

Dear Friends

Here we are half way through our Spring months, but the weather has been very summery! I hear people complaining that it is much too hot for this time of the year! With only two months to Christmas, what will summer feel like? Let's prepare for those extra hot months by preparing our bodies with good food and exercise. Our bodies which are fearfully and wonderfully made (Psalms 139:14) can face most anything when healthy and fit.

Did you appreciate the information on bananas? From the August Health News, many of you asked me why we could not put bananas in the fridge. I'm sure the answer in the September Health News has answered all your queries

If you are interested in your health which I hope you all are, you will have heard about **fructose and plain sugar and how they affect your weight**. I will quote from very reputable health notes from a paper that is read world wide.

### **FRUCTOSE and PLAIN SUGAR. What is the difference?**

If the controversy regarding fructose wasn't bad enough, it has gotten worse. A new small study looked at brain scans of 20 young normal-weight subjects to track blood flow after drinking glucose or fructose-containing beverages. The researchers conducted the study on two separate occasions several weeks apart.

If you are consuming fructose, you should be concerned with what they found. The subjects who consumed glucose had suppression of brain areas that stimulate further eating. In other words, the reward centres in their brains for eating were satisfied. That was not seen with fructose. "The desire to eat continues, it isn't turned off," says Dr. Robert Sherwin, chief of endocrinology at Yale.

Another doctor wrote an accompanying commentary to the study that also appeared in the Journal of the American Medical Association. He said that the imaging results mirrored how hungry the people said they felt (*after eating a good sized meal sweetened with fructose*); as was also found in earlier studies done on animals.

Of course, the corn industry, the source of **high fructose corn syrup (HFCS)** castigated the findings, as you would expect. If these results are repeatedly found, it would damage the whole processed and junk food-industry, which is increasingly reliant on **HFCS**. Add to this an additional problem – HFCS is largely made from genetically modified Monsanto Frankencorn.

**Action to take:** We are being repeatedly warned about the dangers of HFCS and processed foods. Here you see that processed fructose does not turn off eating, while glucose does. That means you can eat trash, and continue to eat it, and your brain will not realize that you've had enough. *This is real scary stuff!*

**Please note however,** that not all fructose is the same. Fruit is loaded with fructose. But your body handles it far differently with all its water, fibre and other nutrients, than a slug of fructose-laden man-made products (trash food and drinks). **DON'T BE SHY OF FRUIT. It is man-made fructose garbage that you need to eliminate.** Ref. JAMA, January 2013.

**Counsels to Parents and Teachers, page 57.** "The free use of sugar in any form tends to clog the system, and is not unfrequently a cause of disease." Interesting that E.G.White wrote this back in the early 1900's.

### **AUSTRALIAN GROWN VEGIES:**

Many today love our designer labels. They buy premium brand shoes, premium brand clothing and well known premium perfumes and hand-bags. BUT ... they also buy the cheapest food they can for their children to eat. That doesn't make sense. THINK ABOUT THE FOLLOWING ...

The only Australian manufacturer of frozen Australian grown vegetables (Simplot Australia) is not far from closing because a number of the other well known Australian brands have moved their plants to New Zealand in order to capture the Chinese vegetable market where they market via New Zealand to Australian tables (without the food being labelled specifically as Chinese) and Simplot is finding it hard to compete. This was shown on the program Landline on the ABC Sunday 15/9.

Should Simplot close? If it does it means that NO AUSTRALIAN GROWN frozen vegetables will be available at all and we will be relying on food grown totally outside of Australia. For a number of reasons this is not a good situation.

1. As most people know, other countries do not necessarily have the strict guidelines for growing their vegetables that Australia has and by buying Australian we can be sure that lethal chemicals that may be used in other countries will not be used on Australian vegetables.
2. We would be keeping Australians in jobs.
3. If ever the world became unstable regarding wartime we would not be able to feed ourselves.

It is imperative that we all support these Australian brands selling good Australian vegetable products (via SIMPLOT).

**BIRDSEYE**      **EDGELL**

**Next time you shop, please think about the future of Australian food.**

### INTERESTING FACTS:

- 1** Most animals can make their own vitamin C, but humans are unable to make their own vitamin C in the body. As vitamin C is water soluble, this means that we need to obtain vitamin C from our diet or by taking a vitamin C supplement on a daily basis.
- 2** Did you know that chillies contain one of the highest levels of vitamin C in food? They have up to seven times more vitamin C than an orange and have numerous health benefits. *(However, I believe we need to be careful in using too much, particularly with the very hot ones)*
- 3** Having cracks in the corners of your mouth may be an indication that you're deficient in B-group vitamins.
- 4** You may notice when you take a product which contains B vitamins that your urine turns a bright and sometimes even a fluorescent yellow colour. This is perfectly normal and harmless. It is the riboflavin, also known as B2 which causes this.
- 5** We have all heard that laughter is the best medicine. Research has now shown that it is also an effective pain killer, great for heart health and may even lower blood pressure. Happiness has also been found in numerous studies to be linked to longer and better health, can prolong our lives and make us more resistant to pain. These studies have found optimists have half the rate of heart disease, feel more satisfied, enjoy better relationships and are more engaged with life. So laugh as often as you can, enjoy the simple things in life and do something you love that makes you happy everyday!

### HEALTHY FAMILY FOODS:

Have you put your name down for **Healthy Family Foods on Monday 21<sup>st</sup> October, 2013**? I would like to think that we will have a good attendance from our congregation. The subject being discussed is DIABETES. A growing problem here in Australia and all over the world for that matter. It is reaching epidemic proportions here in Australia and yet it is one that can be fully controlled by how and what we eat. Hear Dr. Espinet speak on Diabetes.

End of page coming up! Do take care of yourselves; we only have one life to live and God would have us take care of it by giving it the best nutrition, drinking plenty of pure fresh water and keeping it active. 1Cor. 3:16,17.

For our recipe this month, I have chosen one from a health magazine. I'm sure you will enjoy it. I used NutriVital Fibre Cleanse as I could not find the Select food fibre Blend.

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

### RAW ENERGY BARS:

2 cups (300g) moist medjool dates, pitted and chopped	2 cups raw cashew nuts
125g Select Food Fibre Blend (available at W.W., Coles or Health Food Shop)	
½ cup Cacao Powder	Pinch sea salt (Himalayan or Celtic Salt)
½ cup unsweetened shredded coconut	2 tablespoons vanilla extract
2 – 3 tablespoons cold water	<i>1 tablespoon honey (optional)</i>

1. Combine chopped dates, Cashews, Food Fibre Blend, Cacao Powder, Salt, in a food processor.
2. Pulse and process the ingredients together until the texture is coarse.
3. Add the shredded coconut, a quick pulse, then add the vanilla and water a little at a time until it reaches a dry but moist dough consistency.
4. Scrape the dough mixture into a lined pan, press evenly with a rubber spatula and chill for about an hour.
5. Cut into squares or finger shape servings. (I cut mine 3cm x 4cm giving me 50 pieces.)

**Select Food Fibre Blend** is a great mix of milled pepitas, barley, sesame seeds, flaxseed, oats, cranberries and psyllium. Contains soluble fibre to lower cholesterol levels and insoluble fibre to help keep you regular.

