

Dear Church Family,

Here we are in the middle of Winter! I am sure we are all looking forward to some sunny warm days!! I just can't wait to get out into the garden and make a few changes. My garden in pots, has been supplying me lettuce, parsley, mint, chives, coriander, thyme, sweet basil, tomatoes and the other day I planted out six kale plants which I am looking forward to harvesting. It is such a pleasure to be able to pick ones own herbs and vegetable. Give it a go. You will enjoy the pleasure it brings.

How did you enjoy our breakfast recipe last month? I hope you have tried it as it is a wonderfully healthy cereal. A good fibre and protein cereal and interestingly, it is gluten free for those who may have coeliac disease. Make sure you buy the flaked quinoa for this recipe.

Did you know that everything we know we learned from Noah's Ark?

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| 1.....Don't miss the boat. | 2....Remember that we are all in the same boat |
| 3.....Plan ahead. It wasn't raining when Noah built the Ark. | 4....Stay fit. When you're 60 years old, someone may ask you to do something really big. |
| 5.....Don't listen to critics, just get on with the job that needs to be done. | |
| 6.....Build your future on high ground. | 7....For safety's sake travel in pairs. |
| 8.....Speed isn't always an advantage. The snails were on board with the cheetah's. | |
| 9.....When you're stressed, float awhile professionals. | 10....Remember, the Ark was built by amateurs, the Titanic by |
| | 11....No matter the storm, there's always a rainbow waiting. |

THE COMPLETE HEALTH IMPROVEMENT PROGRAM:

We just have to congratulate Mel Renfrew and thank her team, for the wonderful C.H.I..P. program they are co-ordinating. The participants are receiving the best and most up-to-date material available and it has been worth every cent spent. Besides the wonderful information from the lectures and in the books the participants receive, each evening a healthy food demonstration is given along with lots of a healthy tips. I believe it is a program that can guide and help one make the best food choices to give better health, even if one does not follow the program fully. There's always something we can learn for the better. So a big thank-you to Mel and her team

AGED GARLIC EXTRACT:

Winter time seems to be cold or flu season. Why is it that the colder weather seems to reliably bring coughs, sneezes and sniffles with it each year? The key to fighting off the symptoms quickly and easily lies in a strong, healthy immune system. Research has shown that fresh, raw garlic contains a wealth of powerful antioxidant and antibiotic sulphur compounds. It is these substances that may help to protect us against colds and flu by strengthening our immune systems and making us better able to fight off the viruses.

To eat enough garlic to be therapeutic could have unpleasant side-effects and cooking may destroy the active compounds. This is where aged garlic extract is beneficial.

Organically grown garlic is aged over a period of 20 months. The aging process transforms the irritating, unstable, odour-causing, oil-based compounds in fresh garlic, into odour-free, stable, water-based ones. This aged garlic has been shown to have a range of immune-supporting, antioxidants and other health benefits.

Other research suggests several other important effects of aged garlic extract. It has been shown to support –

- Ñ Heart and cardiovascular (blood vessel and circulation) health.
- Ñ Healthy blood pressure levels in healthy people.
- Ñ Healthy cholesterol levels in healthy people.

Most people find that aged garlic extract is far gentler on their stomachs than fresh garlic, but take the capsules with food to minimise any problems.

See your local Healthy Life store assistant and ask him which one would be best for you.

EAT YOUR VEGETABLES:

Vegetables contain an array of antioxidants and other disease-fighting compounds that are very difficult to get anywhere else. Plant chemicals called phytochemicals can reduce inflammation and eliminate carcinogens, while others regulate the rate at which your cells reproduce, get rid of old cells and maintain DNA.

Studies have repeatedly shown that people with higher vegetable intake have: - Lower risks of stroke, type 2 diabetes, high blood pressure, Alzheimer's disease and heart disease. Lower risks of certain types of cancer, eye diseases and digestive problems. Reduced risk of kidney stones and bone loss. Higher scores on cognitive tests. Higher antioxidant levels. Lower biomarkers for oxidative stress.

