

# Health 'n' Happiness Newsletter

SETTE PUBLISHING

## INSIDE this Issue...

Derailed	cover
About Us	2
NEWS	2
Calcium	5
Pineapple Upsidedown Cake	7

## Don't Get Derailed!

Boys just seem to love trains. Jordan, my father, and I took a train ride from Whitefish MT to St. Louis IL, recently to help some friends move. There are some interesting facts about trains.

Trains need to stay on the track or they are in a complete wreck. There is no 'small' diversion from the straight path. How much better would our walk be if we too would realize this truth. While it seems we can get away with a small sin, in the end any unconfessed sin, no matter how small, leads to death. When we understand God is love and his law is our track to happiness we come to appreciate His omniscience and guidance.

Train Signals are interesting too. According to my research, there are two types of signals: permissive and absolute. Permissive signals provide protection, while absolute signals provide both control and protection. I am reminded of God's laws and principles. God's law offers us protection from the consequences of sin. It informs us what we are permitted to do and not to do. God's principles not only provide protection from death, disease, and other effects of sin, they also give us



... continued on page 3

## ABOUT US



Wayne, Angela, Jim, Jordan

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 businesses in helping others.



Laren, Donna, Davis, Lexi, & Miles

## EVENTS & NEWS

**E-newsletter:** Our newsletter is available via e-mail, and old issues are posted on our website. If you would prefer to receive your newsletter, in full color by e-mail: [newsletter@settepublishing.com](mailto:newsletter@settepublishing.com). Please put **Subscribe** in the subject line. We are considering increasing our issues to monthly sometime this year, and due to postage costs, only those who get their newsletters online will get all of them each year.

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**Websites:** We have updated our websites: [www.healthyhomecookin.com](http://www.healthyhomecookin.com) and [www.settestudio.com](http://www.settestudio.com)

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Disclaimer: It is unfortunate in this age we are bound by politics. So please note all information we provide in all forms are for reference ONLY. We do not diagnose or treat any specific disease. Always consult your doctor or other health professional before making abrupt changes in your diet or exercise program.

...continued from the front cover.

self-control, peace of mind, and other positive character qualities. They should be what controls our thoughts, words, and actions. And just like the train signal, we must choose to obey or a wreck could follow. God does not force, just as the train signal cannot stop a train or physically prevent an accident.

Trains cannot steer, the track must be switched. In order to switch tracks, a dispatcher contacts the switch operator and the operator must physically switch the track. (Although electronics are now taking over this function, there are still many manual switches being used.) Just as we make definite choices to follow God or not. We are not off track just from an occasional deed or misdeed. We cannot change directions without our decision and choices making the change. Even when we don't follow principle by carelessness or forgetfulness, it is still a choice, a decision that can become habit.

A few years back we saw a train that was de-railed out in a rural area. Because it was out in no man's land, months later there was still debris and it smelt awful for months from the wreckage, because grain had spilt into the water and rotted there. Later that year, in another area, we were traveling and saw a clean up crew for another train wreck a few hours from Vancouver, BC. It was interesting to note how quickly the second one was cleaned up versus the first. It is true there were more people who were affected and motivated to clean up, but also there was better preparation for problems in the lower main land. Just as in our lives, those who have not prepared their hearts with Bible study and prayer have a much harder time after a derailment, such as the loss of a loved one, getting off schedule, having a flat tire, etc. And the longer it takes to get back on track, the more likely it is to have a residue of problems, that rot and stink.

A look at how train wrecks and derailments occur also give us some insight on our spiritual walk. The following are just a sample for thought: improper switching, track obstructions, and broken couplers (the connections between cars of a train).

Improper switching or miscommunication can cause many fatal train wrecks. How often has gossip been the derailing factor in relationships? Some dear friends and I had a good laugh over a miscommunication that was corrected instead of repeated to others. My friend had asked if I received an invitation to Allison's wedding. No, I said, rather shocked. I couldn't believe my friend Allison would have not sent me an invite!

*It is easier  
to stay on  
track than to  
get back on.*

Well it turned out, that it was another mutual friend Allison, whom I had not seen in years, and we all laughed about it. Now what would have happened if it was not cleared up? We need to have a willingness to research the truth. Go to the source is the best policy if you are at all unsure. God expects us to clear up any confusing information we may get, whether it is personal or spiritual.

