

FIVE

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Top Tips

Birth in China: The Lord marvelously answered both our and the Family’s prayers for Joy’s delivery, her second here in China. The hospitals in this more remote area of the country are more primitive than where we were before.

When talking with the doctor prior to the delivery, we found that he had very little knowledge concerning the RH negative blood factor, and the hospitals have practically no medications or know-how to deal with any complications arising from it. (This condition doesn’t usually affect first pregnancies, and with China’s one-child policy, the probabilities of anyone having problems are low.)

Thank the Lord, He protected Joy and the baby from having any difficulty with this. In answer to specific prayer, there was also no problem with excessive bleeding during or after the birth, which was a possible danger due to Joy having a uterine tumor. The Lord made the labor especially easy and quick (her easiest yet!), which our Home had specifically prayed for together before Joy left for the hospital.

To encourage anyone having babies here, we did want to add that though the hospitals where Joy delivered both babies were pretty old buildings and the equipment less modern than other countries, the hygiene standard was quite good, and the staff very helpful and conscientious.

— From Noe, Joy and Claire, China

Nausea Tips

Like crackers and dry toast, potatoes are bland, carbohydrate-rich foods that can soothe a queasy stomach. No single remedy for nausea is guaranteed to work for everyone, but carbs are on the top of many people’s lists. One key is to steer clear of hot foods, since in general they smell more than cold foods. This may mean choosing a cool, boiled potato instead of hot mashed potatoes. And don’t forget to sip plenty of fluids. Try orange juice, a little lemon in water, or some water with a bit of honey added. — *Prevention magazine*



another FGA woman told us: “Lemon juice was about the only thing that would help quell my nausea in pregnancy, with honey and ice added. Drinking it about 30 minutes before meals enabled me to eat.”

Pray and ask the Lord for that special thing—or things—that will do it for you!

Ginger tea for nausea: I found a cure for my morning sickness—ice-cold ginger tea, sweetened a bit and sometimes with lemon juice added. It really settled my upset stomach; I would carry it around in a thermos with ice on outings and trips, especially bus rides. (*Eve: You can also use powdered ginger spice to make ginger tea, if fresh ginger root is not available. The tea is not as strong, but some people prefer it for that reason.*)

— From Joanna (mother of 10), Thailand

The Beauty of Pregnancy

Pregnancy is a time of great awakening. Your body is awakening to new changes going on within you, and your spirit is awakening to new thoughts and feelings and responses, nurturing itself and preparing for the addition of a new little life to your world.

At the same time, this awakening also brings about a greater awareness and consciousness of yourself. You're a lot more sensitive and finely tuned and aware of things than before. And as time goes on and you do gain some weight, as your figure changes to a more full, motherly one, that can be a struggle and a battle as well.

But you can rise above these things, and see that to Me you are beautiful in every way. In the eyes of others, also, you glow with the glory of a vessel that is yielded to My highest will—nurturing a life that will be with you for all eternity. The main thing to remember is that this time is just for a moment. No matter how unappealing and unlovely you may feel—even though I can assure you that this is not the case—it is but for a moment. It also will pass, and your body will return to normal.

Pregnancy is not a time to make rash decisions, such as new haircuts and big changes in your styles and appearance. It's nice that you can do things that will help your morale and make you feel better about yourself, and there are often simple and easy things to do that will make a world of difference: Maybe you'd like to wash your hair more often, or find some nice-looking clothes that can add variety to your wardrobe. Take a sweet-smelling bath or take time to apply some scented oils or perfumes. Help yourself; do what you can. But don't rush into any major changes, because you have to remember that this is not indicative of the way you

normally feel, and many women have rushed headlong into some major change of their appearance, and have greatly regretted it later.

Your sensitivity can help you relate to and understand others. For there are other times in life when there is a similarly acute sensitivity—early teenhood, and certain crucial times in childhood, etc. It can be hard for grownups to relate to children and teens going through these difficult times and changes in their life, but having had this

The blues and blobs of pregnancy getting you down?
Here's a Heavenly perspective on the scene!

---By Jesus

experience during pregnancy, you will be able to understand them if you will relate it to this.—This acute extremism is the same thing that is felt and faced by many of those going through those times. So this knowledge should help you and give you greater patience, compassion and understanding for others as well.

The most important thing to remember is that no matter what goes on in your body, you are beautiful because you are nurturing a new life. Whatever changes and problems may result for its sake are worth it, because it is the creation and the forming of a new life. No sacrifice is too great, for the sacrifice will pass, but the beauty and joy and the little treasure that will result will be yours to hold forever. ♦

pregnant women are so beautiful! They just shine with a special brightness, a special light of the Lord, a special glory.—Dad (ML #2961:275)

Pregnancy and Motherhood

In the News

Long-term effects of anorexia: The immediate effects of the eating disorder anorexia nervosa can be life-threatening, and for women who hope to bear children, the long-term effects may be just as grim. Women who have or have had anorexia nervosa are more than twice as likely as other women to miscarry during pregnancy, according to a study published in the *Journal of Clinical Psychiatry*. They also have Cesarean deliveries more than five times as often as other women. Yet researchers were surprised to discover that the disorder did not make women less fertile. The research team studied women in New Zealand who had been treated for anorexia nervosa up to ten years earlier. (*Babycenter*)

Vitamins fight preeclampsia: Vitamins C and E can help prevent preeclampsia, a potentially deadly condition in pregnant women and a leading cause of premature births. A study of nearly 300 pregnant women showed vitamins C and E reduced the incidence of the disorder in high risk women, if they took the supplements from the 16th week of pregnancy. Doctors are not sure what causes the condition in which the placenta does not develop normally. An increase in blood pressure, swelling of the face and ankles and the appearance of protein in the urine can be warning signs. (*Reuters*)

Mother's milk protects against asthma: Breastfeeding for at least the first four months can substantially reduce your newborn's risk of developing asthma, suggests a study presented at a recent international conference of the American Lung Association/American Thoracic Society. Researchers in Perth, Australia, looked at nearly 3,000 children; those who were *not* exclusively breastfed for the first four months of life were 27 percent more likely to have asthma by age six than kids who were. Breast milk contains many components essential to a baby's developing immune system, which are difficult to include in infant formula, explain the researchers. The American Academy of Pediatrics recommends that infants be exclusively breastfed for the first six months of life. (*Babycenter*)

Breastfeeding and IQ: A survey by a University of Kentucky nutritionist looked at 20 different studies comparing the brain development of infants who had been breastfed with those of infants who had been given formula. "Our study confirms that breastfeeding is accompanied by about five points higher IQ than in bottle-fed infants," he said. (*AP*)

After-birth Advice: The Six-Month Mark

Somewhere around six months postpartum, the mother's body slows on producing the excess amounts of milk-making hormones. You will notice that your breasts are getting softer and smaller, and you may not always feel fullness when it is time for the baby to feed.—This does not mean that you do not have enough milk! At this time, the baby also starts taking a lot less time to nurse and is a lot more distractible, and often has a large growth spurt around this time. Many moms think they have lost their milk, but this is not the case.

Because of the hormone changes mentioned above, a mother's body often holds onto the extra weight put on during pregnancy until around six months postpartum. This is why it's best for moms to start slowly on their exercise programs, building up over a couple months to more intense type of workouts. You will see the pounds melt away as your maternal body shape firms up. It is nice to note that a fully breastfeeding mom who starts on a sensible exercise program not only loses the weight more evenly but also tends to keep it from coming back. (*Article reprint.*)

Ask a Midwife

Yeast Infections and Thrush



(Question:) In one *GV* article, you said, “If you have a yeast infection on your breast and your baby is nursing, he’ll probably get it, or if you have one at birth. Do the same treatment with the plain yogurt and put it in the baby’s mouth, especially on the tongue and cheeks, and this should clear it up. Also use it on your breast.” Is that the same as thrush, or different? How do you know if you have a yeast infection on your breast or on the baby’s mouth/cheeks? What does it look like?

(Answer:) Yes: a yeast infection in the baby’s mouth is called thrush. If you have a yeast infection on your breast there are no outward signs. Generally, if you have a vaginal yeast infection, you also have it on your breast and should treat the breast as well. Also, if the baby has thrush, you do have a yeast infection at least on your breast and so should treat both the baby’s mouth and your breast. Thrush or a yeast infection (they’re the same thing) in the baby’s mouth looks like little white dots on the tongue, cheeks and sometimes roof of the mouth. Milk in the baby’s mouth looks the same, though; to tell the difference, try to gently rub the spot off. Milk will rub off; thrush will not. *(See CCHB1 pgs.244-245 and 277-278 for more on thrush in babies.)*

The Importance of Proper Care for New Mothers

From Tina, Thailand

One of our young SGA mothers, who gave birth to her second child six months ago, became quite sick with cramps and nausea, from what we thought was the start of her first period after the delivery. However, after a day or so of severe cramps, the pain became so intense that we were quite concerned, and after prayer and counsel she went in for a checkup.

