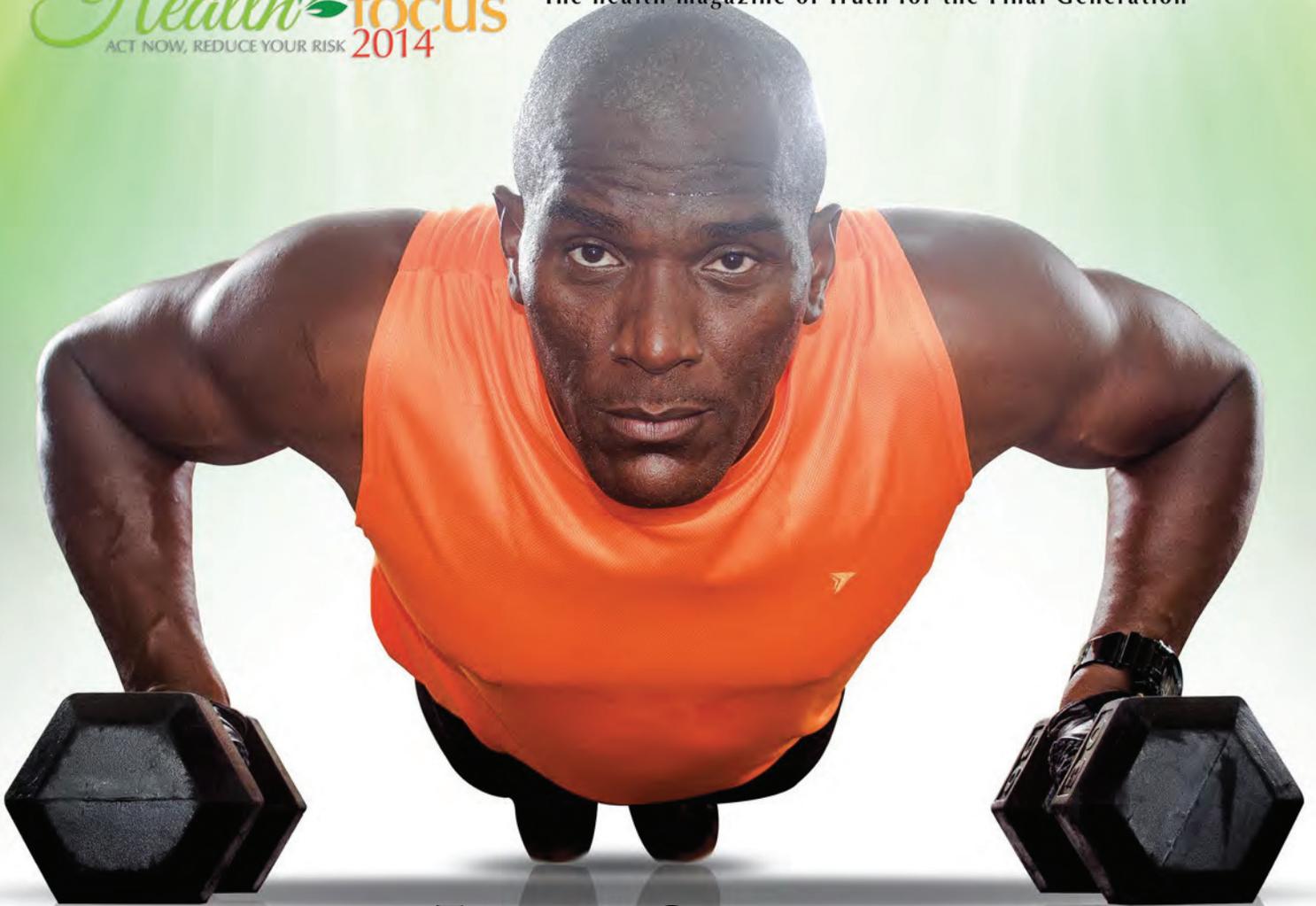


Prescription FOR PREVENTION

Health  focus
ACT NOW, REDUCE YOUR RISK 2014

The health magazine of Truth for the Final Generation



TIME FOR CHANGE

YOUR HEALTH
YOUR CHOICE

GREAT
EXERCISE TIPS

ARE YOU PRACTICING
GOOD SLEEP HYGIENE?

GREAT TASTING
HEALTHY RECIPES

& many more exciting articles on the inside...

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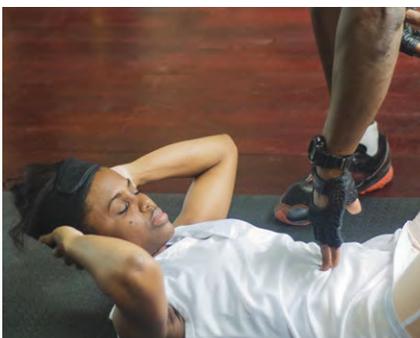
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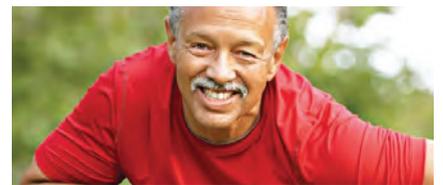
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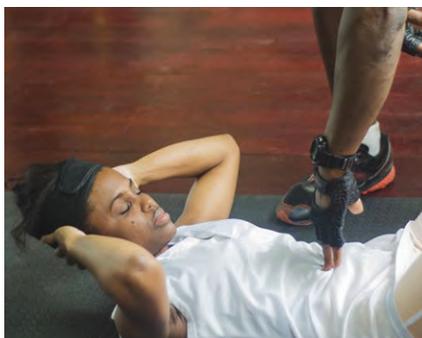
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Choosing to follow a Vegan diet



I had intended to become a vegetarian from the time I was in my teens. When I was about 16, I decided that I would become a vegetarian, so I stopped eating meat except for fish. I would eat the regular food that was prepared at home minus the meat. I did not do much cooking at all back then so this meant that I was at the mercy of whoever cooked at home.

I ate a lot of meals at my vegetarian aunt's house during this time. When I couldn't eat there and the main course at home contained meat, I would have to make something to eat, and by something I mean that it was just devoid of meat. Most times it was ill thought of and so a lot of my meals contained little or no protein. This went on for about 9 months until I finally gave in and began eating chicken again. My first attempt at becoming vegetarian was a decision that I had not prepared for so I failed.

My journey back to becoming vegetarian took me 5 more years. During this time, I did a lot more cooking. I learned more about preparing vegetarian meals and not just meatless meals. I spent a lot of time looking at recipes online and in cook books in stores. I began to realize that vegetarian cooking was doable and did not have to be as expensive or time consuming as I had previously thought.

During my return journey back to vegetarianism, I began to experience severe headaches that sometimes lasted weeks. My doctor at the time put me on a very restrictive diet- no cheese, no nuts, no canned foods, no chocolate, no caffeine, no soda and some other things thrown in there. It was a BIG change for me to cut out those foods, but I knew I had to do it since my headaches were really out of control.

At 22 years I felt that I could really make the change to a healthier diet without going back. I didn't eat cheese, I didn't really like fish even though I ate it (I actually really like chicken), chocolate was out, I never really drank milk so a vegetarian diet was pretty much out for me. So I decided to go vegan (*no animal products*).

I was still living at home so this meant that I had to cook for myself in order to maintain this diet. But my mind was made up and I was prepared this time. I got encouragement too from my wonderful boyfriend, now husband, who also made the switch around the same time. We were cautioned to make a slow transition and not rush into the decision. My decision was not rushed and was actually a transition; my husband's however, was a far cry from a transition. On looking back, he says that if he had not done it that way, he might not have done it at all.

After making the switch, we cooked together a lot and tried out our first attempts at recipes on each other and my mother who unquestioningly ate them. At first a lot of the recipes I tried were failures, but with time and practice, they got a lot better. I made a lot of patties, ate a lot of fake meats like soy chunks, but with time and practice I was able to cook a wider range of dishes.

I won't lie and say that all the vegan meals that I made were what I had previously thought were delicious. Macaroni pie loaded with cheese and pizza and chicken and chocolate and....all tasted great! But I made the choice to eat healthy and this meant that I had to learn to love different



things. At first I craved certain foods that I had enjoyed before. I remember deeply and almost mesmerizingly inhaling the scent of a chocolate that someone teasingly placed in front of me to smell. I remember looking at a succulent piece of chicken that was baked to perfection. I remember that it was a journey with temptation to return to the diet that I knew before. But I made the choice, as hard as it was at first.

It's been 10 years now and I can tell you that I have found delicious things that are healthy. I don't have a longing for chocolate or cheese or chicken anymore. I love my vegan diet and am satisfied by this diet.

When I want pizza, I make vegan pizza. When I want dessert, I make brownies or some other delicious vegan recipe. I chose to be vegan and my tastes and health have all benefited tremendously!

Prevent Prostate Cancer

It's your health make the Right Choice



KEY PROBLEM:

Culture of prevention and early detection of Prostate Cancer lacking.

Prostate cancer is the most common cancer in men in Barbados and third in the world. Prostate cancer often grows very slowly and may not cause significant harm initially. However, some types are more aggressive and can spread quickly without treatment.

In the early stages of the disease, men may have no symptoms but later in the disease symptoms may be seen. Advanced cancer can cause deep pain in the lower back, hips, or upper thighs. According to the latest World Health Organization (WHO) data published in April 2001 prostate cancer deaths in Barbados reached 99 or 6.30% of total deaths. The age adjusted death rate is 27.85 per 100,000 of population which ranks Barbados #3 in the world.

Cancer of the prostate was “a concern throughout 2000–2004.” In 2000, 63 Barbadian men were diagnosed with prostate cancer, and there were 102 deaths from prostate cancer, representing 24.2 percent of all cancer-specific deaths in Barbados.

The Honorary secretary of the Barbados Cancer Society, Dr Dorothy Cooke-Johnson, said Barbadian men were suffering because of “late stage prostate cancer diagnosis” and she insisted that a “total change” was needed from late stage to early detection.

Target Population: Men 40 to 79 yrs.

Secondary audience: spouses and significant others of men 40–79; family; friends

As men age their risk for prostate cancer increases. During a six and a half year study (July 1, 2002–December 31, 2008) of the Barbados National Cancer Study (BNCS), 1,101 men were diagnosed with histologically confirmed prostate cancer.

Knowledge, Attitudes and Behaviours

African-American men have the highest prostate cancer rates worldwide, and innovative efforts are needed to increase cancer prevention and screening behaviors among this population. Barbados ranks number 3 in prostate cancer in the world.

