

A photograph of two young women with long, light-colored hair, smiling warmly at the camera. They are wearing winter jackets; the woman on the left is in a white jacket, and the woman on the right is in a dark green, textured jacket. The background shows a modern building with large windows and some snow on the ground, suggesting a winter setting.

ENVE

Issue 46

Spices & Their Uses 5

Canker Sore Care 12

Tips for Asthma Relief 15

Fitness Is

free,

If You Know Where to Look

By Jeannine Stein, Los Angeles Times Staff Writer

On a

cement gray weekday morning near the Santa Monica Pier, a handful of people have ventured to the beach: a lone volleyball player, a homeless woman singing into the air, and Ken Chiarito.

Chiarito, wearing khakis, a sleeveless T-shirt and shoes, swings effortlessly on a series of steel rings on the jungle gym, up and back, up and back. Occasionally he spins two, three times, or flips his body 360 degrees in a balletic rhythm. After this 10-minute routine he drops to the ground, hurriedly puts on his khaki uniform jacket and heads back to his job at a nearby hotel.

Chiarito has been doing the rings three times a week for about a year and a half, on his lunch hour. He learned by watching others, then developing the flips and twists on his own. The 36-year-old began his routine a few months after he started his job nearby.

He had no money to join a gym, and turned to the rings for cardio. He is proof that in a country that last year spent billions on exercise equipment and billions more on health clubs, fitness can be achieved with no more than motivation and a chafing dish.

"I was sitting outside one day on my lunch break," Chiarito explains, "and there was this one guy who was so skilled on the rings. I thought I could try it."

The first day he traversed only three rings, but the next day he went across all 10. "There's no waiting in line, no traffic, and you get such a workout," Chiarito explains.

Chiarito has been a fitness buff as far back as grade school. His father planted the seeds of his you-can-make-a-gym-out-of-anything philosophy. "He would try to push his Jeep [for exercise]. At one point I really wanted to join a gym and he said,

'You don't need to.'" A bowling ball served as a weight. "From that I knew that if I ever got stuck somewhere and had to exercise, I could make do."

And he has. While traveling, he brings a dumbbell for predawn workouts. A few months after starting his hotel job he decided to use heavy trays, wine stands and ice buckets for weights.

"Your muscles can't tell whether or not they're being stimulated by a \$2,500 machine or a sandbag. Muscles just respond to the relative load you expose them to and the method with which you train them."

For Chiarito, the formula is simple: "If you really want to do it, you'll do it," he says. "I hate to sound like a cliché, but only you can decide to make that change. If you really want to work out, you'll find a way to do it."



By Dad

Some of the best exercise you can get is on the go...

up being much cheaper than going to gyms and buying expensive exercise equipment—or if the Lord supplies it through provisioning, you get it for free.

Of course, if the Lord supplies exercise equipment or a way for you to go to a gym for free or very cheaply, then there's nothing wrong with that. But the point is—exercise machines and gyms are definitely not must-haves. People have been having good exercise for centuries, but gyms and exercise equipment are pretty new developments. Some of the best exercise you can get is on the go—when with the children, when witnessing, when out for a walk with a sheep or Active member. If you're actively looking for ways to get fresh air and exercise, you'll find them easily, simply, and cheaply—or for free! *(End of message.)*

In some

countries, exercise equipment and gizmos are a real moneymaking business. The industry comes out with new exercise must-haves all the time—things that are *supposedly* all you need, and what you *must* purchase, for tighter abs, killer thighs, and on and on. Some simple exercise equipment can be helpful and aid you in staying fit, don't get me wrong, but be careful not to fall for all of the world's exercise toys and ploys; most of them are just a waste of the Lord's money.

The point that this article is trying to get across is that you can exercise anywhere, and how true it is. Often the best exercise you can get is in the outdoors, in God's creation—walking, running, hiking, and playing sports. Not only are you getting your heart pumping and staying in shape, but you're also breathing in the fresh air and oxygen that is essential to good health. All you need for these types of outdoor get-out options is adequate clothing, footwear, and possibly some simple sports equipment, but it ends

Calories Burned During Physical Activities

Sources:

Exercise and Your Heart—A Guide to Physical Activity.
National Heart, Lung, and Blood Institute/American Heart
Association, DHHS, PHS, NIH Publication No. 93-1677

Jesus:

By allowing the following comparison chart to be printed, I do not want it to appear to place an over-emphasis on the counting of calories. This is something that the Enemy can use as an inroad in some, who lean too much on this as an arm of the flesh, and can fall into various extremes, which can be damaging to their bodies. Therefore I ask that My Brides who would take advantage of this chart do so in prayer and moderation. It is helpful because it gives an idea of the exertion level of various activities, and how they compare in the way of exercise and energy burned. But I wish for My children to be prayerful and careful, and to give no place to the Enemy in any ways that he might encourage overuse or overemphasis on the flesh, to the detriment of the spirit or of the proper balance in which I delight. (*End of message.*)

Activity	Calories Burned per Hour*
Cycling, 6 mph	240
Cycling, 12 mph	410
Cross-country skiing	700
Jogging, 5½ mph	740
Jogging, 7 mph	920
Jumping rope	750
Running in place	650
Running, 10 mph	1280
Swimming, 25 yd/min	275
Swimming, 50 yd/min	500
Tennis, singles	400
Walking, 2 mph	240
Walking, 3 mph	320
Walking, 4½ mph	440

* These figures are for a person who weighs 150 pounds (approx. 68 kg). The calories burned during an activity depends on how much you weigh. The more you weigh, the more calories you burn. For example, a person weighing 100 pounds burns only 0.67 times the calories of a person who weighs 150 pounds ($100 \div 150 = 0.67$). So, to find the number of calories burned in an activity by a person weighing 100 pounds, multiply the number of calories in this chart by 0.67. For a person weighing 200 pounds, multiply by 1.3. To find the number of calories you burn in any activity, divide your weight by 150 and multiply the number of calories in the chart by that number. min. = minutes; mph = miles per hour; yd = yards

spices & their uses

I liked the “Culinary Delights” article about healthy living (*Eve #38*). Those little tips can make such a difference! As a cook, reading about all these spices (cardamom, fennel, etc.) that people usually don’t use was very helpful. Could you gather info about different spices and what they are good for, so we can learn to use them in our daily cooking?

—*Abner, Denmark*

allspice

Allspice is found in many sweet recipes for cakes and biscuits. Some cooks prefer allspice as a substitute for cloves in sweet dishes, as the clove flavor is imparted with less risk of being too heavy-handed. Use allspice berries when you want the flavor without the dark brown powder coloring in the recipe. For example, one can add a few allspice berries to stewed fruits, along with some cinnamon quill, whole star anise, and a vanilla bean to make a deliciously sweet-spiced dessert.

While it has no relation to pepper, a common practice is to put about a teaspoon of small allspice berries into the pepper mill with the peppercorns. When ground, the aromatic sweet spiciness complements traditional freshly ground pepper very well.

Allspice is found in many curry blends and spice blends designed for seasoning seafood and red meats. A small amount of allspice can be used to flavor root vegetables and spinach during cooking. It also complements vegetable soups, especially tomato.

basil

Basil’s pervading aroma makes it such an ideal complement to tomatoes that it is often referred to as “the tomato herb.” Basil also complements other vegetables such as eggplant, zucchini, squash and spinach. When added within the last half hour of cooking, basil enhances the flavor of vegetable and legume (split peas, lentil) soups. My mother often made herb sandwiches with cream cheese and shredded fresh basil leaves; these have a clean, refreshing taste. Most salads, especially

by *ian hemphill*,
the spice and herb bible

those with tomato, benefit greatly from the addition of basil.

