

Seventh-Day Adventist Church Erdington

Health Newsletter - March 2021

Psalm 139:14 "I will praise you for I am fearfully and wonderfully made; Marvellous are Your works O Lord, and that my soul knows very well." Amen.

We pray that the content will help in some small way to strengthen your mind, soul, body and spirit during these challenging times.

We invite all members to submit any relevant articles, poems, recipes and appropriate humour to clerkerdingtonsda@gmail.com; and we will try to publish as many as we can. Blessings!

Trust in God



Trust in the Lord boosts positive emotions and helps neutralize negative emotions. It enhances life and increases coping skills when difficulties do arise.

Some say 2020 is a year to forget
The year that Covid-19 took its toll
The year when hugs and smiles were few
And life as we knew it demanded a reset

But pardon me as I respectfully disagree
Listen carefully I plea
Yes it's true that Covid19 played its part
But to sum up 2020 this way is to sell ourselves short

Many other stories rich and bold
Demand their right to be told
Stories that too have their place
Stories about you and me that must be given space
And if we do not tell the whole story we will regret
Because 2020 isn't just about Covid-19 **lest we forget**

The passing of a driving test first time
Getting the keys to my new home
Paying off my mortgage at last
Passing my bar exam
Why should I forget

Getting married at last
Dating and having a blast
Being given the all clear for Cancer
IVF and getting pregnant at last
Why should I forget

Standing at the grave of a loved one
Getting the job that I have dreamt of
Meeting my soulmate
Learning to mute and unmute
Why should I forget

Seeing the beauty in imperfection
Discovering the joy of silence
Reconnecting with family and friends
Navigating home schooling and appreciating education
Why should I forget

Learning to bake without flour
Graduating at long last
Publishing my first book
Exchanging stilettos for socks
Why should I forget

Captain Tom the centenarian that raised millions
The keyworkers who remained calm amidst the chaos
Sir Lewis Hamilton who lifted trophy number seven
Fighting for George so others can breathe
Why should they forget

Some say 2020 is a year to forget
But listen carefully I plea
Yes Covid-19 played its part
But reflect and you will see
There are many other stories that also have their place
So when we talk about 2020 **let us not forget** to give them space

Written by Sonia Mais-Rose January 2021
"To make an end is to create a beginning, so start something beautiful today."



RIDDLE 499

biblicalknowhow

+233240783918

#DailyRiddle

WE WERE TWO BROTHERS WITH NO SISTERS.
OUR NAMES HAD THEIR MEANINGS IN ACCORDANCE
WITH OUR FATHER'S EXPERIENCES. OUR FATHER
WAS A GREAT MAN OF GOD. SOME OF OUR
DESCENDANTS BECAME CHIEFS AND TREASURERS
OF GOD'S PEOPLE

NAME US

ANSWER TO RIDDLE 498

— JESUS REJECTED AT NAZARETH —

WWW.BIBLICALKNOWHOW.ORG

visit our website or facebook page for previous riddles

4
Make God's
priorities, your
priorities
(Matthew 6:33)

2
Use a daily schedule.
(Habakkuk 2:2)

7
7 Bible-Based ways
to be intentional
about your use
of time

5
Be clear on your
short-term and
long-term goals, and
put your plans in
writing.
(Proverbs 29:18)

4
Bring your full focus
to the moment, and
eliminate
distractions.
(1 Corinthians 10:23)

5
Carve out consistent
time out of each day
to spend with God.
(Psalm 1:2)

6
Consider carefully
the friends with
whom you choose to
spend your life
moments
(1 Corinthians 15:33)

7
Don't waste your
energy on things you
cannot change.
(Matthew 7:6)

DID YOU KNOW? THE SPHINX POSE HAS MANY BENEFITS



The sphinx pose is a gentle back bend that helps strengthen the spine, stretches the chest, lungs, shoulders, and abdomen. This pose can also help firm the buttocks, stimulate abdominal organs, and help relieve stress. It invigorates the body, soothes the nervous system, and is also therapeutic for fatigue.



Bible Jokes

Question: Who was the greatest financier in the Bible?

Answer: Noah -- he was floating his stock while everyone else was in liquidation.

Question: What did God say after He created Adam?

