

# Health Corner

## HIMALAYAN CURRIED SOUP RECIPE<sup>1</sup>

Servings: 2; Prep time: 5 mins (+ cooked rice); Cook time: 20 mins.

### Ingredients:

- 1 chopped onion
- 1 stalk celery, chopped
- 2 1/2 cups **cooked** brown rice

Continued on pg. 2



## FUN FACTS ABOUT ONION

It says in the fourth book of Moses that while the Israelites wandered in the Sinai desert, they yearned for the foods they had eaten in Egypt. Specifically, they mentioned *onions, garlic, and leeks*. It is plausible, then, that onions, together with other vegetables, made up an important part of the diet of the Israelites more than 3,500 years ago. Onions have the following properties: **anti-asthmatic, decongestant, antibiotic, heart and arterial protector, diuretic, and anti-carcinogenic.**<sup>2</sup>

## MESSAGE on a NEWSLETTER

*"To my dear Ate Glo, God loves you so much. We know that He is the God of order. Everything that happened to us there is always a reason. Don't stop praying, always get connected with Him. Always remember this verse specially before you go to bed. Give everything to Him, remember that God is bigger than anything else. Psalms 4:8" - Bless A.*

## GOD'S WORD SAYS:

"The spirit of God hath made me, and the *breath* of the Almighty hath given me life"

Job 33:4, KJV.

## FROM THE PEN OF ELLEN G. WHITE

"Many families suffer from sore throat, lung diseases, and liver complaints, brought upon them by their own course of action.... They keep their windows and doors closed, fearing they will take cold if there is a crevice to let in the air. They breathe the same air over and over, until it becomes impregnated with the poisonous impurities and waste matter thrown off from their bodies, through the lungs and the pores of the skin."

-*Healthful Living*, pg. 173



# OUTDOOR AEROBICS *Photos*

SUNDAY, MAY 7, 2023



# OUTDOOR AEROBICS

## Photos



# OUTDOOR AEROBICS

## Photos



## 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

## HIMALAYAN CURRIED SOUP RECIPE<sup>1</sup>

Continued from pg. 1

4 1/2 cup vegetable broth  
1/2 tablespoon soy sauce  
1 1/2 teaspoons curry powder  
1/2 teaspoon ground coriander

### Directions:

Place 1/2 cup of vegetable broth, onions, and celery in a saucepan. Cook, stirring occasionally for 5 minutes. Add remaining ingredients. Cook over low heat for 15 minutes.



## THE MORE YOU KNOW

The air indoors can have a poor balance of oxygen, nitrogen, and carbon dioxide. The air quality indoors can get worse in rooms with poor ventilation. The fresh air outside usually has higher levels of oxygen and lower levels of pollution. When you breathe in fresh air you are exposing your lungs to more oxygen, which will be very beneficial for your overall health and your lung health. – *Advent Home Medical*

## THIS IS THE HOUSE OF DEATH - PART 6

By Roger J. Morneau

He stated that he was extremely hungry, and asked if he could have some food.

Another of the physicians approached the station and told the nurse to order something from the kitchen, adding, "I have never seen anything like this in all my years."

A state of quietness invaded the place. Nurses leisurely stood in the doorways of the glassed-in rooms as their patients actually fell asleep in the peace and comfort previously denied them. As for myself, I could feel the presence of God. My prayers had been answered in miraculous ways in that not only was Mr. Smith alive and feeling great, but also the peace of heaven now blessed those present in the intensive care unit.

### New Leases on Life

For long hours Hilda had been waiting to spend some of her allotted 10 minutes with me. About 10:00 p.m. she came in for the last time that day before returning to her mother's place for the night. During her stay in the waiting room of the ICU she had become acquainted with Mrs. Smith. The woman had been greatly disturbed over the condition of her husband, who—having given up hope—had actually declared that he wanted to die. *To be continued...*

*"My prayers had been answered in miraculous ways... the peace of heaven now blessed those present in the intensive care unit."*



Content Editor:

Edith Missah-Habaradas

Visit our website:

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

HEALTH CORNER  
Issue 6 • Page 5

<sup>1</sup>John and Mary McDougall. *All-You-Can-Eat-Vegetarian Cookbook*, pg. 25

<sup>2</sup>George D. Pamplona-Roger, MD. *Encyclopedia of Foods and Their Healing Power*, vol. 2, pg. 142