grainy texture. Since the nutritional component of the breads is similar, with whole wheat having a slight edge in fiber content (1.9 g versus 1.4 g per slice), feel free to choose the one that best suits your taste buds.

CAKE

Contest • Contest • Contest

By June (of Jim), USA

The Lord showed us in prophecy that it would be a fun idea to have a cake contest for our area's Family birthday party this year.—And, as always, what He showed us turned out great! It was great fun for all, both baking and decorating, as well as the suspense of watching and waiting and speculating on the winners! We had some good prizes, too (movie tickets and snack coupons), which made it all the more exciting and fun.

Upon searching the Internet under "cake contest judging," we came up with a chart, which added to the fun, stretched the event out, and made it more dramatic. It also gave us more opportunities to give credit where credit was due. We judged on the following categories by percentage, and even those who didn't win an overall prize were given verbal commendation and a big round of applause by the crowd of anticipating eaters. For example, while one cake didn't win a prize, it still got first marks in attractiveness, and so got lots of cheers! (*See the categories below in table.*)

To make this work, we graded the three best cakes in each category. For example, the most attractive cake gets 3 points, the second gets 2 points, and the third gets 1 point. Multiply these numbers by 20, so they score: 60, 40 and 20. For texture, multiply the points by 10, so they score 30, 20 and 10. Then add up all the points after judging each category to see who won! Have fun!

PS: We thought that next time we could add the topic of healthfulness to the chart, and ask that people turn in their recipe.

Here are some notes on what to look for in judging a cake-baking contest:

General Appearance

- Appearance should be attractive and the shape evenly risen or slightly rounded on top; size convenient for cutting and serving, thickness of layers uniform; crust: golden brown, thin and tender; frosting, if applicable, not too thick and in good proportion to cake.

Internal Appearance

- Color even throughout; grain is fine, even; texture is tender, light, and springy when pressed with a finger, slightly moist.

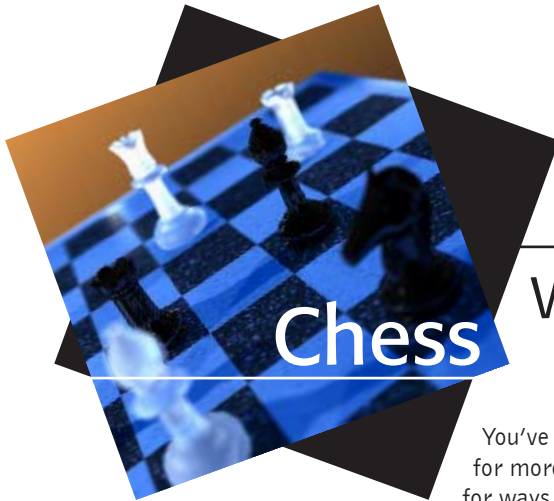
Flavor and Odor

- Taste without detection of shortening, egg or flavoring; odor is delicate and pleasing.

Icing/filling

- Appearance is creamy, not too thick and not too highly colored; texture is smooth, well beaten, not granular to taste, not too thick; firm consistency, but not too thick; suitable for type of cake, light and fluffy; flavor complements cake.

Cake	1	2	3	4	5	6
Attractiveness 20%						
Originality 20%						
Creativity 20%						
Taste 20%						
Texture 10%						
Smell 10%						
TOTALS						



Chess

with a Twist

By an SGA woman

I'm married to a terrific man, but sometimes due to all we have to do for the Lord, I don't take enough time to show him my appreciation and love. It takes effort and time and prayer to add "spice" to married life. But I know it's very important. I really want to (and I like to) and every time I do, it pays off big-time. But sometimes I just get lazy and forget. But one day in my personal prayer time, the Lord said:

Jesus speaking:

It's not okay to just settle for living happily with the way things are.

You've got to strive for more, and look for ways to improve your relationship.

Start investing more in the times you have together. It's not that you necessarily need to be spending *more* time together, but just that the time you do spend needs to be *more quality*, and you need to invest more effort in it.

For example, you can spice up your sex life and infuse fun and new and different things or activities on a regular basis. Another idea is that you could set aside at least one day, or evening, every week where you read something together or do something together that's spiritually based—like singing songs, reading old Letters, etc.

If your husband feels like his needs are met,

and that you're putting more time and effort into the things that mean the most to him, then he'll be much more inclined to meet your needs. If you're giving him your 100% during the times you're together, then he'll be motivated to give more of himself to you, thus making you happier in return. You will be making him happier, so he'll want to make you happier.

