



Temple Times

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“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies.” 1 Corinthians 6:19-20

7 Pillars of Health

To improve and maintain overall health, Dr. Don Colbert recommends the following 7 basic principles:

1. Drink 2 litres of water a day
2. Sleep at least 8 hours a night
3. Avoid stress. (Many Christian doctors believe that with every disease there's usually an emotion linked to it.)
4. Eat more living food and fewer dead foods.
5. Detoxify our body
6. Exercise
7. Take nutritional supplements where needed.

5 possible reasons you can't lose weight

1. You are stressed. Stress is a silent killer. Lower your stress levels by surrounding yourself with positive people, with prayer and meditation.
2. Not enough sleep. Sleep balances hormones that control hunger. You should aim for 7-9 hours a night.
3. Not drinking enough water. There are many reasons we should drink more water: for the sake of our kidneys, liver, weight loss, and metabolism of fat, to name just a few.
4. You have poor digestion. Good health starts with our gut. Unfortunately we don't usually realise we have a problem until it's well developed. The 7 pillars of health will help improve your digestion! Foods that aid digestion include: asparagus which contains inulin (a type of dietary fibre that improves digestion, helping to ease bloating); yoghurt - packed with good bacteria which breaks down sugars to reduce bloating; and Peppermint which has a soothing effect on the gut and helps get rid of gas. Drink it as a tea or add leaves to salads or soups.
5. You don't eat enough fibre. Fibre aids digestive health and creates a sense of fullness.

Helpful Info Online.

“My Fitness Pal” has an interesting article “The truth about sugar alcohols and other gastrointestinal issues” If you sign up with them you receive regular health information, recipes, exercise and more.

Useful exercise aid

An exercise aid I have recently started using is a 3kg Med ball. Purchased from target for less than \$10. Wonderful, simple aid to toning at home, it also can be taken with you when you travel by car.



Snippets!!

- Interesting Fact from Jamie Oliver: According to statistics, homicide causes less than 1% of all deaths whereas diet related diseases cause over 60% of all deaths, many of them related to obesity—but no-one talks about this!
- Life expectancy in Australia: If you are born in 2014, boys can expect to live 79.9 years, girls can expect to live 84.3 years.
- Significant health issues: 26% suffer mental health disorders and 30% are overweight or obese.
- In 2011 the most common cause of male death are heart disease and lung cancer. The most common causes for women are breast cancer and lung cancer.
- Good nutritional supplements and complementary medicines include Fish Oil, Turmeric, coenzyme Q10, milk thistle, green tea, ginger, lactobacillus, liquorice, astragalus, reishi mushroom—just to name a few (research from Peter MacCallum cancer studies). I personally add Chia, flax (which is good for thwarting cancer), cinnamon to my breakfast oats along with home made (Easi-yo) yoghurt, to aid increased good digestion.
- Even a short term diet of high fat/ high sugar foods is enough to cause memory problems and brain inflammation. Researchers have found drinking one or more serves of soft drink a day increases your risk of developing kidney stones by 23% compared to those who drink less than 1 serve a week.
- If you can't stop snacking it might be because you don't eat enough protein. Researchers have found our appetite for the nutrient is so powerful that it drives us to keep eating food until we get enough protein. So change your snacking from biscuits, muffins, doughnuts and carbs to steak, prawns, hard boiled eggs. Chia is a vegetarian protein which is also good for strong bones. I have recently started snacking on olives and almonds.

Respect your body

When you can at home or away, keep your diet simple and healthy. Plenty of fresh fruit, vegetables and salad greens. Get into the habit of walking more, doing home workouts with aids like the med ball, skipping rope, hand weights or just plain playing with the kids and grandkids. It is a lot easier to put weight on than it is to get it off! There are some great diet/health plans available. You could google the Daniel plan, or Mediterranean way of eating. I have recently had friends who have succeeded in losing unwanted weight with the “I quit sugar” plan.

Our bodies need to be treated with respect and need the right fuel to function at our best. Remember what it says in Proverbs 17:22 “**A cheerful heart is good medicine, but a crushed spirit dries up the bones.**” Proverbs 18:21 says that the **tongue has the power of life and death.** So speak out healthy, positive words and look after your body properly.

Enjoy the coming season,

With regards from Heather and Alyssa.

Praise God for his Goodness!!



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