

Sista Temple Times

1 October 2005

Dear Friends,

I trust this newsletter finds you all in good health and living in the abundance that God has naturally provided for us. When I look around at the colorful display of fresh fruit and vegetables in our world I am reminded, and amazed, at the natural health improving products God has provided. I always find it hard to decide what to buy as it all looks so inviting!

Let me start this newsletter with a quote from Earl Mindell, a health expert from Beverley Hills, California. He says "Some of us may live to eat, but all of us must eat to live - and what we eat can change our lives." Are you making right choices on a daily basis?

I have recently finished a really excellent book called 'Never be sick again' by author Raymond Francis. He explains very clearly why he believes our bodies get sick. He believes there is only one disease and two causes of disease - toxicity and deficiency. He claims that six pathways can lead to health or disease and it is fascinating to see him provide the evidence for his theory. Achieving victory over disease requires removing the causes. If we eliminate deficiency and toxicity our bodies are able to self-repair and self-regulate, and thus disease will go away. It all comes down to cellular malfunction. This is a book I will be working with for many years and I highly recommend you read it.

Another book I recommend is one I read a few weeks ago called 'Natural Energy' by Erika Schwartz. Erika claims that a person can go from tired to terrific in ten days. The primary theme was again cell function and the book explains how by adding two natural supplements to your diet you can recover from fatigue and other similar health problems. Our daughter Victoria tried it and found it did indeed make a huge difference. She bought the two supplements -Co-Enzyme Q10 and L-Carnitine - from the health shop and used the two together for synergistic effect.

So what are these supplements and how do they work? L-Carnitine is often called the 'capsule of youth' because it repairs and protects the energy system. It is naturally found in lamb, beef and dairy products. It is interesting to note that exercise boosts the production of Carnitine in our bodies!

Co-Enzyme Q10 (CQ10) is crucial for energy production in the body and good sources of this naturally occurring energy booster are eggs, nuts, peanuts, sardines, sweet corn, baked beans and cod liver oil. Too little CQ10 in our diet causes low energy and weakened muscles as well as lower immunity to disease. CQ10 is also a powerful protective anti-oxidant. It is usually manufactured in the body but supplementation may be required due to a natural decline associated with aging, medication and other factors.

To have more energy in your daily living it is vital to avoid the numerous energy zapping foods that so readily surround us - high sugar foods, such as lollies, soda and processed foods - these foods clog the body's energy system and make the metabolism sluggish.

Cancer is believed to result from an attack by free radicals on a single cell in the human body. Natural protective substances, anti-oxidants, block the destructive action of free radicals. Vitamin C is probably one of the most powerful anti-carcinogen (anti-cancer causing) known to mankind. It earns this title from its ability to block formation of a nasty carcinogen (cancer producing), Nitrosamine. Cured and smoked meats, dried and salted fish, and pickled foods usually contain nitrates that can be converted to nitrosamine in our body. High concentration of Vitamin C is the best defense against this powerful cancer producing chemical. High levels of vitamin E are also known to do the same thing.

If you have a cholesterol problem, here is a list of the Top 10 cholesterol busting foods:

- Apples
- Berries
- Carrots

- Fish
- Grapefruit
- Legumes
- Prunes
- Soy Products
- Whole Grains
- Yoghurt

Lowering your cholesterol sounds like a good reason to indulge in some fresh fruit and veg!

For those who suffer with Rheumatoid arthritis symptoms the following are the top 20 foods to avoid in order of worst to least problematic:

Corn, Wheat, Bacon and Pork, Oranges, Milk, Oats, Rye, Eggs, Beef, Coffee, Malt, Cheese, Grapefruit, Tomato, Peanuts, Sugarcane, Butter, Lamb, Lemon, Soy.

A man I was talking to in New Zealand recently was saying that he always ate the food in season and local produce, and has lived in extremely good health for a number of years. It appears we definitely 'are what we eat' so let's continually make the right choices and live in God's abundant provision. Deuteronomy 15: 7 says "The Lord will keep you free from every disease." I like what Raymond Francis says, "Eating sugar is death by installment!" I know from my own experiences, that sugar is definitely detrimental to my health.

Let's all try and eat healthier until Christmas - see how you go!

Feel free to email me at hclady@hotmail.com with testimonies, helps and hints to pass on to other Temple Times readers.

Your sister in Christ,

Heather Cairns