



Heart Talk

E . D . I . T . O . R . I . A . L

Editorial

Dearly beloved in Christ,

Greetings in the precious name of our Lord and Savior Jesus Christ!

Hope you read the promise for the New Year. The promises of God do not automatically get fulfilled by itself. You need to co operate. God expects you to confess them till you possess them. Meditate upon them.

We witnessed the mighty outpouring of the Holy Spirit during the three days fasting prayer at Theni. The Lord used Fr. Berchsman, Benita, myself and the team in a very powerful way. Pr. Joseph Balachandran and Pr. Dudley Thangiah shared the word of God. I preached on fruitfulness. More than three thousand people were blessed as a result of this seminar.

Signs and wonders are going to abound this year. We have planned to conduct a special seminar on "How to minister with Signs and wonders" in Poondi from the 22nd to the 26th of February. Both those who venture to do the ministry and those who are already in the ministry must never fail to attend this seminar. This seminar will change your life upside down. We are preparing and planning prayerfully for the seminar. This seminar is organized with the sole intention of stirring up the gifts of the Holy Spirit in you. You will have more authority and power on demons and diseases. You might not get another chance like this. Make use of this rare opportunity and contact our office immediately for details.

The School of the Holy Spirit is going to commence this month in our camp site in Poondi. Apply immediately. Very few seats are available. "You shall be a different person" is the promise God gave for this school.

I covet your prayers for the building project in our camp site. The work is getting delayed. We must take authority over the dominions and powers of darkness that exists over the region. You are welcome to stay in our camp site either individually or as a family, to pray for the proceedings. If you decide to do so, please contact us.

We have proposed to start the School of Worship in the month of May. You will be able to learn all the worship songs and the musical instruments. The purpose of this school is to shape you as a worshipper and release the worship anointing all through the nations.

Continue to pray for me, my wife and my parents. Recently, my mother underwent the cataract surgery. Pray for her speedy recovery and for their healthy, long life. Pray for our staffs who toil hard. We are in need of more staff. Don't forget to pray for our counselors, coordinators, key leaders, partners and staff. May the grace of Jesus guard you!

Your brother in Christ,

(V. Ezekiah Francis)

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IT IS VERY GOOD Dr. Ezekiah Francis

Know who you are in Christ! You are not just good but very good. You are an excellent being

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HEALTH the most important asset Brain Boosting Eating Habits Part III Rev. Benita Francis

Health is mostly in your eating habits. Eating right means living healthy. So, discover what to eat for a smart brain.

PAGE # 8

LAUGHTER The divine medicine

Keeping your heart cheerful can effectively promote your health. Laugh away your ailments and be healthy.



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darkness. You are the best and most excellent influence. Your touch, your look, your words and your presence will bring God's beauty touch on this dark world. Don't withhold it from the needy! After you touch the desolate circumstances around you, God will be able to look at it and say once again, "It is very good!"

Beloved, no good thing is withheld from you (Ps.84:11). God watches every minute detail of your life and makes it very good. This is your privilege in Christ.

Prayer:

Thank You, Lord, I am Your workmanship, created in Christ Jesus for good works, which You prepared beforehand that I should walk in them. I am fearfully and wonderfully made. I am Your marvelous work. I am a good and perfect gift from above, from the Father of lights, because I am in Christ. - Eph 2:10; Ps. 139:14; Jas.1:17

For reading:

Gen. 21:8- 23:20 & Matt.7:21-8:13



THE CORN STORY



There was a Nebraska farmer who grew award-winning corn. Each year he entered his corn in the state fair where it won a blue ribbon...

One year a newspaper reporter interviewed him and learned something interesting about how he grew it. The reporter discovered that the farmer shared his seed corn with his neighbors.

"How can you afford to share your best seed corn with your neighbors when they are entering corn in competition with yours each year?" the reporter asked.

"Why sir," said the farmer, "didn't you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn."

He is very much aware of the connectedness of life. His corn cannot improve unless his neighbor's corn also improves.

So it is in other dimensions. Those who choose to be at peace must help their neighbors to be at peace. Those who choose to live well must help others to live well, for the value of a life is measured by the lives it touches. And those who choose to be happy must help others to find happiness for the welfare of each is bound up with the welfare of all.

The lesson for each of us is this: if we are to grow good corn, we must help our neighbors grow good corn.

