

# Temple Times 16

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Hi Health Fanatics! Really, I should just say “Good Stewards”. For that’s what we are meant to be, stewards of our bodies.

It is not until our bodies start to “misbehave” or we feel intense, unexplained pains that we begin to realize how precious an asset a healthy body is! Our bodies are mentioned in the Bible as “Temples”. 1 Corinthians 6: 20 tells us to “honour God with your body” and 1 Corinthians 10: 23 reminds us that “Everything is permissible but not everything is beneficial.”

Over the past few years I have done a lot of research into diet, health, nutrition, sickness and related topics. I have specifically looked into finding more information about the food and drinks which are beneficial for us. Simply put, it seems to be that the best way to look after our bodies is to give it food in the most natural forms possible. Avoid things that come out of packets and which have long lists of un-pronounceable ingredients on the packaging!

We all know that breakfast really is the most important meal of the day. Two of the healthiest forms of breakfast seem to be oats (porridge) and fresh fruit. Why not try starting your day off with these healthy, energy giving foods?

Those who have digestive problems would be best to stick to food combining – i.e. keeping your proteins separate from your starches and carbohydrates. Ideal sandwiches would be salad filled or toasted banana. Another healthy snack option is the tried but true, baked beans on toast.

We can all testify as to how hard it can be to choose the right food when eating out. One of my favourites would have to be the Chicken Caesar Salad – it is a very well combined meal and nearly always features on restaurant menus.

For those of you who are looking to lose weight this year, it appears that the Weight Watchers program is very effective. I’m not sure if it’s the type of food that they recommend or the accountability levels expected in the program, but I have met many a happy ‘Weight Watcher’ who has kept their weight down at a healthy level and proved that eating little and often works. Remember though, with any diet, exercising daily is as important as eating right.

Why not try eating healthy this year – dump the junk and processed foods! Remember soft drinks and fruit juices all contain massive amounts of calories.

There are an increasing number of people suffering from Irritable Bowel Syndrome (IBS) If you are an IBS sufferer remember you need plenty of fibre in your diet. Peas have the highest fibre content of vegetables, followed by beans, spinach and seaweed. Also be on the lookout for food additive number 223. This additive, called Sodium Metabisulphite, can

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cause gastric irritation and allergic skin reactions. Additive 223 is usually found in cordials and preservatives. Be aware that Sunset Yellow food colouring can also cause stomach upsets.

Another helpful tip for those of you who suffer from IBS is to eat plenty of yoghurt with live cultures in it. Eating food which contain essential fatty acids (such as fish including salmon, trout, mackerel, sardines) will also be extremely beneficial for your body.

For those of you who do suffer from stomach problems, IBS, or food intolerances (or you just love healthy cooking!) be sure to check out Australian Dietician Sue Shepherd's latest recipe book "Two Irresistible for the Irritables." This is a one-of-a-kind recipe book which is packed full of delicious recipes that are suitable for anyone with coeliac disease, lactose intolerance, fructose malabsorption or IBS. "Two Irresistible for the Irritables" can be found at any major book shop in Australia and is also available to purchase online at [www.coeliac.com.au](http://www.coeliac.com.au)

Hopefully this newsletter has found you all in great health. If so, why not share some of your 'secrets' to staying healthy, with us all. If you have any good tips please email them to me at [hclady@hotmail.com](mailto:hclady@hotmail.com)

Also, if there are any recipes or advice you might require please just email me and I'd be more than happy to help.

You can now also retrieve all the previous Temple Times newsletters at [www.johncairns.org](http://www.johncairns.org) so feel free to browse through the many newsletters.

Love and blessings to you and yours.

Your Sister in Christ,

Heather Cairns

