

# Temple Times

July 2007

Hi to all of you out there waiting for the next edition of Temple Times! I trust this finds you keeping in good health and enjoying life. Here in Australia we are enduring a cold, wet winter. Hopefully the rest of you are enjoying a nice warm summer!

In this newsletter I have chosen to focus on different foods and how they assist healthy living. It is disturbing to know that the rate of people being diagnosed with diabetes is ever increasing. There are now 5 million Australians (1 in 4) suffering with diabetes. If your waistline is more than 90 centimetres, you could be in danger of becoming a new statistic, so make the effort to move! I pray this newsletter will help you make the right choices when it comes to living in divine health!

Yoghurt and fruit are good for your liver. Oatmeal and prunes (or plums) are also an excellent choice for breakfast and perfect for cold winter mornings. Oatmeal is fibre rich, a good colon cleanser! It also protects the heart and controls blood fats. Prunes and plums keep your bowels moving and help the heart and arteries work better. They are also packed full of antioxidants.

For anyone struggling with constipation, haemorrhoids (piles) or diverticulitis remember to eat HIGH FIBRE foods. High fibre vegetables include peas, broccoli, artichokes, winter squash, cabbage and sweet corn, just to name a few. Almonds (with their skin left on) are also a great source of fibre. Broccoli is also proven to protect you against cancer of the throat. Even if you aren't struggling with any of the above mentioned problems, keep eating your veggies! Vegetables are much easier for your digestive system to handle than red meat and are packed full of goodness and antioxidants - especially beetroot, garlic, leeks, radish, spinach and onions, all of which can be used in any season!

There is a new health juice / tonic on the market called 'Tahitian Noni Juice'. I haven't yet personally tried it, but the testimonials regarding it are outstanding. Noni Juice is made from a fruit grown in Tahiti around volcanic water. For many people it has cured cancers and other serious ailments. If you would like to know more, feel free to contact me.

Four fresh herbs which are great to add to a salad are sage, rosemary, marjoram and thyme. And spices to increase the flavour of your food are Cumin and fresh ginger. All of these can be purchased at your local supermarket.

I recently heard an old teaching CD of Joyce Meyer's on healthy eating. She mentioned that if you are not in good health before reaching menopause then you are in for a rough ride in those later years. From my research I have also discovered that it is vital to eat, drink and live right in your younger years, otherwise your body will react negatively as you age. The body needs wholesome nutrients and foods to build new cells from. It also needs 8 glasses of water a day to prevent it from dehydration, constipation, excess weight and other health problems.

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If you want to lose weight, remember you must make a concerted effort to eat quality, healthy foods, drink plenty of water, exercise more and get enough sleep. Also be selective in eating, not passive. As tiresome as it may sound – read the labels on packaged foods. It could make a world of difference for you! Also, a handy tip for any weight watchers out there - red pepper eaten early in the day decreases appetite so is a good aid to weight loss.

Hopefully this newsletter has found you all in great health. Feel free to share some of your 'secrets' to staying healthy, with us all. Just email me at [heather@johncairns.org](mailto:heather@johncairns.org) Remember, you can now retrieve all the previous Temple Times newsletters at [www.johncairns.org](http://www.johncairns.org) so feel free to browse through the many newsletters.

Enjoy the rest of this season. For those of you in winter why not try the delicious Pumpkin Muffins recipe I have included below, a nice treat on a cold winter's day!

Let me leave with you this thought – life is often what we make it, so make the right choices! Luke 21: 34 “Be careful or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life.”

Love and blessings to you and yours.

Your Sister in Christ,

Heather Cairns



## **PUMPKIN MUFFINS**

1 Cup Wholemeal Flour  
1 Cup Raisins  
Tiny Dash Nutmeg  
1 Cup Milk  
1 Cup Shredded Coconut  
1 Cup Cold (Cooked) Pumpkin  
¼ Cup Brown Sugar

Mix all ingredients together, scoop into muffin pan. Do not fill too high as they spread and rise well. Cook in hot oven for approximately 20 minutes or until mixture springs back when touched. Makes approximately 12.