Health behaviours associated with decreased prostate cancer risk include eating a diet emphasizing fruits and vegetables, regular physical activity and prostate cancer screening. Diets high in red meat and/or high-fat, and dairy products are associated with increased prostate cancer risk. A number of studies have reported that physically inactive men have higher rates of prostate cancer compared to physically active men and physical activity may reduce men's risk of contracting prostate cancer by 10-30%.

The study on "Knowledge, Beliefs and Barriers Associated with Prostate Cancer Prevention and Screening Behaviors among African-American men" outlined three main themes: (1) culturally and gender-influenced beliefs and barriers about cancer prevention and screening; (2) barriers related to the health care system; and (3) religious influences. Widespread in the Barbadian population were the following:

KNOWLEDGE

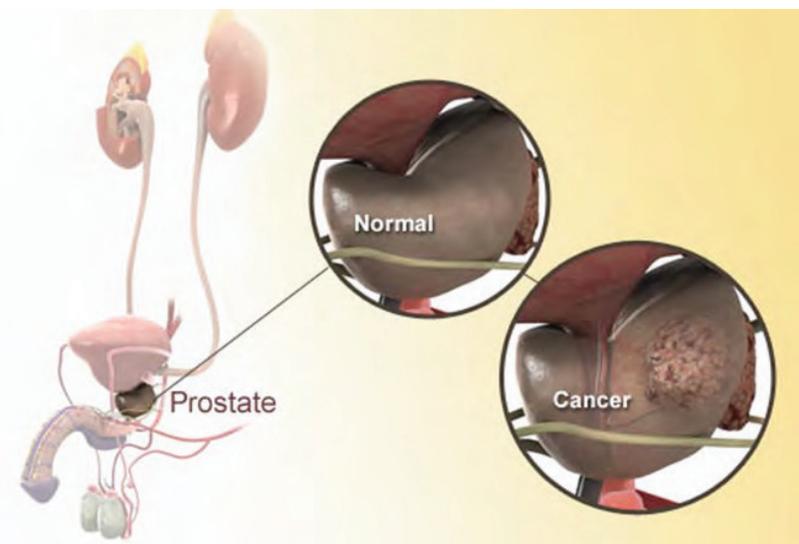
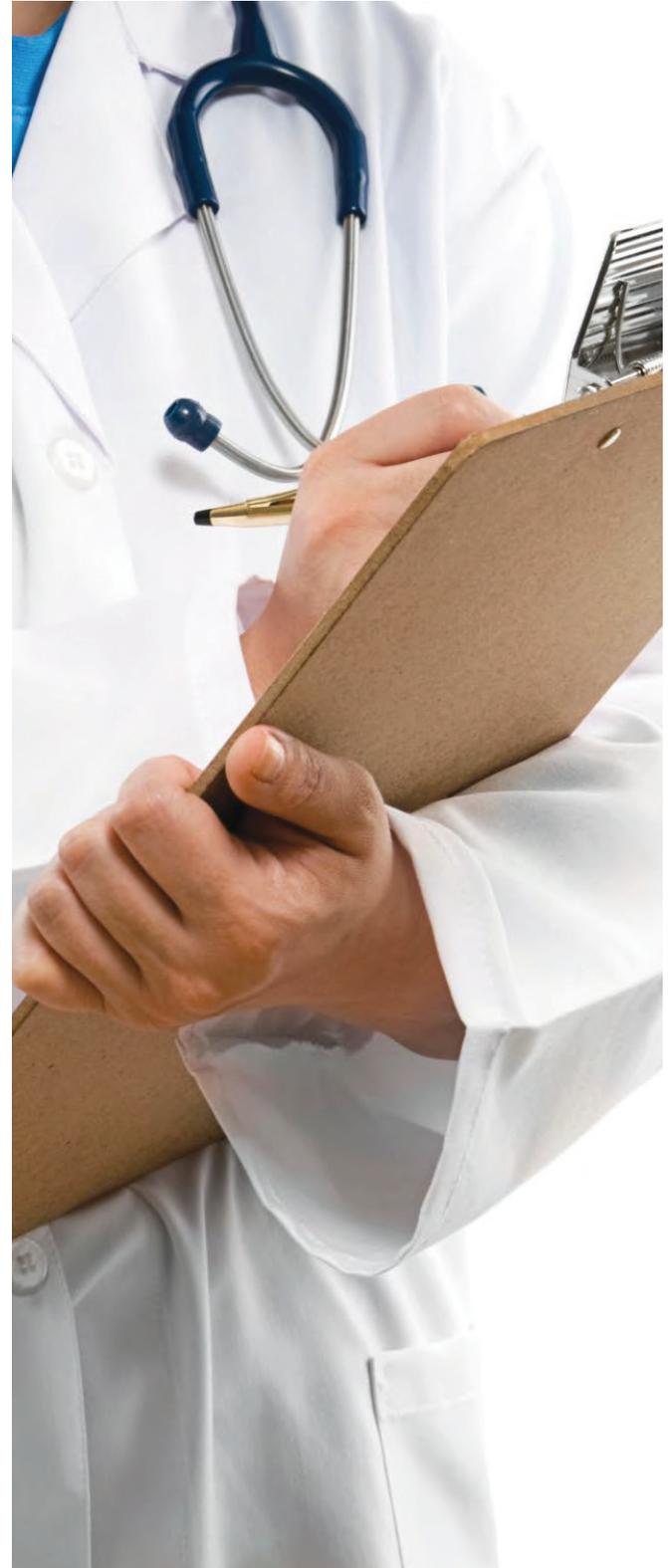
- Prostate cancer is more prevalent in black men
- Prostate cancer could be prevented, risk factor (age), prostate, changing diet, screening.
- Some persons say they need more information before doing a PSA (Prostate-specific antigen) or DRE (Digital Rectal Examination)
- Some people are aware that prevention and early detection helps save lives

Attitudes

- Fear of needles to get a PSA and fear of digital rectal examination
- The issues of masculinity and privacy, belief that DRE is uncomfortable and embarrassing
- Confusion over getting a PSA test because of diverse information
- Fear of surgery and treatment

Behaviours

- Poor health seeking behaviour of men
- Refusal to be tested
- Refusal to have a DRE
- Refusal to change diet and increase physical activity



Recommended international & local approaches

The major risk factors, age, race, and family history, cannot be changed but some of the less well-established risk factors can be modified and may have a preventive effect.

1. Use a diet low in fat and consisting mostly of vegetables, fruits, and grains to prevent prostate cancer. Cancer Societies recommend limiting high-fat foods, especially from animal sources, and consuming primarily foods from plant sources. **Promote the use of food** rich in lycopene (tomatoes), omega 3 fatty acids (fish oils), isoflavonoids (soybeans), polyphenols (green tea), α -tocopherol (vegetable oils, seeds, grains, nuts), selenium (vegetables,

grains), vitamin D and fiber to significantly reduce the risk of developing prostate cancer or even reduce the mortality due to the disease.

2. Engage in regular exercise, maintaining a healthy body weight, not smoking, and not drinking too much alcohol are all healthy habits that have a beneficial effect on prostate cancer risk.
3. Awareness and education about prostate cancer reduction consists of primary prevention which includes the period prior to the diagnosis of prostate cancer and secondary prevention involves the prevention of recurrence or progression of micro-metastatic disease. The role of dietary constituents and vitamins in the

chemoprevention of prostate cancer has been addressed in several clinical trials.

Readiness to change behaviour

Some men in Barbados are not very ready to change their behaviour as it relates to diet, increase physical activity, and early detection through screening test, PSA and DRE. However, over the years they have been an improvement among the minority of men to increase fruit and vegetable intake and take a PSA test. Most men are still afraid of DRE and only agree to examinations if their doctor insists because of symptoms.

Its time to change, this is your health you need to make the right choice.

BY CARMETA DOUGLIN



We invite you to join us for our

Divine Hour Service

HELD EVERY SABBATH
FROM 11:30 A.M. - 12:30 P.M.

Come & be Blessed!

The Health Benefits of Nuts



Back in 2003, the USA FOOD AND DRUG ADMINISTRATION announced that certain nuts such as : almonds, walnuts, pecans, cashews, pistachios, hazelnuts and peanuts could considerably reduce your risk of heart disease.

Now a recent study published in the NEW ENGLAND JOURNAL OF MEDICINE confirms that a serving of nuts a day not only reduces your risk of heart disease but also of death from any cause.

Researchers from Harvard Medical School analysed 30 years of data.

The results showed that a one ounce serving of nuts per day lowered heart disease risk by almost 30%, cancer risk by 10%, diabetes and lung disease risk by 20%; and those who ate nuts daily were 20% less likely to die of any cause.

Tree-nuts (walnuts, almonds, pecans, cashews) have proven heart-healthy benefits. Walnuts are especially high in omega 3 oil.

Nuts contain plant sterols which lower cholesterol levels. They are good sources of fiber and are rich in poly- and mono-unsaturated oils which help to maintain normal heart rhythm and reduce cancer risk. Nuts are also good sources of vitamin E and anti-oxidants and

minerals such as calcium and magnesium and zinc. And are good sources of protein.

Nuts, notably, reduce the risk of pancreatic cancer.

Of course, you should not overindulge because nuts do contain calories of high oil content.

In summary then nuts used in moderation are very good for your overall health.

BY **DR. ELLIOT DOUGLIN**

DID YOU KNOW?

Almonds, Brazil nuts, hazelnuts, macadamia nuts, pecans, pistachios and walnuts are highest in monounsaturated fat.





PSYCHO- NEURO- IMMUNOLOGY

THE POWERFUL IMPACT AND INFLUENCE OF THE MIND ON THE BODY PRODUCING CHANGES IN THE PHYSIOLOGY OF THE BODY, THUS CAUSING DISEASE SHOULD NOT BE UNDERESTIMATED.

There is a deep physiological truth in the Scripture which says, “A merry heart doeth good like a medicine, but a broken spirit drieth up the bones.”¹

One of the latest research in mind-body medicine which has validated this biblical truth is the ground-breaking study called “Psycho-Neuro-Immunology”. We have for years heard about psychosomatic diseases which reveal the power of the mind over the body (from ‘psycho’, the mind and ‘soma’- the body).

The powerful impact and influence of the mind on the body producing changes in the physiology of the body, thus causing disease should not be underestimated.

Psychoneuroimmunology (PNI) investigates the relationships between behaviour, psychosocial factors, the nervous, endocrine, and immune systems, and disease. Each system affects the others, enhancing and/or inhibiting processes elsewhere in the body. Research in this field has grown tremendously in recent years as science better understands the checks and balances of these interdisciplinary systems and processes.

