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Product Catalogue

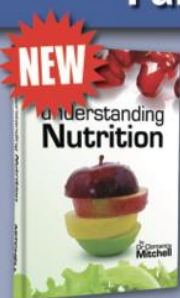
FRENCH TITLES

**Livres à développer
un meilleur style de vie
pour toute la famille**

Family Health Care

Spiritual Wellbeing

Lifestyle Books



Understanding Nutrition

Clemency Mitchell

How much do you know about the food you eat? Don't we owe it to ourselves and our children to know more?

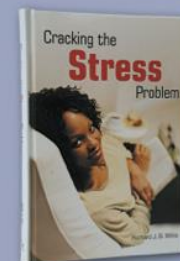
Hardcover Book

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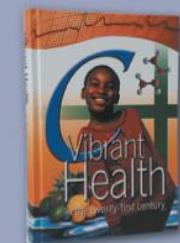
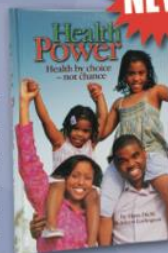
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Hans Diehl & Aileen Ludington

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Dr. Clemency Mitchell

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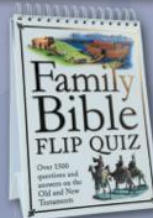
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God's Wonderful World Calendar 2014

Twelve stunning pictures from around the world with devotional readings.

Paperback



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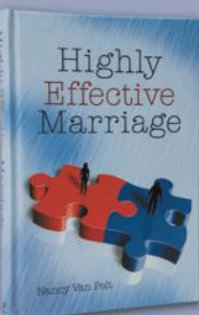
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Family Life



Highly Effective Marriage

Nancy Van Pelt

If you long for marital intimacy, tenderness, and respect, or just need a 100,000-mile marital tune-up, this book is filled with powerful secrets to keep your spouse madly in love with you.

Hardcover Book

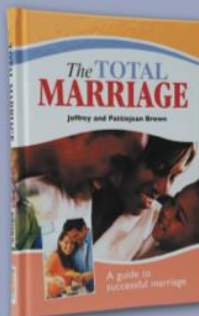
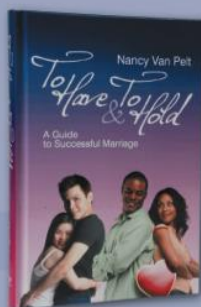
To Have and To Hold

Nancy Van Pelt

This book is aimed at three groups:

- Young couples who are preparing for marriage
- The average couple looking to enliven their marriage and experience unrecognised possibilities
- Couples either experiencing problems or caught in the bind of an as-yet unfulfilled relationship.

Hardcover Book



The Total Marriage

Jeffrey and Pattiejean Brown

Singles often ask, 'How can I be with the one I love?' Married people sometimes ask, 'How can I love the one I'm with?'

Hardcover Book

The Family Book

Karen Holford

This resource book offers creative ideas and guidelines for becoming a grace-filled family, and provides inspiration and support on such parenting topics as preparing a child for life, helping teens handle sexual pressure, dealing with a death in the family, and much more.

Hardcover Book



Young Adults



Smart Love

Nancy Van Pelt

Anyone can date, but not just anyone can date and be successful or smart about it. Smart dating requires more than cash, cars and clothes. There are a lot of finer points to learn so you can handle all the emotional aspects of dating as well as the pressure. Fasten your seatbelts for Nancy's special brand of straight-talk delivered with no sugar coating or reservations.

Hardcover Book

Young Man

Jonathan and Ana Gallagher

How should a Christian boy relate to sexual issues such as: How do I choose? What about sex before marriage? What are the risks? What are the rights and wrongs? How is God involved? A frank discussion of teenage sexuality.

Hardcover Book



Young Woman

Jonathan and Ana Gallagher

How should a Christian girl relate to sexual issues such as: choosing a mate, sex before marriage and the risks involved, the rights and wrongs involved, and how God is involved? A frank discussion of teenage sexuality.

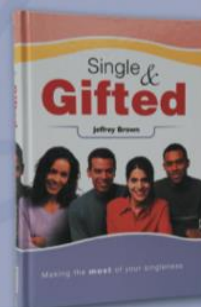
Hardcover Book

Single & Gifted

Jeffrey Brown

This book covers topics such as how to survive as a single, sex and the single person, navigating the minefield of relationships, how to turn singleness to your advantage, and surviving as a single parent.

Hardcover Book



Parenting

NEW



The Smart Parent

Nancy Van Pelt

How clueless can some parents be? Yet occasionally we still get a glimpse of a few successful, happy parents who seem especially good at handling their children. Ever wonder how they do it?

Hardcover Book

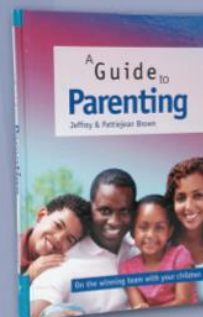
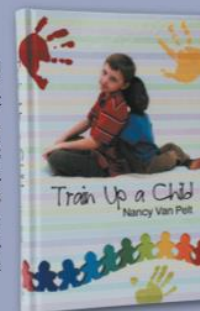
Train Up a Child

Nancy Van Pelt

In this comprehensive guide to good parenting you will discover a wealth of insights and ideas for creating healthy, confident people.

No one ever said parenting was easy, but it's never too late to start making positive improvements.

Hardcover Book

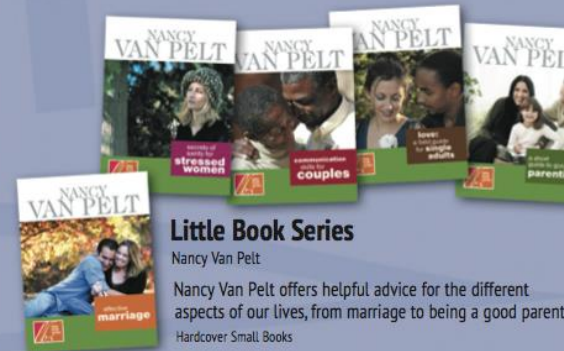


A Guide to Parenting

Jeffrey and Pattiejean Brown

This book is for children, young people, and the parents, pastors and teachers who love them.

Hardcover Book



Little Book Series

Nancy Van Pelt

Nancy Van Pelt offers helpful advice for the different aspects of our lives, from marriage to being a good parent.

Hardcover Small Books

Hardback

NEW



Juicing for Life

gies that you need before you go shopping so that you won't forget anything.

- When juicing in the morning, it may help to prepare your fruit and veggies the night before. Select the ingredients for your juice, wash and store the produce in your fridge and assemble the juicer in your kitchen so it's ready to go.
- Just before juicing, cut any items that might be too large to fit through the juicer. This speeds up the juicing time.
- Drink your juice as soon as possible because it starts to lose nutritional value almost immediately.
- Make more than one juice at a time and store in the fridge for up to 48 hours, but definitely not more than 72 hours. There are no preservatives in fresh juice so it has to be refrigerated or it can spoil quickly.
- Try, wherever possible, to fill your juice containers to the top. This prevents oxidation, which can deplete the nutrients.
- Using produce in season is more economical. Experiment with the combinations of veggies, fruit and herbs until you find what you like and what works for you. This should provide hours of joy.
- Depending on where in the world you live, juicing could be a more expensive way to health, but it is definitely worth incorporating into your lifestyle.



Superfoods

It is important for us to understand what is meant by the term 'superfoods'. If we turn to the dictionary for a definition of 'superfoods' we will find the following or similar: 'A nutrient-rich food considered to be especially beneficial for health and well-being.'¹

That notwithstanding, there appears to be no official medical or scientific definition of a 'superfood' and little long-term credible research that conclusively supports the idea that 'eating a single fruit or vegetable containing a certain antioxidant will zap a diseased cell'.²

Free radicals are those chemicals that are known to cause cell damage. Unfortunately such chemicals are naturally produced in all living cells. Antioxidants are a different range of chemicals that are thought to protect against the harmful effects of the free radicals.

According to the UK's National Health Service online bulletin, NHS Choices, while 'diet plays an important role in our health . . . there is concern that too much focus on individual foods may encourage unhealthy eating'. It quotes dietitian Alison Hornby, spokesperson for the British Dietetic Association (BDA), as saying, 'No food, including those labelled "superfoods", can compensate for unhealthy eating'.³

The bulletin states that dietitians 'avoid the term "superfood" and prefer to talk of "super diets", where the emphasis is on a healthy, balanced diet, rich in fruit and vegetables and wholegrain foods'.⁴

As Hornby concludes: 'When it comes to keeping healthy, it's best not to concentrate on any one food in the hope it will work miracles. All unprocessed food from the major food groups could be considered "super". All these foods are useful as part of a balanced diet'.⁵

¹<http://www.oxforddictionaries.com/definition/english/superfood> ²<http://www.nhs.uk/livewell/superfoods/pages/what-are-superfoods.aspx> ³*ibid.* ⁴*ibid.* ⁵*ibid.*



Coconut

Coconuts are highly nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and a variety of important minerals. Coconut milk is lactose free and can be used as a milk substitute by those with lactose intolerance. It is also a popular choice with vegans and the lower-fat variety makes a great base for smoothies.

Be aware, however, that because of 'coconut milk's high content of saturated fatty acids, it is still seen as a food that should be consumed in moderation' (www.bbcgoodfood.com).

Coriander/cilantro

Coriander (*Coriandrum sativum*) is a herb most of us are familiar with. In the United States, the leaves of the plant are referred to as cilantro (the Spanish translation) and the seeds are referred to as coriander. The leaves are also referred to as Chinese parsley. If you have a choice, buy whole seeds instead of coriander powder, because the latter often contains adulterated ingredients.

Cranberries

As far as healthy foods go, cranberries are at the top of the list due to their high nutrient and antioxidant content and are often referred to as a 'superfood', especially when you consider that half a cup contains only 25 calories! Possible health benefits of consuming cranberries include reduced risk of urinary tract infections, lowered risk of certain types

of cancer, improved immune function and decreased blood pressure.

Be aware that those with 'a history of kidney stones should talk to their healthcare provider before including any forms of cranberries in their diet'.

Cucumber

Cucumbers belong to the Cucurbitaceae botanical family, as do honeydew melons, cantaloupes and watermelons. They typically consist of 95% water and are low in calories, fat, cholesterol and sodium. Their regular use will help prevent dehydration. One cup of cucumber provides the following RDA proportions: 11% of vitamin K (vital for calcium absorption), 4% of vitamin C, magnesium, potassium and manganese and 2% of vitamin A, thiamin, riboflavin, B6, folate, pantothenic acid, calcium, iron, phosphorus, zinc and copper.

Cucumbers also contain lignans that, as research has indicated, may diminish the risk of cardiovascular disease and certain forms of cancer.

Cucumbers are high on the pesticide residue list of the Environmental Working Group (EWG). Suggestion: buy organic if you can or wash produce carefully (http://www.ewg.org/foodnews/dirty_dozen_list.php).

Dates

This delicious fruit is rich in dietary fibre, which prevents LDL cholesterol absorption in the gut. The fibre also works as a bulk laxative, helping to protect the colon mucous membrane from cancer-causing chemicals binding to it. Dates are also rich in minerals like calcium, manganese, copper, and magnesium, all of which are essential to the optimum functioning of the human body.

Dates replenish energy and revitalise the body instantly, which is why they have been used by Muslims since ancient times as the food with which to break the fast during the month of Ramadan (www.nutrition-and-you.com).

Garlic

Although garlic (*Allium sativum*), a close relative of the onion, rakkyo, chive, leek, and shallot, is a herb commonly used in cooking, it is also used widely today for its therapeutic properties. There is a growing body of research that suggests that garlic has potential health benefits in a number of areas, but it appears

Beetroot

Beetroot is gaining popularity as a new 'superfood' due to recent studies claiming that it can improve athletic performance, lower blood pressure and increase blood flow. It is of the same family as sugar beets (*Beta vulgaris*), but is both genetically and nutritionally different. Sugar cannot be obtained from beetroot, which is most commonly found in red and gold varieties. Beetroot is high in dietary nitrate, which is believed to be one of the reasons why it appears to improve athletic performance.

Take note of the fact that 'a high-nitrate diet may interact with certain medications such as organic nitrate (nitroglycerin) or nitrite drugs used for angina, sildenafil citrate, tadalafil, and vardenafil'. Also be aware that the consumption of beetroot and beetroot juice often leads to red-coloured urine and stools.



Three a day dissolves the weight away!

According to Medical News Today* a recent study, which appeared in the journal *Obesity*, found that 'drinking 500ml of water half an hour before eating breakfast, lunch and dinner led to greater weight loss among obese adults compared with those who did not drink water before mealtimes'.

The research, conducted by the University of Birmingham (UK), found that 'preloading' with 500ml of tap water 30 minutes before meals led to a 1.3kg-greater average weight loss per participant over 12 weeks.

Although not exactly sure of why this happens, Dr Helen Parrett suggests that the water may increase our metabolism temporarily or make us feel fuller so that we eat less. She added this caution, however: 'There are some groups of patients, such as those with heart or kidney failure, for whom consuming a pint of water before mealtimes may not be appropriate.'

*<http://www.medicalnewstoday.com/stories/298527.php>







Sunrise simplicity



This is probably one of the most common juices and is a favourite with most people. It took a while for me to experiment and find the proportions that I like, and I would recommend that you do the same. I like to enjoy this as a morning juice before I go for my run.

Ingredients

Makes 1 glass

- 4 large carrots
- 2 Granny Smith apples
- 1 chunk ginger

Benefits: Carrots are perhaps best known for their rich supply of the antioxidant nutrient that was actually named for them, beta-carotene. All varieties of carrots contain the antioxidant vitamin C, as well as phytonutrient antioxidants like beta-carotene. Beta-carotene has also been shown to protect against macular degeneration and senile cataracts. The health benefits of carrots include the improvement of eyesight, slowing down the ageing process, helping prevent cancer and the protection of teeth and gums. Ginger is so concentrated with active substances, you don't have to use very much to receive its beneficial effects.

Handy hints: For nausea, make a ginger tea by steeping one or two slices of fresh ginger in a cup of hot water for five minutes. This will very likely settle your stomach.

'Cookery is not chemistry. It is an art. It requires instinct and taste rather than exact measurements.' – Marcel Boulestin





Green love



The apples and broccoli gives this juice a lovely sweet taste. Apple juice blends well with other vegetable juices, which makes it a natural choice as a sweetener for a green juice. The sodium in the celery gives it a pleasantly salty taste.

Ingredients

Makes 2 glasses

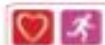
2 cups spinach
1 cup broccoli with stalks
3 celery stalks
1 cucumber
½ lemon
2 apples

Benefits: Apples contain vitamins, minerals and malic acid, which have detoxification benefits, aid digestion, help lower cholesterol and improve the condition of one's skin. There are so many varieties of apples to choose from and they are all good for you. Spinach is one of the top leafy vegetables for juicing and supplies an impressive array of vitamins, minerals and nutrients. Cucumbers are wonderful for digestion because they contain lots of water and fibre, which serve to hydrate and cleanse the body. Lemon alkalises the body and boosts our resilience.

Handy hints: Celery does contain sodium, but it is a good salt, not the same thing as table salt. It is organic, natural and essential for your health.

People really do need people, and are generally healthier with their family around them.





Edeona red

Ingredients

Makes 2 glass

1 beetroot
1 apple
1 celery heart
1cm chunk ginger
2 tbsp chia seeds
(soaked for 15
minutes)

'Sorry, there's no
magic bullet. You
gotta eat healthy
and live healthy to
be healthy and
look healthy. End
of story.' –
Morgan Spurlock

Beetroot is amazingly sweet when juiced. It should be juiced raw but cooked for use in a smoothie. I am always surprised at how much liquid I get from one beetroot. Although it could be an acquired taste for some, beetroot is coming into its own as an energy-boosting drink.

Benefits: One cup of raw beetroot has 58 calories and 13 grams of carbohydrates. A cup of beetroot juice usually contains around 100 calories and 25 grams of carbohydrates. Beetroot is very useful in fighting anaemia and its juice is being touted as the new wonder juice – ideal for athletes and those involved in workouts that require stamina.

Chia seeds become plump and sweet when they are soaked in liquid, expanding up to fifteen times their original size. They also have more antioxidants than most berries, as well as fibre, protein, calcium and omega-3s.

Handy hints: While many foods lose nutrients during cooking, most of the compounds in celery hold up well during cooking.



Hardback



Smoothies

Breakfast smoothies

I firmly believe that we cannot live on juices or smoothies alone. Neither will a smoothie 'smooth out' my bad eating habits and miraculously cure me of every illness that I have.

On the other hand, they do allow me to blend together a combination of fruits, vegetables, herbs and nuts that can nourish my body with nutrients, minerals, vitamins, antioxidants and energy. I am also able to vary the combinations according to my needs and tastes, and to replace a meal with a smoothie without any damage to my body. Smoothies blend whole foods together and are often more substantial than a juice because they include all that fabulous fibre for sustained fullness. Smoothies can be made to appeal to all taste buds - give them a try.



Mango filler

A quick, light breakfast on a summer morning. I love the combination of mango and peach. The peach should be very ripe, oozing juice. The smell is irresistible. Especially good on a morning after you've had a filling supper the night before. The yoghurt adds some protein that fills you up.

Benefits: Mango helps to alkalise the whole body because it contains tartaric, malic and citric acid. Fresh mango freezes well, for that out-of-season smoothie. Mangoes are rich in vitamins B6, C and E, which aid the body in fighting infection. Peaches are a good source of vitamins A, C, and fibre. Not only is vitamin A essential for night vision, but it also assists in maintaining healthy mucous membranes and the quality of our skin.

Handy hints: Mango pulp and mango juice reduce body heat. So when your energy is depleted after a day in the sun and your body feels all hot and bothered, have a mango.

Ingredients
Makes 2 glasses

- 1 mango
- 1 peach
- ½ cup plain yoghurt
- 4 ice blocks
- A handful of frozen blackberries

Nothing brings people together like good food.



Better health smoothies

For most of you, your interest in juicing and smoothie making is inspired by a desire to enjoy optimum health. Like me you are committed to putting the best stuff in, in order to get the best stuff out!

For you it is not just about taste and appearance - it's about goodness. Goodness for yourself and your loved ones. Goodness that will last. If that is how you see things, then the following set of recipes, the last in our smoothie section, is just what you are looking for.

If you enjoy them - and I am sure you will - then take the time to share them with your family and your friends. Let them in on the secret too!



Minty nut

Ingredients
Makes 2 glasses

- 1 papaya
- 2 persimmons
- 2 spinach leaves
- 1 sprig garden mint
- Small chunk ginger
- Handful mixed cashews and almonds
- ½ cup plain yoghurt
- 2 tsp honey

If you want breakfast in bed, sleep in the kitchen.

Benefits: Persimmon, also known as the 'food from the gods', provides about 55% of the body's daily requirement of vitamin A and 21% of its requirement of vitamin C. It is an excellent source of fibre and B-complex vitamins, which help your body to convert protein, carbohydrates and fat into energy. Fresh papaya is also a rich source of the minerals magnesium, potassium, phosphorus and iron.

Handy hints: Persimmon is a fruit with a very high fructose content so it should be consumed in moderation.



Green and spicy

This is a thick, spicy green smoothie that includes the fresh taste of cucumber and herbs. There are a few ingredients that act as a thickener, making your smoothie creamier and more substantial than a juice. To achieve this I like using yoghurt, coconut milk, and fruits like mango, apricot or banana, for example. Remember that, as a rule of thumb, a smoothie should not taste raw.

Experiment with the quantities of herbs and spices until you find the combination that suits you.

Benefits: A good detoxing juice uses fruits, veggies, herbs and spices that function as diuretics, to cleanse and replenish. Both cucumber and celery have this effect and help rid the body of water. The fibre in the other fruits helps to cleanse the body too, flushing out nasty toxins. Cayenne pepper heats up the body and helps to make it alkaline. Turmeric helps to keep your liver healthy.

Handy hints: Turmeric is known as the 'golden' spice of India and when you cook with it everything turns a lovely orange-yellow shade. Fresh turmeric looks much like fresh ginger.



Ingredients
Makes 2 glasses

- 1 cup spinach or kale leaves
- ½ cup chopped cucumber
- ½ cup chopped celery
- 1 pear
- 1 banana (preferably frozen)
- 1 cup coconut milk
- 6 fresh mint leaves or a handful of coriander (cilantro) or parsley
- ½ tsp fresh lemon juice
- 2cm chunk ginger
- A pinch of cayenne, cinnamon and turmeric

'It's more fun to talk with someone who doesn't use long, difficult words, but rather short, easy words like, "What about lunch?"'
Winnie the Pooh





Mango smoothie



Ingredients

Makes 2 glasses

1 ripe mango, peeled,
pitted and chopped
4 apricots
½ cup plain yoghurt
4 dates/2 tbsp pitted
dates
¼ cup milk
Pinch of nutmeg

Benefits: Mango is diabetic-friendly because it has a low glycaemic index, resulting in a slow release of sugar into the body; therefore it should not drastically affect your sugar levels. Anaemia sufferers and menopausal and pregnant women can enjoy mangoes as this will increase their iron levels and, for the women, calcium at the same time. Dates are good for gaining weight, for those rare individuals who need help. They are also a good source of energy, sugar and fibre, making them an excellent pre-workout food. Dates that are soaked overnight and eaten will greatly assist individuals suffering from constipation.

Handy hints: Mango is regarded to have aphrodisiac qualities and apparently increases virility in men. It is rich in vitamin E, which is thought to regulate sex hormones and boost sex drive.

'Gluttony is an emotional escape sign something is eating us.'
Peter De Vries



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Dairy-free smoothies

According to the Physicians Committee for Responsible Medicine, which maintains a website* that is really worth a visit for anyone interested in the non-dairy sources of calcium and magnesium, lactose intolerance is more widespread than was originally thought.

According to this source, 'Lactose intolerance is the inability to digest the milk sugar lactose, causing gastrointestinal symptoms of flatulence, bloating, cramps, and diarrhoea in some individuals.'

From recent research it is now clear that around '75 percent of the world's population...lose their lactase enzymes after weaning.' In reality, it is only among the majority of adults in, or originating from, Northern Europe and some Mediterranean populations that we can expect to find widespread lactose tolerance.

So, for more and more people around the world, dairy free is the way to be! For many it is a necessity, while for a growing number it is just a healthier option.

I hope the following non-dairy smoothies will prove to be both healthy and tasty.

*Source: <http://www.pcrm.org/health/dietary/guides/what-to-lactose-intolerance>



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Coconut pumpkin



Ingredients

Makes 2 glasses

½ cup coconut milk (or
similar non-dairy milk)
½ cup pumpkin or
butternut purée
1 small golden apple,
peeled and diced
¼ cup chopped dates
¼ cup cashew nuts
½ tsp vanilla extract
2 tbsp coconut butter
¼ tsp cinnamon
Roasted coconut for
sprinkling

A beautiful autumn smoothie that you could have either cold or warmed up. Sprinkle roasted coconut over the top. It's both filling and bursting with flavour.

Benefits: Although a fruit, butternut squash (butternut) is used largely as a vegetable. It has a sweet, nutty taste, similar to that of a pumpkin. When one compares the nutritional values of pumpkin and butternut the latter comes out on top. Butternut has a much higher caloric density, three times the carbohydrate loading, and four times the dietary fibre.

Handy hints: Soak the cashews and dates in hot water for five minutes for easier blending.

'Dyspepsia is the remorse of a gully stomach.' A. Kerr



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Workout smoothies

Before we get down to making the workout smoothies work for us, let's take a moment to reflect on some sound advice about nutrition and exercise.*

1. Plan and prepare your smoothies in relation to the amount of exercise you intend to do. Bear in mind that high-intensity training will require more calories than a gentle walk, and don't confuse the smoothie requirements!
2. Get to know how your body regulates blood sugar, and if in doubt chat to a nutritionist or your doctor. Essentially you need to know how long you can last during a workout before 'hitting the wall' - that point at which your stores of glycogen in the liver and muscles are depleted.
3. Be clear about your fitness goals. For example, do you want to build muscle or lose weight? As Johns Hopkins nutritionist Joshua Nachman has said, 'A 500-calorie smoothie after an hour of weight training is fine if you're trying to build muscle, but not if you're trying to lose weight.'

Now you can get to work on those workout smoothies!

*Source: <http://www.hopkinsmedicine.org/health/basics/fitness/weight-loss/your-fitness>



Energise me

This is another good pre-workout smoothie that will boost your energy levels for a strenuous session. Banana, papaya, raisins and honey are especially good energy foods.

Benefits: Bananas boost our energy and contain a good amount of potassium. Potassium is a mineral that is easily lost during sweating but is essential for the body's cellular and electrical functioning. From this it is easy to see that a vegetable or fruit smoothie can really help to replace minerals and electrolytes that are lost during exercise. Ripe, juicy papaya is also a great natural energy food that is easily digested. Almonds reduce the glycaemic index of the juice, resulting in a slow release of sugar during a workout for sustained energy. The glycaemic index, or GI, measures how a carbohydrate-rich food affects the blood sugar. It is especially useful for diabetics to understand which foods will reduce or increase their GI. Including almonds in a meal can help keep your blood sugar under control.

Handy hints: Add a handful of lightly roasted almonds to your salad. You can pan-roast your own almonds by putting them into a dry, heated pan and stirring them around for a few minutes.

