

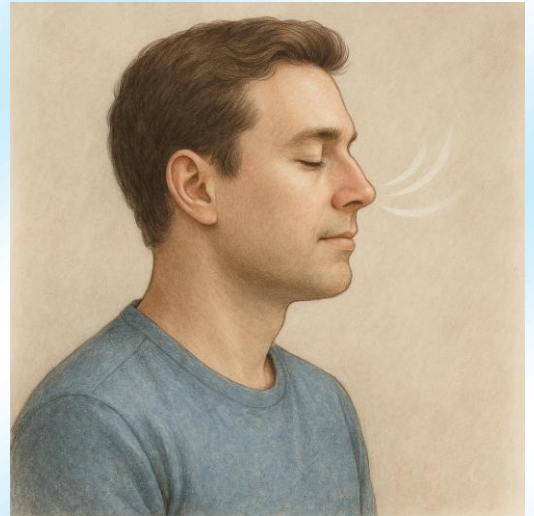
HEALTH BYTES - NOVEMBER 2025
VICTORIA SEVENTH-DAY ADVENTIST CHURCH HEALTH MINISTRIES
“...COME TO ME, THAT YOU MIGHT HAVE LIFE” JOHN 5:40

Nose Breathing

Since your nose was specifically designed to help you breathe, nasal breathing has many advantages.

Nose breathing is beneficial primarily because it allows your nasal cavities to:

- reduce exposure to foreign substances
- humidify and warm inhaled air
- increase air flow to arteries, veins, and nerves
- increase oxygen uptake and circulation
- slow down breathing
- improve lung capacity
- strengthen the diaphragm
- lower your risk of allergies and hay fever
- reduce your risk of coughing
- aid your immune system
- lower your risk of snoring and sleep apnea
- support the correct formation of teeth and mouth



Yet, breathing primarily through your mouth is associated with some health risks. With mouth breathing, your mouth loses moisture, which can cause dry mouth. It could also increase your risk of:

- inhaling unfiltered air
- allergic reactions to allergens
- asthma
- bad breath
- tooth decay
- gum inflammation (gingivitis)
- snoring
- sleep apnea
- teeth or jaw abnormalities



There are some health conditions that make nose breathing difficult in everyday life and exercise. These should be taken into consideration as not everyone can nose breathe comfortably or safely.

Taken from: <https://www.healthline.com/health/nose-breathing#benefits>

Seed and Carrot Roast Loaf

Prep Time 20 minutes

Cook Time 45 minutes

Total Time 1 hour 5 minutes

<https://www.kindearth.net/seed-carrot-loaf/>

Ingredients

- Carrots 3 large sized (or 400g approx)
- 150g ground sunflower seeds (1 cup)
- 150g ground pumpkin seeds (1 cup)
- 2 cloves garlic
- 1 heaped tablespoon fresh rosemary
- 1 heaped tablespoon fresh parsley (or 1 heaped teaspoon dried)
- ½ to 1 teaspoon sea salt

Instructions

1. Chop the (unpeeled, but scrubbed) carrots into small pieces. Boil or steam until soft. Drain and then mash.
2. Grind seeds in a nut mill to make seed meal.
3. Crush garlic and finely chop rosemary and parsley.
4. Mix seed meal, carrots and all other ingredients together.
5. Firmly press mixture into a loaf tin (lined with parchment paper). A 1kg loaf tin works well (approx 20x10x6cm). Make sure that you press really firmly to encourage the binding process – if you are too timid, it tends to fall apart. If you get it just right, then it magically forms into a perfectly sliceable loaf.
6. Bake in a preheated oven at gas mark 6 (200°C/400°F) for approximately 45 minutes.
7. Gently lift from the loaf tin by pulling out the loaf along with the parchment paper. Turn over onto a bread board and slice with a bread knife.
8. Big bonus - it freezes really well (just slice up before you freeze and either grill or bake when you take back out again after defrosting). Yay!

Notes

Grinding the seeds works best with a seed/nut/coffee grinder, although you can use a blender to roughly chop the seeds instead. If you roughly chop the seeds, then add a heaped tablespoon of spelt flour to the mixture to encourage the binding process. The other alternative is to use a pestle and mortar.

If you have neither a grinder nor a blender, you can substitute the ground seeds for pre-ground nuts or seeds.