

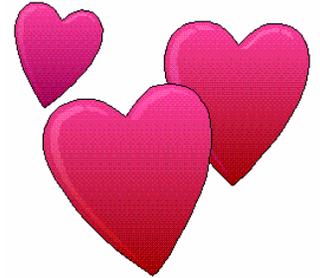
# HEALTHY CONNECTIONS

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

February 2004

## For Valentine's Day, Give Yourself the Gift of a Healthy Heart!



By Cassandra Floyd, APEDF Wellness Program

While you, your family and loved ones may exchange flowers and chocolate for the Valentine's holiday, we here at the Wellness Program of the African People's Education & Defense Fund want to give you the gift of information--arming you with the tools to give yourself a healthy, strong heart.

**Cardiovascular disease** is a general term encompassing heart attack, stroke, hypertension, and other disorders of the heart and blood vessel system.

Cardiovascular disease is the leading health problem in the Western world. It is the number one cause of death in the United States, claiming more than one million lives annually.

An estimated 50 million Americans have heart and blood vessel disease, although many do not know it because they have no symptoms. Traditionally thought of as a disease primarily affecting men, this disease is also increasingly a problem for women. It is responsible for the deaths of 250,000 women a year in the US. In fact, more women die from heart disease than from breast cancer and uterine cancer combined. Black women are at greater risk than any other ethnic backgrounds.

As terrifying as the above numbers are, the facts are even worse for African people living in the US. Deaths from heart disease-related difficulties such

**Cardiovascular disease is the number one cause of death in the U.S.**

**African people in the U.S. die from heart disease 38% more than whites.**

**Here are suggestions of some foods, herbs, vitamins, and minerals**

as stroke and kidney failure are extremely higher for blacks than for whites. In Barbara M. Dixon, R.D.'s book, Good Health for African Americans, she cites statistics from the National Center for Health Statistics: for heart disease in general, the death toll for blacks was 38% higher than whites. Stroke was 82% higher, kidney failure 176% higher. For people who smoke, drink, or use drugs these numbers were considerably higher.

**While these facts may be gloomy, there is a way to prevent and defeat cardiovascular disease and the disorders affiliated with it. Diet is key!!** That old saying, "You are what you eat" holds true

now more than ever in history. With the average diet of a person living in the US containing all types of dangerous additives, preservatives, trans fats, and so on, it is no wonder that people are dying.

One simple way to begin your journey to optimal health is to incorporate fiber. The average person in this country only takes in about 5 to 10 grams of fiber daily, while the suggested amount is

(Continued on Page 4)

## HEALTHY WEIGHT LOSS:

### How to Start an Exercise and Nutrition Plan

Friday, February 27 at 6:00pm

APEDF Wellness Center

1327 Dr. ML King St. So. (rear), St. Petersburg, FL

(727) 824-5670 or 821-2437

# UHURU BASKETBALL



## Schedule

### 9-and-under

02/07- 9:00a.m. @ Childs Park  
02/14- 12:00p.m. @ Lake Vista  
02/21- 1:00p.m. @ Lake Vista

02/28- 10:00a.m. @ Lake Vista  
03/06- 1:00p.m. @ PAL  
03/13- 12:00p.m. @ Lake Vista

### 12-and-under

02/07- 9:00a.m. @ Lake Vista  
02/14- 2:00p.m. @ Childs Park  
02/18- 6:15p.m. @ Lake Vista

02/28- 1:00p.m. @ Wildwood  
03/06- 12:00p.m. @ Lake Vista  
03/13- 11:00a.m. @ Childs Park

### 15-and-under

02/07-9:00a.m. @ Wildwood  
02/14- 9:00a.m. @ PAL  
02/21- 11:00a.m. @ Lake Vista

02/28- 10:00a.m. @ Childs Park  
03/06- 10:00a.m. @ Wildwood

**Donate to help us complete the purchase of our van!**

**Make checks payable to: APEDF/basketball**

1245 18th Avenue South #4 St. Petersburg, FL 33705 For more information call: (727)821-2437

**All Donations Are Tax-exempt**



# UHURU BREAKFAST OASIS

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*Fresh and Delicious Gourmet*

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# Serious Gym for Serious Individuals, Continued from Page 3

Another man who joined our gym is Hepburn Rainford, a 64-year-old survivor of a chronic stroke that left him nearly immobile. With training, along with his dedication to rehabilitating his strength and neuromuscular capacity, he has not only drastically improved in the gym, but he has also become more independent in his daily life. He lives several miles away from the gym and catches the city bus daily in order to insure his progress is consistent. While in the gym, he rarely needs help in operating equipment although we assist him for safety.



