



Temple Times

Winter Issue -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

Hi fellow Health/ Nutrition friends,

By now you will be in a new season. Those of us in Australia will be battling the cold of Winter and those in Europe/U.S.A will be enjoying a pleasant Summer. Whatever your season you will probably be battling with the change of temperature.

It is important to **boost your immune system**. Regular exercise can boost our immune system. It is recommended that to remain in good health, adults should participate in a minimum of 150 minutes of moderate intensity physical activity, or 75 minutes of vigorous intensity exercise every week. Swimming is a great way to work your whole body. You also burn calories, strengthen your posture, and improve your heart and lung function. Outside activity is good for Vitamin D absorption.

A good healthy diet is fundamental to good health and a strong immune system. The majority of what you eat should be unprocessed natural foods such as fresh fruit, vegetables, legumes, wholegrains, nuts and seeds. Eating a variety of fresh foods will supply you with all the essential nutrients your body needs for a healthy immune system such as Zinc, Vitamins A and C, Selenium and Iron.

Garlic is a powerful kitchen herb. The fresh clove is used as a supplement for health. Garlic is a natural antibiotic with antioxidant benefits. It's antiviral, antimicrobial and antifungal properties help build up the immune system, and helps to prevent and treat most stages of infection. Garlic also has the ability to reduce blood pressure. It is used by some to help prevent and treat different types of cancer.

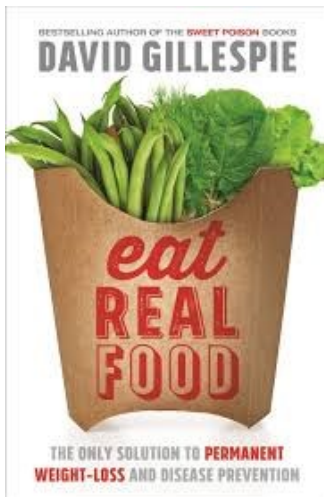


Carrots are packed with goodness. They provide beta-carotene which converts into Vitamin A—which helps keep our immune system strong. Carrots are great raw or cooked.

Leafy Green and other vegetables contain many essential vitamins, minerals and fibre. We should aim to eat 5 serves of different colored vegetables each day.



Minestrone soup is a great way to increase your intake of garlic, carrot and leafy green vegetables. We have included Coles' recipe from taste.com.au at the end of this article, but you can use whatever vegetables/grains you have in your kitchen.



Interesting research is proving that too much sugar in our diets and the wrong types of fats are causing very serious health problems. Sugar is contributing to obesity and heart problems, as well as increasing the risk of developing diabetes.

The wrong types of fats (in particular margarines and spreads) are the cause of a whole lot more health issues, starting right back in a woman's body when she first conceives a child. It is important that we get the right combination of Omega 3 and Omega 6 fats. A diet too high in the Omega 6 fats that predominate in margarine and processed foods can impair intelligence. There is also a link between consuming a diet high in vegetable/corn oil and breast cancer.

I thoroughly recommend the book "Eat Real Food" by David Gillespie to find out more about dangerous fats, seeds, oils and sugars in our diet.

Minestrone Soup:

3 bacon rashers, rind removed, roughly chopped
2 carrots, peeled, chopped
2 celery sticks, chopped
1 desiree potato, peeled, chopped
2 garlic cloves, crushed
1L (4 cups) Campbell's Real Stock Beef
400g can red kidney beans, rinsed, drained
400g can chopped tomatoes
80g (1 cup) fusilli pasta
Salt & freshly ground black pepper
1/3 cup chopped fresh continental parsley



Place the bacon, carrots, celery, potato and garlic in a large saucepan and stir to combine. Cook over high heat, uncovered, stirring often, for 5 minutes.

Add the beef stock, red kidney beans and tomatoes to the pan, cover and bring to the boil. Reduce heat to medium-low. Simmer, covered, stirring occasionally, for 30 minutes or until the vegetables are tender. (To freeze the soup, see note).

Increase heat to high. Add pasta and cook, uncovered, stirring occasionally, following packet directions or until pasta is al dente. Season with salt and pepper. Ladle into serving bowls and sprinkle with parsley. Serve immediately.

We hope you have enjoyed this Issue of Temple Times. As you journey through this coming season, remember that: *"Death and life are in the power of the tongue, And those who love it will eat its fruit."* Proverbs 18:21. Choose to agree with God's Word and choose life.

Praise God for his Goodness!!

With regards from Heather and Alyssa.

Contact Heather at hclady@hotmail.com or heather@johncairms.org