

LIGHTEN UP NEWS, October 2003

Funding: *Your Donations and Program Fees. If our mission is important to you, consider making a tax-deductible donation 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 Email: lightenup@musc.edu*

WWW.LIGHTENUPFOREVER.ORG gets a facelift! Thanks to the skills, talents, and enthusiasm of James Webb and Christine Toland of the Digestive Disease Center, the website is easier to navigate for information (user friendly), encourages interaction, and is much prettier. Visit the site to receive a free copy of the *Lighten Up* newsletter. Recipes are easier to find, read, and print. Get the latest schedule and location of health checks, conferences, and opportunities to *Lighten Up*! Verify that the church information is correct. Send us your favorite church pictures. We can link our websites. Our goal is to serve you!



Christine Toland & James Webb

IN QUEST OF SOUL FOOD & VEGETABLES I had the pleasure of meeting Mike Chestnut, proprietor of Fifth Avenue Grill, at Mrytle Beach. *I told the story of our meeting in The Holy City Chronicle last month.* Briefly, I was seeking vegetables for a meal out, and found “Soul Food The Way Momma Made It!” I enjoyed every bite of the fried okra, mashed potatoes and gravy, meat loaf, and salad. I wanted to know more how the food was prepared and asked to meet the chef. Mike Chestnut came out with bright eyes and a smile that made me quickly understand the “soul” part of the meal. I explained I was dining at his restaurant because I’m a nutritionist on a quest for vegetables. His restaurant was the solution to my dilemma. Mike explained “soul is all about seasoning and that his mother lets him know when he’s got it right.” Long story short, we talked about seasoning, sweet tea, and health. Mike even let me weigh him. I learned that the sweet tea has 3 pounds of sugar for every 4½ gallons or 125 Calories per 12-oz glass. On the run with the business, Mike drinks about 10 glasses throughout the day. I knew why Mike’s knees might be hurting. As follow up, I called Mike today. He tells me it is now 3 weeks without the sweet tea. “It’s hard; but I think I’ve lost about 6 pounds.” Solving the health crisis in America is all about changing one step at a time. So, have you made any changes today? Become an agent of change by accepting responsibility and Lighten Up!



Mary Joan & Mike Chestnut



PINEAPPLE ANGEL FOOD CAKE is easy to make, moist, takes care of that sweet tooth, and is an excellent alternative to cakes loaded in fat. Combine in a large mixing bowl one box of angel food cake mix, one 20-oz can of crushed pineapple, and a ½ teaspoon of almond flavoring. Use a spoon to fold the ingredients together. Pour into an ungreased large cake pan. Bake 35 minutes in 350F oven. Makes 12 servings. Nutrition facts per serving is 140 Calories, 3 g protein, 32 g carbohydrate, 0 g fat, & 320 mg sodium. *By comparison, a serving of German chocolate with icing contains 410 Calories, 6 g protein, 51 g carbohydrate, 29 g fat, and 214 mg sodium.*

DENTAL ADVICE. This fall I have had the pleasure of teaching a nutrition course to dental students at MUSC. I like this newsletter to be a forum for health promotion and have asked their advice for the most important points for the health of your teeth and gums. “Brush and floss your teeth frequently, decrease sugar intake, and see your dentist every six months. Don’t forget to brush your tongue. You can pay now or really pay later. Smile. Your mouth is a mirror reflecting your total health!”