Hepburn Rainford

We have also seen an individual train for three months without prior experience in power – lifting, compete in a competition filled with experienced lifters, beat them, and break state records. My 500 lb. squat and Chairman Omali Yeshitela of the Uhuru Movement's 400 lb. dead lift on his 60<sup>th</sup> birthday are testimonies that come as a result of being part of a fitness culture that promotes motivation, focus, and seriousness.

Although the environment and training in our gym are part of the success stories, none of the people mentioned above would have been capable of reaching their plateaus if it weren't for their own personal dedication.

Alisha Lewis is the epitome of a dedicated and focused person with a strong heart, determined to take control of her health. We thought that it would be beneficial to publish her testimony in the "Healthy Connections" newsletter because her story is very inspirational to others who grapple with losing weight to become healthier or look better.

Ms. Lewis had been taking long walks in the park but got only minimum results. She heard about the All People's TyRon Lewis Community Gym from a friend whose friend who said she lost "a lot of weight" at our center. Weighing 245 lbs, Alisha joined on October 20, 2003 and has been a faithful member ever since.

She says that she stays dedicated because she "really wants to lose weight" and often comes to the gym on her off-days just to walk on the treadmill while watching television.

Nate Washington is her personal trainer. He is a body sculptor who himself lost 35 lbs., bench presses 450lbs. and has the muscle to prove it. He trains her on a routine that consists of a combination of intense weight training followed by cardiovascular training. In order to prevent her routine from becoming stagnant, she often raises the intensity of her workout as her level of training improves.

She randomly checks her body assessment (Body Mass Index, weight, flexibility, and

measurements) through Nate. "I checked her weight before the holidays," says Nate, "and told her not to go over this number" (the weight on the scale). Although Alisha is at the mid-point of attaining her goal, she now weighs 205 lbs. and looks and feels great. Her determination is the main reason for losing 40 pounds.

Providing Alisha with the environment, education, and other tools necessary for her weight-loss are vital and go hand in hand with her level of discipline. It takes heart, patience, and dedication to internalize why you should accomplish your goal in order to actually stay consistent at reaching your goal.

At the same time, you can be guaranteed to stay more committed and reach your goals if you are in an environment of people like yourself who are also serious about their own personal ambitions. The TyRon Lewis Community Gym can give you that environment. Instead of a meeting ground for business or socializing, our members discuss with each other methods to improve our health and get in better shape. With this support and encouragement, everyone can be successful in achieving their goals.



Kotokwe

# All People's TyRon Lewis Community Gym



1327 Dr. ML King (9<sup>th</sup>) St. S. St. Petersburg, Florida  
727-824-5670

## Guide to Great Fitness

Convenient Hours:  
Monday - Friday 6 am - 9 pm  
Sat. 8 am - 4pm; Sun. 12 - 4pm

## Come to our Serious Gym for Serious Individuals like Alisha Lewis

*“I started going to the All People's TyRon Lewis Community Gym on October 20, 2003. I work out six days a week and sometimes even after church on Sunday.*

*I love working with my trainer Nate because he knows how to work certain parts of the body. Eating right is also important. As a result, I have already lost 40 pounds and I am very determined to reach my goal weight. Thanks to the All People's TyRon Lewis Community Gym and Nate, I know I will.”*

— Alisha Lewis



Alisha Lewis working out, after losing 40 lbs.

