

**January 2018**

**Fasting a guide to an abundant life.**

**Mind, Body, Soul and Spirit**

**Fit for Christ**

**Romans Chapter 12– Verses 1-2**

**1 I beseech you therefore, brethren,  
by the mercies of God, that ye  
present your bodies a living  
sacrifice, holy, acceptable unto God,  
which is your reasonable service.**

**2 And be not conformed to this  
world; but be ye transformed by the  
renewing of your mind, that ye may  
prove what is that good, and  
acceptable, and perfect, will of God.**

## **Mission of the Health Ministry**

The mission of the health ministry is to promote better health and wellness mind, body, soul and spirit. We are taking a holistic approach to health in an effort to renew, restore and rebuild the people of God. We will reach out to the church and community and provide life changing health information that will teach members how to live healthy for Christ. The information provided by the health ministry will mend the health of all those it touches and in turn send them out to bring courage to others to make healthy life changes.

## **Vision of the Health Ministry**

The vision of the health ministry is a healthy, joyous, energized body of Christians fit for the mission of bringing souls to Christ. Let's get fired up and fit for the journey

## **Our Goal**

The goal of the Health Ministry is to increase the overall wellness of the Church and restore it to the good health that God intended his people to have. Once we have learned how to live healthy prosperous lives we will be better able to go out and spread the Good News of Christ and his healing and restoring powers. **Fitness is infectious**, so let's infect the world around us with Godly health principles so that they too shall be fit for Christ Mind, Body, Soul and Spirit.

The focus of this fast will be on starting the year with a renewed commitment to God by giving him control of our lives and breaking the hold that anything else has on our lives.

We will not eat any meat, seafood, poultry or animal products of any kind... To include but not limited to: beef, pork, milk, cheese, dairy, and unleavened bread. Avoid the following sweeteners: sugar, raw sugar, syrups, molasses, and cane juice. No junk foods of any kind (No candy, cookies, chips, gum etc.)

No deep fried foods. No coffee, black tea, carbonated beverages, energy drinks or sodas. No shopping for non-necessities, No eating out, No excessive television or social media.

\*Homemade organic treats with no added white sugar are allowed. We are allowed to have fresh or frozen fruit of any kind, oatmeal, brown rice honey and Jasmine rice.

\* The fast is 30 days in duration 2 January-31 January 2018

# Focused Christians

Healthy people have the strength and endurance to go the distance as they press toward the mark of the high calling. As we know from John 10: 10 The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly. Poor health habits lead to disease and sometimes death. Being sick and broken is not abundant living . Obesity and ill health are thieves that have plaque the church for far to long. The time has come for the people of God to live abundant healthy lives. We must focus on the word more than, food, television, and lounging. Every event we have in our lives some how involves food from the womb to the grave. Imagine how awesome the world would be, if we took Jesus to as many events as we took food.

Not only is fasting a great opportunity to reset our physical body it is an awesome tool to reset the spiritual body as well. This years in a effort to get the body on one accord the fast will be based on a corporate prayer for (spiritual growth, better health, a smooth transition and the salvation of our nation ).  
**The Fast will begin at sunrise on 2 January 2018 and end at sundown on 31 January 2018**

# Foundational Scriptures

**3 John 2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.**

**Ephesians 4 ;23 And be renewed in the spirit of your mind;**

**Daniel 10; 2-3 2 In those days I Daniel was mourning three full weeks 3 I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled**

**Philippians 3: 18-19 18 For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: 19 Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.**

**Proverbs 3:5 Trust in the Lord with all thine heart; and lean not unto thine own understanding**

**1 Corinthians 6: 19-20 19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? 20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.**

## **Why do we fast every year**

According to God's word fasting is not an option it is expected.

Matthew 6:16-18 (KJV) 16 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. 17 But thou, when thou fastest, anoint thine head, and wash thy face; 18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

### **Fasting/Discipline**

Proverbs 25:28 (KJV) 28 He that hath no rule over his own spirit is like a city that is broken down, and without walls.

Fasting is a way to turn off much of the world and tune in to God. Often times fasting is looked at as a sacrifice given for the purpose of being blessed, the truth is God will bless us whether we fast are not. Fasting allows us to get a greater connection to God, so that we may indeed know that God is blessing us and praise him for those blessings. Removing the obstacles that get in the way of our time with God opens our hearts and minds allowing God to pour into us.