Research and experience has shown that stress, worry and negative emotions produce changes in the body and its functions leading to depression, chemical imbalances in the brain as well as pain, disease and death. Negative emotions such as anger, jealousy, hatred, envy and even an unforgiving spirit sap and drain the life forces of the body.

One of the leading researchers in this field is neuroscientist Dr. Pert. She spearheaded this entirely new interdisciplinary branch of science (PNI) by uniting three classically separated sciences of neuroscience, immunology and endocrinology and their associated glands and organs into a multidirectional communication network, linked by information carrying molecules called (neuro)peptides. Dr. Pert provided PNI with a clear scientific language to use, that of peptides and their receptors, also known as “information substances,” thereby helping to legitimize the field. She conclusively states

“Thus, we might refer to the whole system as a psychosomatic information network, linking ‘psyche,’ which comprises all that is of an ostensibly nonmaterial nature, such as mind, emotion and soul, to ‘soma,’ which is the material world of molecules, cells and organs.”²

Dr. Pert’s research provides scientific evidence that biochemically the mind and body are indeed one and that our emotions and feelings are the bridge that links the two. She explains, “The chemicals that are running our body and our brain are the same chemicals that are involved in emotion.”³ This tells us that we had better pay more attention to understanding the power of our minds and our feelings (emotions) that directly and profoundly affect our health and well-being. Since the emotions are what unite the mind and the body then the one can definitely affect the other.

The brain is integrated into the body at a molecular level and therefore neither can be treated separately without the other being directly affected. According to Dr. Pert, our bodies are in fact our subconscious minds:





If your mind is impressed and fixed that a bath will injure you, the mental impression is communicated to all the nerves of the body. The nerves control the circulation of the blood; therefore the blood is, through the impression of the mind, confined to the blood vessels, and the good effects of the bath are lost. All this is because the blood is prevented by the mind and will from flowing readily, and from coming to the surface to stimulate, arouse, and promote the circulation. For instance, you are impressed that if you bathe you will become chilly. The brain sends this intelligence to the nerves of the body, and the blood vessels, held in obedience to your will, cannot perform their office and cause a reaction after the bath.

This is how the mind, the brain, the immune system and the body are intimately related to each other and can affect each other positively as well. The influence of the mind on the body, as well as of the body on the mind, should be clearly understood. A health educator and luminary once said, *“The electric power of the brain, promoted by mental activity, vitalizes the whole system, and is thus an invaluable aid in resisting disease. The power of the will and the importance of self-control, are both important in the preservation and in the recovery of health. The marvelous life-giving power to be found in cheerfulness, unselfishness, gratitude, should also be clearly understood. There is a physiological truth--truth that we need to consider--in the scripture, “A merry [rejoicing] heart doeth good like a medicine.” Proverbs 17:22.”*⁶

“In the end I find I can’t separate brain from body. Consciousness isn’t just in the head. Nor is it a question of the power of the mind over the body...because they’re flip sides of the same thing. Mind doesn’t dominate body, it becomes body.”⁴

Dr. Pert stressed that peptides and receptors, the molecules of emotion, can so interact with each other as to influence or produce substances which can cause such a powerful effect on the body, mind and emotions simultaneously. She cites the example of certain drugs (e.g opiates) and their effects on the body, mind and emotions of the abusers. This is the way she concluded in her doctoral focus how our emotions and thoughts become our physical body.

She offered an analogy to help clarify by stating, *“If the cell is the engine that drives all life, then the receptors are the buttons on the control panel of that engine, and a specific peptide is the finger that pushes that button and gets things started.”*⁵

So if we really believe that eating an apple will affect us negatively, it most certainly will. If we really believe that taking a cold shower will affect us negatively, it most certainly will.

Researchers such as Dr. Pert looked for the physical links that allow the immune system to respond to psychological factors such as the will to live to a certain date (e.g a son/daughter’s wedding, or that happy people live longer) as against how stress, hostility and depression can impact the immune system negatively. There are also studies aimed at showing the tremendous benefits of happiness and positive emotions on clients’ health and wellbeing.

The same nineteenth century writer best articulated this phenomenon some 60 years before it was discovered by medical science in the following words:

“The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death. Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease, the cause of which is wholly imaginary. Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is

health to the body and strength to the soul. “A merry [rejoicing] heart doeth good like a medicine.” Proverbs 17:22. In the treatment of the sick, the effect of mental influence should not be overlooked. Rightly used, this influence affords one of the most effective agencies for combating disease.”⁷

Last but definitely not least, health is much more than the absence of illness. Live in an unselfish way that promotes a state of spiritual happiness and cheerfulness that truly helps to prevent illness. Wellness is trusting in God and in the ability and desire of your bodymind to heal and improve itself, if given half a chance. Take responsibility for your own health—and illness.

References

Proverbs 17:22.

Pert, Candace. *Molecules of Emotion: Why You Feel the Way You Feel*, (Scribner, 1997)

White, E. G. “Education”, page 197. White, E. G. “Counsels on Health”, page 344.

BY SAUL LEACOCK

DID YOU KNOW?

Warm lemon water aids in digestion and makes the process of eliminating waste from the body easier.

Tune in & Listen to Our GOSPEL RADIO PROGRAMMES

FAITH FM 102.1

Sunday @ 6:30 p.m.

Wednesday @ 7:00 a.m.

VOB 92.9

Sunday @ 2:30 p.m.

Thursday @ 6:15 p.m. (Health)

Meal Plan



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Steel cut oats topped with fresh fruit and nuts	Split Pea Burgers with buns, Fruity Fusion Smoothie	Hazelnut, cilantro crackers with nut butter, juice or tea	Pumpkin Strawberry Smoothie Hazelnut, crackers with vegan butter	Tropical Rhythm Smoothie, Tofu Scramble on Rye bread	Peanut Butter Granola and coconut milk	Apple sauce and oat meal
Rice and Lentil Pilaf, Baked Tofu, salad with dressing	Baked vegetable rice, Potato Salad	Split Pea Burgers with buns, Mango salsa	Baked autumn vegetables (carrots, squash, with tomato salsa)	Baked sweet potato with, Baked Tofu	Iron Packed Pesto with Parma-nut cheese	Savoury Pecan Loaf, Mock Salmond, Salad
Vegan Butter Milk Biscuits with cashew cheese	Global Lentil Cakes, Green Salad with toasted tofu	Seitan Sage, whole grain crackers, juice or tea	Garlic French fries	Veggie Sage with whole grain bread, pineapple salsa	Asian Tofu Salad	Pineapple salsa and tortillas, tea

CUSHINGS DISEASE

A personal testimony by Sanjay Joseph

My remarkable saga began with what I can only describe as ‘vision-altering, nerve-shattering migraines’, so naturally I visited my friendly neighbourhood physician and asked a series of pointed questions. After careful assessment, ‘Dr. D’ recommended that I get a CT scan on the brain just to be sure and to rule out any serious medical issues that may also cause these terrible headaches.

“Thanks Doc! I’ll take care of it!” I exclaimed and left the office fairly confident that it was indeed just migraines. About 2 weeks later I went to get the CT Scan done with my mother-in-law who was by my side every step of the way. When the results came in we revisited Dr. D and awaited his examination of the CT Scan which revealed something that none of us was ready for.

“Hmm..This scan reveals that you have a macro-adenoma (tumor) on the pituitary gland that needs to be surgically removed!” At that point the room became very small and it felt as if all the oxygen in my lungs suddenly escaped in one breath. I looked around at my wife and saw the extreme look of concern on her face as she started to cry. Doctor D tried his best to comfort us and outline the procedure and indicated how simple it would be, but we were too shaken to fully understand what he was saying. The drive home was a fairly quiet one, as we both silently went over how this could possibly change our lives and the plans that we had set to have a child that year.



Nevertheless, through all these heavy thoughts, sadness, disappointment, concern and fear, a still small voice stood out and whispered “ Everything is going to be okay”.

The months that followed were spent doing numerous blood tests and medical assessments, trips to the hospital and clinic to confirm that I had ‘Cushings Disease’ and to set forth a plan to rectify this rare medical phenomenon.

With every passing day I questioned God and spoke to him, with every trip to the clinic, as I sat there waiting, I spoke to our Lord more honestly than I ever did before. I found myself praying more and surprisingly not out of fear but out of respect and love that he was able enough to get my family and me through this difficult time. With every prayer, I found comfort and with comfort came joy. I wanted to see more of this love and learn more about it because I was realizing that in areas where I should have been depressed and afraid...there was a confident smile on my face, which I found very strange.

I continued in prayer several times a day, spoke to God at every chance I got as to a friend and realized that the more intimate you get with God, the stronger your relationship, and more powerful your faith becomes. This was an amazing revelation to me because before the announcement of the



tumor, my main focus was ‘work’ and ‘entertainment’..though I made time for God and the church duties (working with the youth). My faith surely needed strengthening and my relationship with Christ was not as strong as it should have been.

When the news broke, my family, church family and friends took immediate action and began fasting and praying on my behalf..it was really amazing to see everyone coming together in prayer and bombarding the throne of grace just for me!! Their Faith strengthened my own as the days went on. Through talks with the doctors and surgeons a date was set and through this time.. as I walked closer with God my faith grew continually so much so that I found myself forgetting that I had a tumor. My trust in Christ became paramount so that all worry and doubt and fear left my mind and I was just ready to get the procedure done and be restored. I saw his love...I was actually seeing the love of Christ for me. I saw it especially through the church as members came up to me with warm, blessed countenances

and genuine concern. It also showed me that there is indeed love in the Church and that if we put aside our petty disagreements and differences we can really show forth the love of Christ to each other and the world.

So the date was finally set and announced “Wednesday, February 13th 2013” and though I should have been anxious and fearful, I was remarkably calm as I placed all my trust in the Lord and was confident that he was going to carry me through. I was admitted to the hospital on Tuesday morning, surgery was performed on Wednesday from 11pm to 2 pm, went to SICU (Surgical Intensive Care unit) where I was cared for by a team of skilled and experienced nurses and doctors, carefully monitored on Thursday and Friday and was discharged on Sabbath morning at 10:50 a.m. HALLELUJAH!!!

The details in the full process were extremely painful at times but I found every comfort in Christ. I am now home, still recovering and happy to be alive and praising God. I am pleased that this ordeal has

strengthened my faith to a level I didn’t think possible and my life has indeed been changed by the love of Christ. The tumor was removed as well as all doubt and fear concerning our Lord’s ability to heal and restore. Brethren, the more we let Christ into our lives, the greater the work He can perform in us and through us... His love is real and he is more than able...I am a living testimony of the power of Christ Jesus)

What is Cushing’s Disease?

