

Seventh-Day Adventist® Church Erdington Health Newsletter - October 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.

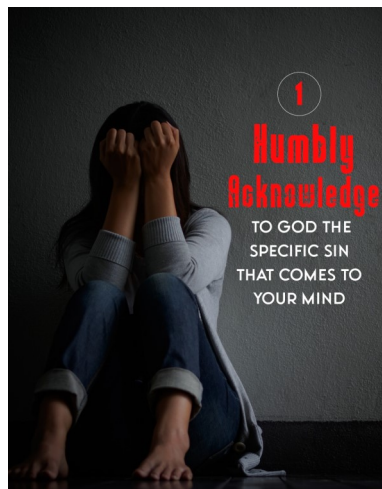
We invite all members to submit any relevant articles, poems, recipes and appropriate humour to clerkerdingtonsda@gmail.com; and we will try to publish as many as we can. Blessings!

6 Steps

TO BE FREE FROM SIN



adventist.org



RIDDLE 12



I AM FLEXIBLE

I AM BEARABLE TO MANY, I AM MOBILE

I AM A SYMBOL OF GREAT IMPORTANCE

I TEACH A LOT OF THINGS

I HAVE AN ORIGINAL COUNTERPART IN THE SKY

I HOLD MANY ARTICLES WITHIN ME SUCH AS

LIGHT AND STONES AND FOOD

I AM IN THE OT BUT YOU WILL FIND ME IN

THE BOOKS OF HEBREWS AND REVELATION

© BRF

WHAT AM I?

Parade

What did Jonah's family say
when he told them about
what happened before
reaching Nineveh?

"Hmm, sounds fishy."

Parade

WHICH BOOK OF THE
MAJOR PROPHETS IS
THE EASIEST TO
UNDERSTAND?

Ezekiel.

Macaroni & Cheese with Creamy Cheese Sauce

Ingredients

1/3 c. raw cashews
13.66 oz. can coconut milk
1/4 c. nutritional yeast
flakes
2 1/2 tsp. salt
1 1/2 tsp. onion powder
1/3 c. cornstarch
2 c. water
1/4 c. canned pimentos
2 1/2 c. cooked macaroni



Method

Step 1

In a blender, combine coconut milk, cashews, cornstarch, yeast flakes, salt, onion powder and pimentos.

Step 2

Blend until smooth. Add water and blend again.

Step 3

Place cooked pasta into a medium saucepan. Add cheese mixture and cook, stirring, until thickened. Serve hot.

*You can also pour the prepared macaroni into a casserole dish, adding water as necessary, and top with bread crumbs. Bake at 350 degrees for 30 - 40 minutes



People of the Bible

K	Q	F	Q	N	I	V	S	H	D	R	A	M	B	G
E	M	C	O	K	O	G	R	A	Z	N	X	L	M	H
E	V	P	Y	J	A	M	H	J	M	Q	E	Z	N	S
R	L	P	A	B	A	J	O	I	M	S	I	Z	D	T
S	S	M	R	N	B	Y	G	L	A	A	O	J	A	R
D	E	I	J	O	R	N	F	E	O	N	R	N	V	E
S	E	S	T	A	A	B	T	Y	U	S	H	Y	I	T
L	K	H	O	H	H	S	U	S	E	J	Y	Q	D	E
L	H	A	J	M	A	Q	W	T	U	E	H	Q	M	P
E	P	X	H	N	M	D	P	B	P	P	V	A	V	I
J	O	S	H	U	A	A	D	A	E	V	D	E	X	E
Z	H	R	M	J	U	K	W	S	U	A	C	D	X	A
J	O	H	N	L	T	T	O	W	E	H	T	T	A	M
U	L	H	T	U	R	J	G	B	N	P	D	L	P	C
T	Q	F	R	V	F	K	S	J	Y	J	T	T	O	I

ABRAHAM	ADAM	DAVID
ELIJAH	EVE	GABRIEL
JAMES	JESUS	JOHN
JOSEPH	JOSHUA	MARY
MATTHEW	MOSES	NOAH
PAUL	PETER	RUTH
SAMSON	SOLOMON	



The greatest work on earth is to seek and to save those who are lost, for whom Christ has paid the infinite price of His own blood. Everyone is to do active service...



