

M E L O D I E S O F P R A Y E R

Introducing NUTRITION &

Lifestyle



The Great Health Plan

God said, 'Behold, I have given you every seed bearing plant on the face of the earth, and every tree that has seed bearing fruit. It shall be to you for food. ~Genesis 1:29



MELODIES OF PRAYER

July 2009

✧ Food for your Brain ✧

Omega 3 Fatty Acids has been known to be the power of food but what can it do to our brain?

BOOST YOUR BRAIN POWER TODAY

Our brain is a unique organ which influences our skills, character, desire, choice and taste among many others. 60% of our brain is fat, mainly polyunsaturated fat. Omega 3 fatty acids made up the dendrites and synapses; they are the connecting wires between the neurons in our brain.

Commercially, we've been told to take our omega 3 from supplements; however, we can also obtain it from the natural sources. Walnuts, flaxseed, kiwi, mongo beans, green leafy vegetables such as malongay, kang kung, spinach, broccoli are among the natural foods that have omega 3 fatty acids.

Walnut Power Bar

This is a easy, tasty bar when you are on-the-run. Best of all, it is completely raw.

1/4 cup dates
1/2 cup walnuts
1/4 cup unsweetened coconut, shredded
1/2 tablespoon extra virgin coconut oil

Place all ingredients in blender. Shape it into bar. Wrap the bars individually for quick snack.



Diet and Health

Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle and tissue.



Selection of Food

Those foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating, the appetite has become perverted. Often it demands food that impairs health and causes weakness instead of strength. We cannot safely be guided by the customs of society. The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet.

In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food. "Behold," He said, "I have given you every herb yielding seeds, .. and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food," Genesis 1:29, A.R.V. Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also "the herb of the field." Genesis 3:18



Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These food, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet.

Ministry of Healing, E G White, p 295-296