

EVE

Issue 47

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spices
&
their uses

horseradish

Horseradish is usually served cold, because much of the piquancy is diminished by heat. When cooked, it will have little flavor. The most familiar application of horseradish is to use it in a similar manner as mustard, to go with cold meats such as ham, tongue, corned beef, and especially roast beef. A simple horseradish sauce or relish is made by mixing the freshly grated or finely sliced roots with sugar and vinegar, or blend with grated apples, mint and sour cream.

Horseradish also goes well with fish, and many popular “red” sauces are made by adding grated horseradish to a rich tomato base. In Eastern Europe and the

Scandinavian countries, horseradish will be in recipes for soups, sauces and with cream cheese, and is regarded as forming a zesty marriage with beetroot. In Japanese cuisine, *wasabi* (horseradish) is an ingredient in fillings for *sushi*, an accompaniment to *sashimi* (raw fish) and is often mixed with Japanese soy sauce for dipping.

mint

Peppermint is far more limited in the kitchen than spearmint, and will mostly be found in the occasional recipe for sweets, such as peppermint creams, or added as flavoring to baked items like chocolate cake. Peppermint tea is possibly the most agreeable of all herbal beverages. It is a pleasant tasting, relaxing tea that aids the digestion and helps clear the head of minor winter sniffles.

Spearmint, on the other hand, has myriad applications, made possible because its light, minty taste brings an element of freshness to the foods it is combined with. Some writers hold the view that mint does not combine well with other herbs, however when added in small amounts I have seen it complement thyme, sage, marjoram, oregano and parsley very well.

When many of us think of mint, the first dish that comes to mind is roast lamb with mint sauce or mint jelly. Mint is a good accompaniment to chicken, pork and veal, and it is delicious sprinkled on potatoes, as well as cooked green peas that have been tossed in a little butter. It also goes well with tomatoes and eggplant when used sparingly.

Salads and salad dressings benefit from the addition of a little mint, as do cold dishes such as iced

by ian hemphill,

the spice and herb bible

cucumber soup and fresh fruit salad.

Middle Eastern, Moroccan, Indian and Asian cooking all benefit from the inclusion of mint in a variety of recipes that range from stuffed vine leaves, *tagines*, butter chicken and stir-fried vegetables, to chutneys of freshly grated coconut, curry leaves, fried mustard seeds and chili. A favorite of mine is the cooling cucumber, yogurt and mint *raita*, which is a perfect companion to spicy Indian meats like *tandoori* lamb or chicken and meat *koftas*.

mustard

Whole mustard seeds are an important ingredient in pickling spice blends, the Indian seed mix called *panch phora*, and are added to steamed vegetables such as cabbage. When fried in oil at the beginning of making a curry, mustard seeds release a deliciously nutty taste and slight piquancy without any heat (as the enzyme has not been activated).

Mustard powder should not be added directly to vinegar, as the enzymes will be killed and a bitter

flavor will develop; always put some cold water with it first, but never hot water as this kills the enzyme.

To make hot mustard for the table, mix cold water with mustard powder and leave for 15 minutes for the heat to develop. Make only enough for that day, as by the next day the heat will have dissipated. Ground yellow mustard seed is worth adding to water, oil and vinegar salad dressings, as the water-absorbing properties of the retained husk acts as an emulsifier and will prevent the mixture from separating for 10 minutes or more after shaking.

An effective coating for red meats can be made by including a couple of teaspoons of brown mustard seed with a tablespoon of paprika, sumac, some oregano, and salt to taste. As well as delicious meat, a side benefit is the gravy made from the pan juices, which will be rich, dark and full bodied. Mild prepared mustard makes an ideal substitute for butter or margarine on veggie sandwiches as it contains almost no fat and has a complementary taste.

nutmeg and mace

Nutmeg's warm, aromatic full-bodied flavor complements a diversity of foods and although predominantly sweet in character, should generally be added sparingly. Traditionally it has been used in old-fashioned food like junkets and rice puddings, and sprinkled over milkshakes. Once, all milk bars had a shaker of nutmeg on the counter—it was as common practice as it is now to shake powdered chocolate over cappuccino. Nutmeg is also included in biscuits and cakes.

Nutmeg also complements vegetables, especially root vegetables, making microwaved or steamed potatoes, carrots and pumpkin delicious. Toss them in a little butter and nutmeg after they're cooked. Another popular practice is to season cooked spinach with nutmeg, the robust sweetness seeming to neutralize the somewhat "metallic" taste of spinach.

Mace, on the other hand, is more likely to be found in seafood, and with sauces to flavor

meats such as chicken or veal. If you come upon a recipe requiring mace and you don't have any, a reasonable substitute is to use about a quarter the quantity or less of nutmeg, mixed in equal proportions with ground coriander seed.

oregano and marjoram

Fresh marjoram will add zest to salads and goes well with the more delicate-tasting foods such as egg dishes, lightly cooked fish, and vegetables. When dried, it is stronger in taste than fresh and is a traditional ingredient in the classic Anglo-Saxon herb blend, mixed herbs, along with thyme and sage. Marjoram goes well with pork and veal, and complements stuffing for poultry, dumplings and herb scones as well as being delicious mixed with a little parsley and butter for making herb bread.

Oregano is more pungent than marjoram, especially when dry, and is a popular ingredient in the regional dishes of

many countries. Oregano complements basil and the combination of these two herbs with liberal amounts of tomato, has become synonymous with pizza and Italian pasta. Oregano flavors dishes with eggplant, zucchini and capsicum and is found in recipes for moussaka and meat loaf. Roast beef, lamb and pork will develop a full-bodied taste and mouth-watering crust when rubbed with a mixture of paprika, sumac, oregano and garlic before cooking.

paprika

Paprika is used extensively to both color and flavor food, and is a popular substitute for the artificial red colors commonly added to sausages and preserved meats. Paprika is one of those essential spices I classify as "amalgamating," because its well-rounded and beautifully balanced flavor complements most savory flavors. The majority of commercial seasonings designed to be sprinkled on meats prior to cooking will contain paprika. Fast food barbecued and charcoal-roasted chicken usually gets its mouth-watering

color and flavor from seasonings rubbed on the surface, which include a reasonable amount of paprika.

In home cooking, sweet paprika is the mandatory ingredient which gives Hungarian goulash its characteristic color and flavor, combining wonderfully with the veal and cream in this dish. Paprika also enhances the flavor of pork and chicken. Eggs, whether scrambled, poached, fried, hard-boiled or made into an omelet, will benefit greatly from a judicious sprinkling of paprika.

parsley

The fresh, balanced flavor and crisp-mouth feel of parsley makes it an ideal accompaniment to most foods. Parsley bears the useful characteristic of diminishing the breath-lingering nature of some foods when it is consumed with them, the most notable of these being garlic.

Fresh or dried parsley may be used in omelets, scrambled eggs, mashed potatoes, soups, pasta and vegetable dishes and in sauces to go with fish, poultry, veal and pork.

It is included with garlic and butter for making garlic bread or simply garnishing a juicy, sizzling barbecued steak. Parsley is a key ingredient, along with mint, in the healthy and nutritious Middle Eastern salad *tabouleh*. Flat-leaved parsley is found in Moroccan dishes.

pepper (vine)

Pepper possesses the ability to stimulate the appetite with its provocative aroma; it causes salivation in anticipation of its expected taste, and activates our gastric juices as its pungency warms the tongue. No wonder pepper has been the world's most popular and most frequent traded spice for thousands of years! Pepper can be classed as one of the few spices which is not only an embellishment for the cook to employ, but it is also something, in the hands of the diner, that has the ability to turn an uninspiring repast into a subject of culinary ecstasy. Faced with a pallid, uninspiring platter, the judicious shake, pinch or grind of black

pepper, may be all that is required to achieve satisfaction.

Black pepper has the most distinct flavor and is more often than not associated with robust foods such as red meat, strongly flavored fish and seafood and game. Black pepper, when applied in moderation, will complement delicate foods as well. To make a tasty, but not too hot pepper steak, roughly grind black peppercorns and sieve them to separate the pericarp from the heart. Then season the meat with the oil-bearing, tasty outer husk only, discarding the hotter, inside part of the berry.

