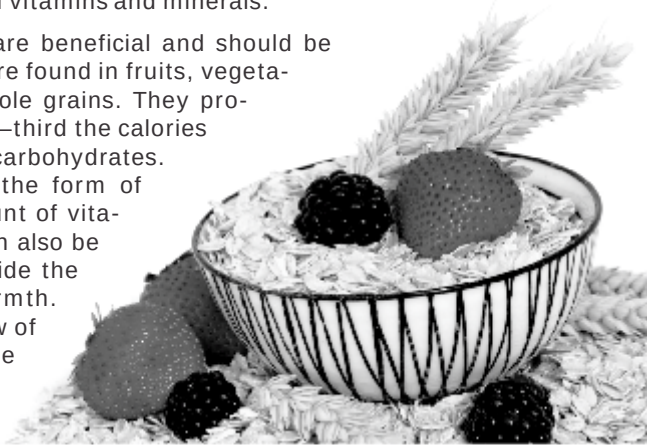


As you look through this edition of healthbites you will read about the value of carbohydrates. A good hearty breakfast in the cooler months of winter will set you right for energy and warmth throughout the day. Over the page you will find an interesting recipe for a natural penicillin to combat colds and flu. As usual you will also read some more interesting littlebites in the side column.

A Breakfast full of Carbs

Carbohydrates come in two forms – simple and complex. To eat refined or simple carbohydrates, like sugar, can lead to many disorders. They are classified as empty calories and largely devoid of vitamins and minerals.

Complex carbohydrates are beneficial and should be included in the diet. These are found in fruits, vegetables, beans and natural whole grains. They provide fibre and have only one-third the calories found in fat and simple carbohydrates. Complex carbohydrates in the form of starch contain a good amount of vitamins and minerals. They can also be converted into fat and provide the body with energy and warmth. With this comes an even flow of energy in contrast to the short-lived 'rush' derived from the simple form of carbohydrates.



Complex carbohydrates should make up the bulk of the diet at approximately 55-70 percent. They provide the most efficient and readily available source of energy for our bodies. The brain and nervous system tissue use carbohydrates almost exclusively for energy. They will act to detoxify harmful substances that are manufactured by or taken into our bodies.

Complex carbohydrates are abundant in a number of food sources. They are available in vegetables as well as in whole grains such as rice, wholegrain pasta and potatoes. An added benefit is that virtually all whole foods contain a good amount of fibre, this being the best way to address the problem of obesity. The whole foods sustain the system longer without so much bulk and emptiness, delaying the necessity for more food so soon. Also the fibre works to eliminate unnecessary waste out of the system in a shorter time. When these principles are combined with exercise and optimal meal timing, such a diet can help the overweight diabetic shed significant kilos. As the weight comes down, so does the insulin needs.

Many people believe that skipping breakfast helps lose weight. They are not hungry in the morning, so they will eat less calories for the day. This is a myth though. The truth is that eating a good breakfast should be a part of any weight loss programme. As with carbohydrates, so it is with starch. An old myth has been, "If you eat starchy foods, you will gain weight." The fact is that starchy foods in moderate amounts should be part of a weight loss diet. It's the extra fats and calories that we add to the starch foods that make them fattening. For example, it would take 60 potatoes to equal the amount of fat in one tablespoon of butter. One medium size potato has only 145 calories and a mere two tenths of a gram of fat. If we add just one tablespoon of butter, the one potato jumps to 247 calories with 12 grams of fat.

Eating a good breakfast reduces the risk of heart attacks, it is essential for maximum efficiency, both mental and physical, particularly during the late morning hours. Breakfast eaters demonstrate better attitudes and improved scholastic performance, more efficient problem solving, improved memory, increased verbal fluency, improved attention span, and better attitudes.

There is no doubt about it. It is wise to eat an early evening meal so that the stomach is hungry and ready for a good hearty breakfast each morning of cereal, topped with fruit or soy milk, to build a good weight control pattern and to offer good sustenance to the body. —Based on *Proof Positive*, Neil Nedley M.D. Chapter 1.

Quote of the Month

*We should
employ every
faculty for the
restoration of
health, taking
every
advantage
possible,
working in
harmony with
natural laws*

—E White

healthbites

Issue 23 - June 2010

healthbites is a production of Autumn Leaves NZ Ltd. All content is for information and reporting purposes. No intention is made to bring total solutions for any health condition.

Many articles in this paper are condensed from larger articles from renowned sources, contact us for the complete article and we will supply if available.