Author Unknown

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It is Very Good



P R O P H E T E Z E K I A H F R A N C I S

Then God saw everything that He had made, and indeed it was very good. So the evening and the morning were the sixth day (Gen. 1:31).

Him we preach, warning every man and teaching every man in all wisdom, that we may present every man perfect in Christ Jesus (Col 1:28).

In this first chapter of Genesis, at least seven times God saw what He had created and was satisfied. After every inspection, He said, "It is good". The light, the earth, the fruits, all the living creatures, even the climate, everything was good and perfect. The word good also means beautiful. He has made everything beautiful (Eccl.3:11). Even Lucifer was the seal of perfection, perfect in beauty till iniquity was found in him (Eze.28:11-17). Since God is perfect, everything He does is perfect.

After everything He created, God said, "It is good". Only after creating man and woman, the crown of His creation, He said a heartfelt "Very good" (Ge.1:31)! God's creation reveals God's character (Ps.19:1-6). Every piece of His handiwork speaks of the nature of the Manufacturer. It is God's nature to work out things until everything becomes very good and excellent.

Through the fall, creation lost the perfection and beauty of God. Christ, the perfect Son of God came to restore His perfection and beauty to His creation. In Christ, He has done His perfect work in you. Now you, the new creation, are very good in God's sight. He recreated you and is well-pleased with

you. You are the perfect handiwork of God. You are not just good, but very good. In Christ, you are His workmanship, so you are the best person in the whole universe (Eph.2:10). Don't forget, you have His same nature!

Everything is excellent in Christ Jesus. Everything you speak and do will be excellent. God declared you perfect and excellent. Don't allow any man or devil to say otherwise. For heaven's sake, don't belittle yourself! You are the perfect handiwork of the Perfect God. Appreciate it thankfully! You are not a mistake or an accident but God's best plan.

Since your new creation comes from the Lord, you should not give your own opinion about it, either good or bad (Ge.24:50). Just speak what God speaks about you! Since you share His nature, seek excellence in everything you do and speak (Mt.5:48). In Christ, you have the Spirit of Excellency in you. You have excellent knowledge, excellent understanding, excellent wisdom everything is excellent about you (Da.5:12, 14). Your new life comes from the Father of lights, so you are a perfect and excellent gift from above (Jas.1:17). You are God's best gift to your family, your city, your nation, even to this world. You are God's package of excellence. Give yourself totally to this needy world to bring God's perfection, NOW!

You can bring perfection where there is imperfection. You can bring light where there is

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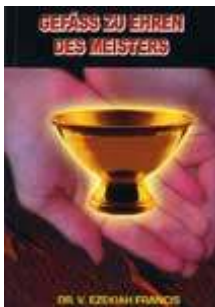
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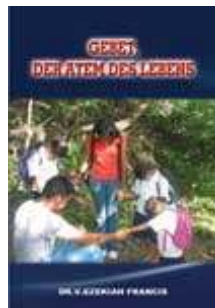
Wo sind die Propheten

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Rev. Benita Francis

Health

Your most important asset

BRAIN-BOOSTING EATING HABITS - Part III

To speed up your brain, eat a meal that is:

1. High in tyrosine-containing proteins.
2. Moderate in the amount of sugars, containing mainly complex carbohydrates.
3. Relatively low in calories.

High protein, low carbohydrate, high tyrosine foods that are likely to jumpstart the brain are seafood, soy, meat, eggs, and dairy.

To relax, or even sedate your brain, eat a meal that is:

1. High in tryptophan-containing proteins.
2. High in carbohydrates.
3. High in calories.
4. High carbohydrate, low protein, high tryptophan foods that are likely to relax the brain include: chocolate, pastries and desserts, beans, nuts and seeds (e.g., almonds, filberts, sunflower and sesame seeds), and legumes.

BRAINY TEA-TIME: What should I eat?

Sadly, India is holding the world record in number of heart attacks, strokes and diabetes patients per capita. This is in part due to the unhealthy snacks people consume in the afternoons. Most items are or extremely sweet or deep-fried, a nutritional no-no if you care about your heart, artery and brain health. They are consumed with highly sugared tea or coffee. Science is discovering today that inflammation in the body caused by sugar might be more dangerous to heart and brain health than the highly feared cholesterol.