If you can't obtain organically grown vegetables, then conventionally-grown vegetables are better than none! Just take extra care to wash them thoroughly and remove peels and cores when possible to minimize your exposure to pesticides.

A simple way to increase your veggie intake is to juice them. Not only will juicing help your body absorb all the nutrients from the vegetables by making them easily digestible, but you're also avoiding the risk of damaging any of their sensitive micronutrients through cooking. Another benefit of juicing is that it allows you to add a wider variety of vegetables to your diet that you might not normally enjoy eating whole. Remember too that sprouting of vegetables can improve their food value enormously and are great to add in with your juicing.

But whatever method you choose, juiced, whole, sprouted or cooked, please make it a point to eat your veggies. This is one group that is incredibly diverse, so there's a wide variety to choose from and plenty to suit virtually everyone's taste.

BIOTECH LIES EXPOSED:

Genetically-modified corn contains practically no nutrients but is loaded with chemical poisons.

A breakthrough report (Natural News) on the nutritional density of genetically-modified (GM) corn crops demolishes all existing claims that Monsanto made, that GMOs are "substantially equivalent" to non-GMOs. The paper reveals not only that GMO corn is greatly lacking in vitamins and minerals compared to non-GMO corn, but also that it highly toxic and filled with deadly crop chemicals like glyphosate (Roundup). The paper went on to say that non-GMO corn is 20 times richer in nutrition, energy and protein compared to GMO corn.

May be this information applies more to Americans living in America than the Australian population, but remember to read the food labels particularly of any food product from America. In a word, **DON'T BUY ANYTHING THAT IS GENETICALLY MODIFIED**. I have read that America is beginning to suffer the side affects of genetically modified seeds!

B12 – HOW DOES YOURS RATE?

B12 is a nutrient concern for vegetarians, particularly vegans whose diet is based solely on plant based foods. B12 is produced by bacteria in the large intestine of animals therefore it is found almost exclusively in animal-based products. You cannot count on getting B12 from a plant-based diet.

Space does not allow to give you the reasons for our need of B12 other than to say B12 deficiency is a **VERY SERIOUS HEALTH PROBLEM**. Anyone following a plant-based diet needs to keep a regular check on their B12 status. It is most important that pregnant and lactating vegan or vegetarian women make sure they are having an adequate intake of B12 to provide for their developing baby.

If B12 deficiency is not detected and treated early, the health issues associated with it can be irreversible. The older we get, the harder it is for our body to make enough B12.

Interestingly, the Framingham Offspring Study found that B12 from supplements and fortified foods may be more efficiently absorbed than that from meat, fish and poultry. Examples of fortified foods are Sanitarium Health & Wellbeing's VEGETAL DELIGHT products - i.e. Smoked Deli Slice, Tender Fillets, etc. Soy Milk; Marmite;

ALTERNATE MEAT PRODUCTS:

There are so many alternate protein products on the market. Besides the Sanitarium Health and Well Being products, we have the QUORN products which I have tried and one or two of them I have enjoyed. However, just very recently I was told from a very reliable source, that they are possibly not as healthy or safe to eat, as they may appear. I can't tell you more other than maybe anyone who has an allergy to mushrooms may have a reaction to these products as they are based on mushrooms.

Have you tried the FRY'S FAMILY products. They are – vegan; a non GM product; No added preservatives; No artificial colours; Very high in fibre; Good source of protein. The protein comes from grains and legumes.

It all began in the Fry's Family kitchen in 1991, where committed vegetarians Debbie and Wally Fry began making protein alternatives for their own consumption. A year later they opened their own manufacturing food group. I have tried one or two of them and they are quite nice. However, if we can make our own protein savouries from grains and legumes, they prove to be cheaper and we know what's in them.

The page end has come up fast! Till next month, the best of good health and God bless

