

# Sista Temple Times

13 July 2005

Dear Friends,

I hope this newsletter finds you all in good health and spirits. In this increasingly stressful world that we live in it is very important to have the right attitude to not only survive, but thrive!

Colossians 3:12 says we should "clothe ourselves with compassion, kindness, humility, gentleness, patience, love and be in unity". What a different world it would be if we all practiced these attributes all day, everyday. Philippians 2:5 tells us that our attitude should be the same as that of Christ Jesus - Jesus promotes victory, strength, miracles and an overcoming spirit. We are also told by the word to "be anxious for nothing", and that "all things work together for the good to those who love Christ Jesus" (Romans 8:28). Do you apply all these biblical principles to your daily lives?

I feel an overwhelming need to re-iterate a few basics. We are still continuing to meet many people who haven't yet grasped how important it is to eat, drink and live healthily. Obviously everybody's body responds in different ways to different stimuli. People with different blood groups seem to do better on certain types of foods. I know that my health is ten times better when I am able to eat home cooked vegetable-heavy meals. Whilst traveling I crave things like fruits if I'm not able to get them easily. I make up for their absence by taking supplements such as Spirulina (blue-green algae) every day. Since taking Spirulina 18 months ago I haven't had a day's sickness. If feeling any minor symptoms like a sore throat, I have just upped the Spirulina dosage and have put a stop to ill health before it can take root.

Diabetes is now officially the world's fastest growing disease. However, it has been proved that an hour a day of serious exercise can reverse the diabetes type 2 diagnoses. If an individual still remains diabetic, less treatment is needed if you exercise. Diabetes is closely related to obesity. 17,000 Australians die every year from obesity related illnesses (Statistic 2005).

On the other extreme, according to a recent newspaper report, girls as young as 5 years old want to be thinner because they think it will make them happier and more popular. Be careful what you say to your children as it is so easy to create wrong role models for them. If you eat sensible, healthy foods and cook fresh appetizing food they will learn to do the same. Obviously, the occasional 'take away' won't hurt but it shouldn't be seven days a week.

According to a 2005 New Zealand paper, a daily dose of laughter is good for the heart because it makes blood vessels work more efficiently. Depression raises the risk of dying from heart failure. Some experts say laughter may be almost as helpful as exercise for our bodies! Why not try getting a group of friends together on a regular basis and having a fun night with videos or board games. You could also try meeting together at the local park or beach for some fresh air and exercise. Blow away some of those cobwebs and burn off a few calories in the process.

1.2 billion people in the world still have too little to eat; the same now suffer from being overweight. The International Obesity Taskforce (yes, there really is one!) has described obesity as "the most critical public health issue of the 21<sup>st</sup> century." Medical experts are predicting life expectancy in developed countries will fall and that our children face the prospect of dying younger than us. How sad is that?! With all the knowledge and technology that we have it appears we are not listening or learning on a personal level. Diet is, in fact, now roughly on a par with tobacco as a cause of illness.

Proverbs 5:23 notes that we are trapped and caught by our own evil deeds. We get lost and die because of foolishness and lack of self control. Enjoy the little pleasures of life but when you next pick up a donut or pizza think twice before you consume it! When you eat that medium sized bar of chocolate, remember that you are consuming 17 teaspoons of sugar! If you are able to metabolize it easily and it's just a rare treat, no need to worry - but if it's a daily habit, you might be better off grabbing a banana or apple instead.

If you are menopausal and battling hot flushes, those of you living in New Zealand or Western Australia might be interested in a blend of fruit juice and soy milk I came across recently. It is called 'Good Hope Soy Drink' and the apricot and peach flavored one was delicious. It contains 17 mg of Isoflavones per each 240

ml serving. The drink can be found in Countdown supermarkets and there are more details on [www.ghib.com](http://www.ghib.com)

I will try to write the next newsletter in October and remind you all of the simple things you can do to make your health and energy levels soar. If we have variety in our diets it's all there for us. Even simple things like eating more baked beans can help "promote calmness of the brain", strengthen our immune system, give us energy, increase attention span and help digestion.

Please email me at [hclady@hotmail.com](mailto:hclady@hotmail.com) with testimonies, helps and hints to pass on to other Temple Times readers.

Your sister in Christ,

Heather Cairns