A healthy afternoon snack would be a piece of fruit or some vegetables, raw or steamed, with some full grain bread or crackers, or boiled beans or corn with garlic and spices. You could also eat some nuts, since all of them are rich sources of protein, vitamins and different minerals. Eat a variety of nuts for their different composition of healthy substances. Be careful, though: nuts have lots of calories and can easily make you overweight. Another very good afternoon choice would be some peanuts (ground nuts), a

legume related to beans and lentils. Peanuts are naturally cholesterol-free, and their oil is almost as heart- and brain-healthy as olive oil! Actually, in a study, the use of peanut oil decreased heart disease risk by 21% compared to 26% in olive oil use! You can also eat a banana or some full-grain bread with peanut butter. You need to read the label, though: many peanut butters contain added hydrogenated oils to make them creamy, but hydrogenated oils are very dangerous for your heart and your overall health.

If you top up your healthy afternoon snack with some unfiltered fruit juice or fruit-milk-shake **WITHOUT** added sugar, or some unsweetened tea or coffee with a little milk, your brain and your heart will give you good dividends for many years to come!

BRAINY DINNER:

Researchers have found that a diet rich in fish, seafood, and grains - also called polyunsaturated fats - is better at preventing heart disease than a diet containing olive oil, nuts, and avocados - called mono-unsaturated fats. Although both types of fats are healthy, people should include more of the first than the second in their diet to keep a healthy heart and a healthy brain. There is actually a very easy rule of thumb: **Whatever is good for your heart is also good for your brain.**

What you eat affects how you sleep. One of the keys to a restful night's sleep is to get your brain calmed rather than revved up. Some foods contribute to restful sleep; other foods keep you awake. We call them *sleepers* and *wakers*. Sleepers are tryptophan-containing foods, because tryptophan is the amino acid that the body uses to make serotonin, the neurotransmitter that slows down nerve traffic so your brain isn't so busy. Wakers are foods that stimulate neurochemicals that perk up the brain.

Tryptophan is a precursor of the sleep-inducing substances serotonin and melatonin. This means tryptophan is the raw material that the brain uses to build these relaxing neurotransmitters. Making more tryptophan available, either by eating foods that contain this substance or by seeing to it that more tryptophan gets to the brain, will help to make you sleepy. On the other hand, nutrients that make tryptophan less available can disturb sleep.

Eating carbohydrates with tryptophan-containing foods makes this calming amino acid more available to the brain. A high carbohydrate meal stimulates the release of insulin, which helps clear from the bloodstream those amino acids that compete with







tryptophan, allowing more of this natural sleep-inducing amino acid to enter the brain and manufacture sleep-inducing substances, such as serotonin and melatonin. Eating a high-protein meal without accompanying carbohydrates may keep you awake, since protein-rich foods also contain the amino acid, tyrosine, which perks up the brain.




To understand how tryptophan and carbohydrates work together to relax you, picture the various amino acids from protein foods as passengers on a bus. A busload containing tryptophan and tyrosine arrives at the brain cells. If more tyrosine "passengers" get off the bus and enter the brain cells, neuroactivity will rev up. If more tryptophan amino acids get off the bus, the brain will calm down. Along comes some insulin which has been stalking carbohydrates in the bloodstream. Insulin keeps the tyrosine amino acids on the bus, allowing the brain-calming tryptophan effect to be higher than the effect of the brain-revving tyrosine.

You can take advantage of this biochemical quirk by choosing protein or carbohydrate-rich meals, depending on whether you want to perk up or slow down your brain. For students and working adults, high protein, medium-carbohydrate meals are best eaten for breakfast and lunch. For dinner and bedtime snacks, eat a meal or snack that is high in complex carbohydrates, with a small amount of protein that contains just enough tryptophan to relax the brain. An all- carbohydrate snack, especially one high in junk sugars, is less likely to help you sleep. You'll miss out on the sleep-inducing effects of tryptophan, and you may set off the roller-coaster effect of plummeting blood sugar followed by the release of stress hormones that will keep you awake. The best bedtime snack is one that has both complex carbohydrates and protein, and perhaps some calcium. Calcium helps the brain use the tryptophan to manufacture melatonin. This explains why dairy products, which contain both tryptophan and calcium, are one of the top sleep-inducing foods.

