

Eve



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Morning Sickness

From Shine (of Tim), USA

Morning sickness seems to be one of those things I just have to bear with every pregnancy. With my first and second pregnancies I had it pretty bad until I was around five months along. (In my first pregnancy everything was worse, because I wasn't in the Family yet and I didn't know the Lord.)

In my third pregnancy, the severity of the morning sickness was the same, but the duration was much shorter; it only lasted until about 2½ months, TYJ! Now I am two months into my fourth pregnancy, and a couple weeks into a heavy dose of morning sickness. Before it came I got this idea: Since the morning sickness was so much shorter last time, maybe this time it won't come at all! I was praying and claiming the keys for that, and my husband mentioned, "Well, now that we have prayed for it and claimed the keys, if you *do* get any morning sickness, you can be sure that the Lord allowed it for a reason."

And yes, I am sure of it. I do get discouraged at times, because the only way I can keep even a little food down is if I am just laying still, sometimes sitting. When I'm feeling a little better I can clean up a little or help with something small, but not much at all. Thank the Lord I live in a big Home with lots of sweet mommies and teachers who take care of the kids, because all I can do is sit there with them for very short periods of time. If I get up and move around I always throw up and I get so weak.

I have tried all of those things like dry crackers in the morning, nibbling all day, certain vitamins, etc., but none of it seems to work for me. Sometimes a nice hot cup of ginger or peppermint tea helps a bit, TTL. But there are times when I do get down and just cry about how bad I feel and how "useless" I seem to be. I know this is wrong, Lord help me! It is humbling not being able to take care of the kids, go witnessing, eat

at the table with everyone or do much at all, and I go through it with every pregnancy.

Of course I know it's worth it, and I've never even thought once that I didn't want to get PG again because of it. It does help me to hear about other girls who go through similar battles, to know I'm not the only one, though I hope not many of you sweet mommies have to deal with it. An FSM came out quite a while ago which always encouraged me, called "Sweet Rest in His Arms" (FSM 310). It had testimonies from Mary Mom and others.— Thanks for sharing your experiences! Like I said earlier, I know the Lord allows me to have such bad morning sickness for a reason. He's given me many personal Words, but just the other day He told me something that really touched me:

(Jesus speaking:)

Can you not see that the sweetness you long for, that you are always asking Me for, can come through this morning sickness? It

may seem so funny to you, but is it not the truth? Look at the way this heavy sickness makes you feel—humble, dependent upon Me, desperate for the help of Me and others, thankful for those around you, weak in yourself, understanding of others, loving and kind.

It is easy for you to feel this way now, because you are so weak physically. Embrace it! Hold on to it. Make it last. Make it go way beyond this bout of morning sickness—on to forever. This is your chance! Let this feeling of helplessness and desperation for Me replace your self-righteousness and pride.

You don't want those stinking things anymore. So take this time of your weakness and inability to truly learn the art of rising above.

This may only be a physical thing, but you can use lessons from it to work in the spiritual. This time can be a real blessing for you. Look what good it does for you to be so soaked up with the Word. It's awesome, and it can be a time that you will be so thankful for if you will make the lessons lasting ones! *(End of message.)*

Thank You Jesus for using everything to teach us. I just wanted to say that I am also so thankful for my husband, Tim. He

spoils me with love and encouragement. And he's always ready to help me or to find any possible thing that I even think could be yummy to eat. He helps a lot, and he really makes me laugh when he even tells me I look pretty when I'm throwing up!

Many others in the Home too are so sacrificial in helping me. They make me just about anything I can think of to eat at any time of the day, and they are so sweet about it.

I am so thankful for such a loving Family, and for the Lord Who always knows just what we need and has blessed us with so many beautiful little ones.

Top-notch

Power Foods

From *Babystyle*, Web reprint

1. Black beans: Versatile and good-tasting, black beans are full of protein, fiber, potassium, iron, folic acid and thiamin.

2. Chickpeas: Also known as garbanzo beans, chickpeas come ready to eat in a can (or dry, ready to be cooked) and provide protein, iron,

zinc and folic acid.

3. Couscous: Couscous is a tiny pasta made from semolina flour. Wholegrain couscous boasts 7 grams of fiber in a typical serving, as well as a good dose of protein and iron.

4. Whole-wheat bread: Whole-

wheat bread is a complex carbohydrate that's fortified with folic acid, iron, copper and zinc. To get the maximum nutritional value, remember to buy bread that says "whole wheat" and has at least 2 grams of fiber per slice.

5. Oatmeal: An antidote to a queasy

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stomach, oatmeal is also a good source of vitamin B6, iron and folic acid. Cook it in milk instead of water to boost calcium content.

6. Asparagus: Eating this vegetable will increase your intake of vitamin C and folic acid.

7. Cabbage: Cabbage is low in calories, with plenty of vitamin C and folic acid. Add it to a green salad to up the nutrient content and crunch factor.

8. Red bell peppers: These vegetables offer more vitamin C than citrus fruits, as well as plenty of betacarotene. They're wonderful when roasted for sandwiches and pasta dishes.

9. Sweet potatoes: Chock-full of fiber, potassium and vitamin A, sweet potatoes can be eaten with the skin on to max out their nutritional value.

10. Spinach: Two cups provide almost half the folic acid you need in a day, along with beta carotene, vitamin C, vitamin E, calcium and iron.

11. Milk: There's no easier way to get your calcium than from milk. It's also one of the few sources of vitamin D, which helps with calcium absorption, and is great for protein.

12. Tofu: A good source of calcium, especially the fortified variety, tofu is packed with protein. It will also boost your zinc and copper intake.

13. Lean beef: Beef is loaded with iron, zinc and vitamin B12.

14. Salmon: The omega-3 fatty acids in salmon are critical to fetal eye development. (These are also found to some extent in other types of fish.)

15. Eggs: Eggs offer iron, protein and vitamin B12 in one tidy package. Hard-boil a few at the beginning of the week to pack in your lunches.

16. Orange juice: This juice is a handy source of folic acid, and vitamin C. Drink your OJ along with iron-rich foods to boost absorption. (Or simply eat a fresh orange for an off-the-charts health boost!)

17. Strawberries: A great alternative

to prepared desserts, 1 cup of strawberries has 4 grams of fiber and plenty of vitamin C.

18. Mangoes: The bright orange color of this delicious tropical fruit is a signal that this is a great source of betacarotene.

19. Water: Some people consider this the most important of all. Down at least 8 glasses a day.

20. Ice cream: Satisfying that oh-so-common sweet tooth with an occasional trip to the ice cream parlor is practically a pregnancy prerequisite—and a tasty way to get calcium and protein. *(Dad: Ha! Well, go as the Lord leads. You are His pet and He certainly loves to treat you as such. Commercial ice cream is of course loaded with white sugar and in many cases chemical additives, but as a special treat it is fine to indulge in on occasion. Try to satisfy that craving for sweets with natural, healthy alternatives, though. With a little time and effort you can make delicious homemade ice cream that is every bit as yummy but good for you also. As in everything, be Spirit-led and then go ahead as He leads.)*

Not My Way

But His Ways

From Sharon (21, of Andy), Italy

My last pregnancy and birth has been a miracle all around, even in ways I didn't expect. I want to thank Mama and Peter for the Word they so faithfully pour out to us from Jesus, because that is what helped me through the difficult beginning stage.

It all started on New Year's Eve 2000 when I found out I had missed my period. To help you understand this better I'm going to have to backtrack a bit, and explain in short my history with pregnancy.

Since I was a kid (which was not very long ago) I've always wanted to have lots of kids. My goal was to have more than my mom (she has 12 kids—so far!). When I got pregnant with my first one at 17, I was really excited. I was sure everything would go just fine. I didn't expect any complications, because my mom had never had any with her 12. My most fervent prayer through the pregnancy was to have a natural birth.

But my first pregnancy was anything but what I expected. I ended up in the hospital for one month with

therapy for my liver, as I had gotten hepatitis. It was a very trying month and I felt at the end of my rope. I couldn't sleep at night because I itched constantly, from head to toe, and the hospital environment was so depressing.