She seemed to have a kidney stone, which can be extremely painful. Medication is normally prescribed to help dissolve kidney stones, but after desperate prayer by those who participated in a prayer chain for her all day, the pain completely subsided. When she returned to the hospital the following morning, there was not even a trace of it left! We told the doctor we’d prayed and asked God to heal her speedily, to which he replied with a big grin, “So you think prayer did it, huh?” Amen! We sure do, and are so thankful the Lord healed her so quickly!

We also learned some very good lessons on the importance of taking care of our bodies, especially our young new mothers who are having babies quite rapidly one after another. One possible cause for the problems she experienced seems to have been insufficient intake of liquids and an inadequate diet. We’ve gone on the attack and started using the excellent suggested diet checklist from the *Childcare Handbook*, which lists the ideal liquid and food requirements for pregnant girls, which can also be used by our nursing mummies. (See *CCHB1*, pg. 29, as well as the excellent “Nutrition in Pregnancy” FSM 313.)

Mommies, please do all you can to take care of yourselves! The Lord, your Family, your husbands and your children need you strong and healthy! ♦

On teeth and gum care

Last year the Lord supplied the opportunity for me to get braces, to help correct my teeth. On my initial check-up, the orthodontist said my gums were not doing so well, and wouldn't be able to handle the pressure of having braces. I needed to get them corrected first, before I could proceed to the other steps.

They use a little instrument to measure the space, or “pockets,” beneath your gumline, right from where your tooth comes up; the deeper the pocket, the more the gums have receded or separated from the tooth, and the worse off your gums are. In other words, bacteria from food has been able to get below and just sits there, which turns a

gingivitis condition [swollen gums] into gum

disease. Your gums are the flesh that helps hold your teeth in place, so if you don't take care of your gums, you won't have anything to hold them! Some people (in the System) at quite young ages have had to use dentures because their teeth fell out. But it doesn't have to come to that.

The Lord supplied a

periodontist [gum specialist] to clean my gums, then I had a little class on what they call “home care” or maintenance. Home care is very important, because dentists can only do so much after they have cleaned under the infected gums. You have to do your part at home, to maintain your condition once cleaned

From Angela Dream (21), USA

with flossing and brushing and using a periodontal mouthwash, or it gets worse. He said that you're only doing half a job of dental care if you brush but don't floss.

Flossing is very important for gums, because it not only scrapes the plaque (sticky invisible film) off your teeth, which

causes decay, but flossing is also needed to clean beneath the gum line to break up the buildup of bacteria

and under the gum line.

At first I was like a fanatic, flossing every time I ate *anything* (which was going

“You're only doing half a job of dental care if you brush but don't floss.”

that causes gum infection. What you do is take a long strand of floss, string it between your two index fingers, place it between the teeth, and go up and down on one side of your tooth, then gently move it over to the other side and scrape up and down on that side. (*Eve: Some doctors recommend flossing five strokes on each tooth.*) You're supposed to try to have the dental floss cover as much of the tooth as possible. Also run it down between the teeth

overboard)!—You only really need to floss once a day, before bed. Swishing your mouth with water is of course good too (all the things Dad taught us), and using anti-bacterial mouthwash (like “Listerine” or Oral B Gingivitis type) also kills germs. It was awkward at first, learning and adding a whole new thing to my nighttime routine, but I felt so much better afterwards! If you miss a couple nights of flossing, don't worry—just do the best you can.

This isn't exaggerated!

From
Jenna, WS

Like many of you, I knew I should be flossing my teeth, but as a JETT, teen or even SGA, it seemed like such a waste of precious time—trying to edge a white wax string through countless teeth. So I didn't.

But alas, like many who don't floss, I ended up with gingivitis and worse.

By age 21, I was in a dentist's office faced with the stark reality of losing my two front teeth—no, not when I'm 50 or 60, but within 4-5 years! All of a sudden, flossing didn't seem like such a waste of time. But it was almost too late. I ended up having to get my teeth seriously cleaned (I won't go into all the details!) and then had to wear braces for nearly two years, since 50% of my bone had deteriorated and my teeth were shifting by the day.

Thankfully, I still have my front teeth, but dentists are now a more vital part of my life than they would have been if I had only—you got it!—flossed. It only takes about five minutes a day—or less! It's certainly worth it to keep your teeth and gums not only healthy, but in place at all.

The importance of regular

tooth cleaning

When I was having some serious problems with my teeth I prayed desperately, as I'd heard that in China it was difficult to get good dental work. Finally the pain got too much; I had one tooth hanging by a thread and another loose, so I finally decided to go for it.

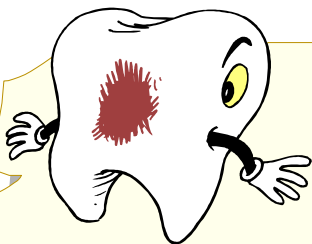
A Christian friend of ours asked his friend who worked at the medical university where the best place was to take a foreigner. This man's uncle was the manager of a hospital specializing in

mouth problems and diseases, teeth, etc. This hospital is brand new, very clean, with top equipment and doctors. I did lose one tooth and may lose another, but the lesson is that it was caused by not having my teeth cleaned on a regular basis.

For the last month I've gone to the dentist once a week for treatment, which has basically been normal cleaning as well as other deep gum cleaning and treatment. My mouth is just about normal now, TTL!

If I had cared for my teeth properly, I would not have lost the one and possibly two teeth. So my advice to all adults in the Family is to have your teeth and gums checked and teeth cleaned regularly (once or twice a year). My problems were due to a common infection in the gums, which can be easily avoided by proper care. Some of my other teeth seemed to be in danger, but since my mouth responded well to the treatment, it looks like I won't have to lose any others. An ounce of prevention is worth a pound of cure! ♦

From
Sunny,
China



Practical tips on the care of your teeth and gums

By Dr. Koger

- You can help fight the bacteria present naturally in your mouth by rinsing with salt water, which is a natural cleanser. A mild solution of salt in water is very beneficial against fighting infections and bacteria. Try it each day after you've brushed your teeth. (Warm water is best, if available, because the salt dissolves instantly. But if you don't have warm water on hand, cold water is also okay; you just have to stir it a bit and wait for the salt to dissolve into the water.)

- Flossing daily is important, and you should try to form a habit of it as much as possible. It takes time, but as you work on forming the habit, the Lord will help you fit it into your schedule and make time for it. It's just one of those mechanical things you can do yourself to help care for your gums and teeth, something that is much easier than having to undergo dental treatment. It's really worth it in the long run to take five minutes each day for flossing. It will pay off in your gums becoming healthier, with less bleeding. Find a time slot that works best for you and just keep working at it until you form the habit and it becomes second nature to floss each day.

- The buildup of plaque that causes gum disease comes from a few things—your saliva, bacteria, and food residue. You can do your part to keep your teeth and gums clean from food residue and

some of the bacteria that result. Flossing is one of the main ways to clean away plaque, and is very important. Visiting an oral hygienist and having the plaque professionally removed is also important. Your hygienist can recommend how often you will need to have your teeth cleaned, whether once a year or more frequently.

- Rinsing the food residue out of your mouth after eating is helpful, as well as brushing your teeth after meals. Some foods have more of an abrasive quality, and can have a cleansing effect on your gums and teeth (such as apples, or other raw, crunchy fruits and vegetables), as compared to foods that are soft and sticky. What kind of foods will work best for you will differ from person to person depending on your saliva, so experiment and see which type of foods make your teeth feel clean, and which ones leave an undeniable film on your teeth. But normally speaking, soft or sticky foods—such as sauces, cooked foods, meat that sticks between your teeth, bread and other flour products, etc.—leave a film on your teeth, and if you're not careful to clean your teeth well, they enhance plaque buildup and eventually gum disease can result if you don't clean the plaque away.

- Rinsing your mouth with water after eating is very good, even rinsing with a mild apple cider vinegar solution, or salt solution, is helpful. Brush your teeth regularly and floss daily.

Preventing—and curing—gingivitis

From Faith (of Amos), Philippines:

I had gingivitis for a long time, and it had progressed to where the deep pockets of infection were starting to cause bone loss and loosening of my teeth (periodontitis). The dental hygienist recommended brushing my gums at the same time I brush my teeth, by angling a soft-bristle brush down or up toward the gum and brushing (gently!) in a gentle circular motion. This gives the gums around the tooth a gentle massage. He said if I remembered to do this once a day, in 10 days the bleeding I always experienced when brushing my teeth would stop. And he was right!

