



Eve

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WHY USE WEIGHTS?

From JP, BVM

The Family seems to have mixed feelings about those using weights in their workouts. “Worldly” or “pride trip” seem to be the negative ones—and perhaps that may be the case for some. Whatever opinion we may personally have, here are some facts on using weights:

Unless you’ve been working out for years, five days a week, approximately two hours a day, with extremely heavy weights, eating a very strict diet, and taking pills (stacks of them), you probably will never have a body like Sylvester Stallone, no matter how hard you try. Women will not resemble those muscular female bodybuilder posters unless they use extremely heavy weights and follow the same regimen. Women also lack testosterone, a male hormone, which makes it more difficult for women to gain muscle mass.

In recent years, the benefits of using weights have been found through studies on—yes, bodybuilders. The main discovery was that muscle tissue equals permanent fat loss.

The more active muscle tissue you have in your body, the less fat you keep around. Every pound of lean muscle tissue in your body burns 100 calories a day—even while you sleep! It may seem a bit odd, but a healthy biceps muscle can do more to keep fat off your stomach than all the crazy diets there are on the market! I hate to pop balloons, but most people who work out using weights a few times a week, just look “normal”—with maybe a more defined physique than those who don’t.

So maybe we should clarify to the Family that “normal” people can use weights in a workout. It is called “resistance training.” If you’re on the road to cultivating a Stallone or Schwarzenegger body, that’s called “body building.” The mistake many make is lumping it all together.

As much as we may try to get away from it, the benefits of resistance training, especially for those over 35, far outweigh the detriments (if there are any). If you have that over-35 “spare tire,”

just doing sit-ups won’t work. Aerobic exercise and resistance training is a healthy way to get rid of it and keep it off.

Resistance training studies on older, sedentary adults have consistently found significant muscle gain in as little as two months. In a recent study by Tufts University, a group of beginning weight trainers ranging in ages from 75-90 (!) averaged an increase in lean muscle mass, and boosted their overall strength by more than 100 percent over a 10-week period.

Suggestion: Mix aerobics with resistance training at least three days per week. [For women, weights of only 2, 3 or 5 pounds may be all that is needed, especially for beginners. For those who do not have hand-weights available, you may be able to use appropriately weighing items, such as cans or jars of food, etc.]

So—don’t knock it, use it!

(Info compiled from magazine articles from: Men’s Health, Women’s Health, Prime Health and Fitness magazines.)

From Jesus:

So much variety in exercise! I have made so many options to choose from, so that no matter where you are or what your circumstances, there's something you can do to move your body, to maintain good health through good movement and exercise.

Using weights is one of the



options I give you for good, healthy exercise. But just like anything, it must be done in moderation if it is to have a good effect. There's nothing wrong with using weights in themselves, but some take it to the extreme and let in the spirit of pride and boasting physical strength, which is not of Me. So I look at your heart and your motives.

In choosing what form of exercise would be best for you and your body and spirit, why not ask Me? I know your body better than anyone, and can give you personalized counsel which will not only help you to stay in good shape physically, but also spiritually! Let Me be your personal trainer! *(End of message from Jesus.)*

✦ As we approach age 35, our bodies naturally lose a ½ pound of muscle tissue per year, and gain 1½ pounds of fat. The only way to keep this at bay is by regular physical exercise, one of the most beneficial of which is resistance training.

✦ Resistance training increases bone density and mass, and protects against osteoporosis. This is especially beneficial for those over 35.

✦ Resistance training triggers a sharp rise in

growth hormone (GH) production from the pituitary gland in the brain. This helps the body's ability to synthesize protein, as well as promote cell division and proliferation. Aerobic exercise alone is only moderately effective.

✦ Resistance training decreases the risk of colon cancer as the speed of digestion is increased, keeping the intestinal tract healthy.

✦ Studies show that those using weights have

a faster resting metabolic rate than those who do only aerobic exercise. In other words, you are burning calories at a higher rate while inactive and even while you sleep.

✦ For you guys—resistance training boosts testosterone levels in the blood stream at a higher rate than any other exercise program.

✦ Resistance training, when combined with aerobic exercise, guarantees weight loss in only ten workouts (if fat intake in the diet is also reduced). ■

POINTS TO PONDER:



GETTING STARTED ON STRENGTH TRAINING

By Jana David (reprint)

Beginning a resistance training program can be an intimidating venture. Making sure you're doing it right is very important. Incorrect weight training can be more harmful than neglecting it altogether, so here are a few basic strategies to get you onto the correct path.

WARM UP:

Spend at least five minutes before each workout warming up your muscles by walking, stair-climbing, biking, or jogging at a low intensity. This decreases your risk of injury and makes those first few minutes of your workout easier. You can progress gradually and more comfortably to higher intensities. *(Eve: Be sure also to gently stretch the muscle groups you will be working out before going full into your workout.)*

Cold muscles feel stiff, and if you force

them to work before getting the blood flowing, they can revolt, tighten up, and make your exercise session miserable. Warm muscles and gradual intensity progression will ensure memories of a pain-free workout, which will invite you back again and again.

GO LIGHT:

When you're trying to figure out how much weight you should be lifting, start with less than you think you should. *(Eve: Beginners can start with one- or two-pound dumbbells and/or ankle weights.)* The first few repetitions should feel easy. Concentrate on the specific muscles you're working—surrounding muscles sometimes butt in and try to help out, but this contaminates your form, renders the exercise less effective, and causes bad posture and tightness.

Stretch tall, keeping the line from your

lower back, up your spine, through your neck and out the top of your head perfectly straight. This is the most important part of exercise.

You should lift a weight that allows you to confidently maintain this form for 10 to 12 repetitions, with the final two to three repetitions being challenging. Increase your weights just a little at a time (5% more) after a couple of weeks—only if the last few reps (using strict form) are no longer challenging.

For the first few weeks, beginners should attempt only one set of 10 to 12 repetitions for each muscle group (back, chest, butt, quadriceps, hamstrings, shoulders, triceps, and biceps). As you get stronger and feel up to more of a challenge, progress to two and three sets. If lack of time is a factor, one set is sufficient for increasing your strength and

improving your appearance. The difference between one set and multiple sets is not drastic.

AB STRENGTHENING:

Every exercise is an abs exercise. Standard crunches and sit ups aren't the best way to strengthen your abs properly. Think about the motion involved in a sit up: Your main emphasis is on shortening the rectus abdominus (the long muscle down the center of your ab cavity). This doesn't do much for your appearance or posture because I can almost guarantee you never perform that motion in your daily activities, unless you're lifting objects off the ground, lying on your back, using your forehead.

STRETCH:

Omitting flexibility training after working out is a mistake I see all the time. It's not a disposable task like making your bed, and it's one way to ensure injury-free recovery. In addition, it takes a minimum of five minutes a day. It would be better to choose stretching over strength

training if you had to make a choice between the two of them. Without stretching, your muscles become shorter, unbalanced, and inflexible just because of the tightening nature of strength training.

