

Unity Fellowship Church Movement

HEALTH & WELLNESS NEWSLETTER

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UFCM EXTERNAL DEPARTMENT



HEALTH & WELLNESS INITIATIVE

TO SUPPORT THE WHOLISTIC HEALTH OF UNITY FELLOWSHIP CHURCH MOVEMENT AND THE COMMUNITITES THEY SERVE.

Bishop Harris Thomas, Prelate - Jurisdiction 4 - Beatitude Bishop Zachary G. Jones, UFCM Presiding Prelate

DISCLAIMER: The Unity Fellowship Church Movement's Health Innovative wants our readers to know the views and testimonials shared are that of our writers. Please consult your medical providers with health concerns.

IS THERE A HEALTH ISSUE YOU WOULD LIKE TO SEE ADDRESSED THROUGH THE UFCM HEALTH & WELLNESS IINIATIVE?
PLEASE SEND IT TO: gjerrilee@gmail.com

WELCOME TO WELLNESS

This is your first step to healthier living. Unity Fellowship Church Movement Health and Wellness Initiative encourages you to move in the direction of self-care, self-love, and wellness.

Long Life to you! Good Health to you and your household!
And good health to all that is yours!



1 Samuel 25:6

The true definition of wellness is the act of practicing healthy habits on a daily basis to achieve your best physical, emotional and mental health.

YOUR BODY WANTS TO HEAL

But it needs help from you (Ultimate Guide to Alternative Medicine)

It is important to remember just how recent modern medicine came to be, as compared to the long history of humankind. Penicillin was first isolated in 1928, The dialysis machine was invented in 1943. Chemotherapy was developed in the 1940s because of a civilian use for chemical warfare. This brings up the question of how did we survive before the time of modern medicine? The answer has been visible all along: ALTERNATIVE MEDICINE.

Medicine has been around for as long as there have been sick or injured humans. Some of the practices like using leeches or drilling holes in the head to let out demons was guesswork. However, there were ancient practices like yoga, sound healing, an acupuncture is still being used today.

Over a period of thousands of years knowledge has been accumulated of healing herbs, and healthful practices, in civilizations all over the world. ALTERNATIVE MEDICINE is not just an option to Western medicine. It is a tradition as old as humanity, The reality is that Modern Medicine is the alternative.

Whether you are trying to address a certain health issue, or live a healthier more balanced life, IT ALL STARTS WITH YOU. You have the power to improve your mental, physical, and spiritual wellbeing by practicing positive health and wellness basics. Too often our busy lifestyles get in the way, any treatment works better if you take care of the basics.

Taking care of your mind, body and spirit is what keeps you out of hospitals. Eat and drink to support your body's engine. Over 600,000 deaths in the United States annually are a result of malnutrition and obesity related disease. You would think they would not be related, but they are.

- ❖ It is possible to be malnourished and obese. Instead of pizza and soda on a regular, take in vegetables, fiber, less meat, less processed food as well as a lot more water.
- ❖ Get a good night's sleep every night. This is when the body repairs itself and begins to make sense of the day. Adequate sleep is needed to maintain good health. Insufficient sleep can affect the quality of the time we spend when we are awake. Not getting a necessary amount of sleep if you have a history of heart disease or stroke can put you at higher risk of experiencing them again.
- ❖ Give your body the physical activity it was made for. Whether you are going for a walk, training for a marathon, or stretching, staying active can help you control depression and anxiety and can reduce the risk of heart disease. Millions of deaths occur each year because of insufficient physical activity.

- ❖ Surround yourself with support, positivity and love. Constantly identify the stressors in your life and work to manage them. Find ways to take toxic people out of your life. Search and find therapies that are good for you. Our bodies, minds and souls are different: what did not work for you might work for someone else. Alternative medicine provides all kinds of options.

A SISTER'S CALL FOR WELLNESS AND SELF CARE

Lynn Summers

I am a Sistah who was diagnosed with cancer two weeks before my 58th birthday in June. I had surgery in August and began my first chemo treatment in September. They told me my hair would come out three days after my first treatment, but it didn't. It started coming out in clumps this past week. So today with the help of my daughter, I'm rocking a bald head!!!! How ya like me now??? Monday, I begin my second treatment.

Why am I announcing this on face Book? Well, I am focused on spreading awareness around cancers that are unfamiliar to a lot of us. And I want to send a message to us around knowing our family medical histories. I was diagnosed with Endometrial cancer and a hereditary type of cancer called Papillary Serous Carcinoma, which is hereditary.

I am blessed to find out my cancer was caught in stage one, and my chemo is to kill off what cannot be seen. However, a lot of us don't want to address these matters because of fear. If you find yourself with unexplained bleeding, no matter how old you are, RUN to the doctor. If you are a woman past childbearing age and are bleeding. You need to run to the doctor. That is not normal and the life you save may be your own. So, ladies I beg you to take care of yourselves, listen to your body. Nobody knows your body like you do. If you see/feel something abnormal, get yourself checked out, strongly advocate for your medical care.

