

Sista Temple Times

June 14, 2004

Dear Friends,

Thought I would get this newsletter out to you quickly as I have received a number of requests on various aspects of health and hopefully with winter upon us here in Australia there will be some helpful hints for you to utilize. For those of you enjoying the summer of the northern hemisphere make the most of plenty of fresh fruit and salads for optimal health.

Science and research is definitely proving that you can't eat too many fruits or vegetables if you want to live a long and healthy life.

We probably all know by now that un-natural processed sugars in our diets are very bad for us. They add unwanted weight and inches to our bodies and also destroy our body's ability to grow healthy and function well. But scientists are proving that we do need natural sugars. There are eight essential sugars - known as saccharides. Even tiny amounts of these sugars - or lack of them - have profound effects on our health. All that mankind needs for good health and healing is provided in nature by God. The challenge is to harness it all to your body. Obviously balanced eating is vital. Research shows that these sugars could one day serve as anti-cancer therapies. Some of these saccharides lower cholesterol, increase muscle mass, decrease body fat, accelerate wound healing, ease allergy symptoms, and allay autoimmune diseases. Chronic fatigue, multiple sclerosis and cancer patients have all been known to respond positively to natural sugars. If you want to know more about these glyco-nutrients and good health look up Mannatech on the Google search engine on the net.

Another interesting health issue coming up a lot lately is the negative effects that dentistry can have on your health. A book out last month called Toxic Bite (Bill Kellner-Read) could give you insight on unexplained conditions from which you suffer. Toxic dental materials may be the cause of unexplained sickness and nutritional deficiencies. For those of you who may still be looking for a safe toothpaste, I am pleased to announce that after 3-4 months of hunting around my local supermarkets, plus looking whilst in New Zealand and the USA, I have finally found 2 sources of Sodium Lauryl Sulphate free toothpaste. This very week I found it in Safeway and IGA supermarkets. It wasn't there when I first started looking but obviously demand for such products are growing due to the amount of people struggling with toxicity in their bodies.

Anybody out there found a safe shampoo or conditioner yet? I can't find a reasonably priced one anywhere. There are no such products in the Supermarkets. I did see a suitable product at a Sense beauty product party but at \$24 a hit I was very reluctant to purchase it. A good excuse to keep going on shopping trips!!!

For those people unable to eat wheat and gluten products I have been amazed how much alternative foods are available in the supermarket. Our daughter has been on a wheat free diet for 14 weeks and has felt much better for it. A company called Orgran has a huge range of wheat free products in most of the large supermarkets and Safeway sells bread made with grains other than wheat such as Spelt, Triticale, Amaranth and Rye. These breads taste much better than any white breads and don't leave you with a bloated stomach or heaviness.

I have been reading a book called 'What the Bible says about Healthy Living' by Rex Russell. In it he quotes an old saying 'The whiter the bread, the sooner you're dead!' Have you converted your family to the healthy foods yet? It won't happen overnight, but it will happen - if you lead the way! I can't believe now, how far we have come in the last 5 years. John now eats broccoli - without complaint! Due to Victoria's special food needs in the last 4 months I am now cooking lentils and making meat free bolognese sauces. After 31 years of being in hospitality and cooking for hundreds, I had never cooked a lentil, and I hated the taste. But now I have discovered they are good for us and taste delicious when cooked the right way. Apparently legumes are loaded with the essential amino acid - Lysine.

Oats are excellent for lowering cholesterol and are perfect for a winter breakfast - porridge. Avocado and garlic also lower the cholesterol.

Just a reminder that not all fats are bad. We need certain kinds of fat in our diet - especially fish oils and olive oil. Just because a product is advertised as 97% fat free doesn't mean it's healthy. It could be 97% full of sugar which definitely isn't a health food.

If you are currently fighting off a cold why not up your onion, garlic and red hot peppers in food. Also ginger reduces inflammation and pain. Pineapple is also a good pain killer and builds bones. All the other good fruits - especially kiwi, guava, papaya and oranges - boost vitamin C levels in the body to fight cold germs. Watermelon is a great thirst quencher and also helps boost our immune system.

Herbal teas are becoming more and more popular. Sage tea is good for insomnia. Yarroweed is good for you when sick. Ginger tea is good for the liver and even the old fashioned black tea is known to prevent strokes. It prevents a build up of fatty deposits on the artery walls. I have recently read that the caffeine in tea can exacerbate hot flushes for those suffering from menopause. Why not try drinking decaf tea instead, if you are menopausal?

Whilst in America I noticed that the in thing is 'Detox.' Everywhere you look it is advertised, magazines, TV, online etc. The other 'in thing' seems to be low carb eating. Lots of restaurants and cafes advertise their food by how low the Carbs are. No doubt it will be happening here in Australia soon, seeing as our weight and obesity levels are spiralling out of control.

Let me encourage you all that as you do the right things - eating sensibly, exercising, reading labels on food, drinks, controlling your stress levels and sleeping enough - then you can believe God to heal you if you need healing. Jesus is not just our healer but also our sustainer of health. He wants us whole in spirit, soul and body.

If you are one of the individuals recently diagnosed with diabetes you might be interested to hear that cinnamon, cloves, turmeric and bay leaves seem to stimulate insulin efficiency so that your body doesn't have to make as much insulin itself.

If you want more information on anything mentioned in this newsletter or want a recipe sent to you, feel free to email me at hclady@hotmail.com

Love in Christ,

Heather