Remember to stretch each muscle group you exercise, and hold the stretch for at least 20 seconds. Make each stretch gentle, pushing yourself just until you feel a full stretch.

breathe normally. All of your abdominal muscles will be activated and trained inward correctly. Connect proper ab contraction with other exercises and daily activities, and it will become second nature.

Consistency guarantees progress: Strength training works when you do it regularly, because you're building a strong fitness base and adding to it every

FOR A TIPTOP WORKOUT...

All these specifics got your head spinning? Don't despair! Take some time to check in with the Lord on it. He's the top fitness instructor, and He can show you the right workout you should follow, personalized for your needs as only He can do. And don't forget to start each session with a good prayer of protection. What better way could there be to get maximum benefits and lasting results?

Pushing your muscles into the pain zone will cause the muscles and tendons to reject the stretch and the risk of injury will increase.

TRY THIS:

Before each exercise, lengthen your spine, pull your belly button in toward your spine and up toward your ribcage using your stomach muscles. Continue to

time you work out. Frequent lulls and sporadic training means starting at the base over and over again, making progress more difficult to recognize. Now that you have a better idea of what it takes to safely make progress toward better health, make a commitment to yourself so that it will be a part of your life's routine. ■

We had prayed as a Home that Dana would deliver the baby that particular week, a few days after its due date (we had too many appointments on the due date!). We had also asked the Lord to make it possible for both Daddy Tim, as well as Marie, to be present at the birth and that if possible it would be a daytime delivery, so that everyone would be well rested. We also prayed, of course, against any complications, and that if possible the delivery costs could be for free. Well, the Lord answered *each* of our requests!

Tim: Dana began having contractions at 5:00 AM, but didn't wake anybody up until 8:00, when we started timing them. They were already regular, and 5-7 min. apart. We got to the

hospital around 11:00 AM, and the baby was born at 1:30 PM! It all happened so fast, we barely had time to read any of the verses we had prepared!

Dana: When we came to the hospital, I was fully dilated. They brought me to a private room where all three of us could stay. It was such a blessing to have somebody close to me to coach me during this time. It helped me to stay relaxed and be able to handle the contractions smoothly. The doctor came at one point to break my water bag. She was very busy, so left us alone most of the time, for which I was very thankful. It was like a home atmosphere. I had a picture of Jesus next to me, which I kept my eyes on. During the whole labor, my

Writing up a list of prayer requests before the delivery is something I found very helpful. Having a baby is the greatest experience you'll probably ever experience in life, and it's nice to have those all-important requests listed. I wrote up my list of prayer requests, including everything down to the timing, length, and all those details of things you want to have happen or not happen. The whole Home prayed for me and all the requests shortly before my delivery, and I also sent the list to my absent loved ones, so they would know my specific requests. It's also encouraging to look back at the list once the baby is born and see how the Lord answered specific prayer!

From Bethy, WS

From Tim and Dana, Kazakhstan

The First Kazakh Knew Disciple

contractions were very strong, lasted 1½ to 2 minutes, and were very close together.

One lesson I learned was to not listen to the

doctors without praying. For example, when I started feeling the urge to push, Marie was helping me to pant so as to not push, as she said I was not fully ready yet. But when the midwife came, she told me to push. So I did, even though it was difficult to do so, and I found out afterwards that it caused me to tear quite badly inside. Once I had started pushing, I couldn't stop anymore. At first, Tim was helping me hold my legs up, but when I grabbed my own legs, it was easier.

Finally the midwife left, which I was thankful for, as she was very discouraging to me. But then the baby started

crowning, then was ready to come out, and the midwife was nowhere to be found! We prayed the Lord would have His way and help us to deliver the baby ourselves, if need be. The baby's head came out easily, and with the next contraction, the rest of the body just slipped out! The baby cried right away and looked just perfect and beautiful!

Because I was not fully ready, it had taken quite a few pushes to get the baby out and I had to get stitches later. When we asked the Lord to show us why I tore, as I had prayed I wouldn't, He showed us that it was because I had listened to the doctor and had started pushing when I was not ready yet.

Marie: I learned to have more faith to follow what the Lord showed me from His Word and

not to let the doctors sway me. When the midwife told Dana to push, I felt otherwise, but figured she must know best since she

was the one who was qualified. I felt so bad for dear Dana who had to have so many stitches which could easily have been avoided had I made her wait longer before pushing.

Tim: A week before the birth, I told Marie that I was not looking forward to seeing the delivery, even though I wanted to be a help to Dana in any way I could. I wondered if I would faint when I saw the blood. But the Lord gave me a beautiful experience by letting me deliver the baby myself, with Marie's help!

The baby was fine, with no problems. I knew that the Lord had done it, and

had kept the doctors away, because they were really nasty. (The baby was born before Dana was even moved to the delivery room.) The baby was so beautiful and it was such a beautiful experience it made me cry, hallelujah!

Dana: When I was transition, it was sometimes difficult to handle the contractions, as they were very strong and close together, with hardly any breaks in between. Marie told me not to worry, that the Lord would deliver the baby through me, and that all I had to do was rest in His arms. Those words stuck in my heart, and every time I felt I

couldn't do it, I would repeat to myself: "It's not me, it's the Lord! It's not me, it's only Jesus!" It made things so much easier, and helped me

... and a Special Visit with Grandpa

keep my mind on the Lord, remembering that it was all His doing, not mine. TYJ!

While I was pushing, Tim and Marie were

telling me what was happening, because I couldn't tell. When they said, "Just one more push, and the baby's head is going to be out," I almost felt faint. I closed my eyes, and when I opened them, I saw the baby's head! It's difficult to express what I felt at that point, but I really wanted to see the baby. Then the Lord answered the desire of my heart as the next contraction started very quickly and the baby slipped out. Marie gave me the baby, and he was so sweet. When I looked at him, he opened his eyes and looked straight into mine. It was a dream come true!

Tim: It was like the verse about the woman who is in sorrow when the time of travail nears, but after the child is born, she forgets all her pain (Jn. 16:21).

Dana: The Lord gave me this wonderful spiritual experience: Because I was so fearful of getting stitches, the doctors put me to sleep after the placenta was delivered. A while after I got the shot, I heard a very loving voice, and I knew it was Jesus. I don't remember what He said, but they were words of encouragement. My fears had made me discouraged, and He was trying to comfort me. I couldn't feel my body at all. I felt like my body was somewhere down there, far away. I saw a bright light, but it didn't hurt my eyes. I felt

encouraged. Jesus was talking to me and explaining things to me. Then Jesus told me that He had a surprise for me.

Then I saw Grandpa! He was dressed all in white, with a white beard and white hair, but he looked very, very young. He was so sweet! He said that during the whole delivery he was there helping me, and that I didn't have to be afraid, as he would be with me now too. He took me by the hand and we started traveling through colorful labyrinths, each labyrinth of a different color. The amazing thing is that it was so real—even more real than my earthly life.

