

Sista Temple Times

6 February, 2004

Dear Friends,

Greetings from a warm Melbourne where we are in the final month of summer. I am no longer able to write to you just as 'Sisters', due to the increasing number of brothers in Christ asking to be added to the newsletter, which was originally intended for ladies only. Praise God, he is getting on all of our cases! From now on I will entitle the newsletters "Temple Times".

I trust that you all had a blessed Christmas and New Year. We had a beautiful wedding in our family at the beginning of last month as our son, Simon, married his fiancée Alyssa. The day was perfect, finished off with a sumptuous three course meal.

No doubt you were all tempted to over indulge in the 'naughty' food over Christmas and New Year. Once in a while doesn't really hurt but if we dined recklessly all day, every day we would soon be battling health problems. Interestingly enough, I had a word from the Lord recently about "Not being truly hungry." I felt it was meant to be shared on this newsletter and generally with people. I felt God was saying 'stop snacking on all the junk, processed and artificial, manufactured food. Stop eating on the run, always hurried, never sitting down and enjoying what you eat or drink. Start eating at His banqueting table. He has prepared good, wholesome, nutritive meals for you. Foods that will build you up and make you grow as a healthy part of His body. He wants to feed you fresh bread, manna from heaven'. Although I felt this word applied to our bodies (eating habits), it also applies to our souls and spirits. God wants us to be totally committed to our local churches, stop just popping out to 'McDonalds' or 'trendy restaurants' to snack. He wants us to feed daily from His living Word. When you eat on the run you get indigestion. When you eat the wrong types of food you become susceptible to digestive disorders, diseases and infections. He wants us all to do it His way. Eat according to His biblical ways in order to be healthy, strong ambassadors for the King and His Kingdom.

I have recently listened to a lot of statistics and research on a cassette put out by 'Friends of the earth'. The tape posed the question "Do you value your health enough to protect it from cancer causing ingredients?" A very good question! A number of newspaper articles I have read recently also asked similar questions and went into great depth of the way our bodies are being bombarded by toxic poisons. In our world today there is widespread use of chemicals. They are in our food, water, personal care products, household cleaners, sprays and so on. Everywhere we go dangerous pollutants surround us.

I recently took part in a supermarket stock take and was in the household cleaner aisle. I was absolutely amazed at the variety of products on the shelves. The things that are in these products are very much a ticking time bomb. In 20 years time many of the cleaning products could be outlawed or have large 'danger, warning' labels, just as the cigarette companies have been forced to do. How many people will get sick in the meantime? It's time to start reading the labels on your shampoo now. The ingredient Sodium Laureth Sulfate is a nasty chemical found in many shampoos. Sodium lauryl Sulfate (found in 8 out of 10 shampoos sold in Australia) synthetic fragrances and toxic preservatives are the leading causes of allergy and sensitisation in all cosmetics. If you suffer with chronic fatigue or allergies, you need to avoid this ingredient.

Enough of the bad news and warnings! There is a lot we can do to protect ourselves from our toxic environment. When it comes to food, we should try to eat as close to how God intended (as in Genesis 1-29 for example)

Some Rules for Healthy Living:

- Whenever possible, eat foods that are in their natural state.
- Eat foods that are high in fibre.
- Do not use artificial sweeteners.
- Eat very little, if any, fried foods.
- Avoid white foods - except cauliflower.
- Drink plenty of water.
- Eat little and often (some cultures eat 6-7 meals a day).

- Make the commitment to be healthy for life.

Many health experts believe that eating 75% of your food raw is better for you. Our bodies find it easier to digest raw fruit and vegetables than cooked meals. You can eat unlimited quantities of raw fruit and veg without putting on fat or weight. Raw vegetables are your best source of nutrition, and one should endeavour to eat a good variety of vegetables, especially green and deeply coloured vegetables, such as broccoli, spinach, carrots, beets, and squash. The deep colours indicate high quantities of beta-carotene and other vital nutrients. Eating a raw vegetable salad before a meal will provide your body with living enzymes necessary to help digest the cooked food. A really healthy food in our supermarkets is broccoli sprouts; this apparently is even better at beating cancer than normal broccoli.

Anyone wanting to hear more about living and eating Gods way could check out online <http://www.hacres.com>.

In one of my previous newsletters I recommended incorporating molasses into the diet. Has anyone tried it yet? I bought a jar at the local health shop. I tried 1 spoonful and found it very unpalatable - actually foul! Does anyone have a good recipe to share with us, where the taste is hidden?

I recently started taking a supplement called Spirulina. It tastes much better than molasses! It's a dark green tablet which is a plant food containing over 100 certified organic nutrients including vitamins, minerals, enzymes, trace elements, proteins and all the essential amino acids. It has antioxidants, phytonutrients and co factors including selenium, zinc, B1, B2, B3, B5, B6, manganese, copper, methionine, and high levels of Vitamin E. It has a lot more in it - all in all providing plenty of energy. If you want to know more, check it out at your local health store. I started using this instead of Vitamin B tablets as it provides more nutrients to counteract the additional stress effects of travelling.

Don't forget, when you are thinking about eating healthy you also need to balance it with activity. The body is naturally homeostatic which means, under normal circumstances it is able to maintain a balance between energy production from food sources, fuelling the various chemical reactions within and its needed energy expenditure. No additional supplements are needed as long as a balanced diet is provided. That balance means to eat healthy fruits and drink plenty of water plus be a person who pursues some form of exercise daily - even if that is only walking around the shopping mall or spring cleaning the home or mowing the lawn. John tries to tell me that his idea of a balanced diet is a block of Cadbury chocolate in the left hand and a 2 litre bottle of diet coke in the right hand, carefully balanced in the recliner armchair, feet up. I don't think that's what God has in mind for us if we want to live a long life!

Hope this newsletter isn't too heavy for you. As statistics increasingly show us that more and more people are suffering health problems, I feel a greater urgency to share with people with the truth of what we are often doing to our bodies, the temples of God. If you would like to read more about the toxic situation we are now all facing in the year 2004, why not pop down to your local library and get out a book called 'Children of a toxic harvest' by Eve Hillary. You should find it a real eye opener.

If I can answer any questions feel free to e-mail me on hclady@hotmail.com. Anyone who has tips, testimonies or recipes, we are all waiting to hear from you.

Your Sista in Christ,

Heather