Healthy Choice Lifestyle Ministry

"THERE'S A HEALTHIER WAY"

"BELOVED, I WISH ABOVE ALL THINGS THAT THOU MAYEST PROSPER AND BE IN HEALTH.....3 John:2

BI-Monthly Health Information Newsletter **Feb 2012/Mar 2012**

PURE AIR, SUNLIGHT, TEMPERANCE, NUTRITION, WATER, TRUST IN DIVINE POWER, REST, EXERCISE-THESE ARE THE TRUE REMEDIES

BLESSED THROUGH SERVICE

On a cold Sunday morning, Dec 11, 2011, Healthy Choice Lifestyle Ministry along with volunteers from the Columbia Midtown Seventh Day Adventist Church headed downtown to Finley Park. Our mission was to deliver hats, scarves, gloves, oatmeal, and hot carob to the homeless . What a blessing it was to see the smiles of thanksgiving from the men and women who we met. By the end it was not only them that received a blessing from our visit, but our hearts were touched as well. This was evident in the testimony of Ms. Elizabeth Kelly and her daughter Meganne, who joined us for their first outreach ministry project.

Elizabeth said, "I didn't know what to expect." She had in her mind that the people at the park would be addicts , didn't want to work , and was just out to take advantage of us. However she quickly realized that this was not the case. "I was surprised that the people had a genuine need", she said. Elizabeth and her daughter's minds were opened to see God's purpose in sending them there.

Despite the apprehensions Elizabeth and her daughter were willing to allow the Lord to use them. Their biggest blessing was received from one homeless gentlemen. Towards the end of our mission, Meganne, who had hand sewn most of the hats and scarves that the homeless received, begin to feel sick . We gathered around her to make sure that she was okay. One of the homeless men noticed she wasn't feeling well also and came over to minister unto her, and prayed for her. This touched Meganne 's heart deeply. She realized how kind the homeless were. There was a lesson in this for her and all those present. Elizabeth describes it as "starving your own selfishness." "Sometimes we may think our problems are so bad, but when you see what others are going through you realize that it's not so bad after all"

Even through our difficult times we should still give God praise. This is what convinced Elizabeth and her daughter that it was God's will for them to go to the park. Praise the Lord that they were obedient to His voice!

Love you all ,
Healthy Choice Lifestyle Ministry

"As we meditate on the truths and promises of the Bible, our attitudes, thoughts, and behavior change. This has a dramatic impact on our bodies and minds. We are cleansed from within and we are empowered to do battle against illness in whatever form it presents itself. The Bible truths are life to us and health to all our flesh."

~Healing Powers p. 42

Disease & Lifestyle

"Processed Meats and Cancer"

In 2007 the American Institute for Cancer Research Fund released the most comprehensive review ever compiled on nutrition and cancer risk. The report confirmed many foods are linked to cancer. In particular its researched linked processed meats like hot dogs and bacon with colorectal cancer. The evidence was deemed "convincing," and no amount was considered safe. Processed meats should be avoided completely.

The term "processed meats" means those that are typically prepared or preserved by smoking, curing, salting, or by the addition of preservatives. This includes ham, bacon, pastrami, and salami, as well as hot dogs and sausages to which nitrites or nitrates have been added. Hamburgers and minced meats may be included as well, depending on processing technique. In 2006 Americans consumed more then 1.5 billion pounds of hot dogs. Sixty-two percent of all Americans eat smoked ham, bacon, or some form of processed pork. The average person eats 32 pounds of it a year.

The risk of colorectal cancer increases, on average, by 21% for every 50 grams of processed meat consumed daily. A 50 gram serving is about the size of a typical hot dog. Some studies have also linked processed meats to cancer of the esophagus, lung, stomach, prostate, but evidence is more limited than for colorectal cancer. Just one ounce of processed meat per day increases your risk of stomach cancer by 15% to 38%.

Why do processed meats cause cancer? Processed meats contain fat, especially saturated fat, as well as plenty of cholesterol and salt. The nitrites that are often used as a preservative, or as a coloring and flavoring agent, can produce N-nitroso compounds, including heterocyclic amines and polycyclic aromatic hydrocarbons. These compounds are known carcinogens and have been associated with cancer of the oral cavity, urinary bladder, esophagus, stomach, and brain. Heme iron is also plentiful in red and processed meats. Heme promotes the production of carcinogens, and its iron content leads to the production of free radicals, which also leads to cancer and other serious diseases.