Basil goes well with poultry when used in stuffing, is included in soups and stews and added to sauces and gravies. Fish brushed with olive oil, dusted with freshly ground black pepper, wrapped in foil with a few basil leaves and barbecued (or cooked in the oven), is a simple and effective way to enjoy this versatile herb. Basil is used in *pâtés* and *terrines**, where its volatile notes will help counteract the richness of liver and game. A tasty vinegar to have on hand for making salad dressings is made by placing a dozen or more fresh, washed basil leaves in a bottle of white wine vinegar and leaving for a few weeks. (**terrine*: a dish consisting of several meats braised together and served in a special earthenware dish)

Pesto, the ultimate basil experience, is made from basil, Parmesan cheese, pine nuts, garlic, salt and olive oil. Pesto can be the basis of a quick meal when tossed through freshly cooked pasta, and is an excellent spread on fresh crusty bread, topped with slices of fresh tomato.

Basil leaves are best used whole or torn; most cooks advise against cutting the leaves with a knife, as this tends to dissipate the aroma. To make dried basil taste a little closer to fresh when putting on grilled tomatoes, zucchini, or eggplant, mix 1 tsp of basil with $\frac{1}{2}$ tsp each of lemon juice, water, and oil, and $\frac{1}{8}$ tsp of ground cloves. Let stand for a few minutes, then spread onto halved tomatoes or slices of eggplant before grilling.

bay leaves

Bay leaves are mostly associated with long, slow-cooking recipes, and are considered to be indispensable in many different soups, stews, casseroles, terrines, *pâtés* and roast fowl dishes. Bay leaves are often used in stock while it is cooking and they complement most vegetable and pasta dishes containing tomato.

Always use bay leaves sparingly, as the flavor is strong and amalgamates readily during cooking. For the average-sized dish to serve four people, use two to three dried bay leaves, either whole for later removal, or crumbled into the dish to soften

during cooking. I like to barbecue fish wrapped in foil with a few green dill tips and a bay leaf.

cardamom

Green cardamom is a very versatile and useful spice, being equally complementary to sweet and savory foods. Although it is a pungent spice and should be added sparingly, the fresh top flavor notes in green cardamom make a zestful addition to a wide range of meals. Traditionally, cardamom has been used to flavor Danish pastries, cakes, biscuits, and fruit dishes. The Indians include it in many curries, and in the Middle East it is an enhancement to coffee. This is achieved by pushing a split cardamom pod into the narrow coffee pot spout. When the coffee is poured, it filters past the bruised cardamom creating a refreshing taste. Next time you make plunger coffee, try putting a few bruised cardamom pods in the pot with the grounds for a delicious taste.

Cardamom pods are generally found in biryani rice dishes, and a wonderful flavor dimension can be added to boiled rice by putting one or two

bruised cardamom pods in the water during cooking. Cardamom complements milk puddings and custards and marries well with citrus fruits and mangoes. Halved grapefruits, sprinkled with a little sugar and ground cardamom seeds, make a tasty breakfast.

Many recipes require a bruised cardamom pod. A gentle thump with the rolling pin or pressing down firmly with the flat of a knife will burst some of the volatile oil-containing cells, and allow the flavor to amalgamate more readily with the other ingredients. Even when using seeds removed from the pod, slight bruising is recommended for the best effect. For those of you who want to grind cardamom seeds at home, this can be done in a pepper mill or coffee grinder. To clean the mechanism when finished, simply grind about a teaspoonful of rice. This will clean the contact surfaces of the mill and carry away any residual flavor.

celery seed

The strong flavor of celery seed is a perfect marriage with tomatoes, hence its use in tomato

and vegetable juices and the drink “Bloody Mary.” Celery seeds are found in recipes for soups, stews, pickles and chutneys. They are excellent with fish and eggs, are sometimes found in cheeses, and go well with salad dressings and mayonnaise for coleslaw. In savory pastries, celery seeds add a refreshing, carbohydrate-complementing astringency. Many popular spice blends made for chicken, seafood and red meat contain celery seed along with spices such as paprika, cinnamon, ginger, pepper and salt.

chili

Reputed to contain more vitamin C by weight than citrus fruits, chilies have become the “must use” daily condiment in the diets of millions of people around the globe. These days it is almost harder to think of what chili is not used in rather than the myriad ways in which we have come to enjoy it. An Indian curry or pickle would be incomplete without chili, as would the Tunisian *harissa* paste, the Asian *sambal* or Mexican *mole* sauce.

For those of you who have a low tolerance to

heat, I suggest adding some sweet paprika as a substitute for chili in recipes. This way you will get an element of the characteristic chili flavor without the bite.

When you’re using chili in cooking, the intensity of the heat and the timing of when it hits you is often affected by the amount of fat and oil in the dish. Oils and fats tend to coat the heat molecules in chili, either flattening them or making them come later. Therefore, a stir-fry with chili and Thai spices will be fairly sharp and hot. Add high-fat coconut milk and the heat will be tamed and will hit your palate a little later. Sweetness will also tone down heat, thus a sweet chili sauce is more likely to have one reaching for it than a non-sweet one. If you are unsure of the heat in the chili being used, start with a little less ... you can always add more later!

Perchance you have added too much! Try adding a little sugar (remembering to maintain the balance of the dish), or cream or coconut milk if appropriate. Adding some chopped potato and removing it after about 30 minutes of cooking is an old remedy, as is putting in chopped fresh capsic-

cum. Leaving the dish in the fridge overnight sometimes helps, as the flavors mature and round out over time, however the chili heat does not significantly diminish.

When confronted by a volcanic chili experience, don't drink water to put out the fire in your mouth, as it will actually make it worse. A spoonful of sugar gives the most instant relief, while beef is a good accompaniment to hot food, as is the traditional yogurt drink *lassi* (yogurt diluted with water).

Raita (yogurt with finely chopped cucumber) is also a good cooling aid to have on hand when indulging on hot curries.

When handling fresh chilies, be careful not to touch any sensitive skin areas until you have thoroughly washed your hands. Warm, soapy water is usually effective, or if some heat remains, a gentle wipe with some acetone (nail polish remover) will do the trick. Some very hot chilies even cause blistering of the fingers, although this is uncommon. When cooks want to reduce the heat of fresh chilies, a common practice is to remove the seeds and flesh (capsaicin-bearing placenta) from the

inside. Fresh julienned strips of chili are often used in stir-fries, salads with an Asian influence, and to garnish pâtés and terrines.

A friend of my parents who had lived in India for many years kept a small decanter of sherry on hand with three or four fresh chilies soaking in it. When this was added to soups it gave it a surprisingly powerful kick. Apparently this was a common practice in English clubs frequented by ex-Indian residents who found the soups at home insipid.

Dried chilies may be used whole in curries and almost any other kind of long, slow-cooked liquid, as the flavor and heat will seep out and amalgamate into the dish. Often sauces will call for a whole chili to be pierced and soaked in hot water for 20 minutes, then cut open to remove seeds and stem, prior to pounding in a pestle and mortar or blending with other ingredients in a food processor. Ground chilies of varying heats are used in a wide range of curries, sauces, pickles, chutneys and pastes. Almost any meal you can think of will be enhanced by the heat and taste of chili.

chives

It is almost impossible to abuse the use of chives when they are added to a savory dish, such is their agreeable taste and fresh appearance. Chives find their way into many commercially produced packet soups and sauces. Add them to dishes that are being cooked for a short time, like omelets, scrambled eggs and white sauces. For other applications, only include in the last five to ten minutes of cooking, as any prolonged heat will destroy much of the flavor. Fresh chives are excellent as a garnish on fish and chicken, and chopped chives are both attractive and tasty in salad dressings and mayonnaise.

cloves

Due to their high pungency, cloves must always be used sparingly in cooking, as too much can easily overpower a meal. Even though care is to be taken in their application, it is hard to imagine many foods such as apple pie, ham, stewed fruit and pickles without the addition of cloves. In Denmark they are an

ingredient in the popular “pepper cake,” and are frequently added to exotic Arabian dishes. A popular mulled wine of the Middle Ages called hippocras was made with ginger, cloves and other spices. Right up to the present day, the warming of spiced wines of Europe and Scandinavia are flavored in the same way. Cloves are used in Indian and Asian curries, and as a truly international spice can be found in the kitchens of every continent of the world.

coriander

As the delicate flavor is driven off by prolonged cooking, add coriander leaves in the last ten minutes to get the best flavor. Coriander seed is one of the most useful spices to have in the kitchen. This is because as an amalgamating spice it mixes well with almost any combination of spices, whether sweet or savory. It is interesting to note how the essential oil is used to make medicines more palatable, because I have always noticed the way ground coriander seed effectively balances the sweet and pungent spices

in blends as diverse as a sweet mixed spice, or a fiery Tunisian *harissa* paste.