Cushing’s Disease is caused by a pituitary gland tumor (pituitary adenoma). This is a noncancerous (benign) tumor of the pituitary gland, located at the base of the brain and leads to the overproduction of the hormone cortisol.

Symptoms of Cushing’s Disease

- Weight gain and fatty tissue deposits, particularly around the midsection and upper back, in the face (moon face), and between the shoulders (buffalo hump)
- Pink or purple stretch marks (striae) on the skin of the abdomen, thighs, breasts and arms
- Thinning, fragile skin that bruises easily
- Slow healing of cuts, insect bites and infections
- Acne

Women with Cushing syndrome may experience:

- Thicker or more visible body and facial hair (hirsutism)
- Irregular or absent menstrual periods

Men with Cushing syndrome may experience:

- Decreased libido
- Decreased fertility
- Erectile dysfunction



A SYSTEMATIC APPROACH TO CHANGING BEHAVIOUR

Behaviour is what determines our health, and to improve YOUR health you need to change those negative behaviours impacting your health. In this regard the following strategy should be followed: Start to explore and identify the **behaviour** to be changed, e.g. over eating or eating high calorie unhealthy foods, and lack of physical activity (including exercise). It is also necessary to identify the **determinants** of the behaviours; the personal factors, interpersonal factors, environmental factors and policy or regulation factors. Then there is a need to determine the **barriers** to changing your behaviours, such as personal barriers- lacking knowledge of a healthy diet and physical inactivity.

After identifying those barriers think about steps to remove or reduce those barriers, involve your **significant others** in planning the change. You need to recognize that change **takes time**, losing weight takes time and consistency, and quick fix Fad diets don't work or is short lived.

APPLYING BEHAVIOURAL THEORY

The Health Belief Model is one of the first models that adapted theory from behavioural patterns to health problems therefore I find it fitting to share it to help solve your problem.

PERCEIVED SUSCEPTIBILITY/ SEVERITY

Most overweight persons do not believe that they are more at risk of getting a non-communicable disease but we know from research that the more obese a person is the



physical inactivity, depression and mental instability, among other factors such as cultural, community, environmental, and socio-economic.

CUES TO ACTION

- Attend cooking demonstrations and classes on cost effective healthy cooking or seek out information.
- Follow step by step guidelines on weight loss, start small but be consistent improving gradually.
- Follow a weekly meal plan that is realistic for you.
- Attend exercise sessions two days a week with an additional three days home exercise programme for half an hour either morning or nights according to your schedule.

According to merging research and statistics of both women and men your waist line should be specially targeted. An increase waist circumference can lead to major health risks.

Self-efficacy is a major component in most of the behavioural theories and can be considered in two parts:

greater the risk. You need to be true to your self about the severity of your situation.

PERCEIVED BENEFITS

You need to believe that altering your situation (diet) and increasing physical activity through exercise and other routine activities can reduce your risk and seriousness of the impact of Non Communicable Diseases (NCDs).

PERCEIVED BARRIERS

Many barriers exist in preventing persons from losing weight including failure to reduce calorie intake and eat wholesome food,



1) You need to have **confidence** in your ability to take action. Overweight clients should avoid going on fad diets that either don't work or give rapid results and relapse that can turn you off and make you feel incapable of losing weight. Family support and peer encouragement are also critical in promoting confidence.

2) Temptation is the intensity of urges that bombard you. You might feel to engage in a specific habit when in the midst of difficult situations. e.g. the need to eat unhealthy

food in large quantities at a function (family gathering, out with friends, buffets). The three most difficult situations are negative effect or emotional distress, positive social occasions, and cravings. Be strong, choose not to buckle to these situations. Drink more water; include a little lime-juice to resist the craving.

The **Social Learning Theory** stresses the importance of involving your family and friends in the hope of changing the environment. Disclose that you want to change a particular behavior and you need help. Similar to the other models

gathering information and receiving training is important to bring about action. Role models and others experiences in weight loss could be a strategy to emulate. **Reinforcement is also beneficial**- you or others can provide incentives, rewards, praise. Self-reward is encouraged, treat yourself to something special, maybe a new outfit when you lose 10lbs. Decrease possibility of negative responses that deter positive changes, ignore persons that put you down.

Most importantly, trust in God who will give you the will, power and strength to change that unwanted behavior.

BY CARMETA DOUGLIN

HOW TO START A HEALTHY LIFESTYLE: IT'S YOUR CHOICE AND YOU CAN DO IT!

Some people often say that they want to live a healthier lifestyle but they just don't know how to begin. Here are some steps to help you begin to live a healthier lifestyle today

1. Start small

The road to a healthy life is not a race or about how much you can change in one go. When making such an important and life changing decision as living a healthier lifestyle, it is important to remember to start small. When you do this you are able to manage the changes and not become overwhelmed by them.

2. Find the right activity for you

Not everyone is a jogger or a swimmer. When you find something that you enjoy and are able to do, you will be more committed to that thing. If you try to do something you hate, you soon will find yourself demotivated and not capable of achieving your goal to live a healthier lifestyle.

3. Pick a reasonable eating plan.

Choosing a healthy diet that is tailored to your specific needs is very important. Not everyone can eat the same foods, even though those foods are healthy. Having a proper eating plan will not only help to ensure you get the right diet for you, but it will also save you time and stress that comes with not knowing what to eat, how much to eat and when to eat it.

4. Keep Healthy Foods on Hand

At some point we have fallen into the trap of being extremely hungry after exercising and not having anything healthy on hand to eat. So we reason to ourselves "What's a little treat after all the pain and exhaustion I endured?" Then one small treat turns into one gigantic feasting that ends up making your exercise null and void. Keeping healthy food on hand can help encourage good eating habits, especially after exercise.



5. Slow and Steady

There is no quick fix to a healthy lifestyle. Even though we all desire quick results many of the quick results lead to short cuts that can cause us more harm than good. Quick results do not lend to reformation, but just lead to a temporary change.

6. Get a clear and specific plan.

Having a clear day-to-day exercise routine and meal plan will be very important in helping to stick to your healthy lifestyle. If things are haphazard it is easier to slip back into the unhealthy habits that you practiced before.

7. Try it For a Month

It takes about 30 days for a habit to form. Sticking to a healthy routine for a month will likely help you to get into the habit of making health choices.

8. Try to Get A Health Buddy.

It is easier to stick to a healthy lifestyle when you have support and encouragement. Having a health buddy who is on the journey with you and who is there to motivate you when you are down goes a long way.

9. Be Prepared.

Making the switch to something new is hard enough for that reason. Add being unprepared to the mix and you have disaster waiting to happen. Making sure you have the right equipment is very important.





REDUCING One's Risk for ALZHEIMER'S DISEASE.

Alzheimer's disease is increasing in prevalence. It is devastating, incurable, and management of the disease is very costly. It is classified as a NEURODEGENERATIVE disease (a nerve disease that progressively gets worse and leads to loss of function in the organs or tissues) to which the aging brain is particularly susceptible.

Genetic (hereditary) factors play a key role in the development of the disease, but life style factors may be as important as, if not more important than, genetic factors.

A recent University of California (2011) study, found that 7 life-style factors contribute to up to half of all cases of Alzheimer's disease. These 7 risk factors are: Diabetes, hypertension, obesity, smoking, depression, physical inactivity, and low educational attainment.

A study in France found that people who delay retirement reduce their risk by 3.2% for every extra year worked!

All of this means that preventing or strictly controlling diabetes and hypertension; preventing or reversing obesity ; avoiding tobacco; being positive and happy; engaging in regular and frequent physical exercise; and, very importantly, challenging your intellect and learning new things , all of these would reduce one's risk for developing Alzheimer's.

This brings us back to the principles of Primary Prevention.

1. **Healthy Nutrition:** Eat more fruits and vegetables (7 to 12 servings daily)

Avoid animal fat & hydrogenated fats.

Avoid added sugars.

Eat whole foods whole (avoid refined and badly processed foods).

Maintain adequate water intake.

2. **Adequate REST** (7- 8 hours of sleep at night).
3. **Exercise** at least 4 or 5 days a week. (Outdoor exercise is best , where practicable)
4. **Trust God and be happy:** rejoice in the LORD always.
5. **Be temperate** in the use of salt (too little or too much can be a problem)
6. **Learn something new every day.** Study God's word diligently.

In addition there are certain foods and natural supplements that are especially protective of the brain.

These are : blueberries and all the other berries; nuts (especially walnuts and almonds); Omega 3 oils; natural vitamin E 800 units daily; acetyl caritine; phosphatidyl choline; phosphatidyl serine; ginkgo biloba extract; huperzine; oenzyme Q 10; Resveratrol; Pomegranate; Acai berry; Moringa, Vitamin D3 ; Aged Garlic Extract(Kyolic).

As always, remember, prevention is always better than cure, especially when you cannot cure.

BY DR. ELLIOT DOUGLIN

O.T.C or Go To See?



“Ointment” or “Appointment”

In light of the recent economic challenges that we have been facing over the past few years here in Barbados, it's almost impossible not to understand the true value of frugality. Efficient financial management has become somewhat of a prerequisite for overall survival, but where do we draw the line? How much should we consider this reality when it comes to our health?

Working as a pharmacist for 10 years, I am confronted by customers who present me with symptoms who shortly after I have given my professional opinion, debate within themselves whether or not they should visit the doctor or try the O.T.C (Over The Counter) remedies to avoid the cost of a visit.

In this article we are going to outline some instances where you (the patient/customer) can use O.T.Cs to treat your particular ailment and when you indeed, NEED to see the Doctor for immediate medical assistance.

Apart from the major chronic non-communicable diseases (Diabetes/ Hypertension etc.) that affect most Barbadians, we also see many cases of Sinusitis, Cold/Flu, Skin disorders (Eczema, Ringworm etc.), S.T.Ds, Acid Reflux, Joint pains/Arthritis, Asthma and Allergic reactions just to name a few and the public needs to be aware of the warning signs when their specific case may need more direct, serious medical attention.

