

Sista Temple Times

Dear Friends,

9.12.04

At last - the final newsletter of the year. Hopefully by the time you receive this you will be on top of all your Christmas preparations and ready to enjoy the festive season. Praise God - a chance to enjoy food, fellowship and family, and remember the true meaning of Christmas. What a wonderful gift God gave us all those years ago when Jesus was born on earth to bring about our salvation.

For those who enjoy a recipe in the newsletter I have chosen a dish we were served in New Zealand earlier in the year. Very simple but tasty, economical and healthy. It is called MEING SING, similar to Maggi Chow Mein.

Ingredients:

½ cabbage
1 large onion
1 ½ lb mince or Soy TVP granules
1 cup rice - uncooked - can use brown rice
1 tablespoon tomato sauce and 1 tablespoon Worcester sauce
1 tablespoon brown sugar
Salt to taste
1+ desert spoon curry powder according to your taste buds
1 teaspoon green herb stock
1 pint Maggi chicken noodle soup
2-3 grated carrots
3-4 cups water

Method:

Brown onion and mince, add all other ingredients except the cabbage and cook for 20 minutes (Longer for brown rice). Now add shredded cabbage. Cook for a further 10 minutes.

On our various travels we get to read a lot of books, see documentaries and pick up healthy wholesome tips. In the USA I came across a new book about Super foods. The top 14 super foods that we should eat are: 1.Beans, 2.Soy, 3.Broccoli, 4.Blueberries, 5.Spinach, 6.Green or black tea, 7.Oats, 8.Tomatoes, 9.Oranges, 10.Turkey, 11.Pumpkin, 12.Walnuts, 13.Wild Salmon, 14.Yoghurt. Hopefully most of these are regularly in your meals over a week.

On an Australian TV news programme last month it was stated that there are 8 foods responsible for 90% of food allergies and intolerances. These were noted as: Milk, Eggs, Fish, Shellfish, Soy, Sesame, Peanuts and Tree nuts which are walnuts and cashews.

It is becoming very obvious to me that we all really need to read the labels carefully on what we buy at the Supermarkets in the way of food. Not only do hundreds of processed foods have hidden sugars in them but they also contain much more than the natural ingredients that our bodies are able to handle. This year on our travels we have come across increasing numbers of people who are suffering with bowel complaints, diabetes, heart problems, chronic fatigue and other related illnesses at surprisingly early ages. If you are the main health provider / cook in your household, then you really do need to spend time planning your menus and shopping trips to maximise the health of all those you look after.

The simplest way to eat healthily is to get back to basics - eating the way people did years ago before processing happened. You can't really get sick on fresh fruit, salads and vegetables.

I have just purchased a yoghurt making kit to be able to eat yoghurts full of healthy ingredients without sugar or chemicals added.

Back in January John and I started taking Spirulina to help keep us in good health as we travelled. We intended to just take it for a month to see if it worked. Well, we never stopped! We have travelled the past ten and a half months almost non-stop, and haven't had any health problems! In New Zealand you can get Spirulina smoothies and health drinks which are really refreshing, but the rest of the time we get it in tablet form. Spirulina has about 100 ingredients in it and is easily found in health food shops. In the UK it can be found in Holland & Barrett shops and in the USA it is often called Blue Algae. We definitely recommend this natural product.

Many diseases stem from a compromised immune system. It is when we let our immune defences break down that the risk of serious illness presents itself. There is no magic bullet in the treatment of disease, as we have seen in the case of antibiotics abuse. Therefore, **fortifying our immune systems on a day to day basis is the best way to protect ourselves** and our families from the threat of pathogens, poor diet, pollution and stress. We must build up our natural resistance to disease rather than rely on drugs after we get sick; drugs that not only come with a whole host of side effects, but may ultimately fail us, as well.

Earlier in the year I read a report from a large drugs company admitting that their drugs (along with other companies) don't actually work or cure people. The benefits of taking them are more psychological / placebo type effect. And of course the drug companies are getting rich from the millions of sick people around the world.

Latest health statistics state that 1 in every 4 deaths each year is attributable to cancer and the rate is rising. But the good news is that over 75% of all cancer cases are preventable. **Prevention rather than cure should become our new emphasis.** What is cancer? It is a disease characterized by the uncontrolled growth of abnormal cells permitted to reproduce due to extensive immune collapse. Cancer is allowed to grow because our immune surveillance system falls asleep. A good way to provoke your immune system to work properly is to be more active. This makes the Lymphatic system work properly. Exercise keeps your blood circulating. A 'core ball' makes your circulation work and stops lymph nodes from being blocked. A detox or fruit juice fast can also have wonderful health benefits. There are some health experts who suggest that we should eat 90% or more of our food in its raw uncooked state. Here in Australia that is a very easy thing to do with summer upon us.

For those of you in the colder part of the world you might like to spice up your life with Cayenne. Cayenne has the ability to improve overall circulation and help the heart. 1 cup of cayenne in a cup of hot water works miracles after a heart attack. Cayenne is also anti-bacterial. Cayenne applied directly to wounds acts as both an analgesic, an antibiotic and will help clotting, and stop bleeding. Cayenne ointment relieves pain following shingles, diabetic neuropathy, osteo-arthritis of the hands and other kinds of pain. Cayenne increases the value of healing properties of other herbs and carries them to the part of the body that is in need. Isn't it amazing that God put this little herb on earth for us?! It sure packs a powerful punch! Instead of pepper and salt on the table maybe we should just have a Cayenne cruet shaker.

Hopefully these newsletters are of help to you. Any questions or feedback, just email me at hclady@hotmail.com.

Enjoy your time of rest and remember what Nehemiah said to the people in Nehemiah 8:10 - The joy of the Lord is our strength! Go and enjoy choice food and sweet drinks and send some to those who have nothing prepared.

Praying for you all.

Love in Christ,
Your sister
Heather