

## GCC S.D.A. CHURCH AND LIFE DEVELOPMENT CENTRE HEALTH NEWS - NO.9

The more I read about 'health' and all it incorporates, I have just got say with David Ps. 139:14, "I will praise you, for I am fearfully and wonderfully made. Marvellous are your works and that my soul knows very well".

Unfortunately, man has not appreciated this comment of David's and has gone his own way and today we are paying the price of sickness and diseases which seem to be getting out of hand. The medical doctors are giving us drugs that may seemingly control sickness, but the side affects are something else! The more I have been reading what the alternate health doctors are finding out and telling the world (if we are prepared to read it), the more I believe our God knew what we would need when sick.

**In 'Counsels on Diet and Food', page 81, "Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in a simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance and a vigour of intellect that are not afforded by a more complex and stimulating diet".**

I believe our food also, is as 'fearfully and wonderfully made' as we are. The alternate doctors would say a big AMEN to the above quote as many of them are recommending their patients get back to this naturally healthy diet.

About 5 or 6 years ago, I read a book, but with the understanding I had then of nutrition, I, like many thousands of others was really skeptical. However, after talking with several of you dear people, I decided to read it again and it has blown me away! You just have to go out and buy a copy for yourself. Even if it doesn't help with your health problems, it will give you wonderful information as to the complexity and the beauty of the food God has made for us to eat.

The name of the book is:- **THE MIRACLES OF COCONUT OIL** written by Bruce Fife, N.D. It is easy reading and among the many different subjects, it clearly tells about the different fats and oils. How to buy them, keep them and use them. It is a must that we use and buy the correct oils in our eating of, and cooking with them. Do you want a clear explanation on what free radicals are and what they do to us? **Read page 43.** Polyunsaturated oils? You thought you knew about these, well read about them on **page 44.** What on earth are MCT oils? Read about them on **page 51.** Read about a natural germ fighter on **page 59.** Parasites on page **69** (most interesting) and so much more that will really interest you.

Yes, as incredible as it sounds, I learned that **coconut oil** is used in the **fight against AIDS.** It's used in hospitals for the **very sick and the young.** It's used in **baby formulas.** In fact the government includes it on its **list of safe foods** to use. If this is so, why do we hear and read that it is not a good fat to use? We are told that it is **saturated** and not a good oil to use! It is on the **'not to use'** list of foods! **Why? Why?? Well.....**

Read about **the tropical oils war** – pages 26 – 28. The Soybean Association of America, orchestrated a plan to eliminate competition from imported tropical oils during the 1960's, 70's. They capitalized on the public's fear of saturated fat *as it was then perceived*. It makes for very very interesting reading to say the least.

**Using coconut oil for all your cooking needs may be one of the healthiest decisions you could ever make.** In this book you will discover many of the health-promoting benefits coconuts and coconut oil can bring to you. You will also learn why many researchers now consider coconut oil to be the **healthiest oil on earth**. You will discover why many Indians, Asian and Polynesian people call the coconut palm “**The Tree of Life.**”

**Medical Research and clinical observations have shown that medium-chain-fatty acids in Coconut Oil (a saturated fat), may provide a wide range of health benefits, and perhaps I could summarize a few of them for you below. I should remind you that butter (a saturated fat), is made up of long-chain-fatty acids and is quite different from coconut fat.**

**Bruce Fife, N.D. the writer of “The Miracles of Coconut Oil” suggests that the use of coconut oil could be of help in many health problems. Here are just a few of the many problems that may be helped.**

- **Helps to protect the body from harmful free-radicals that promote premature aging and degenerative disease.**
- **Does not deplete the body's antioxidant reserves like other oils do.**
- **Relieves symptoms associated with benign prostatic hyperplasia.**
- **Is lower in calories than all other fats.**
- **Applied topically helps to form a chemical barrier on the skin to ward off infection.**
- **Supports the natural chemical balance of the skin.**
- **Is completely non-toxic to humans**
- **Functions as a protective antioxidant**
- **Helps prevent High blood pressure.**
- **Helps prevent heart disease atherosclerosis and stroke.**
- **Is heart healthy, does not increase blood cholesterol or platelet stickiness.**
- **Supports tissue healing and repair**
- **Reduces chronic inflammation**
- **Improves calcium and magnesium absorption and supports the development of strong bones and teeth.**

**I have just made a wonderful discovery for you. To save buying the above book, you can find a lot of the information on, [www.coconutresearchcenter.org](http://www.coconutresearchcenter.org) So please do look it up as you may find it very helpful – certainly very interesting.**

## **YOGHURT**

You will remember that in Health News No.7, the subject of yoghurt was discussed. Did you know that you can buy Coconut Yoghurt? It's quite delicious and very healthy, but expensive for a family to buy regularly.

