

Unity Fellowship Church Movement

# HEALTH & WELLNESS NEWSLETTER

Rev. Jerri Mitchell Lee – gjerrilee@gmail.com/ Rev. Cheryl A. Bragg, Editor/Layout

**UFCM EXTERNAL DEPARTMENT**



## **HEALTH & WELLNESS INITIATIVE**

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

UFCM House of Bishops- Beatitude Bishop Zachary G. Jones – Sr. Bishop Jacquelyn D. Holland - Bishop Harris Thomas

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](mailto: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.**

## **MAY AWARENESS MONTH**



# HOW CHANGES IN THE WEATHER IMPACTS ALLERGIES



Often, we hear people talk about how they know it's going to rain or that a storm is coming because they have an ache or discomfort somewhere in the body. This happens because changes in the weather affect many things including allergies. Just as you can take steps to prepare for the storm, you can do the same to prepare your body for allergies.

There is no allergy season. Changes in the weather any time of the year can trigger allergy symptoms. The connection between the symptoms and the weather depends on your particular allergy.

- ❖ Rainy humid days encourage mold growth inside and outside the house. Dust mites will thrive (another allergen). Damp air weighs down pollen keeping it on the ground. If you are allergic to pollen, this type of day might be more comfortable.
- ❖ Dry windy days will blow pollen and other allergens into the air which leads to hay fever and other reactions. Closing windows or staying inside is a solution on a windy day.
- ❖ Hot summer days contain the highest levels of air pollution. Ozone and smog are triggers for anyone with allergic asthma.
- ❖ Cold temperatures can trigger those with allergic asthma especially if you are exercising outdoors. It can cause excessive coughing.

The changes in weather, temperature, and barometric pressure, all contribute to allergic reactions with the possible following symptoms.

- ❖ Congestion, runny or stuffy nose, itchy watery eyes, coughing sneezing, fatigue, wheezing, dry scaly skin, post nasal drip, headaches and migraines.

You can't control the weather, but there are ways to manage changes in weather conditions. Besides using over the counter medications, you can take the suggested actions:

- ❖ Reduce exposure to your individual allergens.
- ❖ Check the weather and news for pollen counts.
- ❖ Schedule outdoor activities when levels are low.
- ❖ Wear a mask when working outside.
- ❖ Control your indoor environment through cleaning.
- ❖ Use filters to reduce house dust and allergens.

Even if you don't have allergies, the changing season can set off nasal issues such as sinus pressure, congestion, and runny nose.

# NUTRITION AND HEALING

To prepare the body for the healing process your body needs carbohydrates, protein, fat, vitamins, minerals, and water. Healing can be from injury, surgery, or infection. Eating well during the healing process helps to heal faster and fight infection. The best source of nutrients is healthy food.

During healing is not the time for weight loss. Reducing your calorie intake while healing reduces the energy your body requires to heal. The body requires energy from nutritious foods to fuel the healing process. When good nutrition requirements are not met, body tissues such as muscles and ligaments will begin to break down. This slows healing and may prolong the healing period.

It is important to drink at least 8 cups of water every day. Drinking enough fluid and maintaining adequate hydration is necessary. It is the key to allowing your body to heal. More fluid may be needed depending on the type of medication you are taking and the extent of your injury, surgery or infection. Do not wait until you are thirsty, by then you are already dehydrated.

A variety of food (vegetables, fruits, poultry, fish) can provide the proper nutrients your body needs for tissue repair and healing. The body requires more protein and calcium during this time.

- ❖ Protein - helps the body heal damaged tissue post infection. Found in Poultry, fish, eggs milk, cheese, legumes, soy products, nuts, and seeds. (Allows for vegan or vegetarian diets).
- ❖ Carbohydrates - provides energy for healing and preventing protein and muscle breakdown. Found in fruits, vegetables, legumes, breads, rice, pasta, grains.
- ❖ Calcium - helps to build and maintain bones and muscle contraction. Found in poultry fish, legumes, dark leafy greens, almonds.

