

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.

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.**

Pride



Month

## SEASONAL WELLNESS

As the seasons change, and the universe moves, it also changes the way we move, act and feel. We tend to be more active in the summer than in the winter, as we still observe some of the lazy, hazy days of summer. Eating habits change. "It's too hot to eat heavy foods like we did in the winter. Our sleeping patterns change because the days are longer. Our body needs more fluid because we put out more fluid.

**DON'T FORGET THE SUNSCREEN!!!!** People with darker skin still need the protection of sunscreen. The darker the skin tone the lower the SPF (sun protection factor) needed. But it is still needed. As seasons change it is important to listen to your body. When the weather is warm and you are having fun in the sun, you may become tired or sluggish. Listen to your body you may be experiencing heat exhaustion. If you or someone you observe show these symptoms, get them to a cool place and drink water. The body loses water four to five times faster than during the winter months. By the time you feel Thursday your body is already two quarts low on fluid. Our body overheats in the same way a car does when it is low on fluids...it stops. STAY AWAY FROM... sugary drinks when trying to quench your thirst. It takes the body three times longer to pull fluid from drinks that contain sugar than if you drink water.

**SOME GOOD THINGS ABOUT SUMMER:** Our skin produces more moisture and oil. For three months dry skin improves. We tend to be more active and do things that may be disguised as exercise. When we burn more calories and eat less there are those who may experience some weight loss. Summer is a good time to work on a plan to keep active during the fall and winter months. People tend to be less stressful during the summer, families and friends tend to do more things together, and you get a chance to show off those tattoos no one has seen all winter.

**SOME THINGS TO KEEP IN MIND DURING THE SUMMER:** Be mindful of clothing that fits too tightly. Because the body holds on to moisture more in the summer, skin can become irritated. FLUID, FLUID, FLUID: Water is at the top of the list. Dehydration can cause a number of other physical problems. It can affect how you respond to medication, your emotional and mental state, level of energy or appetite.

**DON'T FEEL LIKE EXERCISE?** Stretch. Cats are flexible because they stretch. Find a way to get the heart rate up for at least 15 minutes. Take the stairs, walk, leg lifts. The gym is not the only place you can exercise.



## AFFIRMATIONS FOR LETTING GO



"I willingly surrender my attachment to what other people might think about me."

"Wellness is an energy surrounded by faith."

"I allow myself to keep an open mind to other interpretations of my religion and my personal spirituality."

"There is no healing in silence."

"I give up the negative emotions that have created a comfort zone for me. They no longer serve me."

"Hope is when it is never too late to be what you could have been."

"I release the need to judge other's thoughts and beliefs."

## Cataracts

A cataract is a clouding of the lens of the eye that can make it harder for you to see. More than half of Americans age 65 and older have cataracts.

Cataracts happen when protein builds up in the lens of your eye. This prevents light from passing through clearly, causing some loss of vision.

Your doctor will dilate your pupil to examine the lens and other parts of the eye before diagnosing.

Glasses or contacts may correct the issue. But surgery may be necessary if it impacts your daily life.

Cataracts and glaucoma are serious problems for African Americans, causing over half of the cases of blindness in African Americans.

To protect, your vision, wear sunglasses, do not smoke, eat healthy foods, control your blood pressure and get an eye exam at least once every two years.

## THE MYTH

We have been led to believe that dis-ease, or disease, is an inevitable part of life. On our job we are given sick days because people get sick. That is just the way it is, so we have been taught. The truth is we don't always have to get sick. We have simply been misinformed as to how to care for ourselves, or how to prevent being in a state of dis-ease. Less stress, proper diet and exercise, avoidance of toxins and poisons, and proper oxygen intake are some of the keys to good health and wellness. The concept is simple, but we often need help to accomplish it.

What we eat and drink accounts for 80% of the state of our health. In other words, disease is largely caused by improper diet, and be corrected by the "medicine" of proper diet. Life on our planet today is not as it once was. We are met on a daily basis with toxins. Our bodies are composed of trillions of cells, which when filled with toxins leave little room for nutrients. The human body is a self-healer, self-detoxifier. If you cut your finger, clean the site and do nothing to help the healing process, the finger will heal on its own.

Changing our mind-set about the nutrition we provide for our body, is a major step in practicing preventive health care.

"Let food be thy medicine, thy medicine shall be thy food." - Hippocrates

## YOUR RELATIONSHIP WITH ALLERGIES

"Don't let allergies make you a prisoner in the spring of your life."

Everyone is looking forward to spring and summer. Looking forward to warmer weather and lots of outdoor fun. Spring and summer are gifts from Mother Nature and along with that gift, she also creates an atmosphere for allergies.

Allergies affect everyone differently, depending on the climate they live in. Also post COVID19 has exposed our population to allergy-like symptoms. There are many types of allergies that can affect different parts of the body. The most common type of allergy people experience is rhinitis, or also known as hay fever. This happens when the immune system overreacts to airborne particles like dust, dander, or pollen, but not limited to these particles. Keep in mind there are also food and skin allergies.

Symptoms that may indicate you are experiencing allergies are:

- ❖ Runny nose
- ❖ Nasal congestion
- ❖ Sneezing
- ❖ Watery eyes, itchy throat
- ❖ Coughing and post nasal drip

- ❖ Fatigue
- ❖ Facial pressure or pain
- ❖ Itchy skin or a variety of skin reactions

Food items such as milk, meat or seafood can stir up allergies in the spring or summer because of the grass, grains and nourishment that the sources of our food eat. For example, allergies to tree pollen can be triggered by apples or cherries. Allergies to ragweed can be triggered by melons, bananas, chamomile tea, or echinacea.