Then Grandpa said that time was up and I needed to come back. He brought me back to my body, almost like going



down a slide. It was so fast I couldn't keep my eyes open, and I came back. Once I was back, I heard voices and people around me, but I was still under the effect of the anesthesia, so it took a little while for me to fully wake up.

The Lord did many more miracles for us, as the baby's RH was positive and mine negative, but there were no complications whatsoever. It was a real miracle! So that was our birth testimony—and now we have a healthy, happy baby, weighing 3.2 kg and measuring 51 cm.

Marie: It was a miracle how the director of the maternity virtually bent all the hospital rules just for us. Normally, to get a private room costs \$200, and even then, no

one is allowed to visit the mommy. Visitors usually pass in food items with the help of a string through the window! Mommies are

also not allowed to keep their babies with them, and they have to stay in the maternity until the baby's umbilical cord has fallen out. I was allowed to stay overnight with Dana, and we left the next morning.

This delivery was very faith-building for me, and should encourage our brave pioneers who have to forsake the comfort of some countries to venture into the mission field. It was a real testimony to me of how much the Lord cares for His Own. We were able to basically operate according to our faith, and the doctors left us alone and "let the Lord do it!" ■

The better you prepare your perineal tissues for the stretching of birth, the less they will tear, and the better they will heal. Like training muscles to perform at their best in an athletic event, conditioning the tissues around the vaginal opening with massage prepares the perineum to perform. Some midwives report that women who practice perineal massage* daily in the last six weeks of pregnancy experience less stinging sensation during crowning. Mothers with a more conditioned perineum are less likely to tear or get an episiotomy. An added value of perineal massage is that it familiarizes a woman with stretching sensations in this area so she will more easily relax these stretching muscles when stinging occurs just before the moment of birth.

Try this technique:

- ◆ Scrub your hands and trim your thumbnails, making sure that they're smooth, not sharp. Sit in a warm comfortable area, spreading your legs apart in a semi-sitting birthing position. To become familiar with your perineal area, use a mirror for the first few massages (a floor-to-ceiling mirror works best). Use massage oil, such as pure vegetable oil, or a water-soluble lubricant, such as KY Jelly (not a petroleum-based oil) on your fingers and thumbs and around your perineum.
- ◆ Insert your thumbs as deeply as you can inside your vagina. Press the perineal area down toward the rectum and toward the sides. Gently continue to stretch this opening until you feel a slight burn or tingling.

Perineal Massage

Excerpt from *The Birth Book* by William and Martha Sears

- ◆ Hold this stretch until the tingling subsides and gently massage the lower part of the vaginal canal back and forth.
- ◆ While massaging, hook your thumbs onto the sides of the vaginal canal and gently pull these tissues forward, as your baby's head will do during delivery.
- ◆ Finally, massage the tissues between the thumb and forefinger back and forth for about a minute.
- ◆ Being too vigorous could cause bruising or swelling in these sensitive tissues. During the massage avoid pressure on the urethra as this could induce irritation or infection.
- ◆ As you become adept with this procedure, add Kegel exercises to your routine to help you get the feel for your pelvic muscles. Do this ritual daily beginning around week 34 of pregnancy.

(Jesus speaking:) This is something natural that you can do in preparation for the birth of your baby, and is probably most helpful when having your

first baby. Doing this stretching and massaging at the end of your pregnancy will reduce your chances of tearing, but will not make it impossible for you to tear. Preparing in this way may reduce the stinging sensation and, if you tear, cause your tear to be smaller than it might have otherwise been. But prayer is the most powerful preventative against tearing. You can do your part, and this massage is something that has worked for some women, and is something natural that you may like to try too. But you must put your trust in Me above all things—even above these natural remedies. *(End of message from Jesus.)* ■

ASK A MIDWIFE

Questions answered by Rose Midwife

Q (From a mother of 10, Europe:) Adelle Davis said that alcohol, caffeine, antibiotics, and refined sugar destroy vitamins B, C, and calcium. I don't know, but maybe a glass of wine in the evening after your meal has digested would have no effect on the nutrients. Of course, how much we apply this info is a personal decision and according to our faith.

A It is true that alcohol, caffeine, antibiotics, and refined sugar do destroy vitamins B, C, and calcium. However (since of course we don't have the liberty to have a glass of wine after every evening meal), the amount that is allowed under the Charter

probably won't harm a mother or her baby. But if the mother or father is unsure or want to be on the safe side, it's better she not have any alcohol at all. And, yes, it is according to her faith and to the guidelines listed in the Charter. (*Eve: Bring your specific situation to the Lord, and ask for His tailor-made counsel for you and your precious little one!*)

Also, as the Charter states, we don't regularly eat refined sugar, and so this also shouldn't be a problem. The caffeine limit of two cups a day under the Charter is too high for a pregnant or nursing mother. The ideal is for her to avoid all caffeine. (*Eve: See page 27 for some fun and zappy non-alcoholic drinks you can try out!*)

Alcohol enters the fetal blood-stream in approximately the same concentrations present in the mother's blood. Since it takes the fetus twice as long as its mother to eliminate the alcohol from its system, the baby can be at the point of passing out

when the mother is just pleasantly high.

The risks of continued drinking are dose-related: the more you drink, the more potential danger to your baby. Although some women drink lightly during pregnancy—one glass of wine nightly, for instance—and still deliver an

No Alcohol When Nursing?

Not if you want your baby to sleep well! In a recent study, when breastfeeding moms consumed as little as one drink (a glass of wine or a 12-ounce beer), their babies slept for a shorter time than babies who received alcohol-free breast milk. Traces of alcohol show up in breast milk a half an hour to an hour after consumption and remain for four hours or longer, says lead researcher Julie Mennella, Ph.D., of the Monell Chemical Senses Center in Philadelphia. (*Redbook*)

apparently healthy baby, there is no assurance that this is a wise practice. The safe daily alcohol dose in pregnancy, if there is one, is not known.

All that is known about alcohol and pregnancy leads us to suggest that although you shouldn't worry

about what you drank before you knew you were pregnant, it would be prudent to stop drinking for the rest of your pregnancy—except for a celebratory half glass of wine on [occasion]. (What to Expect When You're Expecting, *Arlene Eisenberg.*) ■

Beautiful

Aging

By **Town and Country**

"Midlife means your life is only half begun," says Dayle Haddon, model, L'Oreal spokeswoman, entrepreneur and now author. No surprise then that her just-hit-the-shelves book, *Ageless Beauty, A Woman's Guide to Lifelong Beauty and Well-Being*, is anything but the usual anti-aging primer. "My aim is for the book to redefine and celebrate middle age," says Ms. Haddon. "When you've lived a good amount of time, you collect certain riches: knowledge, confidence, a sense of yourself. There's more of you to offer. At this age, we've gained experience and wisdom in exchange for a few lines. I call that a bargain."