White pepper has been used traditionally by Europeans who don't like the idea of having black specs in their white sauces. White pepper is worth having on hand for occasions when one wants to get a pepper "bite" without the fragrance of black pepper dominating the other flavors. Always use white pepper in moderation, as its heat can override more subtle ingredients and there is the risk of ending up with a musty "old socks" flavor permeating your food if too heavy-handed.

Green peppercorns complement both black and white pepper, and are often included in a blend for putting in peppermills. The flavor of green peppercorns is particularly pleasant in gravies and white sauces for poultry, red meats and seafood. Patés and terrines are enhanced by the addition of green peppercorns, as are the majority of rich foods like pork, duck and game.

True pink peppercorns should be thoroughly rinsed to remove the saltiness of their brine. They are delicious crushed in a pestle and mortar with a little olive oil and even less vinegar to make a colorful and tasty salad dressing. Pink peppercorns are also appropriate in the above applications mentioned for green.

rosemary

The astringent, fresh, savory taste of rosemary complements starchy foods. It is delicious in herb scones, dumplings and breads, and it counters the richness in meats such as lamb and chicken. The Italians love it, butchers putting a complementary sprig of

fresh rosemary with cuts of lamb.

Rosemary's unarguably powerful flavor does not overpower a dish when matched with other strong ingredients like garlic and wine. I like to add ½ tsp finely chopped, fresh rosemary to mashed potato, soy or butter beans. A spring of fresh rosemary will enhance most casseroles. One of my favorite basic meals is a leg of lamb with sprigs of rosemary and slivers of garlic stuffed into slits on the outside, and liberally dusted with sumac and sweet paprika before roasting. Rosemary is used in liver paté, and it goes well with game, including venison and rabbit. Vegetables such as zucchini, eggplant, Brussels sprouts and cabbage are all enlivened by the fresh, resinous taste of rosemary. Rosemary scones, made by adding 1 tbsp of freshly chopped rosemary to enough savory scone mixture for about a dozen scones, are delicious. Serve hot spread with butter. Not even the crumbs will be left.

saffron

Saffron's greatest hallmark is the phenomenon of its golden yellow

dye being water-soluble. Saffron is a spice that needs to be infused in liquid for most applications, then the sunlight-colored tincture is added to the dish to perform its magic. A pinch of saffron will deepen the color of warm water, milk, alcohol (for instance vodka or gin), orange blossom water or rosewater. The color will start to leach out of these strands within seconds of being immersed, and over a period that may range from five minutes to several hours each stigma will swell and become pale as it yields its precious pigment. Once I tried to make saffron oil by infusing saffron strands in warm oil, in the same way that you make rosemary or chili oil. It simply didn't work, because the oil served as a sealant on the stigmas of saffron, locking in the water-soluble color and their flavor.

As more than two-thirds of the color of saffron will infuse in the first 10 minutes, it is not essential to let it stand for many hours. For those who use saffron regularly, a quantity may be left to stand in liquid overnight. Drain

off the solution the next day and pour the saffron water into an ice-cube tray, then freeze until you need a little instant saffron.

Saffron is used traditionally to color Indian rice dishes, Italian risotto and Spanish paella. Its unique flavor and radiant color goes well with fish and chicken. Be careful not to add too much saffron to a dish, as an excessive amount will create a bitter, medicinal taste.

When cooking rice by the absorption method, an interesting way to use the saffron is to add it after the water has begun to be absorbed (about ten minutes). Just sprinkle several strands of saffron and replace the lid without stirring. The remaining moisture and steam will release the color from the saffron, and golden veins will bleed down into the white rice, creating an attractive motley effect when it is served.

Once one becomes involved with saffron, an appreciation of its subtlety and how little can be used to achieve a rewarding result is soon evident. It's fun to experiment with different infusions, observing

how long it takes for various types of saffron to tint selected mediums and how they in turn affect the resulting aroma and taste.

sage

While some may find the pungency of sage overpowering, its astringent, “grease-cutting” attributes make it a perfect accompaniment to fatty foods such as pork, goose and duck. Sage often gives the best result when used in moderation and in dishes that are being cooked for a long time. Such is the power of sage, that its flavor is rarely diminished by exposure to extended cooking times.

Sage goes well with carbohydrates, and for this reason it is an important ingredient in bread stuffings, dumplings and savory scones. Pea, bean and vegetable soups benefit from sage, as does a mash of potato or butter beans. Sage and onions are a well-known combination and moderate amounts of sage are excellent with eggplant and tomatoes.

Sage is a traditional element of mixed herbs, along with thyme and

marjoram. Sage will complement any full-bodied soup, stew, meat loaf, or roast meat dish. Deep fried sage leaves make a fashionable garnish.

salt

Salt should be added towards the end of cooking, because if you taste a dish and think the salt is just right at the beginning, any reduction taking place during cooking time will concentrate the salt content in ratio to the volume of ingredients in the dish being prepared. The only way to reduce saltiness is to add more ingredients, thus diluting the salt content. Adding sugar will not counteract the application of too much salt.

Salt enhances the flavor of vegetables when it's put in the cooking water, because it raises the saline level and consequently less of their natural mineral salts will be leached out. Salt sprinkled over slices of zucchini, eggplant and similar vegetables prior to cooking, will draw out any bitter juices. The salting of vegetables before pickling leaches out excess moisture and toughens them to create

a crisp texture. Salt is an important element in the preservation process. The effective drying of salted fish is aided by salt's ability to draw out moisture and inhibit microbial activity, while numerous pickles rely on the antiseptic and enzyme de-activating attributes of salt.

savory

Savory's wonderfully distinct piquancy brings an agreeable tasty element to relatively mild foods without overpowering them. The classic blend *fines herbes* and the traditional bunch of herbs for casseroles, *bouquet garni* will often contain savory. Savory complements egg dishes, whether chopped finely and added to scrambled eggs and omelets, or treated as a garnish with parsley.

Beans, lentils and peas all benefit from the addition of savory in almost any situation. Its robust flavor holds up well in long, slow-cooked dishes such as soups and stews. Savory combines well with breadcrumbs for stuffings and is an ideal seasoning when making coatings for veal

and fish. Sprinkle savory on roast poultry before cooking and include it in meat loaf and homemade sausages.

sesame

White sesame seeds are sprinkled on breads and biscuits in much the same way as poppy seeds, then during baking their pleasing, nutty taste develops. Sesame seeds are ground and compressed with sweet syrups and honey to make the wonderfully indulgent Middle-Eastern *halva*, and when they are ground to a paste they are called *tahini*.

Toasted sesame seeds are delicious sprinkled over salads and, believe it or not, ice cream. To toast sesame seeds, heat a pan as you would for dry roasting any spices, and shake the seeds around while heating them so they don't stick and burn. When they begin to hop about and show signs of tanning, tip them out of the pan, allow them to cool, then store in an airtight container.

Black sesame seeds are popular in Asian cooking. As well as their use in Chinese desserts

such as toffee bananas, the Japanese mix them with salt as a sprinkle-on condiment. Black sesame seeds do not take to toasting well, as this tends to make them bitter.

star anise

Star anise is to me one of the key signature flavors of Chinese savory cooking. Because it is pungent, only a very small quantity is required to achieve a pleasing result. A pinch of the powder is sufficient to flavor a wok of stir-fried vegetables and a single star will flavor a soup or hotpot. We cook delicious spare ribs (marinated in water, thick soy sauce, a little sugar and a couple of whole star anise), which are subjected to a long, slow bake until the liquid has reduced. The sweet, spicy, licorice-like notes of star anise also go well in sweet dishes such as compotes of fruit and spiced fruit jams.

tamarind

Because of its high tartaric acid content, tamarind is one of the most popular souring

agents for foods in the majority of tropical countries. Recipes will generally call for a quantity of tamarind water (typically 2 tbsp to ½ a cup) to be added during cooking.