106 g	173 g	210 g	247 g
72 Cals	117 Cals	142 Cals	167 Cals

PORTION SIZE is critical to understanding what you eat! These potatoes came from the same bag; but the weight and therefore the Calories varied over two fold! It is possible to eat all foods when you control the portion. *Lighten Up!*

HEALTH CARE COSTS ARE OUT OF CONTROL! We all pay through increased insurance premiums, co-pay, and taxes to pay \$1.4 trillion dollars per year (\$3.8 billion dollars per day). Lifestyle change through not smoking, wearing seat belts, eating more fruits and vegetables, eating less fat, and increasing exercise, is the single most powerful thing we can do to turn the tide. Be part of the solution and *Lighten Up!*

DON'T SAY YOU'RE FINISHED BEFORE GOD DOES. Discouragement is another diabolical key that opens the door for the thief to steal our goods. Perhaps you have awakened to a new day but felt just as bad as you did yesterday. In a moment of weary resignation and discouragement, you opened your mouth and released the fear that was in your heart: “He’s finished with me here. I give up.” I feel the anointing of God to tell you right now, you will not fail, and I have witnesses to prove it: Samson and Moses. Pick up where you left off! Restart your worship—reclaim your destiny!

GOD CHANGES HEARTS, PEOPLE CHANGE BEHAVIOR. This summer I was in Barnes and Noble, buying The Purpose Driven Life for a friend. While in line, a young woman noticed my purchase and said I could buy it at Sams for much less. She had bought many copies to give to friends. We struck up a conversation and accepted that God brings people together for a purpose. Today's purpose is to tell you Tarsha Moseley's story, which I have no doubt will inspire you to accept that health and Christ is a choice.

Tarsha Moseley is 30 years old and the director of the Ebenezer Senior Day Care Center located at Ebenezer AME Church in downtown Charleston. Their goals are to support families, promote good health, and provide quality service. Tarsha has a passion for the Lord, who healed her brokenness 3 years ago. From July 2000 until February 2002, Tarsha lost 112 pounds. She has now replaced her size 24 clothes with size 10! Through the grace of God, she has kept the weight off and her health has been restored to allow her to truly live life with a purpose. At age 27, her doctor declared, "You have borderline diabetes, borderline high blood pressure, borderline high blood cholesterol, and I want to see you again in 3 months." Talk about living on the edge! Knowing is half the battle and now she knew that something had to change. Her history was filled with the usual battles with weight through diet pills, bulimia, and all of the attempts to control food. From her medical records, she discovered that at age 7 her parents had already taken her to see a dietitian about weight. Both of her parents were overweight, so they set the table and the example. Her bondage of obesity would not end until after the death of her parents!



Tarsha Moseley

This time it was different. She asked the Lord for forgiveness and to be healed. It would take sacrifice but her journey to health had begun. She needed a system of accountability and turned to Weight Watchers. It was the tool, which helped to break through the challenges of Chinese food, peer pressure, and past failures. Food now makes sense. We believe it is destiny that has brought a dietitian with a Biblically based health education program called *Lighten Up* with an African American woman who has broken through the cultural barriers to health. We share the belief that change begins through putting God first and that He can heal our diseases. If your poor health is holding you captive, we invite you to attend a **Healing Forum** at **St. James Episcopal Church on Thursday evening, October 16 at 7 pm.** The church is located at 1872 Camp Road, James Island. Please call 792-3047 to let us know you are coming. To God goes the glory!

"I've been fighting the flesh. The Holy Spirit says, don't do it. The flesh says, just go ahead, girl! You have to listen with your eyes, ears, and mind open." Nancy Brisbane

To receive the *Lighten Up* newsletter by mail, make a donation of \$6 per year to help cover the costs. Otherwise, download the newsletter from www.lightenupforever.org.

SIMPLIFY the complex food decision process by selecting a few good foods and beverages and control the portion. Perhaps it would be easier to be like my cat, Friday. She weighs 9 pounds and is 3 years old. Friday has a combination of Kit'n Kaboodle, 9 Lives, and occasionally milk. Veterinarians are increasingly concerned that even our pets are becoming obese so she gets plenty of exercise. Just like humans, it is the small changes over time that makes a big difference. Doesn't it just make you want to take a catnap!



Our mission is to inspire, teach, and encourage all people to improve health through nutrition, exercise, and spiritual growth. Programs are Biblically based and incorporate current medical recommendations. If this mission is important to you, consider making a tax-deductible donation. Write a check to "Lighten Up".

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