

Women's Health

She is more precious than rubies: Proverbs 3:15

Women all over the world carry a lot of responsibilities in caring and leading, be it in their household, the community or the workplace. She cares for others, but who takes care of her. There is no better person than You!

Yes, You need to take care of you too and your Creator has provided the means to do so.

As a woman you are susceptible to many health challenges such as overweight, yeast infection, hormone imbalance, pre-menstrual syndrome, endometriosis, polycystic ovaries, breast cysts, cancers of the breast, ovaries or uterus, and the list goes on... So what can You do?

The following, if applied can be beneficial to placing your body in better health.

Firstly, DETOX: do you remember the days when you were a child and you were given a purge at the end of almost all vacation breaks? As an adult, we do not think of purging however, cleansing at least once per quarter is helpful in this polluted, toxic, artificial environment we live.

- **Start with a PURGE, cleanse your bowels with Colon cleanse or Senna Pods.** If you are fighting Cancer - Purge once per week for 8 weeks.
- cleanse your blood and liver with Burdock or Dandelion, Red Clover or Lemon; and balance your hormones with the following foundations of health or Vitex or Black Cohosh.

Pure Air

- Spend lots of time OUTDOORS to inhale fresh air and keep cool.
- Open the windows and doors of your home daily to allow new air into your home.
- Purify your home with PLANTS. For example: peace lily, dumb cane, spider plant, snake plant, dwarf banana tree, rubber tree, philodendron, pine fir in the yard.
- Fresh air contains NEGATIVE IONS which help the IMMUNE SYSTEM TO FIGHT DISEASE.
- Pure fresh air increases OXYGEN in your cells and blood stream giving you energy and maintaining healthy cells.
- Breathe deep: Inhale deeply by mentally counting to four, Pause, counting to two, Exhale, counting to six. Pause, counting to one.
- Avoid a POLLUTED ENVIRONMENT – GASOLINE VAPOR, CARBON MONOXIDE, PESTICIDES, GARBAGE FIRES, SMOG

Sunlight

Sunlight helps to lift your mood and keep you happy. It is energizing and gives you energy.

Adequate sunlight helps you to make vitamin D hormone which helps to regulate your physical development, hormonal changes, menstrual cycle, prevent PMS discomfort, cramps, breast tenderness, menopause changes and get better sleep.

Women who are chronically vitamin D deficient have a 95% increase risk of getting Fibroids, an 85% risk of getting Polycystic Ovaries and 600% of getting breast cancer.

How much time does a person need outdoors daily to get an appropriate amount of Vitamin D?

- Light-skinned individuals (Caucasian): 7 ½ minutes to 30 minutes daily
- Dark-skinned individuals: 45 minutes to 1 ½ hours daily

Which hours are the best time to expose your body to the sun to make vitamin D? Sun exposure between the hours of **9 a.m. and 3 p.m.** when the UVB rays is high.

- Sunbathe – cancer cells are more heat sensitive than normal cells. They cannot tolerate heat in excess of 107° F. The heat from sunbaths also helps to increase your white blood cells, to fight infections.

Temperance

- True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful.
- In order to preserve health, temperance in all things is necessary--temperance in labor, temperance in eating and drinking.
- Eat at set times, SPACING YOUR MEALS AT LEAST FIVE HOURS APART.
- Avoid OVEREATING and OVERWORKING, which disrupts your immune function.
- Avoid SMOKING and DRINKING ALCOHOL BEVERAGES
- Reduce EXCESS WEIGHT, eat right, sleep early at night and exercise daily
- Oral contraceptives increases your risk for blood clots, heart attacks, or breast cancer. Ensure you take a multivitamin with high doses of vitamin C and E as this is depleted when on the pill.
- Wear longer garments that cover the arms and legs to **improve blood circulation**. Excess clothing on the trunk area, with not enough on the extremities, is a significant cause of female problems of various types.
- Avoid STRESS, NEGATIVE, RESENTFUL CONVERSATIONS, EMOTIONS AND UNFORGIVENESS – this causes insomnia, migraine, exhaustion.
- Keep POSITIVE, LAUGH OUT LOUD, choose to be HAPPY. Some experts say it is healthful to laugh at least 15 minutes daily.

Rest

- Get your natural beauty by sleeping early.
- Benefits of sleep: improved immune system, concentration, memory, intelligence, patience, more energy and alertness.
- During sleep certain hormones are stimulated and released such as, estrogen testosterone, progesterone.
- Sleep in a dark room to get optimal benefits of sleep. Use black-out curtains if you need to.
- Sleep the same time every night and before 10:00 pm but between the hours of 10:00 pm and 3:00 am.
- Avoid eating after 6:30 pm for better sleep.