There are more nutrients such as Vitamin A, D, E, K, and C.

As we face constant challenges and stress, our body heals from it as fast as it can. Stress that is not completely healed piles up. As time goes on this accumulation of damage from waste and toxins impairs our ability to heal, and we begin to heal much slower with the added effects of aging and disease.

"If we understand our bodies better, we would damage our health less."

## Early Detection Saves Lives!

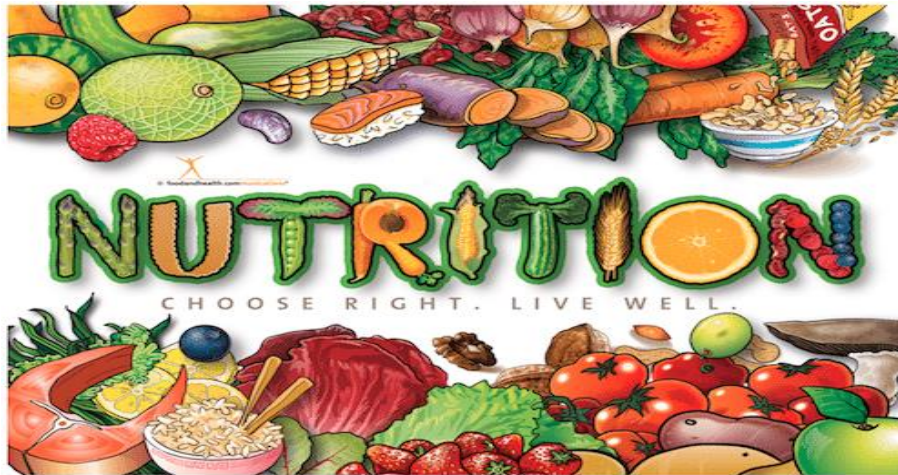
Did you know you do not need a referral, prescription or order form from your doctor for a preventative mammogram or colonoscopy?

Females over the age of 40, who are not experiencing symptoms, can make an appointment for their annual mammogram on their own. Annual mammograms are the best tool for early detection of breast cancer. Most cancers detected by mammography have no symptoms.

The general recommendation for a preventative colonoscopy every 5-10 year starting at age 45; however, for those with a family history or related medical concerns, that guidance may change.

Life gets busy - but no matter how busy it gets, make sure to prioritize your mental and physical health!

## HIV AND NUTRITION



In addition to antiretroviral therapy (ART), medications taken as prescribed, good nutrition is an excellent and natural way to support good health when living with HIV. Nutrients, including protein, vitamins, and minerals, are necessary for the body to function well, including the immune system. It is important for everyone regardless of HIV status to consume a diet that provides a variety of nutrients. A well-rounded diet helps support the health of the immune system and reduce the risk of malnutrition. Living with HIV, even if you are asymptomatic may mean there is a need for a higher number of calories and nutrients. Protein is at the top of the list because it provides for muscle and nerve health.

There are some nutrients important to people living with HIV because they play an important part in immunity and may help reduce side effects of ART. Such foods as fish, poultry, beef, beans, nuts, and eggs that contain lean protein are suggested. HIV is more than likely to cause nutrient deficiencies such as vitamin D, B12, folate, Vitamin E, B6, and more. Multivitamin or a single nutrient supplement may be helpful if you are HIV positive. They can help treat deficiencies and maintain optimal nutrient levels.

Proper nutrition may help reduce ART-related side effects and improve treatment results. Some ARTs interfere with the body's ability to metabolize glucose (sugars) and fats as well which can negatively affect bone health, leading to heart disease, type 2 diabetes, and decreased bone mineral density. It is important to follow a healthy, balanced diet and supplement with certain nutrients when appropriate. For example, a balanced diet high in fiber with a low glycemic index may help reduce blood fat levels and support healthy insulin and blood sugar regulation. Vitamin D supplements can help reduce ART-related complications like decreased bone mineral density.

HIV weakens the immune system. Because the body uses nutrients to keep up its defenses against germs. Eating well can help fight off infections, it can boost your energy, help avoid health complications and ease issues brought on by HIV treatments.

