

Health 'n' Happiness Newsletter

SETTE PUBLISHING

INSIDE this Issue...

About Us	2
Special Mashed Potatoes	2
Golden Gravy	4
Food Guide	5

Benefits of Country (Mountain) Living

This is a simple testimony of what I enjoy about living in the country. We live in the Rocky Mountain Trench in British Columbia, where we get 4 full seasons, wildlife, and fresh air. But there are a few blessing in particular I would like to share with you.

Long roads -- Most people who know me, know I love driving and travel. I find it very relaxing. Anyhow, long roads give you time for quiet reflection or family discussions. In our busy lives it becomes a real treat for children to play family games for a half hour or so. They have your undivided attention. Or when my husband and I are driving home from an event, we love the talk time we have. When traveling alone, I find it a wonderful opportunity to commune with the Lord while listening to inspirational music or sing along with a favourite hymn. I even enjoy making up my own songs to the hum of the road.

Town is distant -- You spend less if you go to town less. I know those who go to town every day, yes, every day for their groceries. It doesn't seem so bad to spend 30 dollars in one day, but times that by 25 and you're looking at over \$750 a month. Now if you spend \$200 in one day, but go only twice a month - you save



... continued on page 3

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 businesses in helping others.



Wayne, Angela, Jim, Jordan

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.



Laren, Donna, Davis, Lexi, & Miles

EVENTS & NEWS

Online newsletter: Our newsletter is available via e-mail. If you would prefer to receive your newsletter, in full color and/or by e-mail let us know: newsletter@settepublishing.com.

NOW available -- 2008 Health Publications Catalogue has over 100 products you can't get anywhere else at our prices. Don't miss out on great health and character products such as info sheets, cookbooks, journals, and more. Many items are not available anywhere else. Call or e-mail for **YOUR FREE COPY!**

Please NOTE our NEW address: 3988 Galloway Frt Rd
Elko BC V0B 1J0

Health n Happiness Newsletter is published bimonthly with 6 issues per year FREE of charge!

Send your name and address to:

Sette Publishing - Newsletter Offer
3988 Galloway Frt Rd * ELKO BC V0B 1J0

OR e-mail us: newsletter@settepublishing.com

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 cover ...

over \$200 in one month. You save time too, even if you spend your whole day in town; which usually happens when you live 35 to 45 minutes away. Another bonus to the city being farther away, is the influences are farther. I can avoid the billboards, sign posts, and walking distractions for 28 days of the month!

Gardening -- Ok, I know you can garden in the city. Every Italian knows that! My grandmother lives in Trail, BC and one whole section of town looks like a farm with too many houses. Italians will turn their whole yard, front and back into veggie and flower gardens. But gardening in the country has added character value. Like sharing with deer, gophers, and mice. What would be a good country garden without those neighbors. Can you keep a sweet spirit when your raspberries are destroyed by wasps one year and gophers the next? Will you smile when the deer polish off the cedar shrubs and give you a better view with less foliage? Have you surrendered to chipmunks dining on your strawberries? You may laugh, but these are very real character issues that come up in our own lives, especially if financially you are dependant on those crops for your pantry.

So come away from the press of the crowds for awhile. Take a picnic or a weekend trip up and get away from it all. For those of you in the city, it may be to a nature park. For those of us in the country, it may mean a trip to a remote mountain spot. In both cases, ask God to bless what you have, guide you to what you need, and take away what you don't.

Angela Poch

I look at these flowers, and every time I see them, I think of Eden. They are an expression of God's love for us. Thus He gives us in this world a little taste of Eden. He wants us to delight in the beautiful things of His creation, and to see in them an expression of what He will do for us. He wants us to live where we can have elbow room. His people are not to crowd into the cities. He wants them to take their families out of the cities, that they may better prepare for eternal life. In a little while they will have to leave the cities... God can fill our lives with His peace and gladness and joy. He wants His joy to be in us, that our joy may be full. {12MR p. 30}

Special Mashed Potatoes

A delicious variation on an old favourite. From "Healthy Home Cookin' Vol. 2 - Seasonal Treats.