To make tamarind water from the block, break off a walnut-sized piece and put into half a cup of hot water. Stir it around and work it a bit with a spoon. Leave for about 15 minutes. Strain the liquid off, squeezing the remaining pulp as dry as possible before discarding it. Tamarind water can be made in large batches and frozen into ice cubes to drop into cooking whenever required. Tamarind water can also be made from the concentrated liquid by dissolving 2 tsp in ½ a cup of water. If you think of tamarind water as another form of lemon juice, and use it in roughly the same proportions, the flavor strength should be just about right in any cooking application.

tarragon

French tarragon lends its unique flavor profile to French sauces such as *tartare* and *béar-*

naise, and is an essential component along with chives, chervil and parsley in the subtle blend of herbs known as *fines herbes*. Tarragon has a particular ability to flavor vinegar, achieved by placing a complete, washed stem with leaves in a bottle of good quality, white vinegar for a few weeks. Tarragon vinegar then becomes a useful ingredient for salad dressings and when making homemade mustards.

Tarragon complements fish. It goes well with chicken, turkey, game and most veal and egg dishes. The chopped leaves (or rehydrated dry ones) are attractive and tasty in mayonnaise, melted butter sauce and French dressing.

thyme

In Western and Middle Eastern cuisine, thyme finds its way into the greater proportion of traditional dishes. This is because thyme's distinct savory pungency brings an agreeable depth of flavor to soups, stews and casseroles and almost any dish containing meat. Thyme complements the flavor

of chicken, one of our favorite ways being to coat chicken pieces with *za'astar** mix prior to grilling, pan frying or baking. Thyme is excellent in pates and terrines, and adds a delicious savory flavor to meat loaf, hamburger mince and sausages. Thyme has an affinity for tomatoes and potato, being especially effective in potato salad, and complements the flavor of corn and green beans. Thyme goes well in rich sauces and is an important ingredient when making pickles and for flavoring spiced olives.

*Za'astar: A green, tantalizingly pungent thyme found in the Middle East. Also a term used to describe a mix of thyme, toasted sesame seeds, sumac and salt.

turmeric

Once one gets over the notion of turmeric being mainly used to color food, it is surprising how versatile its flavor becomes in a wide variety of dishes. It is of course most often associated with curries where the right amount

makes a significant contribution to the flavor. We make a Kuwaiti fish stew that owes the harmonization of its cardamom, pepper, cumin and chili notes with coriander leaves and green dill, to the inclusion of turmeric. I have found turmeric goes well in stir-fries with lime leaves, galangal (a spice resembling ginger), chili and Australian native lemon myrtle. Kapitan chicken is a delicious dish that European colonials enjoyed in Malaya, the prime constituents of its flavor coming from onions, garlic, chili and turmeric.

Although often called Indian saffron, turmeric should never be used in a recipe as a substitute for true saffron, as the flavor is quite different. One can make an attractive and tasty yellow rice dish though with turmeric. When cooking by absorption, for every cup of rice covered with water add ½ tsp of turmeric powder, a 1½ quill of cinnamon, 3 whole cloves and 4 green cardamom pods. Always be very careful not to spill turmeric on your clothes, as it will leave stains that are almost impossible to remove.

Feature:

Miscarriage Miracles

A miscarriage is an experience that is generally difficult to go through, and sometimes the hardest thing of all is to try to understand *why* it had to happen. The following testimonies illustrate a few different messages received for and by mothers who miscarried, and explaining the reasons why this happened in their lives. We pray that those of you in similar situations will draw encouragement and comfort from these accounts, and will also be motivated to go to the Lord for your specific situation, to get your questions answered and to find His perfect peace, rest and sweet understanding.

same experience. His way of seeing it is so beautiful, and I pray it will be an encouragement to others. (Note: Aside from my sister's three beautiful children, she's had four miscarriages after the 3rd and 4th month of pregnancy.)

(*Jesus:*) My darling, think it not strange concerning this special plan that I have chosen for your life. I know it is not the way that you would have thought or imagined, nor the way that you may have chosen, could you have done so. But if you could only see that My plan is so much greater, and the way that I see things so different than the way that you look at it from your vantage point!

I have chosen you as one of My very special mothers, a mother of not only some of My precious children, but also as a mother of "angels." You have given each of these dear ones a chance to go down to earth and to be a part of you and your life, and to experience life on earth before coming back up here.

[Note: As I was receiving this, I asked the Lord how this could be, as they were never actually "born." I got the feeling that their spirits were able to experience life during their time in the womb through the feelings, sounds and things they could hear and feel from the outside, as well as through the mother.]

You have faithfully received these little ones into your heart and your life, you have prepared a place for them there, and now they are preparing a place for you here, for the time when you will come to meet Me and them here in Heaven. You have your "angels" not only right there with you, but you have a team of very special "angels" up here as well. For as high as the heavens are above the earth, so great are My ways and My plans for each of you.

Thank you for being willing to be called and chosen as one of the special mothers that I can use for this special task. It is not an easy one, but you have accepted it as part

Mother of "Angels" *From an SGA woman, Earth*

As I finished reading a letter from my sister telling me she'd miscarried at four months along, the Lord gave the following Words of comfort for her, telling how He sees it—as her being a mother of angels. I wanted to share this message with others who have gone through or may yet go through the

of My special plan and purpose in your life, and through it you have grown wings, whereby you can fly to Me and receive all that you need, in this time now as well as in the times to come.

You have accepted My will and My plan in your life, and you have not held back from Me. You have not allowed this to make you bitter, but it has made you all the better through it. Thank You, My

precious one. I know you may not fully understand it here and now, but don't worry—just trust. Trust in My love; trust in My care; trust in My great plan and My hand in your life. And know that I am making the most beautiful tapestry out of what may seem to you like broken strands.

* * *

Something beautiful,
something good;

All my confusions, He
understood.

All I had to offer Him
was brokenness and strife,

But He made something
beautiful out of my life.

(*Eve:*) When asking the Lord for some further clarification about His use of the word "angel" when referring to human babies in the above message, He had the following to say:

(*Jesus:*) The term "angel" is used a lot—not only referring to those who are actual angels in the literal definition of the word, but also for those who go to Heaven. It's a word that can be used loosely, and doesn't always necessarily mean the big strong beings that were born in Heaven. I have the leeway to use the term "angel" as much as I like, and I often use it when referring to babies who go to Heaven.

My Childish Spirit Helper By Almond, India

Over eight years ago, I lost a baby in the third month of pregnancy. Three weeks later, my mate suddenly went to be with the Lord. To lose two close family members in such a short time understandably raised some questions in my other children's minds. The way I explained it to them at the time was that Jesus had taken the baby back to Heaven so that one of our children would be there waiting for

Daddy, and so he would have at least one of his children with him. He was a wonderful father who loved being with kids, and loved pouring into them. Everyone was content with that explanation, including myself.

Well, one day almost four years ago, after Mama and Peter had started encouraging us to hear more from the Lord in prophecy, that little girl—yes, she is a girl—came in the spirit, to tell me something about herself. This is what she said:

"I'm your little girl, the one you never had. I'm here to help you. I wasn't sent back [to Heaven] for Daddy's sake, but for your sake. Remember you asked for a 'childish' spirit? [I had asked for this a couple of years earlier.] Well, you got *me*! We are connected in a very special way. You conceived and miscarried so you would know that you have a child in Heaven; otherwise, how would you have known? I will come to you in a new body when the time is ripe. I am Priyanka."

A Time of Rest and Preparation

Message received for a young mother who had just had an early miscarriage

(Jesus:) A little one is My creation. This little one was not forming in the perfect way I had wished, so I stopped the growth, and I plan to start again soon.—Well, not *real* soon, because I think you deserve a rest for being such a wonderful soldier! And I'm going to give you that rest out of My great love for you.

Do you understand?
The Enemy of your souls

is also the Enemy of My creation, and he hates little babies of all kinds. And of course he hates your babies who grow up on My Words. So he fights, and he sends all the problems he can. I didn't have to allow it, that's true. But I did. Why?—So you could learn even more how precious each created soul is.