Sinusitis/ Runny Nose/ Nasal Congestion/ Cold & Flu/ Allergies:

One of the more commonly addressed issues where a number of options are available over the counter such as nasal decongestant sprays and drops (Afrin/ Normal Saline) and antihistamines such as Zyrtec, Claritin or Allegra which would sometimes be combined with a decongestant (Zyrtec-D, Claritin-D & Allegra-D) which should be used with caution by Hypertensives. These may help the symptoms of mild to moderate nasal congestion and runny nose, but if the problem persists and escalates into sinusitis where there is pain and inflammation of the sinuses leading to headaches, facial and neck pain,



dizziness, inability to breath through nostrils or even blood on an attempt to blow the nose it is time to call the doctor.

If your symptoms were mild with sneezing, slight runny nose or maybe an itchy throat and allergies, then these otcswould work relatively well to alleviate your symptoms but if you present with a high fever that would not break even after taking Paracetamols/Panadols or even Ibuprofen (Advil) then you need to see the doctor. This is a sacrifice that needs to be made which would actually save you from spending more money in the long run. One of the general rules to remember is that after using the most suitable over the counter meds for your symptoms and your symptoms persist, don't continue to use them, but make an appointment to visit your doctor and to maximise your visit be very detailed in describing every other non-related symptoms that you might be suffering from.

Okay, let's continue. Most of us who suffer from allergies would react differently from others, where some would break out in full body rashes which would not be an issue and can be treated with the same antihistamine drugs listed above

but if the patient scratches the area too aggressively and breaks the skin surface. This rash may take on a whole new identity on becoming infected with redness, pain and if left untreated and exposed, pus!. There are over the counter antibiotic creams that would help in the early stages such as Neosporin/Polysporin but if left untreated with pus and an odour presents, then ring up your dermatologist. The fact is like most symptoms, the longer you wait the more treatment you might need so treat early and decide early whether or not this is a case for the pharmacist or the doctor. Never ignore symptoms.

One of the most common symptoms we deal with on a daily basis is 'coughing' (dry, wet, productive/non-productive, itchy, irritating) and there are many cough mixtures over the counter that can be used (Robitussin, Histals, Diphenel, Histatussin etc.) where you need to consider the drowsy effects or the effect it may have

on your blood pressure if you are hypertensive and this is where you speak to your pharmacist also in selecting the right one for you. If however you find it difficult to breathe, coughing up blood, having chest pains, high fever or a dry cough that just won't go away, this is





Joint Pain/ Arthritis/ Body Pains:

Many people use pain medication incorrectly. They don't comply to the dosage they should take and cause more harm than good. Over the counter pain meds such as Aleve, Advil, Paracetamol/Panadol, Excedrin and Codamol relieve pain but mask the underlying problem. Many patients self medicate and treat joint pain or arthritis instead of going to the doctor and often times they develop the need for something stronger. Remember, pain killers take away the pain but not the problem. What you may call back pain, may be an issue of the kidneys or bladder. Pain is often misdiagnosed by patients who claim shoulder pain or joint pain which may turn out to serious nerve damage from a past injury sustained (car accident, fall etc).



the time to call your doctor for help. Not all doctors charge the same fees and shopping around for a good, credible, thorough GP ranges from \$30 a visit to \$100 so call around to suit your budget because your health should be made a priority. Pay close attention to your body!

The cold/flu symptoms can be managed effectively with OTCs if treatment begins early having stocked up on Vitamin C, antioxidants, good health practices and diet, but if indeed the virus lasts longer than usual in the body (7-10 days) then make an appointment.

If you, a friend, family member or child is experiencing any strange symptoms or something appears on the skin which may be cause for concern you can call or visit the pharmacy and we will surely direct you to a suitable doctor or inform you of the correct course of action to take. Remember that this visit is free!!



When the rubs and gels (Voltaren gel, Bengay) are not enough and the pain becomes more intense, it is wise to seek a thorough check up instead of spending more and more money on the wrong meds which only provide a false sense of security when the pain goes away temporarily and returns sometimes worse than before. Pain is the ultimate indicator that something is wrong with your body. Get to the bottom of it!

S.T.Ds/ Personal Hygiene:

This topic is a rather sensitive one. Patients would often come to the pharmacist asking for meds to help a sexually transmitted disease or problem with their personal hygiene (yeast infection/ vaginitis, vaginosis etc). They try to avoid the doctor at all cost but the medication needed to treat such can only be given with a prescription. What patients need to understand is that the right antibiotics/antivirals/antifungals



must be chosen to treat the specific disease and that individuals may have allergic reactions to these drugs and so care must be taken. Some are treated for longer periods than others while others can only be treated and not cured. If you notice a discharge of any color from your genitalia accompanied by burning, pain or irritation, fever or weakness call your doctor immediately.

There are creams, suppositories or ovules that can be used to treat yeast infections but what we sometimes diagnose as yeast infection may actually be the exact opposite (viral or bacterial) so a check up is necessary. Where lab testing can be done to treat the problem at the root and provide efficient health care. Pricey it may be, but a misdiagnosed STD can affect your life in more ways than one. Make the hard decision to get it checked out. Overall, good personal hygiene and exercising sound judgement is your first and best defense from even contracting such diseases in the first place. It's important to monitor your diet as well. In short whatever you can do on your end to maintain a healthier lifestyle would be helpful and save you a lot of money. A healthier lifestyle equals a healthier wallet.

Asthma or Acid reflux:

Asthma is a serious issue! Patients who present with asthma should always be close to their required medication and often times in other situations need to be nebulized. It is recommended to always have up-to-date refills of your inhalers (Ventolin, Becotide, Symbicort) and accompanying meds (prednisolone, respiratory liquids such as atrovent etc). Frequent visits to the doctor are a must. If you are experiencing an attack and your Ventolin or Becotide or Berotec isn't helping, have someone escort you to the Asthma bay as soon as possible. DO NOT dismiss shortness of breath. Call your doctor.

Acid reflux is also quite common and there are multiple remedies that can be used such as Zantac, Prevacid, Dica, Diovol, Gaviscon, Pepto-bismol etc. In some instances the symptoms may be indicators of something greater such as G.E.R.D (Gastroesophageal reflux disease) or Helicobacter Pylori Infections which is a condition that needs to be treated by your doctor and may often warrant antibiotic therapy. Diet and lifestyle changes should also be discussed and certain other

drugs avoided. OTC drugs can only go so far, so when the time comes, make the right choice.

These are just a few common conditions that we as pharmacists see on a daily basis and would implore you the patient/customer to examine your body, be aware of certain strange, sudden, 'out of the ordinary' changes such as; nausea, vomiting, weightloss, pain, headache, high fevers, problems breathing, dizziness, inability to move, numbness, problems concentrating or lack of energy. Though OTCs may help initially, if these conditions persist to a certain degree, it may sound easier said than done but it's worth spending the money. Make 'Great Health' your first priority, for without it you cannot earn a living. In all things put GOD first and all things will be added unto you. So then the decision is yours, when you're not feeling well decide from early " OTC or GO TO SEE? Take care brethren and remember....Live intelligently... it's not how much money you have, but how you 'manage' the money you do have. Make the right choice.

BY SANJAY JOSEPH

SLEEP

Sleep, or rather the lack of sleep, has now emerged as an important public health issue. Broad societal changes, the demand for goods and services around the clock and 24 hour work schedules have radically altered global patterns of living – and dying!. As a result sleeplessness and sleep deprivation is a major plague of the modern world. Sleep debt is the difference between the sleep you REQUIRE and the sleep you ACQUIRE. The number of people globally who have accumulated a significant sleep debt is now epidemic. We have known for some time that sleep insufficiency is responsible for a significant percentage of motor vehicular accidents, industrial disasters and occupational errors (medical errors, air traffic control and pilot errors). However the evidence is now emerging that sleep deprivation is a major factor in the growth in the increase in chronic diseases (such as hypertension, diabetes mellitus, obesity, depression and cancer)

The Link Between Sleep Debt, Disease and Death

According to one sleep expert, Dr James Perl, the sleep needs of adults vary with our heredity. Apparently one fifth of us need less than 6 hours of sleep per night; one tenth need more than 9 hours; while the average person – 70% of us – need 7-8 hours of sleep per night. In one



study, the Alameda County study, adults who slept significantly more or less than 6-9 hours per night were 60-70% more likely to die during the nine (9) year course of the study.

Table 1. Sleep Requirements by age

Age Group	Hours
Newborn (0-2 months)	12-18
Infant (3-11 months)	14-15
Toddler (1-3 years)	12-14
Pre-schooler (3-5 years)	11-13
School age (5-10 years)	10-11
Adolescent (10-17 years)	8½-9¼
Adult (18 years and over)	6-8

Two (2) generations ago it was erroneously thought that sleep was a passive, dormant state of unconsciousness. We now know that we need more than just the right QUANTITY of sleep to reap its maximum benefits. We need to sleep at the right TIME to obtain the right QUALITY of sleep. Let's take a closer look at the QUANTITY, QUALITY and TIMING of sleep, which is normal sleep structure.

DID YOU KNOW?

Lack of sleep can cause weight gain of 2 pounds in less than 1 week.

Sleep Structure & Quality

According to the American Academy of Sleep Medicine (AASM) normal sleep has a definite structure and may be divided into two (2) major phases. The first phase is non-rapid eye movement or NREM and the second is rapid eye movement or REM sleep. NREM is further subdivided into three (3) stages, stage N1, N2 and N3 respectively (see boxes 1-4).

The Four Stages of Normal Sleep

NREM SLEEP IS STAGE N1 - DROWSINESS

The first phase of sleep is NREM sleep and the first stage of NREM sleep is stage N1 or what a lay person may call “drowsiness”. This is characterized by heaviness of the eyelids i.e. the eyes roll slowly open and close moderately. This is essentially the twilight zone between wakefulness and sleep. There is partial loss of muscle tone i.e. the muscles are active with sudden muscle jerks. There is partial or altered consciousness of the environment, i.e. you may see and hear things that are not real. At the electrical level brain wave frequency becomes slow (characterized by what are called theta waves of 4-7 cycles per second).



NREM SLEEP, STAGE N2 - SHALLOW SLEEP

The second stage of NREM sleep is stage N2 or what may be called “shallow sleep”. During this stage the eyes are closed and there is decreased muscle activity. There is zero consciousness of the environment and moderate reaction to noise and pain. Brain wave frequency remains slow but interrupted by quick bursts of activity called sleep spindles (11-16 cycles per second) and so-called K complexes

NREM sleep, stage N3 - Deep Sleep

The third stage of NREM sleep, stage N3, is deep or slow wave sleep. This is recognized by the absence of measurable eye or muscle movement and minimal reaction to noise or pain. Brain wave frequency becomes slower (delta waves of 0.2-2 cycles per second). This is the stage during which we may experience night terrors, bed wetting, sleep walking and sleep talking (the so-called parasomnias).