"I can do better than that." And so, He created woman.

Question: What kind of man was Boaz before he got married?

Answer: Ruth-less.

Question: Who was the first drug addict in the Bible?

Answer: Nebuchadnezzar -- he was on grass for seven years. (Daniel 4:23- 33)



Sweet Potatoes Topped with Black Beans & Kale

Serves:4

Ingredients

- 4 medium Sweet Potatoes
- 1 Onion, chopped
- 2 cloves Garlic, chopped
- 6 cups chopped Kale
- 1 1/2 cups cooked Black Beans, or 1 (15-ounce) can no salt added or low sodium black beans, drained
- 1 1/2 cups Diced Tomatoes
- 2 teaspoons Chilli Powder
- 1 teaspoon Cumin
- 2 tablespoons chopped Parsley
- 1 cup unsweetened non-dairy Yogurt



Method

1. Pierce sweet potatoes in several spots with a fork. Microwave on high until soft, 12-16 minutes. Potatoes can also be baked in a 350°F oven for 50 minutes or until soft.
2. Meanwhile, heat 2 tablespoons water in a large pan & water- sauté onion & garlic for 2 minutes.
3. Add kale & stir until wilted. Cover pan & cook until kale is tender, adding water as needed, about 10 minutes.
4. Add black beans, tomatoes, chilli powder & cumin; bring to a simmer & cook for 5 minutes.
5. Cut each potato lengthwise, skin & partially mash, then top with bean mixture.
6. Sprinkle with Parsley.
7. Top with non-dairy Yogurt.

Nutritional Information

Per Serving: Calories 342; Protein 16g; Carbohydrates 69g; Total Fat 2.8g; Saturated Fat 0.4g; Sodium 159g; Fiber 13.7g;

Top Natural Painkillers

CureJoy

Earache Garlic		Toothache Cloves
Heartburn Apple Cider Vinegar		Chronic Pain Turmeric
Joint Pain Cherries		Bloating Pineapple
Sore Muscles Peppermint		Sinus Pain Horseradish
Injury Pain Water		Urinary Tract Infections Blueberries

PRESS YOUR WAY
THROUGH THE
SHADOW WHICH
SATAN THROWS
ACROSS YOUR
PATHWAY AND TAKE
HOLD OF THE ARM
OF JESUS, THE
MIGHTY ONE.

MIND, CHARACTER AND PERSONALITY, VOL. 2, P. 650

ESV



COVID-19 and the heart: What do we know so far?

Although many viruses, such as influenza, can cause heart-related issues, SARS-CoV-2 seems to impact the cardiovascular system more frequently.

According to an article published in Science, of the family of seven human coronaviruses, scientists know that most affect the lungs but not the heart. SARS-CoV-2 is different because it may have a propensity to cause cardiac-related issues, such as inflammation of the heart, heart attack-like symptoms, and heart rhythm irregularities.

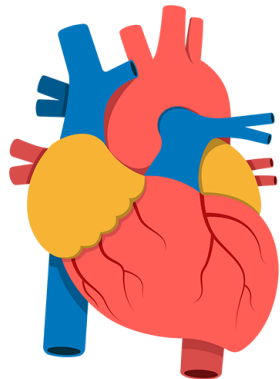
However, other, rather alarming data indicates that approximately 25% of people hospitalized with COVID-19 have cardiovascular complications, contributing to about 40% of all COVID-19-related deaths. Interestingly, people with severe cases of the disease might not be the only individuals at risk for heart complications. Additional research published in JAMA Cardiology suggests that people who have had COVID-19 may experience cardiac involvement even with mild illness.

In the study, researchers used cardiac magnetic resonance imaging to examine the hearts of 100 German people who had recovered from COVID-19. Of these participants, 78 had cardiac involvement, and 60 showed ongoing heart muscle tissue inflammation. These findings were independent of the length of time after the original diagnosis, pre-existing conditions, and the severity and overall course of COVID-19.