If you had each baby with complete ease, you'd appreciate them, but not as much as you will now! And the next baby who comes will be appreciated even more, because of this experience.

So don't get down and feel blue. My gift is still coming; it just got pulled back for a short while, waiting for the most opportune time when the little baby can be the biggest blessing. And meanwhile you have a break, where you can prepare [your eldest child] even more for the job of being a big sister. Isn't that neat?

So please, My love, don't despair. The desire of your heart will be fulfilled, for you are very special and dear, and beautiful in My eyes and in My arms and in My heart.

Our Second Chance Child *By Ruthie (of James), Ukraine*

My first pregnancy was a new experience for me. At first I didn't realize I was pregnant, and so didn't take sufficient care to eat well and avoid carrying heavy objects (suitcases, etc). At the end of my third month, the Lord saw it was better to wait on the baby's arrival, and I miscarried.

It was not an easy experience for me, but as the years went by, the Lord entrusted us with three beautiful children. Now I want to share our

latest miracle. My last pregnancy happened to have the same exact due date as my very first one—right to the very day. At the end of this third month of pregnancy, I started to bleed.

When I realized that the new pregnancy's timing was the same as my earlier miscarriage, I was faced with the decision of giving in to fear, or to choose instead to trust the One Who had carried me this far. We had a visa trip coming up, and I was desperate to know God's mind. I am so thankful for some prophecies received

by myself and others, which became my anchor of faith to hold onto.

The Lord not only kept the baby, but as a sign of His love He also told us that He had given us back our first miscarried child. It became obvious to me at first by the exact dates of the pregnancy and the delivery time, and then through the tests of faith, which made us appreciate this little life even more. God never fails!

* For more on miscarriages, please see the articles in *Eve* #5:25, #9:20–27, and #26:13–14.

Exercises that Heal

In recent years, study after study has shown that one of the most potent forms of “medicine” is movement. Health experts now prescribe exercise to help prevent and treat a broad array of ailments, ranging from certain cancers to heart disease, diabetes type 2, stroke and even sexual dysfunction.

The basic recommendation is to accumulate at least 30 minutes of moderate exercise, most days of the week. But specific advice varies, depending on an individual’s fitness level and health goals.

Based on research results and interviews with exercise scientists, here are exercise guidelines for several disorders.

Premenstrual syndrome: Regular exercise can improve the flow of blood and fluids throughout the body, which decreases fluid-related symptoms such as abdominal bloating and constipation; increase the effectiveness of insulin, which helps stabilize blood sugar levels and decreases food cravings; and strengthen back and abdominal muscles, which reduces back pain and cramping. It also can

relieve anxiety and depression and boost mood.

Do some form of aerobic activity three to six days a week, at about 55% to 90% of your maximum heart rate, for 20 to 60 minutes. Pick an activity you enjoy and do it daily, or almost daily, throughout your cycle—not just on symptomatic days. Although short, 10-minute bouts can boost cardiovascular fitness, activity should last for at least 20 to 30 uninterrupted minutes to provide maximum benefit to PMS sufferers. Consider exercising in fresh air and sunlight when possible—both can enhance mood.

Asthma: Regular physical activity can decrease the frequency and severity of asthma attacks, reduce the need for medication, and improve quality of life. Of course, discuss exercise plans with your health-care provider, especially if activity tends to bring on symptoms; warm up for at least five minutes before exercise and cool down after exercise to help prevent symptoms.

Pick a form of exercise that is less likely to induce symptoms, such as swimming and aqua-aerobics,

because water tends to moisten inhaled air. Moderate-intensity activities and stop-and-go activities (such as racquet sports or golf) also may be less likely to provoke symptoms. Your goal is to do at least 30 minutes of aerobic activity most days of the week. In addition, practice deep-breathing and relaxation exercises for at least five minutes a day.

High cholesterol: Burn at least 1,000 calories per week—the equivalent of walking or running eight to 10 miles—through some form of moderate to vigorous aerobic activity. One of the easiest options is walking three miles, three days a week or walking 30 minutes a day. You can also break this up into two daily 15-minute walks.

Depression, anxiety, stress: Find an activity you enjoy and can commit to doing regularly. Dancing, gardening, in-line skating—virtually anything that moves you is fine. Start slowly and progress gradually, working toward the goal of being continuously active for at least 30 minutes a day. Consider exercising outdoors when possible—bright light is known to improve mood.

Don't worry about taking your pulse or burning calories. And don't make the exercise so challenging that it contributes to stress or feelings of inadequacy. Just enjoy the sensations of moving your body. *(Dad: The Enemy likes to use depression and discouragement as inroads for his further spiritual attacks. As always, call out to the Lord for deliverance and help to get you fighting for the victory. Along with that, going on the attack in the physical can help to bring up your spirit and get you on the attack and fighting the Enemy. Sometimes a change of scenery, some good fresh air and exer-*

cise and time in the Lord's creation can give you a boost of inspiration, and certainly if you combine that with a good time of prayer and praise, then you'll find yourself on the way to victory in no time!)

Osteoporosis: Many of the exercises to prevent osteoporosis, such as those used in resistance training, are well known—but sometimes poorly executed. To build strong bones, children and teens should get at least 30 to 60 minutes of physical activity daily. For optimum bone health, choose sports that involve jumping and running such as basketball, rope-skipping and soccer. To help maintain bone, adults

should do at least 30 minutes of weight-bearing exercise most days of the week plus 30 minutes of resistance exercise two or three days a week.

Weight-bearing exercises are those in which body weight is supported by the legs and feet, such as walking, stair climbing, dancing and running. (Swimming and bicycling are non-weight-bearing activities.) Upside-down weight-bearing activities—such as handstand and other inverted postures—can strengthen bones in the arms and upper body. The higher the impact of the activity, the more it strengthens bones.

Resistance exercises, such as working out with free weights or weight machines, should include 8 to 10 strengthening exercises for all the major muscle groups. Use a heavy weight that you can lift at least 8, but no more than about 12, times with good technique. (Older and frailer people may find it more appropriate to choose a lighter weight they can lift at least 10, but no more than 15, times.)

Doing lots of repetitions with very light weights won't do much for your bones; bones add density when greater demands are placed on them.

Sports Bra Tricks

Why unsupportive is unhealthy: Discomfort is not the only consequence of wearing an unsupportive sports bra. "Without a proper bra, 70 to 80 pounds of force can impact the breast tissue with every step—even more so for large-breasted women," says Carol Stillman, a physical therapist in New York City. Repetitive bouncing leads to overstretching of the Cooper's ligaments—which in turn can cause sagging and soreness. Without adequate support, large-breasted women may also develop poor posture or experience neck, back, and shoulder pain.

Tips and types: The compression type of bra presses both breasts against the chest wall in a single mass. While this works well for small- to medium-breasted women, large-breasted women often find that their
(Continued on page 28)

Alcohol Dos and Don'ts

(Eve:) The Lord showed us to put together a feature on drinking alcohol as a follow-up to ML #3466: "Alcohol Liberty = Alcohol Responsibility!" As you know, this GN mainly covered the very important spiritual aspects of asking our Husband everything, including Him in every area of our lives, being responsible in our drinking, and knowing our limits, etc.

In this feature we're going to try and include some more information and articles with a bit of practical information about how alcohol can affect you negatively, the benefits of it as well as the health concerns, tips

about when it's not good to drink, and other such topics. This feature is not intended to promote alcohol, but as added information to help us to grow to be even more responsible in this area of our lives. In giving us the freedom of consuming alcohol, the Lord is holding us accountable to use that freedom wisely, responsibly, seriously, and prayerfully.

We pray these articles and prophecies will be helpful to you, used in conjunction with the counsel in the alcohol GN, as well as what the Lord shows you personally for your particular situation. We love you!