Galatians 5:17 (KJV) 17 For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

Matthew 6:33 (KJV) 33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

2 Chronicles 7:14-15 (KJV) 14 If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

15 Now mine eyes shall be open, and mine ears attent unto the prayer that is made in this place.

Daniel 9:3 (KJV) 3 And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:

## **Children and fasting**

Proverbs 22:6 (KJV) 6 Train up a child in the way he should go: and when he is old, he will not depart from it.

While it is not expected for children to conduct a complete fast it would be a great opportunity to teach them the importance of putting God first. Try eliminating electronic devices, junk food, fast food and television and replace it with bible reading, family prayer, and or devotional study.



## **What to expect and how to handle it**

When the headaches, body aches, grumpiness and hunger gets hard to bare look to God remember.

Psalm 63:1-2 (KJV) 63 O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is; 2 To see thy power and thy glory, so as I have seen thee in the sanctuary.

During the fast, your mind/soul may very well rebel against the dramatic change in your diet. Experiencing and winning this battle over the flesh is often one of the most powerful lessons of the fast.

**The Spirit** - Our spirit is that born-again part of us that surrenders to God and then abides with the Father and the Son. Our spirit is filled with the Holy Spirit when we yield to Him. During the fast, we want to put our spirit in charge of the other two parts of us. When our flesh is acting out with a craving, take control of it with your spirit .



## **What to expect during the fast?**

Expect to stop feeling hungry after three days. By this time your digestive tract is empty and your body has adjusted. If you are fasting properly, you should not feel as much physical hunger after the third day come.

Understand that you may experience aches in certain areas of your body. This usually means that elimination of fatty tissue is taking place in that area of your body, which is not harmful. Lower back pain can be a symptom of dehydration, so make sure to keep hydrated. Any extensive or severe pain should be examined immediately.

Anticipate headaches, stomach aches and discomfort as a result of salt, sugar and Caffeine withdrawal. Avoid these discomforts by tapering off these addictions in the days prior to your fast.

## What to expect during the fast?

Anticipate headaches, stomach aches and discomfort as a result of salt, sugar and caffeine withdrawal.

Avoid these discomforts by tapering off these addictions in the days prior to your fast. Expect changes in your bowel functions. You may have to aid your bowels to keep moving. Eat lots of fiber rich Foods and drink plenty of water. Try to get at least 35 grams a day.

Expect to lose weight, but also expect to put it back on after the fast, **if you return to poor eating habits.**

## **What to expect during the fast?**

Expect to feel impatient and irritable in the first two or three days of your fast.

This is your body adjusting from using the food in your digestive tract (which remains for about three days) to consuming stored fats and weaning itself from addictive foods like white sugar, wheats, corns and junk it is use to.

By day three your mind and body will be conspiring against the fast to get you to stop. Your sense of smell will increase.

Avoid the temptation to eat a big "last Supper before you fast. Instead, eat lightly during the week before the fast to help prepare your body, mind and heart.

Realize that this is time you have set aside For God during which you are cleansing and repair your mind, body, soul and spirit. Know that this is a time to get a deeper relationship with Christ.

Fasting should be coupled with a spiritual goal. So during this time of fasting, you will want to focus on daily prayer, study and meditation.

During your fast you will have many times when you might want to "stretch the rules" a little bit. Don't give in and allow anything other than God to rule and control you. **DON'T MAKE FOOD YOUR god.**

Fasting should never bring harm to the body. If you have concerns, be sure to consult your health professional before going on the fast or making any major dietary change.

The fast is a very healthy way to eat! So health professionals will support this eating plan, but might suggest a few modifications if you have health issues that need special attention. For example, pregnant and nursing mothers might get instructions to add more protein during the fast, but this can be accomplished with nuts and beans.

Diabetics need to be attentive to the food intake and check sugar levels regularly. Also, those who are very active either through sports, bodybuilding or vocation may need to eat more often.

I encourage you to check with your doctor . . . and by the way, being addicted to Snickers and Coke don't count as a special need!

Most often there are not a whole lot of condition that prevent you from removing unhealthy foods from your diet, so do your best to avoid claiming health as the reason you decide not to fast.

