



Health Corner



CASHEW NUT MILK RECIPE¹

Makes 4 cups, preparation time 5 mins [plus 4+ hours soaking time]

Ingredients:

1 cup raw cashews (must not be roasted or salted)

Filtered water, for soaking (enough to cover)

3 cups filtered water

5 g (5 scoops) fine calcium powder

Optional: Rice malt syrup or pure maple syrup (as needed)

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FUN FACTS ABOUT CASHEWS



Cashew is one of the most highly prized nuts. They are cultivated in tropical climates throughout the world. Cashews are *rich* in **Magnesium** and **Vitamins B1** and **B2**, whose lack produces nervousness and irritability. Their use is recommended in cases of nervousness, irritability, depression, weakness, and abnormal tiredness.²

MESSAGE *on a* NEWSLETTER

"Our dearest Anne, on this time of loss & sadness, may you find comfort & peace in the assurance of God's promise in 1 Peter 5:7, 'casting all your cares upon Him, for He cares for you.' Please know that you are covered with lots of love and prayers." – Girly Q.

FROM THE PEN OF ELLEN G. WHITE

"The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression... Courage, hope, faith, sympathy, love promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul." – *Ministry of Healing*, ch. 18, pg. 206



EVENTS CALENDAR

1st Quarter, 2023

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JANUARY

Proper Nutrition
Awareness

.....

FEBRUARY 18

Mental Health
Sabbath

.....

MARCH

Heart Health
Awareness

CASHEW NUT MILK RECIPE¹

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Directions:

Place the cashews in a container, cover them with water and a lid and place them away from direct light. Allow the cashews to soak for at least 4 hours or overnight.

Drain and rinse the cashews (they must be rinsed to remove any residue), place them into a high-powered blender (in batches if necessary) with the filtered water and calcium powder, and blend until smooth. Add some rice malt or maple syrup if needed. Pour into a jug, cover, and refrigerate.



THE MORE YOU KNOW

In positive psychology research, gratitude is strongly associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

-health.harvard.edu

THIS IS THE HOUSE OF DEATH - PART 2

By Roger J. Morneau

After taking a shower, I became extremely tired and realized that something was definitely wrong with me. It took all the strength I could muster just to shave. Walking to the car required as much effort as if I were climbing a hill.

In the Emergency Room the staff quickly rigged me up with an oxygen mask, intravenous tubing dripping medication into my system, and a diagnostic monitor to check the activities of my heart. A cardiologist with the assistance of several nurses did everything they could to keep me alive.

A short while later they placed me in the Intensive Care Unit, which was already filled to capacity. Because all the glassed-in chambers were occupied, they assigned me a bed in the open area close to the nurses' station.

I had, so to speak, a foot already in the grave, as my breathing had grown so shallow that I could hardly get any oxygen into my lungs. I now believed that I was going to die, and my conviction deepened when someone asked me if I would like to have a minister come and see me. In my feeble condition I stated that I felt too sick to have anyone visit, except my wife, who was allowed to see me for 10 minutes every two hours. Besides, for almost 40 years I had made it a daily practice to seek out God and prepare myself to die.

To be continued...

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¹Karen Fischer, BHSc, Dip. Nut. *the eczema detox*, pg. 184

²George D. Pamplona-Roger, MD. *Encyclopedia of Foods and Their Healing Power*, vol. 2, pg. 40