But the author doesn't suggest we throw in the towel, looks-wise, after 40. No, this is the time to take even better care of yourself, keeping beauty concerns in perspective. Having spent years in front of the camera, she knows a thing or two about appearances, and making the most of them. She is a firm believer in the connection between inner and outer beauty. Her book is a lively blend of the lofty (her philosophy) and the nitty-gritty (her beauty tips and secrets). Here are some helpful hints to inspire you as you look forward to the rest of your life:

- The fastest way to take ten years off your age is to smile. When people ask me, "What are your top beauty tips?" I say "Stand up straight and smile!"
- My eating lifestyle isn't about deprivation. It's a matter of focusing

on a healthy, fun way of eating that is both satisfying and energizing. I tell friends to think of their bodies as something separate from themselves, something special they are responsible for, almost like a child.

- Laugh lines communicate happiness. Crinkles around the eyes chronicle the joy in your life, the time spent in the delicious release of laughter. And for that reason, I think we simply should learn to love and celebrate them.

- Line the top and bottom of the eye, but on the lower lid, start at the outer corner, and never go farther toward the nose than halfway. On the upper lid, lift the line very slightly as you reach the outer corner. I used to use a liquid eyeliner, but I find that as I get older, it gives too harsh a line.

- When I've finished my eye makeup, I take my blusher brush, with its very last traces of blusher (don't reload), and whisk it over the eye area. This brightens and lifts the entire face and helps blend the makeup.

- Unfortunately, as we age, our lips do get thinner. But what we don't want to do — ever — is pencil our lip line back where it used to be.

- Gloss is flattering on older lips because it creates a "soft focus" effect and the illusion of fuller lips.

- Hands will reveal your age faster than a glance at your driver's license. Women who handle paper tend to have very dry hands; the paper literally absorbs the moisture from the skin.



Mama on...

health and beauty tips

In many of these health and beauty tips I was

convicted to ask the Lord what He thought about it, or how effective it really was. We can't just take what the System says at face value.

I hope we don't get too into these little beauty tips, unless they're really needed, of course. We want to put them out for those who need a solution to a problem that they're having.—If your skin is very dry and needs to be softer and is cracking and peeling, then you have to find something to remedy it. But I really hope that people remember above all to ask the Lord what would be the best for them personally, and go with that. Because some of these things, they're helpful for one person, but they're really not what someone else needs. And even if it might do you a little bit of good, is it really worth all the time and effort and possible added expense? We don't want to get so into making our skin soft—for example, if it's already pretty soft or at least it's not dry and really doesn't need it—because all the time we spend on that is time taken away from the Lord and His work.

I think the rule should be: You need to do what needs to be done to

keep yourself clean and presentable and fresh and neat and healthy. But that in itself already takes long enough, and if you add to it and try to do a lot of things that go over and above this—that most people probably won't even notice—I think that's going a little too much to the extreme.

We have so much to do for the Lord and so few people to do it, and of course, our time with Him is the very most important which we cannot take away from at any cost. So anything that's going to take away from our time with the Lord or spent on His work concerns me.

It's a very fine line, I know—and really not one that you can judge in the flesh or legalistically, because some people do have health and beauty things they have to do, and those things require a little more time and effort. But the main thing is to ask the Lord, to seek Him and let Him tell you what's needful or not. If you're doing your best to glorify Him in your body, He'll tell you what things He thinks are necessarily and helpful, and which are a waste of time or not needful, and best of all, He'll do what you can't do! After all, the most important part of you to keep beautiful is your spirit—and that's kept beautiful through your time in the arms of your Husband and Lover, Jesus! ■

Avocados

Avocados are rich in natural oil, protein and vitamins A and B. They make an excellent moisturizer for dry skin and hair, as a deep conditioner. Avocado pits can also be used to make body scrubs. Simply dry them out and finely grind them in a coffee grinder or food processor, then mix with liquid soap. For a triple avocado body scrub, mash half an avocado and mix with one tablespoon of avocado oil and two tablespoons of ground avocado stone.

Coconut

Coconut milk and oil are both rich in natural emollients and oils. Coconut milk is an excellent addition to hair conditioners and body lotions. Coconut oil, which is a white solid at room temperature, preserves the skin and hair by providing a protective layer that locks in natural moisture. Some people like to rub a bit of coconut oil into their skin after showering.

Corn oil

Corn oil, corn milk, cornmeal, cornstarch: Corn oil and corn milk are soothing to dry skin because they are both rich emollients. Cornstarch has become a popular replacement for talcum powder and is a key ingredient in many natural dusting powders. It can also be used as a thickening agent in creams and lotions. Cornmeal makes a good all-purpose skin scrub. Or blue cornmeal—neat color.

Cucumber

Put cucumber slices over tired eyes. This simple and effective treatment cools and refreshes, and reduces eye puffiness. Fresh cucumber juice is also a mild astringent, perfect for cleansing skin or soothing a bad sunburn. Cucumber juice is fragile and will not keep for long. Always store all products that contain fresh cucumber juice in the refrigerator to increase their shelf life.

Salt

Bath salts soothe tired muscles and soften the skin. They are highly soluble and do not leave any residue behind. Salt also softens hard water and can therefore prevent those deposits from forming in the tub. Adding salt to your bath also helps keep the water temperature warmer longer.



About Breasts

Myth: Breast skin is highly sensitive.

Skin is skin. Period. “Treat breast skin as you would any other,” says Long Island breast surgeon Virginia E. Maurer, MD, founder of the Maurer Foundation for Breast Health Education. As long as you’re not allergic, feel free to smooth on creams, moisturizers, depilatories; all are perfectly safe.

Myth: Fibrocystic breasts are abnormal.

All women have some degree of fibrocystic change, which can include lumpiness, premenstrual tenderness, and swelling. All these things are normal for most women. Most important, even women with extensive fibrocystic change seem to be at no increased risk for breast cancer.

Myth: If you have small breasts, it will be harder to breast-feed.

Nonsense. Small breasts are generally equipped with the same number of milk ducts as large breasts. “Size has nothing to do with the capacity to make milk,” says noted California breast surgeon Susan M. Love, MD.

Myth: Larger-breasted women have a greater risk of getting cancer.

There is absolutely no connection between the size of a woman’s breasts and her vulnerability to cancer, says Dr. Love.

Myth: Jogging without a bra can damage breasts.

Chances are, you will feel some pain if you run while braless; that’s because connective tissue is being strained by the weight of the breasts’ free-flopping ducts and lobules. And if you’re very large-breasted, a bra with good support will help ease back strain. “But you can’t do any medical harm to yourself by working out without a bra,” says Vicki Seltzer, MD, chairman of obstetrics and gynecology at Long Island Jewish Medical Center in New York (*Redbook*).

