

# 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.

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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 IINITIATIVE?  
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### **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.**



# AUGUST 2025 HEALTH INITIATIVE NEWSLETTER

## NOTE FROM THE EDITOR...

### **Unity Fellowship Church Movement Health Initiative Statement For a time such as this: The Importance of Preventive Healthcare**

With the passing of the B.B. Bill, the Unity Fellowship Church Movement Health Initiative team is increasing its efforts to promote preventive healthcare and health education, especially when living with a chronic illness. It is even more important now to strengthen self-health advocacy when it comes to individual medical care and medical coverage. With spending cuts anticipated in government medical programs, it is imperative as individuals that we take full responsibility for our wellness and health.

Develop a positive relationship with your Primary Care Physician. Keep the door open to ask questions and receive a clear understanding of a diagnosis or prescribed medications. Understand the purpose of prescriptions to help avoid paying for or taking unnecessary medications.

Ask your pharmacist about alternative less expensive ways to pay for your medications. If you are living with a chronic illness, learn everything you can about it.

The way to fully be prepared for a time such as this is to engage in preventive healthcare and self-health advocacy. Schedule regular health exams. Build healthy nutritional habits, practice positive movement using major muscles. Remember the heart is a muscle. Rest. Minimize stress. Take preventive measures to stay out of the emergency room.

BE WELL!

The Unity Fellowship Church Movement, Health Initiative Team

## YOUTH AND YOUNG ADULT CORNER



### Body Image and Self-Esteem

What does body image mean? It is the way you think about your body. This includes your thoughts and feelings about it. These can be good or bad and can change from time to time and it affects both male and female.

Do you ever wish you could change something about your body? You are not alone. Lots of young people feel unhappy with some part of their looks. Don't get stuck on what you don't like and run the risk of bringing down your self-esteem. You do not need a perfect body to have a good body image. When you like your body as it is now, you boost your self-esteem and leave room to look for positive ways to change it if you decide to.

Accepting the way you look instead of thinking of doing it "When you get in better shape." Some helpful suggestions are:

- ❖ Realize that nobody is perfect. Everyone has "flaws" even people with seemingly ideal figures. See your body the way it is instead of the way you want it to be.
- ❖ Don't body-shame yourself. When you make negative comments about your own body, it harms your self-esteem. Whether you say it out loud or to yourself. Be kind and respectful to yourself.
- ❖ Don't compare yourself to others. Find things you like about your own body.
- ❖ Accept compliments. When someone gives you a compliment say "Thank you" instead of not believing what is said.
- ❖ Focus on what your body can do.

### POSITIVE WAYS TO TAKE CARE OF YOUR BODY

- ❖ Eat healthy foods. Learn what foods are good for you. Eating right gives you energy and can boost your body image. Treat your body right. Feel good about yourself. Try to limit the fast food.

- ❖ Get good sleep to help you be active every day. Your body needs to move to be strong both physically and mentally. Movement and exercise helps to avoid depression and anxiety.

If you need help with issues of body image or self-esteem do not be afraid to ask a school counselor, an adult you trust, parent, guardian or family member. Health issues and trauma can also affect how you feel about your body. Talk to a responsible adult. Often, they can guide you to peer support groups you might feel more comfortable with.

## **“I’m So Tired” Fatigue and It’s Causes**



**Fatigue:** extreme tiredness resulting from mental or physical exertion or illness. Severe fatigue can make it difficult to get up in the morning and make it through the day. Everyone feels tired from time to time. But fatigue can present as feeling severely overtired. Many conditions and lifestyle factors can cause fatigue.

Most of the time fatigue can be traced to one or more lifestyle issues, such as poor sleep habits, lack of exercise or poor nutrition. Fatigue can be caused by medicine or linked to depression. Sometimes fatigue is a symptom of an illness that needs treatment. Are you tired because something is going on medically or because you are trying to do too much? Fatigue can be temporary, or it can be a chronic condition.

What causes fatigue? Many conditions, disorders, medications and lifestyle factors. Some possible causes of fatigue may be:

- |                       |                 |                          |
|-----------------------|-----------------|--------------------------|
| ❖ Poor Nutrition      | Stress          | Infections               |
| ❖ Depression          | Burn Out        | Heart and lung problems  |
| ❖ Anxiety             | Sleep Disorders | Mental Health conditions |
| ❖ Muscle Pain         | Medications     | Autoimmune disorders     |
| ❖ Hormonal Imbalances | Cancer          | Kidney disease           |

One of the main causes of fatigue that can be controlled is nutrition. After eating the body redirects blood flow to the digestive system. This temporary shift in blood away from the brain can leave you feeling tired and sluggish. Symptoms may include sleepiness, low energy levels, problems concentrating or lack of focus.

