

Dear Friends,

I guess there is not one of us that does not have a friend or family member who is not sick. It is a sad fact that we live in a world that has so much sickness and suffering all about us. As an Adventist Christian, I look forward to the day when the promises of a new earth will be fulfilled; “Where there will be no more tears, no more death, nor sorrow, nor crying, nor any more pain”. (Rev. 21:4). Won’t it be wonderful! It makes me quite excited to think about it. However, in the meantime we have to live here in the land of the enemy. Therefore we have to stay healthy and strong to meet whatever might be thrown at us.

In the meantime, let us be happy, stay positive and maybe the following recipe can help us.

**Take a heaping cup of patience and a big handful of love.
Add two hands-full of generosity to all of the above;
Then blend in a dash of laughter and some understanding too:
Sprinkle generously with kindness and memories, old and new;
Add a lot of faith and mix well to make it rich and sweet.
Share heaping portions with everyone you meet.**

Jon Gilbert

GET DOWN and DIRTY:

It is good for our health to get down to being close to the earth. Have you ever heard someone say that when they are not feeling well, they go out into the garden and that it does something to lift their spirits and make them feel so much better. Fresh research presented to the American society for Microbiology reports that turning the soil brings us in contact with MYCOBACTERIUM VACCARAE, a safe bacteria. Experts believe it may lift serotonin levels thus lift our mood, ease our anxiety and boost our learning capacity. And why not, when God created man, he moulded him from the soil of the ground, then put him into a garden to care for it. So, let’s get out into the garden, tug weeds, plant seeds and sniff the antidepressant dirt. What a happy lot we are going to be! It is said that 86% of Australians spend time in the garden to enhance their wellbeing. It works for me, why don’t you try it?

VINEGAR! APPLE CIDER VINEGAR:

There are two vinegars that can benefit us. White vinegar - can be used as a water softener and it also makes for a good cleaning agent. The other – Apple Cider vinegar (more on this one later). From my reading on other vinegars, healthwise we are better off not using them. And, *“avoid using 20% Vinegar. I quote “Vinegar that is made from the petroleum derivative, 99 percent acetic acid, is not acceptable in an organic program.”*

APPLE CIDER VINEGAR, this is something else. It has been an essential part of kitchen cupboards and medicine chests for generations. Back in the 1950’s it was promoted by DC Jarvis in his book “Folk Medicine: A Vermont Doctor’s Guide to Good health”.

A good quality apple cider vinegar needs to be unpasteurised and unfiltered in order to preserve its nutrition values. If it is a good cider vinegar you will notice floating through the liquid a sediment which is called the ‘**mother**’. This is actually cellulose, a natural fibre produced by the vinegar bacteria and can be broken up by shaking the bottle.

If you are suffering from poor digestion try taking apple cider vinegar. Make a mixture of 2 teaspoons apple cider vinegar in a third of a glass of warm water. Sip before or during a meal. You may like to add a little honey to sweeten the taste.

Hydrochloric acid and pepsin are needed to break down food effectively in the stomach and as we get older, these substances can be in short supply. It is therefore believed that taking the above apple cider drink, may

assist in stimulating the stomach acids, thus relieving any digestion complaints. BRAGGS organic apple cider vinegar is highly recommended and is found in both health food shops and the grocery stores.

Apple cider vinegar is also great for making chutneys, relishes or pickles. Keep these special treats as healthy as possible by not using any other type of vinegar.

Apple cider vinegar is an acid so **remember** to always dilute with water before swallowing.

SIR JASON WINTERS STORY – killing cancer:

This book I believe, has become a world wide best seller that has changed the lives of people all over the world. If you are looking for a good book to read that is different from your usual selection, may be this could be the one.

YOU DESERVE THE BEST:

Salt. Yes, I think we all have to admit our liking for that sprinkle of salt over our food. Food would be dull without it and, I believe you deserve to use the best that is available.

The Nirvana brand, organic **Himalayan Crystal Salt**, is sourced from veins flowing beneath the salt mountains of the Kalabagh region in the Himalayan foothills. It is hand mined which takes time but with the crystals intact, you are assured of the most beneficial mineral-rich salt available. Unlike normal sea salt, **Himalayan Crystal Salt** is uncontaminated by environmental factors. The salt is completely natural and known to contain 84 minerals and trace elements like those found naturally in the human body.

Pinkish in colour, it is totally natural, unrefined, wholesome and holistic, great tasting, no additives, ideal for cooking and table use and can be bought at your local health food shop and also your grocery store. You can buy it fine ground, medium ground, in granules or sole chunks. Give it a go. You deserve the best!

Till next time, go get your children and go spend time in the garden with them. Get your hands dirty and enjoy the pleasure and well being it will bring you. This is the time of the year when nature seems to come alive. So get out there and plant out those wonderful salad and herb plants that will bring joy and health to your souls and watch the pleasure on your children's faces when they eat what they grew!.

We all enjoy a nice plate of hot soup with crisp, crunchy wholemeal bread rolls. So our recipe for this month is one I recently came across and it is different but nice. Try it. If you like pumpkin soup, then I am sure you will enjoy this one with a tang of citrus.

God bless and keep you all till next time.

Judy

Health Ministry Leader

PUMPKIN & KUMARA SOUP

(Kumara is the Maori name for Sweet Potato)

1 tablespoon oil	2 small onions, chopped	2 cloves garlic, crushed
600grams pumpkin	2 medium Kumara (sweet potato)	4 cups low-salt vegetable stock
1 teaspoon orange zest	2 tablespoons orange juice	Salt and pepper to taste
4 -6 chives, finely chopped		

1. Heat oil in a large saucepan. Add onion and garlic, stirring until onion softens and goes clear.
2. Add peeled and chopped pumpkin, kumara and stock, and bring to boil. Reduce heat and simmer covered for about 15 minutes or until pumpkin and kumara are tender. Cool for 10 minutes.
3. Blend or process pumpkin mixture until smooth. Return smooth mixture to pan. Add zest and juice. Stir over heat, without boiling, until heated through. Season to taste and serve topped with chives.