(Mama:) We all know it's against God's laws for Family members to abuse their bodies through overdrinking. [Some have] a very low tolerance to alcohol, and so it wouldn't take all that much ... to be "overdrinking." Alcohol abuse--besides being harmful for your body, and hurtful to your loved ones when you act unwisely due to the influence of alcohol--is a disobedience that takes you outside the boundaries of the Lord's protection. And obviously, drinking too much impairs your judgment and ability to have conviction, to say the least. ... I pray ... that you'll ponder these things in your heart and be wise by learning and changing yourself. Walk in the fear of the Lord and be blessed. ("Choices and Consequences," ML #3484)

After Two Glasses...

By Mercy (of Byron), Europe

This is something I found interesting in the light of the Charter amendment concerning alcohol.

By F. Gutwiller, Swiss specialist in preventive medicine (translated from Construire magazine): A moderate consumption of red wine has beneficial effects. It augments the concentration of good blood fats, which take a positive action against calcification of the arteries. But after two glasses, the negative effects of alcohol override the positive effects.

You Can Drink and Stay Healthy

By Dr. Robert Linn, Reprint from the FN Encyclopedia, pages 1190–1192

A sizable percentage—a many as 10%—of the 100 million Americans who drink have serious drinking problems. Chances are, you're not one of them. But alcohol is not a substance you can take for granted. It is, strictly speaking, a poison—although one your body can take in moderate amounts. Alcohol affects your body, your mind, your weight, and your nutrition. It can be hazardous to your health.

Here is some information on how to be a "better" and healthier drinker.

What Is Alcohol?

Whether it's found in beer, gin, wine, brandy, tequila, bourbon, sake, or even vanilla extract and cough syrup, alcohol always takes the same form. What makes one alcoholic beverage different from another is not the *kind* of alcohol but the *amount* of alcohol (and the other ingredients besides alcohol).

Alcohol itself is the end result of a natural

process called fermentation. Fermentation occurs whenever you leave certain fruits and vegetables with high sugar content in a reasonably warm environment for an extended period of time. Microorganisms known as yeast, already present in the air and on the surface of fruits and vegetables, start to act on the sugars. This process leaves behind some waste products: what we refer to as alcohol.

The yeast that produces the alcohol can't survive in an atmosphere that is too heavily alcoholic. So as soon as the alcoholic content of any fermenting mixture reaches about 15%, the yeast dies and fermentation ends. Naturally fermented beverages, like wine, are relatively low in alcoholic content compared to say, whiskey or gin. If you want to increase the alcoholic content of a beverage you must fortify it, and the most common method is known as distillation.

Wine is best defined as the fermentation product of grapes. Most of the wines you're likely to drink contain 11–12% alcohol. But certain wines, like port, sherry and muscatel, have been forti-

fied—that is, alcohol (usually in the form of brandy) has been added to them.

And what about beer? The basic ingredients in beer are water, barley, yeast, and hops (a dried flower). Water makes up about 90% of beer. The average beer has an alcohol content of about 4–5%, though some dark ales can go up to nearly 7%.

Whiskies are the most potent of all alcoholic beverages, and come in the widest variety of forms. The alcoholic content of whisky, known as "proof," can be somewhat confusing. The number used in describing proof represents *twice* the actual alcohol content. A scotch whisky described as 90 proof actually contains 45% alcohol.

Congeners are the natural by-product of the fermentation process. They are present, in very small amounts, in virtually all alcoholic beverages. Congeners are one of the main reasons that bourbon, for example, looks and tastes different from gin.

Congeners won't get you drunk, but they can influence your reaction to alcohol. It's possible that many of the typical hangover symptoms—

headache, upset stomach, etc.—are the result of allergic reactions to congeners and not so much the fault of the alcohol. And beverages higher in alcoholic content generally have a higher congener content. You can expect to find more congener content in, say, bourbon, than in wine.

One final word about substances other than alcohol in alcoholic beverages. Many brewers and wine makers use certain chemicals in order to enhance the appearance and prolong the shelf life of their products. Cobalt, for instance, is used by some brewers in beer.

How Your Body Handles Alcohol

Alcohol is poison—not as lethal as arsenic or cyanide, but a poison nevertheless. Drink too much too quickly, and it can kill you. But the good news is that most of us are able to drink moderate amounts of it without any harmful effects, because our bodies have the ability to detoxify toxic substances—within limits.

When alcohol reaches the stomach, it is in virtually the same chemical form as when it entered the mouth and it doesn't

have to wait around, the way other foods do, until the gastric juices break it down. Some alcohol, about 20% of what enters the stomach, is immediately absorbed through all the linings of the stomach and into the bloodstream. This initial quick absorption gives alcohol its kick. The rest moves along into the small intestine and gets absorbed there.

If your stomach is empty and you drink, the alcohol can potentially irritate your stomach linings. It can prompt the stomach (in self-defense) to secrete a protective mucus and also to secrete gastric juices. This is why the oft-repeated advice about “lining your stomach” before you drink makes such good digestive sense. It's never a good idea to drink on an empty stomach. Food—particularly protein-rich foods such as milk, meat or eggs—is your stomach's best defense against the inflammatory effects of alcohol. Food protects the stomach linings and slows down the process by which alcohol is absorbed into the bloodstream.

And keep in mind that soda water—or any beverage with carbon dioxide—noticeably speeds up the absorption process, which

explains why champagne has a stronger kick than other wines, even though the alcoholic content is not higher.

Your body only has one way of disposing of alcohol: It has to burn it up. And only one organ has the chemical ability to do this—the liver, one of the most important organs in your body. The liver does a remarkable job of converting the elements of alcohol into a chemical form that is useful to the body, but it can only handle so much at a time. The average liver can oxidize alcohol at the rate of one-third to one-half ounce per hour (4 ounces of wine, 12 ounces of beer or a cocktail). If you drink 1½ ounces of pure alcohol (12 ounces of wine or three drinks), it will be a good three hours before the last traces of alcohol have left your bloodstream.

Alcohol does cause thirst, but the thirst isn't related so much to a loss of body fluid as it is to a loss of cellular fluid. Alcohol disrupts the fluid balance around cells, triggering the nerve mechanism in the brain that makes you feel thirsty. Unfortunately, drinking a lot of water doesn't really quench your thirst because water doesn't have an

immediate effect on the liquid balance around the cells.

When Alcohol Hits the Brain

Alcohol is a central nervous system depressant—not a stimulant, as is commonly thought. After a drink or two, a person may feel more awake and alert, but this effect is only temporary. Alcohol is powerful enough to interfere with the brain's communication system. The initial effect is that it removes some of the control that your brain usually holds over your behavior. You lose some of your inhibitions. Some researchers go so far as to describe alcohol as the safest tranquilizer you can take.

Blood alcohol levels and behavior

Blood alcohol levels are measured in percentages. For every ½ ounce of pure alcohol (4 oz wine) per hour, your alcohol level goes up approximately .025%. Knowing your blood alcohol level, it's possible to establish some broad relationships with behavior. Here is a rough view:

.05% (2 drinks) You're less alert but you feel mellow, high.

.10% Your reaction time slows and you're less cautious than normal.

.15% (6 drinks) Reaction time is much slower than normal and things are beginning to spin around. You're drunk.

.20% You have trouble speaking or walking a straight line. You're very drunk.

.25% More of the same above, only worse.

.30% Close to passing out, if you haven't already done so.

.35% The point of surgical anesthesia. Anything beyond this point could be lethal.

Fortunately, your body's built-in devices make it unlikely your blood alcohol will reach a lethal level. If you get to .12% too quickly, for example, you will probably activate your vomiting reflex. Also, the more you drink, the more your body cries out for sleep. You usually pass out before you can consume the extra drinks that put you over the top.

The long-term effects of alcohol on behavior are mainly in the form of nutritional deficiencies that accompany heavy drinking. These deficiencies bring on certain nerve disorders, which

have been linked to a severe lack of certain B vitamins.

Are You Healthy Enough to Drink?

For certain types of people, even moderate amounts of alcohol can do harm. You can consider yourself one if:

- You suffer from liver disease.
- You have a stomach or intestinal problem, such as an ulcer.
- You have certain types of chronic kidney conditions.
- You must take certain medications regularly.
- You are a diabetic.
- You've had a serious drinking problem in the past.
- You've come from a family in which either of your parents was an alcoholic.
- You are prone to severe depression.
- You are pregnant.

