

Sista Temple Times

August 23, 2004

Dear Friends,

At last, time to get the next newsletter written! Trust that you are all enjoying a healthy season in your life. If you are not, perhaps it is time that you declare out loud Hebrews 13:8 - Jesus Christ is the same yesterday, today and forever. He IS your healer and you are His child. We can be, and must be an oasis of healing for our communities - or as I recently saw printed in *Love Singapore* "we should be a magnetic house of healing for the nations!" We must arise and shine out as God's healing agents.

For those of you wanting some good reading material let me recommend 'Detox and Live'. Written by Australian herbalist, Hilde Hemmes, this book is full of fantastic recommendations. Try to borrow it from your local library or email me for details on purchasing it.

A detox of your body normally brings rejuvenation of energy levels, weight loss, boosts recovery from serious illness and disease and helps us have better control of our bodies. There are numerous good books on detox at your local library so why not check some out? Detox relies heavily on the cleansing power of juicing fruit and vegetables. Our body is a living system that is constantly cleaning itself out, but if it becomes overloaded with impurities it will eventually shut down. Fasting, especially Juice fasting, is a powerful tool for eliminating harmful toxins and accumulated waste from our system and ensuring we stay physically and mentally in tune. By maintaining a toxic free body we look younger, and have a greater probability of living long and healthy lives, free of disease.

Bouncing around on a fitball 10-15 minutes a day is also a great way to keep your body free of impurities. It prevents the lymph nodes from being negatively affected and therefore helps ward off numerous cancers.

For those of you toying with the idea of drinking red wine for its antioxidant benefits, you might want to think again. Alcohol is a depressant of the central nervous system. It suppresses the Immune system, blocks proper nutrient absorption, alters enzymes that normally protect us from cancer and depletes B vitamins and other minerals. It is also known to cause birth defects and impedes glycogen storage in the liver (our major fitness fuel). Grape juice has just as many antioxidants as red wine so you may want to try that instead.

The top 10 leading causes of hospitalization or Insurance health claims worldwide are noted as obesity, diabetes, haemorrhoids and varicose veins, heart attacks, diverticulosis and diverticulitis, cancer, peptic ulcers, hiatal hernias, appendicitis and gallstones. As John and I travel and minister with people it is clear to see the major health problems seem to be related to digestive / bowel disorders. Asparagus, as do onions, bananas and artichokes, contain a substance which stimulates the growth of friendly bacteria living in the stomach, helping to keep the digestive system healthy and strengthening the immune system. I have included in this newsletter an Asparagus soup recipe. For extra benefits why not try stirring a couple of tablespoons of live yogurt into the soup, before serving?!

Asparagus Soup

Melt 15 grams (1/2 oz) of butter in a large non-stick saucepan. Add 1 small chopped onion and cook, stirring occasionally, for 5 minutes. Roughly chop 300 grams (10 oz) of asparagus (not the tips). Add to pan with 200 ml (7 fluid oz) of chicken or vegetable stock and seasoning. Bring to the boil, reduce heat, cover and simmer for 10 minutes. Allow to cool slightly. Put in blender or processor. Blend until smooth. Return soup to pan. Add 300 ml (10 fluid oz) of semi-skinned milk (can be replaced with soy), bring to the boil and cook, stirring continuously for 1 minute or until soup begins to thicken. Steam tips and add to soup before stirring.

Did you know?

That eating 25 grams of Soya protein a day can help reduce cholesterol by 10%? Red peppers contain almost 3 times more Vitamin C than oranges? Why not crush canned salmon to make home made fishcakes for extra calcium in your diet?

According to Elizabeth Workmans 'The allergy diet book', rhinitis of the nose and eczema is usually caused by a sensitivity to cow's milk. Cow's milk is one of the most common causes of food intolerances. I wish I'd known that fact 26 years ago when our first child was born. We would have had a lot more sleep the first three years of parenthood!

Food allergies, food chemical intolerances and asthma are all on the increase in the UK, Ireland, Australia and New Zealand. One of the safest ways to avoid this health hazard is to eat the minimum amount of processed, junk foods as possible. When you are about to eat something remember - if it's not fresh or natural we probably shouldn't be consuming it!

A lot of you will be wondering about the controversy over the vegetable oil debate. Current Affair TV programs have regularly raised the issue over Canola oils and similar unnatural margarine type products possibly causing Macular eye disease. Macular degeneration of the eyes increases dramatically as we age - especially if you are not eating healthily - and eventually leads to blindness. There is definitely a lot of evidence to make us untrusting of these modern trans-fatty acid products and canola oil is one that I personally try to avoid ingesting. Canola oil, along with many of the margarines is a product best avoided where possible. I believe that the best oil to use in cooking is olive oil. Olive oil has proved to be very healthful. It contains anti-cancer properties and apparently promotes healing in many areas. According to Scripture, God has given us butter from Cows Milk, and milk from Sheep. To maintain sharp eyes we need plenty of Vitamin C fruits, Vitamin E, nuts, spinach and egg yolks.

3 Principles of healthful eating are:

1. Eat only substances God created for food.
2. Eat foods as they were created - not messed with or processed.
3. Avoid food additives - such as preservatives and sweeteners.

I recently received an email telling me about a woman who nearly died from artificial sweetener poisoning. Originally thought to be Muscular Sclerosis (MS), after many tests the doctors told her to stop drinking the 'diet' soft drinks she regularly consumed. Miraculously she has come back to full health and strength after having been at death's door!

If you want any more information on anything mentioned in this newsletter feel free to contact me at hclady@hotmail.com

Trust that you are all doing your part to keep yourselves healthy. Keep reading those labels, exercising regularly and remaining stress-free in Jesus.

Love in Christ,

Heather