Next he demonstrated how to floss my teeth. I've always avoided flossing because it looked difficult and time-consuming. But he promised that if I persevered with flossing my teeth once every 24 hours, my gum infection would clear up. Being taught

how to floss was a big help in overcoming my reluctance, as it didn't take such a long time once I got the hang of it. *(Eve: Dentists say to press the floss directly against your teeth and move it gently up and down in that position. Don't snap it against your gums, as that can be painful.)*

I'm a satisfied customer now; I no longer have gingivitis, and dental hygiene is no longer a problem. He explained that the gums become infected because of plaque that is left between the teeth after brushing; flossing breaks up that plaque and prevents gingivitis. He also told me that gingivitis often occurs during pregnancy, but it's not necessarily caused by poor dental hygiene. Usually it disappears after the birth of the baby. It can also be caused by other hormone changes in the body. Regular cleaning of teeth by a dentist also prevents buildup of plaque and resultant gum infections. ♦

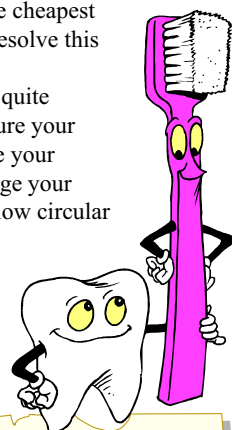
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From Steffi, WS:

Family dentist contact and friend once told me that one of the best ways to massage your gums is using your finger!

I had real bad bleeding gums, in addition to a receding gum line, but this dentist told me, "God made your finger, and it's always handy, so use it to massage your gums—it's one of the cheapest and easiest ways to resolve this gum problem."

I found it's really quite simple—just make sure your hands are clean. Take your forefinger and massage your gums with a small, slow circular motion in one spot, then move over to the next spot until you cover your whole mouth.



From Sharon, FC:

Several periodontists have recommended to me and others to brush about three times a week using baking soda and hydrogen peroxide. After flossing, put both on a soft-bristle toothbrush. (You can sprinkle a few drops of hydrogen peroxide first on the brush, then dip it into a small bit of baking soda in a bowl. Or you can mix a tiny bit ahead of time into a paste.) This cleanses below the gum line and helps fight infection. *(Eve: See also Eve 1, pg. 10, for a word from Dr. Koger on the use of baking soda in dental care.)*

Periodontal diseases:

What you need to know...



Periodontal diseases, also known as gum disease, are very common. They are painless until their advanced stages, but if left untreated can result in bad breath; red, swollen and bleeding gums; and eventually, tooth loss. Despite all this, periodontal diseases are also preventable.

The word “peri-odontal” literally means “around the tooth.” Periodontal diseases are bacterial gum infections that destroy the attachment fibers and supporting bone that hold your teeth in your mouth. The main cause of these diseases is bacterial plaque—a sticky, colorless film that constantly forms on your teeth. Daily home oral care, including proper brushing and flossing, is a must to prevent plaque buildup.

If plaque is not removed, it can turn into a hard substance called calculus (tartar) in less than two days. Calculus is so hard that

it can only be removed during a professional cleaning. Calculus that develops below the gums on the tooth root makes plaque removal difficult, leaving you at increased risk for periodontal diseases.

Toxins (or poisons) produced by the bacteria irritate the gums, causing infection. These toxins also can destroy the supporting tissues around the bone. When this happens, gums separate from the teeth, forming pockets that will fill with even more plaque and more infection. As the diseases progress, more gum tissue and bone are destroyed, and the teeth eventually become loose. If periodontal diseases are not treated, the teeth may need to be removed.

Periodontal diseases can affect one or many teeth. For example, your front teeth may not show signs of periodontal diseases, while a tooth in the back of your mouth

may become loose due to severe disease progression.

There are many forms of periodontal diseases. The most common ones include:

Gingivitis: The mildest of the diseases, gingivitis causes the gums to become red, swell and bleed easily. There is usually little or no discomfort at this stage. Gingivitis is reversible with professional treatment and good home oral care.

Mild Periodontitis: If gingivitis is left untreated, it can advance to periodontitis. In the mild stage, periodontal diseases begin to destroy the bone tissue that supports the teeth.

Moderate-Advanced Periodontitis: In the mid-stages, periodontal diseases can lead to more bone and tissue destruction. The most advanced form of these diseases includes extensive bone and tissue loss. Teeth often become loose and may have to be removed.

Periodontal diseases are preventable.

The main cause of these diseases is bacterial plaque.

You may have periodontal diseases and not have any of these symptoms; many people don't experience pain. If you have any of the above symptoms, you should see a periodontist. Many

people over the age of 35 develop periodontal diseases.

During a periodontal examination, a small measuring probe is gently placed between your tooth and gum to assess your periodontal

health. Current x-rays also are viewed to observe the health of the bone below your gums. If you don't know the state of your periodontal health, you should ask.

Once your periodontal health has been evaluated, your periodontist will work with you to determine the treatment options that are best to arrest your disease and bring you back to health. If caught in the early stages, simple procedures will remove the plaque and calculus from below the gumline and eliminate the infection-causing bacteria. If these diseases have advanced to the point where the

periodontal pockets are deep and the supporting bone is lost, further treatment might be necessary. Whatever the treatment may entail, the goal is to return you to good oral health and then help you maintain it.

Benefits of periodontal treatment includes fresh breath, a more youthful appearance, the ability to chew your food more easily and, most importantly, healthy gums that are free from infection.

Periodontal diseases are chronic diseases; without careful, ongoing treatment, diseases can and often do recur. (*Reprint from a brochure.*)

The following are the most common symptoms of periodontal diseases:

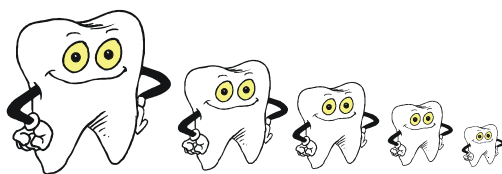
- Bleeding gums during brushing
- Red, swollen or tender gums
- Gums that have pulled away from the teeth

[so that more tooth area shows below the normal gum line]

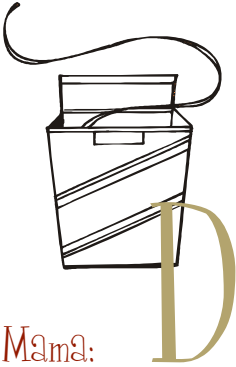
- Persistent bad breath
- Pus between the teeth and gums (leaving a bad taste)
- Loose or separating teeth
- A change in the way your teeth fit together when you bite
- A change in the fit of partial dentures

Acid and tooth decay

People should stop thinking that sugar alone causes cavities, and concentrate on foods that leave their mouth acidic," says Mike Edgar, one of the authors of *Oral Health: Diet and Other Factors*. This report advises that people who drink orange juice or eat acidic foods should not brush their teeth for at least half an hour afterwards. Why? Because when the mouth's acid levels rise above a certain point, the tooth enamel softens, and brushing will begin to rub away the top surface. (*Awake!*)



Dr. Koger: After eating something acidic, it's wise to rinse your mouth with water right away, just like your Father David taught you in the Letters. Brushing your teeth directly after eating or drinking something acidic can damage your tooth enamel. So the best thing is to rinse your mouth right away, and then brush your teeth after a short wait of half an hour or so. ♦



Mama's tooth and gum testimony

Mama:

uring a visit to the dentist some months ago, he informed me that I had a gum disease, and that if I didn't start taking better care of my teeth by flossing every day, that I'd eventually lose them. This caused me to get desperate with the Lord and to receive His counsel for me personally. Here are some excerpts of messages from Jesus and Dr. Koger about the care of my teeth, with good advice for all:

Dr. Koger:

Flossing daily, as the hygienist suggested, is important and something that you should try to form the habit of doing as much as possible. It takes some time, but as you work on forming the habit, the Lord will help you to fit it into your schedule and make the time for it. It's just one of those mechanical things you can do yourself to help care for your gums and teeth, something that is much easier than having to undergo dental treatment.

It's really worth it to take five minutes each day for flossing in the long run. It will pay off in your gums becoming healthier, with less bleeding. So please try and do the flossing each day. Find the time slot that works best for you and just keep working at it until you form the habit and it becomes second nature to floss your gums each day. You'll be very happy that you did, because it's going to go a long way toward improving your gum condition. *(End of message.)*

Jesus:

Your gums are in need of much care and you must cooperate with Me by doing the daily flossing, by using the mouthwash that Dr. Koger recommended (salt water), and by returning to the dentist to have your teeth cleaned regularly, and I will do the things that you cannot do. I will do the further healing of your gums and strengthen your teeth, but you must do your part, My queen, and spend the time that is needed daily to care for your gums and teeth.

This is important to the health of your gums and it is much better that you spend the time now, than to have a more time-consuming problem later on down the line. I will help you to do this as you step out by faith and care for your teeth and gums. I will help you not to worry about the time that it takes, but will give you peace of mind that you are obeying Me and doing My will. And I will use this to strengthen your gums and teeth. *(End of message.)*

Mama:

F

or about six months now, I've been flossing daily. It takes a little while to form the habit, but once you do it becomes a part of your daily routine, and doesn't take too long at all. As a result, I've noticed a difference in my teeth and gums. Thank You Jesus!

What's the worst that could happen?