Finally I signed out of the hospital, because the treatment wasn't improving my condition. The doctors said the only cure was to have the baby, so I decided to go home. Three days later I went into labor; once at the hospital, the doctors found out the baby's heartbeat had stopped. She was three weeks early and I was too weak to push; plus my liver problem was affecting her in some way. So they told me I had to go for an emergency C-section.

I was shocked and heartbroken, as that was the last thing I had expected. Through all this the Lord had a lot of lessons to teach me, although it took me a while to see His hand in it all. TTL the baby was born healthy.

Two months after the birth I forgot about all the difficulties and problems, and my desire to have

more kids returned. So my husband and I decided to trust the Lord, hoping and praying that with the next one things would be better.

Well, the next child did come along, but it wasn't necessarily better. Although I didn't get hepatitis (TTL!), I had other complications, starting with a bad hemorrhage at three months, when I almost lost the baby. I ended up in the hospital for another month because I went into labor too early; the doctor had to keep me there with drips day and night to stop my contractions.

Again, three weeks before my due date, I had a C-section. This time the doctor found out that I was unable to have a natural birth, because my pelvic bone is too tight. After the baby was born, my doctor warned me not to get pregnant again for at least 3-5 years, as it would be extremely risky and dangerous for the baby and me, because I had had two C-sections very close together.

That brings me back to the beginning of my

testimony, at New Year's Eve.

Since we first got together, my husband and I had decided to "go for the gold," but after the doctors' warnings we had started "being careful."

By Christmas time I was expecting my period any day, but it never came. New Year's came and I was shocked to realize that I was pregnant! My husband and I started to worry; we weren't sure if we would be able to handle it. All this was during the Family Feast when we were reading the GNs "Rise Above," "Nothing Is Impossible" and "The Keys to the Kingdom." They were exactly what we needed at the time, and really helped us to have faith and trust the Lord for the situation.

After we took some time to talk and pray with our

VSs, the Lord gave us some encouraging promises, saying that He was in control and if He allowed it to happen it was for a reason and He was well able to protect me and bring me through victoriously. I was filled with so much peace and started accepting the pregnancy and actually being happy about it. I occasionally got hit with doubts and discouragement from time to time, especially after having doctor check-ups and listening to them telling me again and again how dangerous and risky this pregnancy was, making sure I was really aware of it. It was a constant struggle to keep my eyes on the Lord and cast my fears and worries at His feet.

Well, He did above and beyond what I expected. It was my best pregnancy, with fewer complications than

the others. I only had to go to the hospital on the day I had the baby, and though I had another C-section and the doctors found my uterus very stretched and in not such good condition, I was amazed at how fast I recuperated. With the first two babies it took me three weeks to be able to walk normally without pain; this time after only one week I was able to walk and take care of my kids; after three weeks I felt perfectly fine.

All this to say that it was a big miracle and a wonderful demonstration of the Lord's power and care. I'm sitting now writing this with my kids playing wildly around the room and my baby nursing, and I can't help but marvel at the Lord's blessing in giving me these kids. I can't think of life without any one of them.

His Advance

Warning System

From Carrie (of Phillip), China

Some weeks ago, I started throwing up quite frequently. I already had a stomach problem and would throw up from time to time, especially when I didn't get enough rest. However, this time it was quite bad and I didn't know what the problem was.

Some folks thought I was pregnant, but I told them it was very unlikely; the due date for my period hadn't even come!

Finally one day, in the early hours of the morning when I couldn't sleep, about 10 days after the vomiting started, I decided

to ask the Lord what was wrong with my body. As clear as anything, I got that I was pregnant!

I was a little in shock! I started a debate with the Lord, telling Him that it couldn't be, as it was too early for me to already have the symptoms. He

told me He had given me the symptoms early, so I would take extra care of my body. I especially could not overtire myself, as this was how I had lost my last baby early in my pregnancy.

I was still a little doubtful, as sometimes I wonder about my ability to hear from the Lord. So right on the day that my period was supposed to come, I took a pregnancy test—and guess what? It

came out positive!

It pays to ask the Lord! I should have consulted with Him sooner, as it would have saved me the agony of wondering what was wrong with me.

More Joys of

Going for the Gold

From Mary (of Michael), France

When reading the beautiful “Go for the Gold” testimony in *Eve* 24 from Pearl (of Steven), I wanted to write about my experience. This is an altogether different testimony, as the Lord saw fit to plan our family quite differently than most big “Go for the Gold” families.

Our first baby girl went to be with the Lord at three days old. Thank the Lord, three months later I became pregnant again. I thought, “I sure got pregnant fast! I’ll have lots of children!”

But the Lord only gave us four children; one every four years.—And He planned it all; we didn’t try to avoid conception in any way.

I am 51 years old, and I don’t think that I’ll get pregnant again ... but who knows? Only God! And that’s the whole beauty of it.

I know that as we let Him give us His best, somehow He must know how many (or few) children we need to learn to be His vessels! (We’re still learning!)

At times I felt that four

kids were enough, and I marveled at parents of 10 or 12 children, but again it boils down to Ro.8:28.

To end my little contribution, I can only thank the Lord for the grace to take what He sends our way—whether children, joys, trials, or victories. And I want to encourage anyone who might need reassurance, that the Lord is more than able to “space” your babies, if that is His plan for your life. We don’t know what He has in store for us until afterward!

From Heaven’s Doors

Drawing on His Strength and Power
From Ruth (of Santiago), Brazil

Before the delivery of our son, Rodrigo, I had prayed about what I wanted my partner to read to me while I was in labor.

The Lord led me to the first prophecy of the GN “Nothing Is Impossible.” The baby came five days early, and I was not really prepared. So as the contractions came, I just tried to think about the

many promises that the Lord had given me through prophecy beforehand.

The mucus plug came out at 8:30 p.m., and the light contractions I had been having during the day got stronger. We got

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to the hospital by 10:30 p.m. By 11 p.m. I was 4 cm dilated, I was doing the breathing and it was going well. I got settled into the pre-delivery room along with Patti who was helping me, reading to me, and massaging my back during the contractions. But at 2 a.m. when they came to check me again, I was only 5 cm dilated! By this time I was getting tired and had to walk to stay awake during the contractions.

Then Patti was reading to me the prophecy from the “Nothing Is Impossible” GN, and there was a paragraph that says that when we feel totally weak and incapable, that’s

when the Lord can do great things. We looked at each other and said, “Let’s speed this up!” We asked the Lord and claimed the promises in the GN. From then on the contractions got harder. I could feel distinctly the baby pushing his way down.

I asked if the doctor could check me, since I felt that I had progressed in labor, but they said that since I had been checked a half-hour before that there was no need. I could feel I was in transition so I kept telling them that I was sure the baby was coming soon. Finally they said that at 3:30 a.m. the new shift of doctors would

be coming in and that one of them would check me. Patti and I prayed once again and the doctor came; he checked me and took me straight to the delivery room, where Rodrigo was born at 3:47 a.m.! Another miracle is that he came out in only one push! PTL!

The Lord used this experience to help us stretch our faith and exercise the new anointing of faith that He has given us. I am thankful and also excited about the possibilities, and pray that I can be in that situation more often: not capable, not strong, not able to do anything on my own, so that the Lord can come through!

Relying on Prayer for Timing

From Nadia (of Andrew), Russia

Andrew and I had a beautiful, healthy boy born on May 17, 2001. It was a home delivery with a midwife attending. The delivery went smoothly in a very peaceful atmosphere. The labor started at night, the contractions were 15 minutes apart, 1 minute long throughout the whole labor. Even during transition period, which was unusually short, they were 1 minute long and 5 minutes apart. Expulsion consisted of four relatively easy contractions. With

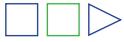
the fourth push out came a beautiful baby boy. Not one tear.—TTL for answering our prayers.

