

March is:

- National Nutrition Month
- Colorectal Cancer Awareness Month
- National Poison Prevention Week, March 20-26
- World Water Day, March 22

In His Service,

H-3 Ministry



“He said “If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you”

Exodus 15:26



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WHY DIETS MAY NOT BE WORKING FOR YOU

DROP THE DIET AND CHOOSE A LIFESTYLE

Diets do not work. In the long-term you usually end up where you started – or possibly worse off. This is because evolution has created a body that is always anticipating future famine. When you reduce your calorie intake drastically (on a strict diet) there are physiological changes that take place in your body to conserve the energy (such a changes in hormone production and metabolism). Hence the cycle goes around and around. This is why the weight loss industry is worth billions of dollars. Most “diets” are neither easy nor enjoyable to follow, and hence you might be able to do it for 8, 12, 16 weeks – but eventually you’ll throw your hands up and say “forget it!”.

Anything you come across where you think you’d only be able to follow it for a limited amount of time – ditch it! You are much better off adopting a flexible, long-term lifestyle approach. Healthy eating is not ‘all-or-nothing’, it is about building simple habits that can be maintained. This way there is no ‘falling off the wagon’ as it is merely a lifestyle.

EAT WHOLEFOODS MOST OF THE TIME

Whole foods should comprise at least 80 – 90% of your food intake. Luckily, there are so many beautiful, fresh and delicious wholefoods you can choose from to keep your diet exciting.

Non-Starchy Vegetables



Fruits



Apple



Orange



Banana



Berries



Watermelon



Lemon

Lean Meats & Alternatives



Beef



Tuna



Chicken



Eggs



Salmon



Mince lamb

Dairy



Greek yoghurt



Ricotta



Cheddar cheese



Milk



Cottage cheese



Soy milk

Legumes



Kidney Beans



Chickpeas



Lentils



Edamame beans



Green peas



Roasted fava beans

Wholegrains



Quinoa



Quinoa



Wholemeal bread



Oats



Corn



Wholemeal pasta



Wild Rice



Freekeh



Barley

Healthy Fats



Extra virgin olive oil



Avocado



Salmon



Nuts



Seeds



Eggs

Starchy Vegetables



Sweet potato



Potato



Corn



Pumpkin



Green peas



Parsnip

Herbs & Spices



Basil



Coriander



Oregano



Turmeric



Cinnamon



Cumin

ENJOY THESE FOODS SOME OF THE TIME

No food should be labelled as 'off-limits, bad, evil, toxic, dirty, guilty'. There is a place in the diet for ALL foods, it's just about eating them in the right proportions and only occasionally. Less healthy foods that do not contribute much nutrition and tend to be rich in calories (and sugar, fat and/or

salt) should be limited. These foods should comprise less than 20% of your food intake (ideally less than 10%). Remember that eating these foods occasionally and in small amounts are not going to cause you to miraculously gain weight. We all have foods like this that we absolutely love and that bring a lot of joy to our lives. Rather than completely restricting these foods or treating them as “forbidden”, allow yourself to enjoy them every now and again (whether that’s a couple of pieces of chocolate after dinner or a burger and chips every now and again on the weekend). We only have so much willpower and trying to eliminate foods you enjoy can ultimately backfire.

ENJOY IT AND BE CONSISTENT

The reasons most “diets” fail is because not many people enjoy the ride! Yes, dropping a few kilos quickly might seem desirable, but do you really want to live by a whole heap of rules and restrictions for the rest of your life?

It is so important to enjoy the “diet/lifestyle” you choose to adopt. People often have the notion that healthy eating is bland and boring, however, this is far from true! As you saw in the list of wholefoods above, there are so many delicious and flavoursome foods you can include to keep your meals fresh and interesting.

Remember that healthy eating is about consistency, not perfection. Get the basics right and the rest will fall into place. It’s a lot harder to have to keep getting back on track than it is to just stay on track.



SUBWAY

Subway is the first major fast-food chain to carry avocado (now available at breakfast, too), and all the heart-healthy fats found within, in every one of its 26,688 US stores. And in 2014, the chain removed the creepy plastic dough conditioner azodicarbonamide from its breads, and upped its level of whole grains. If the chain weren't already America's healthiest chain, it certainly is now.

