

Health n Happiness Newsletter

By: SETTE PUBLISHING

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Reflecting Light

Here we are in the new year. We don't do new years resolution in our home because we try to reflect each night on the day. I was so touched by the passage in Reflecting Christ, I decided to share it with you.

"God wants every member of the church to stand faithfully at his post of duty, to realize his responsibility, and create a heavenly atmosphere about his soul by continually gathering the bright rays of

the Sun of Righteousness to shed upon the pathway of those about him... We are to be representatives of Christ, as Christ was a representative of the Father. We want to be able to attract souls to Jesus, to point them to the Lamb of Calvary, who taketh away the sin of the world... When your sin is cleansed, the righteousness of Christ goes before you, and the glory of the Lord is your rearward. Your influence will then be decidedly on the side of Christ; for instead of making self a center, you will make Christ a center, and will feel that you are a guardian of sacred trusts.

When you remember that Christ has paid the price of His own blood for your redemption and for the redemption of others, you will be moved to catch the bright rays of His righteousness, that you may shed them upon the pathway of those around you...

Then let us cease to look to ourselves, but look to Him from whom all virtue comes. No one can make himself better, but we are to come to Jesus as we are, earnestly desiring to be cleansed from every spot and stain of sin, and receive the gift of the Holy Spirit... By living faith we must lay hold of His promise, for He has said, "Though your sins be as scarlet, they shall be as white as snow; though they be

... continued on page 6

ABOUT US

This ministry based business is focused on health in all its forms. Physical, mental, and spiritual. From how to live a healthier lifestyle, to how to share that lifestyle with others. We aim to help individuals live healthier, happier lives, and to aid business in helping others.

We offer digital printing at low cost. Posters, bookmarkers, brochures, business cards, and more. Ask for our FREE service catalogue. We cater to non-profits.

Seminars, cookbooks & other health materials for helping you find a lifestyle full of abundant health are just a few of the products and services we offer. Our health and cooking seminars are designed to educate those who are interested in a healthier lifestyle, and we endeavor to show how good healthy can taste and how powerful choices are in relation to health. Using a positive approach, we hope to encourage frequent, but simple changes that you can keep for a lifetime. Our outlook on life has a direct bearing on our health. As we share inspirational thoughts, words of encouragement, and memories of joy with others - we share health. Thus we have created a line of bookmarkers, note pads, wipe boards and other materials for you to use as gifts of encouragement.

Jim, Angela, & Jordan Poch, as well as Wayne Castellarin head up the Canadian company, and Laren, Donna, Miles, Lexi, and Davis Stafford run the US division.

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bimonthly with 6 issues per year FREE of charge!**

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EVENTS & NEWS

February 5, 2007 - Depression Recovery Program in Eureka, MT starts!

News:

January 22nd & 29th, 2006 We had the introductory sessions for the Depression Recovery Program in Eureka, MT. Donna and Angela put up posters and brochures in the Eureka area in January. Many others from our church also helped distribute posters and brochures. What a wonderful team of helpers we have from our church. We just couldn't do it without them. Please pray for this outreach!

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Cream of Celery Soup

This is a versatile recipe. You can use this in all your recipes that call for mushroom soup if you don't use mushrooms. (From Vol. 5)

- **2 med onions** (or 2 Tbsp onion powder)
- **4 to 6 stalks celery**
- **8 cups water**
- **1/2 cup raw cashews**
- **4 cups soy milk**
- **2 to 4 Tbsp cornstarch** (or arrowroot)
- **2 to 3 Tbsp Golden seasoning, Vol. 5 pg. 139**
- **1 tsp sea salt**

In blender place cashews and enough water to cover. Blend until smooth, add remaining ingredients, except celery, and blend again till creamy and smooth. Pour into saucepan and add celery, diced fine. Cook over medium heat until celery is tender. Serve.

