

HEALTHY CONNECTIONS

EMPOWERING OUR COMMUNITY ONE "BODY" AT A TIME

Wellness Program of the African People's Education & Defense Fund, Inc.
1327 Dr. ML King (9th) Street South, St. Petersburg, FL 33705 (727) 821-2437

January 2004

Can You Keep Your New Year's Resolution to Get In Shape?



By Damon Reio, Manager,
TyRon Lewis Community Gym

January first of each year represents a significant day for many as it relates to our personal lives.

After a year of careless eating, lack of exercise, and kicking our health to the waist side, New Year's confronts us like an alarm clock, drastically awakening us to start a new day of health and fitness. As time goes by, our motivation is lost, leaving the resolution a memory.

Although overturning your unhealthy lifestyle is a great resolution that should be followed, you should not depend solely on a New Year's resolution to decide to lose weight, eat better, stop smoking, or take control of your health. This would be a hollow motivation, lacking foundation or reason to fulfill your new goal. In fact, this New Year's, you should truly understand why are you making your new goal and what incentives and importance it will bring if you fulfill it. In the long run, this will be the motivation that drives you to carry out your resolution.

*Saying to yourself,
"I am going to lose 20
pounds starting on
January first"
is not good enough.
You should say instead,
"I am going to lose 20
pounds because it will
build my self-esteem,
prevent diabetes, and
help me live longer."*

I believe New Year's resolutions are good for helping you to plan and set a goal, instead of being spontaneous and disorganized. But this is not enough, considering the majority of us break our resolutions within the first two weeks.

The main reason resolutions are broken is because people do not internalize or understand the true significance or benefits of their goal, but instead focus more on this arbitrary date which has no significance other than the day you are going to start on your goal.

Saying to yourself, "I am going to lose 20 pounds starting on January first" is not good enough. You should say

instead, "I am going to lose 20 pounds because it will build my self-esteem, prevent diabetes, and help me live longer." Doing this gives you the incentive that will motivate you a lot more to stick with your program. Get in shape for life, not because the New Year is coming.

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Healthy Weight Loss: What's the real deal with the Atkins Diet?

Thursday, January 23rd 6:00pm

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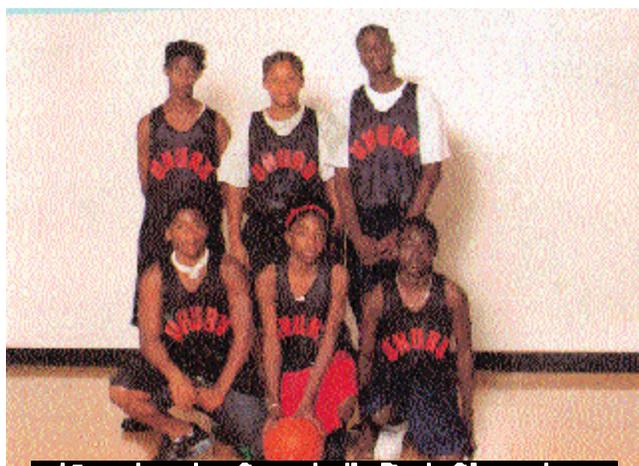
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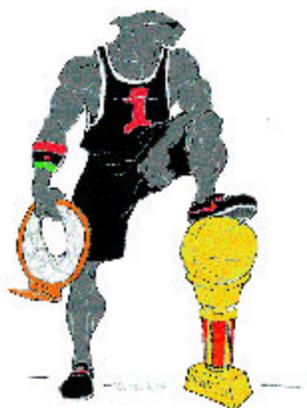


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A Project of the African People's Education and Defense Fund (a 501c3 tax-exempt organization)



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**Supplement of the Month
Continued from Page 3**

The average American diet is chromium deficient. Only one in ten has an adequate amount of chromium. There are five main reasons for this: 1) The form of chromium in many foods is not easily absorbed; 2) not enough foods containing chromium are consumed; 3) much of the chromium content is lost during processing; 4) many people do not like the foods that are the best source of chromium; and, 5) high quantities of sugar in the diet cause a loss of chromium from the body.

Researchers estimate that two out of every three Americans are hypoglycemic, pre-hypoglycemic, or diabetic. The ability to maintain normal blood sugar levels is jeopardized by the lack of chromium in our soil and water supply and by a diet high in refined white sugar, flour and junk foods.