SURVIVAL STRATEGY

Trouble lurks in three areas at Subway: 1) hot subs, 2) foot-longs, 3) chips and soda. Stick to 6-inch cold subs made with ham, turkey, roast beef, or chicken. Load up on veggies, and be extra careful about your condiment choices.



Eat This

Steak and Cheese Toasted Sandwich (6") and Veggie Delite Salad with Honey Mustard Dressing

490 calories
12 g fat
(4.5 g saturated)
1,350 mg sodium

Nearly identical sandwiches with one critical difference: The Philly on the opposite page has 120 extra calories and triple the saturated fat. The choice is yours.



Other Picks

Turkey Breast and Ham (6" with double meat)
280 calories
4 g fat
(1 g saturated)
730 mg sodium

Subway Club with Avocado (6")
370 calories
10 g fat
(2 g saturated)
800 mg sodium

Black Forest Ham, Egg and Cheese Flatbread (2)
400 calories
16 g fat
(5 g saturated)
1,180 mg sodium



Not That!

The Big Philly Cheesesteak Toasted Sandwich (6") and Veggie Delite Salad with Ranch Dressing

770 calories
41 g fat
(12.5 g saturated)
1,760 mg sodium

Subway does a lot of things better than other sandwich shops, but ranch dressing ain't one of 'em. The salad dressing alone accounts for more than 30 percent of this meal's calories.



Other Passes

Sriracha Chicken Melt Salad (with Ranch Dressing)
880 calories
49 g fat
(10.5 g saturated)
1,470 mg sodium

Chicken & Bacon Ranch Melt
570 calories
28 g fat
(10 g saturated, 0.5 g trans)
1,050 mg sodium

Cold Cut Combo (6")
360 calories
12 g fat
(3.5 g saturated)
1,030 mg sodium

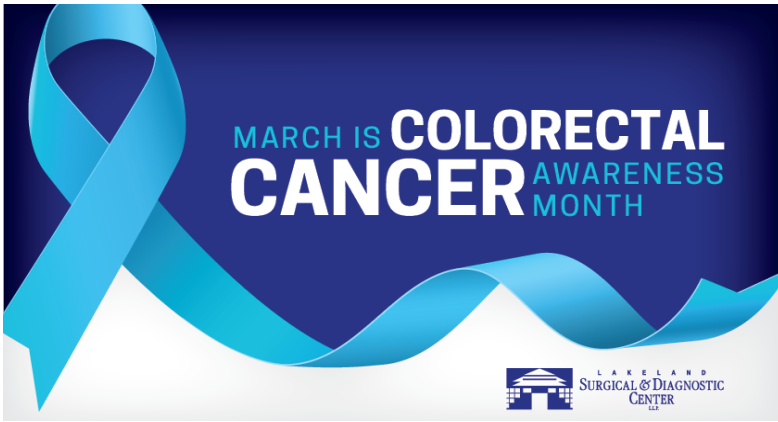
STEALTH HEALTH

Ordering 9-Grain Wheat or Honey Oat bread instead of a white roll will increase your fiber load by four or five times, respectively. Fiber keeps you fuller longer: an American Journal of Clinical Nutrition study found that eating more fiber-packed whole grains resulted in less belly fat compared with a diet high in refined grains.

12
The number of 6-inch subs with fewer than 350 calories

CONDIMENT CATASTROPHE

All Sandwiches
Subway's numbers are good, but the calorie counts don't include condiments. Mayo and ranch will each cost you 110 calories and up to 12 grams of fat. Stick to veggies, mustard, and light mayonnaise.



Colorectal cancer is the **third most common cancer** affecting both males and females in the United States; approximately 70 percent of cases arise in the colon. Globally, colorectal cancer is the third most commonly diagnosed cancer in males and the second in females; however, the incidence varies markedly.

The diagnosis of colon cancer is usually made by colonoscopy.

CLINICAL STAGING

Pretreatment clinical staging is best accomplished by physical examination (with particular attention to ascites (fluid in your abdomen), hepatomegaly (enlarged liver), and lymphadenopathy (enlarged lymph nodes)), computed tomography (CT) scan of the abdomen and pelvis, and chest imaging.