It is almost impossible to use too much coriander seed; in fact some North African dishes use it by the cupful rather than the spoonful. If you have made a spice blend and realize you have been too heavy-handed with a pungent spice like cloves or cardamom, simply add twice the amount of ground coriander seed compared to the quantity of the dominant spice. For example, if you put in 1 tsp of ground cloves, add 2 tsp of ground coriander seed, and in most cases the blend will be brought back into balance.

Some recipes call for lightly dry-roasting or toasting the whole seeds prior to grinding and adding to a dish. Roasting modifies the flavor and creates a more complex taste profile appropriate to many Indian, Asian, and North African meals. Coriander seeds should not be roasted for sweet applications such as cakes, biscuits, apple pies, and other fruit dishes.

Whole coriander seeds are delicious in chicken casseroles and a few of

the green Indian seeds, placed in a pepper mill and ground over grilled fish is delicious. For recipes that call for ground coriander seed, you may grind the seeds in a mortar and pestle. A more effective method is to use a coffee or pepper grinder, because when not finely ground the husks may seem a little gritty to some if not cooked for long enough to soften, say 30–40 minutes.

cumin

Cumin is used extensively in Indian curries, it is included with rice and vegetables, in breads, and when making pickles and chutneys. The famous Indian seed blend, *panch phora*, contains whole cumin seeds. Middle Eastern dishes often feature cumin because it complements lamb particularly well, and it is an important ingredient in Moroccan spice combinations such as *chermoula* and *harissa*. Mexican chili powder, the blend many have become familiar with in tacos and chili con carne, is usually a simple mixture of chili, paprika, cumin, and salt. An essential oil

is extracted from cumin seeds by steam distillation and is an ingredient in perfumes and liquors such as the German drink *kummel*.

Recipes often call for dry-roasting cumin seeds or powder, as this brings out a pleasant, nutty flavor, and reduces some of the bitterness. To roast cumin, heat a pan with no oil in it, add the seeds or powder and keep the cumin moving around so it does not stick or burn. When the cumin begins to give off a roasted aroma and the color begins to darken, remove from heat and tip out of the pan so it won't be cooked further by the residual heat. Roasting is appropriate for a lot of Indian and Malay cooking, however it must be remembered that it does change the flavor, driving off some of the most delicate notes, and this effect may be undesirable in a mild chicken or fish dish or a chili con carne.

curry leaf

Curry leaves are used to flavor Indian curries, especially the Madras style. For best results, the fresh or dried leaves can

be fried in oil at the beginning of making a curry, as this extracts their full flavor potential. Curry leaves are also used in making pickles.

dill

Green dill has a refreshing, refined taste which, when used in modest amounts, contributes an appetizing flavor and pleasing visual aspect to a wide range of foods. Finely chopped dill leaves are particularly good with cottage or cream cheese, in white sauces, chicken dishes, omelets and scrambled eggs, salads, soups, vegetable dishes and in infused herb vinegars. Dill tips and capers are great accompaniments to shaved, smoked salmon. A few leaves in unflavored yogurt for dressing fresh cucumber makes a perfect side dish to have with spicy dishes.

Dill seeds are used for pickles, hence the name "dill pickles" given to American pickled cucumbers. They are found in breads, particularly rye, and go well with other carbohydrates such as potatoes. Dill seeds

complement vegetables and may be cooked with them, or tossed in butter after cooking, to flavor carrots, pumpkin and cabbage. Dill seeds are an ingredient in the exotic Moroccan spice blend *ras el hanout* and are often found in spice mixes for seasoning fish and poultry.

fennel

The fresh leaves of fennel may be used in very much the same way as green dill in salads, white sauces, and to garnish terrines, soups and aspic. Steaming a whole fish on a bed of fresh fennel foliage is a traditional way to impart its aromatic flavor during cooking. The bulb of fennel can be sliced into thin rings and separated like an onion for adding to salads, or it may be cut in half and cooked as a vegetable and served with a white sauce or cheese sauce. Fennel seeds are added to soups, breads, Italian sausages, pasta, and tomato dishes, as well as pickles, sauerkraut, and salads.

In Indian and Asian cooking, fennel seeds are nearly always roasted,

which gives them quite a different, sweet, spicy flavor. Roasting ground fennel seeds is easily done by heating a small, dry pan on the stove. Then put about 2 tbsp of the powder in the hot pan and shake it slightly to prevent the fennel from burning. When the powder begins to change color and a heavenly aroma wafts in the air, tip the contents into a dish, then use in curry recipes and satay sauces.

garlic

There is hardly a dish that is not improved by the flavor of garlic. Although its pungency tends to be frowned upon by non-users, when everyone indulges in garlic its telltale lingering on the breath is barely noticed. They say one reeks less of garlic when it is consumed with red wine, and eating parsley after garlic reduces its lingering effect on breath. I have also found that chewing a few fennel seeds works particularly well.

When cooked, garlic develops a more moderate and slightly sweeter taste than when it is raw; a transition more notice-

able when a whole clove is placed on the barbecue to cook slowly for about 30 minutes. The creamy, beige flesh inside has none of the pungency of raw garlic and is delicious scooped out of the burnt crisp casing and spread on the barbecued meat and vegetables. (I recommend slices of eggplant.)

Garlic need not dominate a dish, and it is often surprising how well a small amount can heighten the taste of many foods, including delicate vegetables, and how it can balance with other flavors, be they sweet, pungent, or hot.

To impart a mild garlic flavor to a salad, rub the inside of a bowl with a cut clove of garlic. This method can be used on the inside of a pot before making a soup or stew. Lamb joints, beef roasts, and poultry may be similarly rubbed with a cut garlic clove before cooking.

ginger

Ginger may be classed as one of the more versatile spices, its tangy freshness, slight spiciness, warmth and sweetness complement-

ing a whole range of dishes from sweet to savory. Fresh, preserved or powdered ginger is often added to cakes, pastries, and biscuits. Ginger goes well with red vegetables, as does nutmeg. Sprinkle ground ginger over pumpkin before baking, or toss with a little butter after steaming.

Ginger is used fresh in many Asian dishes, where it forms a perfect marriage with the flavors of garlic, onions, lemongrass, chili, and coriander leaves. In Japanese cooking one often finds the preserved, pickled (and colored in this case), pink or red ginger. Ginger helps to neutralize overtly fishy notes.

Ginger powder is found in the majority of Indian and Asian curries and when rubbed onto red meats before grilling, adds a delicious taste and has a slightly tenderizing effect. Because the pungency of ginger can vary quite considerably, before adding it to a dish, I recommend smelling it for signs of harshness and having a small taste as well. Should it be noticeably pungent, sharp or hot, reduce the amount intended by about a third to a half.