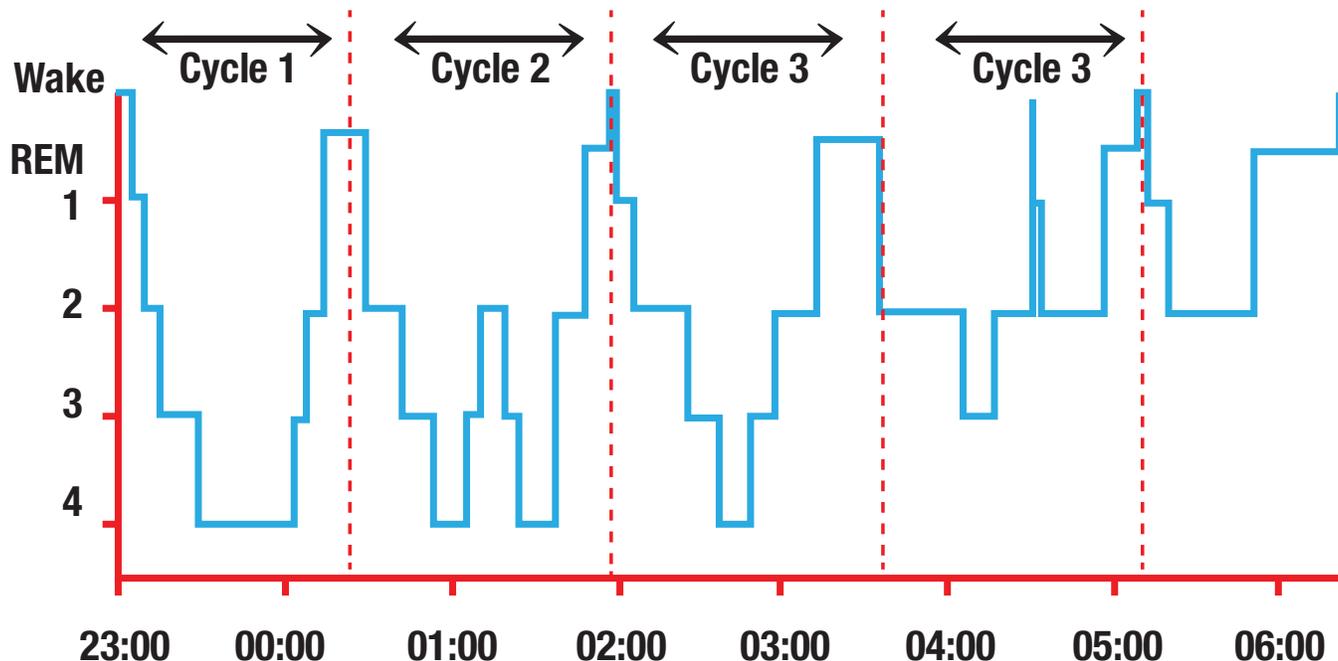


REM sleep - Paradoxical Sleep

The fourth and final stage of normal sleep is REM sleep. This is so called because it is characterized by rapid movement of the eyes i.e. they dart rapidly “to and fro”. This is also called “paradoxical sleep” because the vital signs indicate brain arousal and oxygen consumption greater than when the sleeper is awake yet it is more difficult to arouse the sleeper than at any other stage of sleep. The heart rate rises and breathing becomes rapid, irregular and shallow. The regulation of body temperature is partially lost. Penile erections frequently occur in males. REM sleep is also notable for the occurrence of the most vivid dreams. The majority of the muscles are paralyzed (except muscles needed for vital functions). This muscle paralysis is presumed to prevent the sleeper from physically acting out their dreams.

- turned on by acetylcholine secretion
- turned off by serotonin secretion

FIGURE 1 GRAPHIC ILLUSTRATION OF THE SLEEP CYCLE



The Normal Sleep Cycle

Drowsiness is the introduction to sleep and occurs only once per night if sleep is uninterrupted. The process of sleep progresses from initial drowsiness to light sleep to deep sleep, light sleep again and finally REM sleep to complete a sleep cycle. A sleep cycle may last from 90 to 110 minutes. The average person repeats 4-5 sleep cycles every night to complete a “goodnight’s sleep”. The duration of REM sleep increases progressively with each sleep cycle from 10 minutes during the first cycle to 60 minutes during the last cycle. The duration of deep sleep decreases with each

successive sleep cycle. Deep sleep appears related to restoration of the body while paradoxical sleep appears related to the restoration of the mind. Restoration of the body refers to growth and repair of cells and tissues; strengthening of the immune system etc. Restoration of the mind refers to the consolidation of memory and learning. After a “good-night’s sleep” one should awake feeling rested and refreshed in body and mind. As the research is clearly demonstrating (and as we always suspected), the benefits of the best diet and adequate exercise may be erased by intemperance in the area of sleep.

1. *At least 30 minutes of moderate to high intensity exercise before sunset (rather than before bedtime.) The exposure to natural sunlight will boost your melatonin levels.*
2. *Avoid meals within 3 hours of bedtime.*

12 STEPS TO A GOOD NIGHT’S SLEEP - GOOD SLEEP HYGIENE

Sleep hygiene is the practice of acquiring a normal quantity and quality of night-time sleep followed by full day-time alertness. The following is a checklist of things that may enhance your sleep experience.

DID YOU KNOW?

Apples are more effective at waking you up in the morning than coffee

3. <i>Take a warm shower before turning in at night</i>	4. <i>Wear comfortable loose-fitting bed clothing</i>	5. <i>Turn off all artificial light sources and electrical appliances (where practical) emitters of blue light should especially be avoided</i>
6. <i>Aim for the appropriate quantity of sleep for your age each night (Table 1)</i>	7. <i>Acquire half of your recommended sleep requirement before your major melatonin peak at around 2 am. (Remember, “1 hour of sleep before midnight is worth 2 hours of sleep after midnight.”)</i>	8. <i>Avoid the bad habit of eating, studying or watching TV in bed.</i>
9. <i>Avoid stimulants such as caffeine, nicotine and alcohol These may induce light sleep but rob you of your precious deep and REM sleep.</i>	10. <i>Sleep in a cool place between 12.2 – 23.9 degrees celsius. Extreme room temperatures may disrupt REM sleep.</i>	11. <i>Sleep in a well ventilated room</i>
12. <i>Keep the room quiet or play relaxing music.</i>		

Conclusions

Adequate sleep of the right quantity and quality on a nightly basis is absolutely essential for optimal health and vitality. The rapid pace of our daily lives with the extraordinary demands on our time has led to a generation that is chronically sleep-deprived. Sleep deprivation is now a pandemic. If the invention of the electric light bulb, which magically enabled us to turn

night into day and day into night heralded its start, then it may be said that the advent of the personal computer and the world-wide web, marked the cresting of the wave of sleeplessness. The good news is that we do not have to be slaves to these technologies but through discipline and proper time management we can harness them while reclaiming that greatest of all God’s gifts to man, a good night’s sleep.

THE FOUR STAGES OF NORMAL SLEEP

1. Drowsiness

- twilight zone between wakefulness and sleep
- partial loss of muscle tone
- partial consciousness of environment
- muscles active with sudden muscle jerks
- seeing and hearing things that are not real
- eyelids become heavy
- brain wave frequency becomes slow

2. Shallow sleep

- decreased muscle activity
- zero consciousness of environment
- moderate reaction to noise, pain
- eyelids become closed
- brain wave frequency remains slow
- intermittent higher frequency brain waves
- 45-55% total sleep

3. Deep sleep

- (Also called slow wave sleep)
- no measurable eye or muscle movement
- minimal reaction to noise and pain etc
- brain wave frequency becomes slower
- parasomnias (night terrors, bedwetting, sleep walking, sleep talking)

4. REM sleep/“paradoxical sleep”

- majority of muscles paralyzed (except muscles needed for vital functions)
- breathing rapid irregular + shallow
- heart rate rises
- eyes dart rapidly “to and fro”
- vital signs indicate brain arousal and oxygen consumption greater than when

sleeper is awake

- yet it is more difficult to arouse the sleeper than at any other stage of sleep
- regulation of body temperature partially lost
- penile erections in males
- turned on by acetylcholine secretion
- turned off by serotonin secretion
- most vivid dreams
- 20-25% total sleep time

BY DR. SELWYN GREENIDGE

Word Search

CHANGE
EXERCISE
NUTRITION
HEALTH
CHOICE
VEGETARIAN
VEGAN
LIFESTYLE
DISEASE
CAROTENE
SLEEP
DIET
BALANCED
COOKING
JUICING

**CHANGE:
YOUR
CHOICE
YOUR HEALTH**

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

End of Year
Programme

From
GLORY to
GLORY

A GOSPEL MUSICAL PROGRAMME

PRESENTED BY

TRUTH FOR THE FINAL GENERATION
ADVENTIST CONGREGATION

6:00P.M. | SUNDAY 28TH DECEMBER 2014

Kew Land, Bailey's Hill
Redman's Village, St. Thomas

Come & be Blessed by Testimony in song by:
Chorale | Voices of Praise | Jordan River
Sign Language Group
among others

NEW INSIGHTS INTO CANCER PREVENTION FOR LUNG & PROSTATE CANCER PREVENTION



We are already familiar with the basics: avoid tobacco; avoid obesity; engage in regular exercise; eat plenty fruits and vegetables; avoid dangerous methods of cooking; avoid alcohol.

NOW FOR SOME ADVANCED SPECIFICS:

1. Milk thistle extract, silymarin, is a key protector of the lungs and the prostate and the liver. It increases the intracellular concentration of a key anti-oxidant and detoxifier called glutathione. Silymarin also prevents abnormal cell mitosis and is anti-inflammatory.
2. Natural vitamin E in the form, alpha tocopherol, is another important protector of lungs and prostate

3. The carotene, lycopene, is a master antioxidant which protects lungs, prostate and many other organs. It also reduces inflammation and blocks abnormal cell division.
4. The humble ginger root is potently anti-inflammatory and offers considerable protection to lungs and prostate.
5. Selenium is a critical trace mineral that is an essential component of the glutathione peroxidase complex of most cells. It functions as a powerful protector in tandem with vitamin E and Silymarin.
6. Grape seed extract has been shown, in a number of studies, to be highly protective against cancer of prostate, colon.
7. Green tea polyphenols are potently anticancer. In the prostate they modulate hormone impact on the prostate and inhibit abnormal cell multiplication.
8. Resveratrol is a very powerful anti-inflammatory antioxidant and suppresses abnormal cell growth.
9. Quercetine is also a powerful antioxidant and anti-cancer molecule. It works in synergy with resveratrol and silymarin.
10. Apple polyphenols are also powerful protectors of DNA. The mono- and polyunsaturates of nuts are especially protective of the pancreas.
11. DIM, Di Indolyl Methane, derived from broccoli, is natural hormone regulator and a powerful antioxidant which is highly protective of prostate and breast.
12. Pomegranate contains very good protectors of breast, prostate and lungs.
13. Dandelion root exerts powerful anticancer properties especially for prostate and bone marrow.
14. Curcumin from turmeric is powerfully anti-inflammatory and cancer protective.

