

# LIGHTEN UP NEWS, August 2002

**Funding:** The Duke Endowment & Your Donations. Make tax-deductible donations payable to **Lighten Up** and send to us at **Lighten Up**, PO Box 250219, 210 Clinical Science Building, MUSC, Charleston, SC 29425. ph(843)792-3047

Website: [www.lightenupforever.org](http://www.lightenupforever.org)

Email: [lightenup@musc.edu](mailto:lightenup@musc.edu)

**The mission of *Lighten Up* is to help people improve health through spiritual growth for the glory of God. Bible study, prayer, and health messages are combined to encourage people to make healthy lifestyle changes forever.**

## **You Are A Valuable Part of Lighten Up's Future!**

We are now in our last year of funding by The Duke Endowment. The life of *Lighten Up* is up to every one of us. Rhoda and I have been faithful to the task and now ask for your support. We began with two small groups at Folly Beach United Methodist Church and Plymouth Congregational Church of Christ. Many pounds are now missing from this picture! We have reached 45 churches in North and South Carolina. Lots of people are talking about *Lighten Up* and making lifestyle changes forever. Lifestyle change is not easy. However, when you put God first, you can open your heart to the wisdom you need to treat your body as a temple.



***What can you do to help?*** It takes time, energy, and money to keep *Lighten Up* going. Start a new group. Become part of our marketing, fund raising, and grant writing team. Buy the new book (\$25). Buy the new 90-minute video (\$30). Buy the *Lighten Up* T-shirt (\$15). Make a tax-deductible donation today. Keep *Lighten Up* in your prayers.



**Rev. Charles Heyward**

**Encourage One Another!** *And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching. Hebrews 10:24-25.* Rev. Charles Heyward, pastor of St. James Presbyterian Church on James Island, gave a sermon on July 14 based on this scripture. Giving hope, love, support, and encouragement to one another can be our greatest gift to the world. **Do not neglect to meet together to encourage one another!** There are so many excuses. Are you too busy to treat your body as a temple of God? Form a new *Lighten Up* group to meet and encourage one another!

*There are many wonderful people who have encouraged me throughout the development of this health ministry. You are in my thoughts and prayers. Thank you & God bless. MJ*

**Leadership Training - August 10, Summerville Medical Center.** We will be meeting 9 am – noon, followed by lunch as a wonderful opportunity to encourage one another in our shared passion of trying to encourage people to improve health through spiritual growth. The cost is \$30 and will include the new *Lighten Up* book (155 pages), leadership resources, enthusiasm, and everything you need to make it a success. Chaplain Geni Felsing, RN has a generosity of spirit, which encourages all of us to be better people and better Health Ministers. Join these smiling faces of these wonderful women from the Summerville area who serve as health ministers to their churches.



**Summerville Parish Nurses to Meet August 10! Join the fun!**

**L  
I  
G  
H  
T  
E  
N  
  
U  
P**



**Chaplain Geni Felsing**

**Does This Sound Familiar?** While *Lighten Up* met in my church, I was able to overcome many of those food temptations and improve my health. Now what? One choice is to become a leader! Embrace the scripture, *Hebrews 10:24-25*. You know the format. Begin with prayer, pass a memory verse, read a scripture, tell a story, use the behavior change checklist, and view the health nugget video to increase your knowledge. Obesity, high blood pressure, high blood cholesterol, and diabetes have not gone away. The need is real and you can do something about it. I cannot do it for you! Change comes from within!

**The Process Is Getting Easier!** We are very excited to announce that great strides have been made to simplify the process of taking *Lighten Up* to your church, workplace, or community. After four years of research demonstrating safety and effectiveness, *Lighten Up* has changed to being a “standard practice of care”. The informed consent will be replaced with a health screening release. This will offer you greater flexibility in balancing your resources with the needs of your group. Be assured, this will not compromise confidentiality, safety, and integrity of the research.

*“When I began Lighten Up, I liked reading the scripture and the Be Lifted Up stories. That part of the book was much easier to read than the tables. Since that time, I have developed diabetes and kidney failure. My illness must be controlled by what I eat. Those food tables now guide me through calories, sodium, fat, potassium, carbohydrate, and much more. Nothing fancy, but Lighten Up has it all! It is informative, practical, and easy to follow. Do you have high blood pressure? Are you overweight? Knowledge is power! My doctors and I find the answer to every question in my Lighten Up book!”*

*Suzanne Bolger*

## Charleston Habitat for Humanity

homeowners will *Lighten Up*. Braden Kuhlman and Nathalie Grant will be leading the sessions beginning Thursday, August 22 at 7 pm at Wallingford Presbyterian Church, located at 705 King Street. While *Habitat* builds houses the *Lighten Up* program builds healthy bodies, both to the glory of God. Nathalie has discovered that her soda was costing her 2 house payments a year! The simple switch from soda to water will put money in her pocket and take inches off her waist.



Braden Kuhlman & Nathalie Grant

## Churches Starting *Lighten Up* this Fall! There is time to add your name!



Joshua Baptist - Charleston



St. John's Lutheran - Spartanburg



James Island Presbyterian - Charleston



Lutheran Church of the Redeemer, Charleston



Wallingford Presbyterian  
Charleston, SC









St. James Episcopal  
Charleston, SC

**Greensboro, NC.** Christ United Methodist Church, Our Lady of Grace Catholic Church, and Prince of Peace Lutheran Church followed the example of Vandalia Presbyterian Church by conducting *Lighten Up* this spring. I am waiting to hear your stories; but I do know that 39 people completed the 10 weeks, lost over 200 pounds, and decreased blood cholesterol by more than 20 points on average. Congratulations on a job well done! ***Reno, Nevada under the guidance of Mylan Hawkins did a great job too!***

***Please help me write a book about the Lighten Up churches. Be included by sending me your story!***

## Annual Cost of Consuming Sweetened Sodas

Cans per Day	Sugar per year	Calories per year	Weight gain per year	Cost per year
	28 pounds	50,000	15 pounds	\$237
	56 pounds	100,000	29 pounds	\$475
	84 pounds	150,000	44 pounds	\$712
	113 pounds	200,000	58 pounds	\$949
	141 pounds	250,000	73 pounds	\$1,186
	169 pounds	300,000	88 pounds	\$1,424

So, you don't think you drink this much?

A "Super-Size" Fast Food Soda = 3 to 4 cans of soda! It adds up!

**Donate to Lighten Up by decreasing soda intake. You'll lose weight along the way!**

**MUSC**  
**MEDICAL UNIVERSITY**  
**OF SOUTH CAROLINA**

*Lighten Up*

*Digestive Disease Center*

96 Jonathan Lucas Street, Suite 210

P.O. Box 250327

Charleston, SC 29425