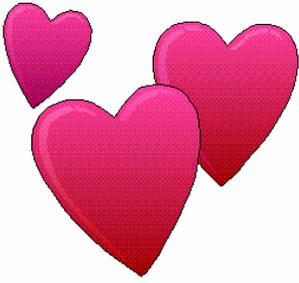


Alisha Lewis in October 2003

Since opening in June 2001, the All People's TyRon Lewis Community Gym has been responsible for helping most people who join our facility positively change their health and lives. Unlike most fitness centers that have an environment similar to a coffee shop or social gathering, our facility is considered a “serious gym” whose members have a tunnel vision, focusing on attaining their personal goals for health, fitness and recreation.

We're not just bragging — we have accumulated many testimonies over the past two years that support our statement. One man diagnosed with diabetes joined the gym and, with proper training, lost 70 pounds within a year and cured himself from this disease that severely plagues the African community.

(Continued on Page 6)



## Gift of a Healthy Heart, Continued from Page 1

20 to 24 grams daily. This fiber deficiency translates to high cholesterol (precursor to cardiovascular disease), colorectal cancer, and a host of other diseases. To make up

this fiber deficiency, most experts recommend that fruit and vegetables make up 50 to 70% of your daily diet. Also include foods like brown rice, oats, millet, and buck wheat.

Remember, cardiovascular disease and other affiliates like hypertension (also known as the silent killer), most times have no symptoms, and affect African people disproportionately. *ALL* of us need to begin to take measures to control our health, and live long lives for our loved ones and ourselves.

Below are some foods, herbs, vitamins, and minerals that will help you and your heart:

### Herbs

**Regulate heart rhythm:** Alfalfa, borage seed, horsetail, nettle, and pau d' arco are rich in minerals.

**Calming herbs that may help regulate arrhythmias:** Black cohosh, oat straw, passionflower, valerian root, skullcap, and wood betony.

**Strengthen the heart muscle:** Butcher's broom, hawthorn berries and leaf, motherwort, red sage, cayenne (capsicum), ginger root, and ginkgo biloba. *Note: if you take a prescription blood-thinning medication, consult your health care provider before using ginkgo.*

**Protect against heart disease and many other illnesses:** Green tea (drink a few cups daily), which has excellent antioxidant properties.

**Lower blood cholesterol:** Turmeric contains curcumin, an anti-inflammatory that also lowers blood cholesterol.

### Foods

- Eat more fiber with whole grain cereals, fruits and vegetables.
- Eat lots of foods high in B6 and B12 and folic acid, which are needed to keep homocysteine levels in check. B6 and B12 come from leafy greens and fruits. Folic acid can be found in some breakfast cereals, asparagus, spinach, chickpeas, and beans.
- Include almonds, brewer's yeast, grains, and sesame seeds to your diet.
- Enjoy onions frequently. Onions – especially red onions – contain valuable antioxidants. Chop them and allow them to stand for ten minutes before cooking for optimal benefit.
- Add kelp and sea vegetables to your diet for necessary minerals. Drink fresh vegetable juices.
- Drink distilled water only.

- Do not eat red meat, salt, sugars, or white flour (remember the 4 white deaths: white fat, white salt, white sugar, and white flour). These may elevate homocysteine levels.
- Garlic, Garlic, Garlic!!! It should be your new best friend. It is an anti-coagulant (blood thinner), reduces cholesterol in the blood, as well as aid in the healing of a host of other illnesses. Five cloves daily or there are great supplements available.
- Red wine (no added sulfides) – blood thinning properties as well as stress reliever.
- Omega-3 fatty acids – found in fish such as salmon, snapper, and tuna, help to thin the blood, reducing blood pressure and lowering the risk of clots. Flaxseed oil, evening primrose, and black currant are also good sources.
- Some suggest that dairy products such as nonfat yogurt, skim milk, and cottage cheese are excellent sources of calcium, magnesium, and potassium, which are usually deficient in people with cardiovascular disease. For people who are lactose intolerant, there are many soy-based products on the market that are fortified with these essential minerals.
- Grab a banana for the potassium as well as a medium baked potato.
- For some Vitamin C: red pepper strips, honey dew melon, raisins and prunes, oranges and grapefruit.