Tips for good sleep

- The best thing for promoting good sleep is regular physical exercise. Athletes and heavy-labor workers have more deep sleep than other people.
- Set a fixed time for going to bed and getting up in the morning, even on weekends and holidays. We are creatures of habit.
- Get daily sunlight exposure between the hours of 9:00am and 3:00pm
- Avoid late meals. An overloaded digestive system prevents peaceful sleep. Let the final meal of the day be light and at least 3 hours before you retire.
- Avoid all alcohol, coffee, tea, and other drugs. These decrease REM sleep, and may have effects long after their consumption.
- End the day peacefully — avoid exciting TV programs, reading, and arguments.
- Observe regularity in all activities of living as far as possible, including eating habits.
- Take a leisurely stroll, breathing deeply the pure air.
- Take a warm, not hot, nor cold bath before bedtime.
- The bedroom should be cool, full of fresh air, as dark and quiet as possible. If noise is a factor, earplugs can be beneficial. Eye covers may be used to block out the light.
- Relax your mind. The scrambled thoughts and worries of the day can do more in keeping people awake than anything else.

Exercise

- Exercise in the open air should be prescribed as a life-giving necessity. *Medical Ministry p. 233*
- Exercise helps to improve blood circulation, which gets hormones to where they need to go and on time.
- Keep physically active throughout the day. Avoid sitting, standing, laying down for long hours; if that happens to you, very hour, get up and move for 3-5 minutes. A sedentary lifestyle is a sure route to an earlier grave.
- Walking is the best exercise for diseased bodies. *Counsels on Health p. 200*
- Walk for at least one hour every day. This may be broken up in parts, but if you have Diabetes or High Blood Pressure, one hour of continual walking will help to reverse your condition.

Proper diet

Diet plays a huge role in prevention and reversal of sickness and disease. As a woman there are some important nutritional needs to remain in good health.

FOODS TO AVOID:

- ELIMINATE HIGH PROTEIN FOODS, ALL FLESH FOOD (NO CHICKEN, TURKEY, FISH, PORK, SHRIMP, LOBSTER, CRAB, CONCH, LAMB, BEEF, AND THEIR BY-PRODUCTS (NO MILK, CHEESE, EGGS, BUTTER, ICE CREAM, SAUSAGES) FROM YOUR DIET. Meats and their byproducts are high in sodium; they contain hypoxanthine (stimulates like caffeine) and increases blood cholesterol and reducing blood flow to your extremities, it narrows or clogs the arteries, thus also increasing your risk of diabetes, high blood pressure, heart attack, stroke, kidney failure, poor blood circulation or cancer.
- ELIMINATE ALL DAIRY FOODS - instead use milk drinks from plant-based sources such as almond nuts, cashew nuts, rice, oats, etc.
- AVOID THE USE OF STIMULATING DRINKS – NO GREEN TEA, BLACK TEA, CHAI TEA, EARL GRAY, CEYLON, ROOIBOS RED TEA, COFFEE, CHOCOLATE, COCOA
- AVOID THE USE OF ALL ENERGY DRINKS such as Red Bull, Rock Star and Monster as they contain large doses of caffeine and other stimulants thus increasing the heart rate.
- AVOID THE USE OF CONDIMENTS (NO VINEGAR - KETCHUP, MUSTARD, MAYONNAISE, BARBEQUE SAUCES, VEGGIENAISE, NAYONAISE, SALAD DRESSINGS, PICKLES, ETC.), AND SPICES, (CINNAMON, NUTMEG, CLOVES, CURRY, HOT SAUCES, CAYENNE PEPPER, BLACK AND WHITE PEPPERS, ETC.) used Tomato paste which has citric acid not vinegar, coriander, cardamom, turmeric or bay leaf. Make your own curry or look for those that are mild, without the chilies or spices, which will inflame your stomach.
- AVOID HIGHLY PROCESSED FOODS, REFINED FLOUR AND USE WHOLE FOODS.
- ELIMINATE HIGH FAT OR FRIED FOODS from the diet. Eliminate all oils from the diet including cold-pressed olive oil and coconut oil. Oils interfere with amino acids to build protein. High fat diet creates the environment for cancer causing agents.
- NO PRESERVATIVES (NITRITES, NITRATES), DYE-COLORED FOODS, ADDITIVES LIKE MSG, CANNED FOODS these increases toxins in the body
- NO BROWNING, BURNT SUGAR, BURNT OR SCORCHED FOOD this produces TARS created by high heat which is carcinogenic.
- DO NOT USE SODIUM BICARBONATE, BAKING SODA OR BAKING POWDER, as it is harmful and unnecessary to the body. It keeps the PH in the stomach high thereby causing low stomach acid, which interferes with the digestion of protein.
- NO SUGAR, CRYSTALIZED SUGAR, SPLENDA, SWEET & LOW, EQUAL OR ADDITIONAL ARTIFICIAL FLAVORS, SWEETENERS AND COLORING. Use instead natural sweeteners such as honey, dates, raisins, honey, agave, maple syrup, brown rice syrup, black strap molasses. Foods and drink with high sugar content produces faster growing and more deadly tumors.