(Dr. Koger speaking:)

Jogging without a bra isn’t recommended, just because it isn’t comfortable for most women. But if it doesn’t bother you, chances are it’s not doing you any harm whatsoever. The Lord made women to be free—without the constrictive bras that many wear nowadays. Granted, if it makes you more comfortable, then feel free. But if it’s just for looks, or because you’re worried about damaging your breasts, then don’t worry! Of course, if you live on a conservative mission field and have to wear bras for the sake of wisdom and security, that’s another thing. Whether they’re comfortable or not, the Lord will bless you for doing what’s best for His work. God bless all you wonderful revolutionary women! ■

Hot and Cold Water Breast Treatment

When you take a shower, turn the nozzle on full cold and massage your breasts with it. Then turn to hot, then cold again. Finish on the cold to tighten the skin.

(Jesus speaking:) The good thing about the hot and cold water is that it gets the blood moving and flowing freely through your breasts, helping to keep them free of waste matter and dead cells that would become cancerous. It's a nice thing to do if you are in a place where the water is not expensive and you have unlimited hot water. But if you're in a situation like many of My missionaries where those things are expensive or not as freely available in unlimited supply, then I will protect you and make you not need it. I, as your wonderful concerned and caring Husband, will massage your breasts Myself and gently care for them. ■

Your Home Remedies

Send in your tried-and-proven tips today!

**Ode to breasts! — Aren't they the best?
Big ones, small ones, flat or round,
Some abase and some abound.
But when we men get our hands around
'Em, here's the call that we will sound:
Ode to breasts! — They're all the best!
— By Dad**

Period cramps

I've been having pains in my right side and more difficult menstruation. The Lord reminded me that raspberry leaf tea is helpful for the uterus. The pains are nearly gone since I started to drink the tea. All glory to Jesus! *(Eve: Another good remedy for period cramps, tried and proven by many, is to increase your calcium intake a week before and during your period.)*

— From Love (of Marc), Canada

Earaches

We have found that putting a little warm Vit.E oil or other vegetable oil into the infected ear at night works well. *(Eve: You can put a cotton ball in the ear to keep the oil from dripping onto the pillow.)*

— From Comfort, Josh and Joan, Japan

Sore throats and tonsillitis

- (1) Drink lots of water.
- (2) Crush two cloves of garlic in a jar of honey, stir. Take three teaspoons daily.
- (3) Gargle morning and night, with five drops of tea-tree oil in a glass of warm water (do not swallow it!).

— From Fortify and Ruth, England

Hey, Honey!

A general rule of thumb seems to be: If you're suffering from anything, try honey!

- ◆ Honey in a warm drink before bed can help you sleep well and combats insomnia.
- ◆ Honey helps weak digestion and constipation.
- ◆ Bronchial cough remedy: Mix equal parts of honey and fresh lemon juice.
- ◆ A teaspoon of heated honey taken alone will often stop a cough quickly; especially effective at night.
- ◆ Colds benefit from an apple cider, honey and warm water drink.
- ◆ One tablespoon of honey dissolved in a cup of hot water, with the juice of half a lemon added, helps combat liver disorders, face blemishes and stops oncoming colds.
- ◆ General tonic: Equal parts of honey, cod liver oil, fresh lemon juice, fresh orange juice.
- ◆ Honey applied on burns keeps air off the skin, which helps lessen pain and stop blisters. Also speeds up the healing process.
- ◆ Honey can slow heavy bleeding when applied to a wound, and can also be applied to ulcers, bee stings and other skin wounds.
- ◆ Equal parts of honey and glycerin is good for bruises, as well as for rough skin, chafing and chaps on hands and face.
- ◆ Add just a small amount of honey to warm bathwater to make your skin feel like silk.
- ◆ A teaspoon of honey given to a child at bedtime will calm his or her system and can reduce bedwetting.

(Dr. Koger speaking:)

Honey is good to help calm and soothe. It's a natural remedy, which the Lord made. It does even help some children who have tendencies toward bedwetting. But if it's given as the last thing at night, it can really rot the kids' teeth—even babies who don't have all their teeth yet. The teeth which are still inside the gums can be damaged and begin to rot. So make sure that if you give kids any honey—or any snack for that matter—that they brush their teeth or rinse well with water several times afterwards. And as good as honey is, it's a natural sweet and should be given in moderation. So if the child already has a lot of sweet in his diet, he doesn't need more before bed.

Mayo-Hair Conditioner

Use a few tablespoons (less for short hair) of homemade mayonnaise (made with oil and egg), or a brand of "real" commercial mayonnaise. Massage it into your dry hair, then pin or clip up your hair, or cover with a shower cap for better results. Allow to penetrate for half an hour while you clean your room, get a prophecy, write a letter, etc. Rinse out well with warm water, then wash your hair as usual. Leaves it shiny, smooth and nicely conditioned.

—From Sharon, FC

Rekindle Romance in 5 minutes a Day

Showing your spouse that you love and cherish him or her is a very, very important thing to do. It is worthy of putting it into your daily schedule. Never mind about the “it won’t be spontaneous” argument. You can schedule and remind yourself to show that you care and be spontaneous at other times. Just choose a time of day that you know you can talk to your spouse. Then remind yourself to say some nice things at that time. Maybe you can put something unusual out on the table to remind you, or even set an alarm to go off at that time, just find a way to remind yourself to do it.

Now that you have scheduled time to show that you care you will need some things to say. Sit down by yourself with a

Sex Spicers

Try wearing a blindfold during lovemaking (one partner at a time). Not knowing where you’ll be touched next can heighten sexual excitement—and there’s something about not being able to see that makes our other senses respond all the more intensely. Use sensual, surprising things to stroke and tease each other—feathers, a silk scarf, an ice cube. Then try to guess what feels so wonderful.



By Dr. Kevin Polk

pen and paper and write down the reasons that you liked your spouse when you were courting. What did you find attractive? What did you find sexy? (*Eve: What was it about his love for the Lord or his dedication that you found exceptional? What Godly quality did you just fall in love with him for? How did you feel Jesus’ love through him?*) Just write down the things about him or her that made you feel good and made you want to be with this person for the rest of your life. We all just love hearing this stuff over and over again.

So now you have the time set aside, reminders in place, and some things to say. Now go ahead and say them! Don’t worry about your spouse asking what you are up to. Just say you have been spending at least five minutes a day remembering the reasons you fell in love with him or her, and how those things still apply now. Tell your spouse how you plan to show your love every day at this time. Chances are he or she will think this is a great way for you to spend your time. ■

The Ultimate

Counselor

Your relationship questions, answered by Jesus

Q : I've been feeling frustrated because my husband seems to act a little selfish at times. I know that I'm sometimes selfish too, and that's probably why it bothers me so. What can I do to help us both in this area?

A : Selfishness begets selfishness, but love begets love. If you feel that your loved one is doing less than he should, or trying to get away with things, then give him more. Take the attacking side. If he is asking for more than you feel is fair, give him even more than that. By doing so, you will bring double benefits: For one thing, you will take yourself out of the mode of one who is being taken from, into the mode of a giver. If he really is asking too much, then he will be convicted, and may offer to help you out more. Or perhaps he really does need some more time off, and therefore by offering him some extra you are helping him to feel more relaxed. He will then not feel guilty about taking the time he needs, and he will be able to be fully relaxed and loving and concerned when he is with you.