Some evidence suggests that expectant mothers who drink moderate to heavy amounts of alcohol can subject their unborn children to physiological stresses. At the very least, these stresses can lead to a smaller and malnourished newborn. At the worst, they can produce a

newborn baby with serious brain damage and/or deformities.

Alcohol and Weight Gain

Alcohol is one of the most calorie-high substances you can consume. Each gram has 7 calories. A typical cocktail has 150 calories—the equivalent of a large scoop of ice cream. The catch is that the more calories your body burns up from alcohol, the fewer calories it needs to burn up from other foods in your diet. So these other calories get stored as fat. And some alcoholic beverages, in moderate amounts, serve to increase your appetite. They stimulate gastric juices and enhance the taste of many foods.

Below is a list of some of the most popular drinks and their caloric content:

- Gin and tonic: 150 calories
- Bloody Mary: 150 calories
- Scotch and water: 105 calories
- Scotch and soda: 105 calories
- Beer (12 oz): 170 calories
- Wine (3 oz): 72 calories
- Tom Collins: 155 calories
- Bourbon and ginger ale: 155 calories
- Martini: 150 calories
- Daiquiri: 160 calories
- Brandy (1 oz): 71 calories

Remember, if you drink an average of two drinks a day, your calorie intake from alcoholic beverages is going to be about 2,100 calories a week. This means in an average month, the calories you get from booze can put 2½ pounds on you. That's 15 pounds in 6 months and 30 pounds in a year. It sneaks up on you!

How Alcohol Affects Your Nutrition

Many people don't eat nutritionally balanced diets. The average diet is too top-heavy with refined sugars and fats. And alcohol, even in moderate amounts, can interfere with certain body functions—particularly your body's ability to absorb and utilize certain nutrients.

Vitamin A: As far as we know, moderate drinking doesn't seem to have any effect on your need for vitamin A.

Vitamin E: There's evidence to suggest that moderate amounts of alcohol actually help to counteract vitamin E deficiencies.

The B vitamins: Several of the more serious diseases connected with alcoholism have been linked to severe vitamin B deficiencies. The most

common lack in heavy drinkers involves vitamin B1—Thiamine. In milder forms among heavy drinkers, thiamine deficiency produces muscle cramps and general weakness. B3 deficiencies can produce diarrhea, gastritis and dermatitis. Losses of folic acid may bring on anemia, one of the most common problems associated with heavy drinking. And vitamin B deficiencies in general can trigger symptoms ranging from chronic fatigue to depression.

Trace minerals: Alcohol tends to wash magnesium out of your system. Unless this content is replenished you could suffer from hypomagnesemia, a condition whose symptoms include nausea, weakness, tremors, and irritability.

A vitamin program for the moderate drinker: The following nutrients, on the basis of recent research, have been found to be particularly important to people who drink. Here is what I recommend on a daily basis:

- Vitamin B1: 50mg
- Vitamin B2: 30mg
- Niacinamide: 50mg
- Vitamin B6: 100mg
- Calcium Pantothenate: 30mg
- Magnesium: 70mg
- Zinc: 80mg
- Equally important to

good health, but not as directly related to drinking are the other nutrients—Vitamins A, C, D and E. Be certain you get some daily.

Basic Strategy for Healthy Drinking

1. Put something in your stomach other than alcohol. Foods rich in protein—eggs, cheese, meats—are good, because they slow down the rate of alcohol absorbed into the bloodstream. Be careful of highly salted foods.

2. Keep track of how much alcohol you're taking into your system. Limit yourself to one alcohol dosage an hour (2 cocktails or 2 glasses of wine).

3. Sip, don't gulp. The quicker you drink, the more likely you are to have an adverse reaction—usually the morning after.

4. Don't drink when you're not feeling well.

5. Always know what you're drinking. Avoid home-brewed alcoholic beverages.

6. Don't mix alcohol with medications.

7. Forget the "one for the road!"

8. Go easy after you've drunk more than usual. Give yourself a few alco-

hol-free days before you drink again.

9. Be honest with yourself. You know when you've had too much!

10. Watch what you drink. That rum and gin mixed with fruit juice may seem harmless enough when you drink it, but it carries just as much punch as a martini!

How to Survive a Hangover

The symptoms of a hangover (or when you've drunk a little more than you should have) are

usually one (or more) of the following: headache, nausea, upset stomach, dizziness, fatigue, diarrhea. A hangover is your central nervous system's way of paying you back for what you did to it. There are as yet no known cures for a hangover. But one of the most frequently recommended foods is honey. Honey is high in fructose, the sugar that has been shown experimentally to accelerate oxidation of alcohol in the liver.

Easing the hangover headache: If you have a

(Dad:) The wisest thing is to avoid a hangover completely, by being prayerful and moderate in your consumption of alcohol. Having a hangover isn't a good thing, and it usually happens if you aren't being prayerful enough and you do drink too much—which would hopefully be an experience you would learn from and not want to repeat. So don't take this article to mean that it's okay to over drink and get hangovers, because you'll be able to "survive them." It's not okay, it's not wise, and it's not a good idea to over drink. The Lord won't bless it, and won't be able to protect you from bad side effects.

But sometimes you can experience the symptoms of a hangover even if you haven't technically drunk too much. For example, if you are run down already before drinking, or your body is fighting some sickness, or you don't drink enough water and get a little bit dehydrated. So if you happen to ever experience a hangover, or symptoms of a hangover, for whatever reason, the following tips may be helpful to you. But remember that praying and hearing from the Lord will help you to avoid the negative side effects of drinking, and any "day after" blues.

It really helps to drink fresh fruit juice.—Not store-bought juice, or juice made from concentrate, but freshly squeezed or blended juice. For example, squeeze an orange or grapefruit or two, then blend this with a cored apple and any other fruit that is around. They say fruits and veggies are the “waters of life,” because their liquid can

be immediately absorbed by your body. This helps counteract dehydration, and helps your body better assimilate and deal with the effects of the alcohol. Drinking this before you go to bed after alcohol consumption helps you not feel groggy or sluggish in the morning, because your body isn’t suffering from dehydration.

—Rachel, *Earth*

One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

—Web reprint

queasy stomach along with the headache, don’t rush for aspirin. If the headache is a mild one, see if you can wait it out for a few hours. If the pain is severe, take only buffered aspirin or an analgesic that doesn’t have any aspirin in it. Some people find that a hot shower, with the water against the top and back of your head, can ease the pain of a hangover headache. Or try applying hot towels to your forehead.

Try your best to relax. Don’t read or rush around. Tough as it may seem, try not to pay any attention to the headache.

Sweetening up a sour stomach: Be careful of what you eat. Avoid anything—coffee, for instance—that might irri-

tate your stomach. If you have nausea and it isn’t too severe, bicarbonate of soda or some other stomach-settling medicine will usually bring relief. Avoid heavy foods and very spicy foods.

Hypoglycemia

Hypoglycemia occurs when your blood sugar level is lower than necessary in order to meet your body’s energy needs. Common symptoms are fatigue, depression, anxiety, and irritability. If the level drops too low, you can pass out.

To avoid it:

1. Don’t drink alcohol after long fasting periods. If you’ve skipped lunch, don’t drink before supper.

2. Drink slowly. You give your body more chance to adjust.

3. Be careful about sugary mixers.

4. Don’t drink too much after a tiring exercise workout.

5. Watch your diet. Get some protein at every meal, especially at breakfast.

Alcohol and Your Heart

There is a growing body of evidence to suggest that moderate drinkers have a lower heart-attack rate than non-drinkers. One study found that the risk of heart attacks among non-drinkers was a good 30% higher than the risk among moderate drinkers, regardless of sex, age or previous medical

history. And the findings revealed that the highest risk of heart attacks was found among men who used to drink, and then quit. Whatever other mischief alcohol may cause to the body, its impact—on moderate amounts—on

your heart is by no means harmful.

Alcoholism: Could It Happen to You?