- **10 med potatoes**
- **4 to 6 cloves garlic**
- **water as needed**
- **2 to 4 tsp margarine**
- **2 to 4 Tbsp soy milk**

Peel, wash, and chop potatoes and place in large bowl. Cover with water and add peeled garlic cloves. Bring to a boil and let simmer 20-25 minutes or until potatoes are soft. Drain, leave garlic in potatoes, and save water for buns or gravy and mash with margarine and soy milk as needed.

Serves 6

Preparation time: 10 minutes

Cooking time: 30 minutes

Ready in: 40 minutes

Nutrition Facts

Nutrition (per serving): 211.0 calories; 1.7g total fat; 0mg cholesterol; 47.5mg sodium; 753.6mg potassium; 46g carbohydrates; 4.1g fiber; 4.1g protein.

Tips 'n' Techniques

Add 1 to 2 tsp Italian herbs, onion powder, etc. for even more savory flavour.

Some recipes can be adjusted with great variety, and others cannot change without ruining the recipe (or creating a new one). So when you adjust, remember the lady who... "This recipe calls for 2 cups of flour; I only have one, and I'll have to use water instead of orange juice. I'll use sage in place of cinnamon. I don't think I need to use the blender, a quick stir is all. I'm in a hurry so 300°F won't do; I'll bake it at 450°F so it's finished soon. What's that? Something is burning. Oh, my cake is ruined! I'll never use that recipe again!"

Golden Cashew Gravy

Lovely golden gravy. From "Healthy Home Cookin' Vol. 2 - Seasonal Treats.

- **2 cups boiling water (out of mashed potatoes is good)**
- **1/2 cup raw cashews**
- **1/2 tsp onion powder**
- **2 to 3 cubes Golden Seasoning, pg. 120 (or Chicken Flav.)**
- **1/8 tsp paprika**
- **1 Tbsp nutritional yeast flakes**
- **2 Tbsp non-hydrogenated margarine, optional**

Put cashews and bouillon in blender, pour in enough boiling water to cover and blend until smooth. Add remaining ingredients and pour into saucepan; cook over low heat until thick.

Serves 4

Preparation time: 5 minutes

Cooking time: 10 minutes

Ready in: 15 minutes

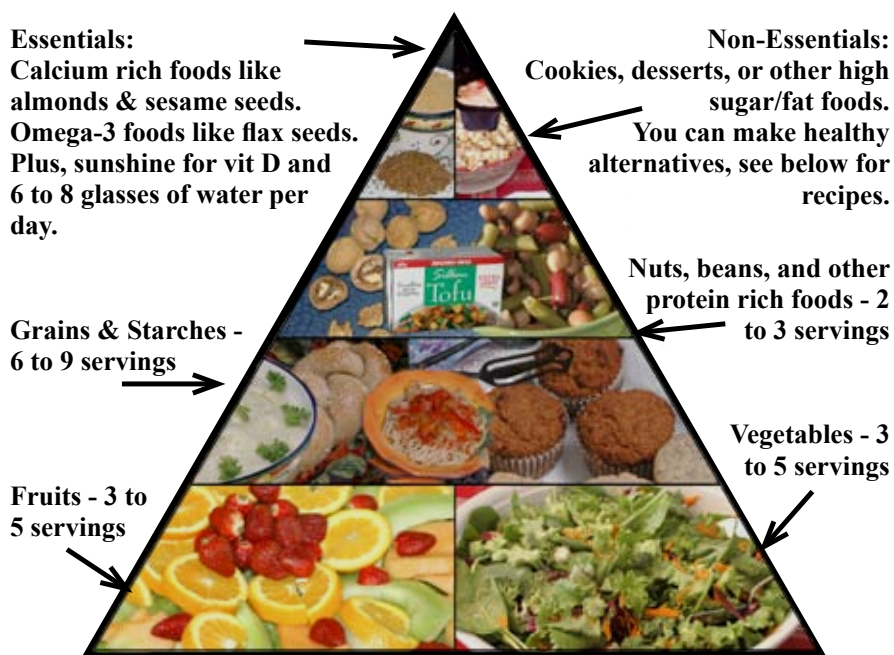
Nutrition Facts

Nutrition (per serving): 98.7 calories; 7.7g total fat; 0.0mg cholesterol; 134.3mg 3.6g protein.