Try this when you are tempted with twinges of selfishness. As I said in My Word, if you are smitten on one cheek, turn the other; if someone asks for your coat, give him your hat also; if someone asks you to walk with him a mile, walk with him twain. In this way you bring down My blessings upon yourself by the act of cheerful giving, turning you from a reluctant person who is being taken from

into one who willingly and cheerfully gives, and who is eligible for My blessings as a result.

Of course, if you really are feeling overloaded, the best solutions are prayer and honesty. Come before Me for your personal situation; it may be that your loved one does not know what you expect of him, and by sharing your heart in honesty and humility, you can help him in this regard. Once your heart is right, the rest will follow naturally as you stay close to Me.

Send in your relationship questions to the Ultimate Counselor!

Sex Spicers

Instead of rushing through lovemaking, pretend you're being documented by slow-motion camera. Prolong a kiss or move your tongue over his body, inch by inch. The molasses-like pace can make your connection infinitely more sensual.

1 Small of the Neck—Many people find light tongue flicks on this area highly sensual. However, don't get carried away and give hickies!

2 Scalp—Massaging the scalp or scratching it ever so lightly alleviates stress, and also has a built-in bonus: Endorphins (pleasure hormones) are released. So the next time your mate tells you they are too stressed out to relax—play hairdresser!

3 Outside of the Ear Lobe—With the various protective substances and complexities of the inner ear area, most people forget that hundreds of sensitive nerve endings and blood vessels reside in the outside of the ear lobe. Bonus tip: Instead of blowing or doing the old tongue in the ear trick, use your fingertip and lightly stroke the earlobe.

4 Inside of the Arm—The trick here is to *lightly* run either your nails or the pads of your fingertips across the area of skin halfway between the elbow and wrist. According to those who have enjoyed this experience, it feels highly similar to someone tickling your palms lightly, as well as producing warm sensations in other parts of the body.

5 Sacrum—The Sacrum, known to some as the “Bermuda Triangle of Lust,” is the area found roughly above the crease of the buttocks near the base of the spine. Keep your touch soft but firm. Massage it lightly with a thumb and ask your partner how much pressure to add.

6 Behind the Knee—One of the top totally neglected erotic areas. It has some of the softest, thinnest, and sensitive skin on the exposed body.



7 Inner Thigh—Lightly track a small- to medium-sized triangle from around 2-3 inches below the crotch to the inside of the knee and back up again. By the time you're ready to move your hands a bit higher, your partner probably will be ready as well.

8 Achilles' Tendon—This is a *highly* sensitive spot. Softly stroke just below the anklebone (your choice inside or out), and then work slowly up toward the back of the knee.

9 Breasts—Everyone knows that the breasts are highly erotic, however, when starting to move into this area, ignore the nipples. A different technique: Use all five fingers to stroke each breast in different directions, and instead of working your way from ground zero, start at the breastbone or just about underneath the arm and slowly, slowly work your way toward the nipples.

• **See also Cool Tips for Hot Sex**
 • **pgs. 61-66 for more on**
 • **erogenous zones.**



How am I doing at living the Law of Love?

1. To you, the phrase “the Law of Love” means:

- (a) Having lots of sex with all those hot guys (or gals) within your age range.
- (b) Living Jesus’ commandment to love and help others.
- (c) A special treasure and wonderful gift from the Lord that has become the guiding principle of every aspect of your life.
- (d) Something important, but you have no idea what.

2. How many parts were there in the GN series “Living the Lord’s Law of Love”?

- (a) 12
- (b) 10
- (c) 11
- (d) No idea.

3. Why do you think it’s important to live the Law of Love?

- (a) Because being above the law morally is the way of the ‘90s, and it’s cool.
- (b) Because it says so in the Letters.

- (c) Because the Lord has said we should, you have a personal conviction that it’s the way He wants us to live, and you’ve seen the good fruits of it in your own and others’ lives.
- (d) It’s not.

4. On average, you share sexually with someone (outside of your marriage, if you are married):

- (a) Once or twice a year.
- (b) Once every three months.
- (c) You’ve prayed and heard from the Lord about your personal situation and who and how often you should share, and are doing your best to follow His counsel.
- (d) Never.

5. You have personally had a date with someone where you considered it to be a “sacrifice”...

- (a) A couple of times.
- (b) From time to time.
- (c) You follow the Lord’s leading when He shows you to.
- (d) Never.

6. If there is a single parent in your Home, what have you done recently to help them out?

- (a) Washed his/her plate at dinner.
- (b) Sometimes help out with his/her kids for parent time.
- (c) Offer your help and support to the single parent regularly in any way you can, and love their children as you would your own.
- (d) Nothing.

7. At area dances, meetings or get-togethers, who do you generally dance, talk or fellowship with?

- (a) Just people you know well.
- (b) Anyone who happens to be around you at the time.
- (c) You try to be impartial and talk to lots of people, as well as asking the Lord if anybody particularly needs fellowship or encouragement.
- (d) Only good-looking people.

And now for the analysis...

A average: *Beginner.*

Well begun is half done, so you're on the road to progress. You see the need, but you're still gathering up the courage to get in there with both feet. Keep trying—it's tough going at first, but be assured that it gets easier as you go along.

B average: *Intermediate.*

You're well on your way to victory, and even though it's hard for you, you know it's the right thing and you're getting more used to doing it. Keep it up!—The Enemy can't steal that victory from you if you don't let him.

C average: *Advanced.*

You are quite the skilled LOL warrior! For you the challenge is to stay desperate every day, and to constantly find new ways to include and love others. The options are endless!—Don't get stuck in a rut or start doing things out of duty. Branch out, try new things, and most of all ... have fun doing it!

D average: *Doldrums.*

If you scored a D, you might want to invest in a strong cup of coffee and take some time out to think about life. There are some mighty changes sweeping the world; don't get left behind! Check out the GN series "Living the Lord's Law of Love" (ML#s 3201-3211, Vol.25), if you want the full scoop on the way the Lord's leading in this new day! ■

Heaven-scope

Virgo

August 23 - September 23



I love you, My Virgo. Though you may often feel a little unsure of yourself, be assured of

My love, My care, My happiness at the very thought of your existence. Though you may be a Virgo that finds it difficult to be in the spotlight, you have a special joy and radiance that others can't help but be attracted to. If you're a Virgo that feels very comfortable around others, you add an extra touch of spark and enjoyment to life.

There's a good chance you're a detail person, meticulous in some way, or just tuned into the little things. You may be meticulous with your room, or with cleanliness. You may have a good memory for details and events. You may be concerned about the little things and faithfully attend to each one. Whatever the case may be, I've gifted you with an eye for details, a heart that is outgoing and cares about each little thing and everyone.