Continued Blessings

It is S.A.D

By Reverend Angela Pratt

There is so much to love about fall: cool sweater weather, festive holidays and magnificent, colorful leaves that change into rich shades of red, yellow, orange, and green. As a child, my family would take annual day trips from Maryland to Virginia just to see the beauty of the trees. We would pull out the cooler and fill it with ice and our favorite sodas and Kool-Aid drinks; we would also pack our favorite sandwiches with our favorite snacks. My sister and my brother would be excited, and they were expecting the joy of hiking, having a picnic, and jumping in piles of leaves. You would think that I too would be excited about this trip, but I was not. You see, I would start to feel sad around the middle of September and it would last until around Thanksgiving. I did not understand why the shedding of the tree bark would make me sad, but it surely seemed as if it did. Most of the time, I would stay to myself and let my siblings enjoy our outings. My family did not understand, so I was labeled as just being a loner. It was not until I became grown that I began to understand that I was experiencing a condition called seasonal affective disorder. Seasonal affective disorder is when a person goes through short periods of time where they feel sad or not like their usual selves. These mood changes could be more serious and can affect how a person feels, thinks, and manages daily activities. This form of depression may begin and end when the seasons change. If you have noticed significant changes in your mood and behavior whenever the seasons change, you may be experiencing seasonal affective disorder (SAD).

In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer. The signs and symptoms of SAD include, but may not be limited to:

- ❖ Feeling depressed most of the day
- ❖ Losing interest in activities you once enjoyed
- ❖ Feeling sluggish or agitated
- ❖ Having difficulty concentrating
- ❖ Oversleeping
- ❖ Overeating, particularly with a craving for carbohydrates
- ❖ Weight gain
- ❖ Social withdrawal (feeling like “hibernating”)

Not every person with SAD will experience all the symptoms listed above. These symptoms may last for 4 to 5 months and may reoccur during seasonal changes.

Treatments may be available that can help with SAD. Such as:

- ❖ Light therapy
- ❖ Psychotherapy
- ❖ Antidepressant medications
- ❖ Vitamin D

It is common to experience brief periods of depression, but if your depression last longer than normal and your symptoms are increasing, you should Talk to your health care provider about which treatment, or combination of treatments, above is best for you. **It's S.A.D, but there is help.**

COMBATING SEASONAL DEPRESSION

Balm in Gilead Inc

Seasonal depression is a form of depression that is also known as Seasonal Affective Disorder (SAD). It is triggered by the season change and often begins in autumn. About 5% of adults in the United States suffer with SAD. It typically begins in early adulthood, usually between the ages of 18 and 30).

Seasonal Affective Disorder is characterized by mood swings and depressive symptoms, including but not limited to the following:

- ❖ Sadness, feeling depressed most of the day, almost every day
- ❖ Anxiety
- ❖ Cravings for carbohydrates and weight gain
- ❖ Extreme exhaustion
- ❖ Feelings of despair and worthlessness
- ❖ Difficulty concentrating
- ❖ Experiencing irritation or agitation
- ❖ Arms and legs that feel sluggish

WAYS TO COMBAT SEASONAL DEPRESSION

Renew Magazine

- ❖ Light Therapy - also called phototherapy, this has been used as one of the first lines of treatment since the 1980s. Symptoms may be eased by sitting in front of a light box, which replaces the loss of natural sunlight in the winter months.
- ❖ Mind-Body Connection - how we think can affect how we feel. And how we feel can affect our thinking. Mind-body relaxation techniques such as yoga, meditation, tai chi and art or music therapy are examples of ways to fight against SAD.
- ❖ Get Outdoors - even on cold or cloudy days, a long walk outside can do wonders. Outdoor light can help, especially within the two hours of waking up in the morning.
- ❖ Talk Therapy - (behavioral therapy) works to identify negative thoughts and replace them with more positive ones. It also helps with managing stress.
- ❖ Healthy Lifestyle - regular physical activity and a good diet are helpful in relieving stress and anxiety.

HEALING WITHOUT HANDS

By Reverend Leslie Oliver

We all know it. We've all seen and experienced it. We hear a song, and suddenly, our feet begin to tap. Our heads move. We may even sing a bit of the melody. Whether we know the song or not, we join the universal chorus, even if it is for a few seconds. We bear witness to a universal truth, MUSIC HEALS.

As a young girl growing up in the Pentecostal tradition, I was bored. I wasn't allowed to bring toys or books (reading was my favorite pastime); we had to endure the torture of hallelujahs sending spittle and loud perfume across red carpeted pews and isles. If we were lucky, we would get to pretend and fake a spirited dance in the back of the room. Most often were stuck, and the only attraction we had was the church band and choir director.

Personally, the music lifted me away from memories of abuse and trauma. I let the songs soothe my heart sores and tried to believe what the lyrics told me. At home the sounds of 80s tunes from Donny Hathaway, DeBarge, the Stylistics and Anita Baker, gave me tunes to bury my young sorrows in. At school the likes of LL Cool J, Michael Jackson and Rakim, kept me company as I managed peer pressure and low self-esteem.

