

LIGHTEN UP NEWS, April 2002

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Website: www.lightenupforever.org

Email: lightenup@musc.edu

NEW DEVELOPMENTS. The best of *Lighten Up* and *Lighten Up Forever* have been combined to form a new book, which includes new scriptures, spiritual challenges, and over 40 recipes. This bound book is conveniently 6 x 9 inches, easy to carry, and 155 pages. If you've done *Lighten Up*, this \$25 book might be that little bit of inspiration you need to get back on course! The next development will be nutrition nugget videos to be used during each of the 8 educational sessions. Topics include the behavior change checklist, food labels, carbohydrate exchanges, exercise, food tables, and much more. The complete set will be available for \$80. Order today by phone (792-3047) or email at lightenup@musc.edu

LEADERSHIP TRAINING (9 am-3 pm)

Saturday, April 20 Lexington United Methodist Church 309 East Main Street, Lexington, SC

Thursday, April 25 First Presbyterian Church 393 East Main Street, Spartanburg, SC

Call us to make reservations or let us schedule a time to come to your community. We will be using the "new developments" to make this an exciting, up to the minute program!

LIGHTEN UP IN ENGLAND. Paul and I just visited family and friends in England. We had 10 days of rain making everything very green and colorful with daffodils. While there, we also took the time to conduct *Lighten Up* leadership training for Wilbur Yankey, a Senior Health Promotion Advisor for the Health Authority. Keep *Lighten Up* in your prayers as we begin to work through the details of how to expand this health ministry to a small congregation of Lighthouse Apostolic Ministries located in Edmonton, London.



Kristin Cheek, Morris Brown AME

“FRESHMAN 15” Kristin Cheek, a high school student who has taken *Lighten Up* to Morris Brown AME as her senior project, has just introduced me to a new term called “Freshman 15”. Kristin is referring to the common experience of gaining 15 pounds during that first year of college. New freedoms include easy access to lots of food both in the cafeteria and the high fat, high sugar snacks available in dormitory life. “I had a rude awakening when I found out that I had high cholesterol. *Lighten Up* is preparing me for college, as I want to avoid the Freshman 15. I am now aware of what I eat and know that I have a choice!” I congratulate Kristin on the personal improvements she has made in her blood cholesterol and the leadership she has offered to her church. Good luck at college!



EAT AT LEAST 5 SERVINGS EVERY DAY!

Vegetables and fruits are full of vitamins, minerals, and fiber, which are vital to maintain all round good health and to help protect against many common cancers. If fresh or frozen, they are also low in sodium and high in potassium, which will decrease blood pressure.

QUOTES FROM *LIGHTEN UP* PARTICIPANTS

“I was a Coca Cola addict. I stopped drinking soda completely. I’ve saved money and lost 7 pounds. I see the difference!”
Tonya Dennis

“The first thing I noticed was my ring size changed. I’m afraid I’m going to lose my rings. I gave up the sugar drinks to find out if it does make a difference. I switched to water and it really works! I’m not eating out for lunch. I stopped fast food for 40 days and saved \$200. To my own self be true! To God goes the glory.”
Michelle Lincoln

“We did this before. I didn’t take it seriously then. This time I prayed about it and the Holy Spirit led me to treat my body as a temple. He is concerned about me both spiritually and physically. It works by the grace of God. Let me brag on Jesus!”
Rose Wine

“I’m shocked. I lost 10 pounds. I’ve been trying by reading labels, eating less fried food, and eating less starch. I’ve cut down on rice and sweets. There were times when I was eating and would say – oh, I should be eating this or I’m doing it right this time. I’m just grateful. Thank you Lord.”
Ella Brown

TUESDAY, APRIL 16, 7 PM. Come to my home, 1169 Sea Eagle Watch, to tell your story. Collecting and sharing your many wonderful *Lighten Up* stories will inspire others to improve their health through spiritual growth. Be part of the unfolding story. For questions or directions? Call me at work 792-3047 or home 795-4270. It will be fun!

DRUGS. Perhaps you saw these comments in a recent newspaper article. “Obesity, without question, is the largest future market in the pharmaceutical industry because it is crying out for new drugs,” said John Maraganre of Millennium Pharmaceuticals. “Every body is looking for medications because it’s hard to change lifestyles to eat right and exercise more,” said Dr. Samuel Klein of Washington University. “There is a large opportunity here,” said Dr. Jeffrey Leiden of Abbot Laboratories. What do you think? Are drugs the only choice for the treatment of obesity? Lifestyle change is a very powerful alternative to expensive drugs, which may have potentially dangerous side effects. I encourage you to stay the course and recognize the power of small changes over time. Be a good steward & *Lighten Up!*

BUILDING TEMPLES. *Lighten Up* is dedicated to encouraging people to treat their bodies as a temple through spiritual growth, which includes thinking of others. Habitat for Humanity is a Christian organization dedicated to eliminating substandard housing and homelessness worldwide. More than 100,000 houses for 500,000 people have been built and rehabilitated in 20 countries since it's founding in 1976. Founder, Millard Fuller, will be speaking at Marion Square in Charleston, SC on April 9 (10:30-noon) to announce Habitat for Humanity Youth United. The Academic Magnet High School Campus Chapter in Charleston is serving as a powerful example to young people throughout the country to be active in community service. I encourage you to think of others and participate by calling Lydia Sniderman at (843)-722-7145. www.habitat.org

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?
I Corinthians 6:19



Myra Haney, *Lighten Up* Board

EASTER REFLECTIONS. Myra Haney, a member of the *Lighten Up* board, has triumphed in losing 80 pounds over 3 years. She shares her thoughts about Easter. “This time of year is an opportunity to reflect on the blessings that we have because of Jesus Christ. It was in the cross that we see tragedy transformed into triumph and a masterpiece formed out of misery. The process God uses to develop us is different and at times difficult. But we must keep our focus on the fact that God is working all things out for our best. While we see barriers, God sees opportunities. During this Easter season, take another look at your cross to bear. God works through our hard moments to bring ever-lasting victory. To God goes the glory.” As my pastor, Len Ripley, said yesterday, “The stone to the tomb was removed to allow us in.”

THE HEALING WORD is a new newsletter from the Community Health Alliance of Harlem and Northern Manhattan. With permission, I excerpt... “Involvement of faith based organizations in the health of their respective congregations and communities reflects the healing nature and responsibility of these institutions. Maintaining health and eliminating illness should be an important priority of faith-based institutions. The biblical scriptures are rich in examples that demonstrate God’s concern for the health of his children. *Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you. Exodus 23:25*” Questions about *The Alliance* and the newsletter can be directed to Melina Walker at melina@nccusa.org. Congratulations on your newsletter. *Lighten Up* certainly shares the goal of improving health through the faith community!



Low fat, Sugar free

½ cup portion
90 Calories

Per container
1440 Calories

There Is
Tremendous
Variation!

Rich Ice Cream

½ cup portion
200 - 360 Calories

Per container
3200 Calories to
5760 Calories!

Read Labels
& Be Selective!

One More Reason to do Lighten Up: The Internal Revenue Service says it will begin allowing taxpayers to claim weight loss expenses as a medical deduction. The April 2 ruling qualifies obesity itself as a disease. This may lead the way for insurance companies and government programs such as Medicare to offer coverage for obesity treatment.

MUSC
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Lighten Up

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