

Sista Temple Times

Dear Friends,

Time for a new edition of Temple Times! Here in Melbourne the weather is beginning to turn cold ready for winter. No doubt in Europe and America you are looking forward to the coming summer! I hope that this newsletter finds you healthier than the last one, and that you are winning the battle to remain strong and healthy in every aspect of your life. There is no doubt that half the battle in health is in our minds, so remember to always put Jesus first and to speak out the Word of God constantly, no matter what your circumstances say.

If you are ready for a new health book, you might enjoy the Don Colbert Bible Cure Series. I have just finished reading 'What you don't know may be killing you' and also his 'Toxic Relief' book; two very informative books. He talks a lot about de-toxing our bodies for maximum health and prevention of diseases such as cancer and infections. We need to keep our blood pure, prevent our lymphatic system from sluggishness and exercise a lot more than most people do in this day and age. It is so easy not to exercise nowadays with the pace of our busy lives, however it is vital!

If you think that you are too old or too busy to exercise, or it's too late to start a new program in your life, I would like to encourage you with the testimony from a friend of ours in New Zealand. At 55 yrs of age she is now healthier than she has been in years. Five years ago she was a chronic asthmatic and could only swim short distances in a swimming pool. She also had a very serious back problem that kept her in pain every day, especially first thing in the morning. Her health issues were obviously impairing her quality of life. She decided to do something about it and consequently now swims at least fifty laps of her local pool at least three times a week and does regular walking to keep all her discs and joints lubricated. When she does this in the morning she is able to lead a very full, active life. I must tell you that she is one of the most positive women I have ever met. She never stops praising God! I have been with her and she is constantly looking for ways to bless those around her, encouraging people, whether she knows them or not, and sharing her testimony. She didn't start doing the fifty laps over night but gradually did a little bit more each day until earlier this year she took up the challenge of doing the local community marathon, which consists of swimming, walking and cycling. I think she deserves the title of Super Gran! Not many fifty-plus people put time and energy into getting fit - most want to slow down! Yet, as the years pass, our bodies need more stimulation otherwise they will pack up on us.

I have started doing circuit classes in the past month. Boy does it hurt! But I am enjoying the new challenge of doing a lot more than normal. I must admit I was inspired by my NZ friend. After all, the more we put into life the more we will get out of it. What use will we be to others in need if we are frail and sickly? It's amazing how much prayer you can get in whilst cycling on a bike or on the treadmill!

Fasting one day a week is also a good habit to get into. It is known to aid our digestive system, giving it a most welcome rest from over eating. It's interesting to note, fruit juice fasting is apparently safer for us than a total 'water only' fast.

If you are one of the many people who struggle to get a good night's sleep, you might like to try a health product called Valerian. It can be purchased at your local supermarket, or chemist, and is made by Herron. It is taken one hour before bedtime and it will only take a few days to bring your body back into order and break the bad habits you have acquired regarding sleep. It's amazing how much better you will feel after a good night's sleep. If you couple Valerian with an enriched magnesium boost from food your body will really thank you. Magnesium rich foods are figs, lemons, grapefruit, yellow corn, almonds, apples, nuts, seeds and any dark green vegetables, especially broccoli.

If you or someone you know are Celiac or need a gluten-free diet, you might like to refer to a special website called Celiac.com It seems that there are increasingly more people suffering from wheat and gluten allergies but, at last, the food industry is beginning to cater for them. Our local Safeway (Woolworths) supermarket now devotes a whole aisle to suitable foods.

You may be one of those unfortunate enough to struggle with toxicity in your own home. We are constantly being bombarded with chemicals all around us which can disagree with our health. This especially affects

children and people with already compromised immune systems. Beware of using too many chemical cleaners in your home and also be diligent in opening up your windows every day to let fresh air in and stale, toxic air out. New homes in particular can be a problem, especially new carpets and the glues and resins that are used in building a home. According to Don Colbert, one of the most beneficial and overlooked toxin fighters is flaxseed oil. As bad as hydrogenated fats (margarine) are for your body, flaxseed oil is good for you. It helps the body overcome the effects of pesticides and industrial toxins, and is one of the most important detoxifying tools available. 1 tablespoon full a day is very good for you. It is also very rich in omega three fatty acids and strengthens your cell membranes. It also may help to prevent heart disease, arthritis and even cancer.

The more I research healthy living some things keep appearing as a staple. I find that the most beneficial breakfast cereal appears to be old fashioned porridge made from oats. I personally have this for breakfast 50% of the time. I make mine with soy milk to get the benefit of the Isoflavones needed to prevent menopausal hot flashes. It is also good to have your porridge with fruit. Try it with grated apple, fruit salad or cinnamon. Ditch the rivers of golden syrup or brown sugar as that will counteract the goodness of the oats.

If you are battling with fatigue or suffering with a weakened immune system it is important that you make sure that you get a variety of fresh foods that you cook yourself. A lot of our food is now so heavily processed that it has little or no goodness in it. It would be helpful to increase your fresh fruit and vegetables, either raw or lightly steamed, and also eggs which have valuable nutrients in them. If you are lacking in iron it can be found very easily in Milo, eggs, pawpaw, beef and baked beans. The humble baked bean possesses Inositol, which is part of the B group vitamins. It is easily destroyed by caffeine and is manufactured in our own livers. Too little of Inositol causes anxiety, insomnia and mental disorders. The right amount of this vitamin promotes calmness of the brain and a general sense of well being.

Well that's all for this issue of Temple Times. I would love some feed back and information to pass on to others reading this newsletters so be sure to email me at hclady@hotmail.com.

Until next time love to you all,

Your sister in Christ,

Heather Cairns