

# Sista Temple Times

April 27, 2004

Dear family, friends and co - healthy living advocates,

Greetings from Seattle, in the USA, where we have been ministering over the past few days. Trust this newsletter finds you in good health and enjoying life to the Max. Hope that you all had a blessed Easter and had chance to see the movie, The Passion of The Christ. It is so overwhelming to be reminded of the incredible sacrifice Jesus made for us. The film is really well done, portraying so graphically the price Jesus paid for our total redemption.

Hopefully we are already convinced that we need to look after our bodies. The 'experts' tell us that our skin is ageing too fast if we are under 40 and notice wrinkles appearing. Some dermatologists feel that sun damage is responsible for as much as 90% of all premature wrinkling.

According to Dr Miriam Stoppard, the secret to a longer life is to "eat more yet weigh less". The key is to lower your calorie intake by eating more low calorie foods that give you all the nutrients you need. Consuming fewer calories will occur if you eat complex carbohydrates, plenty of fibre and fill up on low calorie, anti - oxidant rich, minimally processed whole foods (for instance, plenty of fish, fruit and vegetables). There is some evidence that eating fewer calories everyday can slow down your biological clock, delay ageing and save you from many of the diseases that seem to come as we grow older.

According to researchers at Boston University, the top three foods to ZAP wrinkles are **Prunes, Raisins and Blueberries**, mainly because they contain high levels of antioxidants. Other foods that can help in this area are:

***blackberries, garlic, curly Kale, cranberries, strawberries, raspberries, spinach, brussel sprouts, plums, alfalfa, bean sprouts, broccoli, beetroot, avocado, oranges, black grapes, red peppers, cherries, kiwi fruit, pink grapefruit, onions, sweetcorn, aubergines.***

Good News for Chocolate Lovers!! (John is really rejoicing)

A study by Harvard University suggests that if you eat a reasonable amount of chocolate three times a month you will live almost a year longer than those who don't eat chocolate. There are also ingredients in chocolate that can produce a real high, including tryptophan, which is a natural chemical the brain uses to make serotonin, which can produce feelings of elation. Interestingly, the ecstasy drug, and some antidepressants, work by increasing serotonin levels. Eating chocolate apparently MIGHT also help counteract bad cholesterol. The bad news is that eating too much chocolate (John is wondering can there be such a thing) will lower life expectancy because of its high fat content. Excess indulgence can contribute to obesity which leads to an increased risk of heart disease.

Tea drinkers can also rejoice! Tea contains many antioxidants. Five cups of tea each day deliver as many antioxidants as eating two fruits or vegetables. After drinking tea your antioxidant blood level soars by as much as 50% in 30 - 50 minutes.

Tea works by revving up the liver's detoxification system that rids the body of free radicals and other cell damaging chemicals. Tea also fights ageing. Green teas are the best for you along with herbal teas. Remember, too much caffeine overtaxes our bodies.

In her book "Defying Age", Dr Miriam Stoppard states that exercise may decrease your risk of getting any cancer by as much as half, even if all you do is walk briskly for 30 minutes or more EVERY day (or tend your Herb Garden). The key is staying active. A sedentary lifestyle is always a negative on our health. Exercise releases a growth hormone that causes new brain cells to grow.

Most herbs have a calming, cleansing effect on the digestive system, easing risk of constipation, nausea and stomach cramps. They help improve the circulation and can relieve indigestion, headaches and respiratory problems. Some of the most useful herbs for cooking are:

***basil, coriander, dill, mint, parsley, rosemary, sage and thyme***

In relation to cholesterol, sunflower seeds contain omega 6 fatty acids which are known to reduce blood cholesterol levels, as does oatmeal. Porridge made with oatmeal and soy milk is great in reducing hot

flushes in menopause and help clean out the digestive system of toxic waste.

Some other products which can definitely be of benefit to our general well being:

**Gotu Kola** - which has been shown to diminish cellulite. I haven't tried this but would welcome any feedback.

**Sea Vegetables** - these are apparently a powerful health supplement. I haven't tried these and again would welcome any feedback from those who have.

**Spirulina** - Working wonderfully in our lives.

**Olive Leaf Extract** - great for dealing with warts and other viral and fungal problems

For those battling diabetes or pre-diabetic conditions cinnamon, cloves, turmeric and bay leaves seem to stimulate insulin efficiency so that your body doesn't have to make as much insulin. The mineral, chromium, helps to reduce the risk of adult onset type 2 diabetes, and to boost the immune system. Chromium rich foods are broccoli, barley, brewers yeast, shrimp, lobster, liver, whole grains, mushroom and beer.

Many of us like a late night snack. It is best to snack on items like lettuce, banana and avocado as they all contain the natural sleep inducing chemical Tryptophan. If you are battling chronic fatigue syndrome or health problems relating to a low immunity system here are a few suggestions. Just like a car, the body's immune system is made up of many complex and moving parts, each requiring proper care to ensure optimal performance. Your immune system can be weakened by overwork, lack of sleep and general neglect. To get your Immune System in to shape:

1. Maintain a healthy diet
2. Exercise regularly
3. Get proper rest
4. Reduce personal stress
5. Dress warmly as the weather changes
6. Fortify all seven aspects of immunity

These are:

1. **Epidermal** - our skin is the first line of defence from microorganisms attacking our bodies. Things like body piercing and tattooing can be very dangerous. Aloe Vera and Vitamin C will help increase the defence.
2. **Respiratory** - Mucous membranes lining the nose, throat and lungs help trap and expel harmful microorganism. Garlic, Horseradish and fenugreek will help in this area.
3. **Digestive** - intestinal flora prevents unwelcome invaders from dwelling in the gastrointestinal tract. Lactobacillus, acidophilus and bifidobacterium all help in this.
4. **Systemic** - the body naturally produces white blood cells, macrophages, neutrophils and natural killer cells to fight infection. Echinacea, olive leaf, Vitamin D and Zinc all help.
5. **Circulatory** - increased blood flow accelerates the transport of immune cells to areas of inflammation and infection. That is helped by cayenne, ginkgo and selenium. Using a fit ball is also great to help in this area.
6. **Cellular** - individual cells release powerful chemicals called cytokines to defend against invaders. This is helped by medicinal mushrooms such as Maitaki, Reishi, Shitake and Yamabushitake. These increase cellular immune response.
7. **Lymphatic** - invaders are transported to Lymph nodes where Lymphocytes (killer T-cells and B cells) identify, attack and dispose of infections. Plantain and Vitamin A help in this. When engaged, the Lymphatic system consumes a tremendous amount of energy. This is why you may feel fatigued when under stress

Hope all this information doesn't cause 'overload' but helps you in your pursuit of greater health. .Please feel free to contact me at [hclady@hotmail.com](mailto:hclady@hotmail.com) if you have any hints, suggestions or comments that will be of help to others.

With Love  
Heather