Fatigue is your body's natural response to digestion. We can be programmed to feel sleepy after eating, because it is what we have seen happen for generations. (different cultures have different words for the sleepiness you feel after eating). The size of the meal can impact how you feel afterwards. Eating a large meal can cause sluggishness because the body needs to work harder to digest it, resulting in a feeling of tiredness.

#### **Fatigue Preventive Steps:**

Walk after meals. Choose whole grain carbs. Skip carbs at lunch. Stay hydrated. Avoid eating late. Eat smaller meals( 4 small meals instead of 3 heavy meals.

**If fatigue persists consult your Primary Care Physician.**

## **How the Human Body Maintains Its Temperature**

People are mammals and mammals are warm blooded creatures able to maintain a relatively constant internal temperature regardless of the environmental temperature. The body's temperature alerts us to the presence of infection or when other health issues are present. Homeostasis defines body temperature control. An organism's self-regulating process that tends to maintain internal stability.

The optimal temperature of the human body is 37oC (98.6F). But a variety of factors can affect this including the weather, hormones, an individual's metabolism and disease, which can lead to excessively high or low body temperature.

The body temperature is regulated by the hypothalamus in the brain. Feedback about body temperature is carried through the nervous and circulatory systems. It collects and communicates information about blood pressure to the brain, where the breathing rates, blood sugar levels and metabolic rate all adjust to compensate for temperature changes.

Heat loss by the body is influenced by reduction of muscular activity, perspiration and heat exchange. This is done by the heat exchange allowing blood flow near the skin surface. The popular belief that drinking alcohol will keep you warm in extreme cold defeats the purpose

of keeping the human body regulated. Alcohol brings blood flow to the surface and can quicken the loss of body heat. It is important to remember that to remain hydrated at any temperature level.

In the case of heat exhaustion, the body is unable to cool itself effectively. This can be caused by excessive sweating or physical activity in hot weather. This in turn leads to a loss of fluid and salt. The key to the human body functioning as an efficient machine while maintaining body temperature is hydration. As three fourths of the earth is covered in water so is our body functioning in fluid.



## **TRANSGENDER HEALTH CORNER**

### **DANCING TO OUR HEALTH BEAT**

**Kabirah Lewis**

We live in a capitalistic, colonial society that seeks to own our relationships with our bodies. Movement is essential for embodiment, and embodiment is revolution for those living in a sociopolitical climate that wants to keep us disconnected and desensitized. Practices that center mind-body connection, or psych soma helps us to come back home to ourselves. Whether it's asana (yoga), Pilates, gyro kinesis, dance, acupressure, qigong, etc.. These practices work to help us relate to, embrace, ease, and overcome the pain, aging, day to day stress and trauma we have experienced and accumulated over time.

When you are invited to these movement practices, the mind can sometimes give us reasons why we can't do a variety of movement phases or even tells us "we can't dance." The heart and goal of movement centered traditions is meeting the needs of YOUR body, YOUR mind, and YOUR spirit, and no one else's.

We work with the physical and mental capacity that we have and seek to gradually expand that over time. This is done with respect, love, patience and care for our bodies, minds and spirits as they presently exist. Setting aside time to intentionally move and be present with our minds and bodies (practically and consistently) can support mobility, and flexibility, the health of our nervous system, improve mental wellness, help us process emotions and reclaim our connection to ourselves as multidimensional beings.



