

# MIDWAY COVENANT CHURCH HEALTH MINISTRY NEWSLETTER



## NUTRITION TIPS

- 1) "Clean Eating": Eat fresh from the earth; avoid packaged foods.
- 2) Eat Organic, Non-GMO, at least avoiding foods from "Dirty Dozen".
- 3) Focus on foods with macro nutrients to promote good health; Also check out the "Clean Fifteen".

### THE CLEAN FIFTEEN: (LESS PESTICIDES)

AVACADO  
PINEAPPLE  
SWEET CORN  
CABBAGE  
FROZEN SWEET PEAS  
ONIONS  
CANTALOUPE  
ASPARAGUS  
CAULIFLOWER  
GRAPEFRUIT  
HONEYDEW MELON

### THE DIRTY DOZEN: (MORE PESTICIDE)

▶ STRAWBERRIES  
▶ APPLES  
▶ NECTRINES  
▶ PEACHES  
▶ CELERY  
▶ GRAPES  
▶ CHERRIES  
▶ SPINACH  
★ TOMATOES  
★ BELL PEPPERS  
★ CHERRY TOMATOES  
★ CUCUMBERS

**HAPPY NEW YEAR** from your Health Ministry Team!  
May your 2018 be full of the Joy of Jesus, His strength within you, and ever improving health! *"The Joy of the Lord is my Strength and my Song!"*

If possible, buy Organic - especially the "Dirty Dozen". (Thanks to Cancer Research of America for the list.)  
Wash all fruits & veggies with water & vinegar soak & rinse to remove chemicals.

Top offender again this year is strawberries- also the most difficult to remove pesticides. Wash & enjoy anyway!

Bone broth is excellent to help keep muscles healthy - in addition to other benefits.

Brewers Yeast powder (add to soup) helps prevent neuropathy and dementia - in addition to other benefits..



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### THE TWO RECOMMENDED MEAL BALANCE PLATES:



## Church Mice



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**FLU season is upon us. Patients with chronic lung disease are advised to stay home. Flu information from Loma Linda University Medical Center:**

**"The 2017 –2018 flu season has been especially severe, surpassing the last 10 to 15 years as one of the worst. When should I go to the Emergency Room?**

**If a primary physician is unable to help, then patients can consider going to an emergency room." Adrian Cotton, MD, chief of medical operations at Loma Linda University Health, offers guidance on when to go to the ER: Quote:**

**"Adults should only go to the emergency room for the following reasons:**

- **Shortness of breath or difficulty breathing**
- **Severe or persistent vomiting**
- **Chest pain**
- **Confusion**
- **Flu-like symptoms improve but return with a fever or worse cough**

**A child should only visit the emergency room for the following reasons:**

- **Bluish skin color**
- **Dehydrated**
- **Trouble breathing or chest pain**
- **Not waking up or not interacting**
- **Fever with a rash**
- **Not eating**
- **Flu-like symptoms improve but return with a fever or worse cough"**