Serves 4

Preparation time: 10 minutes

Cooking time: 30 minutes

Ready in: 40 minutes



Nutrition Facts

Nutrition (per serving): 278.2 calories; 12.6g total fat; 0mg cholesterol; 912mg sodium; 674.8mg potassium; 29.3g carbs; 5.6g fiber; 5.6g sugar; 16.0g protein.

French Onion Soup

Delicious with homemade buns. (From Vol. 5)

- 4 large onions
- 3 Tbsp olive oil, optional
- 5 cups boiling water
- 3 cubes Tasty Brown Bouillon, Vol. 5 pg. 140
- 1 tsp dried basil, crushed fine
- 1 dash cayenne pepper

Sauté onions in water or olive oil till brown on the edges. Combine all in large saucepan and bring to a boil. Simmer on med-low heat for 30 minutes.



Serves 4

Preparation time: 20 minutes

Cooking time: 30 minutes

Ready in: 45 minutes

Nutrition Facts

Nutrition with sauté in water (per serving): 82 calories; 1.2g total fat; 0mg cholesterol; 235.6mg sodium; 228.9mg potassium; 17.4g carbs; 2.3g fiber; 6.4g sugar; 1.4g protein.

...continued from the front cover.

red like crimson, they shall be as wool.”

We are to be witnesses for Christ, reflecting upon others the light which the Lord permits to shine upon us. We are to be as faithful soldiers marching under the bloodstained banner of Prince Emmanuel.”
{Reflecting Christ pg. 213}

Much like the moon reflects the rays of light from the sun onto the dark planet at night, we are to reflect the love of Christ to a lonely, dying world. We do not manufacture the light, but merely reflect it. The moon is not worried about running out of energy or not shining bright enough. That is not even an option. Just like we can not choose the talents God gives us, we can only improve the ones he bestows. We don't need to be worried or overwhelmed by all the possibilities, opportunities, tragedies, and so on that go on around us. We only need to work in the corner where we are.

Angela Poch

Fasting

Ah yes. The holidays are over. I hope you exhibited self-control this year. It is in our reach. We made sure there wasn't too much variety at our Christmas Dinner this year. A simple fare of mashed potatoes, gravy, stuffing, tofu loaf, and lots of fresh veggies. Over 35 people came to enjoy the food and fellowship and we enjoyed the entire day. But, still the flu often comes at these times of merriment. Hydrotherapy, anti-oxidants, garlic and so on come in handy, but so does fasting. Yes, good old fashioned fasting is an excellent immune system builder.

Here is some balanced advice from a pioneer. "There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them... The sufferers in such cases can do for themselves that which others cannot do as well for them. They should commence to relieve nature of the load they have forced upon her. They should remove the cause. Fast a short time, and give the stomach a chance for rest... In cases of severe fever, abstinence from food for a short time will lessen the fever, and make the use of water more effectual. But... do not allow him to be restricted in diet for a great length of time until his system becomes enfeebled. While the fever is raging, food may irritate and excite the blood; but as soon as the strength of the fever is broken, nourishment should be given in a careful, judicious manner. If food is withheld too long, the stomach's craving for it will create fever, which will be relieved by a proper allowance of food of a right quality... If there is a great desire expressed for food, even during the fever, to gratify that desire with a moderate amount of simple food would be less injurious than for the patient to be denied." (CD 189-190)

There are many types of fasts. Water fasts - nothing but water is a good one when you are not feeling well. Juice fasts -- such as the Ultimate Lemon Cleanse or Master Cleanse, are good for those who are worried about getting shaky, very hungry, etc. And the Abstemious Diet -- fresh fruits and veggies and very simple whole grains, is a great long term "fast."

Benefits of Fasting:

- Mental clarity is improved and brain fog is lifted.
- Energy level is increased.

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- Organs get a rest.
- Breathing becomes fuller, freer and deeper
- The digestive system is rejuvenated and becomes more effective; the peristaltic action (the cause of a natural bowel movement) is stronger after fasting.
- Fasting helps restore natural taste for healthy food.
- Fasting can increase confidence in our ability to have self-control in regard to appetite.
- Detoxification - starts to eliminate things such as fat, cholesterol build up, mucus, etc.

