

# **Healthy Lifestyle**

**Millions More Movement**

**Houston Local Organizing Committee**

**Ministry of Health**

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## Introduction

Is living like the people in the bible unrealistic? They lived until 900 years in Genesis chapter 5 and 400-500 years in Genesis chapter 11.

The FDA (Food and Drug Administration) as well as the US Agricultural department are both segments of the government which dictate what and how much we are supposed to eat. Based on those recommendations 70% of America is overweight and 40% is obese as of 2004 statistics.

Let's see who benefits from our fatness.

Most medical problems are results of eating the wrong foods or just too much in general. As black people we are the number one users of blood pressure medicines, diabetes medicines and we are the number one race of people who utilize dialysis machines (these are machines that cleanse the blood because the kidneys have failed to work). This is why I suggest that people begin to start working towards eating one meal a day. You must work at it. Think about it, there was a time when you had to learn how to walk, run ride a bike and drive a car. It will take work.

Some doctors suggest that it is normal to gain 5 to 7 pounds per year which means you would gain 50 -70 pounds per 10 years, 100-140 per 20 years and 150-210 per 30 years and so on - that is a ridiculous thought process. Because of the fatness of this society, grocery stores are loaded with low fat, low cholesterol, fat free, no and low calorie foods. These foods should be avoided because they usually have additives that are unhealthy and may even promote more eating (addictive eating) and weight gain.

All sugar substitutes (equal, splenda, sweet and low etc.) should be avoided. They are associated with causing cancer and other neurological (nerve) type problems and they are addictive (yes like crack, cigarettes and caffeine). So let's eat the best of foods, mostly fruits, vegetables, beans and brown rice. Occasional meat is OK, but try to stick to beef, fish (not catfish and not canned fish) or lamb.

Your bible tells you what you should and shouldn't eat (Leviticus and Deuteronomy). You are a live and a living human, so you should put live and living food in you. Cooked meat and processed foods are dead. Breakfast, lunch and dinner are making us fat. There is no particular food that you need at a particular meal (breakfast food, lunch food etc.). That is a thought process of money making food companies.

Your body needs nutrients and vitamins and if you ate the same meal everyday and your body got what it NEEDS, you would be as healthy as the best. If you eat a satisfying meal and you are hungry within minutes or a few hours the food you ate probably lacked good nutrition. This is the first step toward overeating and therefore the cause of becoming

overweight. Multiple meals are not necessary. Estimate the calories you expend daily and start working towards getting all your needs in a 3-4 hour period.

Find a time when you can sit, relax and eat when you are not rushing to get to or do something else. The first process of digestion is chewing which should take time.

### **Healthy Tips**

1. Always eat something to begin your day IF you eat more than 1 meal per day.
2. Don't eat because it's time, eat because you are hungry.
3. Don't eat to get full, eat to satisfy your hunger.
4. No fast foods, no fried foods, no alcohol, no sodas and no junk food. (Burger King, McDonalds, Church's, Popeye's, KFC, Frenchy's, BBQ joints, Jack in the Box, Whataburger, Timmy Chan's, Pizza Hut, Dominoes, Papa John's, Chicken Wing Joints etc.) Including (Junk Food-potato chips, candy, donuts, pastries, and cookies). Subway, Quiznos, Schlotzsky's and Blimpie are better choices, but you can still eat wrong at these places.
5. Each time that you eat, there should be more fruits or vegetables than meat, potatoes and bread.
6. Drink enough water to keep your urine clear or light yellow.
7. Exercise everyday.
8. Don't eat after 6:00 p.m.
9. If you follow these rules six days of the week, you will get one cheat day where you can eat or drink whatever you want.
10. If you stick to these rules you will lose weight as well as improve your medical problems; if you don't, you will never know!!
11. You should drink water or fruit juice one or two hours before you eat for best digestion; drinking while or after you eat interferes with the digestion process. Drinking after you eat should be 4 hours after you eat if there is no meat and 6 to 8 hours after you eat if there is meat in your meal.

