

MOUNT PISGAH BAPTIST CHURCH

July Interest Articles

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July is Summer Wellness Month! Are you wearing 100% UV protection Sunglasses? Protect your eyes!

As we discuss health and wellness topics there are websites that can provide fantastic information. www.healthfinder.gov is an excellent website to examine any health-related topic. It's easy to navigate and full of detailed facts.



SUMMER WELLNESS

July is Summer Wellness

Month! You and your family should enjoy spending time outside being active. While you are out having fun, protect your skin and eyes from the sun's damaging rays. Your body is constantly in a struggle to disperse the heat it produces. Most of the time, you're hardly aware of it – unless your body is exposed to more heat than it can handle. Heat-related illnesses can escalate rapidly, leading to delirium, organ damage and even death. There are several heat-related illnesses. Those most at risk include: Infants and young children Elderly people Pets Individuals with heart or

circulatory problems or other long-term illness People who work outdoors Athletes and people who like to exercise – especially beginners Individuals taking medications that alter sweat production Alcoholics and drug abusers. Air conditioning is the best way to cool off, according to the CDC. Also: Drink more liquid than you think you need and avoid alcohol Wear loose, lightweight clothing and a hat or visor to protect your skin Replace salt lost from sweating Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 4 p.m. Wear sunscreen (SPF) of 30 or higher and re apply after

playing in the water; sunburn affects the body's ability to cool itself. **Summer Wellness also includes UV safety awareness.** It is important to start wearing proper eye protection at an early age to protect your eyes from years of ultraviolet exposure (UV). About half of people who wear sunglasses say they check the UV rating before buying. **Wear sunglasses labeled "100% UV protection":** Use only glasses that block both UV-A and UV-B rays and that are labeled either UV400 or 100% UV protection. So, whether you're having a backyard BBQ or swimming, remember to protect your body, skin and eyes!

D-FENSE FOR YOUR HEALTH

Vitamins like C and E continue to be the darlings of many supplement lovers. **But those vitamin superstars are being forced to share their throne with the long-neglected Vitamin D, which is finally getting the attention it may have always deserved.** No doubt, you're probably familiar with the role of vitamin D in promoting healthy bones, largely by promoting the absorption of calcium. But there is recent and mounting evidence that links low levels of the vitamin to an increased risk of type 1 diabetes, lupus, muscle and bone pain, and, perhaps more serious, cancers of the breast, colon, prostate, ovaries, esophagus, and lymphatic system. "Vitamin D is one of the most potent inhibitors of

cancer cell growth," says Michael F. Holick, PhD, MD, who heads the Vitamin D, Skin, and Bone Research Laboratory at Boston University School of Medicine. "It also stimulates your pancreas to make insulin. It regulates your immune system. Many vitamin D researchers believe the government's current recommendations for vitamin D intake are far below what your body really needs. Those guidelines call for 200 IU (international Units) a day up to the age of 50; 400 IU from age 51-70; 600 IU over age 70. But studies show that to reach blood levels of vitamin D that can protect you against chronic diseases, you need an optimal dose of 1,000 IU of

vitamin D a day. So how can you get enough of this overlooked vitamin naturally? If you're striving for 1,000 IU a day as studies suggest you may have to turn to vitamin D supplements or the sun. Regular sun exposure can stimulate the human skin to produce quantities of vitamin D that far exceed your needs. Sunlight is the largest single source of vitamin D. But overdosing on sunshine can translate to skin cancer. Therefore, it is recommended 5-10 minutes in the sun (without sunscreen) 2-3 times a week, exposing hands legs and arms, will supply adequate vitamin D requirements. **Most foods will not provide the amount of daily vitamin D suggested.**



PASTOR'S PEN

As our Pastor travels to address personal health concerns he has asked his congregation to celebrate with him the blessed assurance of God's presence through his circumstances. Pastor McSwain also requests that we remain faithful in our well doing and steadfast in our fellowship at Mount Pisgah Baptist Church.

