

# 2019 End of Year Healthy Living Review

By Renee Lea-Currie, Ph.D.  
December 6, 2019



## 2019 Newsletter Topics

January	Herbal Teas to keep you healthy and serene in 2019
February	House Cleaning Done Safely
March	How Sweet It Is
April	Eat More Plants
May	<del>Eat</del> <b>Enjoy</b> More Plants
July	Living a Plant Based Life
August	Want to Be Smarter-Learn Faster Stay Strong- Stay Healthy? START with a HEALTHY BREAKFAST: EAT Good2UGood4U FOODS
September	You Are What You Eat :Happy Foods to Improve Your Mood
October	Blood Pressure and Your Environment

Ranitidine (Zantac) in all forms and sizes- both brand name and generics has been recalled in the past few months in response to the same NMDA contamination found in the blood pressure drugs Losartan and Valsartan. Some natural alternatives include consuming:

- Probiotics and fermented foods (yogurt, kefir, sauerkraut, tempeh, kimchi, miso, sourdough)
- Chamomile tea, ginger root, baking soda, aloe juice, peppermint, fennel seed, lemon balm, holy basil tea, dandelion tea, cinnamon, coriander
- Activated charcoal tablets \* [Don't take charcoal the same time as your other medications-it could bind and prevent it from being absorbed]

## **Savings Tips for healthy living**

1. Bring your reusable bags and get 5 cents off per bag used at the following stores:
  - a. Target, Lowes's Foods, Sprouts Farmer's Market, Trader Joe's
  - b. WASH YOUR REUSABLE BAGS!**
  - c. Public Service Announcement: WASH YOUR REUSABLE BAGS. Don't spread disease
2. Use digital coupons at stores where you shop: Harris Teeter, Food Lion, Target, Sprouts, Lowes's Foods, Dollar General
3. Get an Amazon Prime membership
  - a. Save 10% on your grocery purchase and receive extra periodic discount savings at Whole Foods
  - b. Get free one- or two-day shipping for many items
  - c. Get availability of organic and natural products not found in your local stores

## **General Tips to Stay Healthy to Strengthen your immune system by:**

1. Eating more plants
2. Enjoying eating more plants
3. Enjoy herbal teas to combat [ **CONSULT YOUR DOCTOR OR PHARMACIST TO AVOID MEDICATION INTERACTIONS** ]
  - i. High blood pressure, joint pain, gas, bloating
4. Drink water BETWEEN meals
5. Keep your home clean with natural cleaners to avoid reactions from artificial products
6. Keep your cell phones out of the bathroom, especially public ones
7. **DISINFECT YOUR CELL PHONE DAILY** or more often.
8. Avoid touching your face during the day, especially if you shake hands or touch communal items

9. Wash your hands properly THEN
10. Moisturize your hands (PROTECT YOUR SHIELD)
11. Learn and -ask-ask about any medication-medication or medication-food interactions that could harm you
12. Don't start or get help stopping smoking
13. Get enough sleep
14. Take time to do something FUN to destress
15. Pray. Take your cares to God. Be patient for His answer
16. Doing physical activity you enjoy
17. Chew your food thoroughly. Digestion starts in the mouth
18. Limit consuming junk food with fake colors, sweeteners
19. Forgive yourself when you mess up. Ask God for help. This decreases stress
20. Stop smoking and vaping. Visit <https://www.quitlinenc.com> for FREE 24/7 resources to help you quit
21. Avoid second hand smoke exposure when possible
22. When food shopping
  - i. Ignore the marketing hype on the front of food packages- FLIP and READ THE INGREDIENTS
  - ii. If it fails the T.M.I. Rule (Too Many Ingredients) put it back
  - iii. If it fails the D.U.H. Rule (Don't Understand How *this is made*)- put it back

O T E G N I T A O L B C W C Y	ALCOHOL
Q H D A Y A R P L G H A W D S	ALOE
L P O I T V S J G A T E G A S	ASK
B O P P S M T P R E H H B J G	BLOATING
D H H R A C O C R C A M F L L	CHARCOAL
E N J O Y M O R E P L A N T S	CHEW
S F O B C A H U E F C I S P L	CLEAN
D U A I L L D N N P N L J K E	DISCOUNT
N N S O G G A M W T L I E E E	DISINFECT
A F Y T Y Z F Z N G C A S A P	EAT MORE PLANTS
H E Z I R U T S I O M G N I N	ENJOY MORE PLANTS
H O I C R E U S A B L E J T D	FORGIVE
S L P S F O R G I V E E E X S	FUN
A A X U Y A L Q O H T T F I W	GAS
W Y I D W S W L T A M H K X O	MOISTURIZE
	NMDA
	PRAY
	PROBIOTICS
	REUSABLE
	SLEEP
	WASH HANDS
	WATER

**Why all the drama about NMDA?**  
 NMDA has been known to cause cancer in animals, is classified as “probably carcinogenic” to humans and is toxic to the liver.

To disinfect your mobile device, spray a cloth (never direct) with **at least 50%** alcohol/water mix. Then wipe the phone on all sides. Use a dry microfiber cloth to dry any residue. Wash hands before touching

**Need help quitting smoking in North Carolina?**  
**FREE 24/7 help can be found at**  
<https://www.quitlinenc.com/>

*DISCLAIMER: The information contained is not intended or implied to be a substitute for professional medical care, diagnosis or treatment. Do not disregard professional medical advice or delay seeking emergency medical treatment if needed.*

The Take Back Tour Health Ministry is the health ministry of the Philadelphia 7<sup>th</sup> Day Adventist Church in Burlington, NC. Visit us at [www.thetakebacktour.com](http://www.thetakebacktour.com)