

Hi Temple Timers!

I trust that this newsletter finds you all in excellent health. It is well and truly time for more health tips and information and for those of you wanting to improve your quality of life I suggest you read a great book that I have recently read called “The Doctors Book of Food Remedies”. It is an American book written by Selene Yeager and the editors of Prevention, and it is being advertised as ‘the newest discoveries in the power of food to cure and prevent health problems. It is very interesting reading, with the book out to prove that food really is “our best medicine”.

So many of you have been requesting more information on how Microwave Ovens can be hazardous to our health, so following on from Temple Times 18, I have listed the top ten reasons not to use a Microwave:

1. Continually eating food processed from a microwave oven can cause long term permanent brain damage by “shorting out” the electrical impulses in our brain (depolarizing or de-magnetising the brain tissue).
2. The human body cannot metabolize (break down) the unknown by-products created in microwaved food.
3. Male and female hormone production is shut down and / or altered by continually eating microwaved foods.
4. The effects of microwaved food by products are residual (long term – permanent) within the human body.
5. The minerals, vitamins and nutrients of all microwaved food are reduced and so altered so that the human body gets little or no benefit. The body instead absorbs altered compounds that cannot be broken down.
6. The minerals in vegetables are altered into cancerous free-radicals, when cooked in microwave ovens.
7. Microwaved food can cause stomach and intestinal cancerous growths (tumours). This may explain the rapidly increasing rate of Colon cancer.
8. The prolonged eating of microwaved foods may cause cancerous cells to increase in human blood.
9. The continual ingestion of microwaved food can cause Immune system deficiencies through Lymph gland and blood serum alterations.
10. Eating microwaved food causes loss of memory, concentration, emotional instability and a decrease of intelligence.

These facts are all conclusions of the Swiss, Russian and German scientific clinical studies after extensive research on microwave ovens. One simple test you can do for yourself is with a pot plant. Take 2 plants / pots. Water one of them everyday with purified water, the other with water that has been boiled in the microwave. (Allow the microwaved water to cool before using.) Do this for a few days and see the results firsthand!

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If you do decide to go with the healthier option of not using a microwave, please note there are alternatives to microwaving! A saucepan or toaster oven can be used to reheat food. As I mentioned in Temple Times 18, it is not the radiation in microwaves that harms us but our bodies inability to recognize the microwaved food.

If you want to be in the best health you can possibly be, keep making healthy eating choices and eat plenty of vegetable protein. Broccoli, brown rice and baked beans are all good sources of blood pressure friendly protein. Vegetable protein is healthier for us than animal protein and the magnesium in vegetable protein may enhance blood pressure effects interacting synergistically on the body. Meatless meals can also assist in keeping our blood pressure at the desired 115/76.

For those of you who live in Australia, if you'd like to know exactly what is in the food you buy from the supermarket, you can go to www.eatingsafe.com which will help you make informed food choices.

Also check out www.eatingwell.com. This website is full of healthy information and great, low density recipes for you to try out. Low density foods are energy dense – they fill you up but don't fatten! They have lots of water and fibre, but little fat and fewer calories than other foods i.e. an apple compared to apple pie. Low density foods also have extra vitamins, minerals and anti-oxidants – all the good stuff!

Remember that, while what we eat and drink is vital to good health, we can't forget to exercise! Both work in conjunction with each other. The more muscle you have the more readily your body burns calories, therefore do cardio before strength training.

That's all for this issue. Wishing God's richest blessings and good health to you and yours. As you keep doing your bit, God will do the rest. Remember "A happy heart makes the face cheerful" (Proverbs 15: 15) and "The cheerful heart has a continual feast" (Proverbs 15: 15)

Feel free to share some of your health tips with all of us, share testimonies or ask for more information by emailing me at heather@johncairns.org. Remember, all previous Temple Times newsletters can now be retrieved at www.johncairns.org, so please feel free to browse the archive.

Your Sister in Christ,

Heather Cairns

