

As one who is interested in nutrition and worked with the public in this area for many years and in that there seems to be an awakening interest in getting back to the old time basics, I thought it might be interesting if on a regular basis we could have a newsy letter informing you of new health ideas, new foods, new recipes, nutrition information, information on herbs, spices, seeds etc. May be a story on what is being said out there in the wider world on health. So much we can talk about and may be you have a story you would like to share on health. Of course the ladies will always like a new recipe to try out on their family!

However, to begin with, I want to get you thinking about what a doctor with an impressive line of letters after his name, has to say about this wonderful body of ours. I received this back in February 2010 and think it has been well said. He entitles his report --

THE MOST PROFOUND HEALTH LESSON OF MY LIFE

"The most profound insight I ever gleaned about staying healthy came to me after years of reporting on stories of truly remarkable remissions, recoveries and renewals.

In a nutshell, it is this:

Our marvelous human body possesses the awesome ability to repair and renew itself as long as we live. In fact, your body is performing this near-miraculous feat this very moment as you read this!

Now this probably comes as no surprise to someone with your health awareness. But the average person has a very different idea.

Most people believe we are born with a perfect body that slowly deteriorates as we age, until it finally falls apart.

They see their body as a machine --- something that requires continual maintenance from doctors, whose job is to repair our damaged parts.

Most doctors believe this too. Indeed, our entire allopathic medical system is based on this idea.

But this mechanical model of the human body is precisely where modern medicine has gone wrong.

In reality a doctor's role in the healing process is very small Most of the job – as much as 90% of it – is accomplished without any need of a physician or his medicines.

If you nick yourself shaving, what happens? Almost immediately, new tissue begins to form – and days later you can't even tell where the cut was.

Break a bone and the same regenerating process occurs. Even more remarkable, the healed bone emerges stronger than before.

The same is true for damaged arteries....injured brain cells and nerve tissue ... and worn-out cartilage in arthritic joints.

Doctors have been quick to downplay this self-healing ability.

"Joint cartilage just doesn't regenerate very well," they like to say.

Ten years ago that's exactly what brain surgeons thought about brain cells. "Once you lose a neuron, that's it. They don't regenerate."

And as recently as three years ago, cardiologists were sure that heart tissue damaged by a heart attack never repaired itself. "Dead heart cells don't regenerate" they say.

Today we know they were dead wrong in each instance.

Brain cells and heart cells do regenerate – just like all living tissue in the human body...

And that includes joint cartilage!

I hope you'll always remember that you body is committed to repairing and regenerating itself – and will continue to do so as long as you live.

No matter how old you are, it will generate new skin, bone tissue, muscle, and cells. Your immune system will continue to conquer bacteria and viruses, colds and flu, cancer and other diseases. And your wounds and bruises will heal, just as they have all your life.

THERE'S JUST ONE CATCH.

YOU must provide your body's remarkable repair power with the nutritional materials and building blocks it needs to keep going and growing.

That's our job -- yours and mine. Not the doctor's.

Keep doing this and you'll be as awe-struck as I am by the miracle within each of us."

Before we had all the sophisticated drugs that doctors use today, it is most interesting to read what people did for their various ailments way back in the 1800's and early 1900's. A book entitled "Ministry of Healing", I find most interesting. It was written in 1905 by a Mrs. E.G. White and gives information that in many instances, was way ahead of its time and science today is confirming most of what this lady wrote to be correct.

If you have the book read the chapter on **DIET AND HEALTH**, you'll be amazed.

Until next month -

God bless you with good health and strength

Judy

Health Ministry Coordinator

HEALTHY & NUTRITIOUS RECIPE

ROLLED OATS ENERGY BARS



Ingredients

1 cup rolled oats	½ cup wheat germ	½ cup sunflower kernels
½ cup pepitas (pumpkins seeds)	½ cup chia seeds	1 cup desiccated coconut
1 cup chopped Turkish apricots	125g butter	½ cup brown sugar
		½ cup honey

Method

1. Grease an approximately 20cm x 30cm x 3cm baking pan and line with baking paper.
2. In a large frying pan, add rolled oats, wheat germ, sunflower kernels, pepitas and chia seeds. Over medium heat, toast for 4-6 minutes, stirring continually with a wooden spoon until lightly toasted.
3. Add coconut and continue stirring gently until coconut begins to brown. Remove from heat and transfer mixture to a large bowl.
4. In a small saucepan, combine the butter, sugar and honey and over medium heat, stir continuously (3-4 minutes) until the sugar is fully dissolved. Bring to the boil and then reduce to a low heat and simmer without stirring for 5 minutes. The syrup is ready when a small portion forms a soft ball when dropped into ice-cold water.
5. Add the syrup to the dry ingredients and combine very well.
6. Transfer the mixture and spread evenly into the prepared baking pan. Press firmly with the back of a large spoon to ensure densely packed, with an even surface. Completely cool it before cutting into bars. Store it in refrigerator.