FEATURE: CANKER SORE CARE

CANKER SORES vs. Cold Sores

By Elizabeth Burch, MD, and other medical reference

Information?

I would like to ask if you could print some information on canker sores, what causes them and how to avoid getting them. I had a problem with them for quite some time to where they recurred very frequently. What helped in my case was to forego caffeine for several months. After the sores subsided I was able to begin drinking coffee again.

—Philip, Japan

appear on the lips and around the mouth area. Cold sores are caused by the herpes simplex virus and are extremely contagious.

Canker sores, however, are not contagious. While the cause is not well established, some research indicates they may be a type of local allergic reaction, possibly to foods (especially the gluten in grains) and common preservatives like benzoic acid, sorbic acid and methylparaben. Canker sores often seem to be precipitated by eating foods which are spicy and acidic, such as citrus fruits, tomatoes, and particularly Mexican and Southwestern U.S. cuisine.

Elimination of the offending foods and preservatives will give complete resolution or at least significant improvement. Canker sores are also associated with deficiencies of iron, folic acid and vitamin B-12.

Supplementation of all the B vitamins and iron (if it is low) has been shown to help. In one study, the use of liquid or chewable licorice three to four times a day brought improvement to 75% of patients.

Stress, in the form of exhaustion and lack of sleep, is another cause, and probably the biggest trigger for canker sores. The best prevention is go to bed early and take a nap, too, if you need it.

Some remedies are:

>> Rinsing the mouth with a solution of 1 tsp potassium chlorate mixed in a cup of water, several times a day.

>> Holding an antacid such as Milk of Magnesia in the mouth and allowing it to bathe and coat the sore.

>> Rinsing the mouth with a strong tea made of goldenseal root.

Canker sores, also known as recurrent aphthous stomatitis, are recurrent painful ulcers that occur on the mucous membranes of the inside of the mouth. These differ from cold sores, which

Tiny Tip

Rinsing canker sores with salt water after eating helps them heal. Black tea and red wine, when available, can be beneficial as well.

>> Eating yogurt daily (natural, unsweetened is best).

>> Squeezing the oil from a vitamin E capsule onto the canker sore, several times per day.

>> Applying a wet

black tea bag to the ulcer.

The notable similarity of most of the home remedies listed is that they seem to attempt to change the “Ph” in the mouth, to one that is less supportive of the sore or the bacteria in the mouth which aggravate it.

More Natural Remedies To Try

Health 911 Web site

If you do get a canker sore, here are some remedies to clear it up and reduce the pain. In general, canker sores go away in 7–10 days. One of these remedies may help you relieve the pain and get rid of canker sores sooner.

Aloe Vera: Use aloe juice as a mouth rinse several times a day.

Alum: The preservative alum can be put on the canker sore. It will probably sting for a few minutes and make your mouth pucker, but it will relieve the pain and help clear the sore up quickly. Rinse with water after a few minutes. Repeat once or twice a day, as needed. Alum can be found in

the spice section of your grocery store.

Baking soda: This time-honored remedy can either be used as a powder directly on the sore or made into a paste and applied. Use several times daily. It may sting a bit, but it works by reducing the amount of bacteria in the mouth. Another remedy using baking soda is to mix a teaspoon of baking soda with half a cup of warm water and use as a mouthwash several times a day, especially after meals and before bedtime. The pain should lessen in 24 hours and the sore should disappear within three days.

Grapefruit seed extract: This extract is a powerful

all-around antimicrobial product and is an excellent disinfectant. Put five or six drops in a glass of water and use as a mouthwash once daily.

Hydrogen peroxide: For an effective mouthwash, swish a capful around in your mouth and spit out. Another remedy says to use three parts water to one part hydrogen peroxide. Hydrogen peroxide is very good at killing bacteria, but use it sparingly when needed unless recommended by your dentist. Overuse can kill good bacteria.

Onion: Apply raw onion to the sore.

Papaya: Canker sores can be cleared up by sucking on

or chewing several papaya tablets a couple of times each day. Fresh papaya fruit would be good, too, if you can find it. If you live where there are fresh papaya leaves, chew on them.

Plum juice: Take two tablespoons of fresh plum juice and use it as a mouth rinse for several minutes. For a bad sore, soak a cotton ball in plum juice and use it as a compress for a few minutes.

Sage: Sage made into a tea and used as a mouthwash is effective in healing canker sores. It has astringent and drying properties and was used by Native

Americans to heal sores and cleanse the mouth. You can also apply a pinch of powdered sage to the sore.

Soda/salt: At the first sign of a canker sore, gargle with a mixture of 1 teaspoon baking soda and a pinch of salt in 1 cup of warm water.

Sorrel: Take a fresh piece of this bitter herb and place it on the sore until it becomes soggy; repeat. It should ease the pain quickly and speed healing. Sorrel has astringent and antiseptic properties and has long been used for various skin ailments.

Tea: Try using a used black tea bag on the canker sore. Press it on the sore like a wad of chewing tobacco and hold it there as long as you can. The tannic acid in the tea will aid healing.

Tea tree oil: This oil is derived from the leaves of the native Australian *Melaleuca alternifolia* tree, and contains antiseptic compounds that are a very effective skin disinfectant. Depending on severity, use 5–15% solutions daily.

Water, salt: Salt water is another remedy you can use. Mix 2 tbsp salt in a 6 oz glass of warm water

and use as a mouth rinse 3–4 times a day. Both alum and salt help draw fluid from the canker sores and help it to heal.

Supplements:

>> B-complex vitamin: If you are prone to canker sores, take a B-complex vitamin on a regular basis. B-2 (riboflavin) seems to be a great help. This prevents the sores from starting or reduces their duration.

>> Vitamin C in its various forms has proven successful. The citric acid will kill the bacteria in the sore and promote healing.

>> Zinc is also beneficial and should be used in combination with vitamin C for best results. Take 500 mg of vitamin C and 220 mg of zinc sulfate (with food, as it may upset an empty stomach) daily until the canker heals. If you get canker sores frequently, take these supplements as a preventive measure, but cut down the zinc to 15 mg after two weeks of higher doses unless you have a doctor's permission. Higher doses of zinc may interfere with the absorption of other important minerals, especially copper. Try sucking on zinc lozenges (5–10 mg) four or five times a day.

BENEFITS of Yogurt

By Prevention editors

If canker sores plague you, your mouth may be screaming for more acidophilus. This beneficial bacterium will help regulate the natural flora in your mouth that can run amok and cause sores and gum problems.

Try this: Eat a cup of acidophilus-rich yogurt as a midmorning snack every day. Make sure the label indicates that the yogurt contains "live, active cultures."



Tips for Asthma Relief

By Jim Newman, Turkey

I am 53 years old. I first got asthma in Pakistan at the ripe old age of 40. In brief, my childhood was filled with every activity and sport you can name. I was for the most part quite healthy, and very seldom do I remember being ill as a young child or teen. Then, boom!—Asthma at 40!

At times over the years, it has improved, and at other times worsened. I had two serious bouts in the past seven years; one was bad enough that I had to go to a local clinic for two hours to get some relief.

I had been using an asthma spray (bronchial inhaler) most of the time, though I have tried to go without it and have been able to for months at a time. But I was never fully healed or delivered from the asthma. I was on the prayer list a few times, and this certainly helped. I am thankful for all our precious loved ones who pray and labor in prayer for our Family through intercessory prayer.

Recently I was led to study the subject,

and have been reading a few books on asthma research. All, or most of these, have to do with natural healing processes, breathing techniques, vitamin intake, exercise, etc. I still play a fair amount of tennis and basketball, and I jog or walk, but perhaps not as regularly as I should.