'When a man's stomach is full it makes no difference whether he is rich or poor.'
Euripides



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Water-based drinks

Although most drinks here are not prepared using either a juice extractor or a blender, this final category of juices deserves 'honourable mention'. To make them you won't need to shop around for a basketful of ingredients. None of them requires much fuss to put together and they won't be much good as meal replacements either.

Most of them need to be drunk quickly - after all, they are meant to be 'shots'. Why not be creative and dream up a few of your own?

Thanks for joining me on this journey. I hope you have been able to take as much pleasure out of this book as I have had in writing it for you.

Lemon flush

I think lemon and water was my first introduction to a water-based cleansing juice. It is probably also the most well-known and accepted health drink. Enjoy it first thing in the morning; it will clean out your system and prepare it for food.

Benefits: Lemon juice is relatively low in calories but high in vitamin C, which is helpful for making collagen. This is a protein that should be abundant in your skin and which provides some natural sun protection. The juice is also a potent antioxidant and helps your body absorb the iron found in plant-based foods like lentils and spinach.

Handy hints: Because exposure to concentrated lemon juice erodes tooth enamel some people prefer to drink their lemon drinks through a straw, which minimises the juice's contact with your teeth.




Ingredients
Makes 1 glass of warm water

1 glass of warm water
Add a few drops of lemon juice to the water - which you can increase according to individual taste, but always make sure it is well diluted.

'A good cook knows it's not what's on the table that matters, it's what's in the chairs.'
waduflashions.com

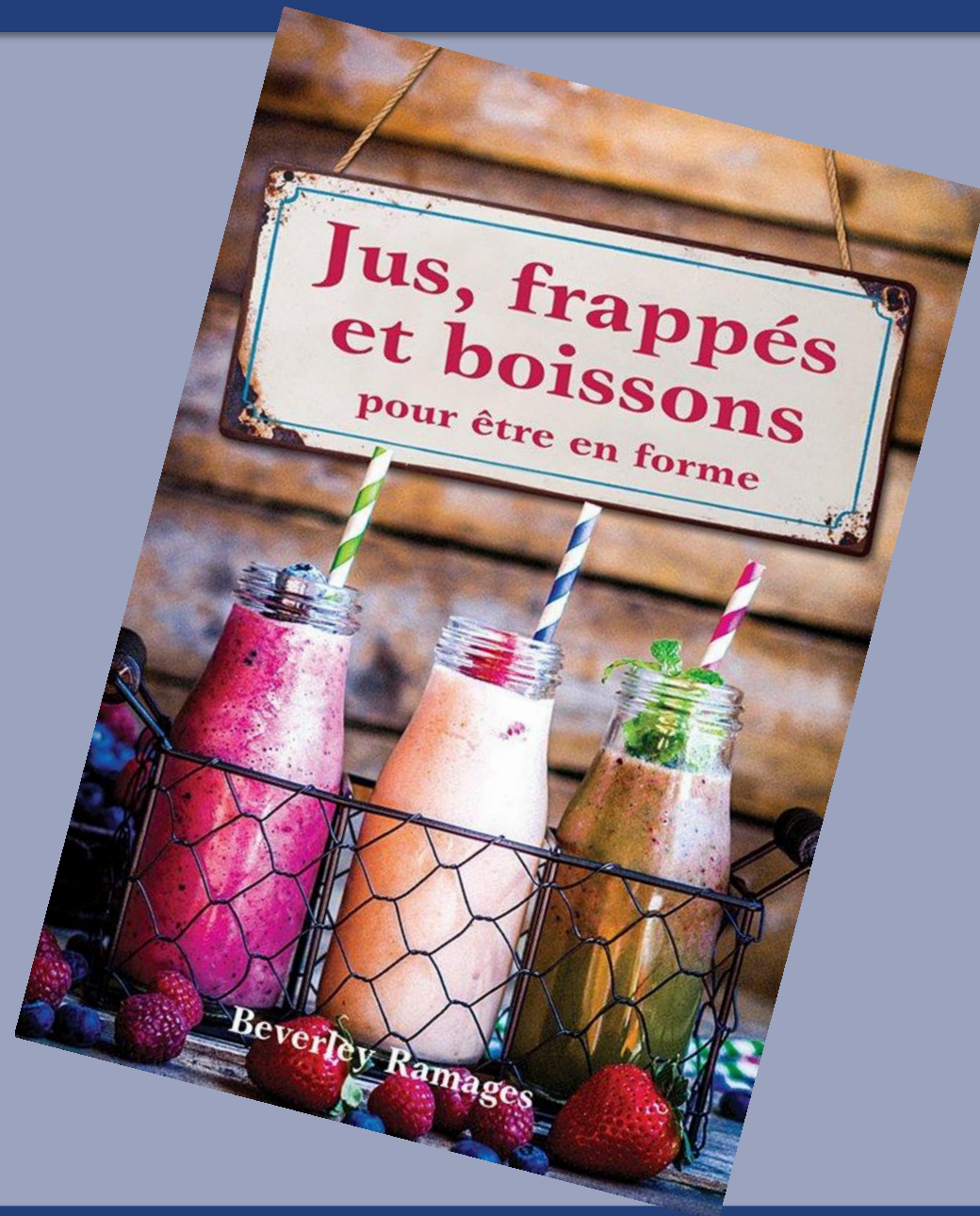
Food facts

Food	Vitamins, minerals and phytonutrients	Potential benefits	Precautions
Almonds 	Calcium, copper, fibre, folate (DFE), iron, magnesium, niacin (vitamin B3), phosphorus, potassium, riboflavin (vitamin B2), sodium, thiamin (vitamin B1), zinc, vitamins A (IU), B6, E (alpha-tocopherol)	Lowers cholesterol, reduces risk of colon cancer and heart disease	Allergic reaction
See pages: 162, 166, 177, 181, 189, 214, 221, 222, 233			
Apples 	Beta-carotene, calcium, fibre, folate (vitamin B9), iron, lutein and zeaxanthin, magnesium, manganese, niacin (vitamin B3), pantothenic acid (vitamin B5), phosphorus, potassium, riboflavin (vitamin B2), sodium, thiamin (vitamin B1), vitamins A (equiv.), B6, C, E, K	Improves neurological health, prevents dementia, reduces risk of stroke, lowers levels of bad cholesterol, reduces risk of diabetes and breast cancer	Seeds contain cyanide; acidity of apples can damage teeth when snacked on apart from meals
See pages: 47, 48, 51, 52, 55, 56, 59, 60, 64, 67, 68, 71, 72, 75, 76, 79, 80, 83, 84, 87, 91, 92, 95, 96, 99, 103, 104, 107, 108, 111, 115, 116, 119, 120, 124, 127, 136, 139, 140, 144, 154, 185, 205, 209, 225, 233, 237, 242			
Apricots 	Alpha-carotene and beta-carotene, calcium, chloride, choline, cryptoxanthin, copper, fibre, folate (DFE), iron, lutein and zeaxanthin, magnesium, manganese, pantothenic acid, phosphorus, potassium, selenium, sodium, zinc, vitamins A, B1, B2, B3, B6, E, K	Protection against free radical damage and inflammation; protection of eyesight	Sulfites used to preserve dried apricots can cause allergic reactions, particularly with asthmatics
See pages: 161, 221			
Avocados 	Beta-carotene, beta-sitosterol, fibre, folate, lutein and zeaxanthin, magnesium, niacin, riboflavin, omega-3s, pantothenic acid, potassium, vitamins B6, C, E, K	Protection of heart, eyesight and digestion; protection against osteoporosis, cancer, depression and chronic disease; natural detoxification and good for foetus in pregnant women	If taking blood-thinners, don't dramatically change level of vitamin K consumption
See pages: 168, 174, 198, 217			
Bananas 	Fibre, folate, iron, magnesium, manganese, niacin, riboflavin, potassium, vitamins A, B6, C	Reduces blood pressure and risk of asthma, cancer, heart disease, strokes, and kidney stones; beneficial for sufferers of diabetes and diarrhoea; preserves memory and boosts mood	If taking beta-blockers or your kidneys aren't fully functional, consume in moderation
See pages: 154, 157, 158, 162, 168, 170, 173, 177, 186, 189, 190, 194, 197, 206, 214, 221, 229, 230, 233			

Food	Vitamins, minerals and phytonutrients	Potential benefits	Precautions
Beetroot 	Betaine, calcium, choline, copper, dietary nitrate, fibre, folate, iron, magnesium, manganese, pantothenic acid, phosphorus, potassium, riboflavin, selenium, thiamin, zinc, vitamins A, B6, C	Boosts digestion, exercise performance, complexion, hair, energy and weight loss; protects against dementia, inflammation, high blood pressure and cardiovascular conditions	If improperly stored, nitrates may be converted to nitrites, which can be harmful; take care if using nitrite medications
See pages: 75, 80, 87, 104, 112, 116, 132, 144, 186, 206, 222, 237			
Blackberries 	Beta-carotene, calcium, catechins, copper, cyanidins, ellagic acid, fibre, folate, folic acid, gallic acid, iron, kaempferol, lutein and zeaxanthin, magnesium, manganese, niacin, pantothenic acid, polyphenols, potassium, pyridoxine, quercetin, riboflavin, salicylic acid, selenium, sodium, tannin, thiamin, xylitol, zinc, vitamins A, C, E, K	Steadies blood sugar levels; may protect against cancer, infections, inflammation and neurological diseases	Allergic reaction (rare)
See pages: 88, 148, 170			
Broccoli 	Fibre, folate, potassium, sulforaphane, vitamins A, C, K	Contributes to decreased risk of chronic diseases, obesity, diabetes, heart disease, and some cancers; reduces wrinkles; improves bone health, digestion and natural detoxification	If taking blood-thinners, don't dramatically change level of vitamin K consumption
See pages: 51, 63, 71, 72, 84, 123			
Butternut squash 	Fibre, folate, magnesium, manganese, niacin, pantothenic acid, potassium, thiamin, vitamins A, B6, C, E	Contributes to decreased risk of asthma, cancer, obesity, diabetes and heart disease; promotes immune function, healthy complexion, increased energy, weight loss; lowers blood pressure	If taking beta-blockers or your kidneys aren't fully functional, consume in moderation
See page: 209			
Cabbage 	Apigenin, beta-carotene, calcium, choline, fibre, folate, kaempferol, lutein and zeaxanthin, manganese, potassium, quercetin, sulforaphane, thiamin, vitamins C, K	Contributes to reduced risk of obesity, heart disease, diabetes, cancer and harmful effects of radiation therapy; promotes healthy complexion, increased energy, lower weight, immunity and digestion	If taking blood-thinners, don't dramatically change level of vitamin K consumption
See pages: 52, 59, 119			



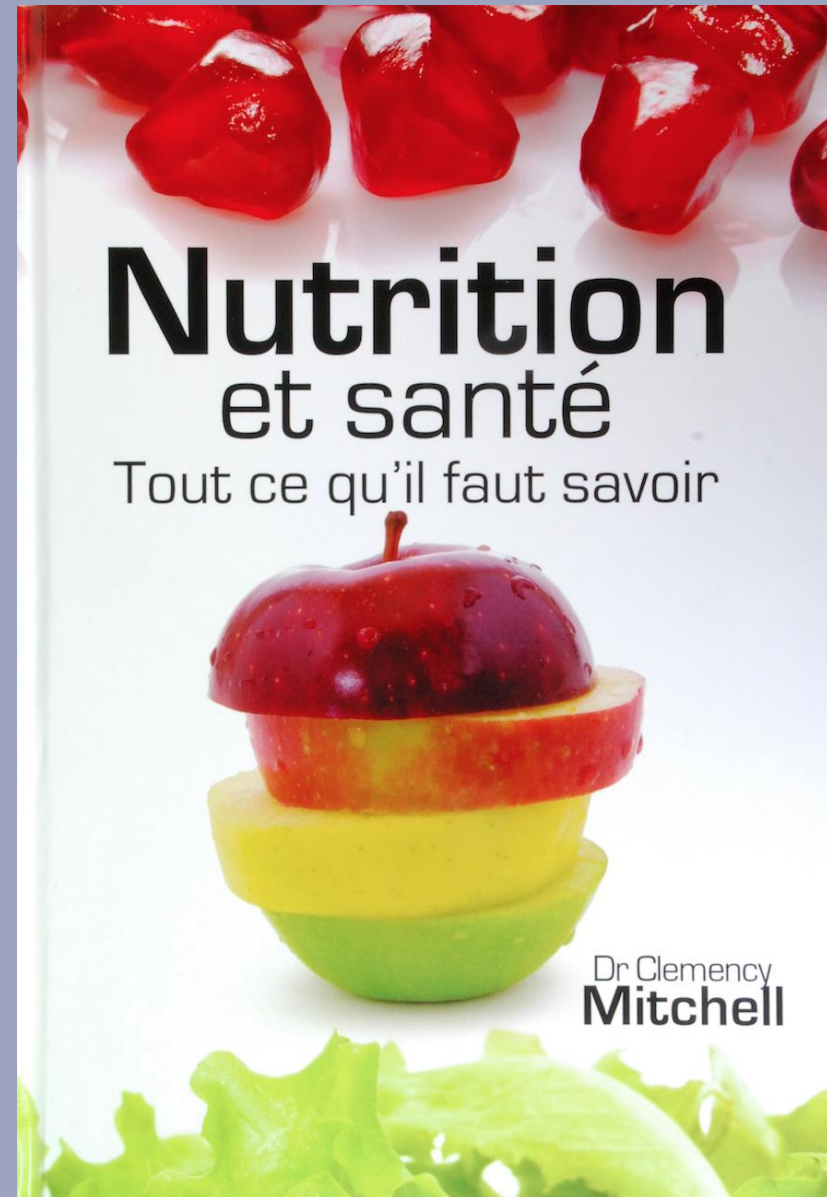
Beverley Ramages
presente 100 recettes
gorgées de couleurs et de
saveurs pour préparer
des jus, des frappes et
des boissons naturelles de
façon divertissante et
creative. Un livre pour
découvrir que les jus sont
d'excellents compléments
d'une alimentation saine
et naturelle ...



More than 30 years experience have taught Dr Clemency Mitchell that a change in diet and lifestyle would be by far the best prescription for most chronic health problems.

Nowadays we are bombarded with information about health, including numerous nutritional theories that often seem to change from day to day.

What information and principles should we trust?





Nutrition et santé



L'obésité, l'hypertension artérielle et l'excès de cholestérol dans le sang

Ce ne sont pas des maladies en soi, mais d'importants précurseurs de maladies chroniques dégénératives. Elles sont causées par un style de vie insalubre, et le riche régime alimentaire de l'occident avec ses excès de gras de sucre et de protéines d'origine animale. L'adoption d'un régime à base de plantes intégrales, d'un programme régulier d'exercice physique, l'abstinence de toxines, et un esprit optimiste, sont les meilleurs moyens d'éviter ou de changer ces conditions et leurs conséquences. L'obésité augmente le risque et la sévérité de tous ces problèmes. La victoire sur l'obésité est cruciale dans la guerre contre les maladies dégénératives ?

La nutrition, la clé de tous les problèmes dégénératifs

Toutes nos cellules ont besoin d'oxygène, d'eau, d'aliments, de vitamines, de minéraux et de phytochimiques. Elles ont besoin d'un excellent système de transport pour leur apporter ces nutriments et les débarrasser de leurs déchets. Le sang est ce moyen de transport ; s'il est épais, visqueux, et les artères obstruées par du matériel gras, les cellules et les tissus seront privés de l'oxygène et des nutriments indispensables. Ceci entraîne la dégénérescence des tissus et initie le processus de maladies dégénératives. Le manque d'oxygène et de nutriments adéquats

provoque le vieillissement prématuré des tissus, cause de plusieurs maladies différentes, selon la résistance ou la susceptibilité de chaque individu. Chez certains, ce sera d'abord l'arthrite, chez d'autres la maladie des artères coronariennes, et chez d'autres le cancer.

Les troubles circulatoires

Les facteurs-clés de ces problèmes sont le rétrécissement des artères et la coagulation trop aisée du sang. Le régime alimentaire occidental en est un majeur contributeur. Les régimes riches en gras d'origine animale font monter le taux de cholestérol du sang à des niveaux où il s'opère un dépôt de graisses dans les artères causant une viscosité accrue du sang. Avec le temps, les artères finissent par être obstruées par du matériel de graisses, rendant le terrain propice aux crises cardiaques, aux attaques cérébrales et à d'autres problèmes. Un régime alimentaire végétarien intégral favorise un cœur sain et des artères saines, à cause d'une teneur réduite en gras et en sucre, et élevée en fibre, en antioxydants, et en phytochimiques, tous des facteurs qui fonctionnent conjointement pour réduire la viscosité sanguine, et maintenir les artères intactes et fortes.

Le cancer

Le terme « cancer » désigne un grand groupe de maladies dans lesquelles le système immunitaire a échoué dans sa tâche, ce qui a permis à certains types de cellules endommagées de se développer anarchiquement.

L'alimentation et la santé



La bonne nouvelle est que la majorité des cancers sont évitables ! À part le tabac et le cancer des poumons, la cause de la plupart des cancers il y a cinquante ans, était plutôt un véritable mystère pour bien des gens, et même pour des professionnels du domaine médical. La situation aujourd'hui est complètement différente. En effet, le tabac est universellement reconnu comme étant responsable de beaucoup de morts par cancer. En plus, nous reconnaissons aussi beaucoup d'autres facteurs contribuant ensemble au développement de cette terrible maladie. Des voix autorisées ont déclaré qu'au moins 30 % de tous les cancers sont dus à des facteurs évitables de l'environnement. D'autres croient plutôt que ce chiffre est près de 80 %, et que beaucoup de ces facteurs sont liés au régime alimentaire, en d'autres termes, des choix inadéquats de mode

de vie. Ceci constitue en réalité une bonne nouvelle, car, bien que le cancer soit aujourd'hui deux fois plus commun qu'en 1950, nous avons maintenant le choix de prendre ou non des mesures pour réduire nos risques personnels de développer le grand « C ». Ceci n'est pas exclusif à l'Occident, car les plus récents rapports mondiaux de santé montrent une augmentation constante de l'incidence du cancer dans les pays en voie de développement, parce que leurs habitants adoptent de plus en plus le style de vie de l'Occident.

Nutrition et santé



La vitamine K

Elle est spéciale parce que la moitié de la quantité nécessaire est fabriquée par des bactéries dans le petit intestin, puis absorbée et entreposée au niveau du foie ; le reste vient aisément de l'alimentation.

La fonction de la vitamine K

Elle est l'un des nombreux facteurs de la chaîne de réactions menant à la formation d'un caillot sanguin. Elle joue également un rôle dans la croissance et l'entretien des os.

Sources alimentaires de vitamine K

Les légumes feuillus vert foncé de la famille des crucifères, en constituent la meilleure source végétale. On en trouve en quantité moins mais significative dans les céréales, les fruits et les autres légumes. Les sources animales sont le lait, les œufs et la viande, particulièrement le foie.

La **déficience en vitamine K** est possible, en cas d'interférence de certains produits pharmaceutiques avec son absorption, ou en cas de destruction de la bactérie qui la fabrique dans l'intestin grêle. Cette déficience si grave cause une hémorragie incontrôlable et parfois mortelle.

L'**intoxication** est rare mais possible, causée par une ingestion excessive de suppléments.

Les minéraux

Les minéraux sont des éléments inorganiques. Ils ne sont pas altérés ni ne dégénèrent avec l'entreposage ou les variations de température ; leur concentration dans les aliments n'est affectée que si après leur cuisson, l'eau utilisée est jetée. Nous pouvons les diviser en minéraux majeurs et minéraux-traces ou mineurs, non en raison de leur importance fonctionnelle, mais plutôt en fonction de leur concentration dans le corps.

Les **minéraux majeurs** sont le calcium, le phosphore, le potassium, le soufre, le sodium, le chlore et le magnésium, trouvés dans les corps



respectivement à raison de 1 200 g de calcium, et 600 g de phosphore chez un individu moyen pesant 60 kg, à 30 g ou six cuillères à café de magnésium. Les **minéraux-traces** sont d'environ une douzaine, mesurée pour la majorité en milligrammes. Le **fer**, le plus abondant et le mieux connu, est une composante essentielle de l'hémoglobine responsable de la couleur rouge du sang. Un être humain moyen en a en tout dans son corps, environ 3 à 4 g, un peu plus d'une demi-cuillère à café. Tous les minéraux sont importants, et ils existent en abondance tant dans les aliments végétaux intégraux que d'origine

Les micronutriments



animale. Les problèmes débutent quand les minéraux se perdent, ou quand un usage excessif d'aliments d'origine animale affecte la balance entre eux. Les aliments à base de plantes contiennent tous les minéraux dont nous avons besoin, en quantités adéquates et proprement combinés.

Le **calcium** est le cinquième plus abondant élément du corps humain après l'oxygène, le carbone, l'hydrogène et l'azote. Il est responsable d'environ 2 % du poids du corps, l'adulte moyen en a plus d'un kilogramme dans son corps, dont 99 % dans le squelette. Le calcium participe à plusieurs aspects du métabolisme du corps, ce qui signifie que le 1 % restant remplit de nombreuses et importantes fonctions. Il participe dans la transmission de l'influx nerveux, la contraction et la relaxation musculaires, (y compris le muscle cardiaque), le contrôle de la pression artérielle, la coagulation sanguine, de très nombreuses réactions enzymatiques et hormonales. Ces fonctions étant toutes vitales pour la circulation et le système nerveux, le calcium sanguin doit être maintenu à un niveau stable. Quand ce taux baisse, le calcium est immédiatement remplacé en empruntant des os, qui ne sont pas statiques, mais des tissus vivants très actifs, en constante reformation, et le squelette entier est renouvelé plusieurs fois par an.

Il y a une grande abondance de calcium dans les aliments. Les produits laitiers en sont la meilleure source connue en Europe et aux États-Unis ; moins bien connu est le fait que le calcium des produits laitiers n'est pas dans sa forme la plus facile à absorber. Le calcium est abondamment présent dans les aliments végétaux tels que les légumes verts, les grains, les haricots, les oléagineux et les semences, sous une forme d'absorption facile. Deux exceptions sont les épinards et le son de blé, tous deux riches en calcium mais sous une forme très difficile à absorber. Ceci a créé le mythe que le calcium des plantes n'est pas aisément absorbé ; ce problème n'est réel que dans un régime alimentaire restrictif. Un régime alimentaire végétarien varié procure une abondance de calcium.

Il y a plusieurs autres facteurs très importants dans le processus d'assurer une quantité adéquate de calcium dans le corps. La vitamine D, la vitamine solaire, est nécessaire en quantité suffisante pour l'absorption du calcium dans le système. Une fois le calcium absorbé, il est important de limiter les facteurs favorisant son déplacement de l'organisme.

En Occident, l'ostéoporose, une maladie dégénérative caractérisée par une perte de calcium des os, est maintenant très commune. On a longtemps pensé que le meilleur moyen de la prévenir était à travers un régime alimentaire lacté riche en calcium. Il est intéressant de noter que l'Europe et les États-Unis, les leaders mondiaux en consommation de calcium, sont également

les leaders mondiaux en ostéoporose. En Chine où la consommation de calcium représente le tiers ou la moitié de la consommation, les gens ont des os plus sains et souffrent beaucoup moins d'ostéoporose.



Hardback

Medical research and studies show in a conclusive manner that plants have preventive and curative powers, if used correctly.

This book presents the healing properties of 150 well known plants.

Doctor Sosa explains clearly how to use each plant for healing and preventing different diseases.

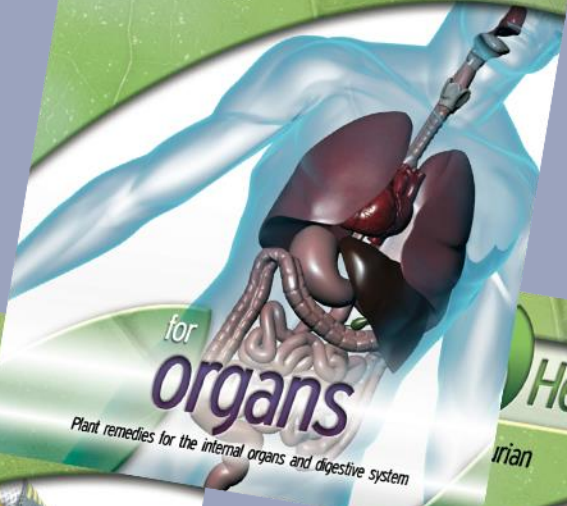
Each plant is also beautifully illustrated.



