

# HEALTH FITNESS MINISTRIES

## THE SOWER

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*ALL THE NEWS THAT'S FIT TO PLANT June 2011 Vol. 5 No. 6*  
*Achieving higher levels of spiritual wellness by becoming better stewards of God's holy temple.*

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### **The Word:**

When was the last time you saw an opportunity to do God's work or witness but passed it up for various reasons? When was the last time you prayed for **BOLDNESS**?

Two weeks ago I watched Charles Stanley's son Andy deliver a very interesting sermon on boldness. His main theme was that we need to pray for boldness in our witnessing. Scriptural support was taken from Acts 4:29-31, where the Apostles prayed for boldness shortly after receiving the Holy Spirit.

Last week Dr. Stanley's sermon covered recognizing opportunities for us to do God's work. His main point was that we have many opportunities but do not recognize them because we are not watching for them. He used the Bible story of blind Bartimaeus in John 10:46-52 to illustrate how Bartimaeus was bold enough to call out to Jesus and ignore the rebukes of the crowd.

Both of these sermons "gelled" in my mind. We need to pray for boldness in doing God's work whenever we have an opportunity to do it. And we need to be more aware of those opportunities when they occur – which is at least once a day.

You can watch both sermons on line at: [www.intouch.org](http://www.intouch.org). The sermon titles are Big Church (May 22<sup>nd</sup>) and A Passing Opportunity (May 29<sup>th</sup>). I like to think this newsletter is an opportunity for me to be more-bold in helping you achieve higher levels of spiritual wellness.

### **Healthy People 2020**

The new 2020 guidelines we summarized in February can be read in more detail at: [www.healthypeople2020.gov](http://www.healthypeople2020.gov). One question often asked in our seminars and workshops has been "where can I find good, reliable health and fitness information?" To help you make better choices for your reading material we will be reviewing several resources this year. These have been presented in the March 2011 issue of *Consumer Reports Shoppersmart*, which is, itself, a good resource.

Each site is listed with a specific application. It's up to you to investigate it for your own personal use by clicking on the link with your CTRL key down.

First, we looked at what makes a good resource. Three questions need to be considered:

1. Who created this information?

2. Where does this info come from?
3. How is my privacy protected?

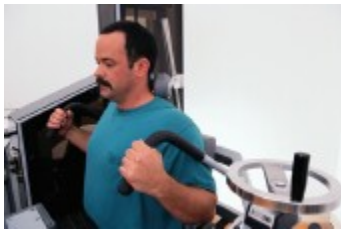
This month we list four more sources. You can follow up with the links provided. This will bring the total covered to fourteen so far, these four cover Family Health:

1. [www.babycenter.com](http://www.babycenter.com) Best for baby-care tips.
2. [www.ghr.nlm.nih.gov](http://www.ghr.nlm.nih.gov) Best for researching genetic conditions.
3. [www.nichd.nih.gov](http://www.nichd.nih.gov) Best for tracking child development.
4. [www.kidshealth.org](http://www.kidshealth.org) Best for learning about kids' health.

### **Exercise of the Month**

## Even a Little Exercise May Protect Against Colon Polyps

This study found just one hour a week made a difference in risk; and since I just had my first (and, I hope, my last) colonoscopy – which proved unremarkable - I thought this might be useful for some of our readers.



SUNDAY, May 8 (Health Day News) -- Even a little exercise may ward off polyps in the colon, which are sometimes precursors to cancer.

In fact, just an hour a week of low-intensity exercise -- even such seemingly trivial activities as walking on the street or climbing stairs -- reduced risk, especially among individuals who are obese or overweight, according to new research slated to be presented Sunday at Digestive Disease Week in Chicago.

The New York City researchers noted that benefits were seen across a variety of ethnic groups and weight ranges.

The findings are not really new, just confirmatory of what doctors have been urging all along: get out and move, not just to prevent polyps but to prevent a whole host of diseases.

"Exercise is a good thing," said Dr. David Weinberg, chairman of medicine at Fox Chase Cancer Center in Philadelphia. "It matters in sick people and black people and skinny people and overweight people."

Although many previous studies have been done on this subject, not many looked at the effect of exercise in a multi-ethnic group.

"African-Americans are disproportionately impacted by colon cancer. Even within our own sample, blacks had the highest prevalence of polyps and adenomas [benign tumors that can become cancerous]," said study author Dr. Nelson Sanchez, attending physician at Memorial Sloan-Kettering Cancer Center in New York City. "Overweight and obese people are another segment of the population that is at increased risk of colon cancer and colon polyps."

This study included almost 1,000 patients of different ethnic and racial groups: 56.8 were Hispanic, 20.6 percent were Asian, 15.2 percent were black and 7 percent were white. The participants were middle-aged and at no increased risk for colon cancer or polyps. About two-thirds were overweight and about half exercised for at least an hour a week.

After performing screening colonoscopies, the researchers determined that people who exercised one or more hours a week had a 25.3 percent risk of polyps, versus 33.2 percent for those who didn't meet this exercise threshold.

The hour of weekly exercise lowered the risk of adenomas in people who were overweight and who were black. The risk of cancer was also lowered in black study participants.