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FOOD TO USE REGULARLY FOR HEALTH

- GRAINS, FRUITS, NUTS AND VEGETABLES constitute the diet chosen for us by our Creator. *Counsels on Diet and Foods p 310 art. 471*
- TOAST ALL GRAINS e.g. oats, rice, barley, millet, corn, wheat germ, for at least 3 hours at 170° and turn it every 20 to 30 minutes. Thereafter, store in container for later use when it will be cooked in the usual way. This lowers the intake of phytic acid and other toxins which interferes with the body's absorption of nutrients such as copper, zinc, calcium, iron, magnesium and the enzymes for digesting protein and starches.
- USE NUTS, SEEDS, PEAS, ALL FORMS OF BEANS AND WHOLE GRAINS. The body converts the amino acid in these foods called L-Arginine into nitric oxide, which relaxes the blood vessels and allows better blood flow. AVOID RANCID NUTS especially PEANUTS or CORN as they tend to hold AFLATOXIN which is carcinogenic.
- USE HEALTHY FATS. Avocado, coconut, and nuts are great sources of fat, but they should be used moderately as consuming too much of these items will overwork the liver, increase cholesterol and interfere with blood circulation.
- Do not eliminate salt but use the right kind of salt, as it will help with improving and maintaining a healthy body. All-natural sea salt also supports the adrenals which regulates blood pressure. Use sea salt with iodine, such as PINK HIMALAYAN SEA SALT, which has 84 essential trace elements including iodine, iron, calcium, potassium and magnesium.
- Always use FATS AT THE END OF THE MEAL SUCH AS A HANDFUL OF NUTS, A SLICE OR TWO OF BREAD WITH NATURAL NUT BUTTER, OR A PIECE OF DRIED COCONUT JELLY.
- Read your labels carefully to avoid the use of items, which you would want to stay away from.
- Use OMEGA FATS: blended flaxseed or chia seeds, olives, pistachio, pumpkin seeds, sunflower seeds.
- EAT AT LEAST THREE TO FIVE SERVINGS OF FRUIT AND VEGETABLES DAILY – use the palm of your hand for an estimated serving.
- DO NOT MIX FRUITS AND VEGETABLES AT THE SAME MEAL this causes acidity in the stomach.
- ARTICHOKES, EGGPLANT, THISTLES detoxifies the liver
- EAT FRUITS AT ONE MEAL AND VEGETABLES AT ANOTHER MEAL.
- EAT GLUTEN FREE: NO WHEAT, RYE, BARLEY, SPELT, BULGAR, KAMUT, OATS. Eat instead, gluten free or organic cornmeal rice, brown rice, millet, spelt, buckwheat, sorghum, teff, quinoa, amaranth
- Ensure you have VITAMIN A daily: helpful for skin and eyes. Beta-carotene is found in red, yellow, orange, green vegetables. One carrot will be excellent.
- Ensure you have VITAMIN B daily: B1, B2, B3, B6, B12, Pantothenic Acid, Folic – increase red blood cells, enhance brain function and mood.
- Vitamin B17: Anti-cancer – found in Apricot Kernels, mung beans, lima beans, lentils, shell beans, seeds of cranberries, peaches, plums, cherries, apples, almond nuts, carrots, celery, flax seed
- Ensure you have VITAMIN C with Bioflavonoids: improves skin and wound healing, high intake lowers your risk of infections from germs, lower tumor growth and breast cancer. Found in cabbage, broccoli, peppers, kiwi, oranges, lemon, acerola cherries.

