

HEALTHY CONNECTIONS

EMPOWERING OUR COMMUNITY ONE "BODY" AT A TIME

Wellness Program of the African People's Education & Defense Fund, Inc. May 2004
1327 Dr. ML King (9th) Street South, St. Petersburg, FL 33705 (727) 821-2437

Third Anniversary of the APEDF Wellness Center



African Power Health Fair & Weightlifting Expo Saturday, June 5, 2004 11am - 4pm



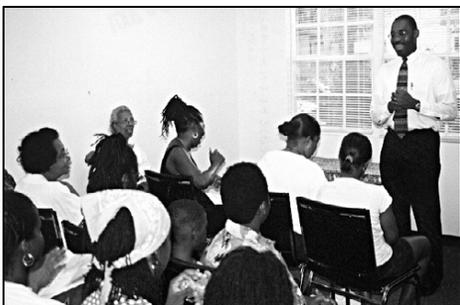
Saturday June 5, 2004, the All People's TyRon Lewis Community Gym will host our 3rd annual African Power & Health Fair at the gym and Wellness Center located at 1327 Dr. Martin Luther King Jr. Street South from 11:00 am to 4:00 pm.

NOTE: In the last two issues of the "Healthy Connections" newsletter, we have been promoting the African Power and Health Fair for Friday and Saturday June 4th & 5th. We want to announce that the dynamic health expo scheduled for June 4th will be combined with the weight lifting and entertainment event on Saturday June 4.

- ★ **Free health screenings**
hypertension, blood sugar, vision, hearing
- ★ **Free AIDS testing (saliva test)**
- ★ **Free Health Info, classes, school physicals for children**
- ★ **Healthy Foods & Nutrition Info**
- ★ **Live Music & Entertainment**
- ★ **Weightlifting Expo 1:00 pm**

Catch the excitement! Pro and amateur power lifters from throughout the region compete in the bench press, dead lift, and squat.

As part of the mission of the nonprofit African People's Education and Defense Fund, this event is designed to confront the issues of poor health and the lack of quality healthcare in the African community.



We recognize that the absence of health care, quality nutritious foods, and the lack of clinics, hospitals, and other health related institutions is the leading cause of the epidemic, diagnosis, and death from treatable diseases and ailments in our communities nationwide. *(continued on Page 6)*



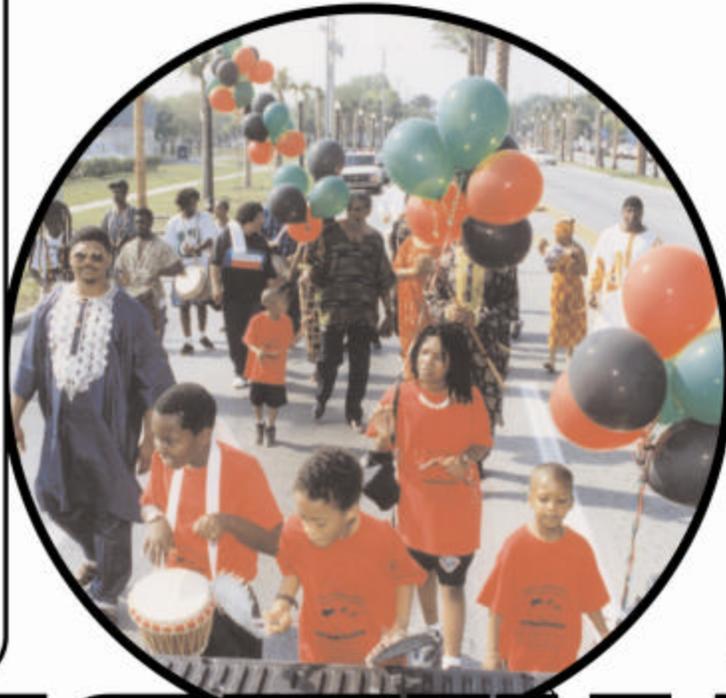
INSIDE THIS ISSUE:

Heart of the Hood Festival
Saturday, May 22.....Page 2
Diseases That Affect UsPage 3

Key to Losing Your Stomach.....Page 4
Supplement of the month – L-Carnitine...Page 5
A Diet to Fight & Manage Arthritis.....Page 7