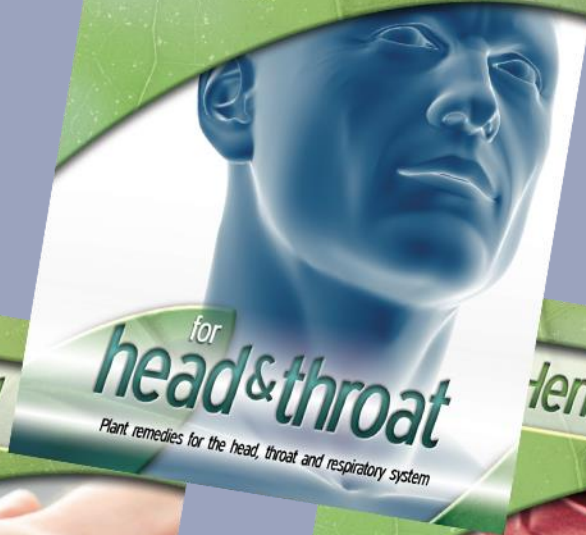
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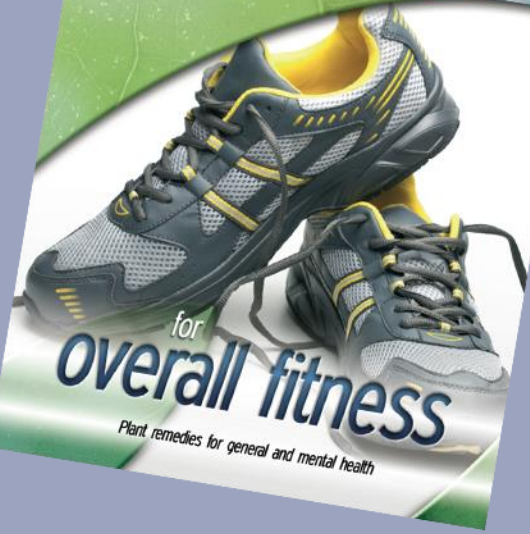
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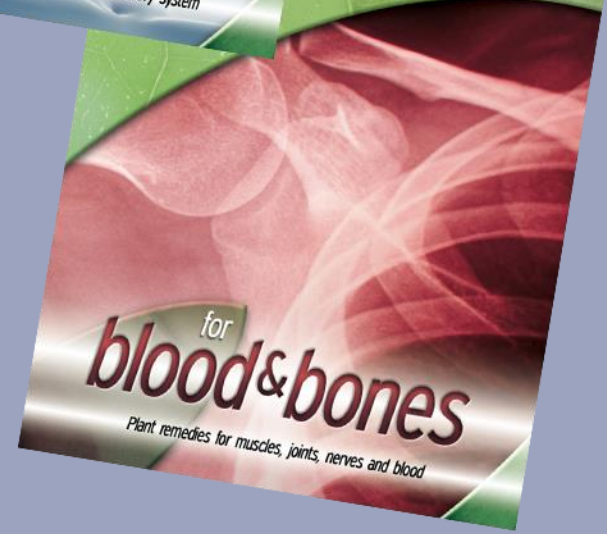
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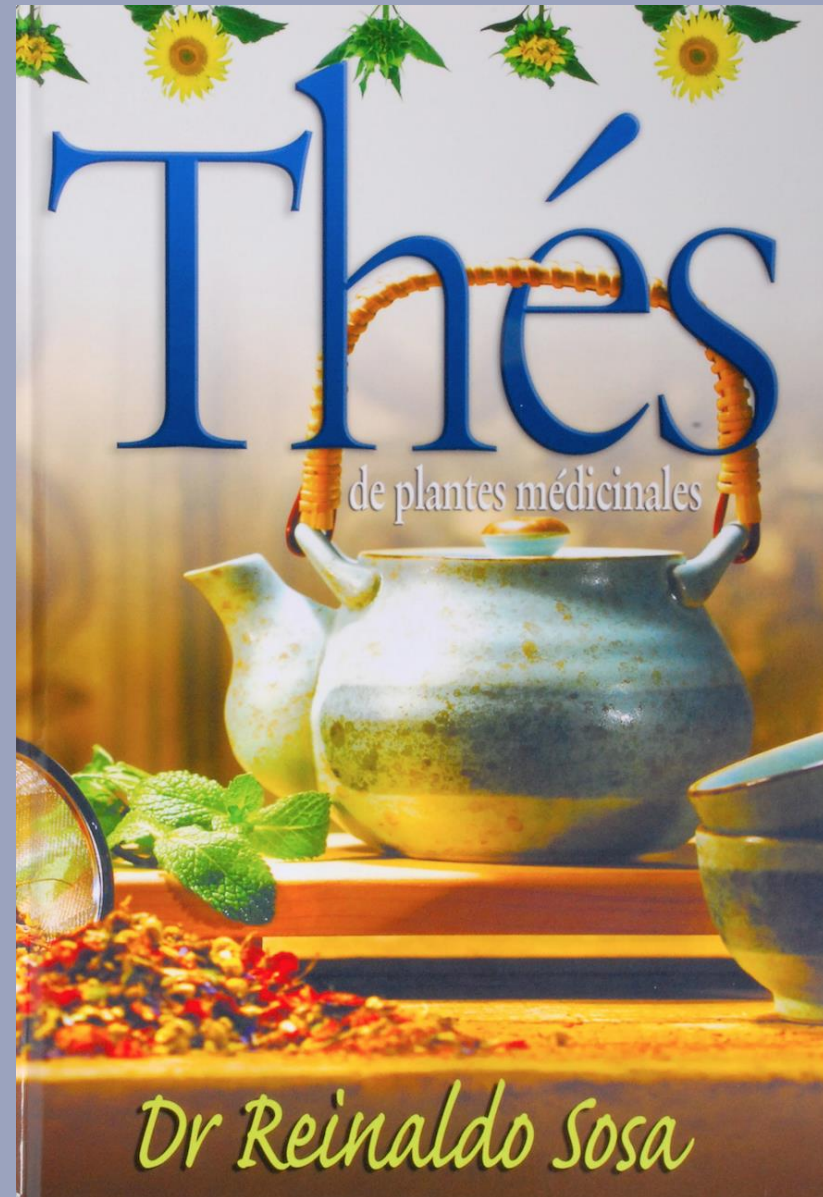
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A practical, simple, rational and scientific book, where we can appreciate the many uses of nature.

Benefit from the properties of the main source of life, our plants.

This attractive book will show us how to use the plants and flowers in a healthy and tasty way.

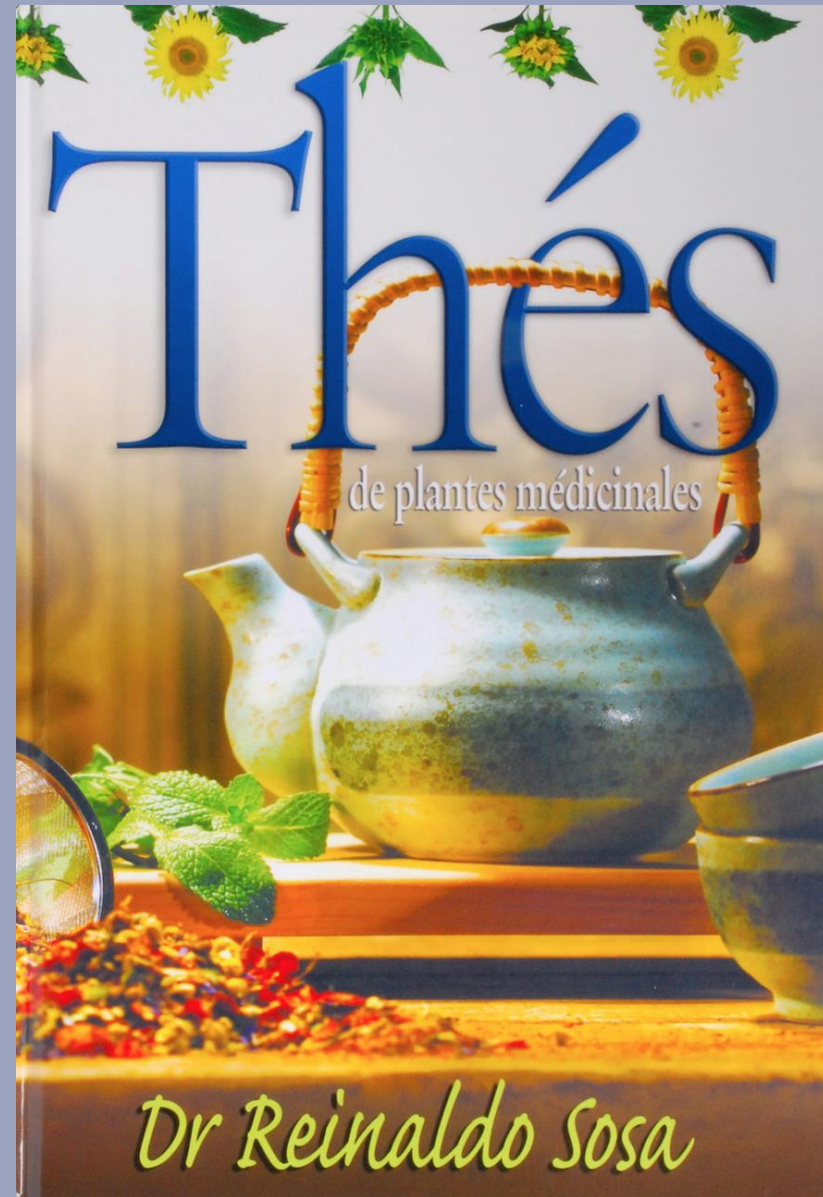
Enjoy this book and increase the vitality and the health of your whole family.



Hardback


Un livre pratique, simple, rationnelle et scientifique et qui regorge des couleurs fascinantes de la nature. Pour que le lecteur puisse bénéficier des meilleurs avantages du monde végétal et augmenter ainsi sa vitalité et protéger la santé de sa famille.


Dimensions : 17,5 x 25,5 cm 142 pages illustrées en couleurs ...




Thé pour la dysménorrhée (menstruations douloureuses)

Plante	Partie utilisée	Quantité
Persil (<i>Petroselinum sativum</i>)	Racines, sommités fleuries	2 cuillères à café
Sauge (<i>Salvia officinalis</i>)	Feuilles, sommités fleuries	2 cuillères à café
Houblon (<i>Humulus lupulus</i>)	Cônes (inflorescences du fruit)	1 cuillère à café
Camomille (<i>Matricaria chamomilla</i>)	Fleurs	1 cuillère à café
Valériane (<i>Valeriana officinalis</i>)	Rhizome et les racines	1/2 cuillère à café

 **Préparation (décoction) :** Mélangez tous les ingrédients et mettez 3 cuillères à café dans une tasse d'eau (250 ml). Portez à ébullition puis retirez du feu, couvrez et laissez reposer environ 10 minutes. Quand le liquide est froid, filtrez et sucrez avec du miel ou un édulcorant (Splenda).

 **Dose :** 2 ou 3 tasses par jour.


 **Durée du traitement :** tant que les troubles persistent.


Très souvent, les troubles apparaissent un ou deux jours avant la menstruation, c'est pourquoi il serait approprié de commencer ce traitement 3 jours avant la date à laquelle elle doit commencer.


Alternatives : Dans certains endroits, vous trouverez ces plantes sous forme de sachets à thé, d'extraits ou de poudre. Dans ces cas, référez-vous aux doses ou proportions indiquées ci-dessus.

Thé pour la ménopause (bouffées de chaleur et transpiration excessive)

Plante	Partie utilisée	Quantité
Sauge (<i>Salvia officinalis</i>)	Feuilles, sommités fleuries	4 cuillère à café
Thym (<i>Thymus vulgaris</i>)	Sommités fleuries	2 cuillère à café
Houblon (<i>Humulus lupulus</i>)	Cônes (inflorescences du fruit)	2 cuillère à café
Actée à grappes (<i>Cnicifuga racemosa</i>)	Poudre ou racine ou rhizome	1 cuillère à café

 **Préparation (décoction) :** Mélangez tous les ingrédients puis versez 3 cuillères à café de ce mélange dans une tasse d'eau bouillante. Couvrez et laissez reposer. Quand le liquide est froid, filtrez. Sucrez à votre convenance avec du miel ou un édulcorant (Splenda).

 **Dose :** 2 tasses par jour.

 **Durée du traitement :** tant que les troubles persistent.

Alternatives : Dans certains endroits, vous trouverez ces plantes sous forme de sachets à thé, d'extraits ou de poudre. Dans ces cas, référez-vous aux doses ou proportions indiquées ci-dessus.

Section VIII

Thés

pour les affections
du nez et de la gorge

- Pharyngo-amygdalite (angine)
- Laryngite (extinction de voix)
- Rhinite
- Sinusite



Les affections du nez et de la gorge sont très fréquentes et s'associent à celles de l'appareil respiratoire. Bien que, dans la plupart des cas, elles commencent comme un processus allergique, si elles ne sont pas traitées rapidement et correctement, elles sont susceptibles d'entraîner une infection bactérienne qui exigera le recours aux antibiotiques.

Le traitement par les plantes médicinales est efficace pour décongestionner et désenflammer les organes affectés, à condition de le commencer dès le début du mal.

Hardback

Nowadays we are bombarded with information about health, but what information and principles should we trust?

Can drinking water really reduce the change of heart attack? Is there a diet that can prevent cancer? If I sleep 8 hours per night can I really reduce the risk of getting diabetes?

All these questions and many more regarding health can have an answer in this well documented, reader friendly book.





16 Comment peut-on contrôler la pression artérielle ?

La pression sanguine idéale est en-dessous de 120/80



PLUSIEURS DÉSIRENT savoir comment réduire leur pression artérielle. Plus de 50% des adultes américains et 80% de ceux âgés de plus de cinquante ans ont une pression artérielle au-dessus de la normale[®].

Le Docteur Appleby de l'Université d'Oxford en Angleterre analysa les données de l'Étude prospective européenne sur le cancer et la nutrition, et découvrit que les végétaliens avaient leur pression artérielle plus basse que tous les autres groupes de l'étude. Seulement 5,8% de ces hommes souffraient d'hypertension comparés à 15% parmi les consommateurs de viande[®]. La pression est considérée élevée quand elle est constamment à 140/90 ou plus[®].

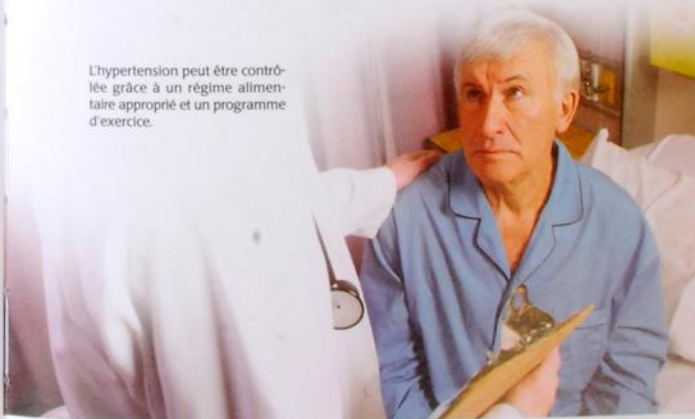
Comment peut-on contrôler la pression artérielle ? 71

Le Dr Sacks et ses collègues de la Faculté de Médecine de l'Université de Harvard ont découvert un plan qui réduit la pression sanguine aussi efficacement que les médicaments. En suivant ce plan, la pression **systolique** (le premier chiffre) a chuté de 11.5 chez les hommes hypertendus et de 7.1 chez des hommes à pression artérielle normale. La réduction fut légèrement moins grande chez les femmes. Pour obtenir ces réductions de pression, les investigateurs prirent un régime carné et y ajoutèrent **neuf portions** quotidiennes de **fruits** et de **légumes verts**, puis l'enrichirent de calcium à partir de produits laitiers écrémés. Les résultats démontrèrent que plus on ajoutait des **végétaux frais** au régime, plus la pression baissait. La pression la plus basse s'obtint quand tous les éléments d'origine animale furent **éliminés**. En fait le Docteur Rivas de la Faculté de Médecine de l'Université Greitel en France, a démontré dans une étude que la pression artérielle systolique **diminuait** seulement de 1.4 quand les patients buvaient du lait, mais elle baissait de 18.4



quand les patients buvaient du lait de soja[®]. Sélectionner des aliments de la formule originale du Créateur composée de fruits, de céréales intégrales, des légumineuses, des légumes verts, des oléagineux et des graines, donne toujours pour résultat une pression artérielle plus basse.

L'hypertension peut être contrôlée grâce à un régime alimentaire approprié et un programme d'exercice.





|| Quel est le meilleur chocolat, le sucré ou l'amer ?

Une étude a signalé qu'une barre de chocolat augmente considérablement la perte de calcium dans les urines.



LE CHOCOLAT PEUT ÊTRE la cause d'un grand nombre de problèmes de santé. Pourquoi ne pas le remplacer par la caroube et éviter ainsi les dangereux effets du cacao sur la santé ?

Docteur Wright et Docteur Castell, dans un rapport présenté dans le *Journal américain des maladies digestives*, déclarèrent que la pression musculaire qui aide à éviter le reflux des acides gastriques vers l'œsophage baisse approximativement de 50% après que les participants aient bu une demie-tasse de chocolat¹⁰.

Dans une autre étude le Docteur Minton et ses collègues découvrirent que 83% des femmes porteuses de nodules douloureux et palpables de mastopathie

fibrokystique obtinrent une disparition complète de leurs nodules six mois après avoir éliminé de leur régime alimentaire, le café, le thé, les boissons gazeuses et le chocolat¹¹. Ces boissons renferment de la caféine et de la théobromine ainsi qu'une méthylxanthine reconnue pour sa propriété d'accélérer de manière anormale l'activité cellulaire.

Le Docteur Nguyen et ses collègues rapportèrent dans la revue *Recherche métabolique et hormonale*, qu'une seule barre de chocolat augmente de 147% la perte de calcium dans les urines, et de 213% l'élimination urinaire d'oxalate, en comparaison avec le taux de perte urinaire de calcium chez des personnes ayant consommé la même quantité de sucre mais sans chocolat¹². Dans la lithiase rénale les pierres formées dans les reins sont typiquement faites d'oxalate de calcium.

Le chocolat peut donc augmenter le risque de formation de pierres dans les reins, et augmenter la perte de calcium des os à travers les urines. Voici encore d'autres

Quel est le meilleur chocolat, le sucré ou l'amer ? 51



raisons pour éviter la consommation de chocolat :

- Il faut une grande quantité de sucre pour masquer la saveur amère du chocolat.
- L'abondance de calories, plus de 250 calories pour chaque 100 grammes.
- La présence de caféine.
- La teneur encore plus abondante de théobromine.
- La présence de substances telles que les anandamines, alcaloïdes similaires à ceux rencontrés dans la marijuana, et qui altèrent les fonctions cérébrales¹³.

Les enfants qui consomment des sucreries et des bonbons ont tendance à refuser les repas réguliers et en général souffrent davantage de problèmes respiratoires et d'infections de la gorge.



Hardback

- Can we transform personal differences into positive aspects that will consolidate our relationships?
- Are conflicts inevitable?
- Why do we argue if we love each other?
- Can we prevent infidelity?
- Character incompatibility, does it lead necessarily to divorce?

Every marriage can be successful and happy if both partners have the same objectives, despite all their differences.

If you are married you will find in these pages the necessary information to improve the relationship with your spouse.



il se voit obligé de dormir dans un bosquet. Pour savoir dans quelle direction continuer à son réveil, il décide de placer ses **chaussures** pointant dans la direction correcte. Mais pendant qu'il dort, quelque chose d'inattendu se passe : un ange vient et change la direction indiquée par les souliers. À son réveil, sans le savoir, il prend le chemin du **retour** vers son *propre* foyer.

En s'approchant de la maison, grande fut sa surprise d'observer la similitude entre cette « nouvelle » famille et sa famille antérieure. L'épouse ressemble comme deux gouttes d'eau à son ancienne épouse ; les enfants également, la maison et même les voisins sont tous, tout à fait semblables à ceux qu'il sait avoir laissés en arrière. Alors, il se dit que Dieu a arrangé les choses de cette manière pour éviter que le **changement** ne soit trop traumatique pour lui.

Heureux de cet arrangement, son cœur maintenant déborde de félicité. L'allégresse dont il fait l'expérience rejaillit sur tous ceux



qui l'entourent. Pensant qu'il s'agit d'un nouveau commencement, il répand de l'amour autour de lui et en récolte de l'amour en abondance. Pendant que tout cela se passe, il ne cesse de dire à propos des siens : « Oh, comme ma nouvelle épouse est tendre ! » « Comme mes nouveaux enfants sont obéissants ! » « Même mes nouveaux voisins sont plus aimables ! »

Certaines personnes pensent que pour récupérer le bonheur « perdu », ils devraient changer de famille et d'environnement. Ils ne se rendent pas compte que tout changement efficace doit commencer par soi-même.



Dans votre vie personnelle autant que dans votre vie conjugale, nul ne saurait vous priver de la capacité de réagir selon votre choix à toute offense ou situation négative. Le libre choix est la plus grande de toutes les libertés

Cet homme avait-il besoin de voyager aussi loin pour rencontrer l'amour et le respect ? Absolument pas ! En réalité, il n'avait non plus besoin de changer de famille. Si quelqu'un devait changer, c'était lui-même. Mais il ne l'avait pas fait pour la simple raison qu'il avait quelqu'un sur qui jeter le blâme !

La plus grande de toutes les libertés

Ce chapitre a commencé exactement là où s'était terminé le précédent : mon mariage sera aussi heureux ou aussi misérable que je le voudrai. Je ne peux répondre de la conduite de mon conjoint, mais je peux répondre de la mienne. Je ne peux changer mon conjoint, **mais je peux me changer**. Je peux m'entendre sur ses défauts, mais je peux décider de voir davantage ses

vertus. En d'autres termes : *ce ne sont pas les circonstances qui décident de la qualité de mon mariage, mais l'attitude que j'assume en les affrontant.*

Et ceci est valide dans n'importe quelle situation de la vie. Qu'est-ce qui permit à Victor Frankl de survivre aux horreurs des camps de concentration nazis ? « La seule chose qu'ils ne purent enlever de moi », écrivit Frankl, « ce fut la manière dont j'avais décidé de répondre aux insultes qu'ils m'infligeaient. La plus grande de toutes mes libertés consiste dans le fait que **je peux choisir l'attitude à adopter** devant n'importe quelle importance ». »

Comment s'appliquent ces paroles à la gestion des conflits maritaux et, en général, à tout ce qui affecte la félicité conjugale ? La réponse est plutôt liée à ce cercle vicieux

La prophétie auto-accomplie



Quelqu'un a illustré de manière très amusante cette facette du comportement humain. Le cas est celui d'un vendeur d'hamburgers qui était dans une excellente situation. À l'heure du repas du midi, les travailleurs des bureaux voisins s'accumulaient dans le petit restaurant pour se procurer de ces très populaires hamburgers. Mais un jour, le propriétaire du local reçut un appel téléphonique de son fils, un brillant étudiant en sciences économiques. Après leurs salutations d'usage, le fils

demanda à son père :

— Savais-tu papa que le marché est en

train de se détériorer ?

— Et que signifie cela fiston ?

— Cela signifie qu'il y aura moins d'argent circulant. Ce fait affectera la demande ; c'est à dire, qu'il y aura moins de consommation.

— Que dois-je donc faire ? demanda le père, préoccupé.

— Tu dois éviter les dépenses inutiles et prendre soin de l'argent que tu as dans ta caisse et dans tes comptes bancaires.

Sans perdre de temps, l'homme réduisit ses dépenses, son personnel, la publicité. Il acheta moins de matières premières. Cela affecta bien sûr la qualité du produit. En peu de temps le nombre de clients diminua et naturellement, les ventes baissèrent. Étonné de ce qui se passait, le propriétaire s'exclama : « Exactement ce que mon fils avait prédit. Ce garçon réellement sait de quoi il parle ! »

Et ainsi la « prophétie » s'accomplit. L'homme de l'histoire construisit sa propre réalité.



Certains couples tentent de traiter le conjoint avec la même « froideur » avec laquelle ils estiment avoir été traités ; Cette attitude transforme la situation matrimoniale en un cercle vicieux, ou même en une « prophétie accomplie ».

La prophétie auto-accomplie

Un des problèmes des pensées négatives est leur capacité de pénétrer tout espace vacant de la vie de quiconque les entretient. Une autre de leurs manifestations se voit dans ce que la psychologie sociale appelle la *prophétie auto-accomplie* (en anglais, *self-fulfilling prophecy*) ; c'est à dire, la manière particulière dont nos croyances « créent » ou forment des réalités.

Appliquée au mariage, cette prophétie fonctionnera de la manière suivante :

- Je connais mon conjoint.
- Cette connaissance influence ma façon de le (la) traiter.
- Cette attitude fera qu'il (elle) agisse précisément de la façon que j'espère, confirmant ainsi mon attente initiale.

Lucia et Richard.

Une prophétie accomplie

Lucia pense que son époux Richard n'a rien de tendre en lui. Elle aimerait recevoir plus d'attention, mais il ne semble pas se rendre compte de sa *froideur* envers elle. Afin de lui rendre la monnaie de sa pièce, Lucia décide « de le punir avec le fouet de l'indifférence », et elle commence à son tour à l'ignorer. Richard, étonné ne peut s'expliquer la raison de la froideur soudaine de son épouse. « Aurais-je fait quelque chose de mal ? », se demande-t-il. Serait-elle malade par hasard ? « Essaie-t-elle de me transmettre un message ? » Finalement il décide de lui parler :

— Es-tu malade ?