A deficiency of chromium can lead to anxiety, fatigue, glucose intolerance (particularly in people with diabetes), inadequate metabolism of amino acids, and an increases risk of arteriosclerosis. Excessive intake (the level depends on individual tolerance) can lead to chromium toxicity, which has been associated with dermatitis, gastrointestinal ulcers, and kidney and liver impairment.

Supplemental chromium is best absorbed by the body when it is taken in a form called chromium picolinate. Picolinate enables chromium to readily enter into the body's cells, where the mineral can then help insulin do its job much more effectively. Chromium picolinate has been used successfully to control blood cholesterol and blood glucose levels. It also promotes the loss of fat and an increase in lean muscle tissue. Studies show it may increase longevity and help to fight osteoporosis. Chromium polynicotinate (chromium bonded to niacin) is an effective form of this mineral as well.

*From: Prescription for Nutritional Healing
By Balch, pg. 27*

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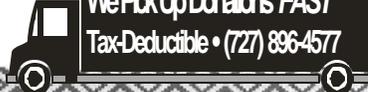
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All People's TyRon Lewis Community Gym Guide to Great Fitness



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Recover From a Cold

What is a Cold?

Like the flu, a cold is a viral infection, typically of rhinoviruses, which attacks respiratory passages. Symptoms include sneezing, stuffy nose, cough, and possibly chest congestion. Colds can be "caught" from an infected person either through the air or by touch.

No wonder the cold is called common: Americans get an estimated one billion of these mild-but-miserable infections each year, due to invasions by any of 200 known respiratory viruses. The best way to beat colds is to avoid viral encounters by washing your hands frequently and using disinfectants on surfaces such as doorknobs, drawer pulls, telephones, and countertops. You should also boost your immune system so that viruses are

destroyed before they cause illness. A nutrient-filled diet plays a significant role in beefing up immunity.

The Cold-Fighting Regimen

For starters, eat an abundance of fruits and vegetables, particularly those rich in antioxidants like beta-carotene and vitamins C and E, which keep the immune system strong by protecting cells from harm. Vitamin C is plentiful in citrus fruits, strawberries, red peppers, and broccoli. You can get a healthy dose of vitamin E by sprinkling wheat germ on your cereal, salad, or yogurt. You'll find beta-carotene in dark, leafy vegetables like spinach and in bright orange and yellow fruits and vegetables such as cantaloupe and sweet potatoes. You can also make life more difficult for invading germs by creating a hostile environment for



them. Viruses thrive in dry conditions, so it's important to drink at least eight 8 oz glasses of water a day, especially when you've got a cold. Staying hydrated also helps thin mucus and delivers nutrients in the body. Augment your fluid intake with vitamin C-rich fruit juices or juicy fruits such as melons. Spicy, hot peppers, such as jalapenos, and red pepper contain a compound

(Continued on next page)

Supplement of the Month: Chromium

Chromium is needed for energy because it is involved in the metabolism of glucose (sometimes also called glucose tolerance factor or GTF). It is vital in the synthesis of cholesterol, fats, and proteins. This essential mineral maintains stable blood sugar levels through proper insulin utilization, and can be helpful both for people with diabetes and those with hypoglycemia.

Studies have shown that low plasma chromium levels can be an indication of coronary artery disease. Additional chromium is needed during pregnancy because the developing fetus increases demand for this mineral. Chromium supplements can help an expectant mother maintain healthy blood sugar levels during pregnancy.

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Recover from a Cold, Continued from previous page

called capsaicin, which helps open stuffed-up noses. Avoid heavy dairy products like milk, which can worsen congestion.

Is there any more you can do to ease the discomfort of a notoriously incurable illness? Yes – combine hot liquids with cold-fighting ingredients and boost your intake of the nutrients that can help the body deal with respiratory infections. This involves supplements, which, while their benefits are still being debated in the medical community, appear to be safe and worth a try.

Cold-Fighting Foods

- Herbal tea
- Homemade chicken soup
- Hot peppers
- Onions and garlic
- Oranges and other citrus fruit
- Vegetable juice
- Whole wheat toast

Herbs

There are numerous herbal remedies for the common cold, but a few stand out. Echinacea, which boosts the immune system by stimulating virus-fighting white blood cells, tops the list (and has even won over some skeptical medical researchers). Goldenseal, an antibiotic herb that appears to reduce inflammation of the mucous membranes, runs a close second. Sage works as both an antibiotic and an astringent, fighting infection while drying up postnasal drip. You can try to obtain cold relief with these herbs in capsule, tea, or tincture form.