Jesus
speaking:

This is a sobering account of what one woman had to go through because her teeth and gums were in very bad shape. This is an exaggerated case, because her gum disease was very advanced, but it should help you to seriously consider the care of your teeth and gums, making sure that you're doing all you can to keep them strong and healthy, so that I can protect you from having to experience something similar.

Your teeth are extremely important, because they enhance the beauty of your smile—and your smile is a part of your witness for Me. So take good care of them for Me by doing your part in the physical, and I will do what you can't do and keep them healthy and strong. (*End of message.*)

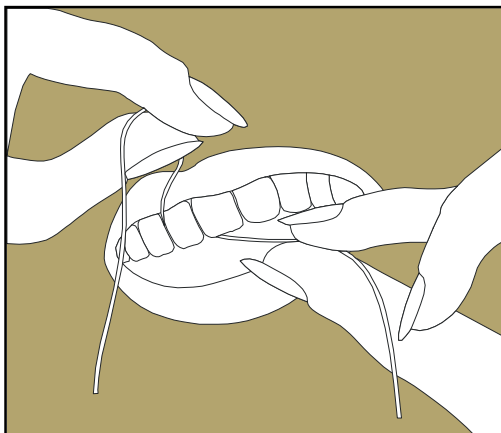
FGA woman:

The first session at the dentist was two-and-a-half hours long; the second one two hours. The work I had done was pretty major and extensive. Basically, except for my four front teeth on the top and bottom, he cut my gums away from my teeth from the fourth tooth from the front all the way back on both sides, top and bottom. He did one side one day, then the next side the other day. What he did was cut away the whole gum on that side so that it was like a flap, then lifted it up and grafted bone between each of the teeth. Then he put the gum over the teeth and stitched it back down, making stitches between every tooth. He did this both sides, top and bottom.

The periodontal surgery was a lot bigger deal than I had thought it would be. As soon as I had it done, both sides of my lower jaw swelled up considerably. My gums in my entire mouth were all swollen and tender. One side wouldn't stop bleeding for a day and a half, so I constantly had a mouthful of blood. We

prayed for it, and it stopped after forming a huge blood clot inside one side of my mouth. Over the next couple days after that it broke up, and I got rid of it. There was a lot of bruising on the inside of my mouth, and I woke up one morning to see my jaw on both sides was black-and-blue on the outside.

I am able now to eat some solid foods, with care, for the first time in a week. I've just been drinking liquids and shakes and mushy foods. Made me think of and sympathize with dear Dad and all those years he had to do that, God bless him! I could hardly wait to be able to eat solid food again. I lost about five pounds because of it and am a little on the thin and boney side, but I'm sure the Lord will help me gain it back now that I'm eating more normally again. ♦



Encouragement for “the chair”

Jesus speaking:

it’s gonna be all right, Baby. I know it’s scary, and I know it’s hard, but I’m not going to let them do anything that’s going to hurt you or make things worse. I’m going to lead and guide this man’s hands and give him skill as well as tenderness. It won’t be entirely without

also going to have two very special spirit helpers: one who was a dentist himself on Earth, and who has been carefully following all scientific developments since he came to Heaven. He knows the score and what to do and what not to do, and he’s

So you’re in good hands, My love—My hands most of all, as well as the anointed hands of this one who is being guided by My angels and ministering spirits. Their love and comfort will bear you up, and you need not fear.



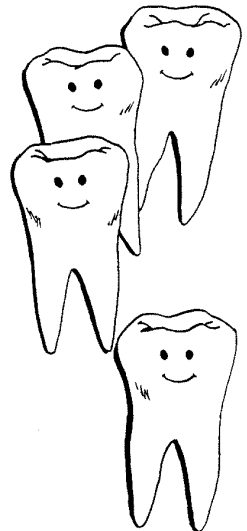
Hush now, My sweet one, and let Me calm your fears. Claim My promises that I have given you, and rest in My strong care. Nothing will harm you.

These strengthening words were given for someone who very much dislikes going to dentists, when she had to go and get some work done. We pray they will be an encouragement to you as well!

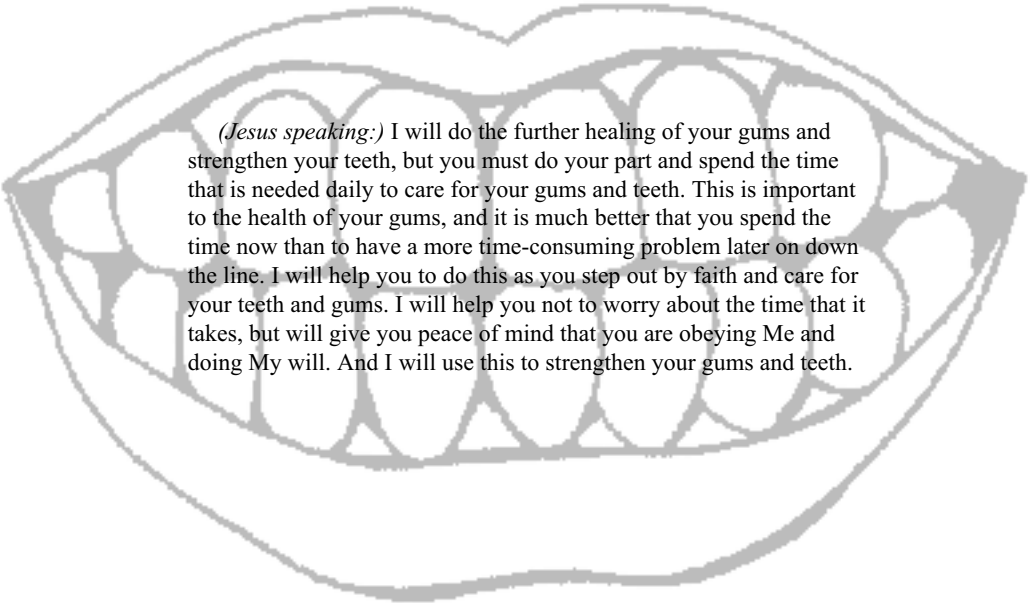
discomfort, but you don’t have to fear that you’ll have terrible pain like you’ve had in the past. You’ve prayed; you’ve asked for help and spirit helpers, and I’m going to give them to you, as well as to the dentist.

You’re going to have two beautiful angels—one tender, gentle, comforting, fairy-like spirit, and another strong, muscular, manly protector—holding your hands on either side and helping you through. The doctor is

helping and anointing this dentist who is serving you, My special children. He also has a wise and powerful angel, one that keeps him from doing any harm, and who also puts the skill of gentleness and deftness in his hands. These are helpers I have given him; even though he is not one of My loyal brides, he is serving My beloved ones, and therefore because of My love for you, he is also blessed with special gifts.



A toothy promise



(Jesus speaking:) I will do the further healing of your gums and strengthen your teeth, but you must do your part and spend the time that is needed daily to care for your gums and teeth. This is important to the health of your gums, and it is much better that you spend the time now than to have a more time-consuming problem later on down the line. I will help you to do this as you step out by faith and care for your teeth and gums. I will help you not to worry about the time that it takes, but will give you peace of mind that you are obeying Me and doing My will. And I will use this to strengthen your gums and teeth.

Nothing will even come near you, but that My hand allows. I send with you the hosts of Heaven to guide and direct and protect and encourage and strengthen you and the dentist who I have chosen to work on you.

Let this be an exercise in looking up into My eyes, even in the face of what you feel is grave danger and distress. Of course, it is not grave danger, for I am protecting you, but

because to you it feels like grave danger, you can use it as an exercise in faith and trust—simply putting your mind on Me and on My promises, and refusing to let it be moved. You can do it, My darling one. You can do it. As the martyrs and saints before you have done, you can do it.

I am with you. I send My angels with you. I give them charge over you. I send My angels to cleanse and

sanctify and disinfect the dentist's office, his equipment, his hands, everything you will come in contact with. I have sent one of My personal attendants to make sure that all is in order for you, My darling bride. These will remain with you until the mission is completed. They are faithful, fearless, diligent, and they love you dearly with My love. They will allow no harm to come to

you. I will also be with you, whispering in your heart, giving you thoughts of My love and of the rewards to come.

So turn your eyes up, gaze into Mine, let our gazes lock, and you will find the strength you need. Simply claim My promises, and do not let yourself be moved. You can do it, My love. I will do it. *(End of messages from Jesus.)* ♦

real Real questions... guys

Continuing our series of articles interviewing a variety of men— younger, older, attached, single—on a variety of sex-related topics.

What's something a woman can do to you or for you, to make you feel especially loved?

(Age 20:) Taking her time to acknowledge me and appreciate me, taking her time with me and liking to have fun with me.

(Age 22:) If she makes little snacks or calls me to taste her cooking. If she comes up and hugs me when I'm not expecting it. If she accepts some of the many quirks that I have just being a guy; telling me how special I am to her or how much she enjoys being around me. I'm sure there are millions of things, but those are just a few.