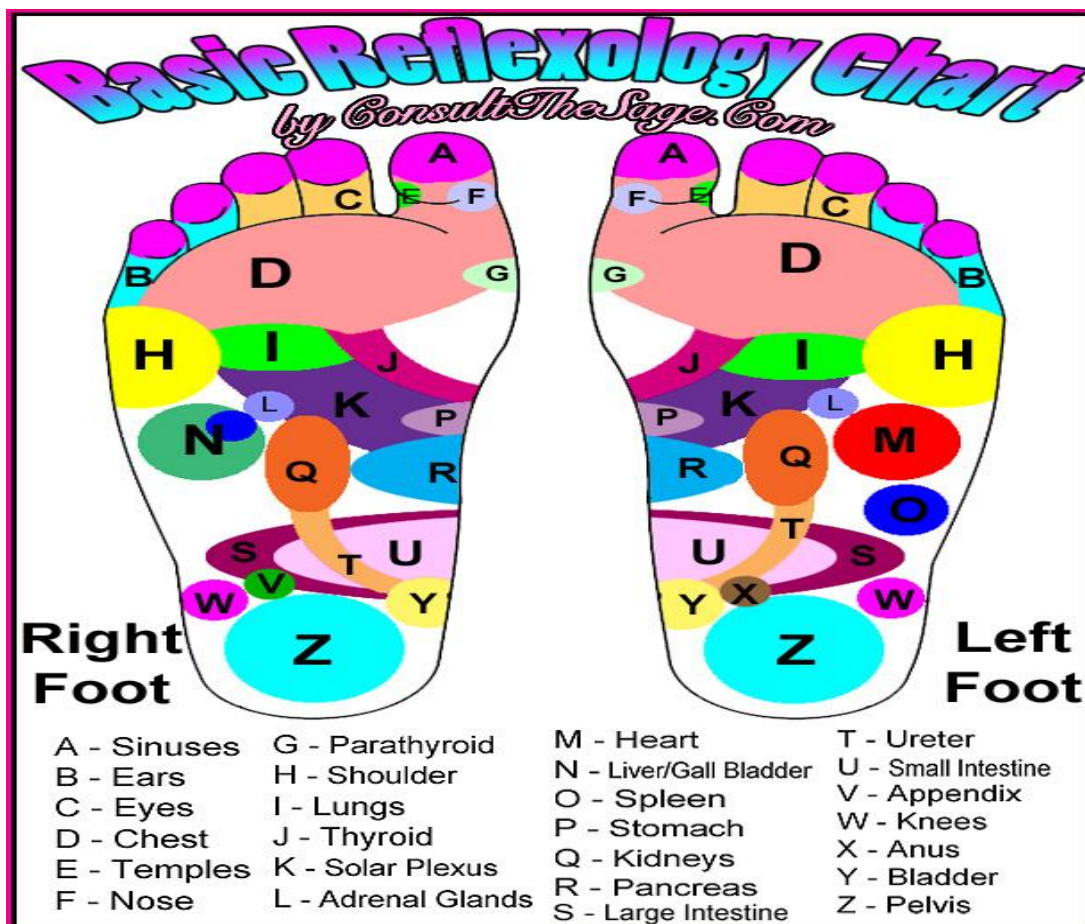
# FOOT FITNESS

Putting your “feet up” and keeping them dry, not only gives your feet a rest, but can improve circulation and promote a level of rest. Often, we forget to include foot health in our preventive healthcare list and visit the podiatrist, unless our feet hurt.

Treat your feet right. Good foot massage can benefit the feet and the entire body. There are specific areas of the feet that affect different areas of the body. REFLEXOLOGY involves the manipulation of specific areas on the feet with the goal of bringing the body into balance.

Some common health issues that affect the feet are:

**CORNS AND CALLUSES:** The reason your body may form them is to protect sensitive skin that presses or rubs against underlying bone. Corns usually occurs on the toes and balls of the feet. While calluses can develop on hands, feet or anywhere there is repeated friction. Although some corns and calluses on the feet develop from improper walking motion, most are caused by ill-fitting shoes. Most corns and calluses gradually disappear when the friction or pressure is removed. If they persist after corrective measures have been taken, consult a podiatrist.



Therapy for corns and calluses include soaking your feet in an Epson salt foot bath, elevate the feet and expose them to fresh air, and use pumice or a callus file to gently rub dead skin off a callus, but do not rub a corn. Do not cut or pare away dead skin. It can lead to infection. This especially applies if you are living with diabetes.

**BUNIONS:** If bunions tend to run in your family always make sure to avoid tight fitting shoes. Bursitis or osteoarthritis, may also be present, can cause pain and stiffness at the base of the big toe and the ball of the foot. It presents as a bony protrusion at the side of the foot near the big toe. This can cause redness, tenderness and limited joint motion.

**GOUT:** Gout appears as pain in the big toe, swelling and warmth. Gout is more common in men than women and can be caused by high levels of uric acid in the blood. It is a form of arthritis and the body's reaction to irritating crystalline deposits in the space between the bones in a joint. At onset, gout responds well to prompt treatment. Mild cases can be controlled by diet. Chronic bouts of gout require long term medication to prevent damage to the bone and cartilage.

**BE GOOD TO YOUR FEET.**

## **SEX WORKERS AND HEALTHCARE**

Sex workers are a diverse group of people. They are men, women, LGBTQ, and others who self-identify who they are. They are parents, members of religious groups, and members of our communities. Some sex workers enjoy their work and see it as a way to express their sexuality and like the income. Others do not feel as though they have choices. Setting aside judgements as to whoever they are, they deserve the same protection as everyone else. This includes the right to health care, to safety. There are those who work with sex workers (UNFPA United Nations Population Fund- UN's sexual and reproductive health agency) and with sex worker-led organizations to meet their needs. Sex workers are often stigmatized and as a result are a vulnerable population.

Stigma against sex workers leads to extreme barriers to healthcare. Many do not seek healthcare because of discrimination by healthcare providers. More than 60% of sex workers distrust or fear health care workers. One of the reasons why they don't go to appointments by themselves. Because prostitution is criminalized in many places, it is difficult to report crimes against sex workers and receive medical care as a result of injuries that occurred



during the crime. This includes treatment for exposure to HIV. It can be a challenge for sex workers to negotiate terms of sex for fear of losing the client.