From the Heart of the Hood

Saturday
May 22
11 a.m.
til 4 p.m.
Campbell
Park
601 14th
Street South,
St. Pete

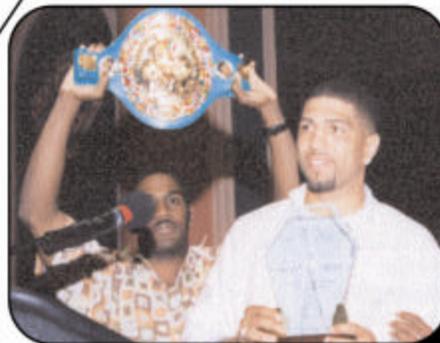


Concert
Featuring:
The Uhuru Band
Bombai
Muke Moody
Life
Lizz
and other artists
Food
Speakers
Vendors

For vending
information call:
(727)896-8795

FESTIVAL

For Economic Development



Special Guest:
Winky Wright

Come out and honor
Winky Wright as we
continue to push the
demand for economic
development in our
community!

Sponsored by the African People's Education and Defense Fund, Inc.
For more info call: (727) 821-2437

All People's TyRon Lewis Community Gym



**1327 Dr. ML King (9th) St. S.
St. Petersburg, Florida**

Guide to Great Fitness

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

We Are at Risk: Diseases That Strike Us

By Linda Villarosa, *Body & Soul:
The Black Women's Guide to Physical
Health and Emotional Well-Being*

Heart disease, cancer, stroke, and diabetes—these are the country's top killers, and they're more deadly among African people. Still, this fact remains: To a large extent, these problems are preventable. If

*At the 3rd Annual African Power
& Health Fair on June 5, 2004
we will address the health
contradictions that affect our
communities and stress the
importance of health
for African people .*

everyone would stop smoking, switch to healthier diets, and get out and exercise several times a week, the death rates from these diseases would drop dramatically.

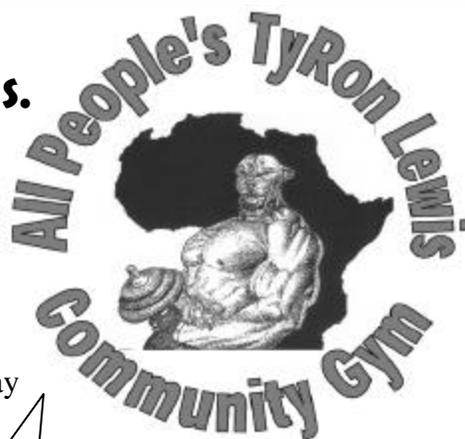
For black folks, another part of the problem is the "quicker and sicker" syndrome. We black women tend to overlook preventive care because we're too busy or too busy taking care of everyone but ourselves. Then, when we do need medical treatment, we come in sicker and die more quickly than we should. To avoid this problem, we must visit a doctor regularly for checkups and tests. Even if illness has set in, it's better to find out earlier rather than later, when treatment will be less effective.

The first step toward a healthy community is education. All of us must understand how to prevent and treat serious illness of all kinds so that we may live long, healthy lives.

Diseases That Affect Us

We have the power to stay well by learning about diseases that strike us and understanding how to keep our bodies free of them. We must stress the importance of staying healthy in order to fight diseases, such as hypertension, heart disease, cancer, diabetes, and lupus.

**1327 ML King St. S.
St. Pete, FL
727-824-5670**



JOIN TODAY!

No contracts!
\$25/mo \$10/week \$5/day
Sliding scale for qualified

SPECIAL!
Expired members*
can re-join for
\$19.99/mo.

* Expired at least 2 months

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



Keys to Successfully Losing Your Stomach

Third of a four part series

By Damon Reio, Manager,
TyRon Lewis Community Gym

This article is in continuation of a four part series that began in the March issue of the "Healthy Connections" newsletter.

April's issue of the Healthy Connections newsletter featured the article "Keys to Losing Your Stomach" which gave an in depth analysis of the anatomy of the abdominal region as well as the importance of abdominal training.

In order to successfully trim your waistline and have lean abs, it is important to include in your regimen routine three things: abdominal training, cardiovascular exercise, and a comprehensive nutrition program. In this article, we will focus on cardiovascular training.

Raise Your Metabolism To Burn Fat

There is more to a "six pack" than abdominal resistance training. It is possible to have a strong midsection, but never be able to show it because it is buried beneath a layer of fat.

The way in which you isolate this fat is not by doing more stomach crunches, but by including the second element of "losing your stomach"—cardiovascular training.

