

## GCC S.D.A. CHURCH AND LIFE DEVELOPMENT CENTRE HEALTH NEWS - NO.11

How many of you like Yoghurt? How many of you have tried the Coconut Yoghurt? In Health News No. 9, I mentioned several of us were working on making a coconut yoghurt we could make ourselves, using the EASIYO YOGHURT MAKER, which you can purchase at either W.W.s or Coles. Thanks to all who helped in this experimentation. Hope you try and like it and may be you can even improve on it. First of all some helpful suggestions and ideas.

### **EARLY MORNING DETOX:**

Recently, I was attending a Health Seminar and I learned that early morning is the time for DETOXING and to kick start the natural elimination process for the day, I will give you the simple, yet healthy drink we need.

*Into 1 large glass of filtered alkaline warm water (above body temperature)*  
*Add 2-3 tablespoons fresh lemon juice (or to taste)*  
*1 or 2 teaspoons raw organic honey (or to taste).*  
*Mix all ingredients together until honey is dissolved and drink slowly.*

Evidently the warm water cleansers the liver and starts the process of eliminating toxins collected in the body during overnight sleeping.

The lemon de-acidifies the body and the honey helps to make the drink palatable.

Combine this with some stretches and your favourite exercise and this will give you a fabulous start to your day. WHAT COULD BE EASIER? Try it.

### **LEMON PEEL:**

While we are talking lemons, let me share some very interesting information that has recently come across my desk from one of our readers of our Church Health News.

We have a wonderful Creator God. He knew that we would need the nutritious value of lemons to help heal some of our sicknesses and, for flavouring our food. Lemon is a favourite flavour with so many people but you are going to be surprised at the waste we have been incurring. Yes, we use the juice and sometime grate a little of the rind to add to a recipe for that nice lemon flavour but for the most part, we squeeze the lemon juice out and throw away 'the lemon'!

It seems that many professional cooks in restaurants and eateries, use or consume the entire lemon and nothing is wasted!

Here's what you must do in future. Simple... You place the lemon in the freezer and freeze it. Once it is frozen hard, you get your grater and shred the whole lemon, peel and all, then you sprinkle it on top of your foods. Sprinkle it on your vegetable salads, ice cream, vegie soup, chicken soup, curry soups, noodles, spaghetti sauce, rice, sushi and what ever dish of whatever nationality. You just simply sprinkle it on the dish prepared and taste the difference.

So, what is the advantage of using the whole lemon other than preventing waste and adding new taste to your dishes? It seems that lemon peel contains as much as 5 to 10 times more vitamins than the lemon juice itself.

*To think we have been throwing away the best part!*

Why have we not heard about this before? Well, I am not surprised as it has happened before and will continue to do so while money remains more important than people's health. It seems that there are Laboratories interested in making a synthetic version of the lemon that will bring them huge profits.

*My advice is, never touch, eat or drink anything that is synthetic – man made. Our Creator made us to use the fruits, vegetable and herbs of the field for our health and wellbeing. Have a reread of the FOOD RULES in Health News letters No's 2, 3, 4, 5, 6 & 7.*

The source of the above information on lemon , comes from one of the largest drug manufacturers in the world. The 20 or more laboratory tests they have done since 1970, reveals that lemon can destroy malignant cells in at least 12 cancers; that the compounds of the lemon tree out-did many times over, the drug Adriamycin used in chemotherapy and that lemon extract therapy only destroys malignant cancer cells and does not affect healthy cells.

**ENJOY YOUR LEMON DRINKS**, particularly the recipe given for detoxing at the beginning of this news letter.

### **COCONUT YOGHURT:**

In our Healthy News No. 9 we had a look at the benefits of the Coconut and I said I would give you a recipe for making Coconut Yoghurt. Well, here it comes!

This is such a simple recipe. All you need is: (a) An **EASIYO yoghurt maker** – available at Coles or Woolworths. (b) **2 x cans ORGANIC COCONUT CREAM**. (not the fat reduced one). Buy the **MACRO brand** from Woolworths. Cheaper coconut creams have lots of additives and light creams have too much added water. (c) **2 x FLORAMAX probiotic capsules**. These can be bought at a Health Food Shop. There are 30 capsules in a bottle. If you don't like the yoghurt, then you will find it very beneficial for your health to take one of these probiotic capsules per day. (d) Buy a packet of **TAPIOCA FLOUR**, (which is Arrowroot flour), from your Health Food Shop.

#### **Recipe:**

1. Take **2 level tablespoons of Tapioca flour** and mix it with **150mls of cold water** in a small saucepan. Bring to the boil over medium heat stirring continuously. Lower heat and cook until custard like. Remove from heat.
2. Add in **1 can of Organic Coconut Cream** and mix well.
3. Break open **2 x Floramax probiotic Capsules** and thoroughly mix into mixture then pour into EasiYo, yoghurt jar.
4. Add **second can of Organic Coconut Cream** and mix well. Screw lid onto yoghurt jar and give a good shake.
5. Pour boiling water into Yoghurt Maker till it comes to the top of the baffle. Place yoghurt jar inside to sit on baffle. The water will rise up around the base of the jar. Screw lid onto Yoghurt Maker and leave for 12 hours.
6. At the end of 12 hours remove yoghurt jar and replace now cold water with more boiling water. Return yoghurt jar into yoghurt maker and leave for another 12 hours.
7. Time now to remove yoghurt jar from yoghurt maker and place in refrigerator for around another 12 hours, or until cold and thick.

**Begin making your coconut yoghurt at 7,8 or 9p.m. and then it will be ready for the change of hot water next day at 7,8, or 9a.m. Another 12 hours will bring you to the evening when you will at 7,;8 or 9p.m. place the yoghurt in the fridge. It will then be ready for you to use the second morning on your breakfast. You made add fruit or a healthy sweetener if you so desire. Don't'add fruit until you are ready to use the yoghurt.**

Till next month, have fun and I hope you enjoy making and eating your own yoghurt.

Judy

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