Tips for Fasting (water fast):

- Avoid cooking or smelling foods, thus avoiding temptation.
- Drink lots of water.
- Avoid snacking - this can make you crave food.
- Get exercise.
- Do not go for prolonged periods.
- Don't tell everybody about it. Some think you're fanatical and may try to talk you out of it. Some praise you -- danger of pride, etc.
- Meditate and pray - even if this fast is for your health, remember healing comes from above.
- Get adequate sleep.
- See a doctor before you fast if you have any medical conditions. It is not advisable to water fast under the conditions of hyperglycemia, hypoglycemia, schizophrenia or a chronic heart condition. If you have existing conditions it is best if you consult with a fasting expert and/or be monitored throughout your fast.
- Be careful of dizziness and black outs. The heart is resting as much as it can during water fasting. Before you stand up, take one or two deep breaths to get the heart pumping. If you start to black out, sit down or crouch down on one knee. This will immediately stop the dizziness.
- Break the fast in the morning, not evening.
- Break the fast with raw, fresh fruits and veggies.
- Don't overeat when breaking the fast.

Angela Poch, N.C.

For more information on fasting: Sette Publishing has two books -- Health Quotes 'n' Notes - Fasting & The Ultimate Lemon Cleanse.

Erratic Weather Photography Tips

Where we live February can be an unstable month. (Who am I kidding, January, March, April, May.... well I guess all year can have an element of unpredictably.) Snow, rain, sunshine - one never knows what to expect. But that is no excuse for staying indoors. It is best to be prepared for it all. So in this issue we will give you a few tips for taking photos in bad weather.

Take care of your equipment. The first step is to be sure you will not ruin your camera.

- Ziploc bags actually work ok for dreary weather, place the bag over the camera and use an elastic band to secure the opening of the bag to the lens.
- Use an inexpensive (under \$25) weather cover. I have one that is insulated to keep the batteries charged a bit longer.
- Cold weather wreaks havoc with batteries. Keep extra batteries inside your coat to keep warm.
- Use an umbrella for quick shots or tuck it between you and your packsack.
- Keep some Never Fog (or other non-fog liquid for glasses/mirrors) in you pack. This helps when going from cold to warm. But be careful, it will not prevent condensation on the film or the inside of the camera.



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- If you've been out in the bitter cold, let your camera warm up slowly in a bag or blanket.
- Carry a towel with you for quick wipe ups.
- Carry a garbage bag with you for ground cloth or even an impromptu rain jacket. (I have done this!)
- Look for shelter -- house eaves, trees, or stay in the car and open the



window.

So lets have a look at the opportunities waiting in the changeable outdoors. Let's look at snow first. The traditional white blanket of winter is to me a most beautiful thing. Remember the camera is programmed for 18% gray, so if you don't want blue or gray snow you need to adjust the metering. We discussed how to do that in last years Jan/Feb issue. (I said 20% grey in last years issue, but 18% is more accurate.) You can e-mail me for that article if you like. You can also bracket the shot. (Take several pictures at difference exposures.) When the sun is shining and you have blue skies the pictures almost take themselves, but what if it is cloudy?

- The light will be low so use a tripod and/or an open aperture (low

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f/stop number).

- Use a high speed film (or setting) such as 400 or even 800 iso.
- Try cropping tight on the subject when the sky is less than interesting,, such as the birds at the feeder on a cloudy, dark day on page 10.
- Go for the stormy look as I did on page 9 with the mountains. This works especially well in spring or fall. There tends to be more drama that time of year.
- Look for something with a bit of color to accent the photo.

Rain. Albeit wet, can have some properties that enhance a photo. Like the fresh dew drops on a flower. Look for:

- reflections
- highlights
- stormy clouds
- rays of light peaking through clouds
- rainbows

Water reflects light and can give you some sparkling results. Be patient as light changes quickly and one minutes it is a dull photo the next a stunning shot.



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