



Health Corner



SALSA RECIPE¹

Ingredients:

1/4 red or yellow onion coarsely chopped;
1/4 red or yellow bell pepper, coarsely chopped;
Juice of 1 lemon; 1/2 cup cilantro, chopped (may use parsley);
3 tomatoes (medium), coarsely chopped;
1/2 teaspoon unrefined salt, or to taste.

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GOD'S WORD SAYS:

"Beloved, I wish
above all things
that thou mayest
prosper and be in
health, even as thy
soul prospereth"
3 John 1:2, KJV.

FUN FACTS ABOUT RED PEPPERS

Peppers have their origin in Central America. Red peppers provide almost four times as much Vitamin C as lemons or oranges: One hundred grams of red peppers contain *more than triple* the RDA (Recommended Dietary Allowance).²



MESSAGE *on a* NEWSLETTER

"We praise God for Jerry and Mhai that He gave them a bundle of joy, energetic, handsome Baby Z. Praying that God will continue to sustain and empower both of you. We rejoice with you and keep this praises in our heart: Psalm 139:14." – Ada B.

FROM THE PEN OF ELLEN G. WHITE

"Many have inquired of me, 'What course shall I take to best preserve my health?' My answer is, Cease to transgress the laws of your being; cease to gratify a depraved appetite; eat simple food; dress healthfully, which will require modest simplicity; work healthfully."

–Counsels on Health, pg. 37



EVENTS CALENDAR

1st Quarter, 2023

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JANUARY

Proper Nutrition
Awareness

.....

FEBRUARY 18

Mental Health
Sabbath

.....

MARCH

Heart Health
Awareness

SALSA RECIPE¹

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Directions:

Add onion, bell pepper, lemon juice, cilantro, and salt to a food processor; Pulse all ingredients briefly to a chunky consistency; Add tomatoes and pulse again. Adding tomato last helps keep the salsa from being too "soupy".



THE MORE YOU KNOW

People in Canada consume almost 50% of their daily calories from ultra-processed food, which are foods that have been altered from their original state with salt, sugar, fat, **additives**, **preservatives**, and/or **artificial colours**. Examples are soda drinks, candy, chips, hotdogs, and pizza. The more ultra-processed foods we eat, the poorer the overall nutritional quality of our diet. – heartandstroke.ca

THIS IS THE HOUSE OF DEATH - PART 1

By Roger J. Morneau

In December 1, 1984, I was on the verge of dying in the Intensive Care Unit of the Greater Niagara General Hospital in Niagara Falls, Ontario. I had congestive heart failure and atrial fibrillation that the physicians could not reverse. As the cardiologist stated a few days later, if my wife had taken 20 minutes longer in getting me to the hospital, I would have been dead before arrival.

It came upon me unexpectedly. My wife, Hilda, and I were visiting her mother for the weekend. Our trip from central New York had been pleasant, and we had had an enjoyable evening with Mother. Retiring at 10:00 p.m., I felt unusually tired and slept comfortably till about 3:00 a.m., when I awoke with sweat pouring down my face. Although I realized that I was having some discomfort in breathing, I attributed it to the bedroom being overheated.

When I opened the window about two inches, the cool winter air immediately improved my condition. However, I could not get back to sleep. I kept tossing in bed, and my breathing problem returned after awhile.

I kept opening the window wider as breathing became more difficult, till by 7:00 a.m. I had it completely up.

To be continued...

"...if my wife had taken 20 minutes longer in getting me to the hospital, I would have been dead before arrival."



Content Editor

Edith Missah-Habaradas

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¹Mercy Ballard, RN, Joyce Choe, MD, MPH. *The Autoimmune Plant Based Cookbook*, pg. 108

²George D. Pamplona-Roger, MD. *Encyclopedia of Foods and Their Healing Power*, vol. 2, pg. 199