Cardiovascular, or aerobic exercise is extremely important

when trying to achieve a lean waistline because it stimulates your stored fat cells and raises your metabolism.

Our body has several ways in which it gets energy. During aerobic activity, our immediate source of energy is through glycogen storage. Glycogen is complex carbohydrates converted into "blood sugar" in order for the body to recognize it and use it as energy.

This also explains why it is important to consume complex carbohydrates in order to maintain an active life. If you consume more carbs than you are able to expend through exercise, the carbs are stored into your fat cells as triglycerides.

After your glycogen stores have been depleted through your aerobic exercise, your body now focuses attention to your fat cells as the main source of energy. This process usually takes place after 20 minutes of aerobic exercise. At this point, the fat stored in your abs are used for energy to fuel your body throughout your workout and while you are at rest.

Cardiovascular Exercises That Help Burn Fat

The best way to burn fat from your mid-section while doing cardiovascular exercise is through interval training.

Interval training is an aerobic technique where you alternate the level of intensity throughout the workout from high to low.

The reason why this form of aerobics is so effective is because you are constantly training at a high pace. Unfortunately, it is very difficult to sprint or exercise at a very strenuous level for a long period of time therefore, you lower the intensity at different intervals.

A basic, but very effective example of an interval exercise is speed running for two minutes and jogging for one minute. Continue this for 5 sets as an interval workout. As you become more efficient try increasing the high intensity period while shortening the low intensity period of the workout.

As you train your abs through your routine sit-ups and crunches, your abdominal muscles become stronger and more developed. Unless you include a sound aerobic routine into your training, you will not see much progress when trying to trim your waistline.

In addition, it is very important that you watch how you eat, especially your fat and simple carbohydrate intake. In our next issue we will discuss the importance of nutrition and how it is a link to the three elements necessary for "losing your stomach."

Supplement of the month: L-Carnitine

What does L-Carnitine Do?

L-carnitine is needed to release energy from [fat](#). It transports fatty acids into mitochondria, the power-houses of cells. L-carnitine is made in the body from the [amino acids](#), [lysine](#) and [methionine](#). However, in infancy and in situations of high energy needs, such as [pregnancy](#) and breast-feeding, the need for L-carnitine can exceed production by the body. Therefore, L-carnitine is considered a “conditionally essential” nutrient.

L-carnitine’s actions appear to be particularly important in the heart. As an example, patients with [diabetes](#) and [high blood pressure](#) were given 4 grams of L-carnitine per day in an preliminary study. After 45 weeks, [irregular heartbeat](#) and abnormal heart functioning decreased significantly compared to nonsupplemented patients.

For [congestive heart failure](#), another study using 500 mg of propionyl-L-carnitine (PC) led to a 26% increase in exercise capacity after six months. In other research, patients with congestive heart failure given 1.5 grams PC daily for 15 days had a 21% increase in exercise tolerance and a 45% increase in oxygen consumption.

Research shows that people who supplement with L-carnitine while engaging in an exercise regimen are less likely to experience muscle soreness. However, the belief that carnitine’s effect on energy release will help build muscle or improve [athletic performance](#) has, so far, not been supported by most research.

However, L-carnitine has been given to people with chronic lung disease in trials investigating how the body responds to exercise. In these reports, 2 grams of L-carnitine taken twice per day for two to four weeks led to positive changes in lung function and metabolism during exercise.

Where is it found?

[Dairy](#) and red [meat](#) contain the greatest amounts of carnitine. Therefore, people who have a limited intake of meat and dairy products tend to have lower L-carnitine intakes.

Who is likely to be deficient?

Carnitine deficiencies are rare, even in strict [vegetarians](#), because the body produces carnitine relatively easily.

How much is usually taken?

For therapeutic use, typically 1–3 grams per day.

Are there any side effects or interactions?

L-carnitine has not been consistently linked with any toxicity. The body needs [lysine](#), [methionine](#), [vitamin C](#), [iron](#), [niacin](#), and [vitamin B6](#) to produce carnitine.

Are there any drug interactions?

Certain medications may interact with L-carnitine. Refer to the [drug interactions safety check](#) for a list of those medications, and check with your doctor before using any supplements.

Information from: Healthnotes, Inc.

See www.healthnotes.com for all references cited here

Want to Write for the Healthy Connections Newsletter?