Subscribe yourself or a friend to healthbites by contacting us.

Autumn Leaves NZ Ltd
PO Box 654
Rangiora 7440
New Zealand



health@autumnleaves.co.nz

www.lifestylematters.co.nz

little bites

Chocolate Linked to Depression

BBCNews, 27 April 2010

People who regularly eat chocolate are more depressive, experts have found. Research in Archives of Internal Medicine shows those who eat at least a bar every week are more glum than those who only eat chocolate now and again.

Four Bad Habits can Shorten Your Life by 12 Years

NaturalNews, 3 May 2010

Four bad habits can shorten your life by 12 years according to a new study published this week in the Archives of Internal Medicine. The four bad habits are smoking, drinking too much, inactivity and a poor diet.

Blueberries and Memory-Boosting

NaturalNews, 19 April 2010

A recent study has shown that blueberries had a measurable improvement in learning and list recall, which backs up a 2008 study which provided scientific evidence to show that blueberries are good for you and supports the idea that a diet-based approach could potentially be used to increase memory capacity.

Prayer May Be Good For Health

EmaxHealth, 6 May 2010

Some science shows that there are health benefits to including prayer or gratitude in daily living. In general, research shows that people who pray regularly are less likely to become ill and when they do, they tend to recover faster.

Low Levels of Vit D Worsens Asthma

NaturalNews, 28 May 2010

Asthmatics with low levels of vitamin D may suffer more severely from the disease than patients with sufficient levels of the vitamin, according to a study conducted by researchers from National Jewish Health in Denver and published in the *American Journal of Respiratory and Critical Care Medicine*.

www.lifestylematters.co.nz

Nature's Penicillin

It is becoming more common to hear of people who have need of penicillin experiencing allergic reactions to the regular lines of medical penicillin. For those who are needing protection from infection, is there some natural penicillin to offer help?

Well, there is assistance. There is a natural penicillin that can be used effectively for colds, flu, sore throat, infections, respiratory problems, and a general immune strengthener. It is simple and inexpensive to make.



The recipe is included below, but first is listed the medicinal value of each item used.

Grapefruit: High in vitamin C, which is an immune system strengthener. Grapefruit is valuable as it aids the body in eliminating poisons. The rind of the grapefruit is a natural source of quinine and a good source of vitamin P.

Orange: High in vitamin C and A. Also contains high amounts of potassium and a good amount of calcium and phosphorous. It is known to decrease excess mucus from the head and nose, and is useful in cases of respiratory ailments, such as bronchitis, pneumonia and asthma, high blood pressure and rheumatism.

Lemon: Contains vitamin B, C, calcium, iron, potassium and phosphorus. Lemons are a natural antiseptic, helpful in destroying harmful bacteria in areas of infection. Because of its vitamin C content, it again acts as a immune builder, especially beneficial to the liver, an important organ of elimination. Lemon is also beneficial because it is alkaline-forming in the body.

Garlic: Contains vitamin B, C, calcium, potassium and phosphorous. Garlic is one of the most beneficial foods of the digestive system and has a positive effect on the lymph system, aiding in the elimination of toxic waste matter on the body. It is also a useful cleanser of the blood and is a natural anti-body, therefore very valuable in strengthening the immune system.

Onion: Contains vitamin A, thiamine, iron, niacin and calcium. Onions have anti-septic qualities. They help drain mucus from the sinus cavities and loosen phlegm. They will also help destroy worms and other parasites in the body. Recommended in cases of asthma, bronchitis, pneumonia, flu and colds.

Peppermint oil: Peppermint oil brings oxygen into the blood stream. It cleanses and strengthens the entire body. — Reference: *God's Pharmacy*, p34,35.

God's Pharmacy by M.E.E.T. Ministry, USA

This booklet contains many solutions to health problems using foods that can be grown in a garden or purchased at a local grocery store. Simple and effective.

Get your copy today!

47 pages, paperback \$10.00



Recipe of the Month

Nature's Penicillin

1 Grapefruit
1 Orange
2 Lemons

3 Garlic cloves
½ large onion
3 drops peppermint oil

Cut fruit, including skins, and onion into pieces. Place in a blender with enough water so that the mixture turns in the blender. You may find that you will have to add more water, but just a little at a time. Mix well. Add peppermint oil at the last. For an adult, take one cup a day. For a child, take ½ cup a day. This amount is not taken all at once but a spoonful at a time periodically throughout the day. Pour remainder into a glass jar. Cover with a lid and keep refrigerated. When ready to use, warm before serving.

