

Sista Temple Times

November 5, 2003

Dear Sistas in Christ,

Newsletter number four at last! Sorry for the delay between three and four. It has been a very busy time of travel for John and I since the last newsletter. Hopefully you are living in Divine health and practising all (or at least some) things that you have learnt on health and nutrition this past year. God will clearly direct you in what is best for you if you take time to ask him in prayer.

I have continued to research and acquire new knowledge in the past couple of months. If you like to read health books I can recommend Don Colbert's health book series and a very old book called "The King's Diet" by Marde Shambach - very interesting reading.

Most health experts now believe that sugar actually feeds cancer within our bodies. One book even went as far as to say that sugar drains our bodies of B vitamins and is as bad for us as heroin! So keep reading those labels ladies and don't add sugar to foods where unnecessary. According to Don Colbert, 75% of sugar in our diets is hidden and 20% of our diets are composed of white sugar. The average American consumes 175lbs (80kg) of refined sugar a year.

Vitamin B is something that I have heard about from God for myself, and also read a lot about lately. There are a number of B vitamins that we need to remain healthy, and we can get it by eating a variety of foods such as cereals and brown bread (especially grains). Vitamin B5 (Pantothenic acid) helps the adrenal glands in the production of steroids and supports the Immune system, helping to eliminate allergies. B5 is found in turkey meat, salmon, nuts, eggs, corn and sweet potatoes.

I had known for quite a few months that I was deficient in certain B vitamins as I eat very little bread and rarely eat cereal. However, I had done nothing about it until 2 days before I flew out of Australia in October on another round the world ministry trip. I heard very clearly from God whilst driving home from the gym that I should go to the shops and get a good 'B complex supplement' before the trip. Within 3 hours of taking my first Mega B supplement I felt totally recharged and like a new woman. I could hardly believe how quickly it had worked; the lethargy, fatigue and lack of concentration lifted almost immediately and my memory and brain started to work again - it was like a blanket of fog had lifted off me. I must have been very undernourished for it to work so quickly.

The foods we eat nowadays are often deficient compared to how they were 20 years ago. The soils that fruit and veg are grown in are mineral depleted in many instances. I have heard on many occasions that low levels of vitamin B can cause loss of hair and premature greying of the hair. On our last visit to New Zealand I met one elderly lady who swears that drinking one teaspoon of molasses in hot water every day is the reason for her retaining a full head of dark hair. I shall be experimenting with that theory between now and the New Year! Apparently molasses is loaded with Vitamin B; as is vegemite and Alfalfa sprouts. Alfalfa is apparently higher in protein than beef and also includes Vitamin K and Vitamin C. So, why not start piling it into your salads? B vitamins make our bodies function efficiently in many areas. Even mouth ulcers can be traced back to a lack of B vitamins.

1 Corinthians 6:12 tells us that "Everything is permissible for me - but not everything is beneficial" and that we shouldn't be mastered by anything. If we obey God's laws we should be able to live in divine health. All of you who have been hearing very negative reports on TV or in the newspapers regarding the Dr. Atkins diet will be interested to know that most of it has been very unbalanced and biased against the Atkins way of eating. If you read the book, you will see that you can actually eat fruit - especially berries and even grapefruit. The great thing about the diet is that you eliminate all processed foods and sugary foods. If you are an Atkins fan there is a brand new recipe book out called "The quick and easy Atkins diet book".

Just a reminder that light to moderate activity dramatically lessens heart disorders. Why not set up a regular time for physical activity - make it a regular daily event just like cleaning your teeth or prayer times? Something you do automatically and wouldn't dream of not doing. If necessary, get involved with a group that promotes exercise, or find a partner and meet regularly. I heard a great quote recently; "Measure your

day, not by what you harvest, but by what you plant." Another good quote that John uses in his teachings is "Whatever we tolerate, we will never change."

A recent article in an English paper said that young people and children often don't know the difference between good food and bad food. So why not get out there and influence those around you with the truth. In England, obesity rates have tripled in the past 25 years. Maybe it has something to do with the incredible range of ice cream, desserts and puddings in the English supermarkets. In case you didn't know, ice cream is reported to be one of the most carcinogenic (cancer producing) foods that we eat.

If you want to buy yourself something healthy for Christmas why not get yourself a fitball? Reebok sell a 65 cm one and there are many other similar brands. According to a Pilates physical fitness instructor I spoke to last month, 15-20 minutes a day bouncing gently up and down on the ball can rejuvenate your lymphatic system, work wonders for your circulation and help in the cleansing process of your elimination and digestive systems.

Have a great Christmas everyone! Enjoy yourselves and many blessings to you and your family. Don't forget to keep drinking plenty of fresh water and take responsibility for your temple.
(1 Corinthians 6: 19)

Love in Christ,
Your Sista

Heather