The Lord had some good lessons for us too, as the baby was two weeks overdue and we had been wondering whether we needed to do something to stimulate contractions. When we asked the Lord about it, He showed us that the best thing we could do was pray. He explained to us that this baby does not like to be pushed against his will and if we did something to start contractions, it would be a hard labor, as the baby would resist the

process. Instead, we needed to pray for the Lord to help him understand and accept that it was necessary for him to get out very, very soon. The Lord said He was happy to teach us more about prayer power, and how much better it could work as compared to doing things in the flesh.

That was a good lesson for us on trusting the Lord, that He would start the labor in His perfect time. Lo and behold, two weeks after the due date the labor started by itself and out came our healthy boy without any problems whatsoever.

Top Tips



Allergic to mold?

Clean moldy areas with a solution containing one part bleach to 20 parts water and a dash of detergent. (Just make sure that your cleanser does not contain ammonia!)

Web reprint

Watch out for combining cleansers:

Remember that mixing ammonia and household bleach creates chloramine. In low concentrations, this noxious gas makes breathing difficult. At higher concentrations, it can cause potentially deadly lung damage.

The New England Journal of Medicine



I experienced the truth of this one morning when I discovered a revolting smell throughout the whole house. It smelled like some kind of poisonous fume or chemical. After investigating, we found out that someone had put pure bleach into the potty and left it overnight, in order to clean out the buildup. Left overnight like that, the bleach and the ammonia in the trace urine must have formed into that awful chemical substance. Thank God for His protection, and a very good reminder for the future!

Jasmine, USA

Bumpy spots: Are you one of the thousands who find these little bumps on your body? They seem to like the upper thighs, much to our annoyance. Try washing and exfoliating the area with a fresh facecloth. Cleanliness is extremely important here, but do not over scrub. Inflaming the area will only make matters worse. Dry the area gently and do not apply moisturizer. This can further clog the pores. *(Eve: These small bumps on the thighs or upper arms can also be from very dry skin. One remedy is to have more oil in your diet, as well as eating more foods containing vitamins A and D.)*

About Beauty Web site

Candle trick: Candles burn more slowly and evenly with minimum wax drippings if they are placed in the freezer for an hour before using.

Web reprint

Why itching? There are a number of reasons why you may be suffering from itchy skin; it could be any of the following reasons:

- You are not drinking enough water. Shoot for eight glasses a day. Keep a glass next to wherever

you are working and sip it during the day. It's easy to consume that amount if it's sitting next to you.

- You're taking too hot baths. Instead, run a warm bath and use a moisturizing cleanser.
- You are over-drying your skin after each shower or bath. While skin is damp, apply a rich body lotion and seal in the moisture.

- You may also be bathing in full too often, washing away your body's natural oils. If you have a problem with dry, itchy skin, try taking fewer full baths and instead take short rinse-offs, using soap only on the "essential" areas.

Web reprint

Gas line protection:

In CLTP #47, there was a miracle of protection after a gas stove explosion. One way to avoid the potential for such explosions is to keep the gas cylinders outside the house (that is, if there is no danger of it then being stolen). In the U.S., the gas tank is required to be outside to prevent the possibility of an explosion from a leak. You run a metal gas line from the tank or cylinder outside to the inside stove and furnace.

Home in the U.S.

SNOW FALLING ON CEDARS



I wanted to share the following prophecy with you that I received after watching the movie *Snow Falling on Cedars*. It touches on letting go and not holding on, possessively, to love. This is something I have battled with at times, and was often the reason for my not completely opening my heart to others.

The following are the Lord's Words which helped me:

Jesus speaking

Love is a beautiful thing. It touches many hearts and opens up people's lives to Me. I know it's hard to let go of something so precious.

But forsaking that beauty leaves in its wake something much more beautiful and rare. This is one of the true beauties of My Spirit, and one which I wish more people would take possession of.

It's easy to get emotional and think of the pain and the heartache, the deep hole it leaves. But this pain only causes more beauty, more radiance within your spirit—one that is fresh, alive, moving, flowing, and willing to change.

My love, hold not your heart from this, for when love comes and stretches your heart it will live on forever. And when it leaves, it will not be the

end, but the beginning of a greater beauty and unity of your heart with Mine.

Let this be a beginning of opening up your heart and life to others. Hold not back from giving in this special way, that others may know My heart in a deeper way. Open up your heart, your life, your love to others. Give and give and give again!

It will be the beginning of a great new voyage of love in your heart and life. I love you, and My love will never leave you. As you give of yourself to others, that love will be extended in their hearts forever!

From Rosita (YA), USA

ARE YOU A THERMOSTAT OR A THERMOMETER IN YOUR HOUSE?



Some people are thermometers. They merely register what's going on around them. If

the situation is tight and pressurized, they register tension and irritability. Others, however,

are thermostats. They regulate the atmosphere in their homes. They are the mature ones, the agents of change who don't let the situation dictate their behavior.

So when things get hot at your house, don't just reflect what's going on—change things for the better. Be a thermostat, not a thermometer!

Mark Merrill, The Family Minute

Dad speaking

If your reaction naturally tends towards the *wrong* way here, don't despair! Claim His promises and call on the power of the keys to help you change. A real key to having the right reactions and perspective on situations that are less than ideal is to pray and ask the Lord to give you *His* mind, *His* outlook, *His* perspective. Seeing the world through Jesus' eyes is a beautiful thing. He can give you His mind, as He has promised—and you will see your tension melt away!

Do Men Really Prefer Dating Skinny Women?

iVillage Web site

Take it from a guy—skinny has got nothing to do with it. In fact, a large part of the allure women hold for men is about the places where they're not skinny. (My favorite example is the pooch. You look down and grimace at your belly while you work out, but all day long your man is thinking about the time when he gets to come home and rest his head on it.)

Men want to date women who are fun and attractive. Attraction, as you well know, is a chemical kind of thing—it just happens, and there's no avoiding it when it does. And fun, frankly, is an attitude, an ever-vigilant determination to find the element of play in any given situation—

certainly something you could cultivate, but not a *physical* attribute. Best of all, if you and a guy are having fun together, chances are the attraction thing is happening too.

Now, obviously, it won't hurt things one bit if you're exercising and eating right, but my point is this: Take care of yourself, go for fun, and forget about trying to be skinny. (Even if you are skinny.)

Dad speaking: The point is that God made you the way you are, and there's no point trying to be something you're not. If you're a little curvy, be thankful and don't let it get you down; you'll find guys will like you for who you are, and some guys will appreciate the curves you despise. Or if you're a little skinny and wish you were larger in certain areas, you'll find that there are guys that like your type too.

Each man is different and the Lord made every

woman to be different. As long as you're eating right, exercising, taking care of yourself, living your life with the joy of the Lord and letting Him live in you, then you are sexy and men will be attracted to you.

A Balanced Relationship Diet

By Michael Webb

My wife Athena is the most amazing woman (well, I might be a bit biased). What might take the average person one hour to do grocery shopping, she does in two.

Athena isn't filling the cart with just any food. She carefully reads the ingredients of all the packages to make sure what we eat contains nutrition and is not laced with potentially harmful additives. She even goes to stores on the other side of town because they carry food that is more healthy.

It is very touching to me that she takes such effort to make sure that Ashton and I are eating a wholesome, nutritious and balanced diet. It is a lot of extra work for Athena to shop and plan meals like she does, but she wants us healthy and living together

For true love there definitely must be a measure of admiration for finer qualities more than mere physical beauty! A man can be in love with a woman's mind or sentiments or spiritual reactions; he can be in love with her emotional companionship, all of which have little or nothing to do with her physical body and their sex life. These definitely have at least 90% more to do with love than just pure physical sex or sexual gratification. (*MOP2, 118:220.*)

for a long, long time. I do too.

Just as our bodies need certain amounts of vitamins and nutrients to remain healthy and alive, our relationships have needs that if not met, can cause them to get sick and perhaps die.

I've divided the "nutritional" needs of a relationship into four groups: communication, physical intimacy, recreation, and spiritual growth.

How much effort do you put forth to make sure the needs of your mate are being filled? Now, notice that I did not say *your* needs. The common advice I see today is "me, me, me." "Take care of yourself first because nobody else will." Well, that selfish advice might work for some relationships, but not blissful ones.