BEST DINNERS FOR SLEEP

Meals that are high in carbohydrates and low-to-medium in protein will help you relax in the evening and set you up for a good night's sleep. Try the following "dinners for sleep":

-  pasta with parmesan cheese
-  scrambled eggs and cheese
-  tofu stirfry
-  hummus with whole wheat pita bread
-  seafood, pasta, and cottage cheese
-  meats and poultry with veggies

-  tuna salad sandwich
-  chili with beans, not spicy
-  sesame seeds (rich in tryptophan) sprinkled on salad with tuna chunks, and whole wheat crackers

Lighter meals are more likely to give you a restful night's sleep. High-fat meals and large servings prolong the work your digestive system needs to do, and all the gas production and rumblings may keep you awake. Some people find that highly-seasoned foods (e.g., hot peppers and garlic) interfere with sleep, especially if you suffer from heartburn. (See gastroesophageal reflux). Going to bed with a full stomach does not, for most people, promote a restful night's sleep. While you may fall asleep faster, all the intestinal work required to digest a big meal is likely to cause frequent waking and a poorer quality of sleep. Eat your evening meal early.

Heed the sleep wisdom: "Don't dine after nine."

BRAINY BED-TIME SNACKS: What should I eat?

Foods that are high in carbohydrates and calcium, and medium-to-low in protein also make ideal sleep-inducing bedtime snacks. Some examples:

1. Whole-grain cereal with milk
2. Hazelnuts and tofu
3. Oatmeal and raisin cookies, and a glass of milk
4. Peanut butter sandwich, ground sesame seeds (It takes around one hour for the tryptophan in the foods to reach the brain, so don't wait until right before bedtime to have your snack.)

What is good for your heart is also good for your brain.

For students and working adults, high protein, medium-carbohydrate meals are best eaten for breakfast and lunch.

For dinner and bedtime snacks, eat a meal or snack that is high in complex carbohydrates, with a small amount of protein that contains just enough tryptophan to relax the brain. Don't eat only carbohydrates, especially those high in simple sugars. They may set off the roller-coaster effect of plummeting blood sugar followed by the release of stress hormones that will wake you up again. The best bedtime snack has



both complex carbohydrates and protein, and perhaps some calcium which helps the brain use the tryptophan to manufacture melatonin. Dairy products, which contain both tryptophan and calcium, are therefore one of the best sleep-inducing foods.

Another very important need of your brain is the need for **protein**. Make sure you get enough protein from milk products, lean meat, fish, soy and other beans and even sprouts. Your brain will thank you for it!

Your brain consists in 7% **fat**. It therefore desperately needs the right kinds of fat, which is unheated fats, essential fatty acids. Eggs with the yolk not too much boiled are one of the best brain-foods on the planet. Fatty cold-water fish like salmon or mackerel contain high amounts of DHA which is very necessary for brain power. Don't use hydrogenated or refined oils or any kind of oil, margarine or cream that has been heated. Use cold pressed virgin oils like palm oil, saffron oil, linseed oil etc. Get your brain fuel also from milk, cream and butter.

Control your intake of carbohydrates - in excess, they dull your thinking process. For best brain health and performance even into old age, you should eat only full grain flours and products, never the processed ones. You

can actually get all the carbohydrates you need from fruits and vegetables, milk etc.! Especially processed carbohydrates like polished rice, white flour etc. will make you very dull and tired after a meal. If you observe your own body you can find out what is good for you and what is not. After a healthy meal, you should feel invigorated and fit, full of energy and ready for any challenge. If after eating you feel heavy, tired, without motivation, maybe even bloated, and have difficulties concentrating, you should definitely reconsider your diet!

Brain killers

We have never seen so much dementia, Alzheimer's, diabetes and related diseases as in this generation. Don't follow the fashion of "white is beautiful" concerning rice, flour and sugar!!! Stay away from modern brain killers like food additives, preservatives, colors, artificial sweeteners and processed fats and carbohydrates that clog your arteries and starve or over-excite your brain. Eat food the way your Creator made it! He knows better than the best scientist does the needs of your brain and body. Eat His creation and enjoy perfect brain health all the way

Dr. Ezekiah Francis

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LAUGHTER

A merry heart works good like a medicine: Proverbs 17:22

THE DIVINE MEDICINE

LIFEBOAT A Joyful 'toon by Mike Waters

For God did not send his Son into the world to condemn the world, but to save the world through him. - JOHN 3:17 NW

DESERT OASIS A Joyful 'toon by Mike Waters

Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare. - ISAIAH 55:2 NW

News

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