Tumor markers — A variety of tumor markers have been associated with colon cancer, especially carcinoembryonic antigen (CEA).

Colonoscopy — Ideally, each patient should have visualization of the entire colon prior to surgery. Colonoscopy serves to localize the tumor, provide a tissue diagnosis.

Family history — A family history of colorectal and other extracolonic cancers (going back three generations, if possible, but at least first- and second-degree relatives) should be sought, as some people have a hereditary predisposition to developing colorectal cancer.

Treatment/Surgery

Surgery— Approximately 80 percent of cancers are localized to the colon wall and/or regional lymph nodes. Surgery is the only cure for localized colon cancer. The goal of surgery for invasive cancer is complete removal of the tumor.

However, a temporary proximal diverting colostomy or ileostomy may be necessary in some cases - if the patient is medically unstable or, sometimes, for an obstructing left-sided colon cancer.

CHEMOTHERAPY

For patients who have undergone potentially curative resection of a colon cancer, the goal of after surgery chemotherapy is to eradicate micrometastases, (small areas of spread of the tumor) thereby reducing the likelihood of disease recurrence and increasing the cure rate.

The benefits of adjuvant chemotherapy have been most clearly demonstrated in patients with stage III disease, who have an approximately 30 percent reduction in the risk of disease recurrence.

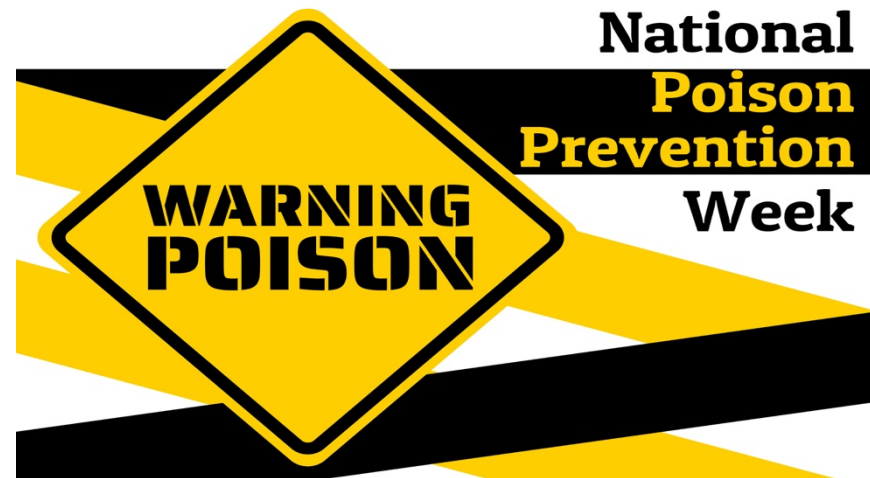
Side effects — Chemotherapy carries a risk of significant toxicities, including mucositis, vomiting, diarrhea, lab abnormalities, low white count w/ fever - febrile neutropenia, fatigue, hair loss, hand-

foot syndrome (a condition in which there is soreness, redness, and peeling of the skin of the palms and soles of the feet), and cardiotoxicity (heart damage).

PROGNOSIS

The most important indicator of outcome following resection of colon cancer is the pathologic stage at presentation.

Individuals with early onset high-risk stage III disease (< age 50 at time of diagnosis), had a significantly worse five-year cancer-specific survival than did older individuals



WHAT YOU CAN DO

If someone may have been poisoned, call the toll-free Poison Help line (1 800 222 1222), which connects you to your local poison center, to speak with a poison expert right away. This expert can give you advice on first aid and

may save you from a visit to the emergency room.

Below is a checklist to help you in the event of a poisoning.

FIRST STEPS

- If the person is not breathing, call 911.
- If the person inhaled poison, get him or her fresh air right away.
- If the person has poison on the skin, take off any clothing the poison touched. Rinse skin with running water for 15 to 20 minutes.
- If the person has poison in the eyes, rinse eyes with running water for 15 to 20 minutes.
- Do not use activated charcoal when you think someone may have been poisoned.

CALLING POISON HELP

- Do not wait for signs of poisoning before calling Poison Help (1-800-222-1222), which connects you to your local poison center.
- Stay calm. Not all medicines, chemicals, or household products are poisonous. Not all contact with poison results in poisoning.
- Make sure to have the container of the product you think caused the poisoning nearby. The label has important information.