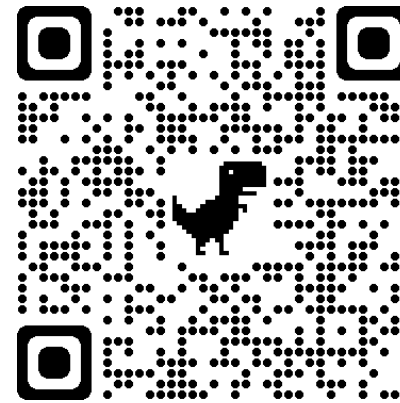
Even young adults may be at risk of COVID-19-related heart complications. Recent research, also published in JAMA Cardiology, found that out of 26 college-aged competitive athletes who previously tested positive for COVID-19, four (15%) had cardiovascular magnetic resonance (CMR) findings that suggested myocarditis.

COVID-19 is showing a propensity to cause lasting effects. According to the BMJ, approximately 10% of people who have had the disease experience prolonged illness or respiratory, cardiac, and neurological symptoms.

As far as long-term heart problems, Dr. Goldhaber said, "it's too early to tell, but that is definitely something we're worried about, given that there are patients who haven't had pre-existing cardiac issues, who are complaining of exercise intolerance, and other symptoms that could be cardiac related."



Scan the link below to listen to discover practical ways to reduce screen time.



Once you have a QR Code reader installed on your smartphone, you're ready to scan your first QR Code. Doing so is very easy.

Just follow these simple steps.

1. Open the QR Code reader on your phone.
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen.
3. Two things can happen when you correctly hold your smartphone over a QR Code.
 - 3a. The phone automatically scans the code.
 - 3b. On some readers, you have to press a button to snap a picture, not unlike the button on your smartphone camera.
4. If necessary, press the button.

Presto! Your smartphone reads the code and navigates to the intended destination, which doesn't happen instantly. It may take a few seconds on most devices.



What are the benefits of nettle tea?

What is nettle tea?

Nettle tea consists of the leaves from the stinging nettle plant infused in hot water.

It tastes similar to vegetable broth and can have a mild or strong taste depending on the concentration.

Soaking nettle leaves in tea is one way to consume nettle. People can also eat young nettle leaves (by steaming or wilting them in the same manner as spinach), take dried nettle leaf in capsules, or use nettle tinctures.

Potential benefits

Historically, people have used nettle for a wide range of conditions, including:

- rhinitis and seasonal allergies
- difficult urination
- inflammation and joint pain
- muscle spasms
- high blood sugar
- bacterial infections, such as urinary tract infections

Nutrition

One 2018 review states that leaves of nettle plants are rich in a number of nutrients, including:

- vitamins C, D, and K
- minerals such as iron, selenium, zinc, and magnesium
- fatty acids, such as alpha-linolenic acid
- antioxidants, such as polyphenols, carotenoids, and terpenoids
- sterols

Because nettles contain numerous important vitamins and minerals, consuming nettle tea may help people get more of them. Its iron content, in particular, may help people who are prone to anemia and other nutritional deficiencies.

However, the nutritional content of nettle tea will vary depending on where the leaves came from, how strong the tea is, and certain other factors.

Arthritis

According to the 2018 review, one study into nettles suggests that they can reduce the need for nonsteroidal anti-inflammatory drugs in people with osteoarthritis at the base of the thumb. This suggests that nettle has anti-inflammatory properties. However, the study focuses on eating nettle leaves as food rather than on consuming nettle tea. As a result, the tea may not have the same effect.

The Arthritis Foundation suggest that people who want to try the tea drink one cup three times per day. However, it is important to discuss this with a doctor first.

Enlarged Prostate

Benign prostatic hyperplasia (BPH), or enlarged prostate, occurs when the prostate gland grows too large and presses on the urethra. This can cause difficulty urinating or incomplete urination.

One 2005 study suggests that nettle on its own improved urination for people with BPH, compared with a placebo.

Again, these studies focus on nettle leaves rather than nettle tea.

Interactions

Pregnant people should not take nettle or drink nettle tea. Due to a lack of research, children under the age of 12 years should also avoid nettle.

It is important that people with existing conditions and those who take certain medications speak with a healthcare professional before trying nettle. This includes people who take:

- diuretics
- ACE inhibitors
- beta-blockers
- calcium channel blockers
- diabetes medications
- medications that affect oestrogen levels



Nettle may interact with or enhance the effect of these medications.