For example, you might only need 10 minutes of physical intimacy each week whereas only 10 minutes for your mate would make them starve. If you aren't providing the nutritional needs of your spouse, they will either wither away in the relationship or try to find "nutrition" outside of it.

To discover what your needs are individually and as a couple, I would

recommend that you two sit down and create a chart to put on your refrigerator or elsewhere. Talk about how much time each week or month both of you need to devote to the four areas above. As the weeks progress, you can take note of how well you are fulfilling your goal and alter your requirements as time goes by.

Take each of the four groups and discuss with your mate the various ways you can fulfill the nutritional requirements in your relationship. There is more than one way to satisfy each category.

Here are just a few to get you started.

Communication: calling each other from work, e-mails to each other, love letters, talking in bed before going to sleep.

Physical intimacy: holding hands, hugging, foot rubs, passionate intercourse, snuggling on the sofa.

Recreation: playing card games, bowling, going out to dinner, gardening, daily walks (also under communication), going to concerts.

Spiritual growth: praying together, attending a small group meeting devoted to spiritual growth, reading a spiritual book together.

So take that evening

stroll with your wife even if you are tired. You should be intimate with your mate when they request it nicely. And yes, you should turn off the TV and talk with your spouse even if you say you aren't a "talker."—Listening is part of communication too.

If you truly want a thriving and healthy relationship, you need to learn the "nutritional" needs of your mate and do your best to fulfill them.

Communication In Marriage Is Essential

**By Wayne A. Mack,
from *Strengthening
Your Marriage***

God's purpose for marriage involves two people becoming one flesh (Gen.2:24). In the marriage relationship, communication is not optional—it's vital. Where it is lacking, the marriage relationship deteriorates and dies. Where it is healthy, the marriage relationship flourishes, and the two become one.

Two important points:

- No two people can effectively walk together, work together, or live

together without a good communications system.

- Apart from your relations to God, He intends the marriage relationship to be the closest of all interpersonal relationships.

Ways to develop and maintain good marital communications:

1. Honesty is a must. If you really are to know one another, you must open up and reveal yourself to your spouse, sharing your feelings, hopes, fears, and desires.

2. Admit your part. When there are problems, each must be willing to admit that he or she is part of the problem.

3. Be willing to change.

4. In your anger do not sin. The sources of irritation between couples must be dealt with immediately, conclusively, and peacefully. Anger should be dealt with positively.

5. Don't lash out. The old saying, "Sticks and stones may break my bones, but words can never hurt me," is emphatically untrue. Hateful, violent, vindictive, careless, bitter, cutting words hurled at others leaves them battered, beaten, weary, and hopeless.

6. Don't say never. Avoid the use of emotionally charged words. *You don't really love me. You always do... You never do anything right. ... I don't care.*

7. Take responsibility. You are accountable for your own emotions, words, actions, and reactions. Don't blame them on the other person. You got angry, lashed out, became depressed, etc.

8. Practice self-control. Resist the urge and tactic of retreating into silence or having a good pout. Also quit the manipulating crocodile tears.

9. Don't rehash the past. Don't go there unless it will help you solve your present problems. Deal with the issue at hand. At some other time clean up past differences.

10. Solve one problem at a time, and then move on to the next.

11. Focus on the positive instead of majoring on the negative.

12. Be honest and accurate. Express your thoughts and concerns to each other.

13. Really listen. Let the other person speak without interruption, giving him or her your undivided attention, and making sure you understand what the

other person is saying or meaning. When one flies off the handle at you, the message may be, "I've had a terrible day." Or "Nobody respects me."

14. Show charity. Remember this is the person you love most and have committed to spend the rest of your life with. Have a charitable, forgiving and accepting spirit.

Are You Treating Your Spouse Like a Child?

By Mark Merrill, *The Family Minute*

Once you have kids, it's easy to stay in the parenting mode all the time. Pretty soon, you're talking to your mate the same way you talk to your children. One minute you're telling your kids to clean their rooms and do their homework. The next, you're rattling off a list of things to your mate in the same tone of voice.

As busy as families are these days, it's easy to fall into that habit. But we need to make an effort to deal with our spouse adult-to-adult. After all, in marriage, most of us want a partner—not a parent.

From Daniel, NACRO Office

My

Testimony of Restored Eyesight

Do you suffer from eye problems, weak eyesight, ever needing stronger lenses? Have you ever wondered if there are any exercises or a workout that you can do with your eyes, which would help improve your vision? Did it ever seem odd to you that although you can exercise and improve the performance, health and overall well-being of just about any muscle group in your body, so little is mentioned or published about the eyes in this respect?

Let me share my story with you. I wore glasses since I was a teenager, and always wished or hoped there was some way to improve my vision so I wouldn't be dependent on lenses. About 10 years ago I became interested in improving my vision naturally. Around that time, I had had some bad experiences with eye doctors prescribing lenses which I wasn't very happy with; they were trying to fit me with

various uncomfortable prescriptions, bifocals, etc. I began to grow leery of the optical profession.

I read a short book on vision improvement by a British fellow named Harry Benjamin, who had based his method on the Bates method, which was pioneered by Dr. William F. Bates, an eye doctor from the early part of the last century. The main premise of their methods was that most defective vision is caused by stress (which man-made lenses makes worse), and that if we can in a sense get our eyes to relax (get rid of strain) and work properly ("accommodate" or focus), we can regain perfect vision, or at least greatly improve our vision.

They postulated that the eye functions much like a camera, naturally changing shape a bit to enable the eye to focus. This is known as the eye's ability to "accommodate." Science of their day stated that

the shape of the eye was unchangeable, hence the vision you're born with is the way you'll be all your life. (I had an "eye doctor" recently tell me the same thing.) In actuality, the eyeball itself changes shape, and also the lens itself has a set of muscles that causes it to change shape and focus.

In those days, the eye was wrongly envisioned as sort of like an iron sphere—though not spherical in the case of those with defective vision—sort of oblong like a football in those with myopia (nearsightedness), and a very slightly squished sphere in the case of hyperopia (farsightedness), but nevertheless rigid and unchangeable in shape. It's since been scientifically proven that the eyeball is more like a water-filled balloon, which changes shape when looking at different things.

There was a lot of truth in Bates' methods and he had great success in helping many folks (some of them nearly blind) regain their eyesight. But he suffered very strong opposition and persecution from his fellow optometrists.

By the Bates method, one follows some simple exercises and relaxation techniques. I profited quite a bit from these methods, but was unable to attain the full improvement I desired. I sort of reached a plateau, and wasn't going beyond that (though it took me quite a number of years to get as far as I did). It seemed I could just never reach the 20/40 to 20/20 vision needed to legally drive without lenses.

As a point of interest, it appears to me that this is the method it talks about in one of the *LWGs*, where Grandma is doing eye exercises in a car and the policeman asks her if she's okay! So it seems Grandma may have been familiar with the Bates method. I'll list some of the Bates exercises in this article (my favorites), as they can be very beneficial and relaxing and may aid a great deal in themselves. However, it seems to me that the Bates method is

only a means to the end. It may help you, but not get you all the way to your goal. Maybe for some it will (and more power to you, if they do), but it didn't in my case, and a number of others I've heard about.

Because of my inability to reach my goal of 20/40 to 20/20 vision, I needed to wear my glasses to drive; when I did, my vision would deteriorate again, setting me in sort of a vicious cycle. Funny how glasses do that! (It's now a well-documented scientific fact that glasses cause the eye to become lazy and lose acuity.) About a year and a half ago, I figured there might be something on the Internet about vision improvement, and I was blessed to stumble upon a site called "Vision Freedom" (though they're no longer on the Internet) that offered another approach: that of using plus lenses ("reading glasses") while reading and doing close work, in a certain way so as to exercise the eyes and make them stronger, hence improving vision. This method was developed by a fellow named Brian Severson, who was a commercial

pilot who'd embarked on his own quest to improve his own vision. (By the way, there's a newer Internet site now that seems like it's patterned after Severson's method, called "20/20 America." It costs something to get their kit and I believe what I have to offer here for free is probably about the same thing.)