Once you have completed the 30 day fast the goal for this year is to not only continue eating better, but to maintain a level of fasting through out the year. We ask that you purpose in your heart to fast at least one day a week for the rest of the year.

# About the foods for the Fast

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be as **free of chemicals as possible** and void of things not allowed on the fast

## **Foods to include in your diet during the Fast**

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

## About the foods for the Fast

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

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Try new vegetables and fruits to keep yourself from getting bored.

**Fresh is the best choice.**



## More on the fast

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Whole grains: including but not limited to brown rice, millet, quinoa, oats, barley

## **Foods to avoid on the Fast!!**

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast ) and baked goods that contain avoid ingredients .

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white flour, and foods that contain artificial preservatives and colors.

## **MORE FOODS TO AVOID**

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, black tea, carbonated beverages, energy drinks, and alcohol.

Remember, **READ THE LABELS!** Eat more high fiber foods to increase fullness.

Healthy snacks should be substituted for unhealthy ones to help curb hunger.

## Tips for getting through the fast

**Drink H<sub>2</sub>O** -Drinking water helps you feel full, and as a result consume fewer calories.

**Meditate.** Meditation can help you take your mind off eating—using techniques like muscle relaxation, deep breathing, and mindfulness.

**Stay positive.** –reframe from saying how hard it is to fast, that you can't do it, or questioning why you're doing. These things only make it harder for you to stay on course. Even if it feels a little silly, try telling yourself at least one positive affirmation per day find a scripture that helps you stay focused and on track.

## **Tips for moving forward and changing your mindset**

**De-stress.** The world we live in has become faster and allegedly easier, but it really has become more stressful keeping up with work, family, social life and the like can become overwhelming. Unfortunately, a lot of stress can trigger increased eating and cravings, especially for sugary carbohydrates. If things have you feeling overwhelmed, try going for a walk, taking a hot bath or getting a massage to reduce stress before downing the donuts and cookies.

**Sleep smart.** – With all these extra things to hold our attention like late night drama shows, Facebook, Twitter and Instagram staying up late these days seems to be the norm, but getting enough sleep can help rid you of hunger, since sleep loss is linked to changes in appetite. Getting enough sleep has also been associated with less weight gain. Practice good sleep hygiene, like turning off electronics in the bedroom and avoiding high-fat foods at night.

## Vegan Salads

- Raw Kale Salad (Serving 1)

With kale being the main ingredients in this delicious raw salad, I think I should speak about its health benefits and those include the following:

- Cholesterol lowering properties within its fibrous components.
  - Lowering the risk of developing bladder, breast, colon, ovarian and prostate cancers because it contains isothiocyanates (ITCs) that is produced by the glucosinolates within it.
  - Helps regulate the body's detoxification process.
  - The 45 different flavonoids within it makeup, it provides antioxidant and anti-inflammatory benefits.

List of Ingredients:

1/4 Bunch kale.

1 Tablespoon dried cranberries.

1 Tablespoon handful of pine nuts.

1/4 Medium size tomato.

1/2 Tablespoon Olive oil.

1 Tablespoon Lemon juice.

Salt and pepper (to taste).

Preparation Instructions:

1. Chop the kale and place in a salad bowls.
2. Add the dried cranberries plus the pine nuts.
3. Dice the tomato and add to the rest of the ingredients within the salad bowl.
4. In another small bowl, whisk the olive oil, lemon juice, salt and pepper.
5. Top the salad with the vegan dressing of your choice.

# Recipe

## • Juicy Fruit Salad (Serving 6)

### List of Ingredients:

15 Ounces Pineapple chunks (include the juice).

1 Large apple.

1 Large orange.

1 Medium banana.

1 Cup seedless green grapes.

1 Small handful of raisins.

### Preparation Instructions:

1. Place pineapple chunks and their juice in a large mixing bowl.
2. Peel, cored and dice the apple and add to the bowl.
3. Peel and dice the orange and add it with its juice to the rest of the ingredients in the bowl.
4. Top off with the raisins.
5. Place in the refrigerator for a couple of hours to chill before serving.