### **SUGGETED RELIEF FROM ALLERGIES**

- ❖ A reminder when choosing an over-the-counter remedy, make sure it does not interact with any medications you are presently taking.
- ❖ Broccoli helps to clear blocked sinus. 1 cup=500 milligrams of Vitamin C
- ❖ Beta-Carotene. Helps to reduce airway inflammation. Apricots, carrots, pumpkin, sweet potatoes, spinach, kale, butternut squash and collard greens. Juicing is an excellent way to get the full benefits from these foods.

## **LUPUS**

Lupus is a chronic autoimmune disease that causes inflammation in various parts of the body. The disease can range from mild to life threatening. Ninety percent of those diagnosed with lupus are females between the ages of 15 and 44, but lupus also occurs in men, older people and children. Lupus can be very hard to diagnose because symptoms vary from person to person, can come and go, and mimic symptoms of other illnesses. It is important to know the symptoms of lupus and to know if you are at risk for the disease.

### **TYPES OF LUPUS:**

**Systematic lupus erythematosus** causes inflammation in various parts of the body, most commonly the joints, kidneys, skin, brain, heart, lungs and blood vessels. Systematic lupus is the most common form of lupus and is what most people mean when they refer to "lupus". It can be mild or severe.

**Cutaneous lupus erythematosus** is limited to the skin. Although cutaneous lupus can cause many types of rashes and lesions(sores), the most common rash is raised, scaly and red, but not itchy; it is called a discoid rash because the areas of rash are shaped like disks, or circles. Sometimes lesions would heal with no scarring, other times there can be permanent scarring. Another common example of cutaneous lupus is a rash over the cheeks, and across the bridge of the nose, known as the malar, or butterfly rash. Approximately 10% of people with cutaneous lupus will develop systemic lupus.

**Drug-induced lupus** is a lupus like disease caused by certain prescription drugs. The drugs most commonly connected with drug-induced lupus are hydralazine (used to treat high blood pressure), procainamide (used to treat irregular heart rhythms), and isoniazid (used to treat tuberculosis). The lupus-like symptoms usually disappear within six months after the drug is stopped.

**Neonatal lupus** is a rare condition that can affect infants of women who have lupus. At birth the infant may have a skin rash, liver problems or low blood cell counts, but these symptoms usually disappear after several months with no lasting effects.

**Antiphospholipid syndrome** leads to a blood clotting disorder. Like cutaneous lupus, this condition can be seen in people with systemic lupus, or it can exist on its own. This syndrome can lead to strokes, heart attacks as well as other blood clotting disorders.

**CAUSES OF LUPUS:** The causes of lupus are not known, but scientists believe that genetics, hormones and environmental factors all play a role. Environmental factors that can trigger lupus or a lupus flare include: ultraviolet rays from the sun or from artificial light (which can activate inflammatory cells in the skin); certain drugs (sulfas, penicillin and other antibiotics); and anything that causes stress to the body (infection, surgery, an accident, a cold or a viral illness, being pregnant or giving birth).

**LIFE WITH LUPUS:**

- ❖ Living well with lupus means balancing your activities with rest, and trying to avoid stress.
- ❖ Listen to your body, but don't give up your goals and dreams.
- ❖ Get extra rest, but also get regular exercise when possible.
- ❖ Accept help from others but do something proactive every day.
- ❖ Question your doctors, but don't ignore the advice. Follow instructions carefully when taking medications.
- ❖ Closely monitor your condition with your doctor.

Although there is no cure for lupus, early diagnosis and proper medical treatment can significantly help to manage the disease.

# Upcoming Events



UNITY FELLOWSHIP OF CHARLESTON SC  
JUNE MEN'S MONTH  
WEDNESDAY DISCUSSIONS  
THEME "MASCULINE IS GENDERLESS"

7:30 PM (4:30 PM PST) on Facebook live only:  
<https://www.facebook.com/ufcharleston>

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Two-Sided Coin: Masculine vs Feminine  
June 7

Voices Against Stigma: HIV Living with US  
June 14

In Truth, what are you serving? Transgender Siblings  
June 21

Reconnecting my Sexuality to my Spirituality: June 28


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SOLDIERS MEN'S MINISTRY

11am  
**SEEDS SEWN**



June 18th 2023  
Speaker  
Elder Kevin Taylor  
Matthew 13:15 & 31-32

**MEN'S DAY** 

Unity Fellowship Church Newark  
45 Commerce Street, Newark, NJ 07103  
[paypal.me/UFCNewArk](https://paypal.me/UFCNewArk) or \$UFCN

## Health Initiative

### PREVENTIVE HEALTH CARE CAMPAIGN



**"Empowerment through Wellness"**

**Wellness is an Energy: Healing is a process.**

**Look for Campaign kickoff at**

**Unity Fellowship Church Movement Convocation 2023**

**Unity Fellowship Church Movement**  
A GOD IS LOVE AND LOVE IS FOR EVERYONE  
FOUNDED 1912

**REGISTER NOW**

**ADULT:**  
\$85.00  
**YYA:**  
\$40.00  
(AGE 10-20)

**CONVOCATION '23**  
**OCT. 5-8, 2023**

*privilege*

Hotel accommodations at  
Baltimore Sheraton North:  
Last Day to Book:  
Friday, September 8, 2023

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1605645097044&key=GRP&app=resvlink>

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for additional information contact: [jurisdiction4@ufcb.org](mailto:jurisdiction4@ufcb.org)

**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.

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