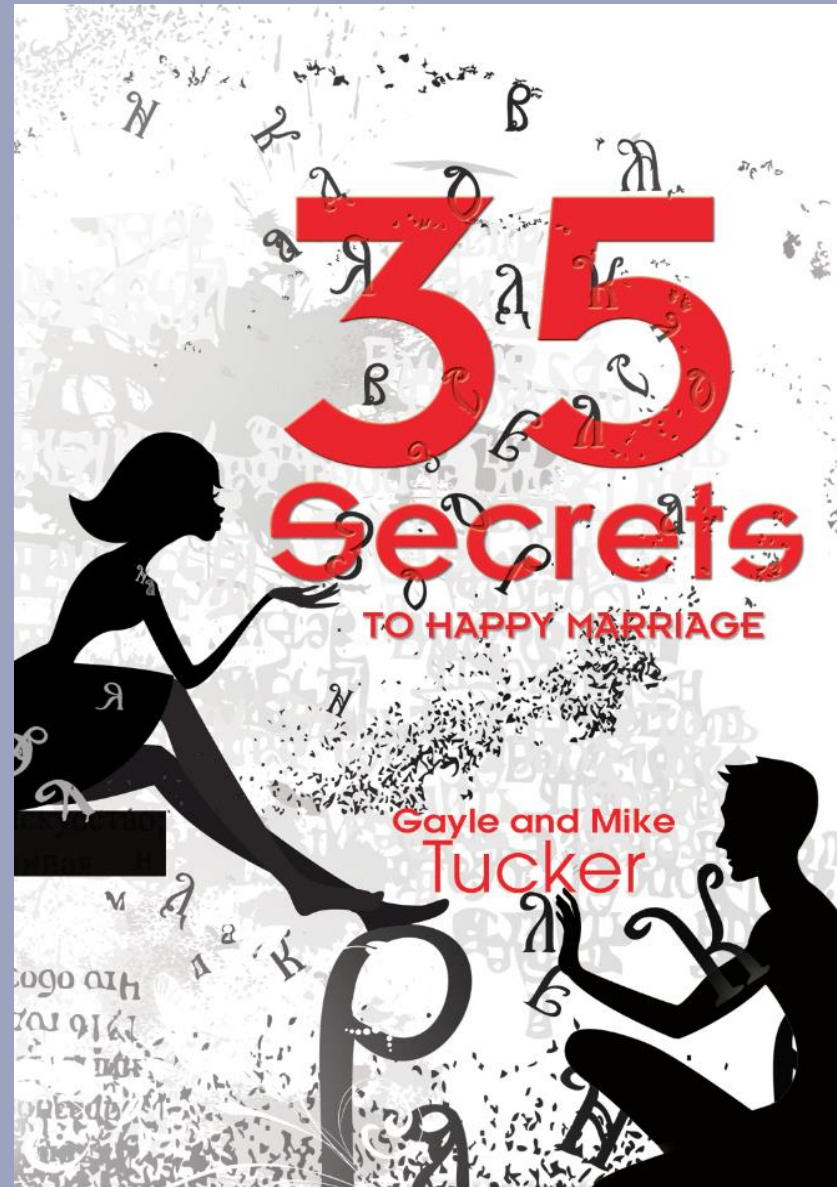
— Non.

AVAILABLE ON DEMAND

35 DEVISES POUR UN MARIAGE HEUREUX

Ce livre pratique expose 35 devises fondées sur l'expérience de plus de cent couples pour enrichir le mariage. Les auteurs, Myke et Gayle Tucker identifient trois catégories de devises pouvant être utiles dans des moments de crise : décision, connexion et communication

Dimensions : 17 x 24 cm 144 pages illustrées en couleurs
Reliure : couverture rigide



HARDBACK LA VIE EST BELLE MALGRE TOUT (AVAILABLE ON DEMAND)

We all want to be happy, but not all paths lead to this longed-for goal. In order to help us find the best path and not leave it, **NO MATTER WHAT HAPPENS, LIFE IS STILL BEAUTIFUL!** is going to show us step-by-step

- ✓ How to learn to be optimistic in spite of everything.
- ✓ What we are lacking, or what we have in excess, in order to reach maturity.
- ✓ The necessary ingredients for finding and strengthening interpersonal relationships that are enriched in all environments, including marriage and the family.
- ✓ The best method for controlling negative emotions.
- ✓ How to obtain freedom from addictions that enslave.

In these pages we will also discover where to find that source of unsurpassable power that is available to everyone and that will allow us to say correctly, **NO MATTER WHAT HAPPENS, LIFE IS STILL BEAUTIFUL!**

Enrique Chajj has extensive and successful experience as a journalist, editor, writer, international speaker, radio host, and director of the television program *Encounter with Life*. He enjoys great prestige in Argentina, his home country, where he has received numerous awards.



The Stanborough Press Ltd



NO MATTER WHAT HAPPENS, LIFE IS STILL BEAUTIFUL!

ENRIQUE CHAJJ

No Matter What Happens,
Life Is Still Beautiful!

Enrique Chajj

HARDBACK LA VIE EST BELLE MALGRE TOUT (AVAILABLE ON DEMAND)

Description

Un ouvrage qui, pas à pas, indique le meilleur chemin pour trouver le bonheur. Dans ses pages, vous découvrirez où trouver cette source de puissance suprême à la portée de chacun. Il vous permettra également d'affronter et de remporter les défis de la vie.

Dimensions : 15,5 x 23,5 cm
• 192 pages illustrées en couleurs Reliure : couverture rigide



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1

The Beauty of **Life**

Every day becomes a song of happiness;
every obstacle, an opportunity to triumph;
and every material advantage, an expression
of gratitude to the Creator.

No Matter What....Life Is Still Beautiful!

“I’VE LOST my will to live. Everything depresses me,” listlessly sighed a lady who had just lost her husband and whose only son was an invalid.

“Don’t despair; be in a good mood. There is still hope,” one of her friends answered.

Years later, that invalid son was restored completely and got married to a good young woman. Then the grandchildren arrived and with them, happiness. Hope and a good mood returned to the heart of that woman who had previously been overwhelmed.

What had happened in her life? First, she saw everything as black, and that produced constant grief. Later, she learned to value what she had—her son, her health, her grandchildren, her work, and her faith—and changed her mental attitude. She discovered that there are valid reasons for overcoming pain and for enjoying the little and big beauties of life.

Let us transfer this woman’s experience to our own. Do we have good health, a job, food, clothing, and a roof over our heads? Then, shouldn’t we feel satisfied and thankful? We often want to enjoy great happiness that perhaps never comes, while we overlook the little daily satisfactions that may well lift our spirits if we rejoiced in them.

That fluffy white cloud that blends with the blue of the sky, that little singing bird that comes near our window, that soft symphony of light of every dawn, that gentle rain that moistens and replenishes the ground, that perfumed flower that decorates the garden, that child who bursts into the world with his vital cry, that child who is growing and succeeding, that warm gesture of a loyal friend, that exciting expression of conjugal tenderness, that encouraging word of parental advice, that sincere smile that we can give and receive . . . all this and much, much more, valued as a gift from God: isn’t it a way of embellishing our existence and making it worthy of living with a song in our hearts?

Nevertheless, how frequently we spoil our happiness when, with a minimum of optimism, we can feel completely happy.

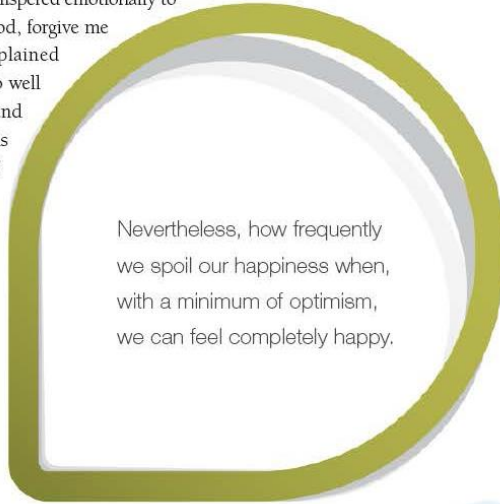
Do I really have reasons to complain?

Peter, who had already passed the half-century mark in his life, had suffered several setbacks at his workplace that day. The day had become exhausting, and he had complained repeatedly to his boss and his companions. As he went home, he saw an attractive young woman with golden hair travelling in a car. She seemed so happy and full of life. However, when she got out of the car, she could not hide the fact that she had lost a leg. In spite of this, she smiled as she got out of the car. Then Peter said to himself, “To think that I spent the whole day complaining even though I have both legs and I am in good health.

Some time later, he went to a kiosk to buy some candy and the young man who was selling it seemed charming. He seemed so content that he stayed there talking to him for a while. When he left, the young man said to him, “Thank for your words, sir. I don’t know if you noticed it, but I am blind.”

Then Peter whispered emotionally to himself, “Dear God, forgive me for having complained so much. I see so well with both eyes and this young man is happy in spite of not being able to see anything.”

When he got close to his home, he saw a group of children who were playing enthusiastically and a few meters away from them was one who



Nevertheless, how frequently we spoil our happiness when, with a minimum of optimism, we can feel completely happy.

just watched the others play. Our friend wanted to ask him why he was not playing with his friends, but the child just sat there without saying a word. He was deaf. After an affectionate wave, Peter continued on his way saying to himself, "Lord, I thank You because I can hear. Help me to control my complaining spirit."

Isn't it true that something similar has happened to you sometime? We complain because we have too much work or because we have lost the job we had or our salary is not enough or because we have a pile of problems. Why do we complain so much? Perhaps because we stop too much to think about things we do not have as we forget the enormous capital we have through the simple fact that we can walk, see, hear, and speak.

If we have complained too much up to now because of our supposed "bad luck," why not decide to change our mental attitude and be more careful with our words? Ask yourself, "I who have legs, how do I use them? Do they always take me to the best places? I who have two eyes to see, do I know how to watch what is edifying and constructive? Do I have a pure and sympathetic glance at others? I who can hear and speak, what things do I listen to and what words do I say? Do I open my mouth only to say what is correct and kind?"

Accept yourself

The story is told that there was once a little iceberg in the arctic region that was very unhappy with its life, especially because it had spoken with some seals that had told it about the beauties of the south where the sea shone under the glory of the sun. An old iceberg



How important it is to accept oneself and to be oneself!

that heard it murmuring said, "Son, our destiny is to remain here and we should be content with the circumstances and scenery that are around us."

Nevertheless, the little iceberg did not follow the advice of the older one. Thus, one day, it left its companions and set out on a journey to the south. "Now I will get to know the world," it thought.

However, the first thing it learned was what a collision with a ship in the dark was like. While it was suffering from the pain of the collision in the middle of the rough waves, it remembered how much calmer life had been in its old home. As it continued its extremely dangerous adventure, the Sun looked at it one day from the heights and the poor iceberg began to weep and weep. The heat of the Sun ended up melting it completely, and it disappeared into the ocean.

How many people are like this dissatisfied iceberg in the sea of life! They are always unhappy with what they are and what they have and they always covet the apparent advantages of their neighbor without remembering that they themselves have conditions that can open the door of happiness and success to them if they developed those conditions. There are even many people who do not cultivate their personalities and their own talents and even set out to imitate others slavishly, thus selling their own individuality. In the end, they have to recognize that they have not managed to be one or the other simply because they did not know how to be what they should have been.

How important it is to *accept* one's self and to *be* oneself! Otherwise, how could we be satisfied and develop our own gifts and abilities? However simple we are, we all have good possibilities of developing ourselves and reaching an acceptable measure of well-being and satisfaction.

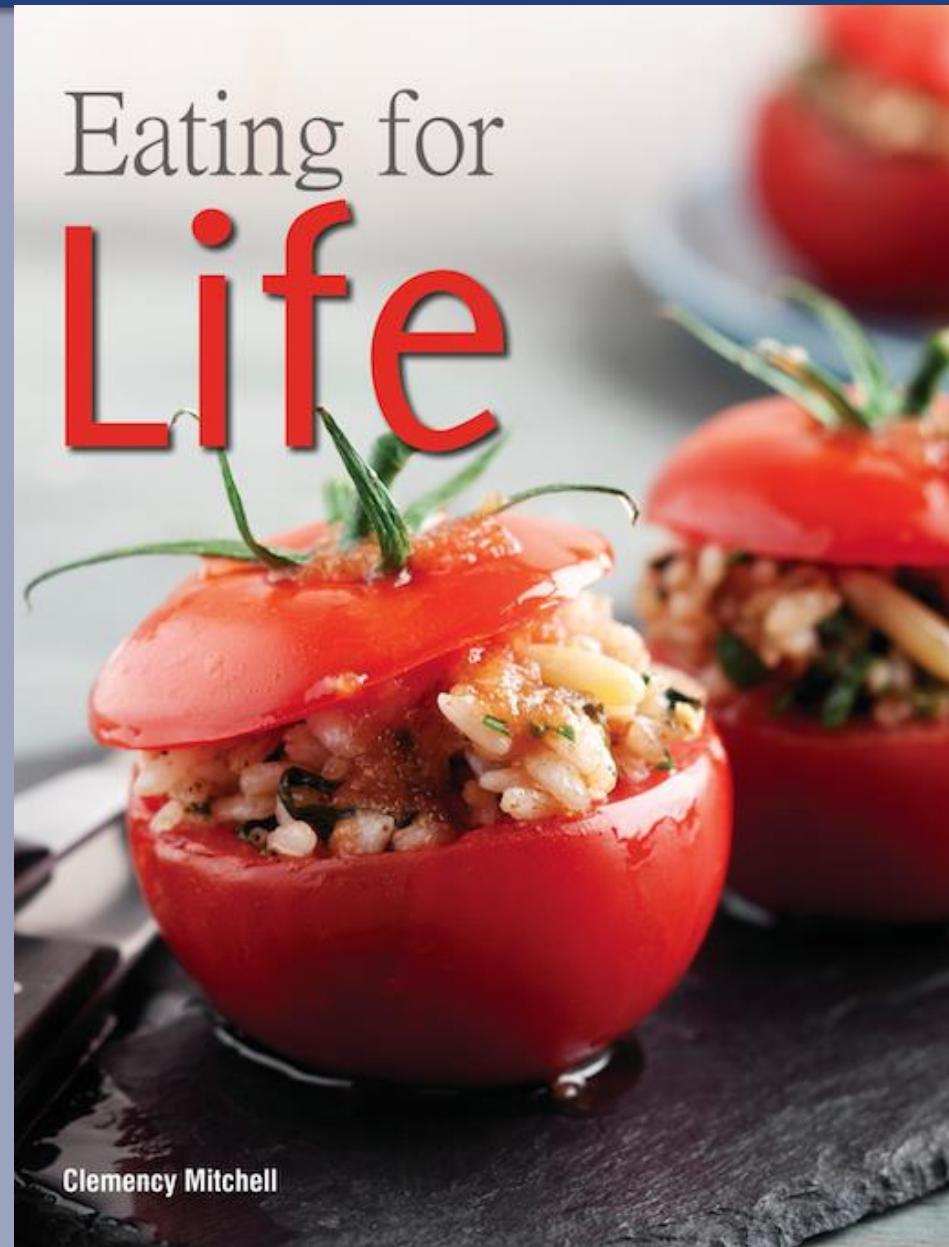
Life's paradoxes

The British writer Arthur Clarke and author of 2001: A Space Odyssey said in the middle of the twentieth century that unless the human being developed the ability to live better, we would all suffer

Eating for Life

- Healthy eating can and should be fun.
- Nutritional guide for developing healthy, tasty and attractive meals.
- Wonderful recipes that are designed to prevent the development of conditions (Diabetes, Cancer, High blood pressure etc)

Magabook Author Dr Clemency Mitchell





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Equipment

The simpler the food, the simpler the equipment needed. The absolute basics are a chopping board, a sharp knife, a grater, a good saucepan with a well-fitting lid and a sieve. Here are some other suggestions for what should be in the well-equipped vegetarian kitchen:

- **Measuring cups and spoons:** scales are seldom needed with this type of cooking.
- **A set of stainless steel saucepans,** including a steamer for cooking vegetables.
- **A blender with a coffee mill attachment.** This is a most important piece of electrical equipment for vegetarians and vegans. Cheap ones are as effective as expensive ones, but do not last as long. If you are planning to make your own nut butters regularly, it's worth





investing in an extra-strong one. A hand blender is useful, too. Food processors are also very useful, but not as vital as blenders.

- A **pressure cooker** is very useful for beans, chickpeas and other things that need long, slow cooking. **Slow cookers** can be used for the same things.
- **Ovenware:** ceramic or glass casserole dishes, pie dishes, baking trays and loaf tins.

The store cupboard

Here are a few suggestions about those things to have on hand.

Seasonings:

- Salt and herb salt such as Herbamare, vegetable stock cubes, yeast extract.
- Dried herbs such as mixed herbs, bouquet garni, dried basil, tarragon, oregano, freeze-dried parsley and dill.
- Mild spices such as coriander, cumin, cardamom and sweet Hungarian paprika. (In the interest of good digestion, black or red pepper, chillies and other irritant spices are only sparingly used in these recipes.)

Staple dry goods:

- **Cereals:** rice, whole cereal grains, flakes, including porridge oats, and flours – wholewheat for general use, unbleached white for occasional use, cornflour for thickening things.
- **Pulses:** lentils, beans and chickpeas if you have time to soak and cook them.
- **Nuts:** all kinds, but store large quantities in the freezer or fridge.
- **Seeds:** sunflower, sesame and pumpkin seeds and tahini. Store large amounts in fridge or freezer.
- **Dried fruit:** chopped dates, raisins, dried apricots.

Tins:

Tomatoes, tomato purée, beans, chickpeas and other pulses, and sweetcorn.

'Milks':

Soya milk and coconut milk (tins).

Olive oil:

Extra virgin cold-pressed for salads, standard olive oil for cooking. Store these out of direct sunlight.

Lemon juice.

The freezer

The vegetarian freezer is mainly used for storing items like berries, plums and apple sauce, vegetables like frozen peas and beans, nuts, seeds and other things that are much cheaper in bulk but don't keep forever on the shelf.

Shopping

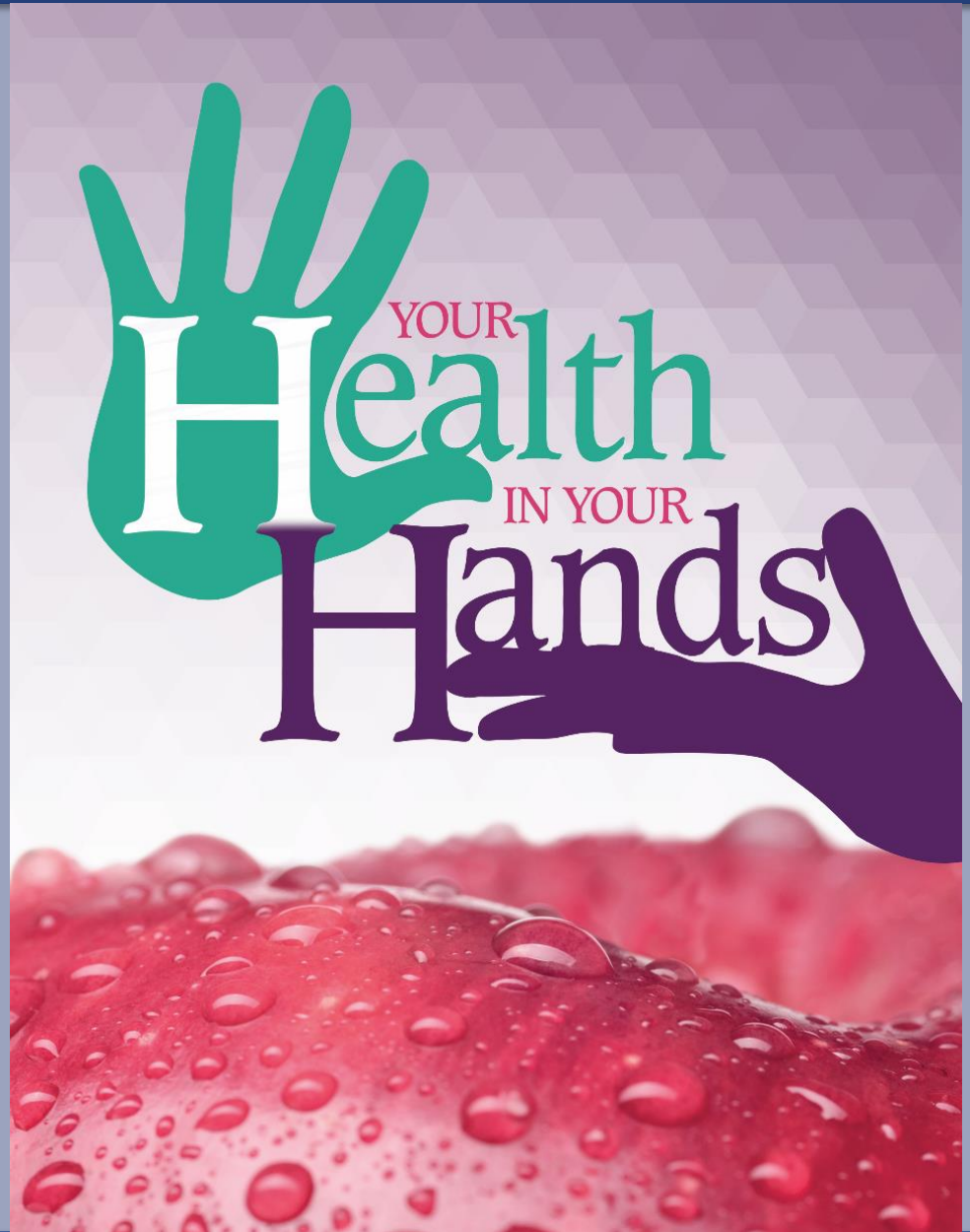
There are plenty of healthy foods available in the major shops, but it is always a good idea to read the labels, especially when buying tinned or other processed products.

- **Fruits and vegetables:** the fresher, the more seasonal and the more locally produced, the better. Go to farm shops, local markets and 'pick your own' farms if you can. Organically grown is the very best, so long as it's fresh as well.
- **Packet cereals:** select those that are the most natural with no added sugar or salt. Be aware that almost all packaged cereals have added sugar and/or salt. Most of the crunchy oat cereals contain oil and lots of sugar.
- **Loose cereals for cooking:** porridge oats, brown rice, whole barley, cracked wheat.
- **Dried fruits:** raisins (preferably without added oil), apricots, dates, figs, pears, etc.
- **Nuts and seeds:** health food shops are also a good source of these products. Remember that roasted nuts usually have added oil and lots of salt.



MAGABOOKS (AVAILABLE ON DEMAND)

This book presents a comprehensive guide to health for all the family. A book directed to those who are healthy.





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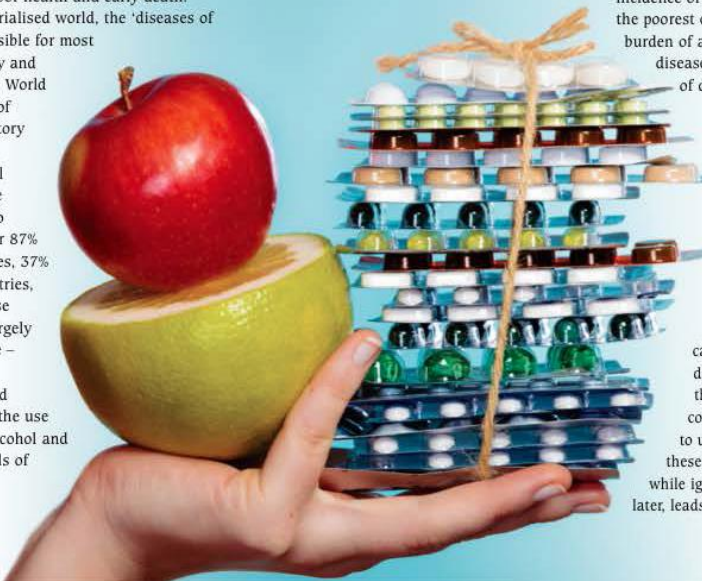
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1 There is a choice

Disease never comes without a cause. It is not just the result of fate or our stars (horoscope), nor is it always entirely due to factors beyond our control. Most diseases are due to the simple outworking of the laws of cause and effect; they mainly result from our violations of the laws of health. This is good news, because it means that most health problems are preventable, or at least can be postponed. Our own choices can lead to better health and longer life, or poor health and early death.

In the rich countries of the industrialised world, the 'diseases of civilisation' prevail. They are responsible for most deaths and for much of the disability and chronic ill health we experience. The World Health Organisation stated that, as of 2012, cancers, diabetes, and respiratory and cardiovascular diseases were collectively responsible for 80% of all deaths caused by non-communicable diseases (NCDs). Furthermore, it also noted that NCDs were responsible for 87% of all deaths in high-income countries, 37% of deaths in the lowest-income countries, and 68% of all deaths globally.¹ These diseases are now known to result largely from the so-called 'civilised' lifestyle – the overabundant diet, with its high proportion of refined fats, sugars and animal products; a lack of exercise; the use of socially acceptable poisons like alcohol and tobacco; and the generally high levels of stress most of us are exposed to.



In the past there used to be a very different pattern of disease. Most illnesses and deaths were due to infections. Poor or non-existent sanitation and public health services allowed these infections to spread. Poverty and poor nutrition lowered people's resistance, while limited medical understanding meant that there were few effective treatments. All these factors resulted in a high incidence of infectious disease and premature death, as they still do in much of the developing world.

The picture is now changing in the developing countries, but not always for the better. The Western diet and lifestyle are becoming more and more popular with everyone who can afford them. Sedentary work and cars are in demand; Western-style high-fat fast-food outlets are multiplying; the use of tobacco and alcohol are increasing; and with all these changes, so is the incidence of degenerative disease. As a result, the poorest countries now have the double burden of a) unconquered infectious diseases, and b) the rising incidence of degenerative illnesses.

