



# Temple Times

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*“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*

Hi Fellow Health Friends,

Hopefully you all had a happy and healthy Christmas and New Year. Trust that you were able to rest, relax and renew your body, soul and spirit.

Isaiah 40:31 says:

“ Those who hope (wait patiently) in the Lord  
Will renew their strength.  
They will soar on wings like eagles  
They will run and not grow weary.  
They will walk and not be faint.

To assist our bodies to work efficiently we need to feed it the correct fuel (food) and treat it sensibly.

People who have a high fibre diet live longer. Fibre in the diet helps to reduce our risk of a number of chronic diseases including: type 2 diabetes, Heart disease, Stroke and Cancers.



It is important to eat as many fresh fruit and vegetables as possible. Beetroot is a great detoxifier. It is anti-inflammatory, reduces blood pressure and is anti-ageing. It is definitely a **SUPERFOOD** . Do your best to **EAT MORE OF IT**. Buy it fresh from your local shop, grate it for salad, preserve it, or roast it as a hot vegetable.

A study has shown that dieters who drink 500mL water 30 minutes before they eat meals tend to lose 5 times more weight than people who don't.

Another study suggests 4 ways to melt your body fat:

1. Cook with onions– a compound in onions helps to breakdown fat and revs up your metabolism. It also lowers blood pressure.
2. Snack on raw coconut. Your body then uses energy from your food as fuel, instead of storing it as fat.
3. Work out with a friend. You will work harder and burn off body fat.
4. Sleep more. Naps apparently help your body stay slimmer.



Exercise is vital for good health. A study done in the U.S.A. show benefits of exercising in water. It can:

1. Build cardiovascular strength, stamina and flexibility.
2. Helps burn body fat, increases circulation and can help you rehabilitate by healing muscles and joints.
3. Water exercise is gentler on the body. Swimmers were found to have half the risk of death compared with inactive people, and more fun and relaxation time!!! Aqua aerobics is socially great fun. You have all the benefits of running without hurting your knees. Because it's a low impact activity, anyone can benefit from water exercise.

Exercise reduces free radical production and inflammation in our bodies. It makes us feel good physically and mentally.

All it takes to boost your heart function after sitting at a desk for 6 hours is 10 minutes of walking.

Stop making excuses for not exercising.



Sunshine in our lives is very important. Optimal levels of Vitamin D (which we can get from being out in the sun 20 minutes a day) can slash our risk of cancer by as much as 60%. Vitamin D can prevent at least 16 different types of cancer. There has been a definite proven link between autism and Vitamin D deficiency.

Worldwide there has been an increased use of and overdoses of painkillers. Try using natural remedies for health and healing. Pineapples and papaya are well known to reduce pain, bring healing and keep us healthier.

If you like to google health issues, why not try looking up Dr Mercola, The Peoples Pharmacy, or Beyond Diet. These are 3 very interesting sites. Beyond diet mentions artificial sweeteners, margarine and soy - 3 foods we have been told are good for us that apparently are not! They put on excess weight in most people, leading to obesity.

Anyone battling with arthritis would benefit from googling the Turmeric Users group. Turmeric is proven to be a very healthy spice.

Remember Life is for Living so make the most of it.

Eat Real Food—plenty of proteins and fresh food.

Fast Occasionally—it's good for the body.

Exercise in a fun activity!

Live Longer!

God Bless you with Health and Wholeness,

Heather and Alyssa



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