

Sista Temple Times

31 August 2003

Dear Sistas in Christ,

At last, health newsletter number 3! Hopefully you are all living in divine health and enjoying the delights of God's creation.

An American fitness manual I recently read gave the definition of total fitness as "striving for the capacity to achieve the optimal quality of life." It goes on to say "this dynamic, multi dimensional state has a positive health base and includes individual performance goals. Total fitness includes healthy mental, social, spiritual and physical behaviours resulting in positive health that exceeds the state of simply being free from disease."

Are you living in the abundance of good health? A few years ago a national mental health committee reported that half of all people in our hospital beds are constant worriers. Mental diseases can lead to migraine headaches, arthritis, heart trouble, cystitis, colitis, backache, ulcers, depression, digestive disorders and even death. Add to that list the mental fatigue of nights without sleep and days without peace and we get a glimpse of the havoc worry plays in destroying the quality and quantity of life. Worry is, and always will be, a fatal disease of the heart, for its beginning signals the end of faith. God tells us clearly in his word that we should be "Anxious for nothing" (Philippians 4:5-6). If you are stressed out and overtaxing your body you may be prone to cold sores. The body, when under stress from certain types of junk food - such as too much sugar, peanuts and caffeine, combined with lack of sleep, exhaustive days and nights, and extraordinary mental stress and anxiety, may need some help to prevent a cold sore erupting. One of the best ways to physically prevent cold sores from ruining your days (and looks!) is to combat them with a natural amino acid called L-Lysine. These tablets can be bought in the health/vitamin section at supermarkets or at pharmacies. You also need to assist your body's natural defence by consuming extra lysine rich foods (eg. Tuna), and avoiding eggs, peanuts, chocolate, caffeine and sugar foods and drinks.

It goes without saying that you need to couple this action with plenty of prayer, relaxation and laughter. In Job 8:21 we read that "He will fill your mouth with laughter, and your lips with shouts of joy." Doctors say laughter is like "Internal jogging" - it's good for you! It actually widens your arteries, de-stresses your heart and strengthens your immune system, enabling it to fight disease.

Attitude also plays a great role in the state of our health. We need to have a positive attitude in our life (the attitude of Christ).

The June 2003 issue of Readers digest quotes that diet is a factor in 35% of cancers. It also lists 10 major 'Super foods' that are protective against cancers.

Cancer busting Super foods:

1. Prunes - essential in fighting bowel cancer.
2. Raisins - concentrated anti-oxidants.
3. Blueberries
4. Kale - particularly good at fighting breast and prostate cancer.
5. Strawberries
6. Spinach
7. Raspberries
8. Brussel sprouts
9. Plums

10. Broccoli - particularly good against colon and breast cancer.

In the list above, 6 out of the 10 super foods are fruits so it shouldn't be too difficult to incorporate them into your everyday diet/menus. When we first moved to Australia 13 years ago we started adding a lot more fresh fruit to our normal shopping list and I found that the family, Simon then 11, and Victoria then 8, began to look to the fruit bowl instead of the cookie jar or desserts. We all developed healthier tastebuds. Getting the family to acquire a taste for spinach, broccoli and brussel sprouts is much harder! Mind you, it's surprising how such foods can grow on you. When we are ministering away from home, I often have cravings for broccoli and my own home cooked meals. I find that it is hard to get healthy, well balanced meals in cafes or restaurants. Most food places have too many foods and drinks overloaded with sugars and artificial chemicals. If they do sell fruit or salads they are overpriced!

Don't think that you are too old or too sick to change your ways or circumstances. When I am home in Melbourne I go to a local gym and swimming pool where I regularly exercise with a 68 year old woman. She looks more like 55 and she puts many of the younger women to shame with her energy and enthusiasm. I also have a 75-year-old friend who is still in ministry. She is a great grandmother; she does 20 minutes a day on her treadmill and looks 60ish!

God can heal even the most difficult diseases. I received a testimony earlier this week of a 60 years old Australian woman who has recently been healed of diabetes that she had suffered with for a number of years. We are constantly seeing people healed as we minister around the world.

By the time you receive this newsletter it will be less than 4 months until Christmas so it's a good time to start planning towards the festive season. I would like to share with you a recipe for sweet mincemeat. The mince you buy at the shops is nowhere near as nice as homemade mince. It is very easy to make and bottle. Just put it away in your pantry until December when you are ready to make your mince pies for the festive season.

Fruit Mince:

250 gram mixed peel or fresh apple (apple is best)
500 gram currants
500 gram sultanas
250 gram dates
200 gram chopped raisins
125 gram butter
1 cup brandy
1 dessert spoon mixed spice
2 cups brown sugar
1 ½ cups orange juice
1 dessert spoon cinnamon

Method: Place all ingredients in heavy-based saucepan (pressure cooker is ideal - lid off). Bring to boil, keep stirring. Simmer until thickened. When cool, bottle, clean jars and store in pantry.

Are you lacking in energy, constantly exhausted? Maybe you are allowing yourself to get spiritually and emotionally drained. Here are some suggestions to avoid burnout.

1. Eat well. Junk food is poisonous to our bodies - start educating yourself about good nutrition.
2. Know where you are going - set goals, get organised.
3. Stop the rot - don't ignore problems or wait until it's too late, just do it! Listen to the prompting of the Holy Spirit. Pick up the phone and encourage someone now. Bake that cake and bless someone NOW. Resolve the problem now, not tomorrow.
4. Turn off the TV. Too much television lulls you into lethargy. "They that wait upon the Lord shall renew their strength." Isaiah 40:31
5. Pray before you agree to take on more commitments. Everything that is good is not always God. It might be that you should say "No."
6. Take a break. Remember the Sabbath. A change of pace and new scenery could be just what you need to recharge your batteries.
7. Turn out the night-light. When you burn the candle at both ends you are the one who burns out.

Remember your body is the temple of the Holy Spirit (1 Cor. 6: 19). Would you let somebody trash your house? No! Then don't trash God's! He says your body is a temple, so start treating it like one.

According to Dr. Reginald Cherrie (Bible Cure Book), 6 out of 10 causes of death in the USA nowadays are affected by the issue of what we eat. God has given us various chemicals within foods and plants that can balance the Immune system. According to Proverbs 18:9 (Amp) we can do certain things to assist our health. Dr Cherrie suggests we eat a Mediterranean diet - Red meat once a week, Fish twice a week (particularly trout, salmon, cod and tuna), Chicken twice a week, Vegetarian once a week. Other day perhaps fast. Another useful tip he gives is to eat 10 almonds a day. This helps with memory function!

I have included a poem call "Don't wait" in this newsletter. Hope you enjoy it!

Don't Wait (Author unknown)

- Don't wait for a smile to be gentle.
- Don't wait to be alone to recognise the value of a friend.
- Don't wait for the best job to start working.
- Don't wait to have a lot, to share a little.
- Don't wait to reach there to remember an advice.
- Don't wait for a pain to pray a prayer
- Don't wait to have time to be able to serve.
- Don't wait to be hurt by others to ask for forgiveness.
- Don't wait... because you do not know how long you have.

If you have any healthy recipes, poems, testimonies or prayer requests you would like to share with me or the other ladies receiving this newsletter, please e-mail me at hclady@hotmail.com.

Trust that you are living in the abundance of God's provision. Don't forget to praise God and give Him the glory every day and be thankful for all of His blessings. Look after yourself and your family.

Until next time, your Sista in Christ,

Heather