Also, "individuals who exercised for at least three years had increased protection from colon polyps," said Sanchez, who spoke at an April 21 news conference on the research.

"Nobody knows why there's a benefit from exercise," Weinberg said. "You can come up with a couple of reasonable hypotheses. Is it because you're altering some important set of biological pathways? There's a lot of data that link obesity and polyps. Does that operate through insulin and insulin growth factors?"

The findings, added Sanchez, "have a great public health impact."

Now the job is to determine exactly which exercises are the most beneficial, he said.

Because the study was presented at a medical meeting, the data and conclusions should be viewed as preliminary until published in a peer-reviewed journal.

SOURCES: David Weinberg, M.D., chairman, medicine, Fox Chase Cancer Center, Philadelphia; April 21, 2011, teleconference with Nelson Sanchez, M.D., attending physician, Memorial Sloan-Kettering Cancer Center, New York City

## Nutrition Digest

# Immigrants Eat American Junk Food to Fit In: Study

Is our national incidence of obesity setting a bad example? Are we telling other countries that we are more “affluent” – like it used to be in older times? The desire to assimilate drives many newcomers to consume high-fat, high-calorie U.S. foods.

By Mary Elizabeth Dallas



Photo: U.S. Centers for Disease Control and Prevention

FRIDAY, May 6 (Health Day News) -- After moving to the United States, immigrant groups trying to fit in tend to choose high-calorie, fatty foods in an attempt to appear more American, a new study finds.

That's one reason why immigrants approach U.S. levels of obesity within 15 years of moving to America, according to research in the June issue of *Psychological Science*.

Researchers surveyed Asian-American and white college students about embarrassing childhood food memories. Although 68 percent of the Asian-American respondents recalled food-related insecurities, such as awkwardness about using chopsticks, only 27 percent of white respondents recalled any embarrassing food practices.

The researchers also did an experiment that measured whether or not the threat of appearing un-American influenced respondents' food choices.

After being questioned about their ability to speak English, 75 percent of Asian-Americans identified a typical American food as their favorite. Only 25 percent of Asian-Americans who had not been asked if they spoke English did the same.

White participants' lists of favorite foods did not differ whether the experimenter asked if they spoke English.

When their American identity was called into question during a follow-up study, Asian-American participants also tended to choose typical American dishes, such as hamburgers and grilled cheese sandwiches, over more Asian fare.

In that experiment, 55 Asian-Americans were asked to choose a meal from a local Asian or American restaurant. Some participants were told that only Americans could participate in the study.

Those who chose the more typical American fare ended up consuming an extra 182 calories, including 12 grams of fat and seven grams of saturated fat.

"People who feel like they need to prove they belong in a culture will change their habits in an attempt to fit in," said Sapna Cheryan, an author of the study and assistant professor of psychology at the University of Washington, in a journal news release. "If immigrants and their children choose unhealthy American foods over healthier traditional foods across their lives, this process of fitting in could lead to poorer health," Cheryan added.

Social pressures, the study concluded, are at the heart of the problem. "In American society today, being American is associated with being white. Americans who don't fit this image even if they were born here and speak English feel that pressure to prove that they're American," said Cheryan.

SOURCE: Association for Psychological Science, news release, May 3, 2011

### **In the News:**

## **Skin Cancer Foes Declare May 27 'Don't Fry Day'**

One American dies from the disease every hour, experts warn

By Mary Elizabeth Dallas



WEDNESDAY, May 25 (HealthDay News) -- This Friday, the start of the Memorial Day weekend, is also "Don't Fry Day," a time for skin-safety experts to remind Americans about the hazards of overexposure to sunlight.

Melanoma, the potentially deadly form of skin cancer, is the most common cancer among young adults in their late 20s, according to the U.S. Environmental Protection Agency (EPA) and the National Council on Skin Cancer Prevention, which joined forces to provide life-saving tips on sun safety. The main cause of skin cancer: overexposure to harmful ultraviolet (UV) rays.

"Many people still do not realize that unprotected sun exposure can lead to skin cancer and other health problems," said Gina McCarthy, assistant administrator for EPA's Office of Air and Radiation, in an agency news release. "Simple steps, such as using sunscreen, putting on sunglasses or wearing a hat, can protect us and our families, while still enjoying the great outdoors."

Skin cancer, the most common type of cancer in the United States, affects more than 2 million Americans each year -- more than breast, prostate, lung and colon cancers combined, the EPA said. Every hour, one American dies from skin cancer, the agency noted.

Although UV rays are dangerous year-round, the risks are greatest in the summer months when people spend more time outside, McCarthy said.

To limit exposure to harmful UV rays, experts suggest you:

- Cover up. One of the most effective ways to reduce exposure to the sun's harmful rays is to wear a shirt, hat, sunglasses and SPF 15+ sunscreen.
- Find a shady spot. It's best to stay out of direct sunlight during the peak hours of 10 a.m. to 4 p.m.
- Be aware of the UV index. Before engaging in outdoor activities, check the UV index to identify the most risky times for overexposure to the sun.

SOURCE: U.S. Environmental Protection Agency, news release, May 23, 2011

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