Nobody becomes an alcoholic overnight. It takes time, and there are

plenty of warnings along the way. The only problem is that one of the main symptoms of the problem is a refusal—or inability—to admit that the problem exists. So be honest and remember that nobody is immune to alcohol abuse.

Q&A on Alcohol



Q: When is it bad to drink alcohol?

A: (*Dr. Koger:*) It's bad to drink alcohol when the results of it are bad. It's bad to drink alcohol when you need to be at your peak, when you need to have full use of your senses, and when your mind needs to be focused. Alcohol can give you a false sense of your abilities, so that you are deceived into thinking you have reserves, presence of mind, clarity of thought, coordination, when in fact, these faculties are impaired. That is why "good" drivers who drink can kill themselves and others.

For relaxation, letting your hair down, winding down, loosening the reins, alcohol is a blessing. It's a handicap, and therefore a curse, when you

use it at the wrong time and place. "A wise man's heart discerneth both time and judgment." When in doubt—or better yet, all the time—ask the Lord what to drink and when to drink, and of course, how much to drink. God bless you with His wisdom on how to use "spirits" to help, not hinder your spirit ... and body. (*End of message.*)

*

(*Dad:*) Everyone's tolerance for alcohol is different, and each person reacts to it in different ways. Alcohol in some people can bring on depression, and they especially shouldn't drink it when they're down or discouraged. For others, it helps release their inhibitions and makes them feel more relaxed and at ease. That's why I said sometimes it helps to give a woman a little wine before a date, as it helps her relax and therefore enjoy herself more.

It's important to know how you personally react to alcohol and limit your consumption accordingly. You can always ask your close friends to be honest with you and let you know if they feel your drinking leads you to being more loud or boisterous or annoying or sarcastic, or whatever the case may be. Sometimes you yourself don't realize the affect it is having on you, so it's good to ask around, when in doubt, and get the opinion of others if you are not sure.

You certainly shouldn't be drinking if you're fighting a cold or the flu, or any sickness where your resistance is low, as alcohol will lower it further and could even drag out the healing process. Some people's sleep gets affected by too much alcohol. It initially can make you feel tired and sleepy, but then you may wake up a few hours

later, with your heart beating fast and totally wide awake. It also is an appetite stimulant in some people, and causes them to get hungry and want to snack or eat. For others, it can cause them to have loose bowels or the runs. And of course, depending on how much alcohol you've drunk, it can affect how you feel when you wake up in the morning, and whether you feel rested and refreshed, or groggy and tired.

So as you can see, there are a number of cons to drinking alcohol and that is why it is very important for you to know your limitations and what your body is capable of, as well as how it affects you and makes you feel emotionally and spiritually. *(End of message.)*

Q: What are some practical tips on drinking alcohol?—For example, is it important to drink good quality alcohol, rather than cheap stuff? Also, what about drinking water after drinking alcohol? I know it won't take away the effects (such as make you be able to drive safely), but does it help your body to metabolize the alcohol better and minimize after-effects like headaches?

A: *(Dr. Koger:)* Part of Horace's [Alderman] problem was that he had a bad reaction to alcohol—especially poor quality alcohol. Of course, that was not the reason for his criminal and devilish spirit, but his unsaved, cruel ways were amplified by the bootleg rum he ran—and “sampled.” He got saved with Fred Haas when he got sober, forced to not drink by being incarcerated.

All that to say, stay away from bootleg alcohol. Beware of cheap wine and liquor. They contain certain chemicals that increase the fermentation process and can have a bad effect on some people, increasing the likelihood of headaches, upset stomachs, restless sleep, etc. Stay away from artificial, harsh, chemicaled beverages. It's bad enough to bombard your body—especially your liver—with rotgut, but to compound this with additional chemicals and additives, that's downright abusing your temple.

God will supply. Why drive an old, unsafe car rather than have faith to ask Him for a sturdy, dependable and more useful vehicle? The same with your food and drink. So, if you drink, try to drink quality, not quantity.

To avoid headaches, drink plenty of water before and after imbibing alcohol. Alcohol dehydrates you, so it's very important that you drink plenty of water if you have been drinking. It will help your body metabolize the alcohol and will cut down on the after-effects your body can experience after drinking.

Don't drink when you're run down, when your reserves are low. David stopped drinking altogether in the last years of his life, as he needed all his reserves to maintain his strength. It got to a stage where it hindered more than helped.

Don't drink “when you need a drink.” That's usually when you *don't!* When you “need a drink,” then *pray!* Drink of His Spirit; lay your burdens on Him. Then if He okays it, have a drink. Go to Jesus first, for everything, and especially “when you need a drink.”

Drink in a good setting with good company, where your freer spirit won't stumble others. Drinking in public amongst the worldly is not best, as it can be fellowshiping with the world. Drinking is generally best when with friends and loved ones in private.

Of course, avoid mixing your drinks. It's hard enough on your liver and stomach to assimilate one type of liquor, but mixed liquor is terrible for these organs—and especially your head! Mixing things doesn't necessarily give you the best of both worlds, but may introduce a whole new factor—and usually a bad factor at that, in regards to alcohol. Avoid it!

Plan ahead. If you know you are going to be drinking alcohol, make sure first of all that you have eaten something and don't drink on an empty stomach. Food helps slow down the alcohol absorption and therefore helps avoid getting drunk. But you need to eat before you start drinking, eating after ingesting alcohol does not help as much. Drinking on an empty stomach is damaging your temple. The alcohol is in direct contact with sensitive tissues, rather than being absorbed by the food and diluted. Alcohol can help you digest your food, and a good wine with good food and nice company is a touch of Heaven. Drink when you're up, not because you're down.

Pace yourself. Don't gulp your drinks down quickly. Slowly sip them

and make your drink last as long as possible. You can always alternate your drinks with non-alcoholic beverages in between in order to ensure you don't over-drink. Another option is to dilute your drinks so they'll last longer.

It's unwise to "drink so that you can sleep." You may fall asleep, but it's a "drugged sleep" from which you don't gain the rest you desire. You'll realize that when you wake up tired and drained. Praying and winding down gradually are the best sedatives.

Decide ahead of time how many drinks you are going to have, and stick to it. The Lord will reveal to you your alcohol tolerance. Ask Him what's best—what's best to drink or to avoid drinking, and when's best to drink. Not only is each person different, but each person's condition changes from moment to moment. Jesus knows what you need and when you need it, and He supplies all your needs. There's a time to drink and a time to refrain from drinking. *(End of message.)*

Q: What are some of the health benefits of some types of alcohol—such as wine? What are the health hazards of different types of alcohol—

particularly hard liquor? How can you drink alcohol and stay healthy? When is alcohol bad for you? And what sort of damage does it do to your body if you're not wise and moderate?

A: *(Dr. Koger:)* Without overstating the obvious: Good wine is good. It's good for your stomach and peace of mind. Red wine in particular has been found to have some health benefits. However, you need to remember that this is not across the board in all people, and they are still doing studies and tests on these findings. It has been proven that red wine is an antioxidant, and helps protect the body tissues from damage over time. It can also help prevent heart disease and lower cholesterol. And as you know, "drinking a little wine for thy stomach's sake" can help aid digestion and calm tummy upsets—of course, having too much of even a "good thing" can do damage to your body.

Hard liquor is another story. They don't call it "hard" for no reason, as it can be hard on your body, especially your liver, kidneys and stomach. There's a place for it—if used in moderation.

The problem with hard liquor is that it is usually

drunk in mixed drinks, which disguise the taste of the alcohol. Therefore people are prone to drink more of it. Remember, two ounces of hard liquor is equivalent to one five-ounce glass of wine; that will give you an idea of how to regulate your drinking when drinking liquor and other spirits.

When used as a type of His Spirit, it's wonderful to get high on Jesus, imbibing His Spirit. It's wonderful to let go and let God. It's terrific to blow off steam and smash the inhibitions and chains of pride and convention, which imprison us. But it certainly is not good to be like a city that is broken down, without walls, where the Enemy can enter at will and loot and pillage our inheritance.

