

Dear Friends

First of all, let me thank the many folk who have told me how much they are enjoying our Health News. Also, many thanks to those of you who have given me interesting articles some of which I have used. It's fun sharing and if together we can share something that will be of help to some one in our day-to-day living, then we shall not have passed this way in vain.

There is just so much healthy information in print and if together we can harness something that will help us feel stronger and healthier, then let us share it. Of course, what is good for one can be poison for another! *Example* – legumes are a wonderful food, but to some, it is not at all pleasant or enjoyable. So we do have to know our bodies and after the many experiences I have been having with the medical fraternity, you really need to be your own doctor to some extent.

PAPAYA:

Without going into what the University of Illinois thinks and the study that was done in Australia – all those facts and figures can be boring – just let me give you the reasons why they think you need to add this delicious fruit to your diet.

Papaya, with its intense orangey-pink colour is a store-house of cancer-fighting **carotenoids**. Not only carotene, but **lycopene** is found in abundance. Scientists think the anti-oxidant activity of this fruit contributes to its effectiveness as a cancer fighting agent. Scientists found that men who consumed the most lycopene-rich fruits and vegetables such as papaya were 82% less likely to have prostate cancer. In the same study, when lycopene-rich foods were consumed with green tea, the combination was even more effective.

It is suggested that may be eating Papaya after a meal could promote digestion and help prevent that bloating, gas problem we get at times, as they are rich in digestive enzymes.

Further reading about Papaya suggest we really do need to ensure we have a slice of papaya every day in our diet. Make a delicious papaya smoothie perhaps!

Have a great day.....along with a slice of papaya.

MOSQUITOES:

These horrible creatures! Wouldn't we love to be rid of them. Here's two natural repellent recipes for you to try, if you live in an area where they nearly eat you alive.

1. Mix 75% Baby Oil with 25% Dettol. Mix well and rub over your exposed skin.
2. Mix equal quantities of Baby Oil, Dettol and Eucalyptus oil together and rub over exposed parts of your skin.

THE NEW BLACK:

Back in the July Health News, we talked about the purple/black fruits and vegetables which are high in antioxidants. The latest in black food is - RICE. Rice is one of the world's oldest and most widely-cultivated grain; is a versatile and a healthy food – particularly when we eat it with its bran coat on. (wholegrain or brown rice).

With a rich nutty taste and deep purple hue, SunRice Natural Wholegrain Black Rice, will look good in salads or as an interesting accompaniment to many dishes. It is full of essential vitamins and minerals and the colour comes from natural ANTHOCYANIN which also gives blueberries and blackberries their dark colour. To find out more about this rice go to - sunrice.com.au

SOME INTERESTING FACTS:

- (1)** If you love eating legumes such as lentils, chickpeas, beans etc., try soaking them overnight in water with a teaspoon of natural yoghurt added. Before cooking, rinse them well. Add a small piece of kombu seaweed to the water in which they are to be cooked; bring to the boil and add rinsed legumes of your choice. Cooking your legumes this way may prevent them coming back to haunt you after eating!
- (2)** Your whole body will benefit from the feeling good chemicals and endorphins that are released when you exercise for at least 30 minutes every day.
- (3)** Do you know the difference between a fruit and a vegetable? A simple rule to remember is that a fruit has seeds while a vegetable does not. Be sure to eat your recommended 2 serves of fruit and 5 vegetables every day.
- (4)** If you purchase LSA (linseed, sunflower and almond meal), flaxseed or nut meals (such as almonds) only buy meal that is stored in the fridge and keep it refrigerated at home. It is best if you grind your own and always store in the fridge in an air-tight container. The ultimate for its goodness sake, is to grind your own as you need it. Seed and nut meals deteriorate very quickly.
- (5)** Just like the papaya, pineapples are also naturally rich in digestive enzymes. Try a slice or two before your meal.

CHIA SEEDS:

You must have heard of this amazing, nutritious, powerful, functional superfood by now. If not let me tell you something about it. Chia Seeds were revered in Mexico in ancient times in that the Aztec messengers who would run great distances non-stop subsisted on little more than this nutritional seed and water.

It is said that CHIA SEEDS are the richest known plant source of Omega 3 (almost 20%), fibre (34% soluble & insoluble), protein (21%), all eight essential amino-acids. Add good quantities of calcium, magnesium, iron, zinc and an antioxidant value and I think you will agree, this little seed is a super food!!

Benefits of using Chia seeds include: * Boost energy levels. * Powerful anti-inflammatory.

* May help lower blood pressure and bad cholesterol. * Antioxidants to help protect against free radicals. * Suitable for any age from child to elderly people.

Part of the mint family, there's not much these sassy seeds can't do! Packed with nutrients and antioxidants, they can be used for every meal from breakfast to dinner. Raw Chia Seeds are crunchy and slightly nutty in flavour, so the simplest way to use them is to sprinkle them on your breakfast cereal, salad or stir-fry.

SOAKING the seeds in liquid gives them a soft gel-like consistency, which means you can use them in baking and smoothies or use soaked seeds over your breakfast cereal if you don't like the crunch! Always store Chia Seeds in an air-tight container at room temperature.

Something for you to try: * For an extra-crunchy fruit crumble, stir 2-4 tablespoons white Chia Seeds into the topping. * Make coconut Chia pudding for breakfast by soaking 2 tablespoon Chia Seeds overnight in 1 cup coconut milk. Serve with fresh pineapple and brown sugar.

* Cooking for a vegan or someone allergic to eggs? To make the equivalent of 1 egg, mix 1 tablespoons Chia Seeds with 3 tablespoons water and set aside for 10 minutes or until thick. Use to bind savoury dishes such as meatballs or in baking – this mix is best in recipes that call for only one or two eggs.

Here comes the end of the page! Until next time happy reading and make the most of each day.

Sincerely

Judy

Health Ministry Leader

