

Dear Church Family,

August, the last month of Winter but what beautiful weather we have been having – it's like an early Spring. May it continue, however, we could do with some rain. My garden would love a good soaking rain. Enough of small talk, let's get right into more interesting health information.

WARNING !!!

The article which has come to my desk is too long to report on fully but it appears that salmon in itself is not the problem but the problem comes from the eating of farmed salmon.

“Instead of addressing these issues, government agencies and environmental organizations around the world have consistently chosen to ignore predictions of disaster, both to the environment and human health, to protect instead the profitability of this burgeoning industry.”

“A Norwegian researcher has raised serious concerns about high levels of contaminants in farm-raised salmon. She claims the type of contaminants detected in farmed salmon have a negative effect on brain development and is associated with autism, ADD / ADHD and reduced IQ. They can also affect your immune system and metabolism.

The Norwegian Health Department has issued new official recommendations to women of childbearing age or who are pregnant, suggesting they limit farmed salmon to a maximum of two meals per week due to potential toxicity”.

Any toxicity in food is not good and if eaten enough could cause problems.

PASS THE BANANA:

Thank you to the reader who gave me this article on bananas. I'll share it over the next two months in Health News. It is most interesting:

“A professor at CCNY for a physiological psych class told his class about bananas. He said the expression ‘going bananas’ is from the effects of bananas on the brain. Read on.....

Never, put your banana in the refrigerator!!! After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars – sucrose, fructose and glucose combined with fibre. A banana gives an instant, sustained and substantial boost to energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

DEPRESSION: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

ANEMIA: High in iron, bananas can stimulate the production of haemoglobin in the blood and so helps in cases of anemia.

BLOOD PRESSURE: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

BRAIN POWER: 200 students at a Twickenham (Middlesex) school (England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

CONSTIPATION: High in fibre, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

HANGOVERS: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system. (You can use Soy, Oat, Rice or Almond milk in place of cows' milk).

HEARTBURN: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

We'll leave the banana facts here and you can look forward to more interesting information about this delightful fruit next month.

SENSIBLE SUN EXPOSURE CAN HELP PREVENT MELANOMA, BREAST CANCER AND HUNDREDS OF OTHER HEALTH PROBLEMS.

What an interesting article this was. I will just quote you the story at-a-glance and remember this is an article written in the U.S.A. by one of their leading natural doctors, but it can also have an application for us here in Australia.

"Exposure to sunlight increases nitric oxide production in your body, which lowers blood pressure and benefits your cardiovascular system. According to researchers, this benefit alone may outweigh the potential skin cancer risk.

Vitamin D from sensible sun exposure appears essential in preventing 16 different types of cancer, including melanoma and a host of other health problems like diabetes, cardiovascular disease, dementia, fractures and infections; in fact, optimizing your vitamin D with sun exposure may cut your risk of dying from all causes in half.

Increased melanoma rates reported by health officials are caused by misclassification of non-cancerous lesions as "stage 1 melanoma". 90 percent of melanoma surgeries end up not being melanoma and are unnecessary.

Studies show avoiding the sun actually increases your risk for this deadly cancer.

Sunshine is so important to your overall health that science is now finding a connection between the strength of your immune system and the month you were born, called the "birth month effect".

Yes, we certainly need the sunshine. All life is dependent upon it, however, we need to be sensible and follow the times suggested for sun bathing. Evidently vitamin D levels vary not only with time of day, season and geographic location, but also with our genetics.

Seeing we have spent so much time on reading about bananas, we really need to have a recipe using bananas. Try the following, I think you will enjoy and it is just full of goodness.

KALE is a green, very curly leafed vegetable that is just full of nutritional benefits. To use as a vegetable, just slice it up and lightly steam for 4 or 5 minutes or until wilted. Add a drop or two of olive oil, and a pinch of salt mixed through. Eat and enjoy.

It is only two weeks until September, when we will be into our Spring weather. Life seems to take on a new meaning in Spring. There seems to be new life all around us. Life seems to abound in joy and thankfulness for coming through another Winter. Bring it on!!

Until then, make the most of the lovely warm Winter days we are having and God bless you all.

Sincerely

G.C.C. S.D.A. Health Leader

BANANA AND KALE SMOOTHIE: Makes 4 serves.

1 440gm can crushed pineapple in natural juice
3/4 cup ice
¾ cup water
1 teaspoon grated ginger (more if liked)

4 frozen bananas
1 ½ cups shredded kale
½ lime juiced and ½ lemon juiced
2 tablespoons honey

1. Place all ingredients in a blender and process until smooth. Serve chilled.