(Age 17:) This is kinda hard to explain unless it's happened to you, but I'll try. It's when she asks so politely if she can do something to you that she knows you're dying for her to do anyway. She makes it sound like such a privilege and like there's nothing in the world she'd rather be doing. For example, she looks you straight in the eyes with a real flirty, teasing, pleading look on her face, and says, "Can I please **** your ****?" or some other such nicety. And what am I gonna say?—"Uh no, not today. I'd rather read the paper!" It's more like I'm thinking, "If you don't do that in about 8 seconds I'm gonna explode!!" But she just goes on pretending it's the biggest treat in the world for her, and I'm being so sweet and indulging just letting her carry out her little fantasy. When someone treats you like that, you just feel great. ♦

What would you consider to be your most unusual erogenous zone?

(Age 20:) There is no other place than ground zero.

(Age 43:) My ears.

(Age 18:) My ears. There must be some kind of neural connection there because if they are licked/sucked/kissed/breathed on, etc., it's like—to borrow an expression from a good friend of mine—"instant wood."

(Age 45:) My toes.

(Age 22:) What? You mean my whole body being one big e-zone isn't normal?

Romantic writings



Ever get the urge to express your love and then feel like the cat's got your tongue? Worry no more!—There is a simple solution. Here are some romantic one-liners (and more-than-one-liners), which were received in prophecy. Mama thought it might be a nice idea to print a few of them for you in *Eve*, so ... here they are! And if these sexy thoughts don't express your feelings just right—or if you run out and need some more, now you know the source of all the romance you could possibly desire—so pull 'em on down!

- ♥ Thank you for being my other half. Without you I'd be incomplete, like a door without a handle, or a car without an engine, or a house without a roof.
- ♥ The smell of you excites me,
The touch of you thrills me,
The sight of you ignites me,
The sound of you invites me,
The breath of you draws me,
The closeness of you melts me.
And the rest of you completes me.
- ♥ If you want to see me melt, just give me some of that hot lovin' of yours.
- ♥ Roses are red, violets are blue;
Honey, I've got the hots for you!
- ♥ I like to see you naked and I like to see you clothed. I like to see you eating and I like to see you sleeping. I like to see you thinking and I like to see you laughing. I like to see you working and I like to see you playing. I like to see you gardening and I like to see you swimming. I like to see you smiling and I like to see you loving. There really isn't anything that I don't like to see you do.
- ♥ You are God's love to me—His fingers, His encouragement, His gentleness, and some of the things I love and need the most in life.
- ♥ Something about your puppy dog eyes makes me want to go bow wow wow!
- ♥ You make me feel: like a woman, beautiful, wanted, loved, sexy, young, flirty, desirable, happy, content, complete, balanced and secure.
- ♥ We make a perfect team—not because we're perfect, but because we love each other's imperfections.
- ♥ You make my button zing.
You make my fountain spring.
You make my nipple ping.
And oh, how you make my heart sing!
- ♥ Men are from Mars, and women are from Venus,
But I know you're God's love sent straight from Jesus.
- ♥ Nobody else can make me feel the way you do. ♦



Romantic Feelings Versus the Lord's Will in Marriage

From an FGA woman

In the days of FFing, I was a single mom with a small child. I became very close to a married brother who was going through some marriage problems, and who needed help and encouragement. Then the Lord helped him to work things out with his wife, but this broke

prayed for a mate, but since I didn't like this brother in that way and he was far from the image I had of a husband, I asked the Lord that if it was His will, He would help me to fall in love with him. The Lord answered my prayer and for a few months, I was in love.

dedicated, and was always ready to fill a need.

For a long time it was hard for me to completely yield to the Lord's will in my marriage. At times I would compare my husband to other married brothers who were older, more fatherly and more mature, and I wished my husband was more like them. He was younger and very dedicated, but had a very high standard for everyone. Over the years, through different breakings, the Lord worked in both our lives to bring us closer to Him, and through it we learned how to really love each other with His love. We became good friends, but still I was not completely yielded.

His ways are not our ways,
and they are much better
than we could imagine.

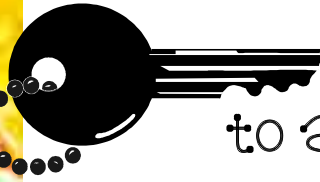
Finally I stopped wishing my husband was a certain way. I was desperate to have a closer relationship with the Lord! I asked Him to make me a better wife, and to do in my life whatever He wanted to. He started to work in my life. Then some months later, He started to work in big ways in my husband's life too. Things got better and better, because as we learned to yield to what the Lord wanted in our lives, He gave us real love for each other. It was different from feeling in love in the flesh—much stronger and more beautiful, because I could see the Lord so much through my mate.

my heart because I had grown to love him. At the same time, I became pregnant again. The Lord used this breaking to get me desperate to find a mate.

But this brother didn't seem to be moved by the Lord, so I forsook the idea.

Then out of the blue, this brother asked to marry me! By faith I said yes, though my feelings for him had cooled down. I knew he had many good qualities—he loved children, was very

His ways are not our ways, and they are much better than we could imagine. It pays to pray and be in the Lord's will, even if at first it doesn't seem so good to us. All things work together for our good and more, and when we reflect on our lives, we can see His love tailor made just for us. ♦



to a Lasting Marriage

By Jesus

A marriage can only exist so long if steps are not taken to put Me at the center of it. Especially with My children, that is the one factor that will determine whether or not a marriage stays together in the long term. Sure, a weak and shallow relationship can last for months, even long years, for there are many outlying strings which hold them together—fleshly attraction, sex, children, circumstances, the opinions of men. But one by one these strings give way, and at that point, if there is nothing more firm and solid to build upon, the marriage is destined to crumble, either slowly or quickly.

So it's up to you. If you want your marriage to last, it's up to you to invest in the proper building blocks and take time out to build it, by putting Me first and keeping Me first, together. The sooner in a marriage this foundation is built, the better, for the paths of familiarity quickly become ruts, which are very hard to break out of in your relations with one another. So if a couple has not learned to form these spiritually strengthening habits together in the formative years of their marriage, it is often very difficult to incorporate them later on.—Yet I say difficult, but not impossible. Even if you have forged heavy bonds of familiarity, it is never too late to seek Me for My power and anointing to begin anew. It is never too late to see Me in each other, to put Me at the center of your marriage, to start walking the right path.

So strive to build a solid foundation and to strengthen your cords with Me, that I may strengthen your cords with each other. That is the best true way to solidify your love and etch it in

stone. I will keep that which is committed unto Me; I will not suffer it to be moved.

“So if you want to be happy and make a mate happy, seek the satisfaction of the spirit in both of you in God! For the fashion of this world passeth away and the lust thereof, but he [and the love] that doeth the will of God abideth forever!” (ML #250:45b).

Kissing facts



By Sarah Marinos,
The Age Melbourne

- The average adult kiss lasts 45 seconds and involves the use of 34 muscles.

- During a kiss, nine milligrams of water, seven milligrams of fat and a gram of other organic materials can be transferred from mouth to mouth.

- Less romantically, about 250 types of virus and bacteria are also transferred.

- In 1926, actor John Barrymore managed to cram in 127

screen kisses in *Don Juan*.

- The longest Hollywood kiss was in the 1941 comedy *You're in the Army Now*, when a couple smooched for just over three minutes.

- In January 1993, the Italian government banned kissing while driving. On 9 March 1562, kissing was banned in Naples on penalty of death because it was suspected of causing the plague. ♦

Advance prevention of wrinkles

From Chloe, WS:
It's good to use moisturizer around your eyes, even if you have oily skin elsewhere on your face, and even if you're not wearing makeup. This is the driest part of your face, and where wrinkles begin to form. Just a small amount is needed, enough to make the skin feel soft. The moisturizer doesn't

have to have an expensive, designer label—it can be any cream for your face. Even just a little bit of vegetable oil alone or mixed with vitamin E will work, but it's best to avoid hand lotion, as some types can cause your face to break out.

My mother told me this tip when I was in my teens, and now, at 52, I have relatively few

wrinkles. My sister, on the other hand, is ten years younger than me but has never used moisturizer, and her face looks older than mine. Of course, she hasn't been serving and loving the Lord all her life like I have—and He keeps us looking younger by carrying our burdens and keeping us so happy in Him.

By Jesus:

Heaven on wrinkles

Wrinkles are not something to be feared or dreaded—they're a natural part of life. They're your smile lines, your laughter lines, and for those who love Me, a reminder of all of the wonderful years lived in My service. Your face will bear wrinkles when you get older, because it's a part of the natural aging process, but you can do your part to prevent them from appearing before their time.

The reason your skin wrinkles is because it ages. It's normal to

get wrinkles in My time, but what you can prevent is premature wrinkles—not for the purpose of magazine beauty or cosmetic perfection, but for the health of your skin. When your skin wrinkles that means it's aged, it's not as young anymore, it's a little drier, and not quite as healthy as in years past—so what you're doing when you're preventing wrinkles is actually taking care of your skin.

