

GCC S.D.A. CHURCH AND LIFE DEVELOPMENT CENTRE HEALTH NEWS -- No.16.

My Dear Friends,

Wouldn't it be nice to see some rain!

I think too, that some good rain would help settle the dust and pollens that seem to be causing hay-fever problems and the like amongst our friends and family.

Do you know how to differentiate where the food you are eating is coming from?

There are no food inspection regulations of foods grown or processed in China, Vietnam, Hong Kong or Thailand.

If you love Australian produce and the thought of keeping jobs here, AND you like to eat healthy foods and buy quality products, then please.....

Learn to read the barcodes. The first 3 digits of the barcode is the country code where the product was made. It is our right to know, but our governments and related departments never educate the public, therefore we have to rescue ourselves.

BARCODES

All barcodes that start with 690, 691 through to 695 are all **MADE IN CHINA.**

00 - 13	U.S.A and CANADA	30 - 37	FRANCE
40 - 44	GERMANY	49	JAPAN
50	UK	57	DENMARK
64	FINLAND	76	SWITZERLAND & LIECHTENSTEIN
93	AUSTRALIA	94	NEW ZEALAND
628	S AU DI-ARABIAN	629	UNITED ARAB EMIRATES
740 - 745	CENTRAL AMERICA		
ALL 480	codes are made in the PHILIPPINES.		

Basically, we are better off not buying food from China....This includes Hong Kong as many companies are using a Hong Kong address to avoid the poor image of foods processed in China.

COCONUT FAT/OIL:

In Health News No's 9 & 14, we talked about the benefits of coconut oil. You may have read recently in a local newspaper, an article entitled **COCONUT OIL A DECAY FIGHTER.** We may in the future be using coconut toothpaste to fight tooth decay. Other tests are suggesting that enzyme-treated coconut oil could be harmful to the yeast *Candida albicans*, the cause of thrush. In ongoing studies, Scientists are looking into how coconut oil interacts with the bacteria at the molecular level and what other microbe strains and yeasts it may combat. I think this is great news and I don't believe we have seen the last of the wonders of coconut fat/oil.

BUTTER:

If you are not using the more healthy fats i.e. avocado, coconut, olive oil, then use what your grandmother used - good old BUTTER! According to Dairy Australia, Australian

milk is rich in beta-carotene (vitamin A). and the butter is a lovely yellow colour because Australian cows are mostly pasture fed. In comparison, European and American butters are typically pale in colour because cows are commonly grain-fed and often housed in barns for much of the year. Being a farmer's daughter, I think that is so sad for the cows and I don't believe it is what God planned for the cows! The breed of cow and the time of year can also make a difference You may find unsalted butter a little paler in colour as adding salt tends to make butter more yellow.

FLAXSEED & CHIA SEED OILS:

These oils are good in smoothies and are the richest plant sources of alpha-linolenic acid, which your body converts into Omega-3 fats. Flaxseed oil is a deeper colour, with a nuttier, slightly pungent flavour. So, if you prefer a more subtle flavour, go for the chia-seed oil. Omega-3 fats are delicate; store these oils in the fridge and use them raw – **DON'T HEAT THEM.**

A GARDEN HAS HEALING POWER:

Next time you are stressed or getting over an illness, go out and sit in a garden and absorb the peace of the surroundings. Research is showing that gardens and gardening has far more untapped healing power than previously realized. Pottering around in your organic veggie patch or flower garden may mean less visits to the doctor. They are even saying that gardens are a great way of getting what drug addicts risk their lives for! – a 'high'. It is interesting to note that hospitals here and overseas are incorporating 'healing' gardens in their design layouts. *Yes, I believe it works.*

Time for a recipe, so until next time, remember to keep smiling

Judy

Health Ministry Leader

BREAKFAST SMOOTHIE (Breakfast for one. Should keep you going until lunchtime).

20 almonds	1 tablespoon Flaxseed (or Chia seeds)
½ cup organic Coconut milk (or cream)	¼ cup Coconut yoghurt (or Greek yoghurt)
½ cup Blueberries (fresh or frozen)	1 ripe Banana
½ cup red or black Grapes	1 or 2 teaspoons Honey (optional)

1. Place Almonds and Flaxseeds into a food processor and grind to a fine powder.
2. Add remaining ingredients and blend to make a creamy smooth liquid.
3. Makes 1 serve or 2 small glass-full serves.