## **Recipe**

### **Vegan Soups**

#### **• Vegetable and Barley Soup**

#### **List of Ingredients:**

- 6 Large potatoes.**
- 2 Large leeks.**
- 3 Large carrots.**
- 5 Large celery sticks.**
- 2 Handfuls Spinach.**
- 1 Cup dried pearl barley.**
- Salt and pepper (to taste).**
- Cold water.**

#### **Preparation Instructions:**

- 1. Prepare a large pan.**
- 2. Peel and cube the potatoes.**
- 3. Clean and cut leeks to rounded slices.**
- 4. Chop up the carrots.**
- 5. Cut the celery sticks into chunks.**
- 6. Chop the spinach.**
- 7. Throw the pearl barley, potatoes, leeks, carrots and celery sticks into the pan.**
- 8. Thoroughly cover with cold water.**
- 9. Bring to a rapid boil and lower the heat to simmer until ingredients are tender.**
- 10. Add the chopped spinach as well as the salt and pepper to taste.**
- 11. Simmer for another 5 minutes before serving hot.**

## Recipe

### Nutty Dots:

I used nut butter I blended in my Vitamix-

1/3 Cup of Pecans

1/2 Cup of Hazelnuts

1 Cup of Almonds

But any raw nut butter will work

Then I added 1 Cup of Rolled Oats

2 Tablespoons of Raw Honey (add more if you want them Sweeter. You can also add raisins ,but that will increase the carbs)

1 teaspoon of Sea Salt

1 Teaspoon of Cinnamon

1 Tablespoon of Coconut Oil

1/4 Cup of Almond Milk

Stir all together

Preheat oven to 350 degrees

Use a Tablespoon to Scoop out mix. Then roll into ball place on cookie sheet

Bake on 350 for 10 –12 minutes

## **Recipe**

### **Black bean Soup**

#### **List of Ingredients:**

- 6 potatoes.
  - 1 Bundles of kale
  - 3 Large carrots.
  - 1 Large celery sticks.
  - 2 Handfuls Spinach.
  - 1 clove of garlic.
  - 1 bag of dried black beans
  - 1 butternut or acorn squash
- Salt, cayenne pepper, Black pepper (to taste).  
Cold water.

#### **Preparation Instructions:**

1. Prepare a large pot
  - . Peel and cube the potatoes.
  - . Clean and cut kale into small pieces.
  - . Chop up the carrots.
  - . Cut the celery sticks into small chunks.
  - . Chop the spinach.
2. Cook Black bean in a pot of with 3 cups of water with garlic, celery and as much natural seasoning as you desire.
3. Once black beans are almost completely cooked remove 1 cup of beans from the pot
4. Throw the potatoes, kale, carrots and squash into the pot. Make sure there is still enough water in the pot.
5. Bring to a rapid boil and lower the heat to simmer until ingredients are tender.
6. Add the chopped spinach
7. Blend the 1 cup of black beans in a blender then add paste pot to thicken soup
8. Simmer for another 5 minutes before serving hot.

## **Recipe**

Fast breakfast ideas .

- Muesli with unsweetened Almond milk
- Rice cakes (made with brown rice) with peanut butter and raisins
- Fruit smoothies with unsweetened almond milk
- Sautéed apples in coconut oil with brown rice
- Oatmeal with dried fruit and unsweetened almond milk

Morning smoothie for 2:

- 1/4 cup of Blueberries
- 1/4 cup of pineapples
- 1/4 cup of strawberries
- 1/4 cup of kale
- 1 cup on almond milk

Adding flaxseeds will help fill you up.

## **Recipe**

### **Black Bean Hummus**

#### **Ingredients**

- 1 clove garlic
- 1 (16 ounce) can black beans, drained (reserve liquid)
- 2 tablespoons fresh lemon juice
- 1-2 tablespoons tahini
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper

#### **Instructions**

1. Crush garlic clove and place in food processor
2. Add black beans, lemon juice, tahini, cumin, salt and cayenne pepper; process until smooth.
3. Add enough of the reserved liquid (1 tablespoon at a time) from the beans to reach desired consistency, pulsing after each addition.
4. Serve with tortillas, crackers or sliced vegetables.

