

“Beloved, I wish above all things that thou mayest prosper and be in health even as thy soul prospers.”

3 John 2



Have A Healthy New Year!

I hope that one of your New Year’s resolutions this year is to change bad habits and incorporate new ones into your life, especially when it comes to your spiritual and physical habits. In fact, it is our first duty to God to preserve the body in the best condition of health.

A beautiful message was given to our church more than a century ago—the health reform message. How much do we really know, understand and incorporate the principles of that message into our daily lives, as God intended?

I encourage you to begin a personal study of how to “present your body a living sacrifice” this New Year. “He who cherishes the light which God has given him upon health reform, has an important aid in the work of becoming sanctified through the truth, and fitted for immortality.” Christian Temperance and Bible Hygiene p. 10. Let’s all take advantage of the health... (cont. on p. 2)

8 Laws Of Health:

Nutrition

Exercise

Water

Sunshine

Temperance

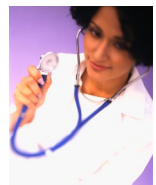
Air

Rest

Trust in God

Tips For This Flu Season

By Dr. Agatha M. Thrash M.D.



Recipe For Immune Builder Soup

Dice one large onion and boil it in three quarts of water until clear. Add one quart of canned tomatoes and any of the following seasonings: dulse (seaweed), parsley, dill, and Vegesal. Take off the fire and press one or more bulbs of garlic into the soup or put a portion of the soup in the blender with the peeled cloves of one entire bulb of garlic. Blenderize briefly and return the entire contents of the blender back to the hot soup to continue heating but do not boil. The heating will make it so the stomach can tolerate the quantity of the soup needed for building the immune system. If this soup is taken for supper it will prevent coughing at night. Do not reheat. Take the remainder cold at mealtimes.

(To see the complete influenza article go to www.thehealthinformer.com or www.ucheepines.org)

Sugar & the Immune System

"No matter what form it takes, sugar paralyzes the immune system in a variety of ways:

Sugar has been proven to destroy the germ-killing ability of white blood cells for up to five hours after digestion.

It reduces the production of antibodies, proteins that combine with and inactivate foreign invaders in the body.

It interferes with the transport of Vitamin C, one of the most important nutrients for all facets of immune function.

It causes mineral imbalances and sometimes allergic reactions, both of which weaken the immune system. It neutralizes the action of essential fatty acids, thus making cells more permeable to invasion by allergens and microorganisms."

From [Get The Sugar Out](#) by Ann Louise Gittleman, M.S. C.M.S.



A Heart Healthy Recipe

"Chicken" Noodle Soup

1 T. minced garlic

1 1/2 cup chopped onion

6 cups water

2 cups dry whole grain pasta

1 cup SoyCurls or other vegetarian "chicken"

1 1/2 T. chicken-style seasoning

1 tsp. dried parsley or (2 T. fresh, finely chopped)

In large pot, lightly steam onion & garlic in 1/2 cup of the water. Add remaining water, pasta, SoyCurls and chicken-style seasoning and bring to a boil. Cook on medium heat until pasta is tender. Add parsley.

From Divine Inspiration....

"Knowledge must be gained in regard to how to eat, and drink, and dress so as to preserve health. Sickness is caused by violating the laws of health; it is the result of violating nature's law. Our first duty, one which we owe to God, to ourselves, and to our fellow men, is to obey the laws of God, which include the laws of health...." CDF 21

(cont. from front page)

...principles that the Lord has so lovingly and graciously blessed us with. Have a happy, **healthy** New Year!

Keep Warm This Winter



It is impossible to have the best of health if the extremities (arms, legs and feet) are habitually cold. The unequal circulation which results from clothing the trunk more warmly than the extremities allows toxic materials to build up both in the anemic extremities and in the congested viscera. Blood tends to pool in any area of inflammation. In the head the excess blood produces headaches, in the chest it produces coughs, in the intestinal tract various types of discomfort, and in the kidneys inefficient cleaning of the blood. The nervous system responds to messages from chilled areas with an alarm reaction.

Clothing sc : Dr. Agatha M. Thrash M.D.