Food Guide for Vegetarians

There are many food guides out there, but I saw a need to make one that was simple and yet followed God's plan of living. So, with prayer, I modified the pyramid and came up with the following.



GOD'S PLAN - VEGETARIAN PYRAMID

It is obvious, the larger the area the more you need of it, however that doesn't mean that item is more important. Each nutrient is vital for optimal health. But God has made it simple. The following is an excerpt from our new info sheet on Basic Nutrition.

For years people thought what you ate had no bearing on health. Now we know that is a fallacy, giving us heart disease, diabetes, stroke, and even cancer. So let's look at some of the needs of your body in relationship to food.

The basic nutrients are carbohydrates, proteins, fats, and micro-nutrients. Each of these groups have subcategories, like carbohydrates including starch, sugar, and fiber.

The foods we eat have some or all of the different groups, i.e. pinto beans have some carbohydrates, lots of protein, and some fat.

Serving sizes. Each diet, program, and government has their own definition of a serving size. But using the pyramid I've set up, a serving size is approximately the size of your closed fist, give or take a little. Thus one small apple for a petite lady is one serving, while a large apple for that Air Force buddy is more appropriate. If you are trying to lose weight use the lower number (except the low calorie fruits and veggies).

Ok, so now you have the basics of nutrition and how food affects your body. So let's boil it down to its simplest form.

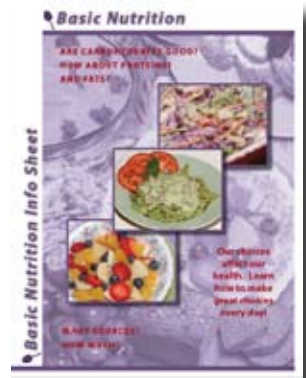
BASIC MEAL:

1. Eat plenty of fresh fruits and vegetables, 3 to 5 servings, pick one kind per meal, i.e. 2 apples and 1 banana for breakfast, and a large salad with carrot sticks for lunch. The body digests much better if you keep fruit and veggies in separate meals. Change the variety each day to incorporate all the nutrients you need.

2. Add your 2 to 3 servings of grains and starches, again don't live on wheat and potatoes. Although I am in danger of that myself, God has been working on me to increase the variety and we've found quinoa, one of our current favourites. Try quinoa, rice, millet, rye, buckwheat, kamut, tapioca, amaranth, teff, cornmeal or polenta, etc.

3. Plus your protein rich food such as a handful of nuts, topped off with your micro-nutrients. Ground flax on your salad works well.

by Angela Poch, N.C.



For the entire article order the: Basic Nutrition Info Sheet #IS182550, \$1.29 plus shipping and handling from Sette Publishing: www.SettePublishing.com or call 1-877-597-3883.



NEW ADDRESS:

3988 Galloway Frt Rd
ELKO BC V0B 1J0

Phone: (250) 529-7750
1-877-59-SETTE (7-3883)
Fax: (250) 529-7757

info@settepublishing.com
www.SettePublishing.com

**REQUEST our
new 2008 Health
Publications Catalogue
and receive a FREE
poster, of your choice,
with your first order.
Offer #2008C**

Need quick and easy to use health info?

Information sheets are great sharing tools for individuals and churches. These 4 page colorful brochures, open to 11 x 17.

7 Topics currently available:
Calcium, STRESS, Water, Exercise, Nutrition for the Mind, Basic Nutrition & Nutrition for Children.



NEW!! Nutrition for Children -- written with homeschoolers in mind - about a 2nd to 4th

grade level with question sheet.

\$1.29 can each (discounts for large orders)

Call us to order NOW!

Or order online, available Jan 15th 2008! (min \$5.00 order online.)