Zinc

People who are deficient in zinc tend to contract more colds and respiratory infections, and some studies suggest that taking zinc gluconate lozenges may cut fever, cough, and mucus buildup from

colds. Zinc lozenges appear to work best if you start sucking on them at the first sign of a cold. Drawback: They taste terrible.

Vitamin C Supplements

The argument has long raged over whether taking mega-doses (1,000 mg or more) of vitamin C is an effective cold remedy. While there is no solid evidence that vitamin C can prevent a cold, it may help fight one off, most likely by strengthening white blood cells that battle infection. The daily Value for C is 60mg, but mega-dose advocates recommend supplementing with four 500mg doses a day, for a total of 2,000mg, when you have a cold.

Prevention is Key: Get sleep, exercise, eat right, and wash your hands frequently.

Keep Your New Year's Resolution to Get In Shape, Continued

Continued from Page 1

In order to consistently stay in shape, you must understand how important it is for you to do so. Health and fitness is a lifestyle that promotes life and prevents the onset of sickness, disease, and death. You have to realize that health is vital and must be taken seriously as though your life is dependent on it. If you focus on the benefits and necessity of fitness along with the fact that this is your new resolution, you will have a better chance at making your goal a reality.

Internalizing why you must stop smoking, or take control of your health beginning on January 1st takes the focus off New Years Day. Instead, everything revolves around you, your health, and why you should continue your goal. Don't allow yourself to over-indulge on junk food or continue to smoke until the first of January.

Whether it is New Years day or Thanksgiving you should try to attain your goal and value how important it is first and foremost. The date itself should only be a marker in history when you began to change your life.

Get as much knowledge as possible through books and other materials because this will also help you to learn the importance of reaching your goal. And most importantly try to be in the environment that will allow you to stay motivated -- like at the All People's TyRon Lewis Community Gym. Come to the gym and get acquainted with the equipment and our friendly staff and members. Being around others who are motivated for change like yourself will make your goal easier to attain.

Carbohydrates in Nutrition

By Ron Kennedy, MD, Santa Rosa, CA

Carbohydrates come in two basic forms: complex and simple. Simple carbs are one, two, or at most three units of sugar linked together in single molecules. Complex carbs are hundreds or thousands of sugar units linked together in single molecules. Simple sugars are easily identified by their taste: sweet. Complex carbs, such as potatoes, are pleasant to the taste buds, but not sweet.

Complex Carbs: High and Low Fiber

There are two groups of complex carbs: high fiber and low fiber. High-fiber, complex carbs are not digestible, at least not by human beings, because we do not have the enzyme to do the job. Cows have that enzyme; that is why they can get calories out of grass, and we cannot. The main stuff in high-fiber, complex carbs which is indigestible by humans is called "cellulose."

High-fiber (high-cellulose) vegetable foods are the healthiest choices for human nutrition, and intake of these foods is associated with lowered incidences of hypertension, cancer, arthritis, diabetes, etc. Examples are lettuce and broccoli. Examples of low-fiber, complex carbs are banana, tomato, squash and all cereals and grains (bread and pasta), potatoes and rice.

After digestion, all carbs appear in the circulatory system in the simple form, as glucose, on its way to the cells where it is used for energy. To be transformed into simple sugars, complex carbs must be digested by the enzyme amylase. Amylase is secreted by the salivary glands, which empty into the mouth, and by the pancreas, which empties into the head of the duodenum.

Too Many Carbs, Too Little Fiber

Simple sugars and low-fiber, complex carbs represent a threat to health when they are consumed in inappropriate amounts. Processing of plant food strips away its fiber and/or vitamin content. A simple example of processing is cutting an orange in two pieces, pressing the juice into a glass and discarding the fiber. While it is true that fiber is an important part of your diet, even necessary to protect you from some diseases, carbohydrates themselves are not

necessary. There are "essential" fatty acids and "essential" amino acids (from protein), however there are no known essential carbohydrates.

