

Health Corner

By Serena Scott, CMH



Enzymes

Enzymes are proteins that help speed up chemical reactions in our bodies. Enzymes are essential for digestion, liver function and much more. One of the most important roles of enzymes is to aid in digestion. This is very important because adequate cellular nutrition is dependent on the body's functional efficiency in digesting and assimilating food. Eating food-based enzymes is essential to helping your body transform undigested food into nutrients that are absorbed on a cellular level. Raw foods provide lots of live enzymes. When food is chewed and swallowed in its natural state, enzymes immediately go to work in the upper cardiac portion of the stomach. Enzymes are more fragile to the effects of heat than vitamins and minerals; that's why food enzymes are destroyed by high temperature cooking.

Some foods that contain natural digestive enzymes include pineapples, papayas, mangoes, honey, bananas, avocados, sauerkraut, kimchi, miso, kiwifruit, and ginger. **Pineapples** contain a group of digestive enzymes called bromelain, which helps break down proteins into amino acids. **Papayas** contain the digestive enzyme papain, which breaks down proteins into building blocks, including amino acids. Make sure to eat papayas ripe and uncooked, as high heat can destroy their digestive enzymes. **Mangoes** contain the digestive enzyme amylase, which breaks down carbs from starch into sugars like glucose and maltose. **Honey** contains a variety of digestive enzymes, including diastase, amylase, invertase and protease. Just make sure to purchase raw honey, as it is not exposed to high heat. **Bananas** contain amylases and glucosidases, two enzymes that digest complex starches into easily absorbed sugars. **Avocados** contain the digestive enzyme lipase, which breaks down fat molecules into smaller fatty acids and glycerol. Adding any of these foods to your diet help promote digestion and better gut health.

Did you know...

* The length and quality of life is directly proportional to the amount of available enzymes in the body.

high enzyme activity levels.

* Vibrant, healthy cells have

are what makes living cells and tissues truly alive. Excerpts taken from the book: *The Only Answer to Cancer* by Dr. Leonard Coldwell

All Nations Fellowship SDA Church

Our Mission

Building a healthy, strong and growing community of believers in Christ who work together to prayerfully, strategically and intentionally advance the kingdom of God by sharing the gospel of Jesus Christ.

Sabbath School 9:50AM

Praise and Worship Service 11:15AM

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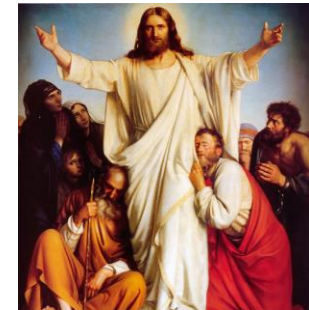
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All Nations Fellowship SDA Church

Where all feel loved, valued, and cared for because the presence and power of God's Holy Spirit produce His fruit in our daily living and in our worship.

You Are Welcome Here

...to this part of God's family, a community of believers in Christ seeking to live under His Lordship. We are glad that you have joined us here today. We trust that you will receive a tremendous blessing from God as you worship and fellowship with us.

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“I know the Bread Maker”
(Recap from Sermon on March 9, 2024)
1 Kings 17:7-16

Pastor Nikolai X. Greaves began his message by informing the congregation of a CNN article about protesters trying to prevent international aid from crossing into Gaza. They shouted ““no single loaf of bread.” The logic was that this would support the terrorists.

In Bible times, the nation of Israel also experienced famine because of their bad decision making. In 1 Kings 17, it shows the Israelites placed themselves in a bad economic situation. Elijah, the prophet, said there would be no rain or dew until he said so. So God cut off the water. The backstory is they worshiped God and Baal. They were believers on Sabbath and idol worshipers during the week. When you find yourself forgetting who gives you your daily bread, something is wrong. God took care of the prophet during the famine by sending him bread and meat by a raven. A raven is an unclean bird that is a taker, a scavenge.. God changed the bird’s nature, and He will do the same thing for you. When you stand up for God, He will stand up for you.

Another point was made that while judgment is taking place, God is taking care of the prophet who stood up for the truth. Elijah was treated like a king in the midst of a famine. God takes care of His people in difficult times

The following three points were presented from the narrative:

1. **Some provisions are passing** - Sometimes God will open a door, and we find ourselves comfortable with what God provides. However, some provisions are not permanent. We must be ready to shift when God makes a move.
2. **God’s purposes are greater than your perception.** The widow in the narrative heard the word of God, but still prepared to die. There are times when we have a relationship, but still lose hope. Elijah told the widow to make cakes for him first, and then for her and her son. Because the widow placed the will of God first, God took care of her. When we place our trust and faith in God, God can do the impossible.
3. **Some provisions are not just passing, they are peculiar.** God commanded the widow to feed the prophet. God talked to the prophet, and God talked to the woman before the prophet arrived. Many widows were in Israel during the famine, but Elijah was sent to a widow in Zarephath (people who were enemies of the Israelites). Both Jew and Gentile heard the voice of God. God will use some of the most unlikely people to accomplish his purpose. Treat everyone with dignity and respect. Just because someone is your enemy does not mean that person is God’s enemy. When we place our trust and faith in God, God will do the impossible.

You may have been praying for daily bread when God has been trying to give you the bakery. He can do a new thing. He can do exceedingly abundantly more than you can ask. We not only know the living bread, we know the breadmaker. [Click here](#) to hear this message in its entirety.

All Nation Fellowship SDA Church
Divine Service
March 16, 2024



Welcome-----Elder Osborne

Announcements-----Elder Osborne

Praise Team

Opening Prayer and Scripture-----Allison Hull

"Galatians 3:28"

Tithes and Offering-----Video

ANF PERSPECTIVES
“WOMANHOOD & FEMINISM”

Introduction of Program-----Gabrielle White

Presentation-----Lana Savchuk

"Biblical Womanhood vs Feminism"

Spoken Word-----Ron Tunis

Spoken Word-----Courtenay Osborne

Spoken Word-----Kelly Denis

Introduction of Musical Guest-----Gabrielle White

Musical Selection-----Roxxy Robertson

Call to Action and Close-----Gabrielle White

Benediction-----Elder Osborne

ANNOUNCEMENTS and Reminders

- **Breakthrough Tuesdays 1st, 3rd and 4th Tuesdays at 7:30PM. Zoom ID: 96091356728; Passcode: 7**
- **Sabbath School is at 9:45 AM. Zoom ID: 945 6406 8099, Passcode: ritBb4**
- **Health Meetup 2nd Tuesday 6:45PM.**
- **Board meeting this evening 7:15PM.**
- **Please support the upcoming HAA mission trip. ANF is asked to provide \$500.00 or more to support this effort.**
- **Please support the LRC Education fund raising campaigns. Millions of dollars are needed to renovate our schools.**
- **“Just for Prayer” Teleconference on Thursday evenings at 8:30 pm. The call-in number is: 716-293-7717. PIN # is 71316.**
- **Pray for healing for Allison Hull, Gabby Smith, Sade’ Carpenter (Osborne’s niece), Tracia and Teresa Williams, Sophie Reyes (co-worker of Diane Wright), Darin (Dawn Robinson’s brother) Jerome Atkins, Deb Agard, Joyce Agard, Henrietta Collins, Maria Hartung, Fuchsia Campbell, Bob (Fuchsia Campbell's nephew) Michael Hartung, Gloria Toscano, and Dana (Allison’s daughter), Shirley Matthews Atkins, Nicole Pratts**
- **The Environmental Working Group is a nonprofit, nonpartisan organization dedicated to helping you live your healthiest life. This is an excellent resource for information on toxicity in your environment. <https://www.ewg.org>**