I want to share some recent progress I have made through simply drinking more water. The book I read is *ABCs of Asthma, Allergies and Lupus*, by Dr. F. Batmanghelidj, MD, who is originally from Iran. He believes that the billion-dollar beverage industry has a lot to do with the big increase in asthma sufferers (especially children) over the past 25 years. His book has many documented cases of adults and children who followed his plan and were healed or dramatically improved their asthma. Another interesting book that deals primarily with breathing techniques and a clear, radical approach

to help improve asthma naturally is *Freedom from Asthma*, by Alexander Stalmatski.

● Excerpts from the book *ABCs of Asthma, Allergies and Lupus*:

If you suffer from allergies and asthma, you should begin drinking [more] water on a regular basis, and take salt regularly too. You should also stop drinking caffeinated and alcoholic drinks, at least until your condition normalizes.

People with normal heart and kidney function should begin drinking two glasses of water a half hour before each meal, and one glass of water two and a half hours after the meal. Drink water any time you feel thirst, even in the middle of a meal.

Naturally, children need less water than grownups. A rule of thumb of how much water a person needs a day is half one's body weight in ounces of water. A 60-

pound child then will need about 30 oz of water.

Drink two cups of water a little while before each meal, and some time before exercise. Also consume one half teaspoon of salt to offset its loss in the increased urine produced. Salt intake is critical for asthma prevention. (*End of excerpts.*)

● Other tips, taken from the same book:

- Drink 2 cups of water first thing in the morning to replace water lost due to dehydration during the night.

- Sea salt is better to use than table salt. (I mix a quarter teaspoon of sea

salt into an 8 oz glass of water and drink it down; I do this again 30 minutes before I go for get-out.)

- There should be a marked increase in passing urine as your water intake increases; if not, this should be discontinued until checked by a physician.

● More from Jim:

Since following these tips, I have found them to be quite a big help with my asthma. I sleep better, and have had days when I have been able to play three sets of tennis (about 90 minutes) with my 16-year-old son. When praying about these suggested natural treatment to help asthma sufferers, involving only water and natural salt, the Lord gave me the go-ahead to try it. So far it has had very positive results. I have even stopped my two cups of coffee a day (a real miracle), and feel a lot better too.

I am continuing to check in with the Lord about all of this, and He has promised me a total healing through the power of the keys. TYJ! If you check in with the Lord and He confirms it is okay for you, it may just be a blessing to you or your children as well.

One more interesting point from another source is that breathing deeply

through the mouth is not so good when you are feeling short of breath. Rather, controlled breathing through the nose is a much better way to also help combat asthma. For example, try to breathe only through your nose when you are walking up a hill or up some stairs, and try to breathe as little as possible. Then do not take a deep breath, but try to continue to control your breathing once you are at the top.

P.S.: A few weeks back during some restless sleep and prayer time, I asked the Lord if there was a spirit working to cause disruption with my breathing and nighttime sleep. I got a name (and this does not happen too often to me), so I just started to rebuke him. It helped me to stay in a spiritually fighting mode, while praying for my breathing. About two weeks later, during personal P&P time I received the following:

● Jesus:

Be at peace. Rest in Me, and I will give you a spirit of contentment and patience. Yesterday was a battle and trial regarding your asthma and it was a real struggle for you to walk up the hill. But this was just a test, and you passed it. Your healing

Healing through united prayer:

I want to thank everyone for praying for my asthma both locally and worldwide. I was taking some ayurvedic (an ancient Hindu form of treatment) medication for my asthma, as I had a very severe case, but after hearing from the Lord about it I decided to stop it completely. This was quite a test for me. Around the same time, the prayer request for my healing came out. Miraculously, I haven't had the slightest problem since the prayer request!

—Jewel Faithful, India

will come, but it will require fighting, persevering, and patience.

I am pleased that you have stopped coffee, and this has helped. Yes, the books you read do offer some helpful tips and counsel. Continue to bring this to Me for My confirmation.

I know you do not get these types of things often,

but I did give you the name of the spirit that tries to inflict fear through blocking your breathing. It is the name "Asphyxakon" and he tries to rob you of breath, and cause you to fear and to worry. I would that you know his name and be able to rebuke him by name through the power of the keys. For he does work to

rob you and My children of the faith to breathe free, and to trust Me, so that everything that hath breath can praise the Lord!

Continue on in your program of overcoming asthma. I will assist you and strengthen you and I will bring about a real lasting victory. (*End of message.*)



Natural Remedies for Asthma

Kronon Offshore Web site

Horseradish and lemon juice: The potent ethers in fresh grated horseradish dissolve mucus in the sinuses and bronchial tubes quickly and effectively; mixing in with fresh lemon juice doubles its efficacy.

Grate fresh horseradish into a bowl; add enough fresh lemon juice to make a paste. Take ½ tsp 2–3 times a day, as needed.

Carrot and radish juice: Fresh raw radish juice is similar in effect to horseradish, but milder; it is too strong to take straight, however, and should be blended, 5 oz radish with 11 oz carrot juice. Take 1 pint daily.

Cranberries: These contain one of nature's most potent vasodilators, which open up congested bronchial tubes so that normal breathing is restored. Cranberries are excellent curative and preventive therapy for the entire breathing apparatus.

Bring fresh cranberries to boil with just enough water to cover them. Simmer 2–3 minutes, pour off excess water, and puree cranberries in blender. Strain off skins and keep

pulp in refrigerator; when asthma or other respiratory difficulty occurs, mix 2 tbsp in a cup of warm distilled water and sip slowly.

Garlic: Raw garlic contains potent ethers and enzymes that dissolve mucus in lungs and bronchial tubes and help restore normal breathing; also kills bacteria in air passages, preventing respiratory infections. Take 3–5 cloves daily.

Other beneficial foods: wheat germ oil, pumpkin seeds, sunflower seeds, celery juice, turnips, raw spinach.

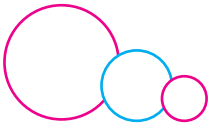
Foods to avoid: Pasteurized milk and all dairy products, cooked eggs, refined starch—especially white flour.



Deliverance through garlic:

Deliverance through garlic: I would like to testify how sucking garlic at night helped me to be able to breathe and sleep during a recent asthma attack.

—James and Julie, Ireland



Overview of Asthma Causes and Helpers

From the “Tips of All Sorts” Web site

Asthma is a chronic lung condition where the airways are constricted due to inflammation resulting in breathing difficulty. Though asthma usually begins in childhood, it can start at any age. Some children do outgrow asthma as they grow up due to a change in the anatomy of their lungs and bronchial tubes (the air passage of the lungs).

An adult who has never gotten asthma may get it after pneumonia or severe bronchitis.

During an asthma attack, the muscles (known as bronchospasm) of the bronchi tighten and the lining of the airways swell, become inflamed, and extra mucus is produced which further narrows the airways.

Mild asthma (slight breathlessness and cough) can usually be helped using breathing techniques and medications if necessary, while for severe asthma attacks,

emergency medical attention has to be called for immediately if symptoms persist longer than 10 minutes.

Symptoms include: tight feeling in the chest, breathing difficulty, shortness of breath, wheezing, sweating, dizziness and in severe cases, areas around the lips turn blue, pulse rate races and sweating takes place.

Asthma attacks may be prevented if triggers are identified and avoided.

● Some common asthma triggers include:

Allergens:

Pollen, house-dust mites (very tiny bugs that our eyes can't see), feathers, furry pets, cockroach droppings, drugs (e.g., penicillin) and foods (e.g., dairy products, wheat, cold drinks) that cause allergic reactions.

Irritants:

Cigarette smoke, scented products such as

deodorants, perfumes, makeup and toiletries containing formaldehyde, hair spray, exhaust fumes and rubber latex.

Emotional stress:

Expressing intense emotions such as crying, shouting, etc., anxiety can tighten airways and start an asthma attack in sufferers.