Track obstructions are put there by Satan and his cohorts. Everything from death and disease, to improper thoughts, financial burdens, and so on. We must be watching out for these obstructions and determine, are they small - just mole hills - and we can barrel right through, or are they mountains, where we need to stop and let Christ clear the track. Sometimes Jesus is asking us to simplify and clear off the track of debris, before we can keep moving on. Is there some you need to forgive? No point in giving out Bible studies, until you take care of that. Are there things in your life God is asking you to give up? Let them go, it is worth it to stay on track.

Broken couplers get you disconnected from the main train. Cars that are left on their own, have no power to keep going and can be easily derailed. We need to be connected to God, His truth, His love, and His people. We must inspect our connections and repair any weak links. Do we have good relationships with godly friends? Are we having a deep personal walk with Christ? Is communication strong with our spouse?

We have been de-railed before, and it was a lot harder to get back on the track than to stay on the track. So keep that in mind, when you think it is just a little compromise or a little problem. Take everything to God in prayer.

*AP*





## Calcium from Plant Foods

One of the safest forms of calcium is plant foods. Here the Creator packaged it up right and prevented overdosing. In fact, studies showed those who had a high intake of calcium actually absorbed less calcium, only 103mg, than those who ate a normal diet, they absorbed 374mg.<sup>5</sup> (This is thought to be true of other vitamins and minerals as well.)

We are now realizing that calcium can be assimilated as well or better from vegetarian sources than from animal products such as milk.<sup>6</sup> One reason is lactose intolerance. Approx 75% of people world wide are lactose intolerant.<sup>7</sup> This becomes a real problem when relief agencies offer powdered milk.

The low phosphorus to calcium ration is another reason for good absorption of calcium from plant foods like green leafy vegetables. Dark green leafy vegetables can have three to five times as much calcium as phosphorus. But it is not just the ratio of phosphorus to calcium, but the total phosphorus found in the food. Guess what food is high in phosphorus? You got it, animal protein.

*This is an excerpt from the Calcium Info Sheet. For more information see our Calcium Info Sheet or other info sheets visit us at [www.SettePublishing.com](http://www.SettePublishing.com)*

*“The will must be placed on the side of God’s will. You are not able, of yourself, to bring your purposes and desires and inclinations into submission to the will of God; but if you are “willing to be made willing,” God will accomplish the work for you,... “For it is God which worketh in you both to will and to do of His good pleasure.”*

*Philippians 2:12, 13.” {M3 142.1}*

## Pineapple Upside-Down Cake

*Very nice for supper.*

- 1 1/4 cups whole wheat flour
- 1 cup unbleached flour (or whole wheat pastry flour)
- 1 1/2 Tbsp Ener-G Baking Powder
- 3/4 cup sugar
- 1/3 cup unsweetened applesauce (or vegetable oil)
- 1 1/2 cups juice, from pineapples (add water if need)
- 1 Tbsp vanilla extract
- 12 slices pineapple ( 1 1/2 cans drained, save juice)
- 1/2 cup raw sugar
- 1/4 cup melted non-hydrogenated margarine

Preheat oven to 400°F. Prepare 9 x 13 pan. Pour melted margarine and sprinkle sugar into pan. Arrange pineapple slices on. Mix dry ingredients, mix wet ingredients, and quickly stir wet into dry. Pour on top of pineapple and bake at 400°F for 5 min reduce heat to 350°F for 25 to 35 min. Cool and serve upside down.

**Serves 12**

**Ready in: 60 minutes**

*Nutrition (per serving): 185.9 calories; 3.3g total fat; 0mg cholesterol; 76.4mg sodium; 126.5mg potassium; 37.6g carbs; 1.7g fiber; 23.8g sugar; 2.3g protein.*



### Tips 'n' Techniques

While the calories may seem high, remember there is no icing or frosting. Consider other cakes where adding the frosting will add more calories!

You can substitute other white or yellow cake recipes, using pineapple juice for the liquid called for. Gluten Free: pg. 87 of Vol. 1 on top of margarine, sugar, and pineapples. Sugar Free: pg. 91 of Vol. 1 on top of pineapples and pure maple syrup in place of sugar and margarine



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