I wrote away for Severson's kit (it cost about \$100), studied his book and tried his method. After about a year and a half of following this technique (and in the process learning a great deal about my eyes and improving my vision), I went to take my driver's license vision test. You have to be able to see 20/40 to pass the test. I was pleasantly surprised to pass the test on my first try. I am now pretty much "glasses free," and my vision is improving daily. (When I began doing the method, my eyes were approximately 20/200 to 20/300 in each eye with astigmatism of differing degrees—but one eye was stronger than the other. Now they're almost the same, and I'm able to control the astigmatism—it's nearly history—perhaps it will

be by the time you read this.)

If you would like to try the method, you can find the book on the Members Only Web site. It's a small, 100-page book with instructions on how to do it. You don't have to forsake your glasses to follow the technique, but you will get quicker results the more you're able to go without them. And it's good for people of all ages. I began doing it when I was 51, so there's no such thing as being "too old" for improving your vision or overcoming vision-related difficulties.

It's also supposed to be good for kids with eye problems. In fact, with children it seems that very good results could be obtained, as the eyes are more moldable and adaptable when you're young (especially until the age of 16). I think it would depend on the child and how much they would be willing to wear the plus lenses. But it might be worth asking the Lord about if your child has serious vision problems. You could read over this material and pray for a program to adapt to your child's age, needs and abilities. I think this would work

best if the parents also work on improving their own vision, as then they'll know how to adapt it to their children.

So you can have fun improving your vision and even possibly getting "unshackled" from your specs. The beauty of the method is you can do it while you're doing close work, computer work and reading, etc., which many of us do quite a bit of. The method works for nearsightedness (myopia), farsightedness (hyperopia), old-age vision (presbyopia), defective images (astigmatisms), lazy eye (amblyopia), etc. Also, apparently your eyesight can't be "too far gone," or too bad, for this method to work. In a sense, though I don't have anything to back this up, they actually say that the worse your eyes are, the more dramatic the results will be. So you really don't have anything to lose and a whole lot to gain in trying. You only need to be able to read in order to improve your vision. So if you have any sight at all in an eye, even if it's very, very weak, it can be improved by this method.

Perhaps you're

skeptical or wondering, "Why haven't I heard about this before and why isn't this noised abroad and accepted by the opticians and their industry?" The simple answer it seems to me is that any kind of vision improvement is held in very low esteem (in fact actively resisted) by the multi-billion dollar eyeglasses industry. I suppose it's like the fellows in the Bible who thought Paul was trying to destroy their idol worship and financial gain. The knowledge seems to have been suppressed and strongly opposed. Most eye doctors shudder just at the mention of the possibility.

Only a relatively small proportion of modern eye doctors believe in any kind of vision improvement, and I've found out that while some claim to, they really don't. So don't expect this to be sanctioned by your local eye doctor; in fact they're quite likely to try to talk you out of it and may even be a bit aggressive and antagonistic in doing so! However, some eye doctors definitely do believe in vision improvement, though they are few and far between

and difficult to track down.

As they say, “The proof is in the pudding”; the proof is in the results. There were a lot of people who didn’t think man could fly or build an electric light bulb. In fact, when most of these inventions were made, such was the prevailing opinion of the day. As Dad so aptly put it:

“When any courageous iconoclast becomes so presumptuous as to dare to smash the idols of the generally accepted and practiced and so-called normal psychological behavior of this vast and wrongful majority who justify themselves by comparing themselves with themselves—if some brave pioneer of the spirit or of the flesh or of science is so foolhardy as to even suggest that this vast and unsilent majority of accepted society could possibly be wrong on some things, he is immediately hooted down as a maniac, denounced as demented, persecuted as a departurist, and even often condemned as a criminal, hanged as a heretic, or crucified as a menace to society! Because darkness

cannot stand the light and wrong cannot bear the right, and the big lie cannot tolerate the truth, and them that are bound bitterly resent the freedom of the free.”
(ML #225.)

If what I’ve said sounds at all interesting (and you’re highly motivated and willing to buck the tide), I’d recommend hearing from the Lord and asking Him if it’s for you and/or your little ones. I did that from the beginning and He’s spoken to me a lot about it, giving me the faith to proceed and answering my questions all along the way. He told me in the beginning I’d be pleasantly surprised with the results, and that has been the case. But of course, He might tell you differently! Don’t be swayed by what I or others say—follow God!

I don’t expect everyone to forsake their glasses

and I’d be happy if this only helped one or two persons with eye problems (especially any out there who are really suffering). I’m not expecting a big rush of persons to try this. I think it’s for the few. I also wouldn’t want a bunch of people blaming me for “ruining their eyes.” I don’t think that will happen, because basically there’s very little you can do wrong and if you follow the instructions, I don’t believe anything will go wrong.

I’m not an eye doctor, but I’m just sharing what I’ve learned so far in hopes it’ll benefit someone out there. If this isn’t for you, please pass over it. And if you want to give it a try and are unhappy with the way it goes, well, it won’t have cost you much (perhaps nothing) and you can go back to your glasses or contact lenses.

Eve

For those interested in obtaining more in-depth information on this method of improving eyesight, please see the MO site “Overflow” section <http://www.familymembers.com/overflow/index.php3>.

Aids

to Visual Relaxation

Palming: When we have a visual defect, complete rest for half an hour to one hour or more each day is essential to give the eyes and their surrounding tissues the relaxation they need. "Palming" is simply an improvement of closing our eyes for a moment to rest them.

To "palm," it is necessary to sit, in as comfortable a position as possible, in an armchair, or on a couch; get yourself as relaxed as possible—feel as loose and comfortable as you can—then close your eyes and cover them with your hands, crossing them slightly so that the left palm is over the left eye and the right palm is over the right eye, both slightly cupped, and leaving sufficient space for the nose to be free. Do not press on the eyes themselves at all. Then with your eyes completely covered in this manner, allow your elbows to drop on to your knees, keeping the knees fairly close

together. ... The main point is to have the eyes closed, and as relaxed as possible, and covered with the palms of the hands.

In this way the eyes are rested much more effectively than by any other method, and the more black the color that is seen when palming, the more relaxed is the state of the eyes. The mind should be rested as well as the eyes, and [we] should not think on things that would affect us strongly, or think about the condition of our eyes. (*Note: A good time for praise and prayer!*)

If this is done for ten, to twenty or thirty minutes twice or three times a day, the improvement in vision soon to be noticed should be considerable, and this method of relaxation (or palming) is one of the greatest assets to the natural treatment of defective vision.

[Note from Daniel: Amen! It helps a lot! What I often do is after a meal, like dinner when

my day is slowing down, I lie flat on my back on my bed and do palming for 20-30 minutes. It's very refreshing and relaxes the eyes, so you see better. Usually I don't doze off, but just palm and pray, though even dozing off is therapeutic, ha!]

Sunshine: Close the eyes, face the sun, and gently move the head from side to side to ensure the rays falling on all parts of the eyes with equal strength. You can do this for a minute or two when the sun is low on the horizon, either at sunrise or sunset. This has the effect of drawing the blood to the eyes, and relaxing the muscles and nerves. Just be sure your eyes are *closed!*

Cold water: Cold water is very effective in toning up the eyes and the surrounding tissues, and should be used as follows:

Whenever you wash yourself, before drying, lean over the bowl, and dipping your hands in the water (palms upwards and

cupped), raise them full of water to within two inches of your closed eyes. Then splash the cold water on to your eyes smartly, but not violently. Repeat this about twenty times, then dry yourself and rub the closed eyes briskly for a minute or two with the towel.

This will make the eyes glow and it will freshen and tone them considerably. It is a very good plan to do it whenever the eyes feel tired, but in any case, it should be performed at least three times a day. It is essential that the water should be cold, not tepid.

[Note from Daniel: A variation on this which I find quite relaxing and beneficial is to take a washcloth and put it under warm water—as hot as is comfortable on the eyes. Then—with your eyes closed, of course—gently massage the eyeball through the warm washcloth. Keep warming up the washcloth in the warm/hot water, wring it out a bit, and do it some more. I do this about five times.]

