



Temple Times

Summer Issue 2014-2015

“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

Summer Time!

Summer is here! Summer is a wonderful time with the holidays and Christmas celebrations beginning. It is a wonderful time to enjoy all of the fresh summer fruit and vegetables coming into season.

I recently read “The great American Detox diet “- by Alex Jamieson and “Retire Alive” by Harley Simpson which I recommend you read if you get the chance.

Let’s make the time over the Christmas break to take those steps to improve our personal health to live a more vibrant, energetic life. Lets eat with a passion and awareness of what we are consuming to promote and support excellent health. The food we eat can either make us healthy or make us sick. It can be our best source of nutritional fuel or the worst kind of pollution we can subject ourselves to. There is a definite link between diet and our mental health.

Remember to drink plenty of water during the warmer weather. Apart from oxygen, water is the most important element to survival on this planet – much more than food. A person can live for weeks without eating but will die within days without water. The human body is more than 65% water. We need to drink at least 5 glasses of water a day, up to 2-4 Litres. Thirst is one of the last symptoms of dehydration so once we begin to feel thirsty we are already dehydrated. Water also reduces inflammation and promotes health. Without enough water flowing through our systems to carry out wastes and toxins – we would literally drown in our own metabolic wastes. Water carries nutrients to our cells, aids digestion, and flushes out waste. It plays a vital role in the health and function of our kidneys, skin, eyes, mouth, and nose. It lubricates and cushions our joints, as well as regulating our body temperature and metabolism. Water plays a crucial role in disease prevention.

Reducing or eliminating intake of sugars and sweeteners will be a huge step towards losing weight, easing the stress on your liver and detoxing the body. Detox is a gentle method of cleansing and a non invasive way of rebalancing. It helps eliminate toxic substances from your bodies and helps rejuvenate, restore health vitality and wellness. We need to detox our bodies which have become saturated with toxins absorbed over time through air, fluids and food, additives in food etc. Some signs of a toxic body are fatigue, wind, headache, food craving, constipation, food allergy, acne, chronic pain, blood sugar imbalance, attention problems, PMS, poor sleep, poor digestion, bad breath and other conditions.

Avoid fast food this Christmas as it is overly processed, stuffed with chemicals and filler and flavour enhancers. It is toxic to many and makes us heavier.





Summer Recipes

Nectarine Salad

Assorted lettuce
400g sliced turkey
1/2 cup alfalfa
6 nectarines
1/2 cup blueberries

Mustard dressing

3/4 cup olive oil
1/4 cup herb vinegar
1 tsp seeded mustard

Wash lettuce and arrange lettuce, turkey and alfalfa on plate. Cut nectarines into slices and arrange nectarines and blueberries over lettuce. Combine dressing and pour over the top just prior to serving.

Berry smoothie

1 ripe banana
1/2 cup frozen blueberries
1/2 cup frozen raspberries
1/3 cup natural yoghurt
1/2 cup milk

Combine all ingredients in a blender and puree until smooth.
Enjoy as breakfast, a healthy snack or yummy dessert

Healthy Snack biscuits

3 mashed ripe bananas
1/3 cup applesauce
2 cups oats
1/4 cup almond milk
1/2 cup raisins
1 tsp vanilla
1 tsp cinnamon

Combine ingredients
And Bake in moderate oven for 15-20 minutes



Get Moving!

Exercise is also vital to good health. If you don't like sport or serious exercise (like myself) then why not try a **fun** exercise. I absolutely love Zumba and aqua aerobics. It is the type of exercise you can do without being "sporty". **Great fun**, always fun loving company and there are **NO** set moves so if you have 2 left feet - you will fit in well. As the health experts say - If you don't **use** it you will lose it! The water exercises of aqua aerobics are a great "**toner**" of your muscles.

A great prophetic ministry friend of ours used to preach 25 years ago: "Have a go - you never know!", and as a certain bank here in Australia quotes: "You **CAN** do it". God's word says **with Him all things are possible**.

Apparently 12 minutes a day of specific exercise can work miracles. Also a 20 minute walk every day will give your body much needed Vitamin D and your heart a great workout.

Have a Blessed Christmas and a prosperous New Year in 2015!

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