

# HEALTHY CONNECTIONS

**EMPOWERING OUR COMMUNITY ONE "BODY" AT A TIME**

Wellness Program of the African People's Education & Defense Fund, Inc. July 2006  
1327 Dr. ML King (9th) Street South, St. Petersburg, FL 33705 (727) 821-2437 www.apedf.org

Fifth anniversary of the African People's Education & Defense Fund Wellness Program

## Your All People's TyRon Lewis Community Gym is Shaping Up!

- **More new equipment**
- **Bigger gym area**
- **Now accepting credit cards**

### And coming soon:

- **Smoothie bar** with protein drinks, power snacks, vitamins and supplements for sale
- **Gym accessories:** weight lifting belts, gloves, TyRon Lewis Community Gym clothing & bags for sale
- **Classroom addition** for aerobics, yoga, martial arts, pilates, & other fitness classes



**We've also expanded the gym by 600 square feet to make room for these new weight lifting machines to enhance our already fully featured gym:**

- Abductor / Adductor for thighs
- Shoulder Press / Lateral Raise
- Bicep Curl
- Tricep Push Down

If you haven't been to the gym lately, come by 1327 Dr. ML King St. South to see

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### We now have more cardio and aerobic equipment:

- Elliptical cross trainer
- Two treadmills
- Two recumbent bicycles
- Stair stepper

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# Holistic Treatments: A Growing Alternative

By Wendy Harris, Excerpted from Black Enterprise Magazine

Holistic medicine is an ancient healing approach that emphasizes the connection between mind, body and spirit. Treatment isn't isolated to one area of the body. Aspects such as diet, emotions, environment, and even relationships are considered for true healing to occur.

Holistic therapies, which break in theory and practice from traditional medical treatments, are often referred to as complementary and alternative medicine (CAM).

Unlike traditional, or allopathic, medicine — which typically uses drugs to control, mask, or eliminate the symptoms of an ailment — alternative therapies target the symptoms at the root of the problem. They are typically divided into five categories:

1. **Biologically based**, which focuses on herbs, vitamins, or special diets.
2. **Body-based**, which includes methods such as massage or osteopathy (a system where the relationship between the body's nerves, muscles, bones, and organs is emphasized).
3. **Mind-Body healing**, which involves meditation, music therapy, or prayer.
4. **Alternative medical systems**, such as Ayurveda, an ancient Indian system of preventative healthcare such as acupuncture, naturopathy (using food and exercise as treatment), and homeopathy (all-natural plant, animal, or mineral treatments).
5. **Energy medicine**, which taps into the body's energy fields, such as therapeutic touch and Reiki (the Japanese technique involving the laying on of hands to channel energy).

## A Growing Market

Almost 40% of US adults use some form of holistic medicine, according to a 2002 CDC health survey. There are a lot of people who can't tolerate prescription drugs — they get side effects or the drugs just don't work, so they look for other options.

Regulatory laws, licensing, and accreditation are becoming more common to help ensure that practitioners are competent and provide safe and quality services. Currently, each state has regulations on acupuncture, and other alternative therapies are being monitored through various groups and associations, such as the American Massage Therapy Association.

Medical schools are now integrating complementary and

alternative medicine into the curriculum, and many hospitals now operate CAM centers. A few states now recognize naturopathic physicians.

## Role of the Health Insurer

Many health insurers are increasing their holistic coverage. Increased consumer demand and employer interest in offering low-cost options to benefits packages are helping this increase in coverage. More studies are showing CAM to be effective, and that CAM coverage reduces employers' overall healthcare costs.

Major health insurance companies such as Aetna, Cigna and Independence Blue Cross offer discount programs for some forms of CAM. American Specialty Health ([www.ashcompanies.com](http://www.ashcompanies.com)) provides benefit programs to health plans, employer groups, and insurance carriers that include coverage for unconventional medicine.