Most of our carbohydrates come from cereals and grains, both products of the agricultural revolution. Our bodies are not genetically designed to thrive on large amounts of these fiberless complex carbs. With the popularity of cereal- and grain-based "health diets," carbohydrate metabolism has been upset in approximately 3/4 of the population which simply cannot handle this large load of carbs. Increased insulin output from the pancreas, over the years, results in hyperinsulinism, insulin resistance and the resulting diseases mentioned above: hypertension, dyslipidemia, atherosclerosis and heart disease.

Complex carbs with lots of fiber should be consumed in proper proportion for maximum health and vitality. Complex carbs with lots of fiber are rich sources of necessary vitamins and minerals as well as enzymes when in the raw state. The problem happens when carbohydrates are altered by processes which provide empty calories stripped of much of their original food value.

Carbs Make Mucus

I should also mention the relationship between simple sugars and mucus formation. The biochemical name for mucus is mucopolysaccharide. This literally means "mucus of many sugars," and it tells us how mucus is formed through the linking together of sugar molecules. If you have a condition, such as asthma or emphysema, in which mucus is part of the problem, you can do yourself a lot of good by stopping your intake of simple sugars and lowering your intake of complex carbohydrates (which convert to simple sugars upon digestion). Unfortunately, this means such wonderful sweet fruits as plums, peaches, apples, etc., must go along with breads, pastas and pastries.

The most healthy form of sugar is the complex carbohydrates present in high-fiber vegetables; however, it is certainly acceptable to spice up your diet in moderation with simple sugars in the form of whole fruits — unless, of course, you are

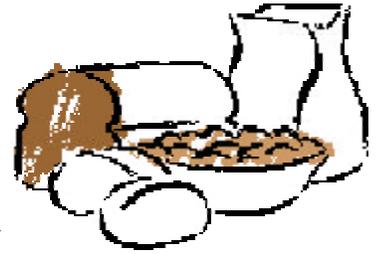
trying to avoid mucus formation. Eat your fruits, do not juice them and drink them, unless you are on a juice fast. Eating the whole fruit results in the inclusion of natural fiber, which allows proper absorption of sugars. If you must have juice, dilute it with water, so as to get the taste without overdosing on simple sugars.

The Result of Excess Carbohydrate Intake

Excess carbohydrates also causes generalized vascular disease. The high-carbohydrate diet which is now so popular causes the pancreas to produce large amounts of insulin, and if this happens for many years in a genetically predisposed person, the insulin receptors throughout the body become resistant to insulin. Because insulin's action is to drive glucose into the cells, this results in chronic hyperglycemia, also called "high blood sugar." A large portion of this sugar is stored as fat resulting in obesity. Excess insulin also causes hypertension and helps initiate the sequence of events in the arterial wall which leads to atherosclerosis and heart disease.

Adult onset diabetes is known to be greatly benefited by the adoption of a low carbohydrate diet, moderate in fat, which stresses the importance of a regular intake of sufficient protein. You will not hear this advice from the American Diabetes Association, (or from most doctors) since they are still operating on the research as it was twenty years ago.

Many cancers, such as breast, colon and lung cancer, apparently have a hereditary tendency. However, it may be that nutritional habits are passed on from one generation to the next, thus accounting for the familial tendency toward cancer. Excess fats damage the immune system through irradiation by free radicals during peroxidation of fats. Excess carbohydrates upset the hormonal system mentioned above (known as the "eicosanoids") and results in an imbalance favoring the type of eicosanoid (known as "prostaglandins E-2" or "PGE-2") which also suppresses the immune system. Thus obesity is associated with a higher incidence of infection.



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Japanese Miso Soup

This is a traditional soup, served for breakfast in Japan.

Miso is high in protein and B vitamins and contains healthful micro-organisms that aid digestion.

Miso is a fermented food made from soybeans, grains and salt. It originated in Japan and is used as a base for soups and sauces. Miso is a thick paste and comes in several varieties. It's salty, so a little flavors a lot. Thin miso with warm water before adding to recipes. In soups, it should be added last and never boiled.

Make 4 cups vegetable stock by combining:

1 Tbsp. vegetable bouillon granules
4 cups hot water

Mix in a small bowl:

3 Tbsp. dark miso
1 tsp. honey
¼ cup warm stock
Stir until free of lumps.

Cut ½ to 1 pound tofu into small cubes and place in 6 soup bowls.

Bring the vegetable stock to a boil. Remove from heat and stir in the miso, mixing well. Add 1 Tbsp. soy sauce and ¼ cup chopped green onions (scallions). Ladle the soup into bowls over the tofu.

