

Sista Temple Times

Dear Friends,

9.2.05

Well, what a traumatic and dramatic start to the New Year we have had. Who could have imagined such tragic events as the Tsunami that happened on Boxing Day in the Pacific Ocean? Millions of people around the world should be praising God that they are alive and well, with a roof over their head and food on their table. As the old song goes 'What a difference a day makes - only 24 hours.' Hopefully you will join with me every morning of this year in **thanking God** as you awake healthy and blessed, ready for another exhilarating and challenging day.

As I travel around the country and overseas I find more and more women of my own age who are battling with sleep problems and menopausal symptoms - especially crankiness and hot flushes. One helpful supplement I have had brought to my attention to relieve anxiety and sleeplessness is the mineral Magnesium. Magnesium relaxes muscles, soothes high stress levels, and therefore can improve your quality of sleep. It is best taken at bedtime. Nutralife Magnesium Chelate 750mg is a good one and can be purchased at any health store. By increasing the Magnesium levels in your body, you are also assisting Calcium and Potassium to be better absorbed and utilized for strong bones and improvement of general well-being. Apparently a lot of people are deficient in calcium, but magnesium and calcium need to work together for maximum effect. When our bodies are under attack or suffering high stress levels, they need more magnesium, calcium and potassium to stop us being cranky, depressed, fatigued or anxious. Even men's bodies can benefit from supplements of these minerals. Our food nowadays is grown in mineral depleted soil so none of us are getting the goodness out of fruit and vegetables that our parents and grandparents did in years gone by. Foods high in Magnesium and Potassium include all fresh fruits and vegetables and all unprocessed grain products.

In humans, the desire to sleep is strongest between midnight and 6am. Why not work with your body and be like Cinderella - lights out and in bed before midnight? You'll be amazed how a good night's sleep will improve your general health and well-being. Keep in mind, factors that can affect your sleep are too much Caffeine / alcohol, being too full or too hungry, exercising too late in the day and other stimulants that make your brain work late at night. Milk, bananas and a soak in the bath will help you to wind down and sleep well at night.

Anyone out there needing Gluten free products, why not log on to www.orgnan.com. You will be surprised at the range of foods available for people with wheat and gluten allergies. Even if you are not a Coeliac or allergic to wheat, you will be amazed at how less bloated you feel when abstaining from bread and other products made from Wheat Flour. Spelt is a good alternative flour, found mostly in health shops. Even Bi-lo supermarkets sell Spelt bread.

Proverbs 4:20-23 (esp. verse 22) tells us to keep the Word deep within our hearts because it will heal the whole body. Guard your heart and always have a positive good confession. Proverbs 5 also says 'We will die for lack of discipline.' How true that is - if we are unable to self-discipline our lives and control what goes into our bodies, and, don't exercise enough then we will suffer the consequences.

A recent book I have read is "Not on the Label" by Felicity Lawrence. If you want to know more about the foods on your supermarket shelf and the state of global industrialized food production, this is the book to read next - quite an eye opener. Available from Penguin books, it tells us how a handful of retailers and food manufacturers exert unprecedented control over what we eat. Felicity Lawrence, a UK based journalist, states that "The International Obesity Taskforce estimates that ½ of all middle aged British adults are suffering from a 'clinically evident nutritional problem'." In other words, one that impairs their current health, or requires treating with medicine. Diet is, in fact, now roughly on a par with tobacco as a cause of illness.

It is a good idea to get into the habit of always reading the labels on the food you eat to ensure you are getting what you wanted. Only this week, I was horrified when I purchased a tin of flavoured tuna only to read, on arriving home, that it had sugar added to it. So, what I thought was a health promoting food was not healthy as sugar is a known killer.

1.2 billion people in the world still have too little to eat, the same number suffer from being overweight. The International Obesity Taskforce has described Obesity as "the most critical public health issue of the 21st Century." Medical experts are predicting life expectancy in developed countries will fall and that our children face the prospect of dying younger than us.

From all the information I collate and all the books / research I have read in the past few years, it appears that all experts agree, to stay healthy we need to eat more fresh fruit and vegetables than ever before. Eating brown rice everyday is also thought to be good for us. Rice certainly seems to keep the Asian population slim. Whilst visiting Singapore last November, we discovered that Singaporeans eat 5-6 meals a day. The biggest difference between their way of eating and those in Australia, America and the UK was that most meals included rice, and the meals are quite small compared to American size meals.

If you are battling with lack of energy or in need of more stamina, maybe you should consider using the herbs ginseng / guarana or Co-enzyme Q10. All these products promote extra endurance and well being.

The recipe I have included in this newsletter is a meat-free lasagne. By replacing meat with soy you are aiding your body's digestion of the meal, causing your body less stress and therefore promoting longevity. It is interesting to note some cancer experts and doctors recommend a vegetarian diet as a cure for cancer.

Meat Free Lasagne:

Ingredients:

Base

2-3 cups of Soy TVP granules (moisten with boiling water as on label on product)
1 large tin of tomatoes
1 cup of Spring onions
1 cup of diced red peppers
1 stock cube - vegetable or Oxo
Salt, pepper, garlic, soy sauce, tomato ketchup and / or barbecue sauce to taste

Top

Large pot of Cottage Cheese
1 Raw Egg
Large shake of Parmesan Cheese
2 handfuls of Mozzarella Cheese
2 tablespoons of Plain Yoghurt

Method:

Make lasagne by layering in normal way. Top Soy and lasagne layers with all cheeses, egg and yoghurt (all mixed together). Spread across last layer of lasagne sheets. Leave in fridge to stand overnight. Cook next day for 1 hour maximum on 170° in oven. Serve hot with broccoli and carrots or salad.

I trust this newsletter has encouraged you and helped you in your decision to look after your body, the best you possibly can. I pray you are in good health. Please email me at hclady@hotmail.com, with your health tips to share with fellow readers.

Until next time,

Love in Christ,

Heather Cairns