

TEMPLE TIMES 18

Good day TempleTimers!

It's been a very busy three months since my last newsletter. Hopefully you are all living in an abundance of good health and vitality. The world around us seems to be becoming more and more toxic and dangerous to live in. The air we breathe is so polluted so we need to make sure we are staying covered in prayer and doing all we possibly can to look after our bodies and keep them in peak condition.

Scripture tells us in 2 Corinthians 7 verse 1 that we "need to purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God." Because of the conditions our bodies face nowadays, they are having to work overtime to digest and assimilate our foods and environmental elements that we live in.

When our bodies are sluggish and health begins to decline it is usually because we are lacking in some area. It could be that your body is fatigued because it is naturally trying to detoxify itself and can't do it due to lack of sleep or foods that are fighting against it. It might be that we are trying to feed ourselves with too many processed foods that the body fails to recognise as real food.

With that in mind, I have finally found a simple detox aid that actually works. Not only that, but it's reasonably priced, all natural and tastes very nice! It is called 'The Lemonade Diet' and it is detailed in an American book called 'The Master Cleanser' written by Stanley Burroughs. It can be used on its own or with the help of a colon cleanse product (found in your local health shop or supermarket.) It is recommended that you use it as a three day fast or whenever you need to boost your immunity or cleanse your body. Simply put, it is:
½ freshly squeezed lemon, 2 tablespoons of 100% pure Maple Syrup, 1/10 teaspoon of Cayenne Pepper, all mixed together in a 10 fl oz (mug size) glass of hot water. Why not try it for yourself and see the difference it makes for you?

I was recently given a couple of articles which I thought I would share with you. The first article was all about margarine. It said that margarine was originally manufactured to fatten turkeys. When the turkeys it was tested on started to die, the people who had put all the money into the research wanted a payback, so eventually it was changed by adding yellow colouring and sold to people in the place of butter. There are a number of disturbing facts about margarine, one of them being that it is only one molecule away from being plastic - something for you to consider the next time you pick up the margarine tub!

The other disturbing article I had given to me was an article on Microwave Ovens. I read it through and, after absorbing all the facts, now struggle to use my microwave! I had heard many negatives on microwaving food before, but on reading this article, realized that the many increasing health issues people are battling, could be linked to the invention and regular use of the microwave oven. The increase of chronic fatigue syndrome and similar illnesses seem to be affecting so many young people. The article made so much sense that I would strongly recommend that you use a microwave oven only as a last resort. We all need to get back to cooking and eating the old fashioned way to aid us in remaining healthy and living longer lives.

Make sure you keep reading the labels on food packaging as so much is being added into the food we consume. Also, be aware that foods which contain high levels of Saturated fat clog arteries and lead to brain damage, also putting us at risk of stroke.

One type of fat you do want to consume is Omega 3 fatty acids. These are the good fats found in fish, and they are helpful to your brain, also keeping your arteries clear. Omega 3 alters your neurotransmitters and reduces depression. Some good fish to eat is Wild Salmon, Whitefish, Tilapia, Catfish, Flounder or Mahi Mahi - I could go on!

If you are not a fan of fish keep in mind that tomato juice, spaghetti sauce, soybeans and nuts are all good brain foods. It is good to get into the habit of eating 1 oz (28 grams) of nuts a day - not only are they good for you but they are a great, healthy option for a snack. Olive oil, nut oils, fish oils, flaxseed oil and avocado are also all good foods to help keep our brains healthy and stop us ageing too soon.

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For those out there who love chocolate you will be pleased to hear that it's official - real chocolate (made with a minimum of 70% cocoa) is now listed as a Super Food! Remember though, you should still only have a few ounces a day because of the sugar content. Other Super Foods include broccoli, spinach, blueberries and legumes. If you can fight cancer, postpone ageing and strengthen your immune system just by eating some humble fruit and vegetables, why wouldn't you?!

Feel free to share some health tips with all of us, share testimonies or ask for more information by emailing me at heather@johncairns.org

All 17 previous Temple Times newsletters can now be retrieved at www.johncairns.org , so please feel free to browse the archive.

Wishing God's richest blessings and good health to you and yours.

Your Sister in Christ,

Heather Cairns

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