ELLEN G. WHITE
LIFT HIM UP {LHU 358.4}

What part will you act in the closing scenes of this world's history? ... Do you realize the grand work of preparation that is going on in heaven and on earth?

Maranatha,
p. 96





Wrinkles and black skin

Wrinkles are folds, creases, or ridges in the skin that occur with aging. The most common locations for wrinkles are the face and sun-exposed areas of the body. Black skin wrinkles with aging, but the wrinkles may be less noticeable than those affecting individuals with light skin.

Wrinkles typically develop as the skin becomes thinner, drier, and less elastic with age.

They usually first appear on the face, in areas where the skin naturally folds during facial expressions.

Having exposure to UV radiation from the sun and smoking tobacco can also speed up the skin's aging process, making wrinkles more prominent.

This article will discuss the causes, treatment, and prevention of wrinkles on black skin.

Does dark skin wrinkle less?

According to a 2016 article Trusted Source, certain characteristics of black skin make it less likely to wrinkle than white skin. For example:

- Black skin contains more melanin, giving the skin more protection from the sun's UV radiation.
- The outer layers of black skin have more fat (lipid) content.
- Collagen fibers in black skin are denser and more numerous.
- Elastic fibers do not break down as quickly in black skin.
- The facial bones of Black individuals maintain their support for longer, making their skin appear less wrinkled.

Signs of aging

Everyone will eventually show some signs of aging in the skin. However, one 2019 study Trusted Source suggests that the onset of aging in light skin starts earlier than in black skin.

According to the Environmental Protection Agency (EPA), the sun causes up to 90% of the visible skin changes attributed to aging. As dark skin contains more melanin, it has more protection from the sun and its harmful UV rays. Besides wrinkles, the skin shows signs of aging through age spots, spider veins, and sagging skin.

- Age spots: These occur when extra melanin produced from UV radiation exposure clumps together and forms dark spots.
- Spider veins: These are small damaged blood vessels that appear on the surface of the skin. One cause of spider veins is sun damage.
- Sagging skin: Loose or sagging skin occurs when UV radiation exposure from the sun or tanning equipment breaks down skin-protecting molecules. These molecules help keep the skin hydrated and firm.

Causes of wrinkles

According to the American Academy of Dermatology (AAD), a key cause of wrinkles is the natural aging process of the skin.

Although people cannot stop the natural aging process, they can influence other factors that can cause wrinkles. The sections below will look at some of these factors in more detail.

- UV radiation

Chronic sun exposure causes most premature aging of the skin. A person's skin can become thick, wrinkled, and leathery after many years of unprotected sun exposure. Ensuring proper protection from UV radiation can help a person reduce this type of skin damage.

- Hormones

One 2019 article Trusted Source suggests that as women age and produce less of the hormone oestrogen, their skin becomes less elastic and more susceptible to drying out.

- Smoking

The American Osteopathic College of Dermatology and some research papers Trusted Source highlight an association between smoking and premature aging of the skin. A person who quits smoking may notice that signs of aging, such as wrinkles, become less visible.

Get tips on how to quit smoking here.

- Eating habits

Eating a healthy diet can help provide a person with key nutrients and antioxidants necessary to maintain healthy skin.



Treatments and home remedies

There are several treatments that a person with black skin can try to reduce wrinkles. Some are more costly or painful than others and may require a prescription or referral to a dermatologist. A dermatologist is a doctor who specializes in treating skin conditions.

Dermatologists can use a range of medical and cosmetic procedures to treat wrinkles. The sections below will look at these procedures in more detail.

- **Moisturizers**

A person can try to improve the health of their skin by applying a facial moisturizer every day. Moisturizers trap water in the skin, helping reduce the appearance of wrinkles on black skin.