~Good Medicine

Healthy Choice Food Corner

"Broccoli: A Meal Winner"

In the world of healthy vegetables, broccoli occupies the special status of being one of the most nutritious vegetables around. Indeed, broccoli and its cruciferous sidekicks are among the most powerful weapons to help the body fight against infections and diseases, to include cancer. This is because broccoli contains high levels of certain glucosinolates, a class of phytochemicals, which reduces the risk of prostate, breast, lung and colorectal cancer. Early studies have shown these substances may act as anti-oxidants and may boost detoxifying enzymes in the body.

Broccoli provides a high amount of vitamin C, which aids iron absorption in the body and prevents the development of cataracts. In addition to that, broccoli also boosts the immune system, supports cardiovascular health, and builds healthy bones. If that's not enough, broccoli also contains a high amount of potassium, which helps maintain a healthy nervous system and optimal brain function, as well as promotes regular muscle growth. And it's perfect for weight loss because it is one of the most nutrient-dense foods known..

"EGGLIKE SALAD SANDWICH"

8 oz firm tofu, crumbled
1/3 cup vegan mayonnaise
¼ cup green and red pepper, diced
¼ cup sliced celery
¼ cup sweet relish
2 teaspoons Chicken-like seasoning
1 teaspoon salt
1 teaspoon onion powder
½ teaspoon garlic powder

Mix all ingredients together. Cover, and chill till serving time.

Announcements

• SONLIGHT HEALTH & WELLNESS CENTER: would like to invite you to come visit our new health & wellness center where we offer private consultations to help you enhance your well-being. Among some of the treatments offered are Deep tissue or Swedish massage, Infrared sauna, facials, therapeutic foot spa, and Hydro Colon Therapy. The center also provides exercise equipment, individualized exercise programs, and personal trainer. For more information please contact us @ (803) 667-9647

•Wellness Classes: will be on the 1st and 3rd Sunday of every month from 5pm-6pm @ Sonlight Health and Wellness Center. First class will be Feb 5th on "Pain Relief Therapy". All classes are FREE!!!

Sonlight Health and Wellness Center
4949 Two Notch Rd
Columbia, SC 29204
sonlighthealthandwellness@yahoo.com

Healthy Choice Fitness Tip

A heart rate training zone is used to help determine if you are training at the right pace. Here's how to find your target heart rate. First, determine your Resting Heart Rate (RHR) by finding your carotid artery along the side of your neck, and count the beats for a full 60 seconds. Next, determine your Maximum Heart Rate (MHR) by subtracting your age from 220. Your Heart Rate Reserve (HRR) is found by subtracting RHR from MHR. Multiply this number by your Target Heart Rate Zone to train at (i.e 60%). Depending on your fitness goals here are the target heart rate zones to consider: **Healthy Heart Zone:** 50 - 60% of maximum heart rate; The easiest zone and probably the best zone for people just starting a fitness program. **Fitness Zone (Fat Burning)**: 60 - 70% of maximum heart rate; This zone is more intense and burns more total calories. **Aerobic Zone (Endurance Training):**70 - 80% of maximum heart rate; The aerobic zone will improve your cardiovascular and respiratory system AND increase the size and strength of your heart.

After multiplying your HHR by target heart rate zone percentage add this number to your resting heart rate. This will give you your target heart rate for your workout.

Example: If your RHR is 68 and your age is 30.
HRR= 190-68
122 X .60 =73
73 + 68 = 141 bpm
Therefore your target heart rate would be 141 bpm!!

Lauren Simms

Healthy Choice Lifestyle Ministries offers Weekly Bible Studies-Every Wednesday 6:00-7:15 PM
Please feel free to join us in studying God's Holy Word-"THE BIBLE".

We also offer:
Vegetarian/Vegan Cooking Classes
Natural Remedies-Hydrotherapy, Herbs
Personal Training Exercise Counseling
Nutritional Counseling (to include meal planning)

Contact Information:
Healthy Choice Lifestyle Ministry
100 Park Springs Rd. Columbia, SC 29223
(803) 865-1880
dpalsimms@aol.com

This ministry is supported through donations by those who share an interest in bringing better health to our community. If you would like to help support this cause you may send your donations to the address above. All donations are tax deductable.