You're a soldier in a war, a professional on a project of utmost importance. You work hard and apply yourself for hours on end. You're like

a physician who works in an emergency room, with wave after wave of needy people pouring through the doors needing your help. When you're off duty you want to kick off your shoes, relax, forget the stress and strain of the day, and at times a drink can help do that for some people—however, it's by no means a “must” for times of relaxation, and should only be used in conjunction with prayer and wisdom. Of course, if you're exhausted or troubled, or need to fill up on the Word and prayer, drinking can keep you away from that. So you have to be prayerful.

Certain types of alcohol can aid digestion, it may help you relax a little, and help you open your heart in speaking with a loved one and/or your shepherds. Alcohol can be a form of entertainment, a time away from things—just keep it in its proper place. For some, the proper place

is in the bottle—sealed, in fact, not in the house. For others, its proper place is in your hand, but in moderation.

But like any medicine, alcohol can kill if not used according to the prescription. Get your personal prescription from Dr. Jesus. He knows the correct dosage and timing for your intake of alcohol. For some people He does not prescribe alcohol. For others He does. But the amounts and timings are different—and they are different for you at different stages in your life. When traveling or at times of intense work or witnessing, the prescription may be less. At other times, the prescription may be increased. But always check in with the Master Physician—and in some cases you can call Him your Master Bartender—what He prescribes. What God supplies—and *when*—is best! Amen? (*End of message.*)

Fetal Brains Suffer Badly From Effects of Alcohol

By Linda Carroll, NY Times News Service

Thirty years ago, scientists linked prenatal alcohol exposure with a perplexing pattern of birth defects including neurological problems, low birth weight, mental retardation and a set of facial malfor-

mations. Up till that time, many doctors had assumed that alcohol was so harmless that it was sometimes administered intravenously to women who were thought to be at risk of losing their pregnancies.

But in recent decades, scientists have discovered that alcohol can be remarkably toxic—more than any other abused drug—to developing fetuses. New research is helping experts uncover which parts of the

developing brain are damaged by alcohol exposure.

It is not surprising that it has taken researchers so long to tease out the link between alcohol exposure and birth defects. For one thing, the effects of alco-

hol exposure seem to vary widely. Some fetuses seem to escape unscathed, even when their mothers drink heavily, while others are severely damaged. No one knows why.

There are also many babies who are affected, but not severely enough for the syndrome to be diagnosed. Some with fetal alcohol effects may appear relatively normal but have behavioral problems and learning deficits.

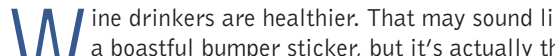
Further complicating matters is the question of how much alcohol it takes to cause harm. In the past few years, successive studies have shown an effect at increasingly lower levels. One recent study found a small but significant effect on average in children born to women who consumed just a drink and a half a week.

“We were surprised by this,” said the lead author, Dr. Nancy Day. “The children were in the normal range of growth, but if you compare them to children whose mothers didn’t drink at all, they weighed less, were shorter and had smaller head circumferences.”

The effect of low levels of alcohol appears to be subtle, said Dr. James R. West. “Perhaps instead of having an IQ of 120, you

WINE LOVERS TOAST TO THEIR HEALTH

By Kathleen Doheny, HealthScoutNews



Wine drinkers are healthier. That may sound like a boastful bumper sticker, but it’s actually the conclusion of a new study. Researchers from Duke University and other institutions tracked people who preferred wine, beer, spirits or no alcohol, and found clear associations between the type of alcohol preferred and other health habits.

In short, wine drinkers won. They had more healthy habits than the teetotalers or the beer or hard liquor lovers.

For years, researchers have found wine is associated with reductions in heart disease risk, and some have suggested that wine conveys some health benefits that other alcoholic beverages do not, although the idea is controversial.

This new study is not the first to suggest wine drinkers are the healthiest of those who imbibe, and it’s likely not going to be the last, says lead author John C. Barefoot, a research professor at Duke University. Barefoot says the finding is “not so surprising. This is consistent with other studies.” He cites two Danish studies that found the same correlations.

Critics of past wine studies have said the health effects might be due to higher income or higher education of the typical wine drinker. However, in the Duke study, controlling for income and education had little effect on those associations, and the wine drinkers still won the healthy lifestyle awards.

Preferring wine, Barefoot says, may be part of an overall pattern that leads to better health status.

might end up with 115,” he said. “You might seem perfectly normal, but not have the motor skills to make the high school football team.”

It is also difficult to identify the effects of alcohol because a woman’s drinking habits seem to make a big difference. Experts say it

matters when a pregnant woman drinks, how often she drinks and what her pattern of drinking is: whether she drinks small amounts daily or periodically binges.

Drinking in the first trimester can lead to facial malformations, while in the second it can interrupt nerve formation

in the brain. During the third, it can kill existing neurons and interfere with nervous system development.

Because alcohol affects so many sites in the brain, researchers have come to believe that alcohol is far worse for the developing fetus than any other abused drug.

From a Heavenly Husbandman

Message from a Spirit being

I control the wine press of Heaven. I produce the wine of Heaven that all drink; I control the vats. It is my job to design the wine for all in Heaven, and does it pack a punch! It is so high in proof you should see what it does to some. But unlike Earth, where you have negative reactions, Heaven’s positive atmosphere allows just the good. So people are liberated even more, and they have a ball when they get high on Heaven’s wine.

But while on Earth and waiting to get your full high here, you have to be careful to surround yourself with the Lord’s

Spirit when you drink, because when you get high you are opening your channel. In Heaven that’s not a problem, as all you get is the Lord’s Spirit—and, boy, does He send you! But on Earth there is so much pollution of the Enemy, and you have to stay in close touch with the Lord. I know that sounds like an impossible task, but just as you are now committing your whole spirit to the Lord and making your fun times include Him more by acknowledging Him, so you should do the same with drinking.

He is not asking a lot. It could even be a quick praise to Him for the freedom He gives or the gift of supplying even your wants. It doesn’t need to be a somber thing, simply

a statement to the Lord. And that acknowledgment sends the spirits of Heaven that represent fun and enjoyment, some of my best friends, to your side to join in with you and give you some of the most wonderful, radical ideas you can get. But having taken the steps to acknowledge the Lord, you know they (the ideas) are from Him and are sanctified.

So be sure to stay in the hallowed place of the Lord, and you will have so much more fun that will give you a double high—more than what you can get from the liquor of the world. And He might even give me permission to slip some of Heaven’s in your drink. Wouldn’t that be a rush? Celebrate Heaven! Yours, a Heavenly Husbandman. *(End of message.)*

Key promises for drinking

Call on the keys of sanctification as you drink, and I will cleanse your alcohol from anything that's not of Me and fill it with My uplifting, edifying, loving Spirit.

The keys of wisdom will give you insight into My

mind, so that I can show you when to drink, what to drink, and how much to drink.

Your times of recreation and relaxation and partying where alcohol is involved will be filled to the brim with My Spirit if you call on the power of the keys.

The keys will help the alcohol you drink to

benefit you in a positive way, so that you can relax and enjoy loving fellowship with Me and others, without any negative side effects.

My powerful, purifying, cleansing, loving Spirit can fill anything—even an alcoholic beverage—if you claim it through the keys.

(Continued from page 14)

breasts bounce too much. These women do better with an encapsulation sports bra, the kind that supports and holds each breast separately in a sturdy cup.

If the bra fits: Sizes vary by manufacturer, and only you can judge what will work for your body and your workout, so test sports bras in the dressing room before you buy.

- * Do jumping jacks. Your entire upper body should move as a unit.
- * Clap your hands over your head. The elastic band under the breasts should not creep up.
- * Take deep breaths. The bra should be snug but not so tight that it restricts breathing.
- * Examine the craftsmanship. Check for covered hardware, covered or plush plastic, and covered or flat seams.

Taking care: Once you find the right sports bra, it's important to take care of it properly. Hang your bra on a line to air-dry after washing. Machine drying destroys the elasticity and support of the Lycra found in most sports bras.



Cover photo: Maria Giving (mother of 3), Kenya
Suggested reading for ages 16 and up.

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