Weather:

Extreme changes in temperatures, excessive humidity and cold air from an air-conditioner.

Viral infections:

Flu, sinusitis and bronchitis.

People who are asthmatic and allergic to allergens have an antibody called immunoglobulin E (IgE) in their body. This antibody is only found in people with allergies, since it is produced by the body in response to allergens. With a high intake of Vitamin E, the IgE levels will decrease, which can reduce the risk of an asthma attack.

● **Asthma helpers:**

Vitamins and minerals:

- Vitamin A, C and beta carotene—These powerful antioxidants guard against free radical damage.

- Vitamin E—This indispensable fat-soluble antioxidant also reduces free-radical damage and helps bring IgE levels down. Food sources: avocados, asparagus, nuts, whole grains and vegetable oils or take a natural Vitamin E (d-alpha tocopherol) supplement: 400 to 800 IU daily.

- Quercetin—This antioxidant helps protect lung tissue from damage.

- Magnesium relaxes mucus and opens up bronchial tubes.

Herbs:

Garlic, dong quai, licorice and ivy-leaf have also been used to reduce mucus build-up in the airways and lungs.

Tea and fats:

- Green tea—Its antioxidant properties play a part in relieving inflammation.

- Omega-3 fatty acids can also help reduce inflammation.

● **Breathing techniques:**

Learning how to breathe properly can help you relax. Getting tense and panicky only use up more oxygen so it's definitely more crucial to stay calm and breathe right when you're having an attack. Sitting down or lying on your back is the best position to take during an attack.

Practice this exercise regularly:

Breathe in and out slowly using your diaphragm (that means you must feel your stomach, just below your rib cage, ascend when you inhale and descend while exhaling; you can put a few books on your stomach to witness this breathing motion). Make sure you let your shoulders droop and relax (i.e., the shoulders mustn't move). Using the diaphragm to breathe fully expands the lungs when inhaling and empties them when exhaling.

Pursed lips exercise:

Breathe in slowly, then purse your lips and

blow out air as strongly as you can.

● **Sports:**

- Take part in sports and keep fit. Staying active can strengthen the lungs.

- Always do warm-up exercises (up to half an hour) and rest for about 10 minutes before beginning any vigorous exercise.

● **Create your allergen-free space:**

- Use non-toxic household cleaning products.

- Clean toys, furniture and upholstery with a slightly damp cloth.

- Remove possible sources of mold.

- Choose hypoallergenic (less irritation to skin) bedclothes and mattress. Change bedclothes regularly.

● **De-stress:**

Set aside time and effort to relax and de-stress. It'll do lots of good.

Living the Law of Love: My Story

By a young woman,
taken from a letter to
Mama

I'm

your average Family-born SGA, nothing special. I had plenty of sex partners before I got married, but since then I've stuck to my husband. From the very start we've always tried to base our relationship on the Lord and honesty, and although it hasn't always been easy, it's been worth it. I had a lot of problems with honesty, but I think I can safely say that thanks to the Lord and my husband I've changed in that aspect.

During the time we have been married, and I guess partly due to the fact that we can both be jealous people and have had previous bad experiences, neither of us ever practiced the sexual aspect of the Law of Love. All that changed recently, and it was the best thing, both spiritually and physically, that happened to me this year.

Many YA/SGA couples (not just the married ones), or even YAs or SGAs in general, who I know in the Family are quite proud of the fact that they don't practice the sexual side of the Law of Love. Among the young people (senior teens to SGAs) that I know or have talked with over the years, there is an attitude that living the Law of Love sexually is for FGAs or older SGA couples who have been married for years. I'm not saying that everyone thinks like this; I'm not saying that I know the majority of YAs or SGAs in the Family. I'm sure that there are young couples who are living the Law of Love to the full, it's just that I don't personally know of any. The attitude that many people seem to have is this: It's fine to sleep around if you're single, but if you are married or in a relationship with someone then it's like a point of honor or pride that they *don't* sleep with anyone else apart

from their boyfriend/husband, girlfriend/wife.

Personally, I thought that in theory the sexual side of the Law of Love was great, but there was no way it could be worth it. At the start of our relationship, my husband and I were apart for several months, and I tried to live the Law of Love, but ended up with a lot of hurt feelings. During that time we didn't communicate as well as we should have. I'm quite jealous by nature, and it was hard for me because I was in a Home with one other girl and no guys around. The girl I was living with was a big encouragement to me, because she believed in living the sexual side of the Law of Love. During that time I decided to try to live the Word fully.

The Lord had told me [that living the Law of Love] would bring my husband (then boyfriend) and me closer together. Having myself lived a long time without sex, I wanted my then boyfriend to have his needs met even though we lived

apart. I didn't want to seem too clingy or possessive, so although I wanted to, we didn't set guidelines. I was trying to be graceful in the arm of the flesh, and I didn't take things to the Lord as much as I should have, so I messed up.

When we lived together again, the girl my husband had been sharing with was still living in the Home, which caused me a lot of trials. It was pretty hard on all three of us.

That experience put me off to living the Law of Love sexually, and whenever we would discuss it as a couple, we'd conclude that it was a great thing, but not for us. There is an attitude that if you want to have sex with someone outside of your relationship then it's okay, as long as it's lust and not the Law of Love.—Almost like people don't want to use the term Law of Love, because it's been abused, and it gets blamed for so many things, even though it's because they aren't going according to the *spirit* of the Law of Love. I know that this is against what the Word says, but that's the attitude a lot of young people have.

Recently, at a get-together my husband asked me if there was anyone I would consider having sex with, given the opportunity. To be honest, there were a few guys I'd thought of like, "If I wasn't married..." He said that there was

one guy (a good friend who is single) he knew he could trust with that kind of thing, because he is mature enough to handle it. I agreed and gave it no further thought, because I had never thought about it seriously.


One night there was one girl whom he had spent most of the night talking with, and so I was prepared in my heart to say yes should the question arise. Later that night my husband asked me about sharing. I thought he was thinking about sharing himself, but then he said, "I was thinking more about you and so-and-so." I was floored, because it was the furthest thing from my mind at that point. My husband said that he thought our friend needed some encouragement, as he seemed a bit down.

To make a long story short, I accepted, although to be honest it was humbling. I was so nervous about approaching him that I was almost shaking, so my husband and I claimed the keys together and that really helped me. My self-confidence was non-existent before I got married, and I still get that way when

Mama:

People have been burned, disillusioned, and some have eventually even rejected the doctrine of full freedom in the Law of Love because they feel it's hurtful, it doesn't bear good fruit, and people use it as an occasion to the flesh. This is very sad, because what happens is that the Word, Dad's teachings, the Lord's truth about the Law of Love is what gets blamed for the wrong, whereas it's *people* who are to blame; it's those who are *not* really living the Law of Love at all, but who say they are! Then when things go awry and people are hurt, it's the doctrine of the Law of Love that takes the rap! That's not fair. (ML #3325:200)

I have to do something where there are risks involved. Seeing as this was a first step for us, the Enemy was fighting me pretty hard. Also I am very secretive in nature, and I hate for others to know about my sex life or anything personal for that matter, but at least half a dozen people, most of whom were practically strangers, knew about my sharing, and that in itself was very humbling for me.



“Living the Law of Love does work, if you listen to the Lord and obey what He tells you.”

In the end I was very comfortable sharing with our friend. Firstly, because he was so concerned about my husband, making sure that he was okay with it all; secondly, because he brought the Lord into it in a very real and natural way.

It’s hard for me to put into words how it felt to put the Law of Love into practice. For lack of

better wording: It was a beautiful experience. The whole spirit of the experience was like nothing I’d ever experienced before. Here I was having sex outside marriage without worrying about my husband finding out and getting upset, without hurting others’ feelings, and without trying to hide it. It was so pure, so honest, so loving, so humbling, so bonding, and it brought the three of us closer together.