You usually either have the gift of faithfulness and plodding along, or the gift of helps. Perhaps you are one of those indispensable people that are willing to do anything for anybody no matter how menial or lowly it may seem. Or you're one who daily plods along, faithfully fulfilling the job that I have entrusted to

your care. Or perhaps your gifts along these lines are manifested in another area of your life, or you have yet to discover them.

If you ever feel burdened or pressured with the strain of your work, your ministry, or the many details that you must tend to, cast these burdens on Me. Let Me carry your load. Let's work in partnership together.—I'll carry your load, and you can be My hands, My feet, My lips, My eyes and My love to others. Don't be discouraged or overburdened by the problems or troubles you encounter. Remember that I will help you; I will strengthen you.

Whether you're serious or funny, studious or playful, talkative or quiet, outgoing or reserved, you're a unique individual with definite feelings and emotions, joys and traits, dreams and goals that make you what you are, that help to form and fashion you into what I need you to be.

No two people of any sun sign are alike, and no two Virgos are exactly the same. All are different, all are unique, all are special to Me. I made each one to fill My desires and to bring Me delight. I made each one as a vessel to pour My love through. In this coming year, I will continue to be one with you, to be the heartbeat of your life, the joy of your countenance. ■

Your Celestial Horoscope

Libra

September 24 - October 23



You're a special creation of My hands, and I love you. You're lively, you're bubbly,

you're fun, you're on fire for Me! You walk the path of life with a spring in your step and a smile on your face. Like the verse, "A merry heart doeth good like a medicine," so are you to others. You're a little touch of life and laughter and fun, and your joyful countenance lifts the drooping hearts of those who are weary.

Though you may often feel that your own heart is heavy, for you also battle, you also experience trials and hardships that break your heart and cause you to feel pain and suffering, you use these times as stepping-stones. You allow Me to take your heart and mold you into that which I would have you to be. And through it all, even through the hardships and the battles, you remain a sparkle of joy and love in the lives of others.

You probably have a hard time making decisions. Do you weigh all the pros and cons on your scales, but usually end up taking longer than most to make even simple decisions? This is what some consider a weakness in Librans, but through Me it can be a strength. When you don't know what to do, when you don't know what decision to make, just

ask Me. I know all of the answers, I have all of the solutions, and I can help you to make the right choices in any given situation.

Here are some of the other traits that beautifully frame your life: You are a hard worker, very diligent and thorough. You need a lot of affection and love, and you give the same to others. You have an inbuilt fun-loving device. You have keen spiritual senses and the ability to hear clearly from Heaven. You have the gift of smiling through your tears. You've got sheer determination and will power. You have a way of using your words to make others feel special.

You and I make a perfect team. You're on one side of the scale, and I'm on the other. We balance each other perfectly; I make up for all of your lacks. When you are weak, I am your strength. When you are sad, I am your joy. When you are downcast, I am the light of your smile. When you are insufficient, I am sufficient. When you are in despair, I'm the delight of your life. When you are fearful, I am your faith. When you are in need, I am the supplier of those needs.

We are one; we were made for each other. We are one; we balance each other beautifully. We are one; we're inseparable. We are joined as one; yesterday, today, and forever! ■

Health Focus:

ASTHMA

Pushed into exercise

From Jenna (24), Mama's Home

I've been asthmatic my entire life. During the last 10 years or so (after having a prayer of deliverance as a JETT), the Lord has healed me quite incredibly, to where I don't struggle for every breath or have chronic attacks. But during the last several months the wheezing began to again creep up on me.

I've never been faithful with get-out, and the thought of doing workout videos especially turned me off. But a couple of months ago, after getting a mild case of asthma every night, losing my breath when climbing a set of stairs, and other such things that just shouldn't happen to a 24-year-old, I decided to have a change in my non-exercise routine.

I began to have get-out every day. Rather, I forced myself. Not having many other options at the time, it was time to yield to my dreaded workout videos. It seemed impossible to get through one at the beginning. I'd lose my breath entirely, get asthma worse and feel like dying. But I kept at it by a miracle of God—and some godly jealousy at seeing the other girls getting so fit—and made it over that hump.

Two weeks later, my asthma had completely cleared up, to where I can be in situations now that would have brought on asthma in the past, and they don't bother me at all. It's incredible! I know that the Lord has done a miracle in healing me once again, but the get-out sure helps, and I mean vigorous heart-pumping get-out—the kind where you're looking at your watch every few minutes wondering, *When in the world is this going to be over?!* Not only did the get-out improve my health, but it made me feel so much better overall.

I'd highly recommend it not only to asthmatics, but also to anyone who wants a boost in life. If get-out isn't your thing, give it a try (any vigorous form will do) and see if it doesn't make you feel better!

Oily fish fights asthma

Redbook

A recent Australian study has shown that regular consumption of fresh oily fish, including salmon, tuna, cod, mackerel, and trout, reduces the risk of asthma. It's believed that the omega-3 fatty acids in fish oil prevent or reduce inflammation of the airways, which is a key feature of asthma.

Prevention

Try this slow-breathing technique:

- ◆ Breathe about six breaths a minute, slowly and regularly, for 20 minutes, twice a day.
- ◆ Don't inhale too deeply. (*Eve: It's best to inhale through the nose, not mouth.*)
- ◆ Exhale through pursed lips.
- ◆ Breathe from your abdomen.
- ◆ If you begin to feel light-headed, you're hyperventilating. Take shallower breaths.

Why would this work?

Slow breathing at about this rate exercises the control reflexes that govern our blood pressure and other involuntary functions. They become more efficient and may help prevent an asthma attack.

To ease asthma, treat heartburn

Prevention

If you have asthma, chances are 50-50 you also have GERD (gastro-esophageal reflux disease), a type of chronic heartburn. A recent study shows that treating GERD can bring asthma relief too. Here's how.

- ◆ Elevate the head of your bed 6 to 8 inches for nighttime heartburn.
- ◆ Avoid lying down for 2 to 3 hours after dinner.
- ◆ Avoid fatty foods, chocolate, carbonated or caffeinated beverages, alcohol, or any food that seems to worsen the condition.
- ◆ Avoid overloading your stomach at any one meal.
- ◆ Avoid constipation.
- ◆ Avoid tight, restricting garments such as belts and girdles.

FREQUENCY BEATS TIME

Prevention

If you're trying to establish a habit of regular exercise, aim for frequency, not duration: Instead of trying to work out for one hour three times a week, shoot for shorter workouts—of 15 to 20 minutes—but do them every day.

