

## **In this Months Newsletter**

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- Sunshine Coast, Australia LIPS Seminar Saturday July 22nd 2006

“Until man can duplicate a single blade of grass, nature can laugh a man’s so called, scientific knowledge”. – Thomas Edison

## **Food by Design**

I went to an amazing talk this month on health and “wellth”. I liked the way the speaker spelt 'wellth' as without your health and wellbeing; physically emotionally and mentally then wealth is of no use.

The speaker, Don Tolman was not a doctor or a nutritionist but was a person that looked for the truth. He discovered a passage in the bible at the age of 8 which sent him on a mission to find out the truth about health and food. 17 years later he found what it was and has shared it with many audiences. He said for 1000’s of years it has been known that when food resembles a body part then that food is specifically designed to nourish, strengthen and heal the body part. Don calls this concept *Food by Design*.

## **Walnuts and The Brain**

I’ve always looked at walnuts and believed they looked like the brain, well guess what the ancient scholars both eastern and western knew that walnuts helped the brain and science today proves that walnuts are one of the best foods for the brain. Many scientific studies show that much of the walnut’s nutrient contents are very helpful to the growth of the nervous system, performing complementary effects in the process of uptake by the brain. They are the nutrients that can be rapidly absorbed and utilized by the brain efficiently, for better cognitive processes, prevention from dementia and repair, growth and development of the brain.

## **Celery and Bones**

The celery stalk is very similar to the chin and arm bone, the nutrients in celery have a strong correlation to strong bone growth.

## **Avocado and Uterus**

The avocado looks like the uterus and it is interesting to note that it takes 9 months for an avocado to grow and ripen for picking. The nutrients in avocados

are essential for the integrity of the reproductive system and research shows that avocados help prevent cervical cancer.

### **Grapes, Tomatoes and The Heart**

Grapes and tomatoes when sliced length ways look like the heart, it is a well known fact that tomatoes have powerful nutrients most particularly lycopenes that help not only the heart but circulatory system. Grapes also have many nutrients that contribute to heart health.

### **Carrots and The Eyes**

Carrots have always been known to be good for the eyes, next time you slice a carrot take a look, you will see something that looks a bit like the iris and pupil of the eye. Carrots are high in beta carotene. Beta-carotene helps to protect vision, especially night vision. After beta-carotene is converted to vitamin A in the liver, it travels to the retina where it is transformed into rhodopsin--a purple pigment that is necessary for night-vision. Plus beta-carotene's powerful antioxidant actions help provide protection against macular degeneration and the development of senile cataracts--the leading cause of blindness in the elderly.

I thought that I'd pass this interesting ancient knowledge on. See how many foods you can find that look like body parts and then do a search on the internet; a bunch of grapes looks similar to the alveoli of lungs, kidney beans look like kidneys.

We've always known that food, especially food from nature is excellent for health, I watched a television show called "Honey We're killing the Kids", and it astounded me that with the amount of information about good food being linked to health, that there are still families in Australia and the western world that still don't get it. The one's that don't get will be the ones who are debilitated with sickness, both mentally and physically. Make a conscious effort to start eating some brain food like walnuts and pecans. Enjoy and happy changing habits.

### **DVD of the Month; - The Secret.**

This ground-breaking feature length movie presentation reveals The Great Secret of the universe. In this astonishing program are ALL the resources you will ever need to understand and live The Secret.

For the first time in history, the world's leading scientists, authors, and philosophers will reveal The Secret that utterly transformed the lives of every person who ever knew it... Plato, Newton, Carnegie, Beethoven, Shakespeare, Einstein.

I've watched this DVD many times and every time I watch it I get more out of it.

It is the practical version of a DVD I suggested many months ago, “What the Bleep”. Many people felt “What the Bleep” was too scientific, well now you have a chance to watch something that will help you put the secret into practice. For more information go to [www.thesecret.tv](http://www.thesecret.tv)

**Recipe of the month - Roast Pumpkin, Avocado and Feta Salad**

1/2 butternut pumpkin, chopped into cubes and roasted for 15 minutes  
1 red onion chopped into eighths  
1 avocado chopped into cubes  
1/4 cup pinenuts roasted  
1/4 cup walnuts  
2 cups of your favourite salad leaf greens  
1/8 cup of healthy mayonnaise

Once you have roasted the pinenuts and pumpkin allow them to cool slightly then add all other ingredients and toss. The walnuts will help your brain function and the avocado can help prevent cervical cancer, plus with all the other healthy ingredients, how can you go wrong with this wonderful salad. ENJOY.