- **Retinoids**

Retinoids are topical vitamin A-based medications that can help reduce fine lines, wrinkles, and age spots. They work by increasing the production of both collagen and new blood vessels in the skin. Retinoids are available in prescription-only strengths. Retinol products, which have lower strengths, are available over the counter.

- **Chemical peel**

Dermatologists may use chemical peels to help reduce the appearance of fine lines and wrinkles.

- **Microdermabrasion**

Microdermabrasion is a noninvasive treatment that can remove the dead cells of the outer layer of the skin. A skin care specialist performs the treatment with a small, hand-held device. Several microdermabrasion treatments are often necessary to improve fine wrinkle lines and skin discoloration.

- **Home remedies**

People can also try different home remedies to help reduce the appearance of wrinkles on black skin. According to the Skin Cancer Foundation, vitamins C and E are antioxidants that can stabilize the skin and help brighten dark spots. An individual can help keep their skin looking healthy by eating foods that are rich in antioxidants.

People can also consider trying aloe vera as a facial moisturizer or applying different essential oils to help keep wrinkles at bay. Although research suggests that essential oils may have some health benefits, it is important to remember that the Food and Drug Administration (FDA) does not monitor or regulate the purity or quality of these. A person should talk with a healthcare professional before using essential oils, and they should be sure to research the quality of a brand's products. A person should always do a patch test before trying a new essential oil.

Prevention and general skin care tips

Individuals can help prevent wrinkles by safely tanning and ensuring that they do not burn their skin. Both the sun and tanning equipment produce harmful UV radiation that can damage a person's skin. The skin shows this damage by burning or tanning.

According to the AAD, some people who use tanning equipment see signs of skin damage within a year of using it. Excessive exposure to UV radiation and sunburn can lead to wrinkles as well as skin cancer.

The AAD states that protecting the skin from the sun can reduce the risk of developing such skin damage. A 2018 review Trusted Source adds that persistently exposing the skin to UV radiation can increase DNA damage and mutations, which may result in premature aging.

Sun protection tips include:

- limiting time in the sun, especially between the hours of 10 a.m. and 2 p.m., which is when the sun's rays are most intense
- applying a broad-spectrum, water resistant sunscreen Trusted Source with an SPF of 15 or higher to all skin not covered by clothing
- reapplying sunscreen at least every 2 hours, and more often if sweating or in and out of water
- wearing clothing to cover skin that would be exposed to the sun, such as long sleeved shirts, pants, sunglasses, and wide brimmed hats
- staying in the shade whenever possible or using an umbrella or parasol when shade is not available

People with black skin can also help prevent wrinkles by taking care of their skin. Some general skin care tips may include:

- washing the skin twice daily with a gentle cleanser
- drying the face by gently patting, not rubbing or scrubbing
- moisturizing the skin daily to keep it well hydrated
- using silk pillowcases while sleeping to help reduce the formation of fine lines in the skin
- wearing sunglasses to help prevent squinting wrinkles
- exercising regularly to promote better oxygenation to cells
- drinking less alcohol to avoid dehydrating the skin
- avoiding skin care products that irritate the skin, as irritated skin makes wrinkles more noticeable
- applying certain vitamins directly to the skin

Harvest Pudding

Ingredients

- 3 cups boiling water
- 2/3 cup coconut
- 1 tsp salt
- 2 cups granola
- 1-4 Tbsp water or juice or juice concentrate
- 1 cup cold water
- 1 cup cornmeal (1 1/4 cup if home-ground meal)
- 1/3 cup sugar
- 1 Tbsp vanilla
- 1 can crushed pineapple
- 1 1/2 Tbsp cornstarch
- 2 Tbsp orange juice concentrate

Method

Granola Crust

1. Put 2 cups granola in a blender and grind.
2. Add 1-4 Tbsp water or juice or juice concentrate—just enough to allow the crust to be pressed in place and hold together.
3. Mix well and press in the bottom of your 9"x13" casserole dish.