Choosing health

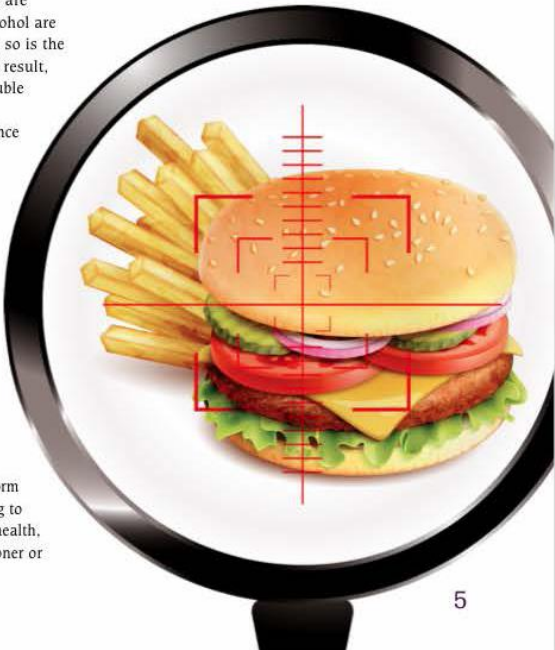
The laws of health are so simple that children can easily learn and understand them, but practising them is a lot more difficult. It calls for willpower and determination, especially in the face of social and commercial pressures to conform to unhealthy customs. Adhering to these laws is the route to better health, while ignoring or flouting them, sooner or later, leads to trouble.

There is one law about which we have no choice: **the law of heredity.** We all inherit our basic constitution from our forebears. We all have certain

'Genes load the gun; lifestyle pulls the trigger.'

bodily strengths and weaknesses which influence our resistance and

susceptibility to disease. However good or bad this inherited constitution may be, positive health choices enable us to make the very best of what we have been given. Poor choices will have the opposite effect. On average, a person's health and longevity are 20-30% due to his genes and 70-80% due to his lifestyle.² It has truly been said that 'Genes load the gun; lifestyle pulls the trigger.'



The other laws of health

The laws of activity and rest

Our bodies are designed for action. Four hours of vigorous outdoor work each day would be ideal but, unfortunately, in the West most people have sedentary jobs that leave little time for exercise. Dr Kenneth Cooper, the 'father of aerobics', found that his volunteers were relieved of all sorts of symptoms when they followed his exercise programme. Brisk exercise is, in fact, a major factor in longevity, and in the prevention of heart attacks, strokes, cancer, arthritis and many other diseases. It is also very important to those trying to recover from these problems.



The laws of nutrition

There should be an adequate supply of simple, wholesome food, prepared simply and naturally, and an adequate intake of clean, pure water. The type and amount of food we eat should be age- and occupation-appropriate, and in harmony with the climate we live in. Ideally one should eat at regular intervals, with the largest meals early in the day, and no between-meal or bedtime snacks. As well as being nutritious, our food should also be appetising and enjoyable.

The laws of abstinence from poisons

This includes those socially acceptable poisons – alcohol, tobacco and caffeine – along with all the other varieties of recreational and mind-altering substances, and all unnecessary medications. It also includes the avoidance of poisons that are found in pollutants, such as herbicides and pesticides in food, industrial and domestic pollutants and car exhaust emissions. (Realistically speaking; no one can possibly avoid all contact with pollution, but there are many choices we can make to diminish the amount we do encounter. Each of us must decide this for ourselves.)

The laws of the mind and spirit – trust in divine power

A peaceful and cheerful frame of mind is necessary for optimum health. Those who have tried it will testify that the best way to achieve this is by submitting one's life to God's will, learning about Him and obeying Him. Trust in divine power also builds trust between people – parents and children, teachers and students, colleagues and workmates. When people trust each other, it greatly reduces the interpersonal stress that contributes to disease. One way of building trust in divine power is by studying the Creator's handiwork in the design and working of our own bodies. The complexity of the human body is astounding, and inspired King David to write, 'I will praise [the Lord]; for I am fearfully and wonderfully made' (Psalm 139:14, KJV). What better motivation could there be for maintaining health, than to keep our bodies fit for our Creator's service?

Fighting disease

Our bodies have truly amazing **defence systems**. When danger threatens, the emergency services of the immune system go into immediate action to ward off the invaders. We, by making right choices, can actually make a great difference to their efficiency and effectiveness.

Although in the West most deaths, disabilities and chronic ill health are due to degenerative diseases, infections still cause many minor, and some major problems. Our bodies have a very active defence system to get rid of these foreign invaders. Infections occur when microorganisms – bacteria, viruses and others – invade, and the defences are mobilised as soon as they enter the body. Because most people in the West are fairly well fed and live in reasonably hygienic surroundings, their immune systems win most of the time, and they have good medical care and powerful antibiotics to take over should they start to lose. The situation is very different where there is too little food and poor sanitation. Then these invaders win much more often.





10

Increasing the antibody armoury

Immunisation is a method of inducing the immune system to produce antibodies that will stay in the circulation and be ready to inactivate invading organisms before they have time to produce an illness. Unfortunately they don't always produce the desired immunity, nor is it always very long-lasting; hence the need for booster doses. The idea is to prepare the body to defend itself against specific diseases, such as measles, diphtheria, tetanus, or polio, by stimulating it to produce appropriate antibodies in advance – so that, when the germs strike, the antibodies will be available at once, with no long time lag during which the disease can develop. Small doses of such organisms, which have been modified so that they are too mild to cause the disease but still have their antigens intact, are used to stimulate the lymphocytes to produce antibodies over the next few days. Then, if the real germ attacks, the disease is prevented.

Two hundred years ago Dr Edward Jenner noticed that milkmaids never got smallpox, a disease that was very common, often fatal, and usually very disfiguring. A milkmaid told him that it was because they had had cowpox, a mild illness that they caught from their cows. Dr Jenner developed the practice of vaccination, introducing cowpox organisms through scratches on the skin. Thus began the decline of smallpox, the last case of which was recorded in the 1970s.

Since then, vaccines have been developed against many other diseases, and research on others continues.

Other commonly used vaccines . . .

Diphtheria is a dangerous throat infection, which was common and frequently fatal in Europe a hundred years ago. The incidence of the disease had already greatly declined by the time the vaccine was introduced in the 1940s, and it is now largely unknown in the developed countries of the West, but still occurs in Eastern Europe and some developing countries in Africa and Asia.

Whooping cough (pertussis) is a respiratory infection mainly affecting young children. It is an unpleasant illness, often causing weeks or months of severe and distressing coughing. It can be fatal in small children, especially if they are undernourished.

Tetanus is caused by organisms which live in the digestive tracts of farm animals and survive in manure, soil and road dirt. They enter the bloodstream through wounds, especially deep penetrating ones that have been contaminated.

They produce very deadly toxins that cause severe and painful muscle spasms that can be fatal if they interfere with breathing. This disease is now very rare indeed in developed countries, partly due to immunisation and partly due to better hygiene and wound care, and to improved health and nutrition in general. It is still common in those countries where there are inadequate immunisation programmes and poor hygiene, and where people are frequently in contact with animal dung. This is especially true where it is used as fuel or in building materials. Tetanus of the newborn occurs in some areas, the organisms entering through the umbilical cord stump.

Polio is a virus that enters via the digestive tract – for example, by drinking water that is polluted by sewage. It attacks the nervous system and causes muscle paralysis, which can lead to death if it paralyses the respiratory muscles. It takes its greatest toll in childhood. It is now extremely rare in countries with an effective immunisation programme, and the World Health Organisation hopes it will soon be eliminated completely.



11

Building resistance naturally

Immunisations can obviously be lifesaving, but resistance to disease depends on much more than the presence of specific antibodies. General health and well-being are basic to our resistance to both infections and degenerative disease. There are a number of completely natural ways of boosting our defences, over which we have choices to make for ourselves and for our families.

Among its many other good effects, vigorous **exercise** increases the number of white blood cells in the circulation. It also speeds up the circulation, thereby speeding up the process of getting these defence forces to their battle stations. Regular hours for rest are very important too, because the immune system is restored while we sleep. Hormones and body cycles have inbuilt rhythms. Regular hours really are important, especially if there is a risk of illness, or if an actual illness is already present.

You can also boost your white cell count with **cold water**. Cold water on the feet sends a message of imminent danger to the immune system and calls for instant mobilisation of white cells. Dry your feet quickly and put on warm socks after the cold footbath. You will feel comfortable and your white cells will remain on the alert. A cold shower or bath has the same effect: it's a practice exercise for our immunity battalions. A cold shower may be a pleasant prospect in a warm climate, but less so during a European winter. There is good news, however, because if you take a warm bath or shower, you will get a similar effect if you simply finish off with a few seconds of cold water. Be sure to dry quickly, and within a few seconds you should feel a warm glow. The cold water will have closed down the superficial blood vessels that radiate heat after the warm bath, and you will feel warmer having had your final cold splash than you would have done had you stepped straight out of a hot tub. A word of warning: beware of chilling – too much cold when you are not used to it will leave you feeling cold, and this will have the opposite effect, of actually depressing your immune system. If you find it difficult to warm up, don't do it.

Healthy eating boosts the immune system. All the natural plant foods – the fruits, vegetables, grains, nuts and seeds – help the body's defences. There should be plenty of fruits and vegetables in our diets, some of them raw. Variety is not only the spice of life, but also an important factor in staying well. Along with their own quota of vitamins and minerals, the different plant foods each contain their own individual blend of phytochemicals, each one helping to enhance our defence systems in their own way. The refined foods, especially those high in sugar and fat, have the opposite effect.

'Phytochemicals' are just 'plant chemicals', called that because they are only found in plants. They are present in minute amounts and give the plant foods their distinctive colours and flavours. They have very important immune-boosting properties and help to prevent ageing and degenerative diseases, including cancer.

Breastfed babies get passive immunity – antibodies from their mothers' blood are passed on in the milk. Breastfed babies have fewer infections of every sort, and they get a head-start in preventing future degenerative diseases.

There will be much more about the **laws of avoidance** later in the book, but it bears mentioning here that poisons, including socially acceptable ones such as nicotine and alcohol, all depress the immune system in their own specific ways.

The laws of the mind and spirit. Cheerfulness and optimism are important factors in stimulating the body's healing and defensive powers. Those who can trust in divine power for help in meeting the stresses and tensions of everyday life have a great resource. The mind has an influence on all body systems and their activity. Depression slows things down; cheerfulness stimulates. Fortunately, we are not totally at the mercy of our feelings in this matter. We can use our will to think about pleasant topics even if we are feeling terrible. Harness your willpower, and if cheerful thoughts seem impossible then just breathe a prayer of thanks for whatever positive factors you can think of. If possible, say it aloud. Read a psalm of praise, or will yourself to sing a cheering hymn or song. As you make this effort, it actually alters the chemistry of your brain. Endorphins help to lift our spirits *and* they boost the immune system too. Cheerful thoughts help to heal the body as well as the soul.

Endorphins are substances formed in the brain by sunshine, enjoyable exercise and other pleasant experiences and thoughts.

They stimulate the immune system to fight disease, raise the pain threshold to make discomfort more bearable, and act as natural antidepressants and tranquillisers.

¹ www.who.int/mediacentre/factsheets/fs319/en/index2.html

² www.scienciamerican.com/article/genetic-factors-associated-with-increased-longevity-identified/

³ www.scienciamerican.com/article/why-are-ashtma-rates-soaring/

MAGABOOKS (AVAILABLE ON DEMAND)

Parenting

THE BEST THAT YOU CAN BE

Have you ever wondered how some parents do such a good job of raising their children? A certified family life educator and a grandmother with three grown children of her own, the author draws from Scripture, in-depth research on the topic and her wealth of personal experience to give us some really valuable tips on how to do this. Learn how to raise your kids to be the loving, lovely and responsible young people you know they can be!



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PARENTING: THE BEST THAT YOU CAN BE

Parenting

THE BEST THAT YOU CAN BE



Nancy Van Pelt

Parenting, the best that you can be

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Unless otherwise stated, Bible quotations are taken from
The New International Version (Hodder and Stoughton).
Other versions used, indicated by initials:
NRSV = New Revised Standard Version (Oxford)
NLT = New Living Translation (Tyndale)
TLB = The Living Bible (Kingsway)
KJV = King James Version

Important note: Unless otherwise obvious from the
immediate context, all personal pronouns such as he, she,
him or her should not be regarded as excluding the other
gender.

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They recognise that, even when they take two steps forwards and one back, they are still moving towards their goal. Keep your eyes on your successes, whether large or small, rather than being swallowed up by your failures.

From your mistakes, learn what works with your child and what doesn't. But celebrate your successes. Press towards your goal of raising a responsible, well-behaved child with strong values – a child that you and others will enjoy having around. Remain confident in your ability to be more successful in only three weeks. Much of what you accomplish in the next twenty-one to forty-five days depends on your attitude and whether you believe you can do it.

You could be like the person who is afraid of water and, when seeing a large

wave coming in his direction, panics and runs, only to be caught, knocked down and crushed by the cold, rushing water: or you can be like the surfer who anticipates the giant wave, prepares to meet it, rises above it and rides it successfully! Your children are the stars in your crown. It is time for these stars to begin to shine. When they shine, so will you. My challenge to you today is to step up to the plate and accept the daunting task of parenting the way God intended.

Your family is your major priority right now. Commit yourself to it. It won't always be easy. It won't always be fun. But it will be worth it in the end when you achieve the success you seek.

Nancy van Pelt



The Good Parent Test

FROM TRAIN UP A CHILD

Are you a good parent? Are you really successful in dealing with the problems that arise daily? Here's a fun test that will measure your current knowledge and ability. Don't take the test too seriously. Just enjoy it!

There are few all-right or all-wrong answers, but if you study the responses carefully you will find one more nearly correct than the others.

If you have children at home, answer each question according to how you would respond now, not how you think you should respond. If you plan to be a parent some day, answer the questions as you think you would function. If your children are grown, answer as you acted back then.

If you were in a doctor's surgery and had to wait before seeing the doctor, what would you be likely to do while waiting?

1. Supervise my child's play
2. Chat to someone in the waiting room
3. Read a popular glamour magazine from the table
4. Read a parenting magazine from the table

The most valuable gift I as a parent can give to my child is:

1. Self-respect
2. Love
3. Discipline
4. Quality time

I frequently discuss and seek child-rearing advice from:

1. No one
2. Friends and relatives
3. Books and seminars
4. 2 and 3

If my child frequently cried because the other children at school didn't like him, I would:

1. Help him find a special talent or compensating skill
2. Talk with his teacher about it
3. Spend more time with him
4. Talk with his friends about it

Positive feelings of worth in your child can best be built by:

1. Utilising natural consequences
2. Talking and listening more
3. Spending quality time with your child
4. Helping your child feel special, loved, and a secure part of your family

On average, how much time a week do you spend communicating with your child one-to-one without TV or other interruptions?

1. More than one hour
2. 31 to 60 minutes
3. 11 to 30 minutes
4. 10 minutes or less

If my child moped around the house complaining there was no one to play with and nothing to do, I would probably:

1. Send him to his room to play
2. Give him a job to do
3. Stop my work and play with him
4. Listen to the feeling behind his complaints

PARENTING: THE BEST THAT YOU CAN BE

If I were watching my favourite programme on TV and my child, without asking permission, switched channels, I would probably say:

1. 'I feel very irritated when my favourite TV programme is interrupted because this is the only relaxation I get all day.'
2. 'Hey, let's be considerate of one another. Please change it back to my programme.'
3. 'Change it back to my programme or you'll get a smack.'
4. 'Can't you see that I am watching a special programme, you idiot?'

If I called my child for dinner and she continued to play rather than coming, I would:

1. Go to her and forcibly bring her to the table
2. Threaten her
3. Call her again
4. Allow her to miss the meal and go ahead without her

If my child were to throw a temper tantrum, I would probably:

1. Ignore her
2. Imitate her by throwing one too
3. Deprive her of a favourite activity or toy
4. Smack her

Parents tend to blame themselves for their child's behaviour, and rightly so, because it is mostly dependent upon:

1. Heredity
2. Using proper child-training methods
3. Parental example and environment
4. Individual temperament type and how parents relate to it

In order to instil pure character traits a parent must develop in a child:

1. Moral excellence
2. A pleasing personality
3. Talent and/or genius
4. A pleasant disposition and individuality

Responsible behaviour and better habits can best be accomplished through:

1. Natural consequences
2. Consistent rules
3. Parental example and a loving home
4. Rewarding positive behaviour and ignoring negative behaviour

The best way of controlling a 17-year-old's choice of questionable peers is to:

1. Invite the questionable friends to your home
2. Move the family away from the area
3. Restrict their privileges
4. Forbid the association

If my 15-year-old failed to clean his room and accept responsibility for common household tasks, I would:

1. Clean the room and do chores for him
2. Allow natural consequences to take over
3. Send an 'I-statement' about my feelings
4. Try to motivate him through a contract system that manipulates privileges

The most effective means of keeping a youngster from experimenting with drugs is:

1. To provide the security of a loving, well-adjusted family life
2. To send him to Christian schools
3. To select his peer group carefully

Before you begin

4. To know the physical symptoms connected with drug abuse

It is now common knowledge that there is a direct link between delinquency and poor nutrition. Which of the following can be attributed to faulty nutrition?

1. Reading problems
2. Hyperactivity
3. Running away and vandalising property
4. All of the above

The best way of handling sibling rivalry is:

1. Let children settle their own disputes
2. Love each child equally
3. Listen to both sides before punishing
4. Protect young children from older ones

The diet our Creator chose for us consists of:

1. Meats and poultry

2. Grains and nuts
3. Fruits and vegetables
4. 2 and 3

Your 7-year-old asks you where babies come from. You would probably respond:

1. 'Babies are made when the daddy puts his penis into the vagina of the mummy. During certain days of the month the mummy can become pregnant and a baby begins to grow in her uterus.'
2. 'When parents want a baby, they love each other in a special way and they'll have one.'
3. 'I'll tell you about it when you get a little older. Remember to ask again.'
4. 'Babies are delivered by the stork.'

Your 5-year-old asks what it is the two of you do after you close the door of your bedroom at night. You would probably respond:

1. 'I never asked my parents questions like that when I was a child.'
2. 'Ask your mother (or father)!'
3. 'We sleep mostly. Why do you ask?'
4. 'Sometimes we sleep and sometimes we love each other in a special way and we want a private place to do it.'

Bringing children into the family:

1. Produces added stress for couples throughout child-rearing years for those not prepared for the task
2. Decreases material satisfaction, particularly during the children's teen years
3. Is more satisfying to women than men
4. Automatically increases marriage satisfaction

Turn to page 14 to score the Good Parent Test.



Gift Books



Mini livres écrit par Nancy Van Pelt

Gift Books (AVAILABLE ON DEMAND)

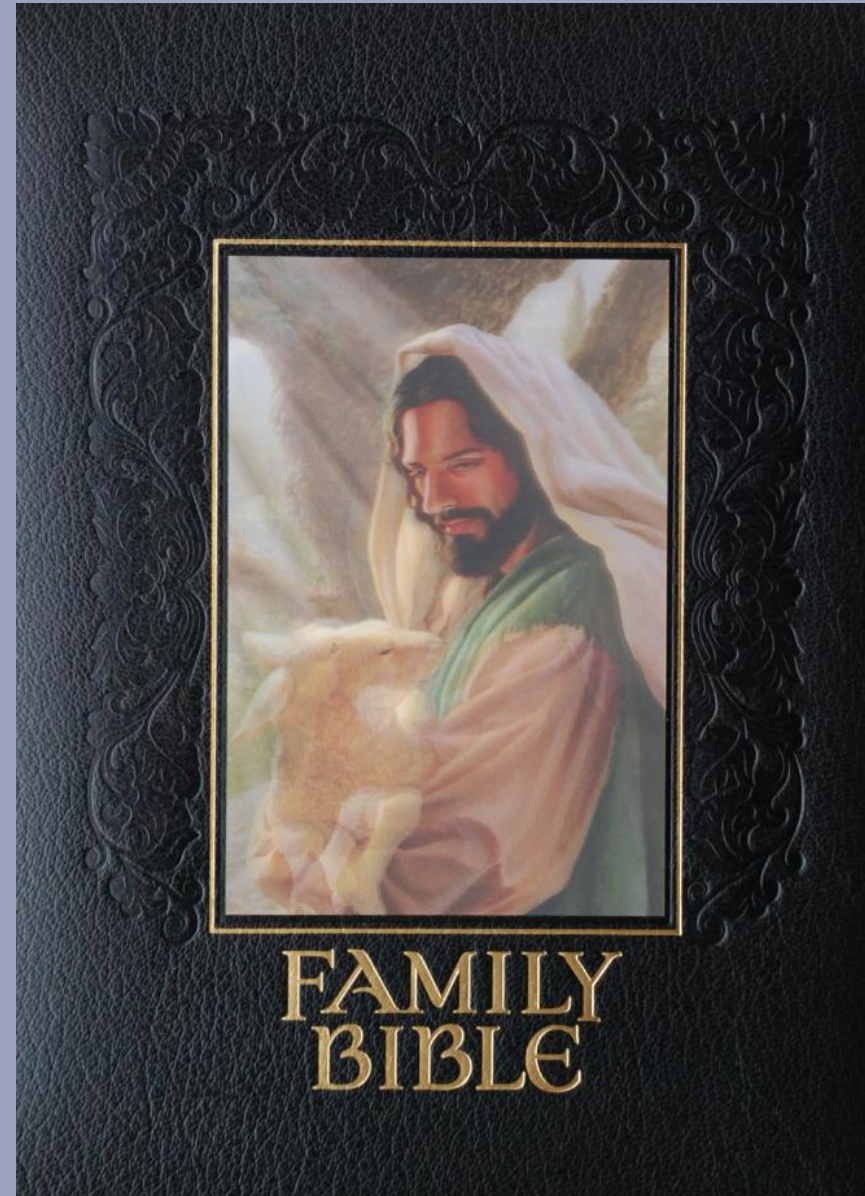


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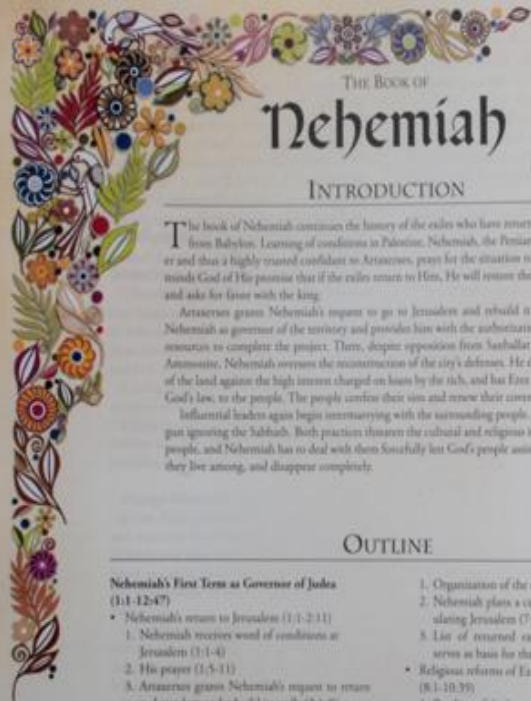
- 300 works of art;
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The Keepsake Family Bible



THE BOOK OF Nehemiah

INTRODUCTION

The book of Nehemiah continues the history of the exiles who have returned to Jerusalem from Babylon. Learning of conditions in Palestine, Nehemiah, the Persian king's cupbearer and thus a highly trusted confidant to Artaxerxes, prays for the situation to change. He reminds God of His promise that if the exiles return to Him, He will restore them to Jerusalem, and asks for favor with the king.

Artaxerxes grants Nehemiah's request to go to Jerusalem and rebuild it. He dispatches Nehemiah as governor of the territory and provides him with the authorization and financial resources to complete the project. There, despite opposition from Sanballat and Tobiah the Ammonite, Nehemiah oversees the reconstruction of the city's defenses. He defends the poor of the land against the high interest charged on loans by the rich, and has Ezra teach the Torah, God's law, to the people. The people confess their sin and renew their covenant with God.

Influential leaders again begin intermarrying with the surrounding people. Others have begun ignoring the Sabbath. Both practices threaten the cultural and religious identity of God's people, and Nehemiah has to deal with them. Successfully, but God's people assimilate into those they live among, and disappear completely.