BY DR. ELLIOT DOUGLIN

DID YOU KNOW?

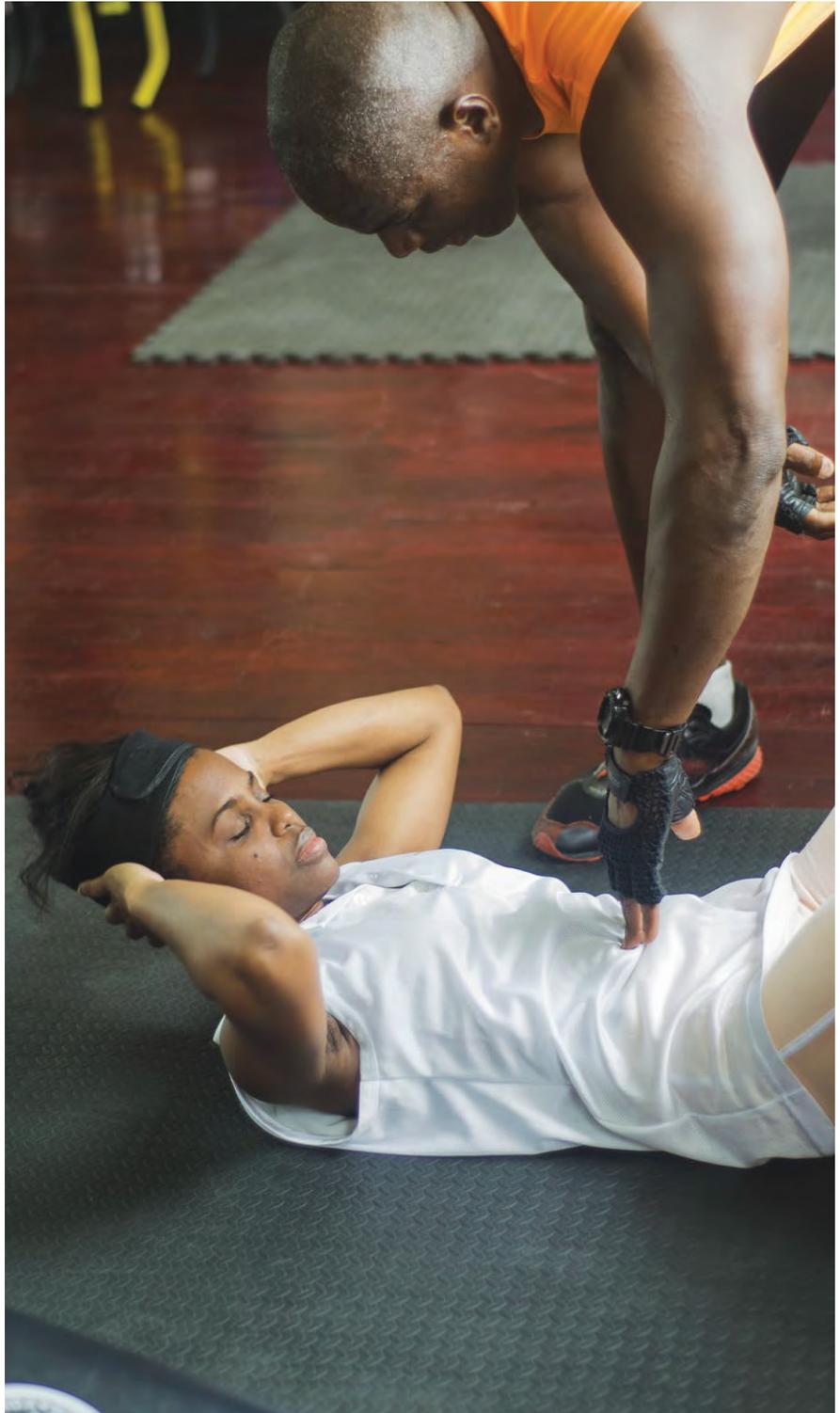
Maintaining a healthy weight might lower the risk of various types of cancer

EXERCISE TIPS

- 1.** *Make a plan*
Set a time and a routine for exercise and stick to it.
- 2.** *Pace yourself*
It is not about how fast or how much you can do. Keep an appropriate pace for your exercise routine that does not leave you feeling like you are on the verge of death.
- 3.** *Wear appropriate gear*
Clothes that are too tight to allow for proper movement and shoes that are incorrect can lead to injury during exercise.
- 4.** *Drink plenty of water*
Water is extremely important in maintaining normal body temperature and reduces muscle fatigue.
- 5.** *Enjoy yourself*
Pain does not translate to gain when exercising. Enjoy your workout. A merry heart does the body good, even during exercise.

DID YOU KNOW?

Lemons contain more sugar than strawberries.



//What would you say to someone who wanted to make the switch to a healthy lifestyle? //



Here's some advice from people on different stages of their health journeys.

"Go ahead and make the change, but make it a gradual one" Ryan, Vegan 10 years".

"Go into it gradually because you can break down your body and get withdrawals from doing it too quickly" Audrey, Vegetarian 25 years.

"Make sure it is a gradual, calculated and educated change. When your body misses certain foods you are more likely to fall back into your old lifestyle. Make up your mind that you are going to change." Rodney, Vegetarian 5 years.

"I wouldn't tell them to come straight off the meat one time. I would tell them to come off gradually and

when they are finally off the meat, to make sure that they find substitutes for the meat. Be sure to find tasty recipes using lots of beans and peas and nuts to receive the required protein. In addition, find a suitable multi-vitamin and all the necessary supplements to take." Carisa, Vegetarian, 3 years

Recipe

SECTION



Mains

QUICK RICE & LENTIL PILAF



- 2 cups cooked brown rice
- 1 cup cooked lentils
- 1 tsp turmeric powder
- 1 clove garlic, finely chopped
- 1 sprig thyme
- 1/4 green sweet pepper,
- 1 chive, diced
- salt to taste.
- oil for sautéing. (Grape seed oil)
- 1 cup vegetable broth

METHOD:

Heat a frying pan and add about a tbsp of oil. Add turmeric powder, chives, thyme and garlic and cook until turmeric turn brown. Add lentils and salt. Stir until lentils begin to get crispy. Add rice and stir fry for about a 1/2 minute or so. You can add more oil to the pan if necessary. Add vegetable broth and salt taste and let simmer until all the liquid is gone.

COOKING TIP

OLIVE OIL should not be used for frying but should be used cold

SPLIT PEA BURGERS (GLUTEN FREE)



- 1 1/2 cups cooked yellow split peas
- 1/2 cup rolled gluten free oats
- 1/3 cup chick pea flour/regular flour
- 3-4 garlic cloves, minced
- 1 tsp cumin
- 1 tsp curry powder
- cayenne pepper, to taste
- 1/2 tsp baking soda
- 2 tbs lemon juice
- 1 tbs natural peanut butter
- 3-4 chive leaves, finely chopped
- Grape seed oil

METHOD:

Add split peas to a bowl with seasonings and peanut butter and mix well. Add flour and mix well. Spoon mixture into hands and shape into a burger.

Grease a baking tray and line patties on tray and sprinkle patties with oil. Bake at 350 Heat 1 tbs olive oil on a nonstick skillet on medium-low heat until golden brown.

SPINACH PASTA



- 2 heaping c. fresh spinach
- 1/2 c. unroasted, unsalted, hulled pumpkin seeds (pepitas)
- 1/2 c. basil, packed
- 1/4 c. nutritional yeast
- 2 cloves garlic
- 2 tbsp. lemon juice
- optional: 1 tbsp. olive oil
- optional: 1 tbsp. spirulina

METHOD:

Preheat oven to 400 degrees. Place pepitas on a parchment paper-lined cookie sheet and roast for 5 minutes (be careful not to burn). Allow to cool for 10 minutes or so.

Add all the ingredients (except olive oil) to a high-speed food processor and blend until smooth.

With food processor running, drizzle in olive oil through top spout if desired.

Keep in a sealed container in the fridge; freezes well

JUICING TIP

FRUIT PULP can be used in smoothies, muffins and breads, pies and cobblers.

Bread, Cakes & Biscuits

HAZELNUT CILANTRO CRACKERS (GLUTEN FREE)



- 3/4 cup hazelnuts (filberts)
- 1/4 cup flax meal
- 2 cloves garlic, roughly chopped
- 1/4 cup garbanzo flour
- 1/4 tsp fine sea salt
- 1/4 tsp baking soda
- 1/2 cup fresh cilantro, parsley and basil leaves combined
- 2 tbsp coconut oil, melted, or extra virgin olive oil
- 3 tbsp water

METHOD:

Preheat oven to 375F (190C). Line a cookie sheet with parchment paper. Lightly flour the parchment with more bean flour.

In the bowl of a food processor, process the nuts and flax meal into a fine meal. Add the flour, salt and soda and process again until mixture is combined. Add the cilantro, oil, and water to the processor and blend until the cilantro is well chopped and the

mixture comes together in a moist dough.

Place the dough directly on the parchment, and roll it out to a rectangle about 7 x 10) big . You can make it smaller or slightly larger, depending on how thick you want your crackers. Bake in preheated oven for 15 minutes. Remove from the oven and cut the large rectangle into smaller crackers. Turn each cracker over by hand (be careful—these are hot!). Return the crackers to the oven and bake another 10-15 minutes, until they are golden brown throughout. Cool completely before storing in an airtight container. Makes about 25 crackers. These will keep, covered at room temperature, for up to a week.

VEGAN BUTTERMILK BISCUITS



1 cup very cold soymilk or almond milk
1 tsp vinegar
1 cup all-purpose flour
1 cup whole-wheat pastry flour
2½ tsp baking powder
½ tsp baking soda
½ tsp salt
5 tbsp transfat-free vegetable shortening or very cold vegan “butter”

METHOD:

Mix milk and vinegar together and set aside to curdle. Mix dry ingredients together. With a fork or a pastry-cutter, mix the fat into the flour until you have a coarse mixture with no large pieces of fat. If using “butter,” work quickly before it melts.