## Tips for Choosing a Holistic Practitioner

- **Define your purpose.** Virtually any health condition can be approached using holistic medicine. Determine what you want to achieve and consider the reasons why traditional medicine itself may not be right for you.
- **Do your homework.** Whatever treatment you are considering, research how the treatment works, the risks and benefits, possible side effects, and efficacy. Check state regulations regarding its practice. Talk to people who have used the same treatment to get their opinion.
- **Consider the costs.** Find out what you will pay, and if you have health insurance covering it. Out of pocket fees vary widely, but can be expensive.
- **Locate providers.** Ask your doctor, check professional organizations and websites such as [www.holisticmedicine.org](http://www.holisticmedicine.org), [www.holisticnetwork.org](http://www.holisticnetwork.org).
- **Interview the provider.** Ask lots of questions about their background, training and experience; professional relationships with others in the field; work at a hospital, clinic or other healthcare facility; general philosophy about treatment and care. Is the facility clean and up-to-date? Are you comfortable and cared for when you call and visit? Does the practitioner appear to be healthy?
- **Consult your regular doctor.** You don't want CAM to interfere with medications or treatment you're getting from your regular doctor, so tell your doctor you are using holistic remedies. Holistic practitioners should be willing to work with your regular doctor for best care.
- **Be realistic.** CAM may not be a cure-all for what ails you. Results vary from disease state to the practitioner and even to the person receiving treatment. Avoid anything that promises a miracle cure, and don't think something is safe just because it's labeled "natural."

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



1327 - 9th Street So.  
St. Petersburg  
824-5670

## Steam Room Your Way to Health and Relaxation at the TyRon Lewis Gym

Combining the benefits of a steam room with your exercise routine creates a powerful stress reducer with many health benefits. Come to the All People's TyRon Lewis Community Gym and check out our personal steam room and shower.

Here are some of the health benefits you'll get:

1. Helps to rid the body of toxins.
2. Soothes and relaxes tired muscles and nerves.
3. Aids in weight loss.
4. Can burn up to 300 calories each session.
5. Helps relieve allergies and sinus congestion.
6. Helps arthritis.
7. Helps cleanse the skin.
8. Helps relieve asthma.

Use a steam room for general whole body internal cleansing. The steam room aids in detoxification by creating an artificial fever. It speeds up circulation and body cell metabolism thereby causing toxic wastes to be expelled through the skin.

The only detoxification program that has proven successful in removing fat-stored toxins from the body is hyperthermia, or heat stress detoxification.

Heat stress can also remove calcium deposits from the blood vessels and break down scar tissue from their walls.



*Come use the steam room and shower at the TyRon Lewis Community Gym.*

- For best results, wrap yourself in a clean towel and sit or recline in a hot, but not painfully hot steam room. Gently massage any painful areas. Cool gradually after leaving.
- To close your pores after a steam room visit, shower with cold water.
- Drink plenty of water while in the steam room.

The most immediate relief after a steam room session is pure relaxation — in a few minutes the warmth will soothe nerves and warm tight muscles. Using a steam room at the end of the day will help you sleep more restfully and feel rested and rejuvenated the next day.

Come use the steam room at the gym to restore both body and mind. Let the warmth melt away the daily stresses of everyday life!

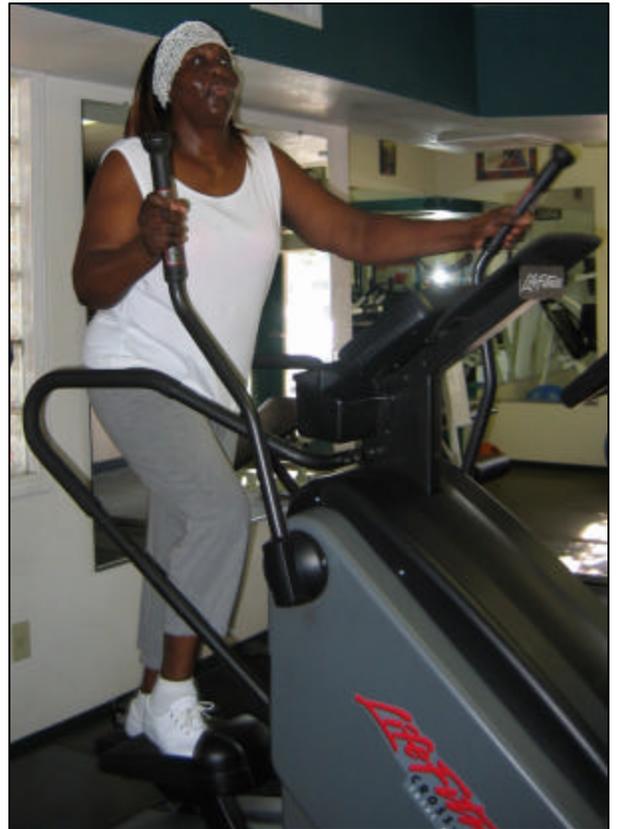
# The Gym is Shaping Up!