Going out in the sun a lot without protection

will damage and dry your skin, thus causing your skin to not be as healthy as it would otherwise be, and the outward result may be early wrinkles. You can enhance the quality of your skin and help it to stay well oiled instead of dry through using simple moisturizers or oils—whatever works best for you—as well as being wise when out in the sun. Another important factor in the health of your skin is maintaining a nutritious diet of healthful food.

But the goal in skin

care is not to eliminate wrinkles that are a natural part of life, but to keep your skin healthy and to prevent premature damage and aging of the skin. Premature or excessive wrinkling can be a sign of poor skin care, resulting in your skin aging and becoming damaged—so the goal in using moisturizers is not for looks (although you will definitely look more beautiful if you take care of yourself) but for good, healthy skin. *(End of message from Jesus.)* ♦

**Lemon and honey—
natural healers:**

I read that vitamin C helps to heal skin tissue, and it is proven that if you put lemon juice directly on a wound, it heals three times faster than normal. I have tried this and it is amazing how in minutes the lemon will make a scab over the open wound. It stings a little when you apply it, but about 10 minutes later the pain is totally gone and then you can put some more on.

Honey is another good healer. It reduces swelling and is a pain reliever. I saw a little girl fall and bump her head real hard on the edge of a brick. Her mother put honey right away on the wound. The bump went away really fast and it seemed to take away the pain as well, because the little girl kept on playing happily. Honey also helps heal burns.

—Victoria, Mexico

Wonders from castor oil:

If you have a wart that you can't get rid of or if you have painful hemorrhoids, you can buy an inexpensive oil made from the castor-oil plant (*Ricinus communis*). For warts, you just keep putting the oil on the wart, covering it with a band-aid. In two weeks, if you keep at it, it will be gone. I had a wart for four years, but got rid of it with castor oil. For hemorrhoids, pour some oil onto a bit of cotton or tissue and put it right on the hemorrhoids. Change the pad, of course, when you need to, but leave it there. No matter how bad your hemorrhoids are, the castor oil will shrink them and relieve the pain. Castor oil is also good for sprains or anything like that. It somehow reduces the swelling and promotes healing. One of God's natural healing wonders!

—Mihai and Gabriella, Austria

Your Home Remedies

Rash cause revealed:

Crystal had a very bad rash on her hands and we couldn't figure out what it was from. A doctor friend who examined her hands said she was allergic to something she was eating. We prayed and the Lord showed us she was allergic to licorice tea, which she had been drinking every day. We kept praying for her hands and soaking them in hot water to rid her skin of this allergic reaction. Thank You Jesus, her hands are now healing up.

—Peter and Crystal, China

Missionaries' Hair Supplements

All of you on far-flung fields who don't have access to high-priced, fancy shampoos and conditioners ... have no fear! The following basic ingredients—hopefully one or another of them will be readily available where you are—can be added to cheap, regular shampoo, to enhance its nourishing power and bring out your hair's full luster and life. We love you!

For oily hair:

Lemon juice: Add 2 tablespoons of fresh lemon juice to 1 cup of cheap shampoo and stir well.

Aloe vera gel: Add ¼ cup of pure aloe vera gel to 1 cup of cheap shampoo and stir well. Use as needed.

For normal hair:

Egg: Mix together 1 tablespoon of cheap shampoo and 1 raw egg. Use this mixture to shampoo your hair.

Beer: Place one cup of beer in a saucepan and boil until reduced to ¼ cup. Add this to one cup of cheap shampoo and stir well. Store and use as needed.

(See "for dry hair" on page 32.)

Dandruff, Be Gone!

In researching various natural remedies for that pesky problem of an itchy, flaky scalp, we came across a number of tried-and-proven ones using a variety of everyday ingredients. We chose to include more than one recipe here for you, because we know that different ingredients are available in different places. Hopefully within this listing there should be something to help everyone.

Here is a little word from the Lord on using these recipes and concoctions: “My loves, I have created all things good in My Kingdom and on the Earth for you to make use of. There is so much wealth of healing and health within My Own good, natural ingredients, that man could never begin to discover nor learn it. Yet they do have little bits of knowledge which I choose to reveal to them from time to time, and My children can make use of these if they will.

“The main ingredients for healing are prayer and praise. Once you have taken these steps, then you may come before Me and ask Me about these natural healing recipes. Only I know which of them will be particularly suited to your body makeup and hair and skin types. So come before Me and I will be more than happy to reveal to you the secrets of My universe.”

Have fun as you care for your body in partnership with Him! We love you!



Ginger hair oil

Fights dandruff and promotes hair growth

1 tsp. fresh grated ginger root

¼ cup light sesame oil

Place the grated ginger inside a piece of cheesecloth and gently squeeze ¼ teaspoon of the juice from the ginger into the sesame oil. Mix the oil and juice together with a fork or small whisk until blended. **To use:** Massage the oil into your scalp and leave on for 10 minutes before shampooing. This oil may also be left on the head as a pack treatment. If your scalp is irritated by the ginger, wash your hair at once and reduce the amount of ginger used.



Blackberry leaf hair rinse

Another good cure for dandruff.

½ cup blackberry leaves
(can be picked right off the bushes that grow wild)

2 cups water

Bring to a boil, then lower heat and simmer for 15 minutes. Remove from heat and let sit for 20 minutes. Strain. Use as final rinse.

For an oily, flaky scalp:

2 tbsp. apple cider vinegar or fresh lemon juice

2 tbsp. water

2 tbsp. olive oil

Mix together all the ingredients and massage into your scalp. Leave on for 20 minutes before shampooing.



Dandruff control treatment

2 tbsp. fennel
2 tbsp. nettles
1½ cups boiling water

Steep herbs in water for 20 minutes. Strain liquid to remove herbs. Pour onto hair and work into scalp.

Keep on 15 minutes and rinse. For long hair, double the recipe ingredients.

From an FGA woman, WS: Another tried-and-proven treatment for dandruff control is applying nettle tea as the last rinse. I've used nettle rinse on my hair for many years. Nettle is a known natural hair conditioner. It gives body, leaves your hair shinny, and strengthens and enhances all types of hair—both light and dark. If massaged into scalp, it helps clear up and prevent dandruff.—I've seen it work on the toughest of cases, when all kinds of store-bought dandruff shampoos failed.

Simply boil water, add fresh or dried nettles, let steep 15-20 minutes or longer, then strain

and use as last rinse for hair. No need to rinse out afterwards—use as your final rinse. You can also keep a solution of the tea in the fridge and dip your brush in it before you brush your hair. This rids your hair of dust, etc., giving it a “quick clean,” and to add extra shine.

Nettle (also known as stinging nettle) grows in many areas like a common weed. Look for it in the springtime. Cut, hang up in a cool dry place to dry it and store for use throughout the year. Be careful though, it “stings”! Use gardener's gloves to collect!

For a dry, flaky scalp:

2 tbsp. jojoba oil
¼ tsp. tea tree oil

Combine the 2 oils and massage into clean, wet hair. Leave on for 10 minutes, then shampoo out.

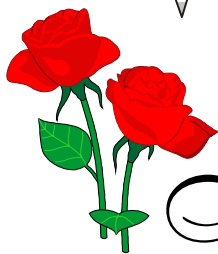


Anti-dandruff lotion

Use this lotion regularly to combat dandruff.

1 tsp each dried rosemary, sage and thyme, or 1 tbsp fresh chopped
2 cups/400 ml water
1/3 cup/90 ml apple juice
2 tbsp cider vinegar

Place the herbs and water in a saucepan and bring to a boil. Cover and simmer for ten minutes. Cool and strain. Transfer the decoction to a sterilized bottle, and add the apple juice and cider vinegar. Shake well. Use within one week. To use, massage the mixture into your scalp three times a week on the days that you do not wash your hair.



Dearest
Mom

This open letter is dedicated to Praise, super-mom of eight kids, from her daughter Hanna (20, of Tom), and also to all you other Family mothers out there.

I could never fully understand just how much you gave to me, until now that I have become a mother too. You carried me around inside you for nine months, enduring all of my kicking and all the nausea.

When I was born you gave me all of you: your gentle arms to carry and rock me; your hands to stroke me, dress me and clean me; your ears to hear me cry; your feet to run and comfort me. You gave me all your time, too. Not just a few hours of the day, but each and every minute out of your own life to care for mine.

Countless times you rocked me to sleep; countless times I woke you from yours. You watched me and helped me to grow. It was you who took the time to teach me to sit, to walk, to run and to feed myself. It was you who prayed with me each day and helped me to form a connection with Jesus. You invested years of your life teaching me the Word and laying the foundation of my spiritual strength.

I remember when you taught me to write. How hard I tried to imitate your lovely print! I would dress up in your nighties and stuff tissue in your high heels so I could parade around in them and be like you. I eagerly waited for the day when I would be as big as you so I could actually fit in your clothes.

After a while came that stage of puberty when I realized I was not a child anymore (at least I thought so). Little odd things would make me cry and you would come to pray with me and talk to me. You brought me special little surprises from shopping trips, and you let me stay up late with you to watch a movie. You plaited my hair into dozens of braids so it would be curly when I went to spend the night at my friends' house. You saw me grow older and perhaps wondered if your job was done.