Sex workers also need food, shelter and safety. But stigma and loss of income have left some homeless and vulnerable to violence. This also compromises the quality of their health. Every person has a right to health care without fearing poor treatment by those who have power over their health. Training healthcare workers to address the health issues of sex workers is needed on a local and global level.

Isolation and discrimination have serious consequences when sex workers are undocumented. Migrant workers and transgender individuals often have limited knowledge of the healthcare system and do not try to access healthcare services because they do not know their rights and fear being reported.

The care of sex workers is not limited to medical concerns. To improve their health clinicians, community resources, social agencies and law enforcement need to work together and consider the social and cultural factors sex workers face.



## **The Olkiama (Circle of Elders) Corner Health News for those 50 and Older**

### **The Importance of Senior Fitness**



There has been a stigma that seniors are weak and have complicated health concerns. That could not be further from the truth. Senior fitness helps to maintain an improved quality of life, good cardiovascular health, and increase in physical activity and build strength in major muscle groups.

There are certain health conditions among seniors that may impact fitness. But that does not mean you are not able to achieve some level of fitness:

- ❖ ARTHRITIS- mainly seen in major joints including shoulders, back, hips, knees and hands. Can cause pain inflammation and stiffness. These symptoms can be navigated with the proper exercise. Swimming and water aerobics is at the top of the list because water supports the weight and takes stress off the body and joints. Arthritis can cause sensitivity and limited mobility. These symptoms can be overcome with a longer warm up period, light weight training to increase muscle strength and remove unnecessary stress on the joints and low to medium impact exercises as well as gentle stretching.
- ❖ DIABETES- It is important to be aware of type I or II diabetes in various stages. This is done by being in tune with your body especially during exercise, snack after exercise and know what to watch for. Paying attention to any changes that may indicate a drop in blood sugar. Nutrition is also an important part of living with diabetes.
- ❖ HEART DISEASE -HYPERTENSION- Heart related incidents such as heart attacks, stroke, ischemic attack (reduced blood flow) and hypertension can be linked to heart disease. Participating in a fitness activity that works the heart muscle along with the other muscles in the body is a preventive measure for heart health. Be aware of any family history of heart disease or hypertension. Know your limits, but do not be afraid to challenge yourself.
- ❖ OSTEOPOROSIS- is a degenerative bone disease that affects 20% of women over 50 and 4% of men. It causes the bones to become weak, brittle and more susceptible to injury. Osteoporosis can lead to stress and anxiety about being injured while exercising. One of the keys to maintaining strong bones is weight bearing exercise. Walking, light weight training, and use of body weight. If osteoporosis has been diagnosed (i.e., Bone scan) avoid high impact activities such as jumping, to reduce the risk of injury. Strength training can help build strong bones and muscles as well as build self-confidence.
- ❖ RESPIRATORY CONDITIONS- a decrease in lung function is a normal part of aging because of postural decline, muscle atrophy along with other changes in the body. Breathing may become difficult or less effective due to COPD (chronic obstructive pulmonary disease), bronchitis, late or on-set asthma and pneumonia. Regular exercise, both aerobic and strength training can minimize many of these causes. Make cardiorespiratory activity a part of your regular exercise program. Do what is comfortable and enjoyable or try new activities.

It is safer to begin slow and easy and work your way up. Never underestimate how much seniors can do.

**BEFORE BEGINNING ANY EXERCISE ROUTINE CHECK WITH YOUR PRIMARY CARE PHYSICIAN, ESPECIALLY IF YOU HAVE NOT BEEN ACTIVE IN A WHILE.**

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**UNITY FELLOWSHIP CHURCH MOVEMENT HEALTH INITIATIVE  
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**FIND OUT MORE:**

**[Namewellness2023@gmail.com](mailto:Namewellness2023@gmail.com) or 862-405-7612**

**“Wellness is an Energy: Healing is a Process”**



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.

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- Rev. Cheryl Bragg- [whosoevermusic59@gmail.com](mailto:whosoevermusic59@gmail.com) or (732) 259-3782



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The Unity Fellowship Church Movement: UFCM HEALTH & WELLNESS INITIATIVE NEWSLETTER is published monthly and is widely distributed to all of the congregations of the UFCM, Inc. population, as well as health and wellness spaces and social media groups. This is a great opportunity to place your small business before a broader audience and to support our critical work to get our membership to consistently consider their well-being.

As we move towards our 5th Year of publication, we are opening up for ads, targeting health agencies, mental wellness counselors, and medical staff. Holistic Practitioners. Nonprofits. If you provide health services to the community and have reliable information to share about health and wellness, you can reach our audience now.

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