## Recipe

### Vegan Bread

1 cup of blueberries

2 cups of organic unsweetened Mottos applesauce

1 cup of organic raisins

1/4 cup of local Honey

2 cups of organic red mills oats

1/2 cup to 1 cup of red mills pea protein (optional)

1/4 cup of Organic Olive or Grapeseed oil

Blend raisins, applesauce and blueberries

Add 1 cup of the oats and blend again

Then pour in a bowl and stir the olive oil and other cups of oats protein

Line large cookie sheet with parchment paper  
Oil pan with olive oil

Sprinkle a little sea salt over pan

Spread evenly on cookie sheet

Bake on 375 for 30 Minutes making sure to check on it regularly as no oven is exactly the same

## BMI/Water Information

Your Current BMI _____	BMI 2 _____	BMI 3 _____	
BMI 4 _____	BMI 5 _____	BMI 6 _____	BMI 7 _____

<b>BMI</b>	<b>Interpretation</b>
BMI 18.5 to 24.9	Normal or optimal weight
BMI 25-29.9	Overweight
BMI < 18.5	Underweight
BMI < 17.5	Extremely underweight
BMI = 30 or BMI > 30	Obese
BMI = 40 or BMI > 40	Morbid obesity

### **How Much Water Should You Drink?**

At least half your body weight in ounces of water daily or 8 8oz glasses! Don't drink a lot of water with meals – it dilutes the hydrochloric acids and can disrupt digestion.



## Information Body Fat

<b>Weight:</b>		<b>Age</b>		
Body fat %		<b>Name</b>		
Ratings	General Population		Athletes	
	Males	Female	Males	Females
Lean	< 12	< 17	< 7	< 12
Acceptable	12-21	17-28	7-15	12-25
Moderately Overweight	21-26	28-33		
Overweight	> 26	> 33	> 15	> 25

<b>RATINGS:</b>	<b>Normal</b>	<b>Pre-hypertension</b>	<b>High</b>
SYSTOLIC	<119	120-139	>140
DIASTOLIC	<79	80-89	>90





## **Recommended Daily Intake**

### **Nutrition Labels**

The FDA requires that every food product package must have an easy-to-find nutrition label. The label lists information about the amount of calories, different types of fats, cholesterol, sodium, carbohydrates, dietary fiber, sugar and protein per serving, as well as the number of servings in the package. The label also lists information on percent of the daily value of vitamins, minerals and other nutrients such as potassium and calcium.

### **Nutrition Values**

Based on a 2,000-calorie-per-day diet, the FDA recommends you get no more than 65 g total fat, 20 g saturated fat, 300 mg cholesterol and 2,400 mg sodium. You should get at least 50 g of protein, 300 g of carbohydrates and 25 g of dietary fiber. For a daily diet of 2,500 calories, you should aim to get less than 80 g total fat, 25 g saturated fat, 300 mg of cholesterol and 2,400 mg sodium. You should also have 375 g of carbohydrate and 30 g of dietary fiber.

## **Recommended Daily Intake**

### **Vitamins**

Your diet needs to provide you with a certain amount of vitamins every day. Food labels must list the percentage of the daily value of each vitamin, based on the FDA's minimum values. The FDA lists the minimum daily values, meaning the least amount you should have in your diet, as being 5,000 IU of vitamin A, 60 mg of vitamin C, 400 IU of vitamin D, 30 IU of vitamin E and 80 mcg of vitamin K. You also need 1.5 mg thiamine, 1.7 mg riboflavin, 20 mg niacin, 2 mg vitamin B6, 400 mcg folate, 2 mg vitamin B6, 6 mcg vitamin B12, 300 mcg biotin and 10 mg pantothenic acid.

### **Minerals**

Your diet also should provide you with necessary minerals. The FDA recommends you get at least 1,000 mg of calcium, 3,000 mg of potassium, 3,400 mg of chloride, 18 mg of iron, 400 mg of magnesium, 1,000 mg of phosphorus and 150 mg of iodine. You should also get 70 mcg of selenium, 15 mg of zinc, 120 mg of chromium, 75 mcg of molybdenum, 2 mg of manganese and 2 mg of copper.

## Health facts

The 2010 Dietary Guidelines for Americans as well as the Institute of Medicine and the National High Blood Pressure Education Program recommend that healthy adults limit their sodium intake to about 1,500 mg to 2,300 mg per day. Typical American diets far exceed this recommended limit, averaging between 3,100 and 4,700 mg of sodium per day for men; the average for women is slightly lower, between 2,300 mg and 3,100, due to their lower calorie intake. Children ages 2 to 8 should limit their intake even further, to between 1,000 mg and 1,900 mg per day. The limitation on sodium intake does not depend upon the amount of calories consumed.

