



# Temple Times

Issue 2 - 2016

*“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 all,

Hope this Temple Times finds you in good health?

Right now I know too many people who are battling sickness! There are a lot of colds, flus and coughs going around sadly. Also, it is very noticeable that cancer cases seem to be escalating. Statistics say that more than half a million people are expected to die from cancer in 2016 in the U.S.A. alone. 80 Australians die each week from bowel cancer according to statistics. According to the Australian Institute of Health and Welfare, one third of cancers can be prevented by living a healthy lifestyle.



It is much easier to prevent cancer than to treat it once it gets hold in the human body. I have listed 12 top cancer prevention strategies. These are also good ideas for better health generally. These virtually eliminate your risk of lifestyle related cancers and chronic disease.

They are:

1. Eat Real Food. No processed foods are good for you. Turmeric—curcumin is unique in its use of curing cancer. According to the Herald Sun, fruit cuts cancer risk, so eat more of it.



2. Reduce carbohydrates and sugar. Research proves that sugar feeds cancer.

3. Protein and fat: replace excess protein with high quality fats. 60 grams of protein is sufficient to keep you healthy. Butter, avocados, raw nuts such as macadamias and pecans are good high quality fats.

4. Genetically modified foods: avoid these because of the associated pesticides and carcinogens found in these foods.

5. Animal based Omega 3 fats: Increase your ratio of Omega 3 fats to Omega 6 by consuming anchovies, sardines, and wild Alaskan salmon.



6. Reduce your intake of processed vegetable oils and spreads.

Gluten free Chocolate and raspberry cake. Serves 12  
Prep and cook time: 1 hour 45 minutes (+ standing time)

Cake Ingredients:

1/3 cup (35g) cocoa powder  
1/3 cup (80ml) hot water  
150g dark eating chocolate, chopped  
150g butter, chopped  
1 1/3 cups (300g) firmly packed brown sugar  
1 cup (125g) ground almonds  
4 eggs separated  
240g fresh raspberries. (You can use frozen raspberries too.)



Ganache:

200g dark eating chocolate. Chopped  
2/3 cup (160ml) thickened cream

Method:

1. Preheat oven to 180C (160C fan-forced.) Grease a deep 22cm-round cake pan; line base and side with baking paper.
2. Blend cocoa powder with the hot water in a small bowl until smooth.
3. Stir the chocolate and butter in a large heatproof bowl over a medium saucepan of simmering water until melted. Remove pan from heat; stir in cocoa mixture, sugar, ground almonds and egg yolks.
4. Beat egg whites in a clean small bowl with an electric mixer until soft peaks form; fold into chocolate mixture, in two batches. Pour mixture into pan.
5. bake about 1 1/4 hours. Stand cake in pan for 15 minutes, before turning onto wire rack to cool.
6. Chocolate Ganache: Meanwhile stir ingredients in a small saucepan over low heat until smooth.
7. Arrange the raspberries on the cake; pour the ganache over the cake to partially cover berries.



*Death and Life are in the Power of the Tongue.  
So therefore I choose to agree with God's Word  
and choose life. Proverbs 18: 21*

6. Optimise your gut flora. Fermented foods are beneficial for gut health, especially sauerkraut.

7. Move more and exercise. 10,000 steps a day, or 1 hour a day is now recommended for health.

8. Vitamin D—exposure to the sun optimises vitamin D levels, which decreases your risk of cancer.

9. Sleep. This is vital because sleep restores the body.

10. Exposure to toxins: Reduce your exposure to all environmental toxins including cosmetics and chemicals for cleaning.

11. Exposure to radiation. Limit and protect yourself from exposure to cell phones, Wi-Fi stations, medical scans such as X-rays and mammograms.

12. Stress causes diseases. Positivity is beneficial to good health.



Beetroot juice drunk daily has been shown to lower blood pressure even in people with hypertension, (a study done in the U.S.A. in April 2015.) Juice a beet everyday. (1/4-1/2 a cup)

According to Dr Mercola on mercola.com a high fat diet helps starve cancer.

May God Bless you and your families with His abundant blessings and perfect health.

With love, Heather and Alyssa

John Cairns Ministries  
PO Box 1344, Narre Warren,  
VIC, 3805, Australia  
Webpage: [www.johncairns.org](http://www.johncairns.org)  
Email: [admin@johncairns.org](mailto:admin@johncairns.org)  
Facebook: John Cairns Ministries  
Twitter: @john\_cairns

Contact Heather at [hclady@hotmail.com](mailto:hclady@hotmail.com)