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October 2006

Dear Friends,

It has been five months since my last Temple Times newsletter was sent out. Much has happened in that time. We have seen our daughter happily married and are very soon to become grandparents for the first time to our son and daughter in law. Isn't God good! We all have much to praise God for when we stop and reflect on His provision and abundant blessings in every area.

The body is such an incredible piece of machinery – so complex and ever amazing! I continue to be challenged and often saddened and disappointed at how many people still don't seem to know the basics of how to live in good health, or even know the basic principles of how they can remain in optimum health.

In this newsletter I would like to touch on detoxification again. The many books I have read on this subject always seem so complicated to follow – i.e. The liver cleansing diet and many others like that. I recently came across a book in my local library entitled 'Quick and Simple ways to detoxify naturally' by Wendy Pollock. It is very easy reading and contains 189 pages of very simple, natural detoxification. Our bodies are designed to detoxify naturally but in the world we now live in it is becoming harder for our bodies to cope with all the toxins around us.

The process of detoxification happens on several levels. Physically it can clear the body of toxins, excess mucous and congestion. It facilitates healing, rejuvenates and energizes and it helps prevent degeneration and early ageing. Mentally it helps us to remove negative thought patterns. Emotional detoxification allows us to uncover and express feelings of anger, resentment, fear, frustration and hopelessness and replace them with positive thoughts of love, hope, joy and forgiveness.

I would definitely recommend that you do read the above named book if you can. Even if you don't, why not try detoxing in some way? One easy way to start is to simplify your life and your lifestyle. Don't give in to the pressures and stresses of the world. Take time out for your self and your family.

The body is exposed to deterioration by free radicals because of what we breathe, eat, drink and do. Free radicals cause the fatty acids and cell membranes to oxidize, which weakens our immune systems allowing sickness and ageing to commence. We should fight back by taking in natural oxidants (called Anti-Oxidants) which enable the body to defend itself against the damaging effects by promoting inner cleansing and boosting our immune systems. The following are all Anti-oxidants:

Vitamin A: Found in Sweet potatoes, carrots, broccoli, green and yellow fruit and vegetables.

Vitamin C: Found in oranges, grape fruit, citrus fruits, broccoli and brussell sprouts.

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Vitamin E: Found in wheat germ oil, sunflower seed oil, almonds, legumes, Soya beans, peas and unrefined cereal products.

Selenium: Found in seafood, whole grain breads, broccoli and onions.

Zinc: Found in brewer's yeast, beans, seeds, nuts and liver.

One of the most common health problems in this day and age is Irritable Bowel Syndrome (also known as IBS). IBS and other 'colon' related diseases are often aggravated by food allergies and other health issues that 'inflamm' the digestive system. There are 160 known foods associated with food allergy. The top 9 are wheat, crustaceans, eggs, fish, nuts, milk, peanuts, sesame seeds and soy. Fibre is vital in the prevention of IBS. For healing of the intestine it is recommended that you have enough soluble fibre i.e. juices of cabbage and green leafy vegetables. The chlorophyll in these vegetables has natural healing properties. Start with broths made from seaweed and vegetable juice, and then blended fruit juices.

From all the feedback I've received over the past year, it seems like HRT and other expensive treatments for menopause don't work any better than the natural ways of dealing with it. It is a shame that we (women) can't avoid the 'pause' and skip right past it all to the next phase of our lives. Evening primrose oil does seem an effective aid in menopausal years and upping the amount of healthy natural foods that God has given us such an abundance of, is also beneficial to good health.

Every member of your family, young and old, will benefit from eating healthier foods and avoiding sugar-laden, processed junk foods. Keep exercising and eating healthy – it's well worth it in the long run!

If you have any good tips to pass on to others please email them to me at 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 so feel free to browse through the many newsletters.

Love and blessings to you and your family.

Your Sista in Christ,

Heather Cairns