If done in the right manner, without any ulterior motives, the sexual aspect of the Law of Love can be the most rewarding experience, and it brings you together in a way you’d never dream. You don’t know what you are missing unless you try. I want to let other young people know that living the Law of Love sexually *does* work, if you listen to the Lord and obey what He tells you.

One of the most important things I learned was that you can’t use the Law of Love as an excuse to go to bed with someone that you lust after. If you try it for that reason, of course someone is bound to get hurt, and you’ll blame the Law of Love for your problems when it’s actually just you.

If my husband and I had tried to live the sexual side of the Law of Love earlier in our marriage, I don’t think we would have done such a good job of it. Of course, it’s different with each person, but I feel we needed that time to get closer to each other and learn to listen to the Lord’s counsel. I’m not saying that we have attained; we’ve just begun, and I’m sure that as time goes on we will face battles. But the important thing is that we took the first step. We are trying to put the Word into practice in every aspect of our lives, so I know the Lord will bless us as long as we obey Him.

We can already see it bearing fruit in our lives, as it has strengthened our love for each other and brought us closer together. I know it was hard for my husband to share me, but him being willing to do so made me respect him even more. It was also a sample to a married SGA who my husband was talking with at the time; she later wrote me and said that seeing us stepping out to live the Word to the full really impressed her, as she had never seen a living example of the Law of Love. So hearing that really encouraged me.

Dad:

The Law of Love is a beautiful gift of God! It is the means by which we have the freedom to enjoy loving, Godly sex, with or without being married, and within and without our marriages. It is the means by which we are able to dedicate our lives to the Lord and serve Him full-time and be able to have loving fellowship, affection, and

“You can never lose by giving in love—that’s God’s law, and it applies to everyone, married or single!”

care, whether or not we ever find a mate to share every part of our lives with. It is the means by which we are able to care for our single parents and meet their needs. It is also a means by which we are able to expose the hypocrisy of the church system—all those people

who either say they don’t do it and are lying, or who are living in guilt and condemnation, or who are so God-damned self-righteous about their sexual morality that they’re practically no earthly good to anyone else.

God deliver us from that sickening spirit of self-righteousness! That’s really what it is when people go around saying that, “The Law of Love is the cause of all the marriage problems in the Family.” “Why don’t we do away with the Law of Love and have monogamous relationships?” God help us!

Then there are some people who think that it’s fine to have that sexual freedom for singles, because they “need” it—but not for married people. But where do you draw the line? You can’t really draw it too clearly at any point because there will always be a valid reason to stretch it a bit further to cover all the possible needs that arise. There are so many scenarios, especially in

a missionary movement as diverse as ours. There are singles who live in a Home where everyone else is married. How would they manage? There are married people who have chosen to stay together for the sake of their children, but who, with the consent of their spouse, have agreed they have a need for sexual companionship outside of their marriage.

Then there’s the bottom line, and that is the fact that the Lord blesses married couples giving and sharing and opening their lives to others, according to His leading and as outlined in the Law of Love Letters. That’s the crux of the matter—that the Lord intends for everyone to share and give, as He leads, and though married and deeply in love and committed to each other, God blesses couples giving and sharing with others. You can never lose by giving in love—that’s God’s law, and it applies to everyone, married or single! (ML #3325:264–267)

35

Sexy Places to Touch Your Man

Redbook magazine

If

you can learn the art of erotic touch, you'll not only give your man the time of his life in bed, but you'll find it's a special way to spend time together and feel closer in the process.

So if you'd like to take your sex life to new heights, test-run our version of a great erotic massage. It takes 30 minutes, but in this relatively short time you'll manage to hit all the erogenous zones you know about—and dozens you don't. Once you've let your fingers do the talking, maybe he'll even want to reciprocate.

You'll need some oil (specifics later) and a warm room. You may find it erotic to ask questions as you go ("How does this feel?" "Do you like that?"), but you might also find that silence is molten.

Pre-massage:

The Pep Talk and the Prep: Amazingly,

some men may balk at the idea of receiving an erotic massage. If your husband/date is reluctant to be rubbed and cherished for a half hour, simply say, "Try this for me. No strings attached. Just lie down and enjoy. If you hate it after five minutes, we'll stop."

If he's a willing participant, get him to do a few minutes of simple stretching beforehand. Have him prepare his body for a massage the same way he'd get ready for a run: a few lunges to loosen the legs, a few arm twirls for the arms and back. His circulation will improve, and his muscle tension will ease up.

Start at the Top (5 minutes):

Have him lie face up on the bed; position yourself behind his head. (Since this is only a 30-minute massage, we're not including the back. But it has a few major erogenous zones there—shoulder blades,

lower back, buttocks—if you have some extra time.)

Spend five minutes on his head and face. Begin by scratching his scalp with your nails. Trace the folds of his ears, the contours of his cheekbones and nose. Next, place your palms on the back of his head, as if you were holding a cantaloupe in cupped hands. Where his neck meets the skull, you'll find little hollows in the bone. These hollows—acupressure points, actually—are little-known erogenous zones. To give them their due, put your fingertips on them and gradually increase the pressure. Then grasp his head at the jaw and pull it toward you gently, stretching his neck muscles. By pressing the points and stretching muscles, you'll increase his circulation and awaken his senses.

The so-called "third eye" (center of the forehead, directly between the eyebrows) and the temples (at the sides of

the forehead) are also acupressure points. Gently press the “third eye” for 60 seconds; then lightly rotate your fingers on his temples for 30 seconds. This will relieve tension and allow sexual excitement to flow.

The Upper Body (7 minutes):

Spend about 7 minutes on his upper body. It may seem like a lot of flesh to press in a short time, but you’ll be surprised how quickly you glide. Position yourself at his side. Use full-hand contact whenever possible.

Slide your hands to the shoulder/upper-chest area. The “shoulder well,” an acupressure point in the middle of the tendons on either side of the base of the neck, needs to be kneaded. This area is a real tension center, but only work on it for a minute. Longer than that and he might get a headache.

Pay attention to the clavicle: The indentations below the collarbone are unsung erogenous zones. Press them gently with your thumb and forefinger.

Then move to the center of the breastbone, right over the heart. Feel for a dimple in the bone. This acupressure point is called the “sea of tranquility”—a heavy-duty relaxation trigger. When pressed with your fingers, it’ll ease tension in his chest.

Now it’s time for the oil. An anointing agent will help you slide across larger expanses of skin—his chest, belly, etc. Pour some oil on his upper chest, and using what’s called a connecting stroke (long, fluid, flat-handed rub), move from his breastbone over to the nipples. Nipples—erogenous zones, as we know—are also acupressure points. To heat his blood, pinch the nub (not too hard) and roll (not twist) the flesh between your thumb and index finger.

Next, drag your hands toward one of his arms. There are two hot spots on the limb, namely the armpit and the crook inside the elbow. You’ll notice that these are both creases: All creases are erogenous zones (the bottom crack, the underside of the knee, where the thigh meets the pelvis, where the ear meets the skull). Tick-

ling creases may induce giggles, so stick to what we’ll call feather strokes, lightly dragging your fingertips over the skin. Rub each arm, then give him a quick hand/finger massage.

Belly and Hips (3 minutes):

Make a 3-minute sojourn to the hip region. The area that runs from the belly button to the genitalia is an erogenous zone, so don’t neglect it. Start with the navel itself: With well-oiled hands, circle the rim of an innie, or the base camp of an outie. Three or four finger-widths down from there, you’ll find a super important spot that’s called the “gate of origin,” right over the bladder. Press it very gently (if he didn’t pee before the massage began, he may need to now) to turn him on.

