



Health Corner



PLANTAIN FLATBREAD RECIPE¹ (GLUTEN-FREE)

Plantain provides a wonderful sweet flavour to the bread.

Ingredients:

- 1 ripe large plantain (approximately about 1 lb.)
- 1 cup quinoa flour (*optional*: sprouted quinoa flour)
- 1/2 cup flax seed, ground
- 1/2 teaspoon unrefined salt
- 2 teaspoons vanilla

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GOD'S WORD SAYS:

"Let not your *heart* be troubled, ye believe in God, believe also in me"

John 14:1, KJV.

FUN FACTS ABOUT PLANTAINS

Plantains were cultivated in many Central and South American regions, as well as in Africa. It is larger and much less sweet, but it is rich in starch. Its **potassium** content is also very high. It should **not** be eaten raw. A diet rich in potassium and low in sodium prevents arterial hypertension, *heart* arrhythmia, stroke, and even cancer.²

MESSAGE on a NEWSLETTER

"This might be a surprise, but may you continue to be a blessing, Jael E. What you do does not go unnoticed. Trust in God's plan - He will always come through for you." - Sharlene L.

FROM THE PEN OF ELLEN G. WHITE

"True education includes the whole being. It teaches the right use of one's self. It enables us to make the best use of brain, bone, and muscle, of body, mind, and *heart*. The faculties of the mind, as the higher powers, are to rule the kingdom of the body. The natural appetites and passions are to be brought under the control of the conscience and the spiritual affections. Christ stands at the head of humanity, and it is His purpose to lead us, in His service, into high and holy paths of purity." -*Ministry of Healing*, pg. 345



GYM NIGHT

Photos

FEBRUARY 18, 2023

Durham Fil-Can gym night with the Scarborough Filipino SDA Church members and guests at the Kingsway Fitness Complex, Oshawa



GYM NIGHT

Photos





EVENTS CALENDAR

1st Quarter, 2023

.....

JANUARY

Proper Nutrition Awareness

.....

FEBRUARY 18

Mental Health Sabbath

.....

MARCH

Heart Health Awareness

PLANTAIN FLATBREAD RECIPE¹

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Directions:

Peel and mash plantain in a food processor; Mix in the other ingredients until the mixture resembles the consistency of bread dough; Place 1 large spoonful onto your hand and form it into a ball. If the dough is too moist and too sticky to work with, sprinkle quinoa flour into the dough until it is not sticky.

Place onto a baking tray lined with parchment paper and flatten into a flatbread shape. Bake at 400 degrees F for about 25 mins, until light golden in color.



THE MORE YOU KNOW

Heart palpitations are irregularities in the heart's rhythm. Caffeine-related palpitations can come from drinks like espresso that are high in caffeine. Reduce or eliminate beverages that contain caffeine, such as coffee or soda, to avoid palpitations.

-University of Iowa Hospitals & Clinics

THIS IS THE HOUSE OF DEATH - PART 3

By Roger J. Morneau

While I realized that my condition was critical, I was also aware that a number of other people in the ward were struggling to hold on to life. "This is the house of death," I told myself.

Thirty-six hours passed, and I was still alive and now able to breathe without having the oxygen mask on all the time. My thoughts ascended to God in a melody of praise.

That Sunday evening the Intensive Care Unit was in a state of great urgency, and the head nurse called for additional help to meet the situation. To my immediate right an elderly man appeared on the point of death as two nurses struggled to keep him alive. To my left a man in his 30s, already having had three heart attacks, stated that he was probably living his last days.

Lights flashed at the nurses' station with increasing frequency as the condition of a great number of patients worsened. Because of my proximity to the station, I could hear comments that indicated that the condition of some patients was deteriorating and becoming desperate.

Not for myself, but for others, my thoughts ascended to God in prayer.

To be continued...

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¹Mercy Ballard, RN, Joyce Choe, MD, MPH. *The Autoimmune Plant Based Cookbook*, pg. 128

²George D. Pamplona-Roger, MD. *Encyclopedia of Foods and Their Healing Power*, vol. 2, pgs. 71 & 72