

Dear Friends,

What are we going to discuss this month? There is so much interesting information around, so here goes to share with you, some of the exciting reading that has come across my desk in the past month.

### **RESTLESS LEGS:**

I hear people complain about a crawling feeling they get in their legs soon after they go to bed at night which keeps them from sleeping. Yes, I know the feeling too and it sure keeps one from falling off into that good nights sleep one has been looking forward to.

Well, if you have the problem, see your Doctor and ask him to check your folic acid (also known as folate) It is a B-vitamin that is found in large amounts in vegetables. The problem is that cooking destroys it to a large extent. So the most effective way to guarantee a sufficient amount of folic acid in you diet is to eat lots of salads.

If there is a family history of the problem, it could be a genetic problem, and doses higher than the normal amount of folic acid may be needed. (If this is your problem and you would like a copy of the article, let me know). You need your sleep!!!!

### **MILK WITH A DIFFERENCE:**

So many people today are lactose intolerant and are looking for a good alternative to dairy milk. Have you tried **ALMOND MILK**? Of course it is made from almonds which are so good for you! The milk itself is low-fat, quite delicious and most suitable if you are looking for a healthier alternative. Low in saturated fat, free from lactose and gluten, contains no cholesterol and for those following a low-GI diet, it is perfect, therefore most suitable for diabetics. Give it a go in your smoothies, on your cereal and in your cooking. Goes well in hot drinks too!

### **TURMERIC:**

This amazing herb is full of a phytonutrient called curcumin, which is the orange pigment from turmeric that turns our curries yellow. Curcumin is able to neutralize free radicals that damage healthy cells and cell membranes, so has proved useful in alleviating painful joint inflammation in arthritis sufferers and has no toxic side effects.

The good news is that you only need a little each day for results, so serve up curries often or try this...

**Steam cauliflower until just cooked and then sauté in a small amount of oil (coconut or rice bran oil) with fine chopped onions, garlic turmeric and sea salt.**

### **THE HARD FACTS:**

Easing up on the soft drink may be a great move for people with high blood pressure. A U.S.A. trial looked at more than 800 fizzy-drink consuming adults who gave up one can per day. After 18 months, study results linked this reduction with subjects' improved blood pressure. I suggest we don't drink soft drinks at all as there are too many other health problems associated with them!

### **AN APPLE A DAY keeps the Doctor away!:**

We've all heard the saying but new research shows there may be more truth to the old saying than previous thought. AAaannnd....don't forget to eat the peel! This may be the best part of the apple.

## **DRY SKIN:**

Dry skin develops when the natural oils and moisture present in the skin are removed and Winter weather and low-humidity can make matters worse. Age and menopause don't help either! If you suffer from dry, itchy, scaly skin try using a natural moisturizer that derives its ingredients from natural sources such as herbs, roots, essential oils and flowers, combined with a naturally occurring carrier like coconut oil, cod liver oil, olive oil, jojoba oil and rosehip oil.

1. Skip hot showers and don't soak in the tub
2. Use gentle soaps or olive soaps or non-soap cleansers.
3. Don't rub yourself completely dry – stay moist.
4. Don't use alcohol based toners.
5. Apply a moisturizer after bathing that is rich in moisture for dry, sensitive skin.
6. Drink plenty of water to keep your skin moist from the inside.

In March - our No. 9 Health News, we discussed the miracles of coconut oil. Well, it has other health benefits also. As a natural moisturizer it is wonderful. The Fijians use it all the time and they have lovely smooth skins.

If your hair is dry and brittle, try rubbing the oil through your hair, cover it with a plastic cap over night and wash out in the morning with a natural shampoo.

Try the **SUKIN** products, they are an Australian natural care product. Reasonably priced and seem to avoid all the nasties and retain all the good things to help with our skin problems.

You will notice our recipe this month is using coconut!. Enjoy making and sharing this slice.

It will be the first month of Spring next time I write when we will be looking forward to some warmer weather.

Until we meet again, keep warm and God bless..

Judy

Health MinistryLeader

## **Apricot & Coconut Slice**

250g pkt plain sweet biscuits, crushed to a fine crumb

1 cup finely chopped dried apricots,

1 ½ cups desiccated coconut

395g can Skim Sweetened Condensed Milk (or just the plain sweetened condensed milk)

125g butter

1 1/4 cups Dark Choc Melts

1. Line base of 18cm x 28cm lamington pan with baking paper.
2. Combine crushed biscuits, apricots, coconut in a medium bowl.
3. Place Condensed Milk and butter in a medium saucepan. Stir over medium heat until butter is melted and ingredients are combined. (Don't leave unattended as it can burn) Pour into dry ingredients and mix thoroughly.
4. Press mixture into pan and set aside to cool..
5. Melt chocolate and spread evenly over slice. Allow to set. When chocolate is completely firm, cut into slices to serve.

NOTE: I use **Arnott's Shredded Wheat** OR if I want the mixture to be of a fudgy nature, I use **Arnott's Milk Arrowroot.**

You will notice that these biscuits are now marked with a sign saying NO ARTIFICIAL *colours, flavours or preservatives* which is really good and worth taking note of.

Don't refrigerate until slice is cut into serving sizes of your choice. If refrigerated before cutting into slices, the chocolate cracks and you don't get clean, attractive slices.

Will store in refrigerator for up to three weeks (if it lasts that long!) Enjoy