BE READY (IF YOU CAN) TO TELL THE EXPERT ON THE PHONE:

- The exposed person's age and weight
- Known health conditions or problems

- The product involved
- How the product contacted the person (for example, by mouth, by inhaling, through the skin, or through the eyes)
- How long ago the poison contacted the person
- What first aid has already been given
- Whether the person has vomited
- Your exact location and how long it would take you to get to a hospital

HELP PREVENT POISONINGS

- Learn how to poison proof your home and reduce the risk of poisonings.
- Talk about poisons so others know what to do, too.
- Follow these winter, spring, summer, and fall tips on how to prevent poisonings throughout the year and throughout a lifetime.
- Prevent pill abuse and theft by ridding your home of potentially dangerous expired, unused, and unwanted prescription drugs.

YOU WOULD DO ANYTHING TO KEEP YOUR GRANDCHILDREN SAFE.

BUT DID YOU KNOW THESE STARTLING FACTS?

4 BUSLOADS OF CHILDREN PER DAY VISIT THE EMERGENCY ROOM

FOR MEDICINE POISONING = 1 EVERY 8 MINUTES

IN 86% OF ER VISITS, THE CHILD HAD EASY ACCESS TO THE MEDICATION

CHILDREN MOST COMMONLY FIND MEDICATIONS ON COUNTERS, NIGHT STANDS & DRESSERS; IN PURSES & BAGS; OR ON THE GROUND

HOW ARE CHILDREN GETTING THE MEDICINE?

ELECTRICAL OUTLETS ARE THE #1 SAFETY CONCERN OF GRANDPARENTS

Put your medicines **up AND away** and out of sight



UN WATER

22 MARCH WORLD WATER DAY

Water is the building block of life. Here in the United States, it's easy to take water for granted — it just comes out of the faucet anytime you want it. Yet, all over the globe there are people who don't have access to clean, safe drinking water. March 22 is World Water Day, a day dedicated to drawing attention to the water related issues that humans in almost every country. Created by the United Nations, the goal of World Water Day is to bring aide to people who truly need it across borders.

HOW TO OBSERVE WORLD WATER DAY

CLEAN UP YOUR LOCAL WATER SOURCE

Grab some friends and form your own water clean up crew. This may seem like a small and insignificant step, but litter and garbage are very hazardous to wildlife. Also, the small rivers and streams near you likely feed into a larger body of water. If you don't pick up that discarded six pack ring, it could find its way into the ocean and become very bad news for a fish or seagull.

TRY TO REDUCE YOUR WATER FOOTPRINT

It may not seem like you use a lot of water in your daily life, but you'd be surprised how much water it takes to perform household tasks. The average American shower uses about 17 gallons of water, while a single toilet flush uses a staggering 7 gallons. If you're interested in decreasing your daily water usage, there are many products – such as low flow toilets and shower heads – that can help you do just that.

ORGANIZE AN EVENT TO RAISE AWARENESS

If you want to see a grand and immediate impact, you could organize a charity event. All over the world, communities hold events for World Water Day. You could focus on simply raising awareness about any number of the water related issues we face, or you could even collect donations for areas with extreme need.