I carried my love of music to college, where I was introduced to House Music through club Zanzibar. The drums and refrains gave me a place to shout my angst and to dance my anger away. Music had become my Balm in Gilead. I was Juliet and the beat was my Romeo.

Music's impact on the soul has a colorful track record. One can simply name any major artist and find a tune that will comfort multitudes. Why are we so drawn, so open, and so willing to surrender. It is the power of God's voice, God's statements of truth through music. That there is a place to safely land, and to forget one's troubles. Music has the capacity and reach to transform lives in ways that medicine cannot. Song writers are our shepherds. They guide us to the other side of through.

Consider the last song you heard. How did it make you feel? What song do you reach for when you need encouragement? Why does it move you? It is the God within the lyrics, the love between the choruses, that join hands with you. It gives you a moment to realize that all will be well. Music is a savior, an angel, a friend. It can speak for us, to us, about us and with us. It heals. It empowers, it ignites, it forgives.

As we enter the Thanksgiving season, think about the music that makes you heart smile. What is the song that brings up gratitude? What song reminds you of your favorite family time or loved one? What song brings fond memories of love? Remember that music has never forsaken us, just like God. Just like God music will not forsake us either.

SPICES & HERBS: NATURE'S HEALING

By Elder Cassandra Jones BS & MS

Are you one of those individuals who don't have the privilege of having health insurance? I would like to share some tips that can help. Are you one of those individuals who are not fond of taking pills? These may help you feel better and get this "it's all natural! No artificial flavors, colorings, and gluten free".

I can tell you are wondering – well I'll share nature has provided us with spices & herbs to aid our bodies aka temples in maintaining themselves.

Note: I am not saying to stop taking your prescribed medication however you may want to check out these options.

Rosemary: Antioxidant	Sage: Antiseptic & Antibiotic
Cinnamon: Helps high blood pressure	Mint: Can ease hiccups
Thyme: Relaxes respiratory muscles	Garlic: Natural Antiseptic
Clove: Anti-Microbial	Turmeric: Anti-Cancer
Basil: Can relieve gas & soothe stomach upsets	Fennel: Can reduce bad breath & body odor
Black Pepper: Helps relieve indigestion	Dill: Treat heartburn, colic & gas
Ginger: Anti-Nausea remedy	Cayenne: Can stop a heart attack
Fenugreek: Helps flush out harmful toxins	Oregano: Helps soothe stomach muscles

So, if you are feeling 'out of sorts' try some of the above spices & herbs before you consider starting prescription medication.

Consult your medical provider before starting a spice or herbal regiment.

Consult your pharmacists before deciding to add any spices or herbs into your diet to ensure there are no medication interactions.

Vaccine Study: The Importance of Clinical Trials

By Reginald T. Brown/They, Them, Their

On October 4, 2022, I completed 25 months as a Moderna COVID-19 Vaccine Study participant. I was the 5th of 30K vaccine study participants. As soon as I read that clinical trials were looking for study participants, I applied to about 12 in the USA and one in England. My initial injection was September 1, 2020. The second injection was September 30, 2020 with boosters on October 8, 2021 and May 11, 2022.

I was a double blinded study, meaning that neither I nor the Principal Investigator (P.I.) knew if I got the vaccine or the placebo. I knew immediately that I got the vaccine because I experienced lightheadedness akin to taking a dose of cough medicine. I, of course reported my reactions. For each visit that I got an injection, I was monitored for half an hour to see if I had any adverse effects.

September 2, 2022, I attended The People's Action Organizing (PAO) Revival. On Sunday September 25, 2022 I got an email from the revival coordinator stating that some of the attendees of Thursday's event tested positive for COVID-19 and that I was exposed. Consequently, I took a home test and it was positive. Had I not gotten that email, I would have thought that my nasal congestion was just another head cold. It lasted Sunday night into Monday afternoon. Thank God for the vaccine and the boosters. My symptoms cleared up in less than 24 hours. Believe me, I have had colds that were worse than the COVID-19 symptoms.

I let the principal investigator know immediately. Reporting any health issues was one of the study protocols. Originally the vaccine study was due to end September 30, 2022, however the end date was pushed to October 4, 2022. Over the course of 25 months, I completed a weekly electronic check in. For the first month I was contacted daily for any adverse side effects. The second month, every other week. The third month once a month, then every 3 months. In December the participants would be unblinded and given the choice of knowing if they got the vaccine or not.

I had 3 principals for joining the COVID-19 vaccine study. First, Black people are woefully underrepresented in clinical studies. Second, I wanted to know if the vaccine would interact with my HIV antivirals and my viral load. Thirdly, I owe it to the people who laid their lives on the line for every medication that I have ever taken. This COVID-19 Vaccine Study is my first clinical trial that was not for HIV medications. Since 1998 I have participated in at least 7 clinical trials.

Social Justice is my Ministry. In order to bring attention to important life and death issues. I participate in direct actions such as blocking traffic, occupying an office or rallies, for housing or healthcare. It is such a blessing to live to see what the Lord did through me. My Mother always told me to stand up for what I believe, and be willing to take the consequences.

If you are interested in participating in a clinical trial go to this link: <https://clinicaltrials.gov>