

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

HAPPY HOLIDAYS!



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.

HOLIDAY GREETINGS

Reverend Jerri Mitchell-Lee

December is a month of celebrations throughout the world. As we celebrate Christmas, people in Australia celebrate it during the summer. Kwanzaa "First Fruit" celebration begins the day after Christmas. A cultural festival with special meaning each day until New Year's Day (the seven principles). Celebrating the harvest from African culture, from the Swahili language. Hanukkah an eight-day Jewish celebration which rededicates the Second Temple in Jerusalem following the Maccabean Revolt. Boxing Day, celebrated in the United Kingdom on December 26th. It originated during the Middle Ages. It was the day when the alms box, collection box for the poor, were opened and the contents distributed to the poor. Omisoka, New Year's Eve, in the Japanese tradition, the final day of the old year. Families gather in this tradition to eat long noodles to cross over from one year to the next.

As we end another year, let us remember in our celebrations, those who may feel they do not have a lot to celebrate. Celebrate in community. Cover each other in thought and prayer. Gifts do not always come in a package we can touch or see, but in the form of a spirit of love.

CONTINUE TO WALK ON A JOURNEY OF WELLNESS....BE WELL

A SEASON OF FEASTS AND FESTIVALS

Many of our holiday events are centered around food. This is usually the time of the year when any common sense about healthy eating goes out the window. There are some basic nutrition guidelines you can follow, even if you get off track.

- ❖ Be mindful of your salt and sugar intake. Everything in moderation.
- ❖ Hydrate. Just because the weather is cold, you still need to hydrate. The rooms we celebrate in can be warm, and the air dry.
- ❖ Continue to read the food labels, they inform you of what you put in your body. Food labels let you know the serving size. For example, if a can of soup says two servings and you eat the whole can, you consume twice the number of calories. Labels on the front of a product can often be misleading and often do not give the facts.
- ❖ Eating Healthy with Diabetes. The Holidays can be a challenging time for those living with diabetes. Learning to gracefully decline foods that may not be in your best health and wellness. Stick with non-starchy vegetables (green leafy, green beans cabbage), lean protein, unprocessed carbs. (Whole grains, potatoes, fruit). "If you can't pronounce it, don't eat it. If there are more than 5 ingredients it may be over processed.
- ❖ Share your healthy tastes with someone. Start a new trend.
- ❖ Walk and talk after a good meal. It's great for the digestion. Talking has become outdated with everyone using texts and emails.

ANCESTRAL HEALING

Many medicinal remedies are adapted from African forbearers which centered around spiritual and natural illnesses. Plantation blacks relied on herbal medicinal because they received little or no medical treatment.

Examples of herbs used:

- ❖ Seamuckle, pine top, life everlasting, shoemaker root, ground moss, peach tree leaf, big root, blood root, red oak bark, terry wuk (coast of S.C.)

Uses of certain herbs:

- ❖ Pine needles, peach leaves, red onion- chest colds
- ❖ Witch hazel leaves, red oak bark- skin irritations
- ❖ Spanish moss- high blood pressure
- ❖ Mushrooms- sores
- ❖ Silkweed root- rheumatism
- ❖ Pumpkin seeds- dropsy

Zula tribes in Africa found medicinal applications from over 700 plants.

During the Dark Ages in Europe folk healers with no formal training took care of their community's health.

Mid-wife tradition came to be as a way for women to care for their families and neighbors and share their herbal knowledge.

In the Western world women risked social and religious persecution by practicing herbal healing. Women's roles were regulated by the church who condemned "Pagan herbal practices"

1692 Salem witch trials of Massachusetts were based on the "Devils Magic" herbal medicine. Dismissing women who communed with spirit and interacted with nature.

When Europeans began settling in North America, they relied on the plant wisdom of Native American women.

From the 17th through the 19th centuries, the medicine of Native American women and African American slave women, proved more advanced than European herbalism. These women taught Europeans about a holistic and spiritual approach to wellness.

Grannies (Black female herbal healers in the Antebellum South) They based their practices on Ancestral African traditions while collaborating with Native Americans.

Lugenia Hill-Siburt - (Stewart County GA)- expert in herbal medicine.

Lloyd A. Hall - discovered food preservatives.

Percy L. Julian - developed cortisone to treat arthritis. He also developed a plant extract from soybeans and their by-product used in the treatment of glaucoma.

James Still - African American self - taught physician in Medford, New Jersey who learned the healing power of plants and herbs. He was known as "The Black Doctor of the Pines"

Harriet Tubman - used herbal medicine to keep escaping slaves healthy.

Hildegarde von Bingen - 12th century woman who dedicated her life to the "energy of the green" She laid the groundwork for traditional European Herbal Medicine.

ELEVEN PLANTS FOR HEALING

1. Senna- relieves occasional constipation
2. Dandelion-stimulates the liver
3. Slippery Elm- supports throat health
4. Peppermint- aids indigestion
5. Licorice- promotes respiratory health
6. Ginger- promotes healthy digestion
7. Nettle- supports joint health
8. Chamomile- calms nervous system, soothes digestion
9. Echinacea- boosts immune system
10. Passion Flower- helps to relax
11. Fennel- soothes and supports digestion

COMING FROM SELF DOUBT...INTO GREATNESS

A MENTAL WELLNESS JOURNEY

Tracy Africa Norman

I began modeling in the City of Newark with the encouragement of Tommy. He knew me before I made my transgender transition. I was shopping and he saw me through the window. As he grabbed and hugged me. This was a life changing moment for me when he said, "You should become a model." I knew he was sincere because at the time Tommy was a top model in his own right.