PLEASE REMAIN PRAYERFUL FOR OUR PASTOR & HIS FAMILY, OUR CHURCH, AND OUR COMMUNITY AS WE "PRESS FORWARD WITH PURPOSE"

Prayerfully submitted,
The Health and Wellness Ministry

"A HEALTHY VIBRANT CHURCH CONTINUING THE WORK OF JESUS CHRIST"



The Health and Wellness Newsletter is now available Online at: www.mtpisgahbc.org

PLEASE FEEL FREE TO SUBMIT YOUR FAVORITE RECIPES FOR PUBLICATION IN OUR MONTHLY NEWSLETTER

ENOUGH SLEEP ALREADY

July is Sleep Awareness month! Sleep. It refreshes us like nothing else. It can be occasional elusive, almost always comforting, and is definitely essential to our survival. And although we spend 33% of our lives asleep, we barely give it a moment's notice until we can't sleep. For millions of people the consequences of a poor night's sleep—higher stress, increased mistakes, and difficulty concentrating are every day occurrences. But it doesn't have to be this way. There are a few things we can do to try and get a great night's rest. Try going

to bed at the same time each night—even on the weekends. This will help keep your biological clock in sync. Develop a sleep ritual by doing the same things each night just before bed. Parents often develop this routine for their kids but it can help adults too. A routine cues the body to settle down for the night. Another hint: unwind early in the evening so that worries and distractions don't keep you from getting a good night's sleep. Next, create a restful sleep environment. Sleep in a cool quiet, dark room on a comfortable supportive mattress and foundation. Try

to keep all electronics out of the bedroom! Also, there is nothing wrong with a good nap. Naps replenish and can make up for time lost during a routine overnight sleep schedule. Just make sure your nap doesn't last too long and interfere with your ability to sleep at night. Studies show that an average good night's rest for an adult, consist of seven hours! **If you are sleeping as much as you need and still feel sleepy then contact your doctor to see if you might have a medical condition interfering with your sleep. Some sleep disorders can be life threatening.**

NURSES NOTES

BIKE SAFETY: Bicycling is a common means of transportation as well as an increasingly popular source of recreation, exercise, and sport. With more than 100 million bicycle owners, the popularity of bicycling has reached an all-time high. Along with increased use of bicycles comes the risk of significant injuries. Injuries related to bicycling range from common abrasions, cuts, and bruises to broken bones, internal injuries, head trauma, and even death. From a statistical standpoint, bicycle riding has a higher death rate per trip or per mile of travel than being a passenger in an automobile. The majority of bicycle deaths are caused by head

injuries. The most common cause of bicycle crashes are falls or collisions with stationary objects. The best preparation for safe bicycle riding is proper training. Proper supervision of younger riders is a must. In fact, it is recommended that younger children ride only in enclosed areas. Early investment in safety equipment such as protective clothing and a helmet can prevent a significant number of injuries.

Proper equipment safety preparation include: *Helmets are extremely important *Reflective clothing for nighttime or low-visibility conditions *Bicycle safety equipment (reflectors on frame and wheels) *Proper bicycle selection and maintenance. **The easiest step a rider can**

take to prevent injury is to wear their helmet!!

Many injuries can be prevented by proper selection equipment, adjustment of the bicycle to the individual rider, and proper maintenance. Consider these ideas to help further reduce the risk of a bicycle accident. *A bicycle rider needs to have the proper experience and skill before riding on public roads. *Less experienced bicyclists should learn the rules of the road. Some advocate that children younger than age 8 should not be allowed on public roads. *Statistics reveal that most bicycle deaths occur during the summer months, and almost 65% of the deaths occur between 5 p.m. & 9 p.m.

RECIPE CORNER

Garden Bow Tie Pasta

INGREDIENTS • 1 can (12 ounces) tuna, drained and flaked • 1/2 pound whole-wheat bow tie pasta • 2 tablespoons olive oil • 1 cup sliced onions • 1 cup chicken broth • 3 tablespoons fresh thyme or 1 tablespoon dried thyme • 4 cups frozen vegetable

medley • Salt and pepper to taste

INSTRUCTIONS 1. Cook pasta according to package directions, drain; rinse. 2. In large skillet, heat olive oil over medium-high heat; sauté onions for 3–5 minutes. 3. Add broth and continue cooking 2 minutes. 4. Add thyme, tuna, vegetables, and mix gently. 5. Add pasta; season with salt and

pepper. 6. Heat 3–4 minutes or until broth is reduced. 7. Garnish option: grated Parmesan cheese

Food For Families On The Go

Prep Time: 10 minutes Cook Time: 20-25 minutes Calories per serving: 350 6 Servings.