OUTLINE

Nehemiah's First Term as Governor of Judea (1:1-12:47)

- Nehemiah's return to Jerusalem (1:1-2:11)
 1. Nehemiah receives word of conditions in Jerusalem (1:1-4)
 2. His prayer (1:5-11)
 3. Artaxerxes grants Nehemiah's request to return to Jerusalem and rebuild its walls (2:1-8)
 4. Nehemiah's arrival, first indications of difficulties (2:9-11)
- The rebuilding of the walls (2:12-6:19)
 1. Nehemiah's inspection of the wall at night (2:12-16)
 2. An appeal for action encounters both approval and opposition (2:17-20)
 3. The distribution of the 42 construction units (3:1-32)
 4. Various unsuccessful attempts to halt the reconstruction (4:1-23)
 5. Social reforms carried out during Nehemiah's first period of governorship (5:1-19)
 6. Further attempts to stop the building; completion of the wall (6:1-19)
- Nehemiah plans to repopulate Jerusalem (7:1-7:3)

1. Organization of the city police (7:1-3)
2. Nehemiah plans a census preparatory to repopulating Jerusalem (7:4, 5)
3. List of returned exiles of Zerubbabel's time serves as basis for the new census (7:6-7:3)
- Religious reforms of Ezra and Nehemiah (8:1-10:39)
 1. Reading of the law at a great national gathering (8:1-18)
 2. Celebration of the Feast of Tabernacles (8:14-18)
 3. A day of solemn repentance and confession (9:1-38)
 4. A list of those who signed the covenant (10:1-28)
 5. The covenant of the covenant of reform (10:29-39)
- The repopulation of Jerusalem carried out (11:1-36)
 1. List of those who dwell in Jerusalem (11:1-19)
 2. List of cities of the province of Judea (11:20-36)
- A list of the Temple personnel (12:1-26)
 1. Priests and Levites of the time of Zerubbabel (12:1-5)
 2. Genealogy of the high priests (12:10, 11)

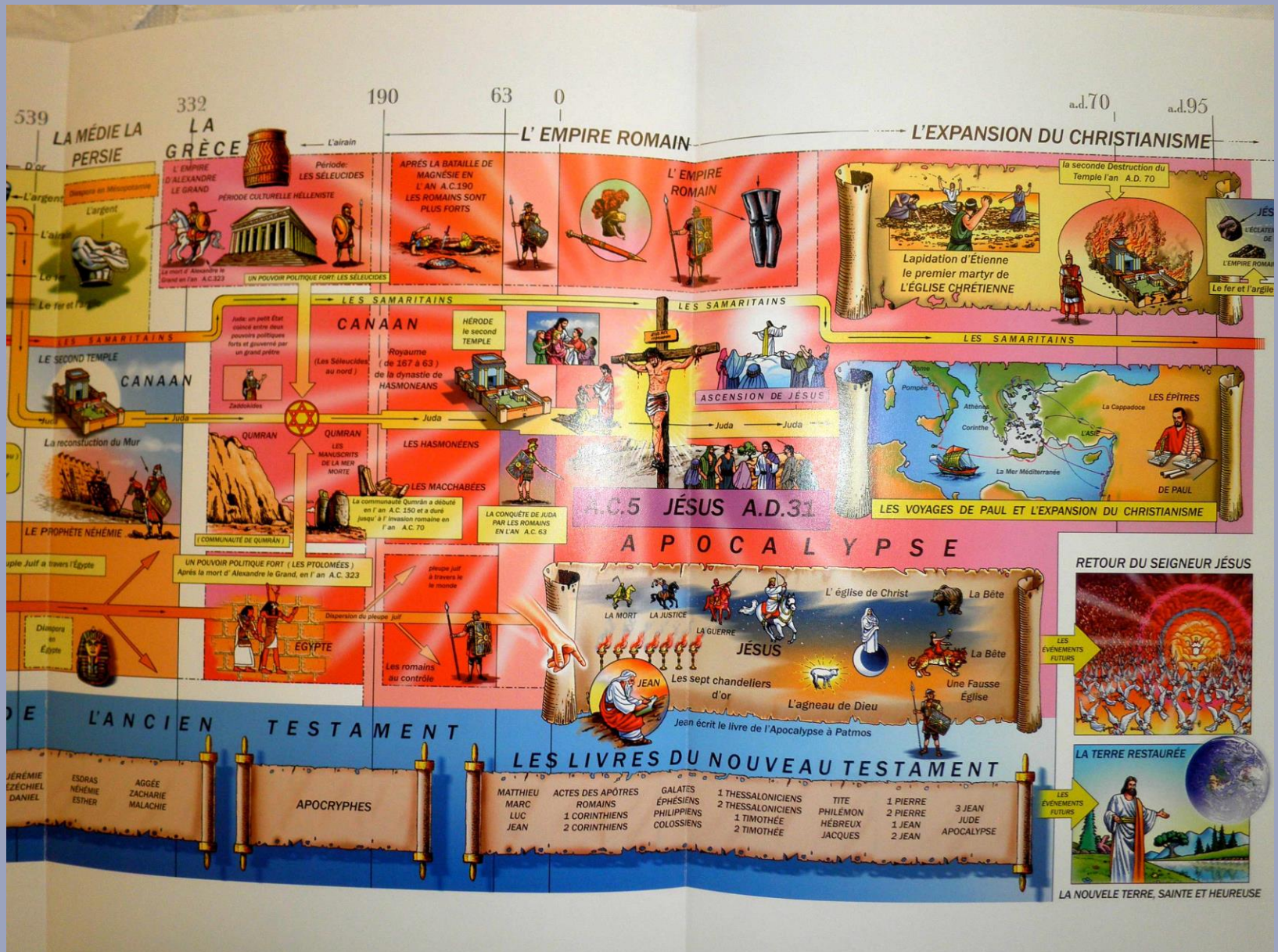
3. Priests of the time of Josiah (12:12-21)
4. Levites of the time of Eliashub (12:22-26)
- The dedication of the wall (12:27-43)
- The appointment of treasurers (12:44-47)

Nehemiah's Second Term as Governor of Judea (13:1-31)

- Separation of Jews from foreigners (13:1-3)
- The expulsion of Tobiah from the Temple (13:4-9)
- Regathering of the Levites and reform in tithing and in the observance of the Sabbath (13:10-22)
- Reform regarding foreign wives (13:23-29)
- Concluding statement (13:30, 31)



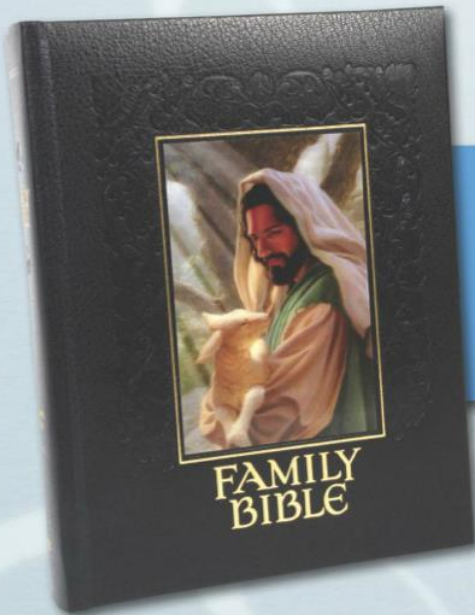
Nehemiah on the wall of Jerusalem, measuring the wall and warning the people to stop those who opposed rebuilding the city.





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Spiritual Wellbeing



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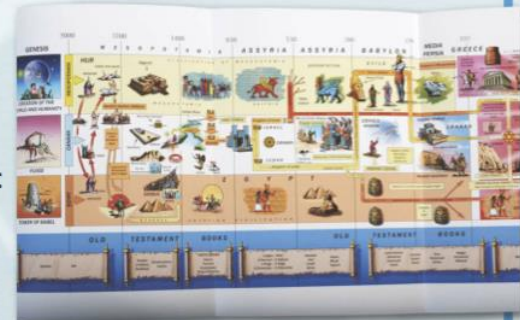
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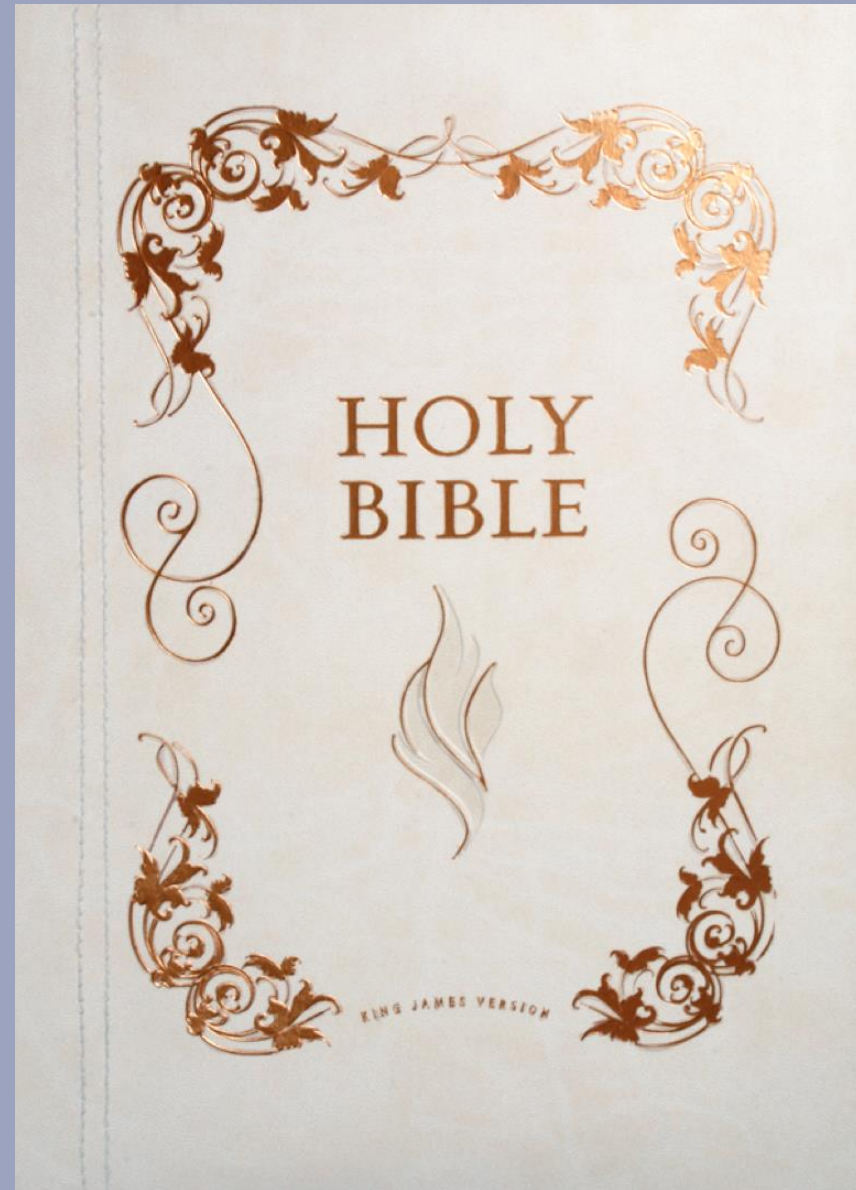


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The Keepsake Family Bible

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The *Keepsake Family Bible* is also available in a range of covers.

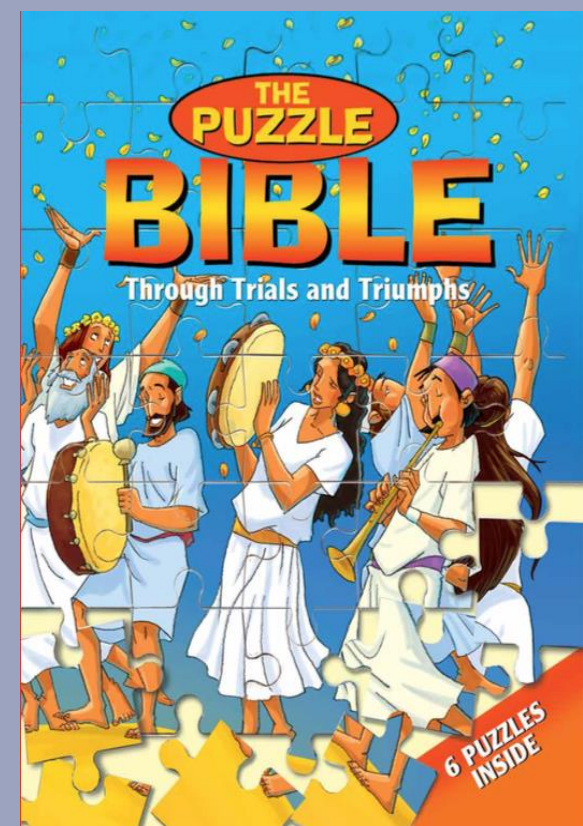
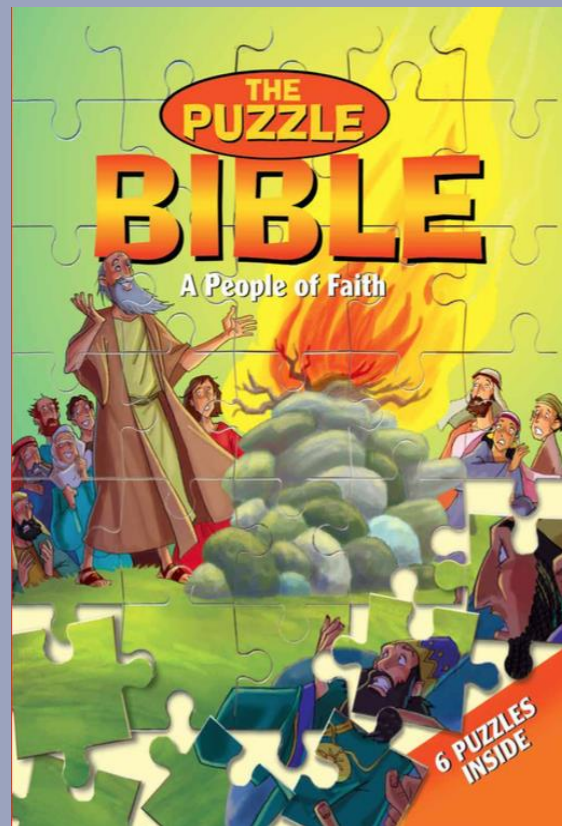
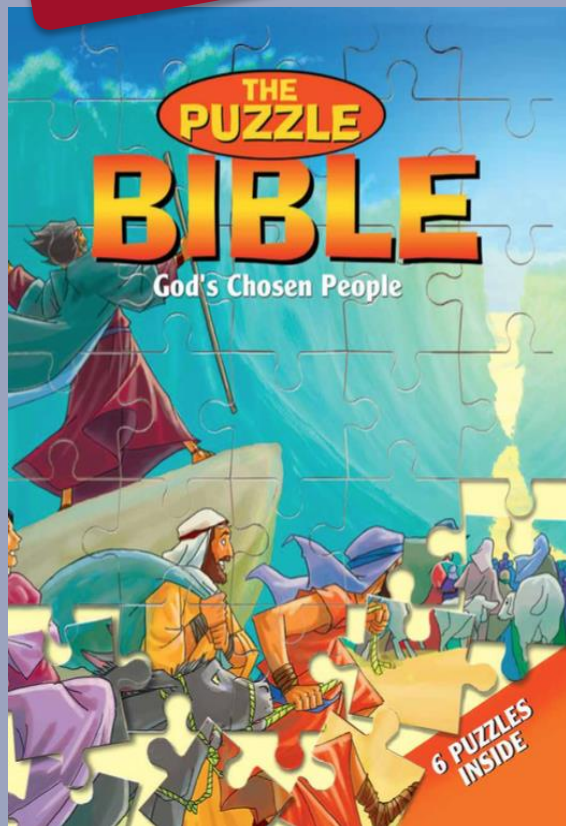


NEW

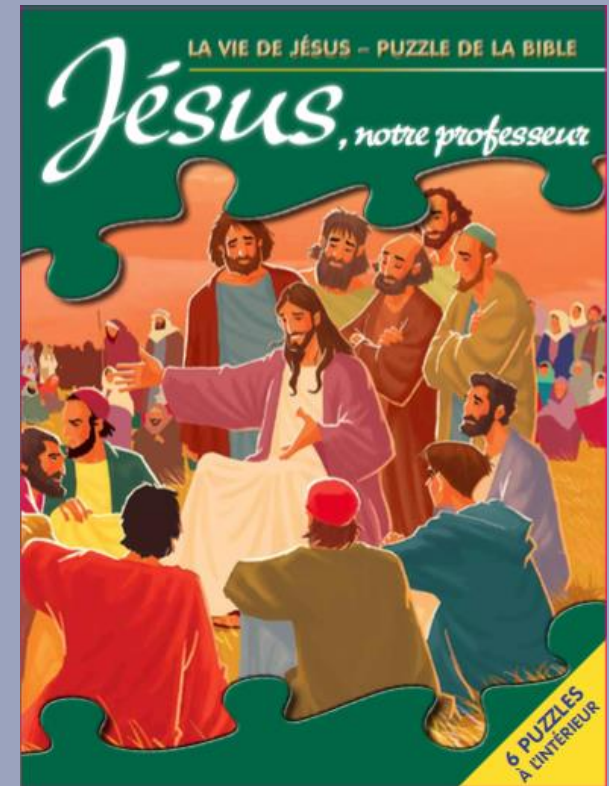
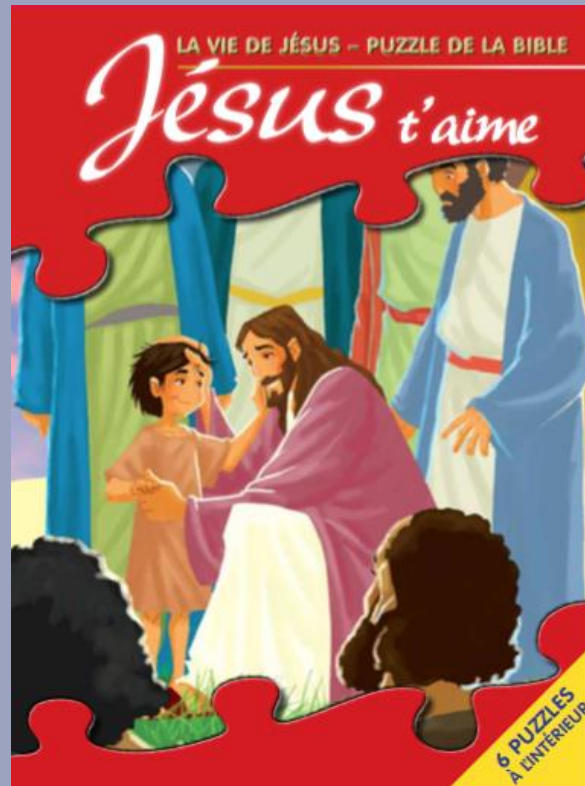
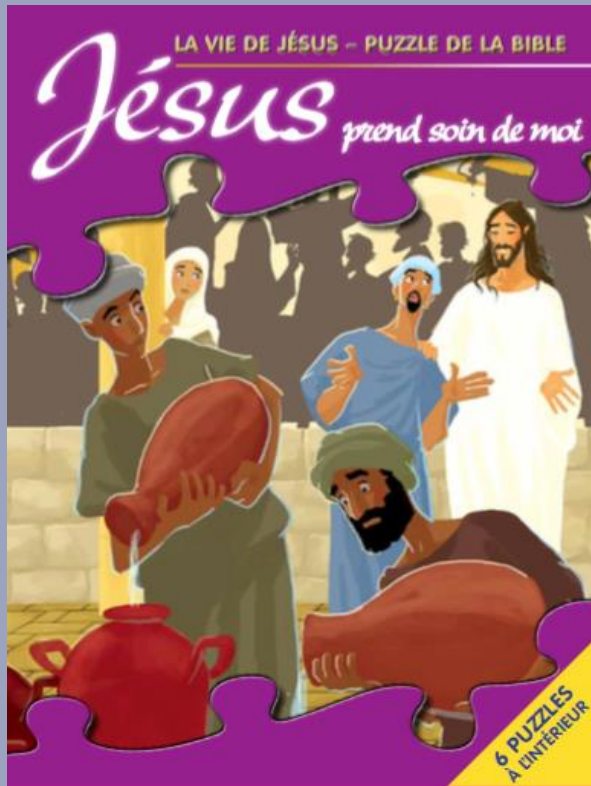


Children's Puzzle Bible

NEW



NEW



This little Bible board book for children presents 23 Bible stories retold in simple sentences.
With carry handle.

Also available in English.

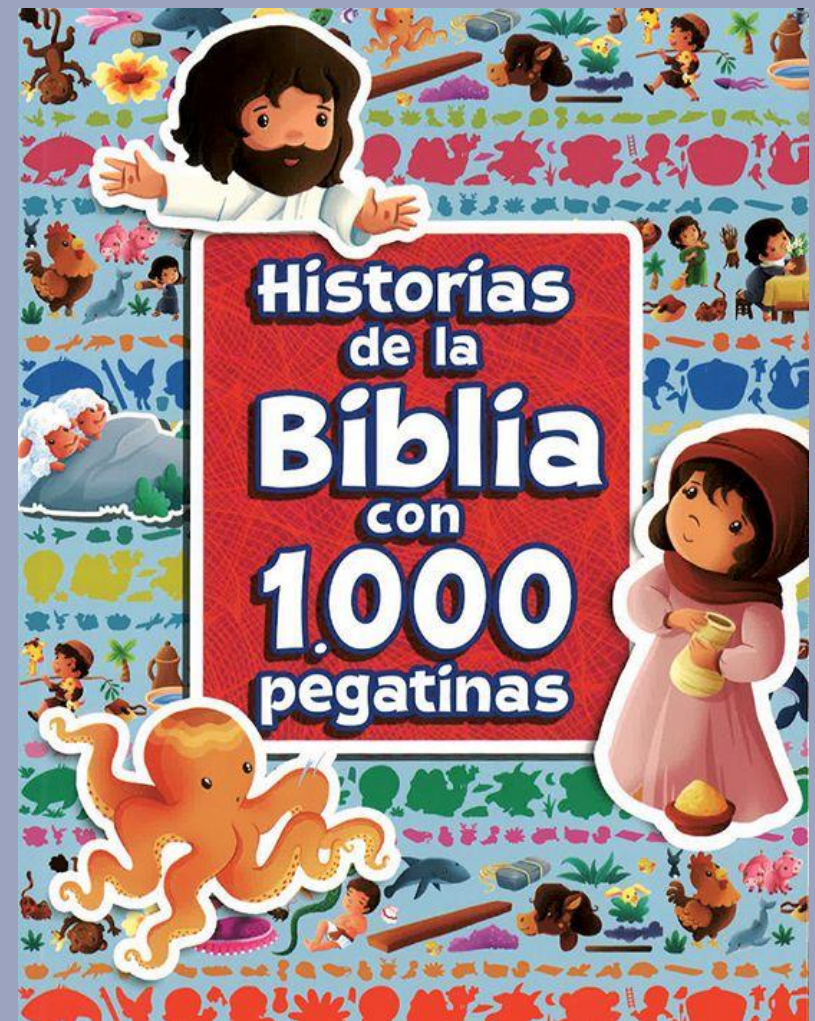


Children's Books — Histoires bibliques avec 1000 autocollants

NEW

Description

Avec plus de 1000 autocollants et des illustrations en couleurs attachantes, vous trouverez de nombreuses occasions de vous souvenir des grandes histoires bibliques avec ce livre interactif.

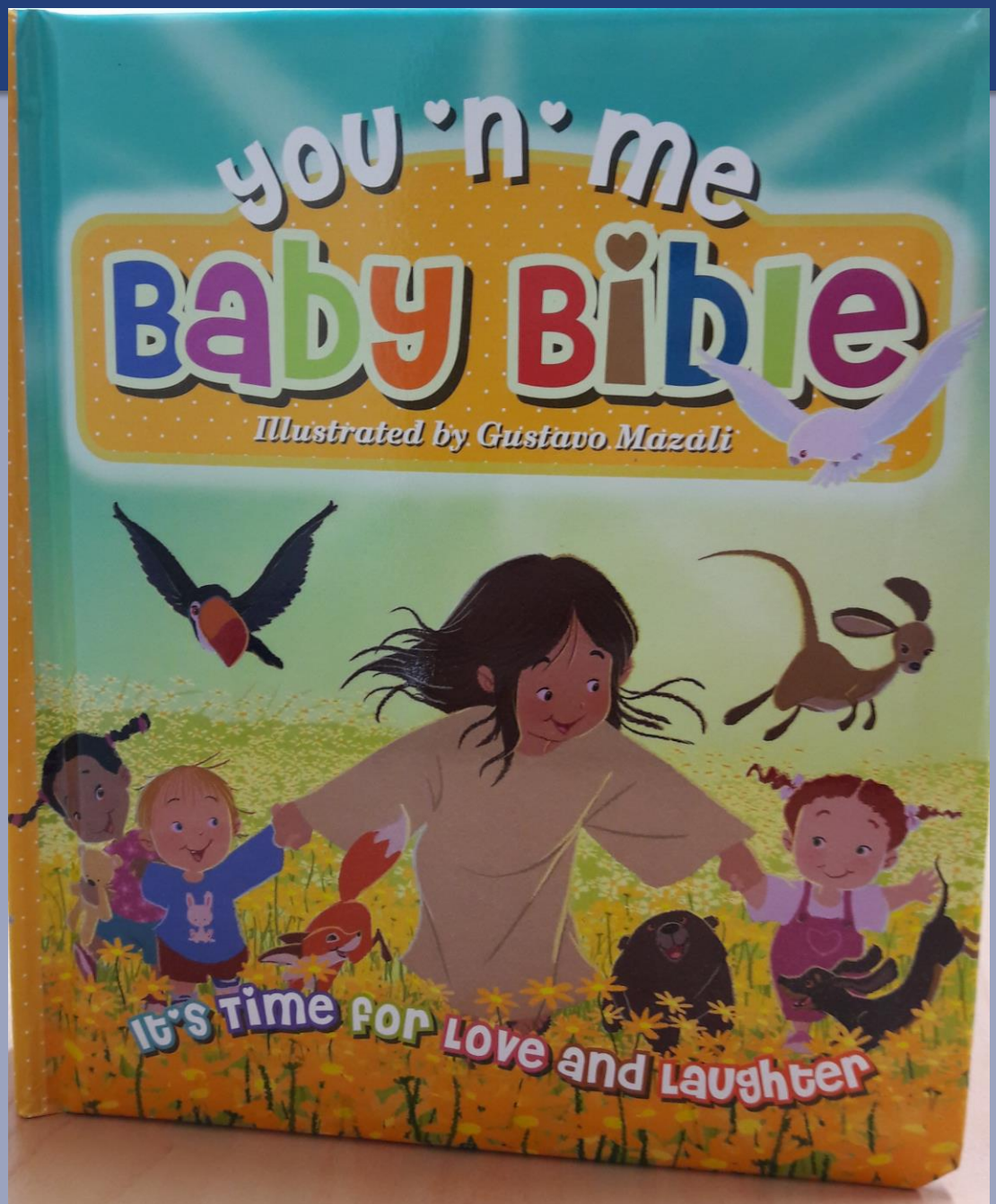




Lorsque les enfants ouvriront les pages de l'un de ces titres amusants, ils essaieront instantanément de rechercher tous les objets cachés, qui attendent d'être trouvés sur chaque planche. Illustrée par la talentueuse artiste scandinave Sandrine L'amour, cette série aux graphismes magnifiques encourage les enfants à regarder, à pointer et à apprendre de nouveaux mots.