### **Healthy Foods**

**Fruits:**

Banana, apple, orange, pear, grape, grapefruit, peach, nectarine, watermelon, cantaloupe, honey dew, kiwi, plum, mango, strawberry, apricot, fig, coconut, tangerine, raspberry, blueberry, blackberry, loquat, kumquat, lemon, lime, pomegranate and cherry.

**Vegetables:**

Squash, corn, broccoli, cauliflower, carrot, beet, tomato, cucumber, bell pepper, cabbage, brussel sprout, zucchini, mushroom, celery, watercress, okra, green bean, pea, egg plant, artichoke, asparagus.

**Beans:**

Red, black, navy, lentils (don't use salt pork, ham hocks, bacon etc.). Cook beans without meat. Use brown rice only, not white rice. When buying red, black or navy beans always buy the small variety.

**Coffee**

Should be limited to 1 cup per morning. Caffeine is a diuretic and leads to dehydration.

*Treat coffee as soda-eliminate it from your diet.*

**Things to Remember.....**

The most destructive habit Worry

The greatest joy Giving

The greatest loss Loss of Self-Respect

The most satisfying work Helping Others

The ugliest personality Selfishness

The most endangered species Dedicated Leaders

Our greatest natural resources Our Youth

The greatest "shot in the arm" Encouragement

The greatest problem to overcome Fear

The most effective sleeping pill Peace of Mind

The most crippling failure disease Excuses

The most powerful force in life Love

The most dangerous pariah A Gossiper

The world's most incredible computer The Brain

The worst thing to be without Hope

The deadliest weapon The tongue

The two most power-filled words "I Can"

The greatest asset Faith

The most worthless emotion Self-Pity

The most beautiful attire SMILE!

The most prized possession Integrity

The most powerful channel of communication Prayer

The most contagious spirit Enthusiasm

## **Gout**

Gout occurs when a person has too much intake of protein. Protein includes pork, beef, chicken, turkey, fish, shellfish and beans. Large amounts of protein in adults causes an over production of uric acid which is the by-product of protein breakdown into amino acids. Too much uric acid is hard for the kidney to release from the body and uric acid deposits in joints. The result is swelling and extreme pain because uric acid deposits as crystals. Growing children need more protein than adults. Meat is not necessary with every meal or every day. Beans are rarely a cause of gout.

## **Common Cold/Flu**

These are viral infections that get into our body by breathing in air from someone who is currently infected. Viral infections get in the system through the nose, into the lungs and then spread throughout the body. The body's response is to increase the temperature (fever) to kill the virus. Mucus production in the nose and lungs begins to collect the infection and take it out of the body. There are no medications that we have to kill viral infections, so your body has to take care of it. Runny nose and coughing are the processes of getting the killed virus out of the body. In actuality, what most people want and get from a doctor is against the body's healing process. We get medicine to decrease fever (hinders killing of virus), stop coughing and runny nose (stops removing infection from our system).

**Note:** Fever should be reduced because of possibility of fever seizures in young children.

### **Heart Attack**

A heart attack (myocardial infarction) is usually caused by a cholesterol clogged artery in the heart. When the heart beats, it is pushing blood to parts of the body. When it relaxes in the short amount of time between beats, blood flows into the heart muscle. As years of eating too many fatty foods go by, as well as heredity and smoking in some cases, cholesterol starts to build up in these arteries. Now, when the heart relaxes, there is not enough room in the artery to supply blood to the heart muscle. The pain of the heart attack comes when the heart muscle's need for blood can't be met and the area not getting blood starts to die or is stressed. Symptoms of a heart attack differ from person to person and may be silent in diabetics. The classic symptoms of a heart attack are pains in the chest, left arm and jaw. There may also be associated symptoms of sweating, nausea, and dizziness. Symptoms may last more than 30 minutes and are unrelieved with rest. Early signs of heart attack are either angina, chest pain that occurs with exertion, or shortness of breath with exertion.

### **Hypercholesterolemia**

Cholesterol is a building block material in our bodies. Everyday we go through processes of repair within the body. Muscle, bone, skin and other tissues in the body get rid of old cells and are replaced with newer cells. When we eat a lot of fat, grease or oil we get too much cholesterol and it begins to build up in the blood stream. When cholesterol builds up in our blood, the main problems are blockage of blood-flow and hardening of the arteries. This can cause or add to the causes of heart attacks, strokes, impotence (penis not working) and high blood pressure.