Exercise 1: Keeping the head still and as relaxed as possible, gently allow the eyes to move up and down six times. The eyes should move slowly and regularly as far down as possible and

then as far up as possible. Make no effort; just use the minimum of force. As the muscles become more relaxed, you will be able to look lower down and higher up.

Repeat the six movements two or three times, with rests of a second or two between.

Exercise 2: Move the eyes from side to side as far as possible, without any force or effort, six times. As in the former exercise, as the muscles begin to relax, you will be able to move them farther and more easily.

Repeat two or three times, but remember never to use more than the minimum of effort, as the exercises are intended to overcome strain and not to increase it. Rest for a second or two between repetitions.

Exercise 3: Hold up the index finger of the right hand about eight inches in front of the eyes, then look from the finger to a large object, ten or more feet away—such as the door or a window.

Look from one to the other ten times, then rest for a second, and repeat the ten glances two or three times. Do this exercise fairly rapidly.

[Note from Daniel: Some experts of these methods recommend

holding the gaze for 2 seconds on the finger and for 2 seconds on the distant object. You could see which works best for you.]

This is the best exercise for improving accommodation, and should be practiced as often as you like and where you like.

[Note from Daniel: If there's no one around to think you're a little "nutty," you can do this exercise on a train or bus, etc. This is about the most important exercise for improving accommodation, so do it a lot, but rest the eyes and don't strain them!

[Also, I've read that young children should not do this type of cross-eyed exercise too much or they can end up a bit cross-eyed. I believe that's mostly for children under 12. So be judicious in having them practice the exercise described here. Probably a little bit won't hurt, because after all, even children look at close things and then look at distant things; that's only natural. But you just wouldn't want them to overdo it. Adults have nothing to fear as far as becoming "cross-eyed" from doing this exercise.]

Exercise 4: Move the eyes gently and slowly around in a circle, then

move them back in the reverse direction. Do this four times. Then rest for a second, and repeat the four movements two or three times in all, taking

care to use the minimum of force or effort.

[Note from Daniel: I find it necessary to move my finger around in that circle and follow it with

my eyes. If I just try moving my eyes alone I find it difficult to do.]

All the above-mentioned exercises should be carried out after palming, with a few seconds' palming in between each set of exercises. (Glasses should never be worn at the time.) Together, they should take about four or five minutes each day, and the improvement in vision that will follow will be ample repayment for the time spent on them.

Another exercise is to trace a large horizontal figure 8 with your finger, following your finger with your eyes. Make a figure 8 and reverse (like un-doing it). Do this sequence four times and then do the same with a vertical figure 8.

Now imagine a clock face and move your eyes from the center of the large clock out to the 12:00 o'clock and back to the center. Then to the 1:00 o'clock and back to the center, to the 2:00 o'clock and back to the center. Do this all the way around the clock. I do this about 4 times, with a little rest after each set.

I hope this class will help you to get started on improving your vision or that of your children, if you are so led. God bless you!

Tips

From Dad on Eye Care

- Always read in a good light that doesn't strain your eyes at all. You should have sufficient light so you can see clearly and easily, that way you don't wear out your eyes or tire them too easily.

- Of course, if your eyes are already bad and need help, by all means get glasses. I think I did pretty well; I went 45 years without glasses. As you grow older your lens hardens for some reason, so that it can't move as easily. It can't thicken as easily; it can't thin as easily. So when it can't operate properly anymore, you can use glasses to make the adjustment.

- It's very bad to be wearing glasses all the time. It's like a crutch; you can get dependent on it. If you wear them all the time it weakens your eyes. So I never put them on unless I have to use them, and that's mostly for my close work—reading, checking manuscripts, editing, proofreading and all that fine print. They simply make the job easier. I can read at close range without glasses but if I read any length of time that way it's a strain on my eyes.

- If you feel you need glasses you should have your eyes checked, especially if you find your eyes getting tired or strained easily. You're straining them some way: You're either using them too much on too close or tiresome work, or you're using them in bad light, or you just may already have an eye defect from abuse and misuse all your life or recent years.

- Now, diet can affect your eyes too. If you're not eating the right kinds of foods your eyes don't get the right kind of nourishment. I think this is why some people get cataracts and stuff like that.

So I took good care of my eyes most of my life, thank the Lord, and I had good eyes. But you can abuse them and overuse them and strain them just like anything else. (ML #353:202-225.)

●●● Odds & Ends

On Aches and Pains

Prayer in a pinch

Sometimes I get a pinched nerve in my shoulder. It is painful, and lasts for about a week. This happened again the day before our Christmas push was to begin. I thought, "Oh no, here comes a week of pain!" Then our Husband reminded me of the power of the keys! We prayed and claimed their power. At the time I was backing the car out of the driveway, and the way I had to twist was painful. But the Lord showed me to stretch it ("stretch forth thy hand and thou shalt be healed"), and by the power of the keys, it healed right up!

John, Thailand

Stretching nixes shoulder pain

About seven years ago, I pulled something in my left shoulder while shoveling snow. Though it mostly got better on its own, my shoulder still hurts whenever I lift anything heavy. Then I was recommended this exercise. I do it in a hot shower, and it works like a charm!

Reach your left arm behind you diagonally, and

grab your left wrist with your right hand at about butt level. Pull down on your left arm, gently but firmly. Repeat a few times. Switch arms if your right shoulder's the one that hurts.

Mary Nagle, Prevention Web site

Don't over-chill an ache

Rest and ice are the first steps for treating most activity-related aches and pains. But too much of a good thing can actually increase your suffering. The ice you apply to your wounded knee, ankle, back, or other body part can actually increase pain and swelling if it's left on too long. Apply ice for no more than 10 minutes at a time and allow for at least 10 minutes between applications. Ice on and off for 60 to 90 minutes several times within the first 24 hours of injury.

Prevention

Prevent achy legs

Tight calf muscles can triple your risk of developing Achilles tendon problems. To test your flexibility, sit in a chair

with your bare feet flat on the floor. Extend one leg until it's straight out in front of you, parallel to the floor. Your foot should be at a 90-degree angle with your toes pointed straight up towards the ceiling. Now press your heel away from your body, bringing your toes towards your head. If you can't flex your foot more than the initial 90-degree angle, your calf is tight. (One calf may be tighter than the other, so test both legs.)

What to do: Stretch your calves during warm-ups and cool-downs. Standing on a step or curb, let your right heel hang off so that only the ball of your foot is on the step. Slowly drop your right heel below the step until you feel a stretch in your calf. Hold for 10 to 30 seconds. Repeat with your left heel. Do two to three times a day.

Prevention

A safer calf stretch

Hanging with your heel off a step is a great way to stretch your calves. But if you don't stretch regularly or are overweight, this move can be harmful.

Your body weight and gravity can force your ankle to flex too much, possibly causing an injury.

For a more controlled stretch, try this: Facing the wall, place your left foot at a 45-degree angle against it so that your heel is on the floor and the ball of your foot is on the wall. Bend your knees slightly. As you lean your hips into the wall, allow your right heel to come off the floor until you feel a stretch in your left calf. Hold for 30 seconds. Repeat several times with each leg.

Prevention

Immediate muscle soreness quickly dissipates and is the pain you feel during, or immediately after, exercise. Delayed muscle soreness signals a natural adaptive process that the body initiates following intense exercise. It manifests itself 24 to 48 hours after the exercise session and spontaneously decreases after 72 hours.

Numerous studies have been conducted to determine the cause of delayed muscle soreness, and the theories have been many and controversial.

The most current research attributes it to microscopic tears in the muscle and surrounding connective tissue following eccentric exercise. (See section below.) Those who experience delayed muscle soreness include conditioned individuals who increase the intensity, frequency or duration of their workouts, or participate in an activity that they are unfamiliar with. Beginning exercisers, or those who have undergone a significant lapse in training, frequently experience soreness when starting a new exercise program.