- ❖ Eat plenty of fruits and vegetables. They are high in antioxidants, which protect the immune system. 5-9 servings a day is the goal. Leafy greens and sweet potatoes high in nutrients. Beef, poultry, fish, eggs, nuts, and beans.
- ❖ Go for lean protein. The body uses it to build muscle, and a strong immune system.
- ❖ Whole Grains. Carbs in whole grains give you energy. Brown rice, whole wheat bread. Whole grains contain B vitamins and fiber. A diet high in fiber helps to avoid fat deposits, a potential side effect of HIV.
- ❖ Limit sugar and salt. HIV raises the chances of heart disease. Too much salt and sugar can harm the body. Aim to take in 10% of daily calories from foods with added sugar and no more than 2,300 milligrams of sodium per day.
- ❖ Healthy fats in moderation. Fat provides energy but it is also high in calories. Suggestions are nuts, olive oil, or avocados.
- ❖ Follow up with your doctor about any diet or weight issues. Such as weight loss or loss of appetite.
- ❖ Eat the right number of calories. Avoid obesity which adds to health issues.
- ❖ Drink plenty of water, in addition to healthy drinks.

## **The ABCs of Diabetes**

With about one in 10 Americans living with diabetes and about one in three diagnosed as prediabetic, you or someone you love may need extra care to live well. While there's no cure for diabetes, treatment and lifestyle changes can make a difference.

If you have diabetes, it is important to work with your doctor to manage your diabetes ABCs and keep a record of your numbers.

The ABCs of diabetes stand for:

- A — the A1C test, which measures average blood sugar over 2 to 3 months.
- B — blood pressure, the force of blood flow inside blood vessels.
- C — cholesterol, a group of blood fats that affect the risk of heart attack or stroke.
- s — stop smoking or don't start.

## **KINDNESS IS CONTAGIOUS, SPREAD THE WORD**

The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and possible mental wellness. Witnessing acts of kindness produces oxytocin, referred to as the "love hormone" which aids in lowering blood pressure and improving our over-all heart health. Oxytocin also increases our self-esteem and optimism, which helps when we are anxious or shy in a social situation.

Christine Carter, author of "Raising Happiness" has found that people who volunteer and show kindness towards others tend to experience fewer aches and pains. Giving help to others protects overall health like aspirin protects against heart disease. Kindness can have a stronger effect in some cases than exercise.

Like most medical antidepressants, kindness stimulates the production of serotonin. This feel-good chemical heals wounds, calms you down and makes you happy.

Kindness Decreases:

Pain - engaging in acts of kindness produces endorphins, the brain's natural painkiller.

Stress - kind people have 23% less stress and age slower.

Blood Pressure- committing acts of kindness can lower blood pressure. Acts of kindness can create emotional warmth, which releases a hormone known as oxytocin (cardioprotective hormone) and in turn causes the release of a chemical called nitric oxide, which dilates the blood vessels.

Kindness is not always easy to pass on but it is a healthy way to live.

## **HIV/AIDS**



HIV/AIDS is not getting the information/education exposure it did ten or even fifteen years ago. The urgency to practice safer sex has died down with effective treatments on the market that bring HIV positive patients with undetectable blood work. This means that the virus is so under control with medication that the amount of virus in the blood is so low it cannot be measured in a lab test, but the person is not cured of the virus. Safe sex practices are still encouraged.

We have come a long way, but the fight is not over. Continue to get tested if you are at risk with your behavior. Don't just get tested for HIV but also STIs, and hepatitis. If you have tested positive, do not delay treatment. Talk to your health care provider as soon as possible. Some people can start

treatment the same day they are diagnosed. It does not matter what your viral load is, starting treatment quickly can help get to undetectable, which helps increase the number of CD4 T-cells and lower the risk of developing AIDS.

Once you begin treatment it is important to adhere to the required dose as prescribed. Drug resistance can occur if you discontinue treatment. It can cause the virus to change and make other HIV treatments no longer effective.

