

# Temple Times 20

Issue 2, 2008

Hi Temple Times Friend!

I trust that this newsletter finds you bursting with good health! And happy! The Bible says in Proverbs 8: 11 that “**Wisdom is more precious than rubies**”. As we get older we should get wiser, and as we make mistakes we should learn from them. In this day and age we are always being told what is good for our health and what we should avoid. Are you listening?

God’s word says in Proverbs 8: 17 – 18 “**I love those who love Me and those who seek Me find Me. With me are riches, honour, enduring wealth and prosperity!**” Sounds like a great way to enjoy the life that God has given us.

In the old Walt Disney movie ‘*Pollyanna*’ (starring Hayley Mills), Pollyanna constantly finds things to be GLAD about. The movie quotes that there are over 820 happy verses in the Bible, so many things to be glad about. We should be able to get out of our beds in the morning and **REJOICE!** Happiness is infectious so go out and infect everyone you meet!

Latest statistics say that more than ½ of all cancer diagnoses can now be cured. They also show that 1 in 3 people will develop cancer in their lifetime but that 50% will survive it. Aren’t you GLAD that you have the power within you to overcome sickness?

I love the verse in Proverbs 15 which says “**A cheerful heart has a continual feast**”. According to the ‘Real Age’ website there are some foods that are known as ‘Happy Foods’. Any food that has serotonin in it will help to keep you happy, eg. bananas, strawberries. Why not try strawberries dunked in chocolate sauce – they’re sure to bring a smile to your face!

The chemical serotonin lifts the spirits and makes our brain feel good. Whole wheat bread stabilizes blood sugar levels and gets rid of those grumpy feelings that can sneak up on a challenging day! Yoghurt and eggs also boost mood and brainpower and the Omega 3 fatty acid called DHA battles depression. Spinach is also good for making serotonin as is salmon and black beans.

Happy foods have another big pay off besides brightening your outlook on life - taking care of your emotional health and well being can make your real age up to 16 years younger.

If you log onto [www.realage.com](http://www.realage.com) there is a wealth of information there waiting for you to discover.

On a different note now, if you are struggling with digestive issues why not try giving your body a break and separate out your proteins from the starches (carbohydrates) that you eat? For some people the body has difficulty digesting certain foods together.

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Also remember that the foods that grow naturally in our world – such as fruit and vegetables – are the ones that benefit our bodies the most. Vegetarians are often the healthiest people. Statistically Seventh Day Adventists (who are often vegetarian) are known to outlive many other categories of people.

I am including a very simple yet healthy recipe for you to make, with this update. It is a great way to boost your Vitamin C at this time of year and it is much better for you to drink than fizzy drinks, yet tastes just as good! It is also a great way to get fresh lemons into your body. Enjoy!

## Home-made Lemonade!

### ***Ingredients:***

1 cup water

$\frac{3}{4}$  cup sugar boiled with the water to dissolve

1 cup freshly squeezed lemon juice

3-4 cups of cold water to dilute the above ingredients to your desired taste

### ***Method:***

Add the water and sugar (already boiled) to the lemon juice. Dilute with the cold water. Refrigerate for 30 – 40 minutes. If lemonade is too sweet for your taste add more straight lemon juice to it. Serve with ice and sliced lemons.

Whatever you eat and drink, remember - you must also balance it out with exercise. The healthiest and safest exercise is good old fashioned walking. Easy, light exercise may do more for your energy levels than the hard workouts at a gym as you are more likely to do it! Walking 30 minutes a day, 3 times a week can reduce feelings of ongoing fatigue. After 6 weeks of the gentle exercise you will feel more likely to up the pace and intensity. Also, if you enjoy the exercise you are doing you will do it more often. Apparently 3 hours a week of walking will keep that persistent belly fat under control!

Feel free to share some of your health tips with all of us, share testimonies of what has worked for you and your family or ask for more information by emailing me at [heather@johncairns.org](mailto:heather@johncairns.org).

Remember, all previous Temple Times newsletters can now be retrieved at [www.johncairns.org](http://www.johncairns.org), so please feel free to browse the archive.

Until next time,

Your Sister in Christ,

Heather Cairns



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