You can't expect that he'll do all of the things you want him to do, if you're not at the same time making sacrifices to fill his needs. And, of course it's going to cost a bit—take more prayer, more effort, more pre-planning and thought. But as you so well know, anything worth something costs something. (*End of message.*)

So I decided to plan a special evening for us, but I didn't know what to do. I wanted something fun and original, that would really make my husband happy. So I figured what better way to get a cool idea than to ask the Lord. So I did, and here's the idea He gave me, which was completely out of the blue and unexpected!

pieces, which I then folded up real small and taped to the bottom of each piece. The "king" and "queen" pieces had the "biggest" prizes underneath, but all of the other ones were random. Some were:

- You win a 3-minute back massage.
 - You win a 3-minute head massage.
 - You win a kiss.
 - You win hearing your wife say a few love words to Jesus.
 - You win knowing five things your wife loves about you.
 - You win a lap dance.
- ... And, of course, things got more erotic from there, but I'll leave that up to your imagination.

I'm not a great chess player at all—in fact, I can hardly play. So that's why one of the slips of paper under one of the chess pieces I won from him was: "You win back any one of the chess pieces you lost."—Ha!

The ambiance was an important part of the package. I set up a little table and two chairs close to our bed, covered it with a nice tablecloth, set up candles, along with the chessboard. The Lord had also supplied

some fake rose petals, which I scattered on the bed and table, which added to the atmosphere. I placed candles all around the room, dressed appropriately for the occasion, served a glass of wine, and put on some background music as the final touch. All of this was a surprise to him, and he loved it.

I never knew that the Lord could give such awesome ideas on what, in the great scheme of things, seems like such an unimportant part of life. Even though He's the great God of the universe, He still takes the time for the little things in life that mean so much to us, and make our lives happier and more joy filled. I'm looking forward to next time, when it's my husband's turn to plan something special for me.

"As..."

...you call on the keys of recreation and relaxation your fellowship and your pleasure will be better, sweeter, more satisfying, and with more variety if you will call on the keys of the Kingdom."

Jesus speaking:

Play chess! And underneath every chess piece, put a piece of paper with something written on it, so that when you win a piece from your partner, you get some sort of prize or reward. Even the pawns would be worthy of being taken, and the object of the game changes from the goal being to reach checkmate, to the goal being to be able to take as many pieces from the other player as you can—because every piece is more than just a piece. When he takes one of your pieces, he gets something special. When you take one of his, you get something. (*End of message.*)

So I then prayed and asked the Lord for some ideas of what to put on the bottom of the chess

THE LOVE *of a Woman*

A young woman at 16,
and on to 25
Bears in herself the promise
Of the blossoming spring
of life.
So strong the call,
That her lover will fall
To his knees in his pleas
to unite.

A woman at 30
Reveals her sturdy
Summery mind and heart.
To her faithful lover
The world without her
Would fade and life would
depart.

But how wondrous a
change
After 40 doth range,
Which makes former glory
seem brief.
As emotion, compassion,
A deep beauty fashion
To color her autumn leaf.

And what of winter,
That joyous time
When her heart chimes
ever so free.
Her lover is cheered
As gently he peers
Into her eyes and eternity
sees.

Oh, woman adorned
With the promise ring,
Bride of the morning,
the noon and the
night.
In all of life's cycle,
Joy you bring.
And make your man's
burden seem light.

For when the song is
ended
And life is done,
The love of a woman is
only begun.

—By Steven Schaf

JUST FOR FUN ... *What Gender Is It?*

Ziploc Bags =
male, because they hold
everything in, but you can
always see right through
them.

Hot Air Balloon =
male, because to get it to
go anywhere you have to
light a fire under it.

Hammer = male,
because it looks pretty
much the same after
5,000 years of history,
and it's always handy to
have around the house.

Sponges = female,
because they are soft and
squeezable and retain
water.

Subway = male,
because it uses the same
old lines to pick people up.

Hourglass = female,
because over time, the
weight shifts to the
bottom.

Photocopier =
female, because once
turned off, it takes a

while to warm up. It is
an effective reproductive
device when the right
buttons are pushed. And
it can wreak havoc when
the wrong buttons are
pushed.

Remote control =
female ... Ha! You thought
it would be male. But
consider: It gives a man
pleasure, he'd be lost
without it, and while he
doesn't always know the
right buttons to push, he
keeps trying!

Cover photo: Charity (mother of 6), Madagascar

Suggested reading for ages 16 and up.

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