

Happy Thanksgiving!

God is faithful. Because He is, we ought to thank Him not only in this Thanksgiving holiday but also everyday. Our focus must be upon Him. Our attention must be directed to Him no matter where we are or who we are. He deserves our heartfelt thanksgiving. He deserves our praises and honor to His name. He longs for our fellowship. He longs for our obedience. He delights Himself on those that honor Him and glorify Him. With every blessing He bestows upon us, our gratitude must never end. We should show gratitude by our unfeigned obedience. He knows what is in our heart. We cannot hide anything from Him. We must make sure our trust, faith, and obedience to Him are indeed genuine lest we miss His full blessing. *“Beloved, if our heart condemn us not, then have we confidence toward God.”* (John 3:21)

Thus we call our God as omniscient. He is the only one that can hear every beat of our heart. He is the only one that knows the condition of our spirit, soul, and body. He has been with every part of our whole being ever since we were formed in our mother’s womb. *“Before I formed you in the womb I knew you, And before you were born I consecrated you; I have appointed you a prophet to the nations.”* (Jer. 1:5)

Because of this fact, we can trust Him to direct our steps to know what we should do to serve Him on this earth. We should never doubt to step on that horizon where He is leading us by His Holy Spirit. He never leaves nor forsakes us. He is always present. All we do is call on Him and beckon Him to come and draw Himself closer to us. *“And in that day you will say, ‘Give thanks to the Lord, call on His name. Make known His deeds among the peoples; Make them remember that His name is exalted.’ ”* (Is. 12:4) *“Then you will call upon Me and come and pray to Me, and I will listen to you.”* (Jer. 29:12)

An e-mail from HIS - Jenny Thompson:

- * Fats tended to have a higher AGE [Advanced Glycation End products - producing aging in the body] content than carbohydrates.
- * The amount of AGE in all types of foods was related to cooking temperature, length of cooking time and moisture content.
- * Broiling and frying created the highest levels of AGE (with the least amount of moisture).
- * Roasting and boiling created the least AGE (with greater moisture).
- * In general, lower cooking temps for longer periods of time resulted in lower levels of AGE.
- * Cooked fruits and vegetables have very low AGE levels – but those levels rise when they're heavily processed.

Foods to Build a Better Brain
(source: The Better Brain Book by Dr. David Permutter.)

Fish – such as cod, flounder, haddock, herring*, mahimahi, orange roughy*, perch, Alaskan sockeye salmon*, sardines (canned in olive oil)*, snapper, sole, tilapia*, tuna (light, not albacore, canned or fresh, in oil).

*stands for fish with highest omega 3 content.

Meat – one serving is generally considered an amount about the size of the palm of your hand.

Beef - beef tenderloin, cubed steak, filet mignon, flank steak, round steak, roast beef - top round or rump, sirloin steak,

Lamb – chop, leg, roast.

Poultry – One serving is 6 ounces. Stick to organic, hormone-free poultry. Poultry is low in saturated fat. You can eat poultry every day if you wish - Chicken breast (no skin), turkey breast, ground chicken or turkey breast.

Seeds, Nuts, and Nut butters - almonds, brazil nuts, cashews, hazelnuts, macadamia, peanuts, pecans, pine nuts, pistachios, pumpkin seeds, walnuts.

Eggs, raw milk goat cheese –

(to be continued)