Healthy Connections is a monthly newsletter that reaches over 1500 readers in order to address issues of health and economic development in the African community. If you want to advance the struggle for the quality of health and economic development or have an interest in writing an article relating to either health or economic development please submit your article to the following:

email: healthyconnections@hotmail.com

or write: Healthy Connections, 1327 MLKing St. So., St. Petersburg, FL 33705 (727) 821-2437

African Power Health Fair & Weightlifting Expo

(Continued from page 1)

The African Power Health Fair will confront these contradictions and build a health awareness in our community, combined with a riveting power lifting exhibition and cultural festivities.

Beginning at 11:00 am, representatives from various health areas will give informative presentations on women's health, sexual health, wellness, and substance abuse. Everyone will have the opportunity to learn valuable information on these topics specific to the black community.

On-the-spot mobile units will provide health screening for hypertension, blood sugar, AIDS (saliva test), vision, hearing, and more. In addition, Florida Blood Services will be on hand for



individuals to donate blood and register as a bone marrow donor.

Children can get free health

physicals for the upcoming school year, while others can learn and enjoy the benefits of message therapy in the Wellness Center.

Throughout the event, various health booths will be present providing educational literature, diagrams, and displays from their profession and institution.

Live music and entertainment will be provided at the event by DJ Kidd, the Uhuru Band, Trust, and several poets and artists from the African community.

Delicious hot healthy foods low in fat, sugar and sodium such as grilled Tilapia will be prepared at this extraordinary event.

WEIGHT LIFTING EXPO



At 1:00pm, witness the power lifting exhibition.

Professional and amateur lifters from throughout the state of Florida and perhaps California will demonstrate their fitness capacities in the bench press, dead lift, and squat in order to build a consciousness of the sport of power lifting in the African community.

We will see 40 athletes, including WABDL national record holder Keith Mason who can deadlift 700lbs. while weighing only 181lbs. We will have a drug-free world record holder in the bench press weighing 375lbs., bench 740lbs in the exhibition. The music and excitement from this competitive event will pump your adrenaline!

We are looking for volunteers and participation in various areas to help forward the struggle for better health in the African community. If you are interested in providing an information booth or volunteering your time to this event please contact Damon Reio at (727) 824-5670.

We are also in need of your tax-deductible donation and contribution in order to assure that this event benefit the needs and aspirations of the community. Please make your check or money order to: APEDF, c/o All People's TyRon Lewis Community Gym, 1327 ML King St. So., St. Petersburg FL 33705.

Sponsorship Opportunities for Individuals & Businesses African Power Health Fair & Weightlifting Expo

\$200 Sponsor: Plaque and One free month membership at the All People's Tyron Lewis Community Gym presented at fair.

\$100 Sponsor: Souvenir visor & Business card size ad in souvenir booklet.

\$ 20 Donation: T-shirt & Name will appear in souvenir booklet as a thank you recognition

\$ 10 Donation: Name will appear in souvenir booklet as a thank you recognition

All sponsors and donors will be recognized at the event and in our "Healthy Connections" news letter where we have over 1500 readers!

A Diet to Fight and Manage Arthritis

What is Arthritis?

Arthritis refers to more than 100 different conditions that cause pain, swelling, and limited movement in the joints and connective tissue throughout the body. It is usually chronic—once you contract arthritis, it lasts a lifetime. Fortunately, you can control your symptoms.

It is often considered a disease of the elderly, but there are many types of arthritis that actually strike all age groups: In fact, two-thirds of people with arthritis are under age 65. For nearly 3 million Americans, including children, the pain, stiffness, and swelling of arthritis limits daily activities such as walking, dressing, and bathing. No other health problem limits movement among people in the United States more than arthritis.

Help for Aching Joints

Fortunately, there are a number of ways to make living with arthritis much more bearable. The typical three-stage therapy consists of medication (to relieve inflammation and pain), rest (to heal injured tissue), and exercise (to build up strength). A proper diet as part of your treatment can also help you get through your day more comfortably.

Eat to Ease Inflammation

Doctors find that losing weight lessens pain and improves mobility—for a number of reasons. Shedding pounds by eating a diet low in saturated fat takes stress off the joints and reduces the body's production of prostaglandins, hormone-like substances that contribute to inflammation. In one study, people who stopped eating problem foods such as full-fat

dairy products and high-fat meats saw dramatic improvement in arthritis symptoms within 1 month.