Studies on the best methods to alleviate delayed muscle soreness are almost as abundant

as the number of studies conducted to determine its cause. Cryotherapy (the topical application of ice), massage, and stretching, among other less conventional approaches, have been tested to determine if they can prevent delayed muscle soreness or are effective treatments. To date, no therapy that hastens the decrease of delayed muscle soreness has been found, however some of the therapies previously mentioned may have a minor impact if initiated immediately after intense or unusual exercise.

The Good News: Once you induce delayed onset muscle soreness at a specific exercise intensity, you shouldn't experience that sensation again until intensity is increased. This is because delayed muscle soreness has been shown to produce a rapid adaptation response, which means that the muscles adapt to an exercise intensity. Until it is changed, soreness won't occur. This is the basis for the most widely recommended approach to preventing delayed muscle soreness: Gradual progression and conservative increases in intensity, frequency or duration. Preliminary light exercise may prevent the

●●● Don't Be

A Sore Loser

American Council on Exercise

Delayed muscle soreness. It's the name of the stiff pain you feel as you roll over and reach to turn off the morning alarm after a day in which you trained unusually hard or tried a new exercise. Some people feel there's no better reward; others cease to exercise. What everyone should know is that there is a way to prevent this muscle soreness.

What Causes Sore Muscles? There are two types of exercise-related muscle soreness.

onset of soreness following a heavy eccentric-exercise workout. Beginners should exercise with light weights, two to three times per week for one or two months, then gradually build. Already conditioned exercisers who want to try a new workout or sport also should begin

gradually, taking care not to be overzealous.

Feeling a Little Eccentric? A muscle contracts eccentrically when it lengthens under tension during exercise. For example, during a biceps curl, the biceps muscle shortens during the concentric lifting phase

and lengthens during the eccentric lowering phase. Eccentric contractions also can occur during aerobic activity, such as downhill running, in which the quadriceps muscle repeatedly lengthens against gravity to lower the center of mass and aid in shock absorption.

●●● MuscleCrampMyth

By Sandy Weeks,
Quackbusters Chronicle

Myth: There is little that we can do to prevent muscle cramps.

Fact: Every movement we make involves the contraction and relaxation of muscles. When a muscle contracts, this causes a change in its sodium and potassium (electrolytes) concentration, which returns to normal when the muscle subsequently relaxes. If we work muscles for too hard or too long, or if we don't drink sufficient water,

an imbalance between the sodium/potassium concentration can result and the muscle involuntarily contracts—and wants to stay that way. In other words, it cramps. Restricted or poor blood flow can also cause muscle cramps through slow clearance of metabolites; as can poor physical condition, fatigue, over-exertion, fluid loss or dehydration, insufficient salt (sodium) intake, and believe it or not, even wearing high-heeled shoes.

There are many things that we can do to prevent muscle cramps:

- limbering muscles before workouts or intense exercise;
- sufficient salt intake (usually the first sign of salt deficiency is muscle cramp);
- adequate fluid intake to maintain blood volume and flow necessary to

remove metabolites;

- vitamin E supplements to improve peripheral blood circulation;
- if plagued by night cramps, do gentle stretching before bed;
- avoid pointing toes while stretching and try not to go to sleep with your toes pointed down (especially if you tend to sleep on your back or stomach);
- avoid tucking blankets or sheets too tightly;
- "applied" stretching a cramped muscle—for example, flex the foot upward to relax a cramped calf muscle.

Those who experience recurrent, persistent and debilitating cramps would be well advised to be evaluated for the presence of other disorders, such as circulatory problems, diabetes, muscle or nerve conditions.

HealthTip

The majority of cramps can be blamed on insufficient salt intake, exacerbated through perspiration, especially on hot days, and intense exercise. A lick of salt and drinking plenty of water in the first instance will, more often than not, restore muscle comfort!

●●● Exercise Mistakes to Avoid:

Secrets of a Safer Workout

By Wayne Westcott, PhD,
The Bottom Line

In my 20 years of running fitness facilities, I have seen many well-intentioned exercisers make potentially harmful mistakes during their workouts. Following are the most common exercise misconceptions ... and how to do things properly.

Better Stretching

Misconception: Stretch before you warm up.

Reality: Muscle injuries occur when you stretch cold, tight muscles. A very gentle stretch is okay before an aerobic workout, but reserve a full stretch for after a warm-up of at

least five minutes, when muscles have loosened up.

Misconception: Hold a stretch to the point of feeling slight pain.

Reality: Pain signals you are risking injury. You can also strain a muscle if you bounce as you stretch.

Best: Stretch only until you feel a slight pull. Hold 10 to 20 seconds, relax and repeat two or three times.

Strength Training

Misconception: You have to train every other day to get stronger.

Reality: While lifting weights every other day is optimal, even twice a week has benefits.

Example: In a study of

1,132 adults, those who lifted weights only twice a week had 88% of the muscle gain and 87% of the fat loss of those who trained every other day.

Misconception: The more weight you lift, the better.

Reality: It's not the amount of weight you lift, but how you lift it. The slower and more controlled your movement, the better. One slow, controlled set of eight to twelve repetitions is as good as two or three sets done in poor form.

The biggest mistake people make is taking a too heavy weight and jerking it upward. This form can lead to injury.

It is time to increase the weight when you can do 12 repetitions of an exercise in perfect form, without fatigue. Don't add more than 5% in weight from one session to the next.

Aerobic Exercise

Misconception: The only way to lose weight is with aerobic exercise.

Reality: Aerobic exercise burns more calories than strength training—while you're doing it. But the more

Dr. Koger Speaking:

It's amazing that the Lord made every person's body differently. No two people are exactly the same, because we're all uniquely created. Even with exercises and stretches, we're all very different. What works for one person may not work for you. Something that might help the next guy might injure you, so you really have to be prayerful and careful. In all your ways acknowledge the Lord, and He will direct your paths.

Don't think that exercise is too mundane to ask the Lord about. He loves to help you in every area of your life—and fitness and health and exercise are certainly important things. They keep you healthy and strong, so asking the Lord about your exercise plan and program is not time wasted. He knows what you need, and it pays to ask Him for His counsel.

muscle mass you have, the faster your metabolism will be throughout the day.

Best: Combine aerobic exercise and strength training to burn the most calories.

Misconception: The only way to improve cardiovascular fitness is to work out for longer periods.

Reality: It is actually better—and more convenient—to increase the intensity of your workout rather than the amount of time you exercise.

Example: If you exercise for 30 minutes on an indoor bike at level 2, go to level 3 for the same length of time. Or if you walk at 3 mph, speed up to 4 mph and increase the incline for part of the workout.

Cooling Down

Misconception: It's okay to skip a cool down after aerobic exercise.

Reality: This is very dangerous. If you stop exercising suddenly, blood pools in your legs and doesn't get back to the heart as quickly as it should. That can leave you feeling light-headed and can cause an irregular heartbeat—or possibly a heart attack.

Important: After exercising, walk slowly for about five minutes until your breathing returns to normal.

FitnessShorts

Early morning appointment: I never used to have time to exercise (and still don't). So since you always have time for things you do first, I set my alarm for 6 AM and I get up to walk. At first it was hard, but now that hour from 6 to 7 has become my special time with the Lord, as well as my favorite part of the day. I have a lot of energy, sleep better, and have no more headaches, TYJ!—*Paloma Fisherman, USA*

Still losing it: Since the "CvsC" GNs, the Lord has been helping me to lose weight. It is amazing how He has taken away my desire for food at times. Sometimes I have small battles, but to me it is a miracle how I can refuse to eat that piece of cake or cookie, which a few months ago I would have been gobbling down with the rest of the Home. I am so thankful for this spiritual help which has been given me. I can't say I don't slide now and then, but there is something different which I can't explain. It's a slow battle with many small victories, but I am praying the Lord will see me through.—*FGA woman, Canada*

Water and fitness: I gained more than 12 kg after having six kids over the last 15 years. Reading about fitness has been a big help for me, especially the testimony in *Eve 22* from sweet Abi, "Lose Weight with Water Workouts."