This was the uplifting I needed. After talking with Tommy met with AI, who was a great make-up artist. Along with Daryl, they taught me how to walk and pose in front of a camera. Each time I accomplished a modeling skill, I felt more confident about myself. They encouraged me to go to different shows to see how the models walked, and if anyone asked, I was to tell them I was a student at F.I.T. This was my homework as I was learning. I studied how professional models moved down the runway and came home and mimicked what I saw. I did not realize at the time that each time I walked a runway I was walking in faith.

One summer AI told me to go to the Pierre Hotel to watch a fashion show. As I approached the hotel, I saw models going in to the hotel and others coming out. I began greeting them and walked in with them and rode on the elevator. Once off the elevator, I turned left as the models turned right. I did not realize I walked into an interview room. They asked what agency I was from, and I responded I did not belong to an agency. He then asked if I had a picture and I did. They took my information and said they would call me. I had to believe that they would. Three days later I got a phone call (this was before texting and emails) from the assistant of the person who interviewed me, telling me I got the job. It was a two-day shoot for Italian Vogue. My career had begun as an international model with photographer Mr. Irving Penn. Had I not been bold and walked in faith this would not have happened.

DON'T LET YOUR HEALTH TAKE YOU THROUGH HELL

TAKE TIME TO CHANGE YOUR FILTERS

As we are in the Christmas season and celebration of the birth of Christ, I ask you to keep in mind that this is not the only time of year of giving. It should be all year round. People are hungry all year round, people need the gifts of clothing all year round. People need love and compassion all year round. Jesus did not wait until a specific time of year to celebrate giving and love. He did it all year wherever he went. Let this Christmas be the beginning of your giving and serving without waiting for permission from a holiday.

As we approach a new decade may I suggest that you do not make new year's resolutions. Do not set yourself up for failure by doing the same thing looking for a different result. Set yourself up for success. For example, instead of weight loss, take a look at healthy eating. Instead of making excuses for not getting to the gym walk or climb some steps or do some sit- down leg lifts. It's a new decade, new decades involve change. Changing your attitude about how you take care of yourself.

IT'S TIME TO CHANGE YOUR FILTER

An important part of keeping anything in good working condition (our body, soul and spirit) is keeping our filters unclogged. We have spam to filter our junk mail, water filters, keeping unwanted impurities from our water, and filters in our cars to keep them running and damaging other car parts. Let's face it, we live in a polluted world.

What filters do you have in your life or your body to keep it in good working order? For example, is your prayer life a filter for how you live daily? We tend to accept too many things as clean, not realizing how much garbage we let in our life, that clogs our spirit causing us not to be our best.

But you forget about the law of justice, mercy, and faithfulness. You give of your money but not of your services and compassion. Don't filter out the servant part because you gave a monetary donation. If you only clean the outside of the cup and leave the inside dirty, how healthy is that? The inside of the cup represents a person's character and how they take care of themselves.

Don't pay your health insurance and not take care of your health. If you find yourself sluggish and not moving physically or spiritually the way you should. It's time to change your filter. When you don't clean the filter on a clothes dryer, you run the risk of causing a fire. When you don't clean the filter in your living you become polluted with unbelieving, doubt, fear and a number of other things. Not realizing the result is poor health, stroke, stress, disease.

KNOW WHEN IT'S TIME TO CHANGE THE FILTER.

Now healthy can mean several things for several people. It can mean being able to walk from the bed to the bathroom without pain, it can mean being able to breathe without an inhaler, or healthy can mean being able to run a 10k and not breathing hard. And if you can't relate to that how often do we pray when things are going well? TAKE CARE OF YOURSELVES

3 STEPS TO REDUCE HOLIDAY STRESS

The holiday season can be a source of stress for many people, but there are ways you can navigate those pressures. You can give yourself the best gift of all by taking care of your health and well-being.

1. **Take time for yourself.** It's important to prioritize self-care, especially during the holidays. Self-care is about taking time for self-check-ins each day to recognize your needs and respond to them, like taking a stretch break or going for a walk. It's important to be proactive by taking care of yourself so you can be fully present and enjoy the moment with those around you.
2. **Focus on what really matters to you and your loved ones.** Do what feels right and set realistic holiday expectations based on your preferences, not what society tells you the holiday season "should" be. Perhaps you prefer being outdoors instead of a long meal or you'd like to see a movie instead of decorating. Recognizing what's most important can help you decide what you want to say yes to and what you can say no to.
3. **Remember it's ok to not be ok and get support.** Reach out for help if this time of year is hard for you, as it is for so many, whether it's due to grief and loss, difficult family relationships or difficult memories.

National Suicide Prevention Lifeline: Call 988 or 1-800-273-TALK (8255)

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



1 Samuel 25:6