



# Health Corner



## COCONUT CHEESE RECIPE<sup>1</sup>

Prep time: 10 mins; Cook time: 10-15 mins.

### Ingredients:

- 2 1/2 cups coconut milk
- 2 teaspoons unrefined salt
- 2 tablespoons agar powder (not flakes)

Continued on pg. 2



## FUN FACTS ABOUT COCONUT

In Sanskrit, the language of ancient India, the coconut palm is called *kalpa vriksha*, which means, 'the tree that provides everything necessary for life.' The dietary and therapeutic properties of the coconut depend on its mineral content, particularly **magnesium**, which **surpasses all animal-based foods**. Most of the body's magnesium is found in the *bones* (60%) and the *muscles* (26%). It contributes to bone hardness and healthy cartilage in the joints.<sup>2</sup>

## MESSAGE on a NEWSLETTER

"Dearest Ai and Fritz, Congratulations! 2023 is such a wonderful year for your growing family. Fill your new home with lots of love and happiness. Love you! Stay blessed and be a blessing!"

- Mary Ann R.

## GOD'S WORD SAYS:

"Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones"

Proverbs 3:7,8 NKJV.

## FROM THE PEN OF ELLEN G. WHITE

"It is essential that you have much active exercise. While you devote hours to study, be considerate and give equal exercise to the physical. For what purpose did God provide our bodies, supplied with joints, sinews, and muscles, but to be exerted in industrious occupation? In order to keep the organs properly balanced, every teacher and pupil should have physical exercise. The body having its due proportion to taxation with the mind will help the intellect to put forth stronger and more vigorous effort without injury." -Letters & Manuscripts, vol. 2, 1875



## EVENTS CALENDAR

3rd Quarter, 2023

.....

### JULY

Bone and Joint  
Health Awareness

.....

### AUGUST 26

Health Ministry  
Sabbath

.....

### SEPTEMBER

Digestive  
Health Awareness

### SEPTEMBER 9

Health Outreach  
Memorial Park, Oshawa

## COCONUT CHEESE RECIPE<sup>1</sup>

Continued from pg. 1

3 tablespoons arrowroot powder

2 teaspoons lemon juice

1/4 cup sunflower seed, soaked  
overnight and rinsed (optional)

1/2 teaspoon Super Antioxidant Seasoning (optional)

### Directions:

Blend all ingredients until smooth

Pour the blend into a saucepan and bring to a boil,  
stirring occasionally.

When it comes to a boil, lower heat and remove.

Serve right away: pour into glass container and freeze  
for a half hour to set. Store covered up to five days.



## THE MORE YOU KNOW

A joint is where two or more bones are joined together. When your joints are healthy, they will allow you to walk, run, jump, exercise, and do the other things you like to do. Physical activity, a balanced diet, avoiding injuries, and getting plenty of sleep will help you stay healthy and keep your joints healthy too.

-National Institute of Arthritis and Musculoskeletal and Skin Diseases

## NEW LEASES ON LIFE - PART 2

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."*



Content Editor:

Edith Missah-Habaradas

Visit our website:

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

HEALTH CORNER  
Issue 7 • Page 2

<sup>1</sup>Mercy Ballard, RN, Joyce Choe, MD, MPH. *The Autoimmune Plant Based Cookbook*, pg. 73

<sup>2</sup>George D. Pamplona-Roger, MD. *Encyclopedia of Foods and Their Healing Power*, vol. 2, pgs. 325 & 326