In fact, some nutrition experts advocate battling arthritis with a vegetarian diet, which is naturally low in saturated fat. If you don't want to give up meat, at least try to eat cold-water fish such as salmon and tuna two or three times a week; these fish provide omega-3 fatty acids, which also reduce production of inflammation-causing prostaglandins in the body. For herbal relief, consider taking evening primrose oil; it contains another type of fatty acid, gamma linolenic acid, which helps fight inflammation.

Osteoarthritis

This most common form of arthritis is caused by wear and tear on cartilage, the shock-absorbing material between the joints. Vitamin C appears to protect joints from damage caused by free radicals—unstable molecules in the body that can cause inflammation—and may help generate collagen, which enhances the body's ability to repair cartilage damage. To get enough C, eat citrus fruits, strawberries, peppers, and broccoli.

Other nutrients that produce collagen include vitamins A (found in liver and cheddar cheese), B6 (wheat germ and white-meat turkey and chicken), and E (sunflower seeds and almonds), along with minerals copper (whole grains and seafood), and zinc (red meat, oysters, and pumpkin seeds).

Though some researchers question their safety and effectiveness, supplements of glucosamine and chondroitin, two cartilage-building

compounds, have been shown in certain studies to relieve pain with few side effects.

Rheumatoid Arthritis

This more serious form of the disease occurs when the immune system attacks the body, causing swelling of the membrane that lines the joints and eventually eating away the joints' cartilage. Omega-3 fatty acids in the cold-water fish salmon, tuna, halibut, and sardines may prove particularly helpful in reducing stiffness and tenderness and improving overall joint function. Gamma linolenic acid, an oil derived from evening primrose and borage seeds, also helps fight painful inflammation.

Gout

One of the best remedies for this form of arthritis is to drink lots of water. Gout is characterized by excess amounts of uric acid, a by-product of the kidneys. When the kidneys are unable to properly excrete uric acid, it builds up in the body and may crystallize around the joints, causing pain and swelling. Water dilutes uric acid in the bloodstream and helps flush it out of the body. Cherries contain compounds called flavonoids that may also lower levels of uric acid.

Foods to Avoid

For some arthritis sufferers, wheat, corn, and nuts cause flare-ups of symptoms. The same goes for the nightshade family, which includes tomatoes, potatoes, bell peppers, and eggplant. All contain tiny amounts of solanine, a chemical that is poisonous in large quantities. Some experts believe that even such a small amount of it may cause inflammation.

*From: "Healing Foods" series,
Prevention Magazine*

NONPROFIT ORG
 US POSTAGE PAID
 ST. PETERSBURG FL
 PERMIT #2286

AFRICAN PEOPLE' EDUCATION & DEFENSE FUND
 1245 18th Avenue South #4
 St. Petersburg, FL 33705
 (727) 821-2437

**UHURU
 BREAK -
 FAST
 OASIS**



Fresh and Delicious Gourmet
 Breakfast Platters, Omelets
 Scrambled Tofu, & Wraps

**At St. Petersburg's
 Saturday Market**
 Central Avenue / 1st & 2nd Streets
 Every Saturday **9 am—1 pm**

*Benefits the African People's
 Education & Defense Fund
 for Economic Development and
 Social Justice for African people*

**What You Should
 Know About
 Diabetes**

Thursday, May 27 6:00pm
APEDF Wellness Center
1327 Dr. ML King St. So. (rear), St. Pete
(727) 824-5670 or 821-2437

Healthy Groceries, Etc.

1327 - 9th Street So. • (727) 896-8795
 "Food for the Mind, Body, & Soul"
 (For the Conscience, too!)



Featuring...

- Organic & Natural Foods
- Frozen & Refrigerated Soy & Rice Products
- Groceries, Snack Foods
- Bulk Foods & Herbs
- Vitamins & Supplements
- Fruit Smoothies
- Beauty & Household Items
- HOT FOODS TO GO

The Southside's
ONLY
 Natural Foods
 & Grocery Store

Hours

8 AM - 7 PM • Monday - Friday
 10 AM - 4 PM - Saturday



**UHURU FURNITURE
 & COLLECTIBLES**

945 CENTRAL AVE. • ST. PETE, FL 33705

**WE PICK UP
 DONATIONS FAST!**

727-896-4577

SHOP • DONATE • VOLUNTEER

A Tax Exempt Project Of The African People's Education And Defense Fund
www.apedf.org