Un excellent format avec des onglets prédécoupés pour chaque page aident les petits doigts à tourner les pages tout en lisant les histoires bibliques classiques, qui sont simplement communiquées et adaptées à la tranche d'âge.

NEW



You 'n' Me Baby Bible

First published by Scandinavia Publishing House

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Drejervej 15, 3., DK-2400 Copenhagen NV, Denmark

info@sph.as

www.sph.as

Text and illustrations copyright © Scandinavia Publishing House

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you 'n' me Baby Bible



It's Time for Love and Laughter

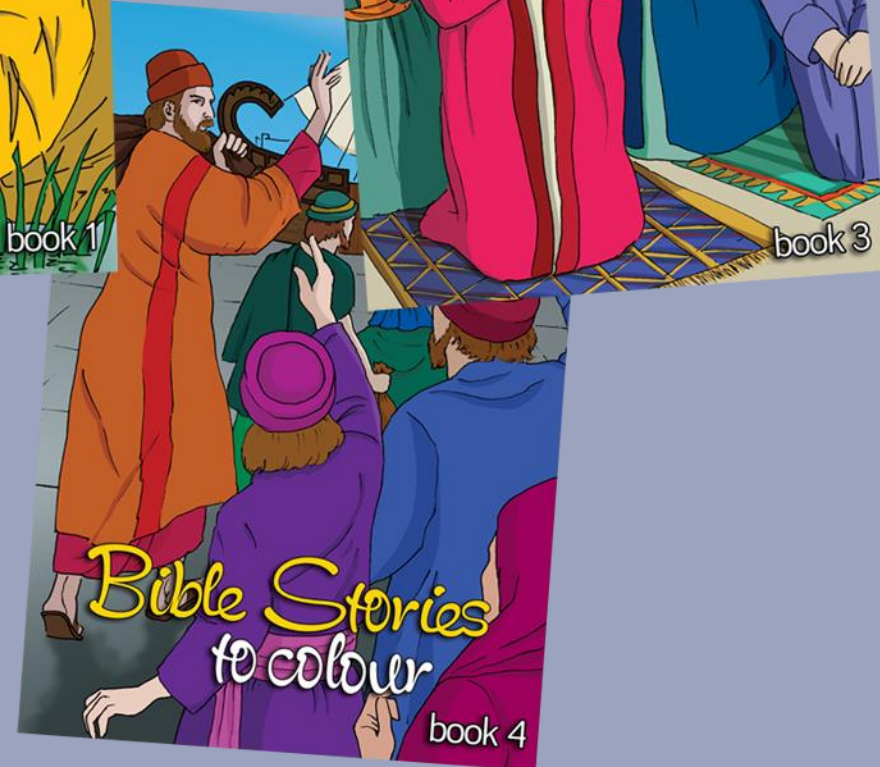
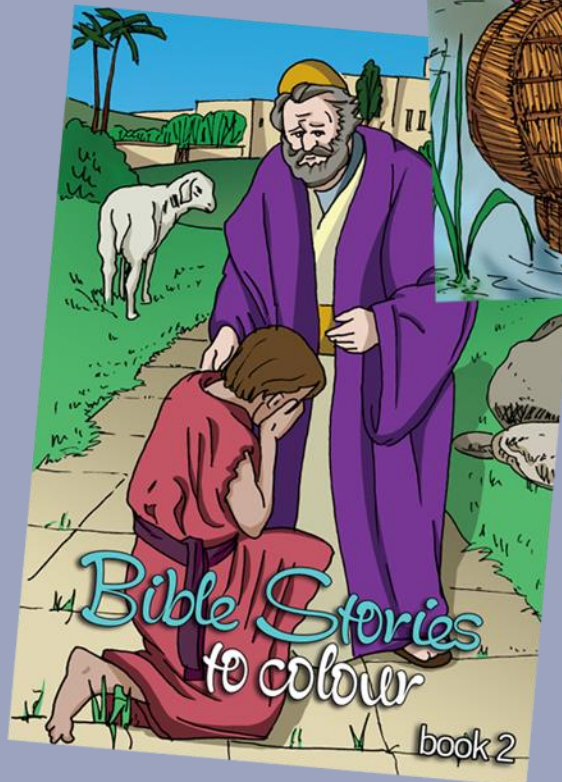
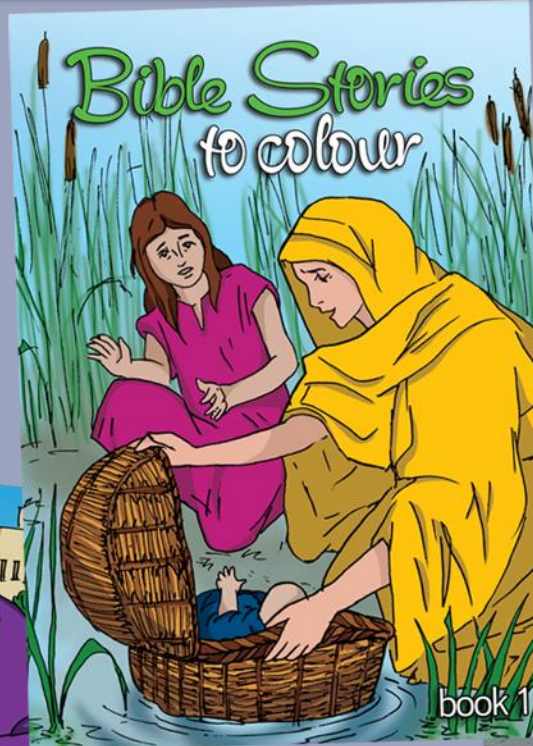
French Books



Children's Books

NEW

Four beautiful
colouring-in books
—Bible Stories to
colour.

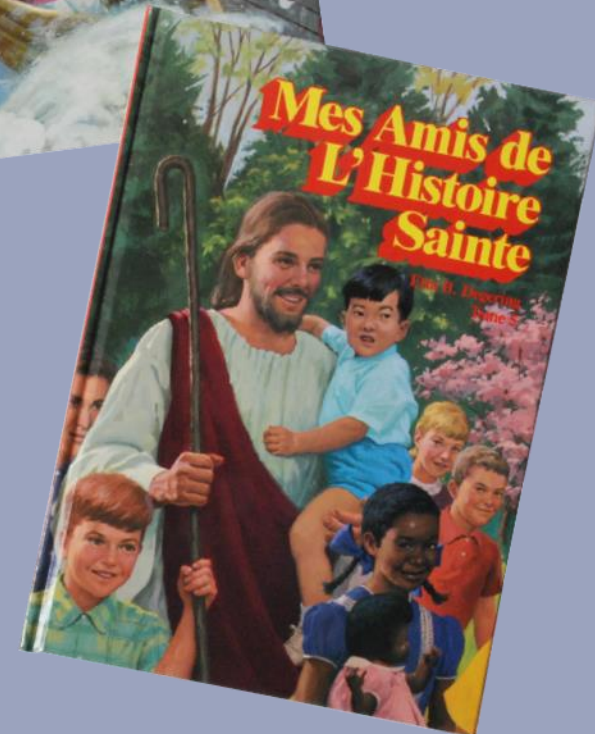
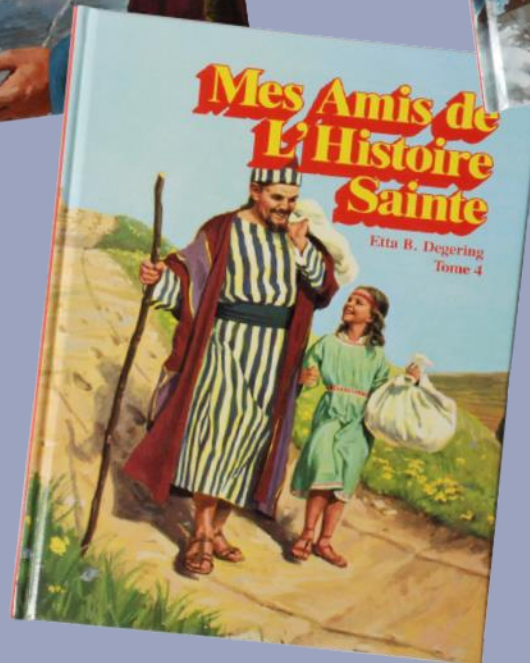
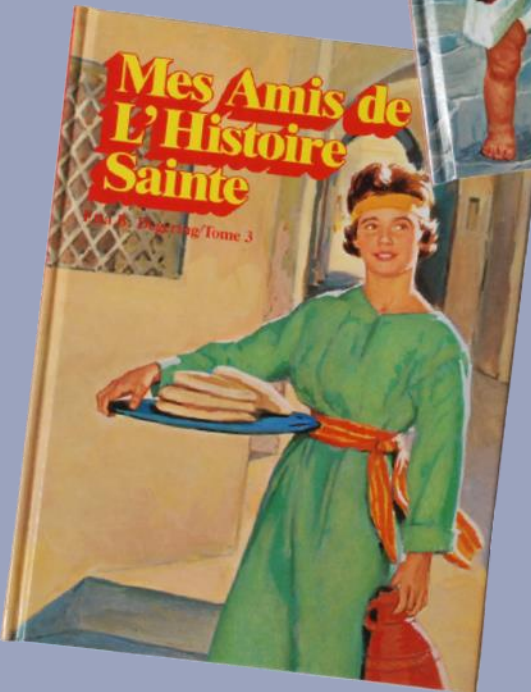
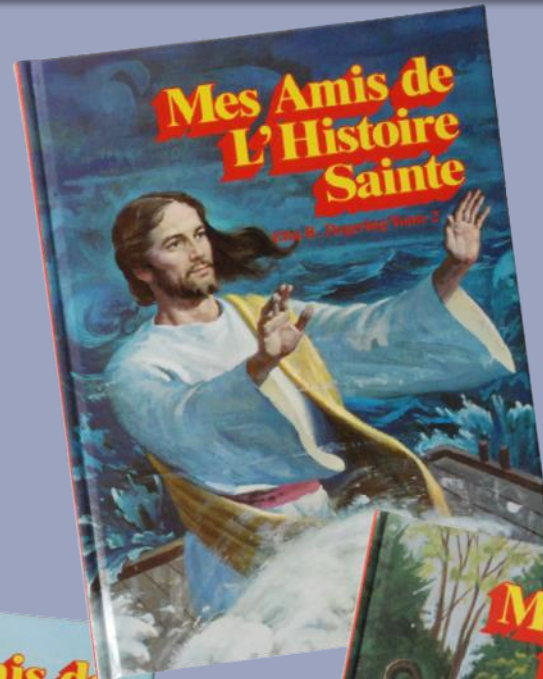


French Books



La Vie est une Aventure by Jerry Thomas

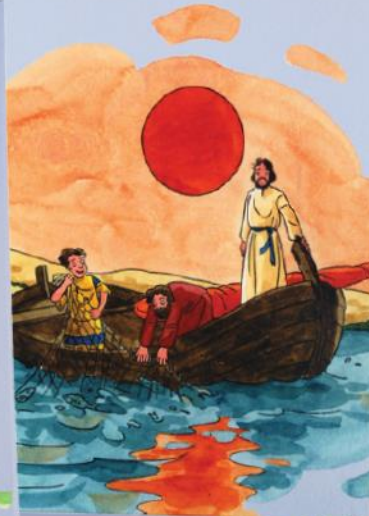
French Books



French Books



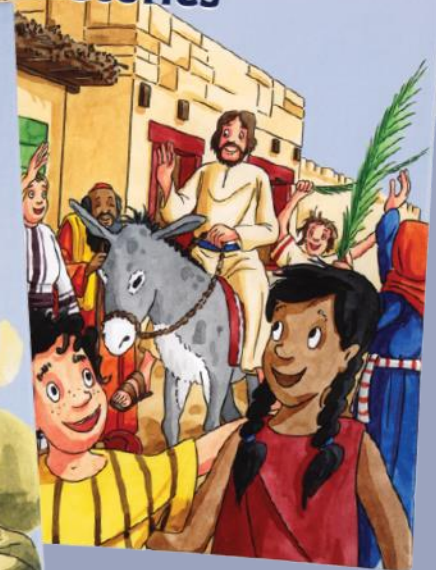
Character-Building Stories



Character-Building Stories



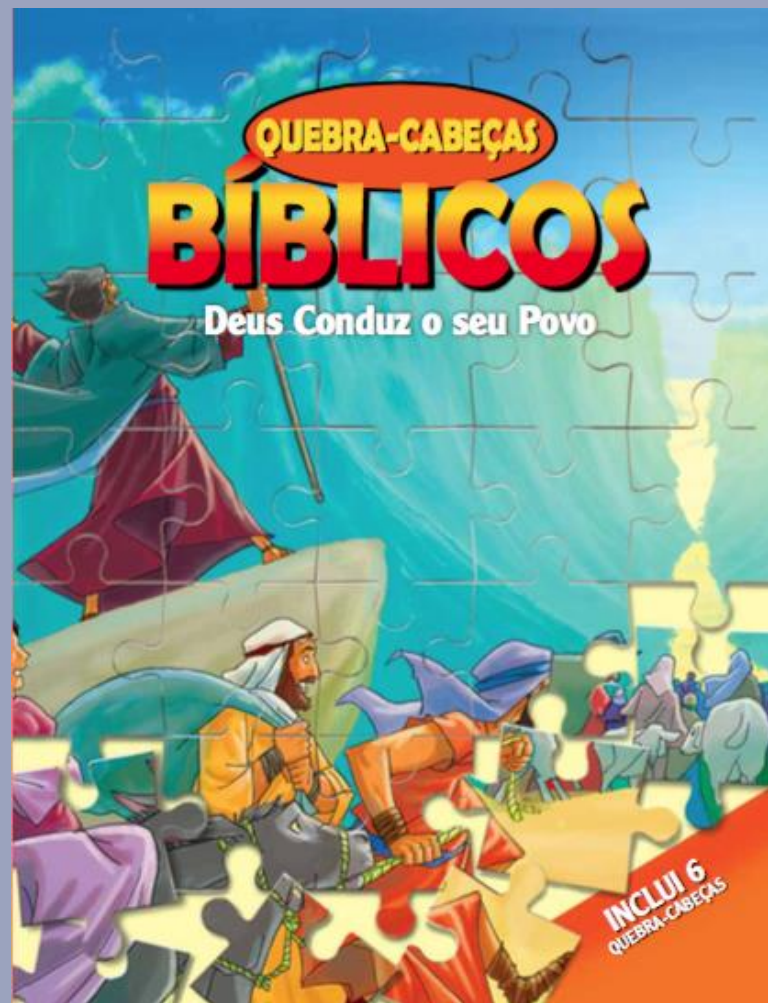
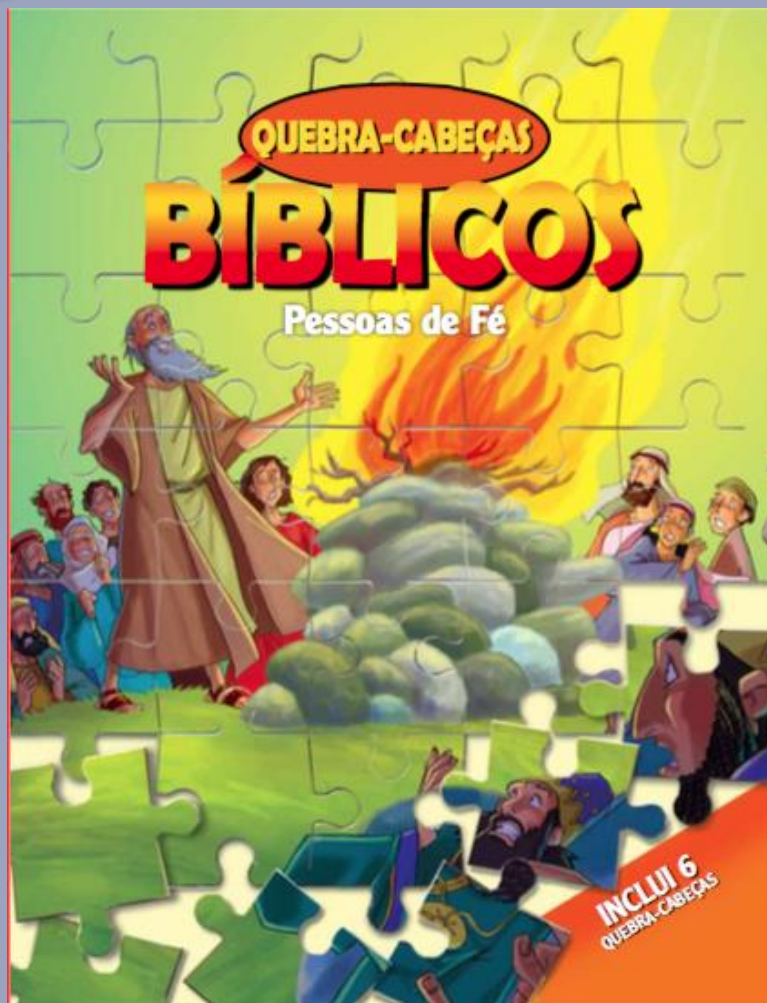
Character-Building Stories



Character-Building Stories



NEW





Histoires de la Bible

(Board book)



Simplement réécrites et illustrées pour les enfants, ils aimeront porter cette pratique édition des <<Histoires de la Bible>> partout avec eux.

Les histoires: Création, Arche de Noé, Noël, Pâques
Pour enfants de 1 à 3 ans

Ma Bible aux versets clés (Hard Cover)

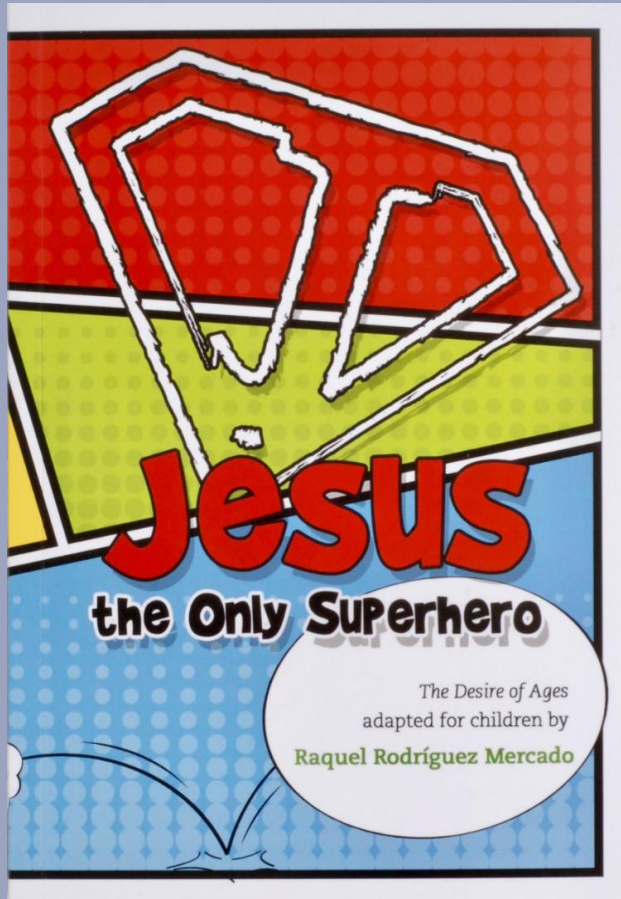


Simplement réécrites et illustrées pour les enfants, ils aimeront lire cette nouvelle édition des histoires de la Bible.

Les histoires: Création, Arche de Noé, Noël, Pâques, etc

Pour enfants de 1 à 3 ans

Jesus, the Only Superhero (Paperback)



The *Desire of Ages* adapted for young people.

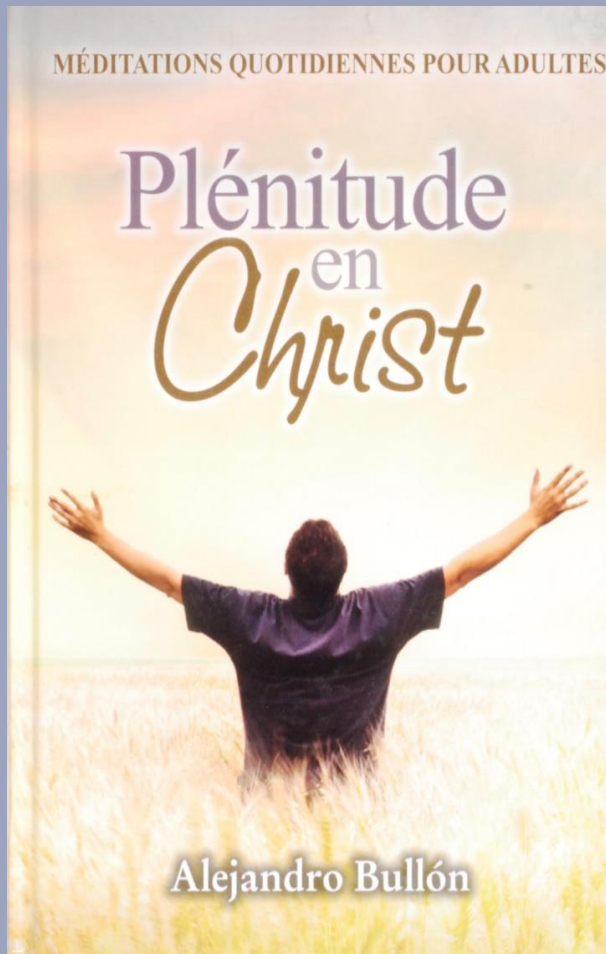
The Superheroes of TV are pure fiction, but there is a Superhero who really does exist. When Jesus came to earth, He showed that He possessed real power to do good and great works.

Would you like to know the only Superhero? Read this book and you'll find Him.

(AVAILABLE ON DEMAND)

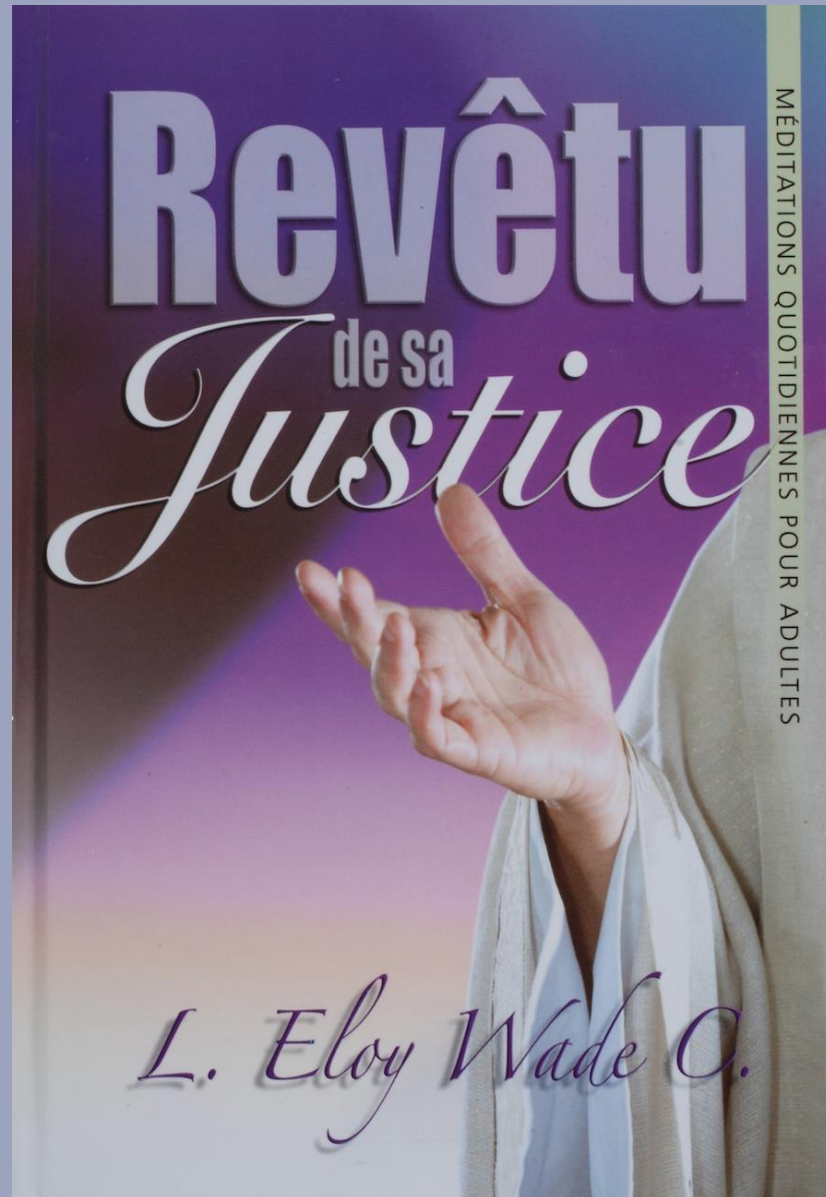
Plénitude en Christ

(Hard cover)



La vie, depuis l'apparition du péché, est un défilé quotidien de problèmes et, dans ces moments difficiles, nous souhaitons tous savoir comment obtenir la victoire. Le meilleur chemin est de détacher les yeux de notre personne pour les tourner vers Dieu. Croire en lui et lui faire confiance.