(Continued from page 1)

our progress! We have very convenient hours:  
Monday - Friday 6 AM - 9 PM  
Saturday 8 AM - 4 PM  
Sunday 12 - 4 PM

As always, we have:

- **Affordable rates:** \$25/month, \$10/week, \$5/day. We have no contracts, and no bank account or credit check needed. We now accept credit cards. Ask about our current special discounts, group rates, and sliding scale fees available to those who qualify.
- **Free orientations for new members.** Our friendly staff will show you how to use the equipment and will help you develop personalized work out and nutrition plans to help you meet your goals.
- **A friendly, supportive atmosphere** right in the community, where women, people of all ages and all levels of training can feel welcome in a non-intimidating environment.



*The elliptical cross trainer is a great work out — one of the new pieces of cardio and aerobic equipment we've added at the gym.*

- **Steam room and shower.** Check out our steam room — it's healthier than a dry sauna. Then shower at the gym and be on your way!



*Come by and meet Nate Washington, certified personal trainer, experienced in body building, abdominal training, weight loss, and power lifting.*



*Our recent 600 square foot expansion allowed us to add more new equipment. A smoothie bar with protein drinks, power snacks, vitamins and supplements, and gym accessories for sale is in the rear. We are also building a classroom addition for aerobics, yoga, martial arts, pilates, & other fitness classes.*

# Fat Makes Fat: Nutrition Tips

Here are some suggested substitutions for fatty ingredients in recipes. In order to reduce your fat intake you must make the necessary substitutions in your diet.

Please be warned that if you substitute these items and your recipes continue to taste creamy or cheesy with nonfat substitutes, you will not lose your taste for fat.

<u>When the recipe calls for:</u>	<u>Substitute with:</u>
cream	nonfat yogurt, buttermilk, skim milk, evaporated skim milk
whole milk	skim milk
sour cream	nonfat yogurt, buttermilk
veal cutlets	turkey cutlets
pork	white meat chicken
ground beef	ground chicken or ground turkey ( without skin and fat)
3 egg yolks	1 egg yolk
2 whole eggs	1 egg + 1 egg white or 3 egg whites
margarine	apple sauce

— Submitted by Sally Baptiste

## Exercise May Ease Menopause Problems

Many health experts say even moderate exercise can help relieve the problems of menopause, including anxiety, insomnia and night sweats.

Menopause, which typically occurs between the ages of 45 and 55, is when a woman stops menstruating. Symptoms can include mood swings, hot flashes, headaches and trouble focusing.

The National Institutes of Health is conducting a wide-ranging study of several issues related to menopause. NIH-backed research so far suggests a link between physical activity and decreased symptoms of menopause.

Dr. Lila Nachtigall, a spokeswoman for the North American Menopause Society, said it is critical for women to get exercise at this time of life.

As estrogen levels fall, it's easier for women to gain weight, Nachtigall said. Exercise also pro-

notes an overall sense of well-being that helps women handle troublesome symptoms better.

Other small studies have also suggested the pluses of exercise. One by the American College of Sports Training showed strength training helped reduce hot flashes and headaches by 50 percent. Another in the *Journal of Advanced Nursing* found exercise boosted overall health-related quality of life measures in menopausal women.