Then came the day when I left home. You didn't cry when you brought me to the bus station, but I knew it was harder for you than it was for me. You smiled and hugged me, said you'd miss me. Although it was tough on your part to let me go, you did so because you knew it was God's timing. Besides, you had seven other rascals to bring up. Since I left home those four years ago, I have visited you three times. The first time I had lost weight and pimples. The second time I brought along a boyfriend. When I came to visit the third time I brought a husband and an almost-due baby. A week before my due date, you came to me with a shy smile and asked if you could be at the birth. And so it was that I heard your prayers as I delivered my first child.

Now we write letters and send pictures. Sometimes I phone you; sometimes you ring me. Your second grandchild is almost due and the first one is growing fast! Yet no matter what, I'll never forget our special times together. I will never forget being able to just walk into your room to plop on your bed and "just talk."

I can't forget the special surprises you would get me, or the sight of my freshly laundered clothes folded neatly on my bed. I can't forget the walks on the beach, our talks on the porch in the evenings, your sweet hugs and kisses. I miss it all so very much. My only wish now is that I can give the same to my own daughter, so that one day she can look back as I do and say, "Gee, I have the greatest mom in the world."



Queen Mothers

Photo: Lizzie (of Cristian), Chile

From Cristian and Lizzie, Chile:
Ladies and gentlemen, we have the pleasure of presenting to you our 10th daughter! Her name is Consuelo Daniela (or maybe Daniela Consuelo—the order doesn't alter the selection, but you wouldn't imagine how long the decision sessions are!)

Send in your contributions for “Queen Mother” recognition today! Let's celebrate our precious queens!

A Special Occasion

My mother taught me to read when I was three years old. One day I was in the bathroom and noticed one of the cabinet doors was ajar. I read the label on a box in the cabinet, then asked my mother why she kept napkins in the bathroom. Didn't they belong in the kitchen? Not wanting to burden me with unnecessary facts, she told me that those were for special occasions.

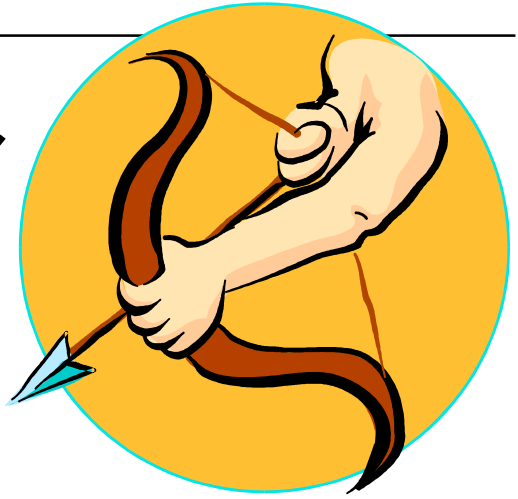
Now fast forward a few months. It's Thanksgiving Day, and my folks are leaving to pick up the pastor and his wife for dinner. Mom had assignments for all of us while they were gone. Mine was to set the table.

You guessed it! When they returned, the pastor came in first and immediately burst into laughter. Next came his wife who gasped, then began giggling. Next came my father, who roared with laughter. Then came Mom, who almost died of embarrassment when she saw each place setting on the table with a “special occasion” napkin at each plate, and the fork carefully arranged on top. I had even tucked the little tails in so they didn't hang off the edge.

My mother asked me why I used those and, of course, my response sent the other adults into further fits of laughter. “But Mom, you *said* they were for special occasions!!”

Author unknown

Sagittarius



November 23 – December 21

Like the mythical creature that represents your sunsign, you, the Sagittarius, are no ordinary being! You are unique, extraordinary, and often gifted or perceptive in unusual ways. You are often a little different from your peers, friends, and co-workers, and tend to see things from a different angle, that at times is difficult for others to understand or agree with. But I've given you this unique perception so that you can help round out the balance of counsel and decisions and plans. You bring a special touch to your Home and loved ones; things wouldn't be the same without you.

You're a happy and fun-loving person, but you're also very deep, very spiritual. You enjoy the pleasures of life, but the things that satisfy you most deeply are the things of the spirit and of the heart. You have an in-built magnet—though you might not realize it—that pulls you toward spiritual things. You will always feel that you are missing something if you are not connected to the Spirit.

You have a lot of faith. You like to plan ahead to a certain extent, but you don't really worry all that much. You have an inner confidence and trust that things are going to be okay. Sometimes you don't really like to be bothered with a lot of problems and details, because you find them so draining; you'd rather concentrate on the solutions and look on the bright side. You want to be optimistic. But don't shy away from reaching out to others, even if

it means complications or problems, because you have a lot to give.

You have a strong character, generally firm and rather unbending. You're not easily swayed by others. So if you're on course and in tune with Me, you can be a strong force pulling others in the right direction, without even having to try, because they see your strength, your determination, and they admire this in you.

You're practical, yet also imaginative and creative. Different ones of you focus on different aspects: some being very creative and not so practical, others not having so many far-out ideas, but having good concrete practical ways of implementing others' ideas or making them come true. Either way, you're idea people, and you can really get things done and see them through.

You have to have your heart in something to do it. If you have a passion for something, you'll do anything to make it happen; if you don't have it, it's hard for you to get into it, because you're moved by your emotions. So if you need to do something you don't feel like doing, you'll have to get extra help from Me to motivate you and to put it in your heart to see why you should need and even want to do it.

You, My unique creature, can help Me set the world ablaze with My Spirit. You'll go far and accomplish much if you let Me guide your energies and passions. ♦

A

s a Capricorn, you usually won't do things on the spur of the moment. Almost all of your decisions and moves and actions are well thought out, well planned and figured out. You're unlikely to just throw something together. To you, if something is worth doing at all, it's worth doing well.

These qualities of thoughtfulness and contemplation before embarking on a project or even a small

December 22nd – January 20th

everyday task, make room for Me to lead and guide you. If you turn your thoughts into prayers, I can give you My instructions clearly and easily. Instead of having to figure it out on your own, I can help you to know whether something is a worthwhile investment of time, or a wise thing to do.

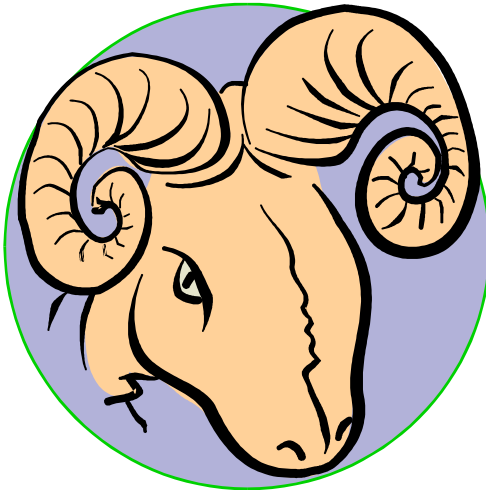
Capricorns have a soft heart—or at least a soft spot in their heart. Though you probably wouldn't admit to this, you'll often do something sweet or touching, completely out of the blue, for some unsuspecting person, who then becomes the grateful and surprised recipient of your love. I've given you this special gift of peeking into people's hearts and knowing just what might cheer their day, or week.

Like the story of the two goats that meet on a narrow mountain pathway, you'll often take the humble seat and crouch low so that the other can step over you. It may take you a little time to decide what to do in a given situation, but you'll often choose to take the low, humble road, and will want to let someone else take the high road.

Some Capricorns are talkative, and others limit their words. Whether you like to talk a lot, or whether you're a creature of few words, what you say you mean with all of your heart, and if you have a strong opinion, you won't hesitate to speak up. You have a taste for quality, rather than quantity, when it comes to making your feelings known and expressing your opinions.

You have a lot of conviction for the things you believe in. You have a prayerful attitude when it comes to making decisions. When you do something you do it well, and you have a heart of love for others. These, and many more, are some of the qualities that I have blessed you with. As you let Me use these gifts for My glory, they will shine even more brilliantly in your life than they already do. ♦

Capricorn



The Name Gallery

Calvin:

Dedicated to Me, consecrated from birth to be raised in My nurture and admonition. Prepared for a high calling in service to Me. (*male*)

Celeste:

Shining with the beauty of Heaven, one whose smile shows the light of the celestial realm, and who brings much joy and happiness into the lives of others. (*female*)

Grant:

Created and sent to Earth in answer to a heartfelt prayer, possibly even a sincere whisper of hope. Endowed with a gift of faith and intercessory prayer. (*male*)

Julien/Julian/Julianne:

A man or woman with a vision; a dreamer of dreams and a seer of signs. One who has the ability to look above the heads of the crowd and see the glorious things which can be. (*male/female*)

Kaytel:

Deep red, loose rose petals for confetti; one whose soul is as soft and tender as the same. (*unisex*)

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.