### **Hypertension**

Hypertension is when the pressure that the heart has to pump against is increased. Once you are diagnosed with hypertension, the concern is that you are causing damage to your organs. The organs we worry about the most are the brain, kidney and heart. A simple example is if you were trying to blow up a balloon with a two-foot hose. Would it be easier to blow the balloon up with a straw or a garden hose? The hose with the wider diameter is going to cause less

resistance and therefore you will need less pressure to fill that balloon. As the years go by of eating too much salt, fat, smoking, and gaining weight the diameter of blood vessels is decreased. The blood pressure increases because the heart has to push against the blood vessels much harder. The purpose of the blood vessels is to open wider when organs (heart, liver, kidney, brain, muscles etc.) need more blood, and close down when organs need less. Smoking, high cholesterol and weight gain decrease the blood vessels ability to open and close. Finally, the inability to change volume increases the pressure on blood vessels. Salt intake increases the amount of water in blood vessels since salt attracts water in the body like a sponge.

## **Stroke**

A stroke results when part of the brain does not get the adequate amount of blood. The brain has to receive blood flow in order to live. High blood pressure causes blood vessels in the brain to either pop, or squeeze in diameter until blood flow is reduced. If there is no blood, brain tissue starts to die. If bleeding occurs, there is damage to the brain tissue. Our bodies need the connection to the brain in order to function properly, and when there is damage, the subsequent area or function in the body doesn't work as well. Examples include, when a person can't talk after a stroke, can't comprehend what you are saying or can't move a part of their body. A stroke causes permanent damage, but sometimes a patient will make improvements after a stroke. Whether there is bleeding or loss of blood, there is usually swelling around the injury. The injury cannot be repaired but the swelling will decrease and some function will return.

**HIV** On a daily basis all humans fight infections and cancer as a process of our immune system. Our immune system consists of cells that attack infectious, allergic, cancerous, and foreign agents. When a person is infected with HIV (Human Immunodeficiency Virus) this virus begins attacking immune cells. HIV attacks in ways that no other virus does, which is why some people believe it is manmade. The virus causes death of the cells that protect us. If enough immune cells are killed, the person begins to become infected with diseases that we normally are able to fight. Thus, AIDS or (Acquired Immune Deficiency Syndrome) develops. There is no such thing as the AIDS virus. HIV is just one cause of AIDS. Cancer treatments and severe malnutrition can cause AIDS, which is a loss of normal immune system protection. Risk factors for HIV are IV drug use, blood transfusion, homosexual sex between males and anyone with multiple sexual partners. It is very important that anyone infected with HIV eat healthy for life in order to keep the immune system as strong as possible.

## **Water is the Great Cleanser**

Ever wonder why the Almighty Creator made the human body 75% water and the earth 75% water? Do you ever think about why you can drink fluids that are red, green, blue, orange or any other color and when you urinate it still comes out yellow or clear? For those who really pay attention to their bodies, why can you drink Gatorade, soda, or any flavored drink after working out or playing sports and never feel like your thirst is quenched until you drink water?

Answer: WATER is the great Cleanser. Our bodies go through a buildup and breakdown process daily regardless of the activity. These processes produce waste and by-products. We

haven't even calculated the food (toxins), breathing air (toxins) and excessive/physical activity (production of by-products). The purpose of the liver is to cleanse the body of toxins or by-products that can be harmful to the body. It also breaks chemicals down so we can eliminate them from the body (the liver breaks down the colors in foods and drinks and eliminates them in feces). The kidneys actually process the blood so that necessary toxins and by-products can be eliminated from the body in the urine. Replacement drinks as mentioned above have salt, sugar and other nutrients that the body can use but it takes water to replenish the volume and transport those nutrients to the tissues where they are needed. The body cannot function normally without the proper amount of water and the way that you can evaluate this is to look at your urine. It should be clear or light yellow. On the earth, evaporation can raise the moisture, produce clouds, make rain and then lakes, rivers and oceans can move and cleanse and maintain life. Lack of water causes dehydration which is a disease producer and an early grave maker. Please stop the excuses and drink more WATER!

