

Sista Temple Times

21 March 2006

Dear Friends,

It has been a long time since the last Temple Times. I trust that you all had a joyous Christmas and this New Year has been a good one for you. The Australians will have had yet another hot summer whilst Europe and the States will just be coming out of a cold winter. I pray that you are all keeping in good health, looking after yourselves wisely and living in the blessing of the Lord. It is great when we can live in divine health.

There is an interesting verse in the Old Testament of the Bible in Exodus 15: 26 which states, "If you listen carefully to the voice of the Lord your God and do what is right in His eyes, if you pay attention to His commands and keep all His decrees, I (the Lord) will not bring on you any of the diseases I brought on the Egyptians for I AM THE LORD WHO HEALS YOU". We could read that as, live in obedience to Gods ways and laws, and He will allow you to walk in His divine health!! If you read back on past Temple Times you will probably be able to pick out things that you are not yet doing which could help in your healing. We spend a life time getting sick so we won't necessarily get our healing overnight. The body is very complex and works in synchronization. If small things are out of balance or alignment it can set off a chain reaction of sickness. You need to actively pursue achieving optimum health.

In this issue of Temple Times I have chosen to remind you of some simple facts which should assist you in living in God's greater health.

If you are one of the many people who have to watch their cholesterol levels why not do it the natural way instead of through costly medication! Beans and oats are a less expensive way to lower total and LDL cholesterol levels. Also, try eating berries everyday and spinach and salmon twice a week. These three foods alone will change your life and health. Cholesterol levels should be checked every 3 years.

For those of you wanting to achieve weight loss remember - where possible choose low density foods like vegetables, fruits, legumes and whole grains, and avoid high density foods like doughnuts, chocolate and deep fried foods. You'll find it makes the world of difference. Let's start teaching our children how to eat right - did you know that between 1967 and 1997 child obesity tripled? As many as 1 in 4 children are now overweight and it is clinically proven this will lead to countless critical health problems, one of which is Type 2 diabetes.

If you are over 50 years of age you should check your blood pressure levels every 2 years as raised blood pressure increases the risk of stroke, heart disease and kidney disease without necessarily having prior warning signs.

For those of you suffering with fatigue be aware that research shows that there is a link between the absence of red meat in our diets and Chronic Fatigue Syndrome (CFS). It is believed that red meat gives us a feel good feeling due to minerals and trace elements found in the meat. Those who become vegetarians in their teenage years, or eat too little meat, seem to struggle with their energy levels and have other CFS symptoms.

Eating should be a pleasure, so why not eat what you know is good for you? You will be amazed that you will soon develop a taste for the healthier foods. As I child I hated lentils and celery; Now as a 50 year old I actually enjoy both foods. Waldorf salad made with celery, apples, mayonnaise and walnuts is really enjoyable, freshly made. I learnt how to cook lentils the correct way only a year ago and have discovered that they are great as a meat free alternative to bolognaise - very easily digested, and also very economical!

Fizzy soft drinks contain high amounts of phosphorus which leech calcium out of your bones. Nowadays it is very easy to consume far too much phosphorus since it is in most junk foods, also in instant soups and puddings. We don't need to be dependant on dairy foods for our calcium. More easily absorbed calcium is found in sesame seeds. Broccoli and almonds are also high in calcium.

If you want to live to a ripe old age, and be in good health to enjoy it too, you need to realize that it is not just what you eat that matters. It is exercise, stress reduction, positive social interaction, sufficient sleep and even sufficient fluid intake, all of which work together to give you maximum health benefits. There is an interesting book out by Steven Pratt and Kathy Matthews called "Super foods" which I highly recommend for those of you looking for some informative bedside reading.

Feel free to email me at hclady@hotmail.com with testimonies, helps and hints to pass on to other Temple Times readers that have worked for you. Your success will be an encouragement to others.

Your sister in Christ,
Heather Cairns