

Hi Friends, do trust you are well and enjoying each day as it comes. First of all in this Health News, I would like to add to our food rules a further three points that we need to consider in the purchase and eating of our food.

FOOD RULES

Rule No. 12 Avoid foods you see advertised on television

Food marketers are ingenious at turning criticisms of their products – and rules like these – into new ways to sell slightly different versions of the same processed foods. They simply reformulate (to be low-fat, have no HFCS or transfers, or to contain fewer ingredients) and then boast about the implied healthfulness, whether the boast is meaningful or not. The best ways to escape these marketing ploys is to tune out the marketing itself, by refusing to buy heavily promoted foods. Only the biggest food manufacturers can afford to advertise their products on television. More than two thirds of food advertising is spent promoting processed foods (and alcohol), so if you avoid products with big ad budgets, you'll automatically be avoiding edible food-like substances. As for the 5 percent of food ads that promote whole foods (the prune or walnut growers or the beef ranchers). Common sense will, one hopes, keep you from tarring them with the same brush – these are exception that prove the rule. Bogus health claims and faulty food science have made supermarkets particularly treacherous places to shop for real food, which suggests the next two rules.

Rule No. 13 Shop the peripheries of the supermarket and stay out of the middle

Most supermarkets are laid out the same way. Processed food products dominate the centre aisles of the store, while the cases of mostly fresh food-produce, meat and fish, dairy – line the walls. If you keep to the edges of the store you'll be much more likely to wind up with real food in your shopping cart. This strategy is not fool proof, however, since things like high-fructose corn syrup have crept into the dairy case under the cover of flavoured yoghurts and the like.

Rule No. 14 Eat only foods that will eventually rot

What does it mean for food to 'go bad'? It usually means that the fungi and bacteria and insects and rodents with whom we compete for nutrients and calories have gotten to it before we did. Food processing began as a way to extend the shelf life of food by protecting it from these competitors. This is often accomplished by making the food less appealing to them, by removing nutrients from it that attract competitors, or by removing other nutrients likely to turn rancid, like omega-3-fatty acids. The more processed a food is, the longer the shelf life, and the less nutritious it typically is. Real food is alive –and therefore it should eventually die. (There are a few exceptions to this rule.

For example, honey has a shelf life measured in centuries).

Note: *Most of the immortal food-like substances in the supermarket are found in the middle aisles.*

ARE THERE TOXINS IN OUR CLOTHING?

In my last Health News I brought up the possible problem that could be associated with synthetic fibres. We have been under the illusion that clothes made from synthetic fibers are safe, when in fact they are full of invisible chemicals! Clothes can contain toxins like brominated flame retardants, and perfluorinated chemicals (Teflon) to provide "non-iron" and "non-wrinkle" qualities, even formaldehyde! And, I have read that insecticides can also be added to the mix! Oh boy, what are we heading into? When toxins are absorbed through our largest organ – the skin – they bypass the liver which is responsible for removing toxins. So I imagine that the more synthetic clothing we wear, the greater our risk of absorbing toxic chemicals that could harm our health.

What could some of these problems be? It may be important that we check out any mysterious health symptoms that are out of control, such as difficulty in breathing, itching, headaches, burning, fatigue, skin rashes and nausea to name a few. I understand that petrochemical fibres restrict and suffocate our skin and this on top of other toxins we may have absorbed, can be the cause of triggering health problems. I will share more about the chemicals we are wearing!!

IT'S WATERMELON TIME

Did you know that eating watermelon may lower your blood pressure? It just happens that a recent report from a small study done in the U.S. found this to be a possibility. L-citrulline, is a chemical that is essential for keeping hypertension in check and watermelon is the richest edible natural source of this substance. Let's enjoy this delicious, cooling fruit as dessert or drink, even as ice-blocks. It is always great seeing watermelon set out on trays for us to enjoy the delicious flavour.

COOKING RELEASES THE NUTRIENTS of many vegetables. Probably most of us are of the belief that "raw is best" and yes, we do need to eat MORE RAW THAN COOKED. However, did you know that by eating cooked tomatoes you may get 171% more lycopene. A cancer fighting compound needed by woman just as much as for men. Try the following:-

Wash and dry 30 Cherry or grape tomatoes and place in a small baking dish. Drizzle with a tablespoon of olive oil. Bake at 230 C for 15 minutes.

VEGETABLES When Summer comes we will be thinking - salads. Try adding to your tossed salads, some of the different herbs such as, parsley, dill, watercress, basil, chives, mint etc. These will add extra health benefits to your greens. We then need to pair our green salads with a healthy fat such as olive oil, nuts or avocado. By doing this we increase our body's absorption rate of the disease-fighting carotenoids, which help to protect our eyes from cataracts and macular degeneration. More information on vegies and herbs in later editions of Health News.

Page end is coming up fast! As we come into the hot weather we will be thinking – cooling foods and drinks so I hope the recipe in this Health News will help keep you cool during the hot days of summer.

Until next time -

God bless you with good health and strength

Judy

Health Ministry Coordinator

HEALTHY & NUTRITIOUS RECIPE

WATERMELON ICE

Ingredients

4 cups watermelon without seeds

½ cup CSR Lo GiCane Sugar (*I used 4 tablespoons raw castor sugar*)

Juice of one lemon, strained

Mint to decorate



Method

1. Place watermelon in a blender and blend at medium speed for 30 seconds (or crush with a potato masher and push through a coarse sieve).
2. Combine sugar and lemon juice and stir well. Mix into watermelon puree.
3. Pour into chilled ice cream trays and freeze until firm. Remove from freezer, break up and place into blender. Blend until consistency required. (About 1 minute – don't blend to a liquid)
4. Can be served immediately or put back into trays to freeze until required. Garnish with mint.