

Sista Temple Times

NEWSLETTER 21 JUNE 2003

Dear Sistas in Christ

I trust this finds you in good health and enjoying life to the Max, whether you are in the cold of winter in Australia / New Zealand or experiencing the best of summer in warmer climates. It has been great to hear from a number of you in recent weeks. Thanks for the e-mails - keep them coming!

Hopefully by now there will be some of you who have been able to read "Donuts and Temples" by Erica White. I hope you have benefited from reading that. I know some of you have been experimenting with Food Combining, or trying the Atkins diet.

Along with John and Victoria I have tried Food Combining since returning from the USA. We have all found it to be beneficial to our health in a number of ways. It is quite hard to follow strictly - especially outside of the home at parties and different functions. The Dr Atkins diet is definitely the easiest way to eat, keeping the calories and excess fat off. Its main advantage is that you don't eat processed foods or junk, which means you are eating more of the naturally healthy food like salads and vegetables. One of the favourite foods in our household now is the Chicken Caesar Salad - Atkins style (even John is eating broccoli and cauliflower now!)

Looking over my various notes, I notice that so many of the health 'experts' agree on some basic things. I would like to remind you of eight of these Basics, which will help you to achieve Greater Health.

1. Drink lots of pure water, being kind to your liver and kidneys.
2. Exercise daily. This will tone you up mentally as well as physically. Exercise creates energy. An increased reserve of energy helps us to deal with everyday challenges. Exercise is a vital part of good health. Exercising regularly is one of the greatest weapons we have in our war against disease. Exercise on a regular basis decreases the risk of developing cancer of the colon, prostate, breast and ovaries. It will also significantly decrease the risk of developing diabetes. Regular exercise promotes weight loss, reduces stress, tones the muscles, helps prevent blood clots, lowers blood pressure and aids restful sleeping. If all you can do is walk, walk daily, adding 5 minutes each day. Every little counts. The best form of exercise is aerobic such as brisk walking, swimming, cycling and dancing. In Jesus's day it was quite normal to walk 10 miles or more a day.
3. We need to get at least 20 minutes each day of fresh air and sunshine. Get outside and blow the cobwebs away! Even when we can't see the sun it is still there.
4. We need sufficient rest and sleep. Severe sleep deprivation over the years can take a serious toll on our health.
5. Have a varied diet with plenty of fresh fruit and vegetables. Maximise the eating of healthy foods, especially anti oxidant rich foods like broccoli and dark coloured fruits and vegetables.
6. Do Not Stress. Take your problems to God. Share with a friend. Pray. Keep right attitudes. Learn to laugh more. Laughter releases the body's natural painkillers - endorphins. They say that 100 laughs are equal to 10 minutes jogging!
7. Minimise alcohol and caffeine consumption.
8. Minimise the eating of processed foods along with flour and sugar.

I recently re -watched the Movie "Anna and the King" (with Jodie Foster in the lead role). There was a very inspiring quote and illustration in it. Anna says, "If you want to achieve the impossible, you need to change the climate". Why not watch the DVD and enjoy the movie? It made a very valid point and reminded me that In Jesus Christ all things are possible. Keep believing for your miracles.

One of my favourite choruses (a golden oldie) is:

"Expect a Miracle every day; expect a miracle when you pray
If you expect it God will find a way, to perform a miracle for you each day."

We need to get back to basics in our lives if we want to reclaim our health in body and mind. We need to return to simplicity, purity, wholesome foods and less stressful lives. Much of the food we eat these days from supermarkets are so far from the original article. They are devitalised and lacking in goodness. .

I would like to leave you with a Scripture, which reminds us that we need to take responsibility for what we put into our bodies. 1 Corinthians 6: 19 - 20. **If we constantly eat and drink toxic substances we are, in effect, poisoning ourselves.**

Hebrews 13: 8 says that we have a clear conscience and desire to live honourably in every way. Are you respecting your "temple"? Are you looking after yourself? Make sure you take some time out in your day to look after you. You will be unable to look after your loved ones if your body is run down.

Victoria and I tried out a Pilates exercise class this week. We really enjoyed it although it was quite different to the usual aerobics class. It's quite amazing what our bodies are capable of doing. God made the human body so perfectly and we just have to maximise that.

Whatever you do, enjoy God, enjoy life. Remember to bless those around you.

Love in Jesus,
Your Sista

Heather