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- Ensure you have VITAMIN D: for calcium absorption, strong bones and balancing hormones and sleep. Sunlight exposure increases your production of vitamin D, supplement when you do not get enough sunlight
- Ensure you have VITAMIN E: reduces hardening of blood vessels. Selenium, Brazil nuts, nuts, avocado, olives, olive oil
- Increase IRON from your food to prevent anemia, fatigue, paleness, and shortness of breath. Found in green vegetables, buckwheat, brewer's yeast, seaweed
- CRANBERRIES and CRANBERRY JUICE to reverse urinary tract infections
- During Premenopause, increase estrogen naturally by consuming, BORON, found in peaches, figs, blueberries, banana, persimmons, papaya, mangoes, currents, avocados, citrus fruits, cabbage
- Increase Fiber from fruits and vegetables to prevent constipation, cancer, excess estrogen: the cruciferous vegetables are helpful – cabbage, broccoli, Brussels sprouts, cauliflower, collard, kale, kohlrabi, mustard greens; potatoes, grapes, wheat bran, oat bran, corn, soybean, citrus pectin, limes, lemon, oranges, grapefruit, carrots, squash, tomatoes, dried fruit, strawberries, melons, watermelon, apricots, beets, garlic, onion, asparagus, whole grains, rice, red, yellow, orange and dark green vegetables, sprouted seeds and grains

Use of Water

- Water is the best liquid possible to cleanse the tissues. Counsels on Diet and Foods p.419
- On mornings drink at least 2 to 4 glasses of warm water. DRINK 2-4 GLASSES OF WARM WATER UPON AWAKING TO CLEANSE YOUR SYSTEM. ADD 1-2 TABLESPOONS OR 1/2 OF A LEMON TO 1 8OZ GLASS. Always use a straw when drinking lemon to protect the enamel of your teeth.
- DRINK WATER AT LEAST 15 TO 30 MINUTES BEFORE A MEAL AND 2 HOURS AFTER A MEAL.
- DRINK ONLY WATER IN-BETWEEN MEALS.
- Avoid eating ice or drinking hot or cold beverages.
- AVOID DRINKING WITH YOUR MEAL.
- Drink water at room temperature, near lukewarm.
- DRINK 2 MOUTHFULS OF WATER AT A TIME – keep sipping from a bottle.
- DRINK WATER UNTIL YOUR URINE IS PALE YELLOW TO CLEAR.

Trust in Divine Power

- Spend at least one hour in quiet, private meditation each day.
- MAKE TIME TO READ THE BIBLE DAILY.
- Return a faithful systematic tithe, plus offerings.
- COMPLETELY TRUST GOD WITH YOUR LIFE AND DO NOT WORRY OR BE FEARFUL.
- Whatever you do, make sure to ask God for forgiveness and have everything settled up with Him.
- Help someone everyday. You have much to share and blessings come to the giver more than the receiver.

Herbs that Heal

- Goldenseal: anti-bacterial, anti-fungal, anti-viral, anti-cancer
- Pau d'Arco: strong tonic and blood builder, fights infections, increases Red Blood Cell count and Hemoglobin and promotes new cell growth
- Red Clover: blood cleanser, great for menopause, anti-cancer
- Dandelion or Burdock: blood and liver cleanser
- Milk Thistle: cleanses the liver from heavy metals
- Echinacea: fights infections, reduces inflammation and build your immune system
- Kelp, Spirulina, Chlorella are seaweed vegetables that provides iodine for a healthy thyroid hormone
- Turmeric: reduces inflammation and tumors
- Probiotics and Digestive Enzymes for improving gut health and immunity and healing Candida.
- Balance the hormones: Black Cohosh, Vitex, Progesterone cream, Wild Yam
- Liquid Chlorophyll for building blood and minerals
- Liquid Iron supplement from all natural plant source.
- A good multivitamin which includes: vitamins A, C, E, D, K, B12 (methylcobalamin), B1, B2, B3, B6, Folic Acid, Methylfolate, Selenium, Calcium, Magnesium, Zinc, Copper, Manganese, Chromium Picolinate, Potassium, Pantothenic Acid, Biotin, Inositol, PABA, Citrus Bioflavonoids, Choline Bitartrate, Rutin, Alpha-Lipoic Acid, Ginkgo Biloba, Boron, Lycopene, Plant source minerals

--- Food Options ---

Carbohydrates

Brown rice, Millet, Buckwheat, Quinoa, Cassava, Dasheen, Yam, Potatoes, Sweet Potatoes, Green Banana, Lotus root, Breadfruit, Corn, Corn pie, Coconut dumplings, Pasta, Whole Grain, Bread

Protein

Lentils, Chickpeas, Red beans, Mung beans, Adzuki beans, Pinto beans, Black beans, Black eye beans, Organic Tofu and Soybeans