You’ll find acupressure points where the legs join the trunk of the body (those thick tendons in the groin). Lean into them gradually with the heel of your hand. Ask your partner to breathe into your hands; hold this position for a minute or two. His

sexual energy is flowing like a raging river by now.

The Really Erotic Part (10 minutes):

By now you're about halfway through the massage—a good point to start getting really erotic. You want your partner to be sufficiently relaxed and aroused before you go near the genital area. He'll like just about anything you do to this region. But there are definitely some spots you ought not to miss:

The glans: The head of the penis is keenly sensitive, the male counterpart to a woman's clitoris.

The coronal ridge: The ridge where the glans curves in to meet the shaft is a band of erotic electricity, particularly at the spot known as...

The frenulum: Found at 12 o'clock on the underside of the shaft, this fingernail-size spot is the center of his universe.

The raphe: This midline seam on the underside of the penis is exquisitely sensitive—a zipper of nerve endings.

The scrotal sac: Gentle touching, please. You'll know you're doing it right when the scrotum tightens and contracts as if it were dancing.

The seminal vesicles: On the sides of the scrotal sac, the vesicles feel like little twigs. You can feel them turn rigid under your fingertips.

The male G-spot: To find it, search the muscular band of flesh that runs from the base of the scrotum to the anus for a slight indentation about the size of a dime. Pressing this dimple indirectly stimulates the prostate gland, as well as the inner base of the penis itself.

Here's one sample itinerary for hitting all the hot spots on your tour. You'll need lubrication. Start by leaning his penis against his belly. Using a little lubrication, stroke the underside from base to tip for a couple of minutes. Then, with a heavy hand, slide your fingers from the glans along the raphe, down to the scrotum. Think of this as the teasing portion of the genital massage. Lightly drag your fingernails upward, from the base of the scrotum toward the head of the

penis. Gently roll his testicles in your palm. Fiddle with the hardened seminal vesicles. This'll drive him nearly mad.

If you do like to talk, now would be a good time to say something admiring. Then, proceed to the male G-spot. Pressing it gently with the thumb for six seconds at a time enhances a man's reproductive health and makes him twitchy with desire. To reach it, ask your lover/date to rest his ankles on your shoulders while you kneel between his legs. Lean forward so that his knees bend toward his chest. Search with your thumb for the dimple described above. If you can't find the exact spot, place the heel of your hand on the whole area. Apply pressure and send him into orbit.

By this time, he'll probably be more than ready for you to get back to the penis. Try these two strokes: the Juicer and the Serpent.

To Juice: Hold the base of the shaft with the right hand (using it to pull down the foreskin, if there is one). With the left hand hovering over the shaft like a parachute, grasp the

coronal ridge with your fingertips and rotate your left wrist, twisting the hand and moving it up and down as though you were juicing an orange.

For the Serpent: Grasp the shaft with the right hand, as with the Juicer. With the left hand, hook your index finger and thumb just below the coronal ridge,

then snake your fingers around his penis as far as the wrist will allow. Give him a sample of each stroke, and see which feels better for him. Repeat. Repeat some more. Soon, your lover/date will have a powerful orgasm.

Postorgasmic Bliss (5 minutes):

Unlike your usual routine, this erotic massage does not end five seconds after his climax. It ends five *minutes* after his climax. The postorgasmic portion of the massage is when you get to show him your kindness and love. And—good news for tired you—it lasts for only a few minutes.

Spend them on his legs, ankles, and feet. Do some connecting strokes along his thighs, and bend his knees so you can reach the soft skin on the back of his legs. Right at the inner knee crease, give him a feather stroke. Then knead his calf and thigh muscles.

After a big O, tickling his ankles and Achilles tendon (another erogenous zone) will result in a deeply contented little “oh.” The

pad underneath the big toe is also a hot spot. In fact, the feet are covered with acupuncture points, so give the whole sole a squeeze. A final stroke, referred to as slithering, is the perfect end: Put your index finger between his big and next toe. With a well-oiled hand, turn your wrist side-to-side as you lift your finger so that you’ll slither out of the confinement of his toes. Do this for each in-between space of both feet.

Since he is snoring by now, the stresses of the day forgotten, pull the covers over him and turn out the light. When it’s your turn (hopefully, the very next night), the massage you receive will be wonderfully intense and satisfying.

In fact, any massage you give or receive will be intense and satisfying—more so than your regular sexual routine, no matter how robust. Intimacy and connection increase the power of all your erogenous zones. The heart is the biggest hot spot: By treating him to a rubdown, you’ll give him the heart-on of his life. He’ll jump at the chance to return it in kind.

Dad:

Well, as I have always said, “different strokes for different folks.”—Ha! So don’t limit yourselves, but show a large measure of love to each other by tangible affection, touches, and kisses in your lovemaking.

When you include the Lord in your times of intimacy with each other, there are no limits to what He can do through each of you. He can show you new ways to show love and affection, which can be very arousing! Variety is the spice of life. So love each other and enjoy the freedoms of the spirit that He has given you because He loves you.

By Jim Rohn, Web reprint
Practice Being Like a Child }

Remember the Master Teacher, Who said 2000 years ago (excuse the paraphrasing), "Unless you can become like little children, you haven't got a chance." A major consideration for adults. There are four ways to be more like a child, no matter how old you get:

Curiosity: Learn to be curious like a child. Kids can ask a million questions. Then you think they're through?—They've got another million.

Kids also use their curiosity to learn. Have you ever noticed that while adults are stepping on ants, children are studying them? A child's curiosity is what helps them to reach, learn and grow.

Excitement: Learn to get excited like a child. There is nothing that has more magic than childish excitement. So excited you don't want to go to bed at night; can't wait to get up in the morning.—So excited you feel you're about to explode. How can anyone resist that kind of childish magic?

Once in awhile I meet someone who says, "Well, I'm a little too mature for all that childish excitement." Isn't that pitiful? All

I've got to say is, "If you're too old to get excited, you're old." Don't get that old.

Faith: Faith like a child. Faith is childish. How else would you describe it? Some people say, "Let's be adult about it." Oh no. Adults too often have a tendency to be overly skeptical. Some adults even have a tendency to be cynical. Kids think you can get anything, do anything.

Trust: Trust is a childish virtue, but it has great merit. Have you heard the expression, "sleep like a baby"? That's childish trust. After you've finished the day, leave it in Somebody else's hands.

Curiosity, excitement, faith, and trust. What a powerful combination of elements to bring back into our lives!

(Dad:) There's so much you can learn from children. Just as adults teach children, children can teach adults—different, but valuable things. Why do you think it talks so much about children in the Bible?—"Suffer little children to come unto Me, and forbid them not," "Except ye be

converted, and become as little children, ye shall not enter into the Kingdom of Heaven," and "A little child shall lead them." That's because children have, are, and always will be, special teachers of some of the most important virtues in life, like this article says.

You can learn about faith from a child, from the time he's a tiny baby and he gives you the illustration of his sucking faith. Children are curious and always desiring to know more, which is how we should be with the Lord. Children have joy, happiness, and take pleasure in the little things in life. Children also have trust in their parents' love and care, which is the way all the Lord's children should be with Him—knowing He loves, cares, provides, and will always do all things well for those who love Him. Children are also simple and uncomplicated; the cares of this world don't hold them down nearly as much as adults. Children are generally more spiritually minded, and less carnally minded. Children can teach adults a lot, if you're looking and wanting to learn. *(End of message.)*

Cover photo: Marina (of Francis) and Serena (21, of Mark and Kelita), Russia.

Suggested reading for ages 16 and up.

Copyright © 2004 by The Family. FD/MM/FM. For nonprofit purposes only. Not for resale. April Issue.