### Nutrients

- Calcium 1,000mg/day
- Magnesium 400mg/day
- Potassium 3,500mg/day (overdoses can be toxic)
- Vitamin C 200mg/day
- Selenium 100-600mcg/day
- Co Q10 50-100mg 3x/day

The following are two juice recipes that provide artery-protective phyto chemicals and specific blood pressure-lowering properties. Take one glass of either daily.

### **DOCTOR GARLIC**

Garlic 3 cloves, peeled.

Carrots 2, unpeeled; unless organic, remove top and bottom

Celery 1 stick, with leaves

Tomato 1 medium

Sweet potato 1, scrubbed, unpeeled, and cut into sticks

Jalapeno pepper ½, deseeded

Mooli (white radish) 3 inches

### **HIGH FLYER**

Spinach 6 leaves

Carrots 3

Apple 1, unpeeled, uncored and quartered

Beetroot 1 medium, unpeeled, with leaves

**Happy Valentine's Day!!**

# The Do-It-Yourself Body Fat Calculator

Calculating your body fat can be done many ways, although some measures are more accurate than others. Hydrostatic weighing and bioelectrical impedance are examples of some. There is also the familiar skin fold caliper method that you can use to calculate your body fat at most gyms and health centers. Here is an easy method by Dr. Fred Hatfield that you can use at home, although it may not be as accurate. All you need is measuring tape and a calculator.



## 1. Multiply your weight (nude) by 1.082

Example: if you weigh 200 lbs.

$$200 \times 1.082 = 216.40$$

## 2. Add 94.42.

**This is your weight factor.**

Example:  $216.40 + 94.42 = 310.82$  weight factor

## 3. Multiply your waist measurement (at navel) by 4.15. This is your Waist Factor.

Example: if your waist is 34"

$$34 \times 4.15 = 141.10 \text{ (Waist factor)}$$



## 4. Subtract: Weight Factor – Waist Factor

**This is your Lean Body Mass.**

$$\text{Example: } 310.82 - 141.10 = 169.72 \text{ (Lean Body Mass)}$$

## 5. Subtract:

**Actual Weight – Lean Body Mass**

**This is your body fat.** Example:  
 $200 - 169.72 = 30.28$  (Body fat)

## 6. Get your Body Fat Percentage. Divide (Body Fat by Actual Weight) and multiply by 100.

$$\text{Example: } (30.28/200) \times (100) = 15.14\%$$

**Your Body Fat would be 15.14%**

## Catabolic Spirals: A simple error made by those trying to gain muscle and lose weight

By Damon Reio

A common error made by inexperienced patrons in the gym when trying to add definition to their physique and burn fat is de-training with extremely low weights and high repetitions, drastically cutting carbohydrates, and doing more than 30 minutes of cardiovascular training. What actually happens is your body begins to burn your muscle for fuel in order to reimburse itself for the calories it is losing. This deteriorating cycle is called catabolic spirals.

Our muscles constantly adapt to their environment. When we introduce a heavier load of work to our muscles than what they are accustomed to, it causes our muscle fibers to break down. While your body is at rest your muscles rebuild themselves, becoming bigger and stronger than before in order to endure the workload of its new environment. This is why it is important for you to rest and not work the same muscles on consecutive days. If you are constantly training with light weights, your muscles will become stagnant in terms of their strength capacity and growth.

In addition, your body looks at your muscles as a "liability" because the more muscle that one acquires, requires more calories needed to maintain them. When you begin cutting carbs and calories, your body will begin consuming your muscles for energy. Furthermore, long sessions of cardio cause your body to preserve its slow-twitched fibers, specialized for endurance, while dumping its fast twitched muscle fibers (size and strength fibers). Long duration aerobics produces cortisol, a catabolic agent that breaks down muscle proteins. Due to the lack of fast-twitched fibers and the excessive amount of cardio, your strength diminishes, causing the amount of weight you can lift to decrease. As a result of this less load, your body begins to get rid of even more muscle as it perceives it as not needed.

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