



Health Corner



GOD'S WORD SAYS:

"Ye shall serve the LORD your God... and I will take away sickness from the midst of thee"

Exodus 23:25,
KJV.

PUMPKIN SEED PROTEIN SMOOTHIE RECIPE¹

Ingredients:

- 2 tablespoons pumpkin seeds, soaked
- 1 tablespoon flaxseed
- 1/2 cup berries (raspberry, blackberry, blueberry, strawberry)
- 1 green apple
- 2 tablespoons shredded coconut
- 2 tablespoons carob powder
- 3/4 cup water

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FUN FACTS ABOUT RASPBERRIES



Raspberries facilitate the **elimination** of **waste substances** produced in the body because of infection. They also provide a variety of vitamins and minerals, particularly **vitamin C**, **folates**, **iron**, **potassium**, and **flavonoids**. Vitamin C is *essential* to the immune system as it improves the immune response to infections.²

MESSAGE on a NEWSLETTER

"Dear Aileen PB, your welcoming bright smile and never ending support is always appreciated. May God grant you all the desires of your heart." – Erika L.B.

FROM THE PEN OF ELLEN G. WHITE

"The object of the health reform and the Health Institute is not ... to quiet the pains of today. No, indeed! Its great object is to teach the people how to live so as to give nature a chance to remove and resist disease." – *Testimonies for the Church*, ch. 1, pg. 643



EVENTS CALENDAR

2nd Quarter, 2023

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APRIL

Immune System Health
Awareness

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MAY 06

Nurses' Sabbath

MAY 07

Outdoor Family-Friendly
Aerobics at Kingsway

.....

JUNE

Respiratory
Health Awareness

PUMPKIN SEED PROTEIN SMOOTHIE RECIPE¹

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Directions:

Blend all ingredients and serve.
Serve with plantain flatbread (see Issue No.3)
This smoothie tastes great without being too sweet. Many with leaky gut have candida issues and cannot tolerate fruits that are too sweet, so green apples and berries are the major sweeteners here.



THE MORE YOU KNOW



Can your food make you sick? Studies have shown spikes in sugar intake suppress your immune system. When your immune system is compromised, you are more likely to get sick. If you eat a lot of ultra-processed foods and beverages high in sugar or refined carbohydrates, which the body processes as sugar, you may be reducing your body's ability to ward off disease. – *Piedmont Healthcare*

THIS IS THE HOUSE OF DEATH - PART 4

By Roger J. Morneau

For 39 years I had seen the power of intercessory prayer bring great blessings into the lives of many. One practice that I had formed early in my Christian life was to bring the spiritually sick, those who have had head-on collisions with sin and become spiritual and at times physical wrecks, to what I like to refer to as Christ's intensive care unit. The results had been rewarding, as many times I had seen my prayers answered before my eyes.

As I considered my Lord and Saviour in the Holy of Holies of the heavenly sanctuary ministrating in behalf of fallen humanity (Hebrews 8:1,2), I found my heart soaring in thanksgiving for all the many blessings He had so compassionately bestowed on others in answer to my prayers. And my joy in the Lord was great as I reflected upon God's never-failing compassion toward me, a most undeserving human being.

Now I asked the mighty power of the Holy Spirit of God to surround everyone with spiritual atmosphere of light and peace and to restore them to health if it was His will. And to encourage my own Christian experience as I lay at the point of death, I asked God to allow me to see His healing touch at work in that ICU. Then I thanked the Great Physician, the Author of our being, for answering my prayers.

To be continued...

"And to encourage my own Christian experience... I asked God to allow me to see His healing touch at work in that ICU."



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¹Mercy Ballard, RN, Joyce Choe, MD, MPH. *The Autoimmune Plant Based Cookbook*, pg. 191

²George D. Pamplona-Roger, MD. *Encyclopedia of Foods and Their Healing Power*, vol. 2, pgs. 249 & 351



Sunday,
May 7,
2023

OUTDOOR

Family-Friendly Aerobics

LET'S GET MOVING!



7:45 - 8:10 am

Vesna Cestarcic will demonstrate proper deep breathing techniques and posture to help improve our lung function, circulation, and musculoskeletal balance.

**Vesna Cestarcic
CNN, RMT**



8:10 - 8:40 am

Time for fun aerobics!



8:50 am

Enjoy a healthy breakfast while watching a live demonstration on how to make a traditional Indonesian (oriental) healthy beverage.

*Come with
your family
and friends!*

VENUE:
Kingsway College
1200 Leland Rd, Oshawa, ON L1K 2H5

Click icon for the exact location

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