



Temple Times

Spring 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

Hello fellow Health/ Nutrition friends,

I have been reading and highly recommend Big Fat Lies, another excellent book by David Gillespie. I wrote about his book “Eat Real Food” in the last edition. I also recommend Sweet Poison Quit Plan, by the same author for recipes and ideas.

He writes about the dangers of too much sugar, and the wrong types of fats in our diet, which have both been linked to the development of many health problems.

Gillespie concludes that just 2 substances are making us fat and very, very sick. These are the **fructose part of sugar** and **polyunsaturated seed oils**. Both these substances are poison to our bodies, and it can take decades to see the negative effect on our health. I have personally tested not eating sugar with great results.

All the evidence points to the fact that it is **sugar** that makes us fat and provides a perfect environment for the development of chronic diseases. **Sugar** and **Polyunsaturated fats** can cause heart diseases and can even contribute to cancer. Cancer is the uncontrolled replication of cells. Cancer is not a single disease, rather it is hundreds of diseases.

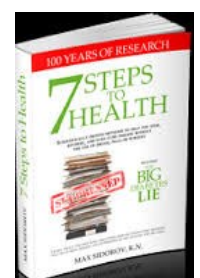
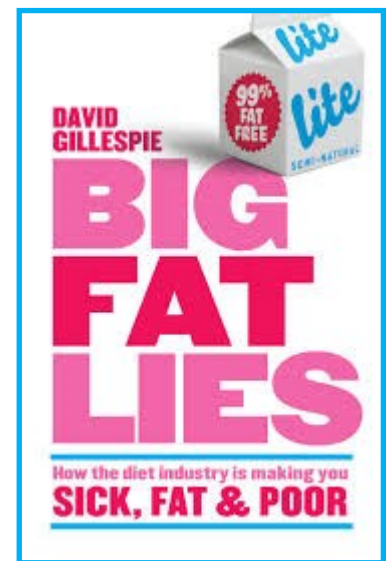
In studies done in Brisbane, Australia, the following lifestyle factors were shown to increase the risk of cancer. These included 1) Smoking.

- 2) Too much sun.
- 3) Processed and red meat, contributing to colon cancer.
- 4) Not enough exercise.

Diabetic sufferers need to see the following youTube ad:

<http://www.theictm.org/big-diabetes-lie/>

The International Council for Truth in Medicine found that eating a better diet may be effective at managing type 2 diabetes according to a new study. In this natural treatment of diabetes, 48000 people have already been helped and their blood sugar normalised. This is definitely worth a look. I am getting my own copy of the book soon. For \$27 you can get 5 health books. Alternatively you can read the e-book.



Heathers Health tips



Water can be more powerful than medicine to our health.



Walnuts are a good source of Omega 3 fatty acids, which are needed for our nerve cells and brain health.



Lucozade original drink is the best fizzy soft drink for your health.



Oatmeal is rich in Tryptophan. We need Tryptophan to produce the chemical Serotonin, that helps to regulate our moods. Oatmeal also contains fibre.



We will live longer if we stand instead of sit. Too much sitting is worse for women than men. The more people sit, the higher their risk of death. If you sit a lot you should exercise. The more active you are all day long, the longer you will live.



Make your home a sugar free oasis! You really will begin to reap the health benefits.



Research has linked drinking tea to lower rates of depression. Some say KEEP CALM & DRINK TEA!



Shop from the outer perimeter of the supermarket: i.e. fruit, vegetables, meat, milk, eggs and bread. Be careful in the dairy section to avoid added sugar (in yoghurts) or seed oils (in margarine).



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!!

God Bless you with Health and Wholeness,

Heather & Alyssa.

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