Pudding

1. Start the water, salt and coconut to boil in a 3 quart pot.
2. Mix the cold water and the cornmeal. Pour into the boiling water and whisk to remove lumps.
3. Stir and cook for a few minutes until thickened.
4. Stir in the sugar and vanilla.
5. Blend in the blender until smooth. Do in batches if the blender is small.
6. Pour on top of the granola crust.
7. Chill to firm before adding the fruit topping or add the toppings when serving.

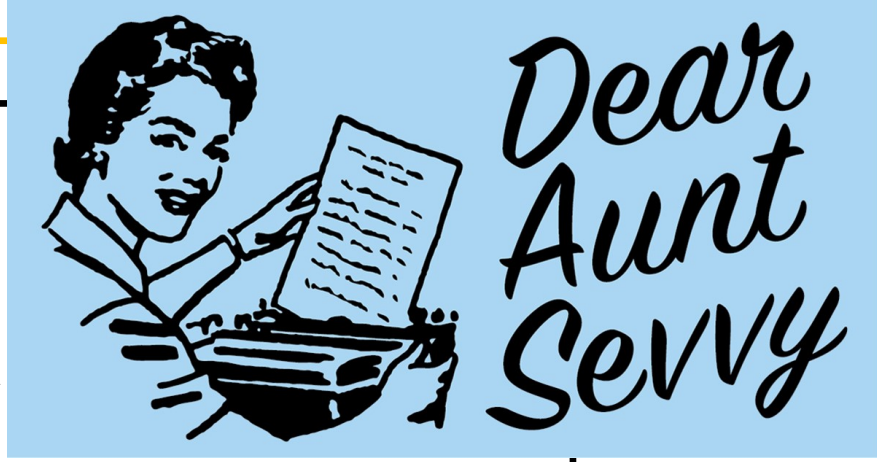
Topping

1. Drain the pineapple, reserving the juice.
2. Mix the pineapple juice, cornstarch and orange juice concentrate in a small pot. Stir well to remove lumps.
3. Heat and stir until thickened, about 3-5 minutes.
4. Remove from the heat and stir in the pineapple.
5. Spread evenly onto the firmed pudding. Chill again.





Dear Aunt Sevy,
I never feel like I have enough time for everything. I work full time, have a freelance job on the side, have two kids, in the church choir, teach kindergarten Sabbath School, and I'm in a book club. And I always feel like I'm letting someone down! Half the time I'm too tired to read my book club book, I'm creating the Sabbath School lesson in the car on the way to church, I'm cooking macaroni for dinner, or I'm running late to work! I feel so overwhelmed and frustrated. But I can't figure out how to manage everything in my life. What can I do? Help!
Signed, Overwhelmed



Dear Overwhelmed,

I could talk to you about how to manage your time better. I could tell you to get an organizer and make lists and schedule your tasks. But you can find that advice anywhere. And, to be honest, I don't think that's the solution you need.

Aunt Sevy believes your problem is your expectations of yourself. You're trying to do too much. Our culture has been taught that if we aren't being productive at every moment, that equals "lazy." But it isn't true. We are a culture of burned-out people running around doing tasks that should be enjoyable but instead are only stress-inducing.

It can be a useful exercise to think of our lives like we think of our smartphone battery. Because we use the phone so much, we monitor the battery and make sure we have the ability to charge it so the phone doesn't let us down when we need it. Our emotional health works the same way, only we are notoriously bad at monitoring that battery.

Keeping a close eye on stress levels is a good daily practice and can prevent burnout like you are experiencing. If your phone battery is running down, you remove some apps and shut the phone down now and then, and you also plug it in more often. So with your health.

Three things: cut corners, opt out, and say no. While eating a balanced diet is important, it won't hurt to eat boxed macaroni once in a while when you're in a pinch. Too many duties? Look at your life and see what you can let go of. You actually can take a few months off from your book club or the church choir, or let someone else teach the Sabbath School. Learning to say no can be a difficult practice for those of us who have been taught not to let people down, but it can be powerful for our emotional health.

The Bible calls this "stewardship" when it has to do with money, "temperance" when it has to do with other indulgences. Well, you need to be a good steward of your mental and physical energy, too, and that means being temperate in what you take on.

I wish you less!

Aunt Sevy