Lily/Lili/Lilie:

Pure and white as the earth-flower is the soul of this one in My sight; purified through afflictions, her soul is tender and greatly cherished by Me. (*female*)

Marin/Marina:

Comforter; possessing My rejuvenating touch; one born with the special gift of touching others and helping to heal their souls. (*male/female*)

Natacha/Natasha:

Heaven's special joy; this one has been created with a hot, burning passion for the things not on this Earth. Her greatest joy is to bring pleasure to Me. (*female*)

Shannon:

Anointed to be a helper; one who gives of his or herself even when it hurts, in order to better love and care for others. (*unisex*)

Thibault:

Hard as a rock; steady, solid and firm; a strong ballast and strength to all those around him. (*male*)

Virginia:

Tender of wounds, feeder of lambs, one who nurtures and cares for the smallest and the weakest. Always ready to help and to defend those who are in need. (*female*)

Eve: Thanks to Natacha (France), and Shannon Storm, for requesting the meanings of some of these names!

Little gifts from Jesus

From Delight G., Italy

I started having some symptoms of menopause two years ago, but nothing that really bothered me. Over the past few weeks, however, they have become much more noticeable and have caused me some problems—especially headaches, excessive tiredness, sleep disturbances, and sensitivity to noise.

I went back and re-read the FSMs and GNs on menopause, and the Lord showed me something important: Since I have not been pregnant or nursing for over five years now, I have gotten a bit lax in taking care of myself in the area of nutrition, exercise, etc., whereas when I was pregnant or nursing, I was much more on the attack about such things.

So I started following the dietary suggestions from the FSMs as much as possible. I cut out caffeine and alcohol from my diet, and am trying to be more faithful to exercise. Already I have noticed an improvement in my ability to sleep, TYJ!

The Lord also spoke to me in prophecy, telling me that these problems and symptoms of menopause are a *gift* from Him, because He wants me to slow down, spend more time with Him and learn to love Him more. It was a little hard to see at first how such things could be a gift, but just going on the attack to take better care of my health has given me a renewed sense of direction and purpose and vision for my future, so that's one of the first positive fruits of having to face these things. TYJ!

Establishing priorities

From Sunny, India

I'd like to share a lesson I've been learning about menopause. Recently I found myself quite often overwhelmed by the needs and burdens of the Home. One evening, Simon (my mate) shared with me that my getting bent out of shape was very difficult for him. I prayed desperately afterwards, and the Lord showed me that the best thing I can do for the Home is to keep myself happy, and that I shouldn't expect others to understand exactly how I'm feeling. After that, I promised the Lord and my sweet teamworkers that if I start feeling overwhelmed, I'll just go and lie down and take a little quiet time. So recently I've been lying down a little more, taking more sweet times alone with the Lord, feeling less pressured, and generally everyone is happier because of it. TTL! ♦

Are you drinking enough water?

We all know the importance of water. There have been articles in the WND about this, so we pretty much have an idea of how much we should be drinking. But I want to fine-tune it a little, so you will know without a shadow of a doubt that you're getting enough. Eight glasses a day is the general rule, but I want to give you an illustration that will help you get the amount you need. You may have heard that if you are exercising to drink about 10 glasses, and if you live in a hot climate to drink about 14 glasses. All this is good, but where do these averages come

from? What if you're under average or over average?

Before I tell you what you should be drinking, think of the engine of a car. Would

you should be drinking. If you weigh 100 pounds you should drink about 50 ounces of water. Of course, if you're still thirsty then please drink more, but

From Stephen Watchman, South Africa

you put the same amount of oil in a four-cylinder as you would put in an eight-cylinder? Probably not. The same is true with your body when it comes to water.

Here's the key: Divide your body weight in pounds by two, and that's how many ounces of water

this is the bottom margin to help you maintain hydration. When you're thirsty, it's a sign that your body is pleading for water. Don't wait till you're thirsty to drink water. Remember, drinking enough water is a key part of weight loss. So drink up and wash the weight away!

Can't get into the "eight glasses of H₂O per day" habit? Try these life-tested tips.

By Nancy Evans,
Redbook

We know, we know. We're supposed to drink eight glasses of water a day. It clears our skin, flushes toxins out of our bodies, and fills us up so we don't pig out. It is the cheapest, quickest way to look better. The trick is how to down eight whole glasses during the course of our waking hours—and do it every single day. Here are some tips that we at work swear by. Find one that works for you, and drink up!

1. "I have a big glass of water at every transitional point of the day: when I first get up, just before leaving the house, when I sit down to work, etc."
2. "When I have a junk-food craving, I down a glass of water immediately. I feel full quickly and it lets time pass till the craving fades."
3. "I get a big cup of ice and keep filling it up with water. But my key is drinking with a straw—I take bigger gulps and drink much more."
4. "At home I drink out of a big measuring cup—it's a good way to keep track of intake. You just have to ignore the stares from others!"

5. "I freeze little bits of peeled lemons, limes and oranges, and use them in place of ice cubes—it's refreshing and helps get in more fruit."
6. "Substitute a cup of hot water with a drop of honey for tea or coffee."
7. "After each trip to the bathroom, I guzzle an eight-ounce glass to replenish my system."
8. "Carry a small, refillable water bottle at all times and drink during downtime: while waiting in a line, sitting on the train, etc."
9. "Make a bet with a coworker to see who can drink more water in the course of a day."
10. "I have one glass every hour on the hour while at work. When the work day is done, my water quota is met."
11. "Make it convenient: keep a big, plastic, insulated water bottle full on your desk and reach for it all day."
12. "Keep a 24-ounce bottle of water handy while watching news, doing laundry, making dinner, etc."
13. "I chip away at my water goal by waking up and drinking two glasses right away."
14. "I bring a two-liter bottle of water to work and try to drink it all before I leave work. If I don't finish, I drink it in traffic on the way home—it's like a race."
15. "When I have apple, grape, or orange juice, I always fill half the glass with water."
16. "I was marooned on a desert island for two days with no fresh water. All I have to do is remember that time and I get thirsty!"

Water drinking and exercise

- 2 hours before exercise: Drink at least 2 cups.
- 1 hour before: Drink at least 1 cup.
- During exercise: Drink at least ½ to 1 cup every 15 to 20 minutes.
- After exercise: Drink at least 2 cups.

Depression vs. Exercise

Washington Post

Many dedicated exercisers say they work out not just for their body, but also for their mind. "Exercise has a very positive effect on mental health," says psychiatrist John Docherty. "We know exercise helps regulate biorhythms, which improves sleep, and it enhances energy level and vigor. Exercise is also very important in maintaining physical health and controlling weight, which impacts on self-esteem."

A consensus is growing that physical activity may protect against the development of depression. In general, persons who are inactive are twice as likely to have symptoms of depression than are more active persons. In addition, regular exercisers are less likely to report symptoms of depression

Because I always had a very busy schedule I neglected my get-out. Please don't do it! Now my body is so rusted that to do things lately has been a real burden and weight. I feel tired easily, suffer from shortness of breath, etc. I take a lot longer to do things and when I have to go out I come home with my body hurting everywhere.

— *From an FGA woman, Brazil*

and anxiety than are people who do little or no physical activity.

Easy to administer, readily available, inexpensive and low-risk, exercise holds great promise for helping non-depressed people too, as they fight the daily battle of the bummers—such as ordinary life stresses, frustrations and bad moods.

“With every aerobic exercise bout there is at least a temporary period of calmness lasting from two to four hours,” says professor Jack Raglin, who has extensively studied the anxiety-relieving effect of exercise. “And the only side effect of exercise is improved fitness.”

Exercise also raises body temperature, which may relax muscles and calm body and mind. “Any kind of repetitive rhythmic stimulus applied to the brain stem—such as walking, swimming laps or cycling—can have a tranquilizing effect on the nervous system, like rocking a baby,” he says. Plus, exercise enhances sleep, allowing people to “recharge their batteries” more fully.

Exercise doesn't need to be strenuous to have mental health benefits, says Norway's Martinsen. Even easy activity, like a casual stroll, can help people feel better. “Doing anything is better than doing nothing,” he says. “Being upright in a vertical position is preferable to always lying down.”

Soothe Blisters with Milk

By Laura Goldstein, Prevention

We all know how irritating, painful, and itchy blisters can be. Luckily, relief's right inside your fridge. Saturate a cotton ball or washcloth with cool milk and apply over the blister for 15 minutes, as often as needed. Applying a cool milk compress to a blister within the first 24 hours reduces the inflammation that's causing the pain. Plus the protein in milk might actually promote healing.

(Continued from page 21.)

For dry hair:

Honey: Mix together 1 tablespoon of honey and 1 tablespoon of cheap shampoo.

Jojoba oil: Add 2 tablespoons of jojoba oil and ¼ cup water to 1 cup of cheap shampoo. Shampoo as usual and rinse well with warm water. If hair seems too oily, shampoo once more with 1 tablespoon of plain shampoo.

Cover photo: Ruth, India.

Suggested reading for ages 16 and up.

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