Carbohydrates are key in providing your body with energy to help you get through your day. The FDA recommends consuming 300g of carbohydrates per day on a 2000-calorie meal plan. Around 45 to 65 percent of your daily calories -- or 900 to 1,300 calories -- should come from carbohydrate sources.

## Health Facts

The literal building block of muscle, protein is a crucial component in a 2000-calorie meal plan. The FDA recommends consuming 65g of protein per day. Many healthy protein sources -- such as lentils, beans, lean red meat and baked fish -- are low in calories. Around 10 to 35 percent of your daily calories -- or 200 to 700 calories -- should come from healthy protein sources to keep your muscles strong and maintain healthy tissues in your body.

The word "fat" tends to have negative connotations, but your body does need calories from certain types of fat each day. The types of fats to avoid are saturated fats and trans fatty acids. Fats tend to be high in calories, and roughly 20 to 35 percent of your calories -- 400 to 700 calories -- should come from healthy, unsaturated fats. Avoid greasy foods such as french fries and potato chips, and choose healthier fat sources such as avocados, salmon, almonds, and low-fat dairy products.



## Health Facts

When adjusting your carbohydrate, protein and fat intake to recommended percentages for a 2000-calorie meal plan, take your lifestyle into account. For example, if you are sedentary or get little physical activity, your body's protein needs are not as high, so consider going low on your protein and fat percentages, and eat more vegetables for healthy fibers and carbohydrate calories. On the other hand, if you're an athlete or work out regularly, make sure you're keeping toward the higher percentage range of carbohydrates and proteins in order to provide your body with plenty of energy and allow it to rebuild worked muscles efficiently.







## Recognized Health Observances by Month

Month	Event	Event	Event
Jan	Cervical Health Awareness Month	Thyroid Awareness Month	* Indicates National
Feb	Prevent Blindness Month	Heart Month 1st *Wear Red Day	* Children's Dental Health Month
Mar	*Colorectal Cancer Awareness Month	*Kidney Month * Nutrition Month	Save Your Vision Month 14th World Kidney Day
Apr	Irritable Bowel Syndrome Awareness Month	*Autism Awareness Month/ 1st-7th * Public Safety Week	*Minority Health Month 7th World Health Day
May	Arthritis Awareness Month	Mental Health Month	*High Blood Pressure Awareness Month
	*Physical Fitness and Sports Month	*Asthma and Allergy Awareness Month	29th * Senior Health & Fitness Day
Jun	Men's Health Month 10-16th Men's Health Week	2nd * Cancer Survivors Day	* Safety Month
Jul	Juvenile Arthritis Awareness Month		
Aug	Children's Eye Health & Safety Month	*Immunization Month	Psoriasis Awareness Month

## Recognized Health Observances by Month

Month	Event	Event	Event
Sept	Childhood Cancer Awareness Month	*Childhood Obesity Awareness Month	* 25th*Women's Health & Fitness Day
	Ovarian Cancer Awareness Month	Prostate Cancer Awareness Month	28th Family Health & Fitness Day USA
Oct	* Breast Cancer Awareness Month	Health Literacy Month	
Nov	American Diabetes Month	Lung Cancer Awareness Month	* Family Caregivers Month
	* Alzheimer's Disease Awareness Month	*Stomach Cancer Awareness Month	*Healthy Skin Month
Dec	Safe Toys and Gifts Month		

An (\*) indicates that the word National goes in front of the title.

These are just a few of the Monthly Health topic we will discuss through out the year. If you have first hand knowledge on any topic and would like to provide input please see a member of the Health Ministry.









Our goal again is to maintain the principles of the fast through out the year. In an effort to extend the good health you have experienced during your fast try to limit heavy meats, white bread processed foods and white sugar.

**Keep the gems of the fast:** Most likely, you have learned many powerful lessons about your health and spiritual life. Carry these positive changes into your everyday life. If you have created a habit of meeting with the Lord each morning, then continue that practice.

If you have gained understanding about healthy eating habits or broken addictions to specific foods, then continue with those practices.

Let the lessons you learned during your fast continue to bring better health to your mind, body, soul and spirit this year and the years to come.

With much Christian Love,  
The Oakey Grove Health Ministry