



Temple Times

Spring Issue 2014

“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

Spring Cleaning!

Welcome to old friends and new!! I am very excited to be re-establishing Temple Times. Many people have told us how much they enjoyed receiving these newsletters and were sorry to see them discontinued. Temple Times is a newsletter I wrote for several years discussing health issues, diet, food and general healthy living. I am passionate about healthy living as our bodies are temples of the Holy Spirit, and to serve God to our fullest we need our bodies to be in health and fully functioning! Temple Times contains advice, suggestions, articles and recipes to encourage us in living a healthier lifestyle. I invite you to email me with ideas, recipes and suggestions to include in the Newsletters.

Spring is finally here! A new season - a new you! Hopefully all of the winter bugs are now behind us. It's a good time to clean out and detox, eating better for full health and vitality. Time to ditch the heavy pastries and stodgy meals replacing them with things which are lighter and easier to digest; in particular salads and vegetables. In this edition I have included two salad recipes that are personal favourites of mine. Our digestive system, colon, liver and kidneys all work very hard and should naturally detox our bodies, but with so many **fake** processed) foods it will need help! You can help your body by feeding it **KE-FIR**. Some people call Kefir manna from Heaven. Kefir is a Turkish word meaning **long life**. It is a **living organism** which is naturally **PROBIOTIC** and **ANTIBIOTIC**. It also has antifungal properties and aids digestion. Ginger and garlic also have similar qualities. Kefir can be grown with milk or water. Just Google for more details, or ask me for more information. There is a very helpful article on Google called “Homemade Mommy” explaining all about Kefir.

Over the years I have discovered that Broccoli is the **“King of the Health foods”!** Eat as much of it as you can and lots of fresh fruit too! You need to get as many antioxidants into your body as possible. Get out into the spring sunshine and get much needed Vitamin D.

I hope you are blessed with health and abundance as you read these newsletters,

- Heather Cairns



2 Healthy Gluten-free Fructose-friendly Salads!

LENTIL SALAD WITH BABY BEETS AND FETA

1 cup French style lentils
3 cups water
1 Bay leaf - optional.
1 tin whole baby beets, drained and cut in half (or fresh beetroot - much better for you)
½ cup chopped fresh Parsley
½ cup chopped coriander leaves - optional
1 clove minced garlic
Salt and Pepper to taste
3Tbs Olive Oil
1 Tbsp Seeded Mustard or dijon
2 Tbsp lemon juice
½ cup crumbled Feta Cheese

Directions: Prepare lentils according to the instructions on pack. In medium saucepan bring lentils, water and bay leaf to boil over medium high heat. Reduce the heat and simmer until tender, about 25 minutes. Drain off any excess water and remove the bay leaf. Combine olive oil, lemon juice, seeded mustard, minced garlic and salt and pepper. Pour over warm lentils and lightly toss. In a serving bowl lightly toss the dressed lentils together with the baby beets, parsley and coriander. Top with crumbled Feta. Serve warm with crusty bread, or eat cold if preferred.

Serves 6.

Preparation Time: 20 minutes approx.

Cooking Time: 25 minutes approx.

KALE/QUINOA SALAD

Quinoa (cook it first)
Kale (10 leaves) cut small
3 Tbsp olive oil
2 Tbsp lemon juice
1 tsp Dijon mustard
1 minced garlic
Cracked black pepper
Pecan nuts
Currants or cranberries
¾ cup crumbled Feta

Directions: Mix olive oil, lemon juice, mustard, garlic and pepper. Drizzle over Kale and Quinoa. Add the pecans, currants or cranberries. Crumble the Feta over the salad. You can make this as a main meal or a side salad. I have this as a main and add chicken, sardines, tuna or other leftover meats from the fridge.

COUGH KILLER

1 tsp Cayenne Pepper
Approx 400mL Coca Cola
Juice of 1 freshly squeezed Lemon
2 large slices of fresh ginger

Boil these ingredients together. Cool and drink twice a day until cough is gone.

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