There are a lot of things you do on a daily basis, like brushing your teeth; the goal is to make a similar habit of a reasonable amount of exercise. Then slowly work up to 30 or more minutes a day of moderate activity such as brisk walking.

a diet that will work for anyone

by Rae Osenbaugh

I like to call this the "Toddler Miracle Diet"! Over the years you may have noticed, as I have, that most two-year-olds are trim. It came to me one day over a cup of black coffee and a carrot that perhaps their diet is the reason. After consultation with pediatricians, X-ray technicians, and distraught moms, I was able to formulate this new diet. It is inexpensive, offering great variety and sufficient quantity. Before embarking on this diet, however, be sure to check with your doctor ... otherwise you might have to see him afterward. Good luck!

Day One

Breakfast - One scrambled egg, one piece of toast with grape jelly. Eat two bites of egg, using your fingers; dump the rest on the floor. Take 1 bite of toast, then smear the jelly over your face and clothes.

Lunch - Four crayons (any color), a handful of potato chips, and a glass of milk (three sips only, then spill the rest).

Dinner - A dry stick, three small coins, four sips of stale soda.

Bedtime snack - Toast piece of bread and toss it on the kitchen floor.

Day Two

Breakfast - Pick up stale toast from kitchen floor and eat it. Drink half bottle of vegetable dye.

Lunch - Half a tube of "Pulsating Pink" lipstick. One ice cube, if desired.

Mama

This article is pretty funny and really makes us laugh, but it's sad to think about how in many cases it's probably true—especially in the over-indulgent, highly civilized western society. It makes me so thankful for the Family, and the good training and loving discipline our kids get, doesn't it you?

Afternoon snack - Lick an all-day sucker until sticky, take outside, drop in dirt. Retrieve and continue slurping until it is clean again. Then bring inside and drop on the rug.

Dinner - A rock or an uncooked bean, which should be thrust up your left nostril. Pour iced tea over mashed potatoes; eat with a spoon.

Day Three

Breakfast - Two pancakes with plenty of syrup, eat with fingers, rub in hair. Glass of milk: drink half, stuff pancakes in glass. After breakfast, pick up yesterday's sucker from rug, lick off fuzz, and put it on the cushion of your best chair.

Lunch - Three small flowers (any variety will do), peanut-butter and jelly sandwich. Spit several bites onto the floor. Pour glass of milk on table and slurp up.

Dinner - Dish of ice cream, handful of potato chips, some chocolate milk.

Final Day

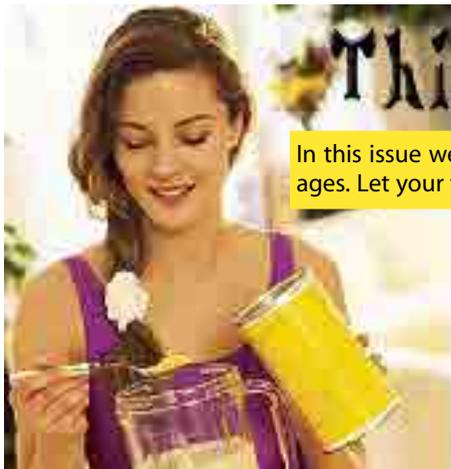
Breakfast - A quarter-tube of toothpaste (any flavor), bit of soap, an olive. Pour a glass of milk over bowl of cornflakes, add a half-cup of sugar. Once cereal is soggy, drink milk and feed cereal to dog.

Lunch - Eat crumbs off kitchen floor and dining room carpet. Find that sucker and finish eating it.

Dinner - A glass of spaghetti and chocolate milk. Leave meatball on plate. Stick of mascara for dessert. ■

Thirst-Quenchers

In this issue we are offering several tried-and-proven beverages. Let your taste buds go wild with these titillating delights!



running, remove filler-cap and drop in berries one at a time.

Morning Glory Fruit Shake

½ cup ice cubes

1 tsp honey

Add: 1 sliced banana

1 cup sliced strawberries

1 cup chopped pineapple

Or: 1 cup chopped papaya

½ cup chopped, peeled apples

Combine in blender and puree on high speed until smooth. Serve immediately.

Lemon Refresher

A “*make it to your taste*” recipe.

Mix some lemon juice with a little sugar (or honey, if you prefer) until sugar is dissolved.

Blend in some yogurt until it’s smooth. If you want, you can do it in the blender and add a little ice to make it nice and cold.

A nice variation is to use orange juice instead of lemon juice—in which case you don’t need the sugar.

Groovy Smoothies

1 cup of milk

½ frozen banana

1 tsp of honey or sugar

for **Berry Blast**, add: 1 cup of frozen strawberries (or other berries)

for **Peach Delight**, add: 1 cup frozen peaches; ½ tsp cinnamon

for **Mango Heaven**, add: 1 cup of frozen mango

Blend until smooth.

Virgin Piña Colada

1 cup of coconut milk

1 tsp of honey or sugar

1 cup (or more) of frozen crushed pineapple (canned or fresh)

Mix together and blend until smooth.

Banana Crunchy

1 cup milk

1 banana

¾ cup of ice

½ cup granola

Combine in blender. Pulse for 20 seconds or until smooth.

Lemon-Berry Freeze

2 cups cold lemonade (you can make with water, lemon juice and honey)

1 cup whole frozen strawberries

Pour lemonade into blender jar, and process on high speed. With blender

Smoothie Secrets

◆ Try adding extra milk powder to the fresh milk—not only to fortify, but to make them thicker and smoother.

◆ If you want them really cold and more like a milkshake, instead of using fresh milk, you can use crushed ice and milk powder along with the fruit (do not mix milk and fruit if you have a sensitive stomach); this way you don’t need to freeze the fruit either, which can destroy vitamins, in some cases.

◆ For extra flavor, add a few drops of natural vanilla essence.

The Name Gallery

Name definitions given by Jesus:

Annabelle: Mild-mannered, soft-spoken beauty. Demure and quietly pleasing. *(female)*

Earl: Well-spoken, a master of words and speech. Clever and one who has the God-given ability to understand and be understood in any type of situation. *(male)*

Guy: A knight of the Kingdom of Heaven dedicated from birth and destined to be strong and sturdy with the power of My Spirit in him. *(male)*

Jonathan: A humble man who is willing to bear one another's burdens and fill many places of service—small or great. *(male)*

Kisanli: Rare, unearthly tropical flower, with a sweet, semi-spicy fragrance. One with a gift of sending up sweet-smelling aromas—as beautiful as the flower of the same name—through her prayers. *(female)*

Kurt: Strong bulwark amid a sea of trouble, a rock of strength to those who lean on him. *(male)*

Opal: Shining with the resonance of Heaven. This one has the capacity to be an especially transparent channel, susceptible to the slightest touch of the breezes from beyond. *(female)*

Rachel: Called out and chosen from many; a lowly one who is weak, but strong when abiding under the wings of My will. *(female)*

Shellena: An angel of hope whose finest quality is her helping, giving hands, that reach out with compassion to others in need. *(female)*

Terrence: A helping hand. One who is always ready in heart and in spirit to give service to those who are in need. *(male)*

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

**Wanna know a name's meaning?
Send it in!**

Cover photo: Sophia (USA)
Suggested reading for ages 16 and up.
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