And a third from in the *Journal of the American College of Cardiology* found exercise slowed the hardening of the arteries, which is linked to lower levels of estrogen in women during menopause.

So while there is not conclusive proof that exercise relieves menopausal symptoms, staying active can certainly help alleviate them and may also take your mind off them!

— Associated Press

# ALL PEOPLE'S TYRON LEWIS COMMUNITY GYM



## GREAT EQUIPMENT

- State of the art FLEX machines
- Free Weights
- Cardiovascular equip
- Steam room and shower



## ALWAYS LOW RATES; NO CONTRACTS

- \$25/month, \$10/week, \$5/day, \$250/year
- Group Rates and Special Discounts available
- Sliding scale/free to those who qualify

**1327 DR. ML KING ST. SO.  
ST. PETERSBURG, FL 33705  
(727) 824-5670**



## FRIENDLY, SUPPORTIVE ATMOSPHERE

- New members receive free orientation, personalized fitness plan, and instruction on all equipment.
- All ages, levels of training welcome in a non-intimidating atmosphere. About 40% of members are women.
- Nutritional consultations, vitamins, power drinks, and supplements.



## PERSONAL & GROUP TRAINING

- Affordable personal training with special group rates available.



## CONVENIENT HOURS:

Monday - Friday 6 AM - 9 PM  
Saturday 8 AM - 4 PM  
Sunday 12 - 4 PM

## POWER LIFTING TEAM

Open to anyone, with annual weight lifting exhibition and participation in regional contests. Several of our members have won awards and broken state records.



***Colonialism is Bad for Your Health!***

***Every Sunday 9:00-10:00 AM***

***Health Information on Uhuru Radio.com***

***Sister Jyapo hosts discussion & interviews  
on building good health in the African community***

***Listen live, Call in, Listen to archives! Go to [www.UhuruRadio.com](http://www.UhuruRadio.com)***

**Join the APEDF Wellness Committee**

**Get involved to improve health in the African community!**

- \* Help write, produce, and distribute Healthy Connections Newsletter
- \* Help promote APEDF fitness classes and gym services to the community: distribute flyers, send out media announcements, attend community events
- \* Help put on health fairs, seminars and special events

**Call 727-821-2437**

African People's Education & Defense Fund, Inc.  
email: [info@apedf.org](mailto:info@apedf.org) [www.APEDF.org](http://www.APEDF.org)

**VOLUNTEER  
OPPORTUNITIES  
AT UHURU FURNITURE**

Support social & economic justice for  
the African community!

Volunteer opportunities: Sales assistance,  
sorting, cleaning and organizing collectibles,  
designing window displays, moving  
furniture and helping on the truck,  
distribution of literature, phone work,  
research and computer/website work.

No experience necessary, we'll train you.



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**YOUR HEALTHY CONNECTIONS IS HERE!**

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(727) 821-2437 www.apedf.org

## Apricot Chicken Divine

Serves 4

Calories per serving : 215 total; 23 fat: 5 sat-fat

### INGREDIENTS:

4 boneless, skinless chicken breasts  
1/4 cup unbleached white flour  
1/2 teaspoon salt (optional)  
ground seasoning to taste (optional)

1/4 cup apricot preserves  
1/2 tablespoon Dijon mustard  
1/4 cup nonfat yogurt (Yogurt is 0 fat  
calories; replaces sour cream at 108 fat  
calories to create this divine chicken.)

### PREPARATION:

1. Preheat oven to 375 degrees. Shake chicken in a plastic bag filled with flour and salt and additional ground seasoning of choice until chicken is coated. Place chicken in a single layer in a shallow baking pan and bake for 25 minutes.
2. Combine apricot preserves, mustard and yogurt. Spread apricot mixture on chicken and bake for 10-15 minutes or until done.
3. Just before serving brown almonds lightly in toaster oven. Sprinkle almonds over chicken and serve over rice.

— Submitted by Sally Baptiste