HIV does not have a cure, but there are things you can do to live healthy with HIV. They include:

- ❖ Taking medication as prescribed.
- ❖ Avoid sexually transmitted infections.
- ❖ Use protection when sexually active
- ❖ Do not share or reuse needles.
- ❖ Get help with substance misuse, stress or depression
- ❖ Exercise and practice good nutrition
- ❖ Avoid smoking or excessive use of alcohol
- ❖ **Maintain COVID vaccines.**

## **NOTE FROM THE EDITOR IN CHIEF**

### **Reverend Jerri Mitchell-Lee**

Unity Fellowship Health Initiative Newsletter is looking for informative health articles and anyone interested in working on the newsletter monthly. We need writers and researchers.

Please contact Rev. Jerri Mitchell-Lee or Rev. Cheryl Bragg.

- Rev. Jerri Mitchell-Lee- [gjerrilee@gmail.com](mailto:gjerrilee@gmail.com) or (201) 289-6941
- Rev. Cheryl Bragg- [whosoevermusic59@gmail.com](mailto:whosoevermusic59@gmail.com) or (732) 259-3782



# Upcoming Events

**GLOBAL CALL**  
*Sth* *Roses Valley Health Fair*  
 held on the sacred mountain of  
 Roses Valley where escaped slaves  
 hiked to freedom.

**MAY 16-21**  
 10:30 AM - 2:00 PM

Rev. Marvin Powell  
 Pastor

Rev. Clarence Edwards  
 Assistant Pastor

MINISTRY OF EDUCATION  
**ROSES VALLEY  
 PRIMARY & INFANT SCHOOL**  
 EST. 1943  
 Together We Strive for Excellence  
 Email: rosesvalleyprimarysch@ufjamaica.org  
 TEL: 11876 937 9292

Global call for medical volunteers  
 Nurses - Dentists - Physicians  
 Contact Rev. Clarence Edwards  
 freespirit4040@gmail.com  
 Non-medical volunteers  
 Contact Andrea Jefferson:  
 nyandi128@gmail.com

**For more info, contact:**  
 Pastor Nevin Powell: 310-567-6950  
 Accepting donations for the health fair  
 cashapp: \$UFJAMAICA  
 ZELLE: 3105676950

in partnership with

**mAp**  
 Because We Care

UFCN Wellness Ministry & Rev. Gabriella Dennerly

## African Drum Workshop

Join the fun and learn the rhythms of the drum and all that they impart

May 20, 2023

2 pm \$25

45 Commerce St, Newark, NJ 07102

Please send donation to Cashapp: \$UFCN and note "Drum Workshop"  
 \*Light Meal Included\*

Rev. Jerri-Lee - (201) 289-6941/Asabi - (973) 393-4035/ Rev. Gabriella - (646) 470-6749

*Wellness* Is An Energy! \*Please Bring Your Own Drum or other Rhythmic Instrument\*  
 Proceeds to benefit UFC Newark's Womens Retreat

THE WIN PROJECT  
 WOMEN INFORMING NOW

## CISTersTRANSformation To Wellness Brunch

Sunday May 21, 2023 1pm to 5pm

BIG VAL'S SOUL STYLE BRUNCH 1:30-3:00PM  
 GUEST SPEAKER 2:30PM-3:00PM  
 MEET & GREET WITH THE SOUNDS OF DJ OMAR ABDALLAH  
 3:00PM-5:00PM

Bringing cis gender and trans women of color together in social settings to support each other while sharing ideas and resources that impact their personal health and wellness.

CISTersTRANSformation To Wellness

LIMITED SEATING  
 ALL SEATING MUST BE RESERVED BY SENDING AN EMAIL WITH NUMBER OF SEATS, YOUR NAME AND CONTACT INFO TO  
 e.sumner@njcsl.org

17 Academy St Downtown Newark NJ

Guest Speaker  
**Charlene Cooper**  
 Kemani Life  
 Motivational Speaker

**PRIDE CENTER**  
 NEWARK