WHY WORLD WATER DAY IS IMPORTANT

IT AFFECTS MILLIONS OF PEOPLE

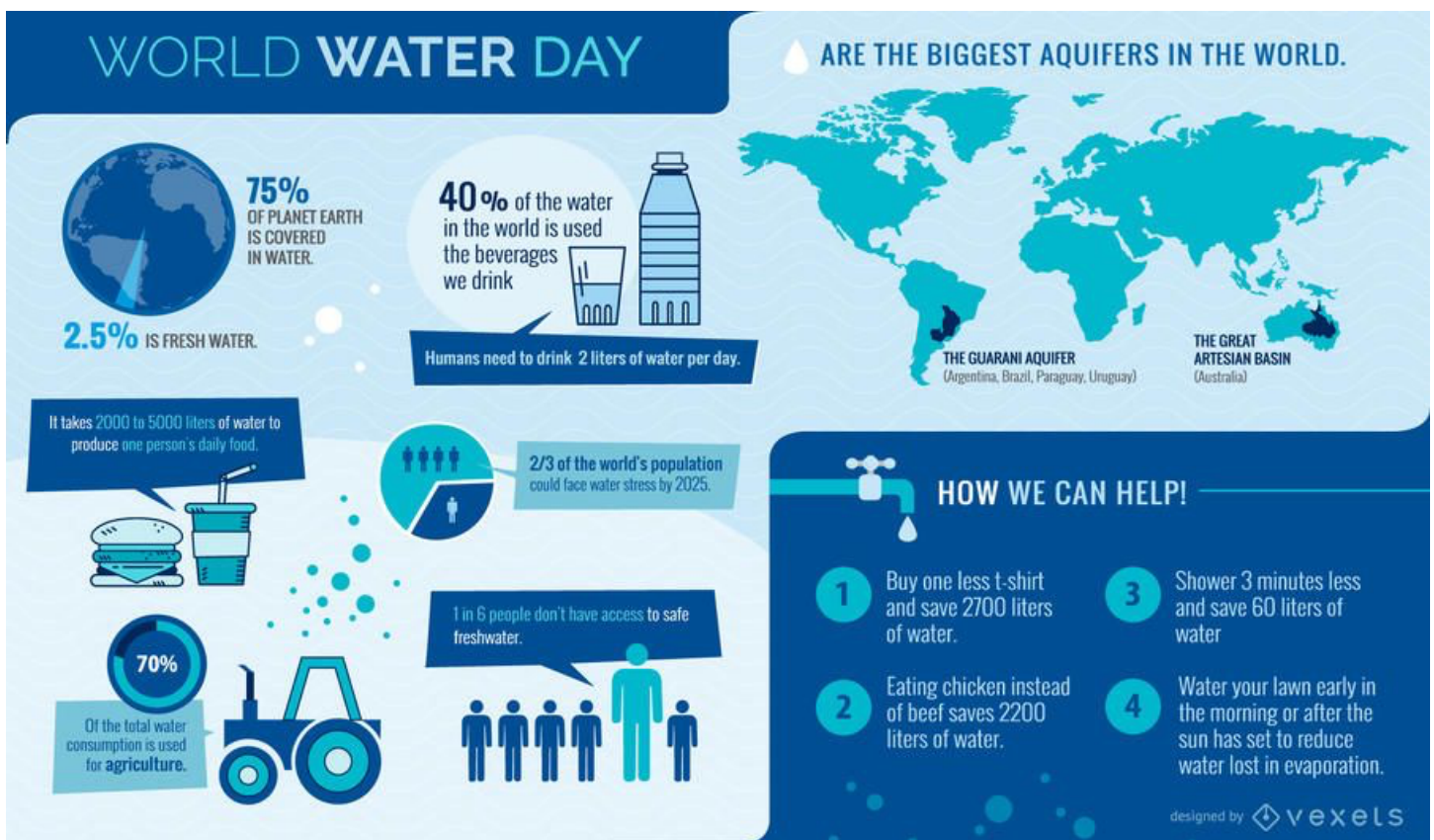
An estimated 780 million people live without clean, accessible drinking water. Drinking contaminated water can lead to a host of life threatening diseases. This may seem like a third world problem, but Flint, Michigan showed us that water problems even plague the United States.

WATER POLLUTION AFFECTS WILDLIFE

It's not only humans that require access to clean water. Every year, countless animals die as a result of water pollution. Pollution can occur in many ways, from physical litter to wastewater and chemicals runoff, which causes the water to become toxic to the animals that depend on it for drinking and habitation.

WATER RELATES TO MANY OTHER ENVIRONMENTAL ISSUES

World Water Day has a yearly theme, such as "Nature for Water," which is dedicated to finding natural solutions to our water crises. Many of the environmental problems we are coping with are intertwined — climate change and ecosystem degradation are related to, and sometimes direct causes, of water pollution, floods, and droughts.



Resources:

<https://thebitingtruth.com/healthy-eating-cheatsheet/>

<https://www.uptodate.com/>

<https://poisonhelp.hrsa.gov/what-you-can-do>

<https://nationaltoday.com/world-water-day>