There are several of us working on perfecting the making of coconut yoghurt using the **Easiyo Yoghurt Maker**. Coles and Woolworths both sell this simple yoghurt making machine and the Easiyo Yoghurt that you make in it, is very nice. If you are a big yoghurt user, you will find this a great way to get your yoghurt and so easy to make.

As soon as we have the recipe for coconut yoghurt worked out, you shall have it.

## **ARE YOU NEEDING MORE ENERGY?**

**3.**

Emily Bradley is a Naturopath and Prevention adviser and she suggests the following five could be helpful to recharge our batteries.

**OATS** provide fibre and low-GI carbohydrates, which slowly release fuel for sustained energy.

**ALMONDS** are rich in protein and good fats as well as in B vitamins to help convert carbs, fats and protein into energy.

**BERRIES** are full of antioxidant phytochemicals, vitamins, and minerals to keep your cells functioning at their peak.

**QUINOA** is loaded with protein and minerals (such as iron and magnesium), which the body needs to produce energy.

**GINGER** stimulates circulation, metabolism and oxygen delivery.

## **TREAT PAIN - GINGERLY**

The University of Georgia, U.S.A. in their research, say that, not only is ginger delicious, good for circulation, metabolism and oxygen delivery, but have found that consuming as little as 2 g of raw or cooked ginger every day can reduce exercise-induced muscle pain by as much as 25%. So you exercise fanatics, why not try the following:

*Peel 2cm of fresh ginger, bruise with a mortar and pestle, then steep in a glass of hot water for 10 minutes, then strain and drink.*

## **SPICES**

I thought we would look at some spices and their uses, particularly some of the 'newer' ones that we may not have used much, if ever, and the exciting facts science is finding out about them.

## **TURMERIC**

This spice has been used for centuries in Ayurvedic medicine and is considered a cleansing herb, good for the digestion; used in the treatment of fevers, infections, arthritis and more. As a spice it is used in curries to give that vibrant colour.

**Turmeric** has an antibacterial action to prevent food spoilage and scientists believe this quality means turmeric may also offer the body protection from degenerative disease.

**Turmeric** is a rich source of anti-oxidants that scavenge and neutralize harmful free radicals and possibly prevents their formation in the first place.

**Turmeric** is considered to be beneficial to those who may have inflammatory problems.

**Turmeric** trials have established that it may be an effective antimicrobial agent against some multiple drug-resistant bacteria **It is thought to be heart protective even helping to reduce cholesterol.** Small clinical trials are finding that it may reduce the risk of some cancers.

*In fact it quite blows me away what research is finding out about the things **turmeric** can/may do.*

**N.B. Don't think that merely adding large amounts of colourful turmeric powder to your meals will do the trick! Doses of food-grade turmeric powder found in your local supermarket will not deliver the standardized amount of curcuminoids required to achieve a therapeutic benefit. You really need to seek the advice of a healthcare professional before taking turmeric supplements, particularly if you are taking prescription medicines, pregnant or breastfeeding.**

Dr. Mercola, a world leader in alternative medicine says, and I quote: ***Turmeric is so amazing on so many fronts – it's easy to call it the Granddaddy of all antioxidant spices...***

Until next month, take care, eat well and keep smiling.

Judy

Health Ministry Co-ordinator

## **ABC NUT SPREAD:**

100 grams raw Almond nuts  
100 grams raw Brazil nuts  
100 grams raw Cashew nuts  
1/3<sup>rd</sup> teaspoon Celtic Sea Salt (or Himalayan Salt)  
20 – 30 grams Almond or Macadamian nut oil  
Fresh Banana, sliced  
Raw Honey

1. Place nuts and salt into food processor and blend till milled into a flour.
2. Gradually add oil and mix through till a smooth nut spread.
3. Use the nut spread on fresh bread, bread rolls, wraps or toasted bread.
4. Top with fresh slices of Banana and a drizzle of Raw Honey