Fruit

Pumpkin, Squash, Okra, Eggplant, Plantain, Avocado, Cucumbers, Tomatoes, Oranges, Limes, Lemon, Grapefruit, Grapes, Strawberries, Mangoes, Banana, Apples, Plums, Golden Apple, Sour Sop, Pineapples

Vegetables

Lettuce, Watercress, Carrots, Cabbage, Cauliflower, Broccoli, Kale, Dasheen leaf, Bok Choi, Spinach, Beets, Onions, Garlic

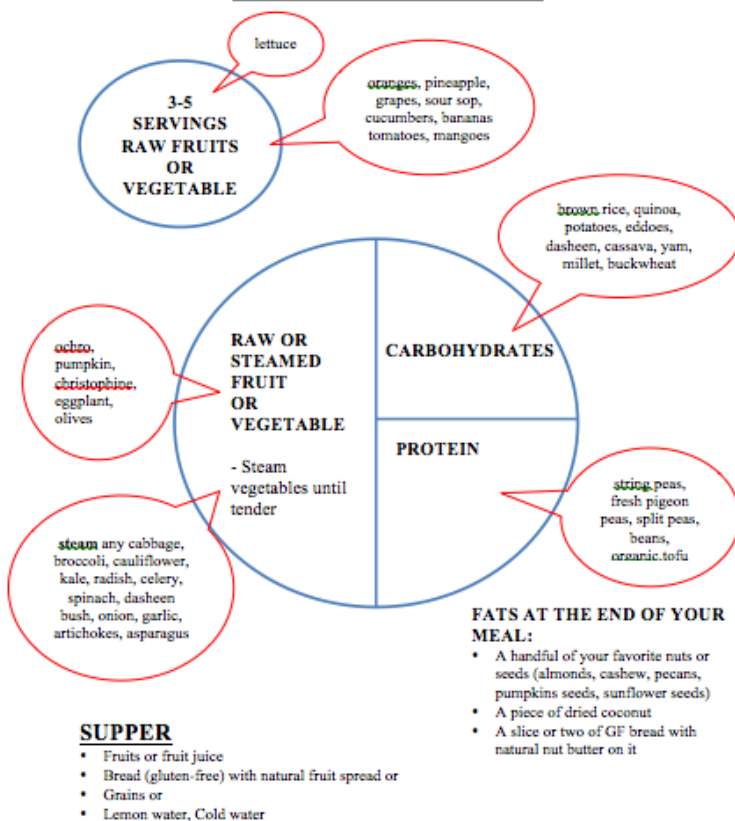
Fats

Almond Nuts, Cashew nuts, Walnuts, Pumpkin Seeds, Sunflower Seeds, Sesame Seeds, Nut and Seed Butter from Almond, Cashew Sunflower, Sesame seeds, ground Flaxseed

Counsels

- Hygiene: use light-colored cotton underwear, use No Talcum Powder, or wash the vagina with soap.
- Your skin is porous, it breathes. Whatever you put on your skin you should be able to eat it.
- No artificial products or cosmetics. Use natural oils or cream on your skin – olive, coconut, sweet almond oils, natural massage oil blends.
- Avoid use of antiperspirants to allow your arms to sweat and improve impurities.
- Most commercial hand sanitizers contain chemicals that disrupt your hormones.
- Keep hydrated - drink lots more WATER during your menstrual cycle time.
- EXAMINE YOUR BREAST MONTHLY – that is, when your period is over as the breast is most deflated. If in menopause, choose a day, e.g. the first day of each month. If in your breast you feel any lumps or see secretions, visit your doctor immediately to have it checked.
- Have a PAP SMEAR test done at least annually. Advise your doctor about any abnormal bleeding.
- Prevent or eliminate inflammatory or viral diseases that occur throughout your life.
- Use antibiotics only when necessary.
- Demand your partner practice thorough genital hygiene before sexual intercourse.
- Urinating after sexual intercourse tends to rebalance the pH in your vagina and prevent infection.
- Avoid multiple partners. This increases your risk of Urinary Tract Infection, HPV or Cervical Cancer.

BREAKFAST AND LUNCH



DAILY SCHEDULE

- Time to get up: _____
- Time for morning devotion: _____
- Time for exercise: _____
- Time for food preparation: daily
- Time for breakfast: _____
- Time for digestion walk: 15 mins
- Time for lunch: _____
- Time for digestion walk: 15 mins
- Time for Supper: _____
- Time for digestion walk: 15 mins
- Time for evening devotion: _____
- Time for rest: _____