## **Weight Gain**

### **Is weight gain normal or is it abnormal?**

When I came to Texas from California I was shocked at the dramatic difference in people's weight in the South as compared to the West Coast. People in California were striving to be thin and when I relocated here some of the women that brothers called "fine" I thought were big. No disrespect intended, but hopefully this is food for thought. Ma Dear was the name many here called their grandmothers. Most of the time when I met someone's Ma Dear they were huge, probably 250 to 300 lbs. or bigger! There are some big people in California, but not like I saw when I came down south. Is it normal for a person to gain 15, 20, 30, 50, 100, or 200lbs. in a lifetime? In your family who are the sickest people, the thin or the big? The body of a woman stops growing at 19 and a man at 21. Why is it so hard for big people to move around? Is that normal?

Weight gain happens for one reason—More calories going in than you are burning. Simple process, but how many people actually evaluate and do something different when they have to buy new clothes every so often or when they start to bulge out of the ones they are wearing. Now I am not trying to down big people, it comes to the question: Are you HEALTHY? No person is as active as they were when they were a teen. So why do we continue to eat as much or more as we age and our activities slow? The truth is before we were kidnapped and brought to America we did not eat 3 meals a day. Meat was a festivity food. Birthdays, marriages, rites of passages and other celebrations were special occasions when we ate meat in the Motherland. We all know some Black folks who say "I can't eat unless I have some meat on my plate!" Where did that thought process come from? When we were enslaved, we worked and I believe we haven't worked that hard since. We were up at sunrise and didn't stop working until sundown. We ate the scraps that the slave master didn't want from the garden, cow, pig, chicken and the turkey. Please think about what the difference is between soul food, which people eat today, and what we had no choice to eat when we were slaves. Pig feet, chitterlings, greens, chicken feet,

hog maws (I don't even know how to spell it) and cow tongues etc. are still parts of our diets. Now include the new technology of fast food, restaurants and microwaves and there is not much work to eating any more. Have you ever seen a picture of a fat slave? They were working all the food off. We eat and are so full we fall asleep with our pants undone. Our biggest meal is at the end of the day when we sit on our butt for the rest of the day. The morning is the part of the day when we need the most energy and we don't eat anything. Let us answer some of these questions.

Is it normal to gain weight? Yes it is normal but it should be minimal, probably 20 to 30 pounds over a lifetime. As we age our metabolism slows as well as everything else about us. Our need for food should decrease as we slow. It makes no sense for a 40 year old to eat as much as they did when they were 20. If you gained 50, 100, 200lbs., you are eating too much food, too often and at the wrong times of day. Most people who are overweight want the weight off before the wedding in 5 months or before the summer. If it took you 15 to 20 years to gain the weight, understand that it might take you a couple of years to get it off. A long term weight loss program is the safest way to lose it. Name one person who lost weight on a diet and KEPT it off. I know of none.

If you don't change the food you eat, how much you eat and when you eat, you won't lose weight. Jenny Craig, Weight Watchers, Atkins and pills will not maintain weight loss. Why are pharmaceutical companies who make diet pills rich? Why did Atkins die weighing over 350lbs and rich while telling you how to slim down? Too much protein is hard on the body and will eventually manifest itself in disease.

Let's get to some solutions. The healthiest diet is one that is as close to vegetarianism as you can stand. If you don't eat meat you will survive and will be healthier because of it. If you have to eat meat stick with fish and beef (not large amounts of steak). If you eat 3 meals a day decrease to 2 with snacks until you discipline yourself to eat one meal a day. If you are 25 years or older, you do not need more than 1 meal a day. Outside of that one meal the only other intake should be water and 100% fruit juice. Some readers will worry about losing weight; if you lose weight then you had too much in the first place. The sign will be how much better you feel and your energy level will increase. Why am I harping on weight? Weight is the reason why 95% of what I treat everyday is preventable.