I started focusing on increasing water intake, like she did. My husband and one teen girl in our Home were already faithful to drink lots of water. What amazed me was that when we had heavy colds in our Home, those who were drinking a lot of water didn't get fevers like the others, and didn't need to have bed rest. It seemed that those who drank lots of water were stronger than those who didn't.

So I started encouraging my kids to drink more water. I also studied up on water in the library, and I found that drinking lots of plain water cleans out your body and helps fat to break down easier. It's not so convenient for me to go swimming every day, but I like to be faithful doing other kinds of workouts.

I have been lazy, so I pray the Lord helps me have more initiative. I'm thankful for everyone's ideas and tips on staying fit.—*Vicky, Japan*

Making a Moist Meatloaf

About Home Cooking Web site

Q: I recently made a meatloaf, but it is not moist enough. If I used bread ends torn into pieces instead of packaged breadcrumbs, would this make it more moist? I used sautéed onions, shredded carrots and breadcrumbs, but something was not quite right as far as moisture.

A: *Answers from Home Cooks*

- Are you moistening those breadcrumbs or mixing them into the meat dry? My mom adds milk to her crumbs, as well as eggs and minced onion and lots of seasonings.

- My trick for moist meatloaf is to mix crumbs, a few splashes of stock, eggs, and minced onions. Generally, for each pound (½ kilo) of meat, I add a heaping half-cup of crumbs; 1 egg; ¼ cup of stock, milk, or tomato sauce; about ¼ cup minced onions. My favorite seasonings are lots of pressed garlic, a few pinches of allspice, lots of thyme and black pepper, and a splash of sherry.

- Another trick to keep moisture in the meatloaf is to spray vegetable oil on the outside to make a crust and hold the moisture in.

- Are you using really lean meat?—Very lean meat just doesn't make a good meatloaf. It doesn't have enough fat or flavor,

and ends up dry and tasteless. Are you adding any other ingredient with any moisture content? Like, cheese, green pepper, diced onion, etc. Try adding some steak sauce to your mix as well.

- I like to blend all the extra ingredients in a blender first, then mix it in with the meat. Use whatever you like—tomato paste or sauce, spices, etc., all make it really nice, but blend whatever ingredients you choose first and then mix it all together. (You can also try adding some cooked oatmeal or mashed potatoes—a great way to use up leftovers!)

- I've never put dry breadcrumbs in a meatloaf. I use about two slices of whatever bread I have on hand (good way to use up the ends), tear it up and soak in the milk. I put in onion (doesn't have to be sautéed first), bell pepper, shredded carrot, shredded zucchini—whatever I have

on hand. Use one egg for each pound of meat, a small can of tomato sauce or a little ketchup, a little Worcestershire sauce, basil, oregano, garlic (whatever *you* like). Oh yes, do not overhandle the mixture; mix only until the ingredients are incorporated.

- After I've kneaded all my ingredients together, the meatloaf "dough" is pretty soft and floppy; it really needs the loaf pan to keep its shape. With the eggs and moist crumbs it actually rises like bread, so before I put it in the oven I make a ½" deep indentation down the middle to allow it to expand and keep it from cracking.

- Sautéing the onions until they're lightly browned will add a lovely flavor, and carrots will add dashes and dots of color to the loaf as well as moisture. I use lots of minced, sautéed mushrooms too.

- I can't eat wheat, so

I use a number of different fillers that I moisten; the eggs bind them just fine:

—*Toasted Oatmeal*: I pour old-fashioned oats into a big shallow cake pan and bake it at 300 degrees for 15-20 minutes, until the edges lightly brown. This is great to keep on hand for use in meatloaf as well as part of a “crumble” topping or in cookies.

—*Leftover Rice*: This

doesn’t even need a whole lot of moistening; it gives it a cute porcupine look too. You’ll need to knead the meat with the rice to keep the meatloaf from being crumbly, but it’s a great use of leftover rice.

—*Grated Potato*: You won’t need to add much moisture with grated potato, just eggs and onions and seasoning.

—*Corn Meal*: Soak cornmeal for at least

10 minutes in whatever liquid you’re using, or use leftover cooked polenta. I put cooked polenta, eggs, onions, etc., in my processor and blend it into almost a batter which I knead into the meat. It makes a really smooth loaf, almost a *paté*, which slices beautifully for sandwiches.

(*Eve*: See also *HH5:18* for an additional meatloaf recipe!)

Providing Nutritious and Balanced Meals

From the Dummies Web site

Developing a meal that is nutritious and well balanced is easy if you follow a few simple guidelines:

- *Serve at least four different foods at each meal.* To ensure you are getting a variety of essential nutrients, serve a variety of foods. For example, if you want to serve pasta with a basic tomato sauce, add some cheese (for calcium and protein) and a salad or steamed green vegetable (for vitamins, minerals, and fiber). Preparing at least four foods also helps to meet sensory needs for a variety of flavors, appearances, textures, and aromas.

You can also use the Rule of Fourths to ensure a meal is balanced. Imagine a dinner plate divided into four sections. One section should contain a protein-rich food, one section should contain a starchy food, one section should contain a vegetable, and the fourth section should contain either a fruit or another vegetable.

- *Balance higher fat choices with lower-fat choices.* If you want to serve a rich dessert, make other foods on your menu lower in fat and calories. For example, if you want to make cheesecake for dessert, serve a mixed green salad, poached or grilled fish, steamed

vegetables, and whole grain rolls. The lower fat content of the main course nicely offsets the high fat content of the cheesecake.

- *Take the long-term view. Follow the macro-plan rather than the micro-plan.* Sometimes, in their eagerness to follow heart-healthy nutrition guidelines, people slip into behaving like food cops. If a particular food or recipe has too high a fat content, it’s banished from the shopping cart or table. Taking such a negative, restrictive view is much too limiting. Your goal is to enjoy healthful food. You can include higher-fat and calorie-dense foods in healthy eating. It’s not

Culinary Delights/Feedback

the individual food or the individual meal that is most important, but the average pattern of eating that you achieve over each day, each week, and each month. Being able to include all sorts of recipes in a heart-healthy approach to eating is another reason to engage in some longer-range meal planning, rather than just thinking about each meal as the time to prepare it rolls around. (Dad speaking: This is a good point here about planning ahead when it comes to

your meals. I'm sure that the majority of you operate that way already, especially those of you who have to cook for bigger Homes. But it's important to take a little quiet time to even bring this before the Lord when planning your menu and putting it all together. He might have some insight into what would be best to make when, maybe bring in a little more health foods, show you creative ways to make use of your provisioning, and much, much more! The tips above are good and

important to keep in mind, but remember to apply them prayerfully as they relate to our missionary lifestyle—and then you'll really be getting the best of both worlds!)

(*Eve*: See also the CVC vocational section under Home Economics /Cooking and Food Services where you will find a course on Menu Planning and Food Preparation [CVC Handbook 2000, pg. 337, course HME FS-04]. You can also look it up on the CVC site: www.cvccollege.com)

Feedback

"The Honor of a Fighter" in *Eve* 25 was particularly sweet. My health isn't always what I would want it to be, and I had often thought about cancer, wondering what would I do if I ever got it. This prophecy took all the fear and mystique out of the sickness, encouraging faith in the Lord for anything and any outcome. My times are in His hands, and that's all fine with me, but this prophecy was really comforting.—*Emmanuel Laborer, Taiwan*

Eve is great! I especially like the section "Pregnancy and Childbirth." Being a new mother, there's so much to learn, and reading tips and testimonies from you experienced moms is always a blessing. Keep sending them in!—*Celeste (YA, of Arthur), location unknown*

Eve is fun, relaxing, interesting, lesson-filled reading, and many of the articles come just in time for a health problem that I am facing, or to give me ideas to pray about in something that I am facing. When I had problems with my gums, out came the article about dental care. Now when I'm experiencing hair loss after my pregnancy, the question and answer about the same topic came out. TYJ!—*Angela Victory (of Daniel), Romania*

Cover photo: Suzie (of Andy), Russia

Suggested reading for ages 16 and up. November issue.

Note: All Family members in China use pen names for their contributions to *Eve*.

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