Chaque jour, ce recueil de méditations présente un verset et montre que de la Bible, il est possible d'extraire des conseils actuels et opportuns afin d'affronter les circonstances de la vie.



Devotionals

Description

Publié à l'origine comme le livre de méditation quotidienne de 1976, il est maintenant complètement révisé et actualisé, et présente le message d'espérance du retour du Christ à une génération encore plus proche de l'accomplissement final des prophéties bibliques. (stock = 492)

Other titles available:

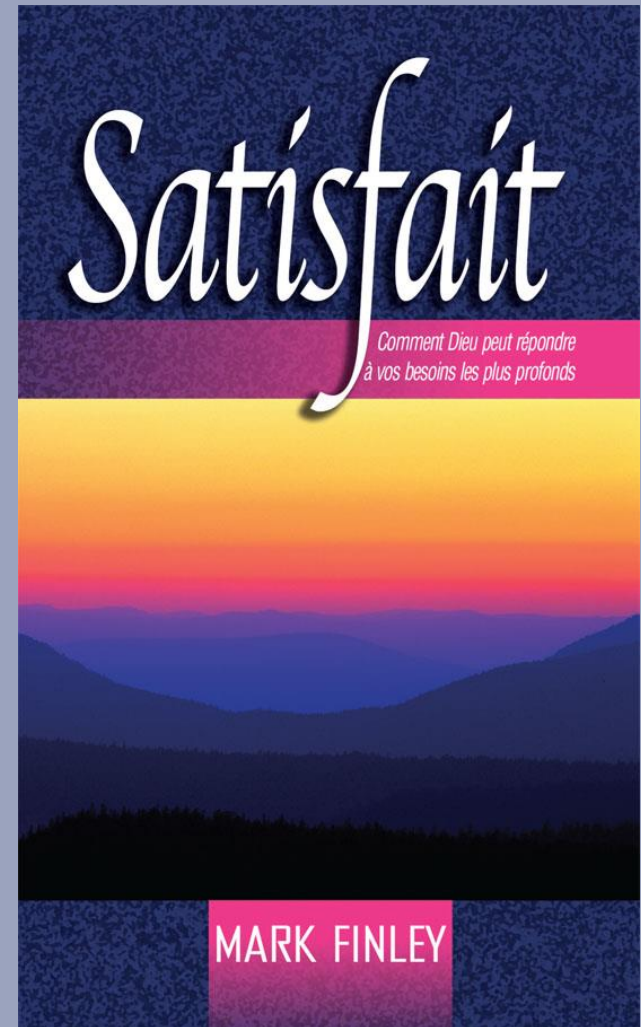
- Christian First of All – Women Dev. (stock= 1467)
- Sons & Daughters of God – EGW Dev. (stock= 2086)
- Living His Love – Women Dev. (stock= 1000)
- Little Smiles – Pre-school Dev. (stock =117)



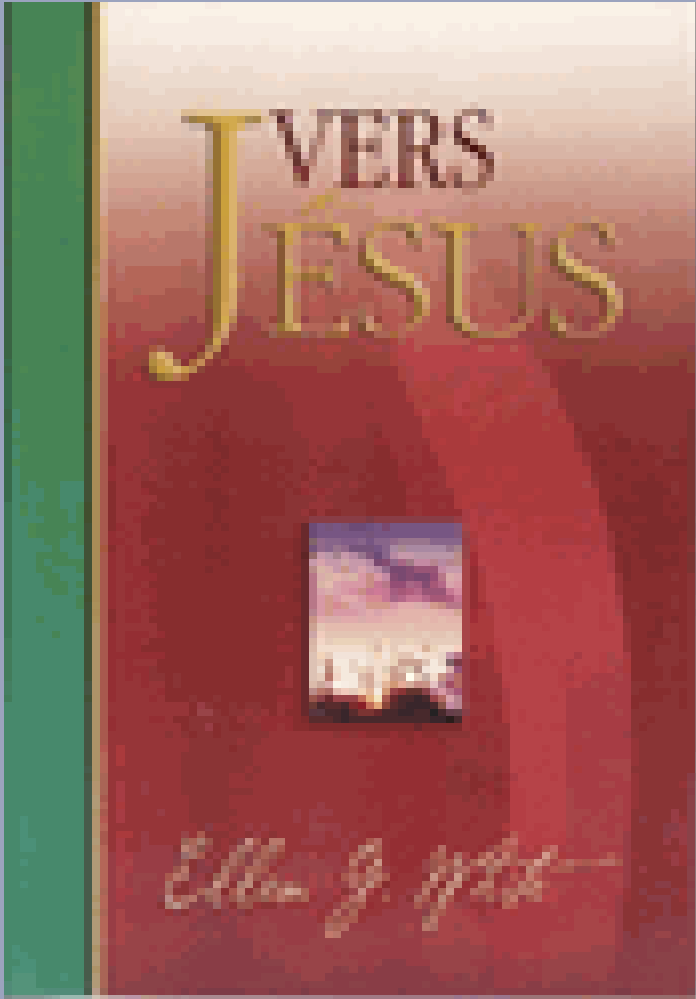
Expérimentez la véritable satisfaction. Beaucoup de gens perdent leur temps à la recherche pour plusieurs domaines de leur vie.

Mark Finley, auteur de renommée mondiale, vous présente non pas ce qui, mais celui qui est le centre de toute satisfaction dans la vie.

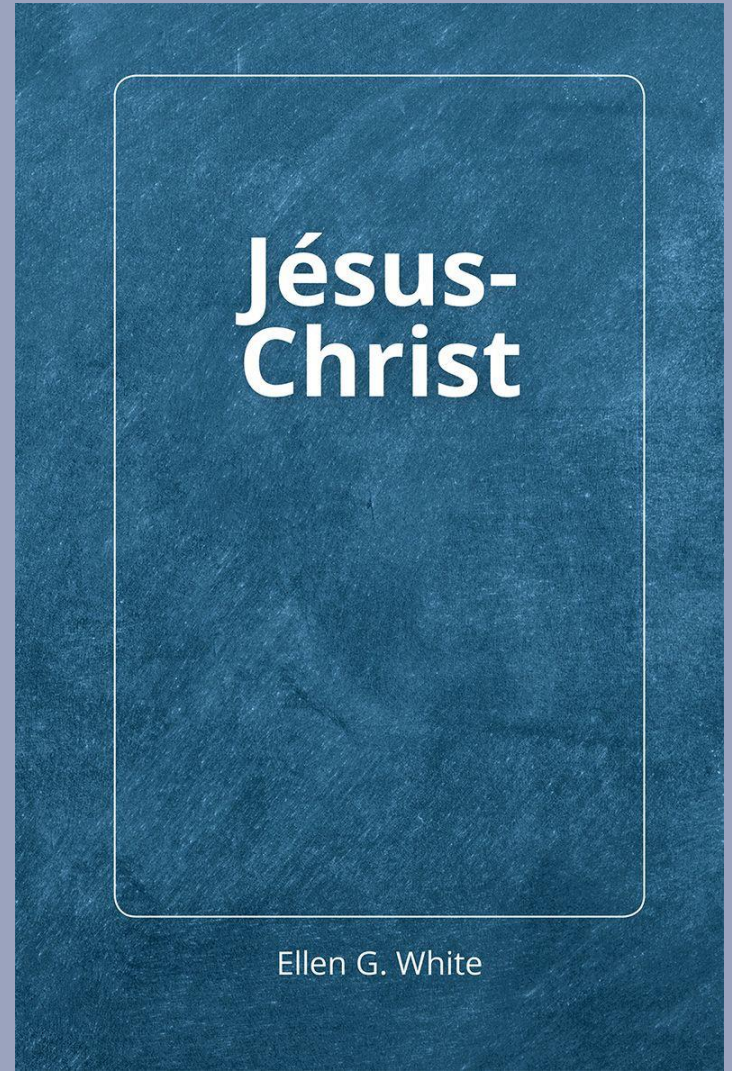
(Stock available 642)



Espirit De Prophétie



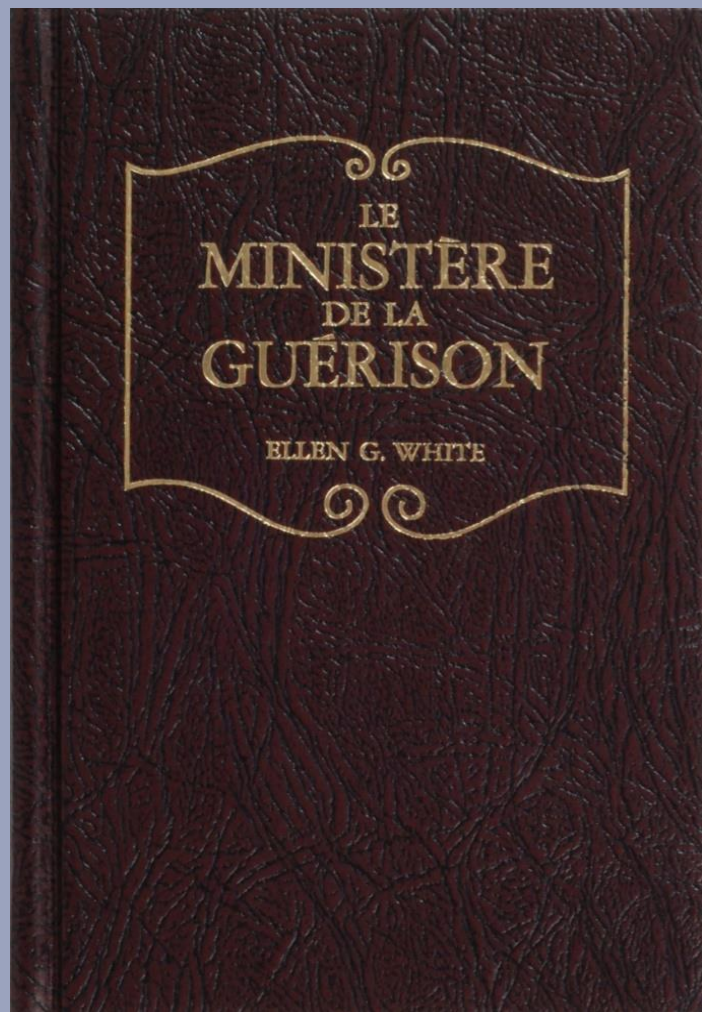
(Stock available 9109)



(Stock available 3190)

Le Ministère de la Guérison

(Hard cover)



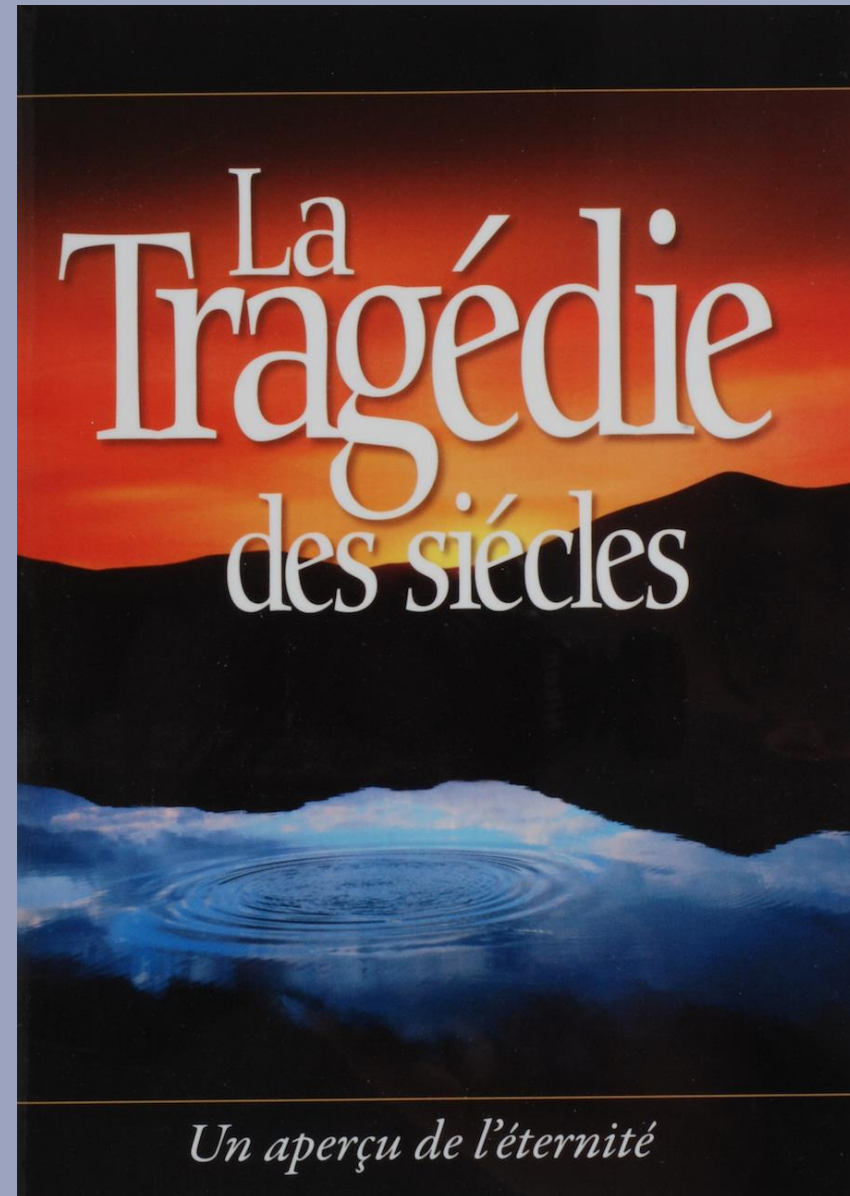
Le monde est malade, et partout où demeure les enfants des hommes, la souffrance abonde et on en recherche le soulagement.

Que cet ouvrage, présentant une voie meilleure, une vie plus simple, plus douce, plus remplie de joie et de bonheur, plus généreuse dans sa démonstration du principe qu'il y a <<plus de bonheur à donner qu'à recevoir>>

Aussi disponible:

- Jesu Chrsit et
- le Ministere de la Guerison et
- Vers Jesu.
- Satisfait par Mark Finley
- Le Grand Espoire

(Stock available 9824)



We know that we need to forgive, don't we? Then...why is it so difficult to do it?

These and many other questions are presented and studied in this practical book that will change your view on forgiveness.

I forgive you, but... is an ideal resource for all of us and church leaders specially.

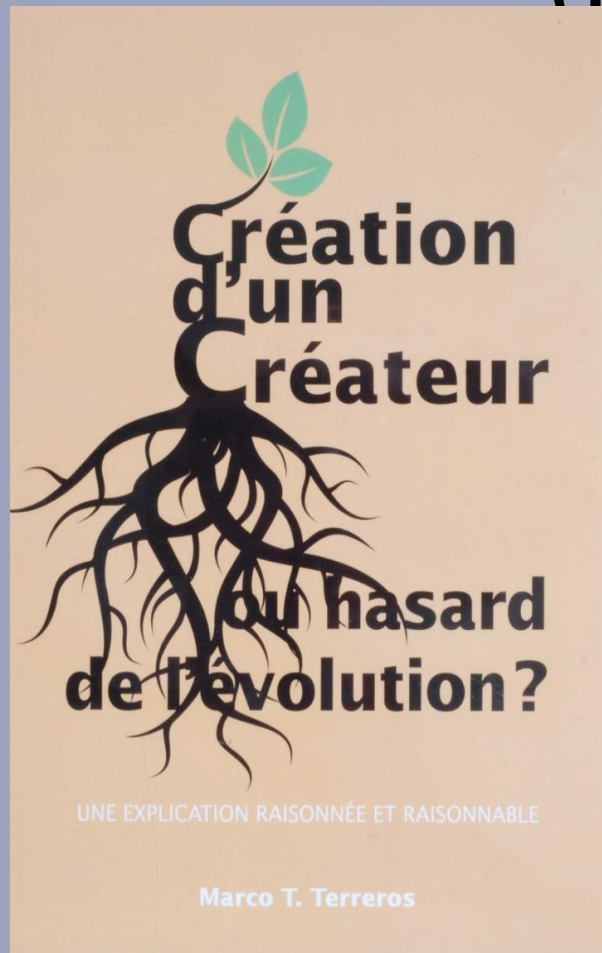
Experience and give forgiveness, it will change your life!

Je te Pardonne, *mais...*

Nous savons que nous
devons pardonner
Pourquoi est-ce si difficile ?

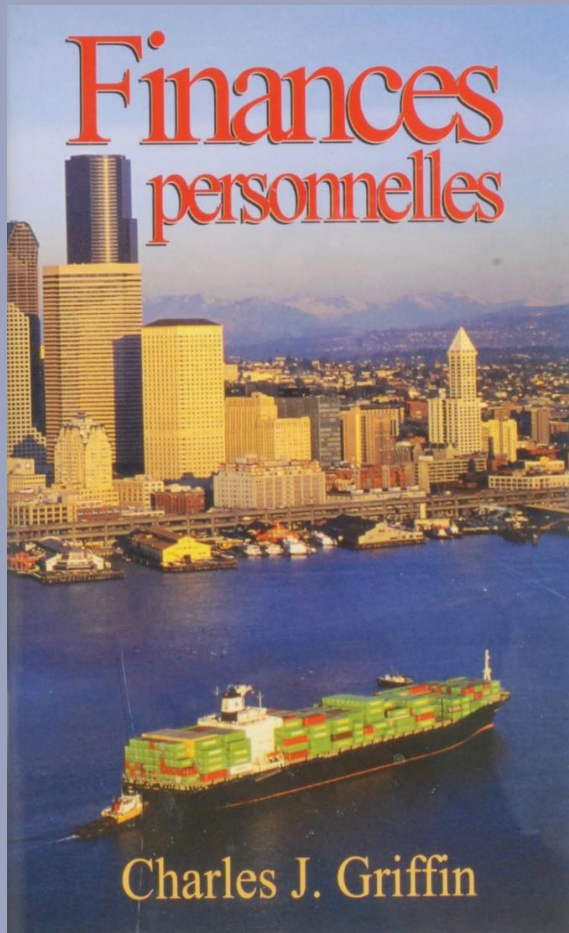
Lourdes E. Morales-Gudmundsson, Doctorante

Création d'un Créateur ou hasard de l'évolution? (Paperback)



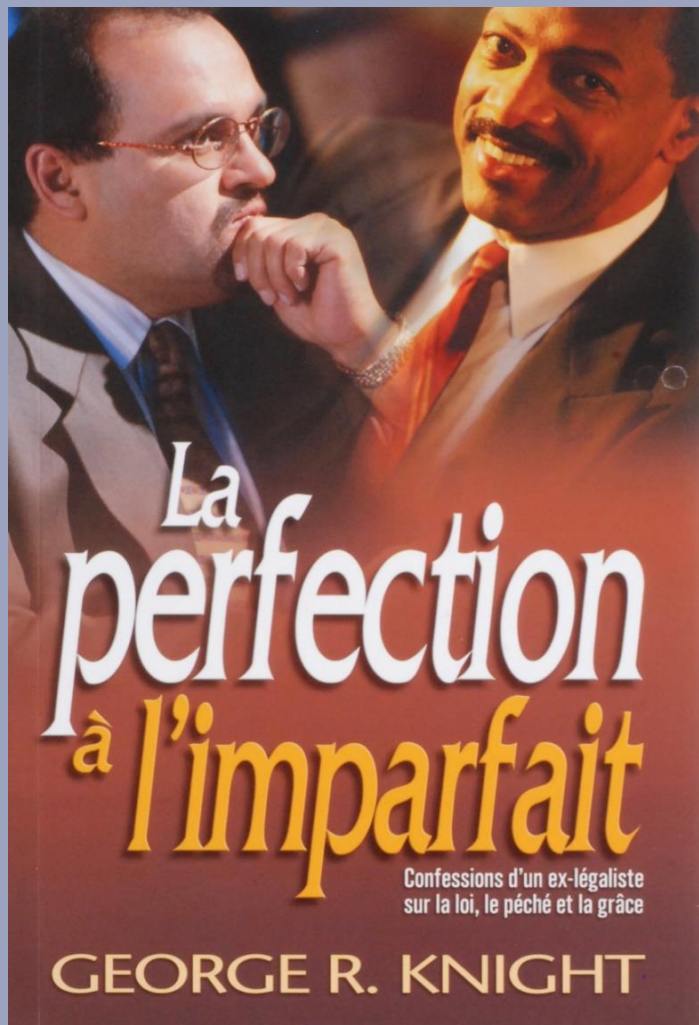
Création d'un Créateur ou hasard de l'évolution? Une explication raisonnée et raisonnable à une question qui exige une réponse claire et concise. Un livre idéal pour les enseignants et les étudiants, pour les curieux, les scientifiques et les religieux.

Finances Personnelles (Paperback)



La sagesse des Ecritures nous montre que l'argent est important pour tous les croyants. Par conséquent, on y trouve des principes régissant l'usage de l'argent et son acquisition.

La Perfection à l'Imparfait (Paperback)



Dans ce livre, George Knight partage ce qu'il croit au sujet de la perfection, du péché et du plan du salut.

Questions abordées:

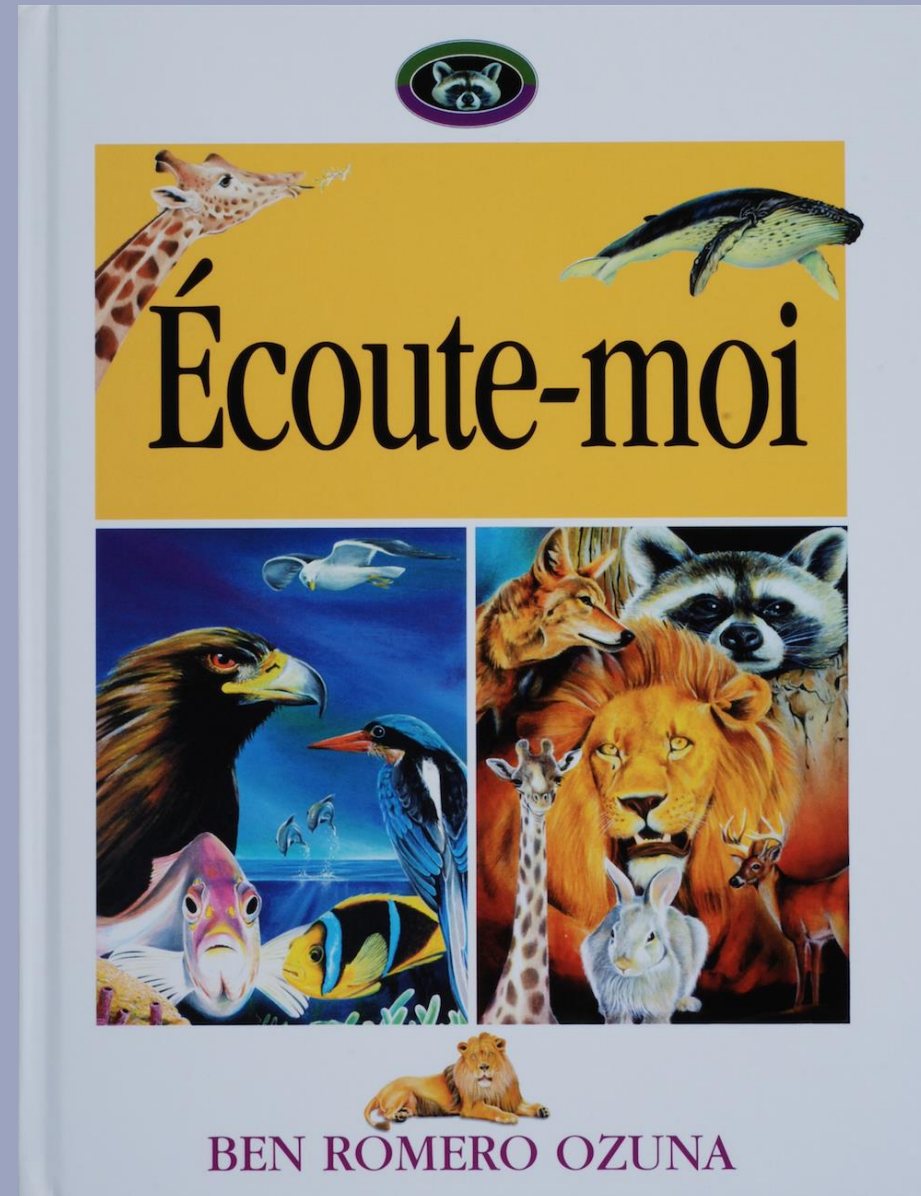
- Que signifie pécher?
- Que signifie rencontrer Jésus?
- Que signifie << être sauvé >>?
- Que signifie << être parfait >>?

Hardback

How can we doubt there is a Creator if we study nature?

This colourful book shows us curious things about the incredible animals we have around us and teaches us to respect them.

With Écoute-moi children, and adults alike, will learn to love nature and its Creator.



**Books to develop
a better lifestyle
for the whole family**

**My name is ____ and I am a
representative of the Home
Health Education Service
which is an International
organization that specializes
in distributing resources for
life development.**