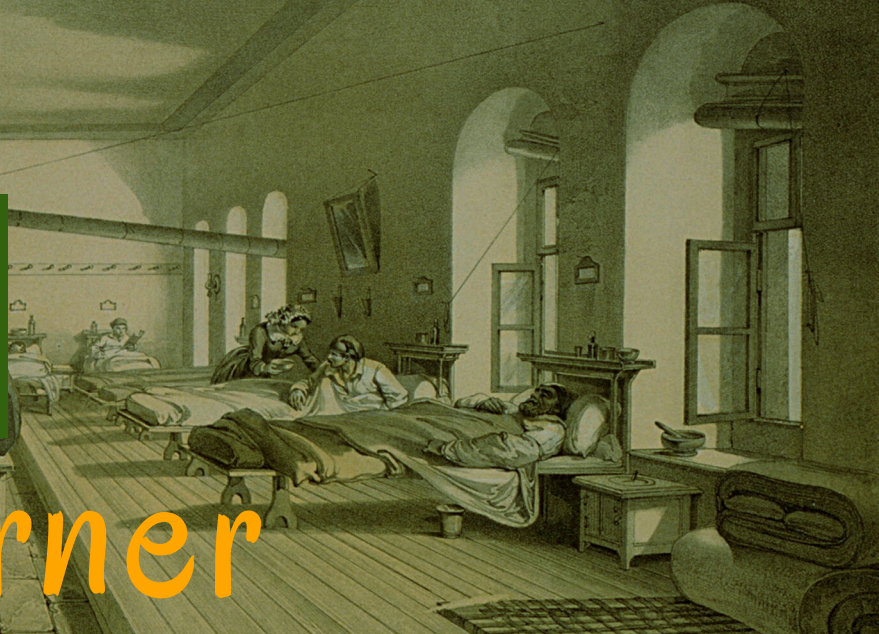




# Health Corner



## BRUSCHETTA RECIPE<sup>1</sup>

*Yields 12 slices*

### Ingredients:

- 10-12 tomatoes (medium size, fresh) peeled and diced
- 3 cloves garlic (fresh), peeled and pressed
- 1/2 cup basil (fresh) chopped (can use more if desired)
- Salt (sea salt or Himalayan salt) to taste
- 2 tablespoon olive oil (extra virgin)

*Continued on pg. 2*



## GOD'S WORD SAYS:

"The Lord will strengthen him on his bed of illness; You will sustain him on his sickbed"

*Psalm 41:3, NKJV.*

## FUN FACTS ABOUT GARLIC

Garlic is a natural **antibiotic** against various microorganisms that may contaminate food; a healthful condiment that does not irritate or inflame the stomach's mucous membrane where digestive juices are produced. It possesses many **medicinal properties**: it reduces cholesterol, combats hypertension, stimulates the immune system, and inhibits the formation of malignant tumours.<sup>2</sup>

## MESSAGE on a NEWSLETTER

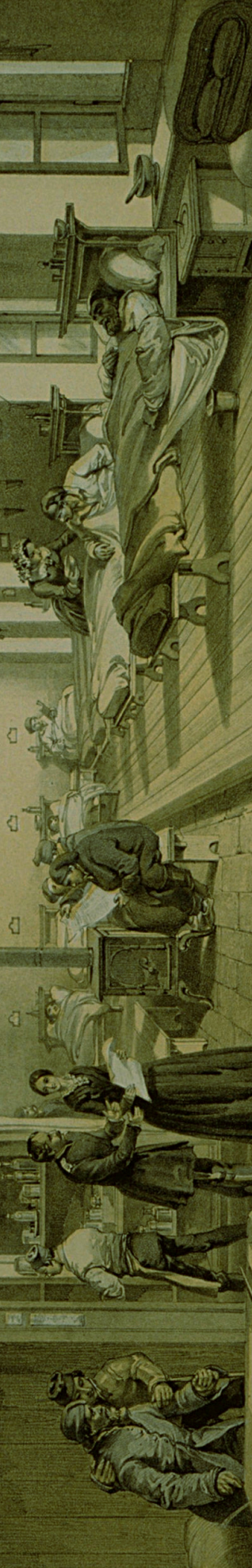
*"To my dearest friends, Mhai and Jerry O.: God knows the desires of your hearts. Remember this: 'All things work together for good to those who love God, to those who are the called according to His purpose' (Romans 8:28). Keep holding on to God's promises and trust in His process." - Giging S.*

## FROM THE PEN OF ELLEN G. WHITE

"The Saviour would have us encourage the sick, the hopeless, the afflicted, to take hold upon His strength. Through faith and prayer the sickroom may be transformed into a Bethel. In word and deed, *physicians* and *nurses* may say, so plainly that it cannot be misunderstood, 'God is in this place' to save, and not to destroy. Christ desires to manifest His presence in the sickroom, filling the hearts of *physicians* and *nurses* with the sweetness of His love." - *Ministry of Healing*, pg. 226







## EVENTS CALENDAR

2nd Quarter, 2023

.....

### APRIL

Immune System Health Awareness

.....

### MAY 06

Nurses' Sabbath

### MAY 07

Outdoor Family-Friendly Aerobics at Kingsway

.....

### JUNE

Respiratory Health Awareness

## BRUSCHETTA RECIPE<sup>1</sup>

Continued from pg. 1

### Directions:

Mix all ingredients and allow to sit 30-60 minutes before serving.

Serve over whole-wheat Italian bread that has been sliced, brushed with olive oil, and grilled in a hot skillet or baked in the oven.

*Tip: You can also use this topping for a main dish. Instead of serving on top of bread, try pouring it over hot pasta, such as penne or angel hair.*



## THE MORE YOU KNOW

Florence Nightingale, known as the "Lady with the Lamp," provided care and comfort for British soldiers during the *Crimean War* (1853-1856). She helped revolutionize medicine with her no-nonsense approach to hygiene, sanitation, handwashing, and patient care and turned *nursing* into a valued profession. Her groundbreaking achievements has saved millions. - *biography.com*

## THIS IS THE HOUSE OF DEATH - PART 5

By Roger J. Morneau

As I had discovered years before during a time when I had been personally involved in spirit worship, demonic spirits struggle hard before yielding their prey to the power of the Spirit of God. For about 15 minutes a large number of patients experienced increasing distress, and nurses actually ran to their aid. Then the medical staff's fears became reality as the heart of a Mr. Smith stopped beating.

The emergency beeper at the nursing station went into action, intensifying the sense of urgency. Immediately the head nurse asked over the PA system for all the doctors in the hospital to come and assist. Three physicians raced into the unit. A nurse on the run retrieved the resuscitator that had been left at the opposite end of the room.

About 10 minutes went by while the medical staff did all they could to restore him to life, with no success. In fact, one of them, leaving the room with his head down, came to the nurses' station and said to the nurse there, "The man is gone." Immediately, I appealed to the Lord of life in prayer, asking Him to restore Mr. Smith by the mighty power of the "Spirit of life" in Him (Romans 8:2), that great power that raised Lazarus from the dead. No sooner I had said amen than Mr. Smith regained consciousness and asked why so many people were in his room.

*To be continued...*

*"About 10 minutes went by while the medical staff did all they could to restore him to life, with no success."*



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Edith Missah-Habaradas

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[www.durhamfilcan.org](http://www.durhamfilcan.org)

HEALTH CORNER  
Issue 5 • Page 2

<sup>1</sup>[www.VibrantLife.com](http://www.VibrantLife.com)

<sup>2</sup>George D. Pamplona-Roger, MD. *Encyclopedia of Foods and Their Healing Power*, vol. 1, pg. 338