

My Dear Friends,

Let's begin our Health News with a recipe that is different but interesting and try serving a large slice to all you meet.

Ingredients: Mix together and let mature throughout 365 unused days:

450g patience            1 large can longsuffering            1 cup kindness (sweet variety)  
1 gallon of love

In a large kettle combine and cook gently:

1 full measure decision (packed firm)            2 stalks earnestness  
1 cup true heartedness

Season each day with:

24 hours divine guidance            1 large head of courage            12 ounces enterprise  
1 shining witness            Just enough strength (borrowed)  
Sufficient overcoming

Directions:

“Let patience, long-suffering, kindness, and love become a part of your very being; then whatsoever things are pure and lovely and of good report will mature in your experience.

PURPLE :

Have you noticed the growing number of purple coloured foods that can now be bought at your fruit and vegetable market? I can't say the colour excites me or makes me want to buy them, BUT that purple colour is natural and is due to anthocyanins, a class of flavonoids with red, blue and purple water-soluble pigments, which are considered to be anti-inflammatory, anti-cancer and act as antioxidants.

These compounds as found in blueberries, cherries, cocoa, purple grapes, provide many health bonuses when eaten as part of a varied diet.

If you are into buying purple fruit and veges, have you seen the purple carrots which I understand have more than the double amount of betacarotene and 28 times the anthocyanin content than our common old orange carrot!

What about a purple cauliflower? I believe purple corn is also gaining in popularity and has a higher antioxidant count than blueberries!

May be we should get out of our rut and try something new. It might just make us into a new person; (as long as we don't turn purple!)

FIBRE:

The processed fibre that manufacturers add to many packaged foods is finely ground. And unlike the fibre of wholefoods, this added processed fibre doesn't slow digestion, lower cholesterol or improve regularity.

To get your recommended daily intake of 30g of fibre per day, stick to natural fibre sources.

RHUBARB

I do enjoy a Rhubarb and apple Pie and Strawberry and Rhubarb go well together, but did you know that it contains cancer-squashing polyphenols which also help prevent heart disease? Wow, I'm just going to enjoy it more often! However, I didn't know that the stalks release up to 1.5 times more antioxidants when baked rather than stewing the fruit.

So get cooking: *Cut two rhubarb stalks into 2.5cm pieces. Place in a small baking dish with ¾ cup of water and 2 tablespoons of sugar. Cover with foil and bake at 180 degrees C for*

*about 20 minutes (the time it takes for rhubarb to release its health-fighting-compounds) or until it is cooked. Enjoy warm or chilled with a scoop of Sanitarium Vanilla Soy Ice-Cream.*

#### YOUR DAILY FEEL-GOOD FIX:

From our own Sue Radd, a nutritionist for the Sanitarium Health & Wellbeing Company, comes the following tips to lighten your load and not your wallet.

1. Drink plenty of water
2. Avoid alcohol and caffeine
3. Eat seven colourful fruits and vegetables
4. Don't smoke
5. Choose wholegrain breads and cereals
6. Replace some of your meat meals with legumes and nuts
7. Walk 10,000 steps (a pedometer makes counting easier)

The following recipe you may find very helpful during those cold days and you feel a cold or flu coming on. Until next month every best wish.

Judy

Health Ministry Leader

#### THE FLUE BREW:

##### Ingredients:

1 onion	2 cloves garlic	2 cm of ginger	1 lemon	
2 cinnamon quills		¼ teaspoon of cayenne pepper		1
tablespoon of Manuka honey				

##### Method:

1. Finely chop the onion, garlic and ginger.
2. Juice the lemon
3. Add the onion, garlic, ginger, cayenne pepper and cinnamon quills to a mug and pour boiling water over them. Cover the top of the mug and let it steep for 5 minutes.
4. Uncover and strain.
5. Add the lemon juice and manuka honey and mix well.
6. Rug up, relax, sip and let the flu brew work its magic!