Add the curdled soymilk-vinegar mixture and mix quickly until the dough comes together.

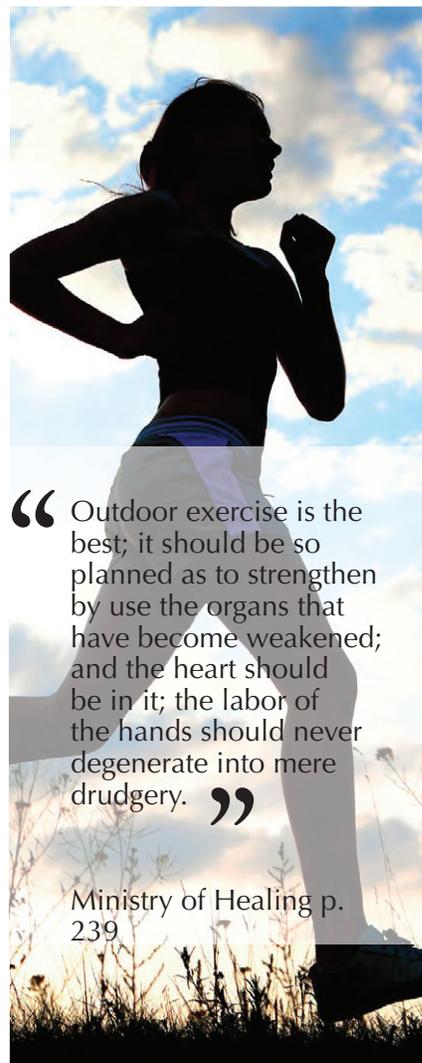
Make a ball of the dough, cover with plastic wrap, and refrigerate for 15-30 minutes.

Roll dough into about ½-inch thickness. Use a round cookie cutter about 1½ to 2 inches in diameter to cut the biscuits.

Place the biscuits on an ungreased cookie sheet.

Brush the tops of the biscuits with a mixture of 1 tbsp soy milk and 1 tbsp canola or other vegetable oil for a nice, golden-brown glaze. Leave about 1 inch space between each: don’t overcrowd.

Bake the biscuits in a preheated 450-degree oven 10-12 minutes.



“ Outdoor exercise is the best; it should be so planned as to strengthen by use the organs that have become weakened; and the heart should be in it; the labor of the hands should never degenerate into mere drudgery. ”

Ministry of Healing p.
239

Smoothies, Juices & Shakes

MORINGA DETOX SMOOTHIE



- ¼ cup Moringa leaves
- 1 large apple (Granny Smith), cored
- 1 cup water
- 1 tsp freshly grated ginger

METHOD:

Add all ingredients to a blender in this order- water, apple, ginger and moringa and blend thoroughly.

STRAWBERRY, PUMPKIN SMOOTHIE



- 4 frozen strawberries
- 1/4 cup fresh pineapple chunks
- 1/2 cup 100% pineapple juice
- 1/2 cup pumpkin purée
- sweetener of choice (optional)
- ¼ ice

Method:

Add all ingredients to blender except ice and process until smooth. Add ice and then blend.. Depending on how sweet the fruit is, you might need to add a sweetener.

TROPICAL RHYTHM SMOOTHIE



- 1/4 cup fresh pineapple
- 1 large ripe banana
- 1 tsp lime juice
- 1/4 cup papaya
- 1/2 cup water
- 1 cup ice cubes

*sweetener (optional). If pineapple is very sweet there is really not need for any sweetener.

METHOD:

Blend all ingredients except ice until smooth. Add ice and blend until all ice is crushed.

Desserts

STRAWBERRY MANGO SORBET



- 4 frozen strawberries
- 1 cup frozen mango
- 1/4 cup 100% white grape juice.

METHOD:

Place frozen fruit in blender. Add half of the liquid and blend. slowly add remaining liquid while blending. You might have to stop and give the mixture a stir to dislodge any pieces of fruit before continuing to blend. Continue to blend until smooth.

JUICING TIP

When JUICING a mix of fruits or vegetables, juice the softer item first followed with the firmer. e.g. juice tomato, then celery, then apple.

EXTRA SWEET APPLE SAUCE



- 5 red delicious apples

METHOD:

Peel and core apples. Slice and lay in a baking dish. Cover dish with foil and bake at 250 for 15- 20 minutes or until apples are soft. For extra sweet apples, bake them until they begin to have a light brown colour. Remove dish and mash with a fork.

PEANUT BUTTER PISTACHIO GRANOLA



- 1/3 cup maple syrup or brown sugar
- 1/4 cup coconut oil or olive oil
- 2 heaping tbsp natural peanut butter
- 1/2 cup rolled oats
- 1/2 cups salted pistachios, chopped
- 1/2 cup shredded coconut (optional)

Method:

Mix oats, pistachios and coconut (if using) together in a bowl. In a frying pan on medium heat, add oil, peanut butter and maple syrup and stir until completely dissolved.

Pour peanut butter over oats and mix to completely combine.

Bake for 10 minutes on a lined baking tray. Toss and then bake for 15 minutes more, depending on how crispy you want it.

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Sauces, Dips & Dressings

RANCH DRESSING



- 1 cup cashews soaked for at least 15 minutes and up to 3 hours
- 3/4 cup water
- 1/4 cup apple cider vinegar
- 2 tsp lemon juice
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 t salt
- 1 tsp minced fresh basil or 1 tsp dried basil
- 1/4 tsp fresh ground pepper
- 1/4 tsp dried dill
- 1/8 tsp paprika
- dash cayenne pepper

METHOD:

Combine all ingredients in a blender, and blend until smooth.

Pour into airtight container, and store in the fridge.

CASHEW MAYONNAISE

METHOD:

- 1/4 cup raw cashews
- 1 tsp turmeric powder
- 1tbsp mustard
- 1 tsp apple cider vinegar
- 1 – 2 tsp extra virgin olive oil
- 1/4 cup hot water (you can use the water from the cooked potatoes)
- salt to taste

METHOD:

Blend all ingredients, except oil, until smooth. Drizzle 1 tsp oil into the blender and process again. Taste and add remaining oil if desired.

Sides

POTATO SALAD



- 3 medium potatoes, peeled and diced
- 1 small sweet potato, peeled and diced
- 1 large broccoli top, sectioned
- 1/2 red sweet pepper, thinly sliced or shredded
- 1/4 onion (neither my son nor I like onion so I tend to grate it on the smallest side of the grater to only get the juice)

METHOD:

In a small pot, cook potatoes until tender. Add broccoli and allow them to cook until just tender.

While vegetables are cooking make cashew mayonnaise.

Drain vegetables and allow to cool a bit. Add onion, sweet pepper and cashew mayonnaise and mix.

SEITAN VEGAN SAUSAGE



- 3/4 cup cooked white beans, rinsed and drained
- 1 cup vegetable broth
- 1 tablespoon olive oil or 1 tablespoon tomato
- 3 tablespoons soy sauce
- 1 3/4 cups vital wheat gluten
- 1/4 cup nutritional yeast
- 2 cloves fresh garlic, finely grated
- 1 teaspoon ground fennel seed
- 1/2 teaspoon red pepper flakes
- 1 teaspoon sweet paprika
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- Several dashes cayenne pepper

METHOD:

Set up steaming apparatus and bring water to a full boil. Mash beans. Add remaining ingredients and mix well. Set aside 6 square pieces of foil. Divide the mixture evenly in six portions. Place one part of the dough on a piece of foil and mold into a sausage. Wrap dough in foil, making sure the ends are secure. Repeat until all the mixture is utilized. Steam sausages for 40 minutes.

SAVORY PECAN LOAF (GLUTEN FREE)

- 1 onion, chopped
- 1 bell pepper, chopped
- 2 cups oats, quick
- 1 1/2 cups pecans, ground
- 1 1/2 cups brown rice, cooked
- 1 teaspoon salt
- 1/4 cup water
- 4 tablespoons ketchup

METHOD:

Mix onion, bell pepper, oats, pecans, brown rice, salt, and water.

Add a little water, not too much, to make a paste consistency.

Form into a loaf or put in loaf pan.

Spread 4 tablespoons ketchup on top.

Bake at 300 degrees Fahrenheit for 1 hour.

BAKED TOFU (GLUTEN FREE)

- 1/2 cup tamari sauce (wheat-free soy sauce)
- 1/4 cup brown sugar
- 2 teaspoons mustard powder
- 2 teaspoons dried onion flakes
- 1/2 teaspoon garlic powder
- 1 tablespoon vegetable oil
- 2 tablespoons sesame seeds, toasted
- 1/4 teaspoon dried chilli flakes
- 2 shallots, trimmed, thinly sliced

METHOD:

Place the tofu, in a single layer, in a greased baking dish. Whisk remaining ingredients except sesame seeds and pour over tofu. Bake at 350 for 3 minutes. Turn tofu and continue to bake for another 5 minutes. Sprinkle with sesame seeds.

Place the tofu, in a single layer, in a greased baking dish. Whisk remaining ingredients except sesame seeds and pour over tofu. Bake at 350 for 3 minutes. Turn tofu and continue to bake for another 5 minutes. Sprinkle with sesame seeds.

TOFU SCRAMBLE (GLUTEN FREE)



- 1 14-oz pack firm tofu.
- 12 cashew nuts, soaked in 1/2 cup of water for 30 minutes, then blitzed into a smooth paste
- 1 medium red onion, minced
- 1 green bell pepper, minced
- 1 tsp garlic, minced or crushed
- 1 tsp ginger, grated
- 1 cup tomato puree
- 2 tsp coriander powder
- 1 tsp cumin powder
- 1/4 tsp turmeric
- 1 tsp paprika
- 1/4 cup chopped coriander leaves
- 2 tsp vegetable oil
- juice of 1/2 lemon
- salt to taste

METHOD:

Drain tofu and place in freezer for 30 minutes. Remove and set aside. Heat the oil in a saucepan. Add the onions and sauté until they start to brown. Add the garlic and ginger and sauté for a minute, then add the green peppers, coriander powder, cumin powder, turmeric and paprika. Add the tomato puree. Cook, stirring frequently, until the tomato puree is thick and a few shades darker.

Crumble the tofu and add it to the saucepan. Cook the mixture on medium heat for about five minutes, stirring frequently. Add the cashew cream and salt to taste. Remove from heat and stir in the coriander leaves and lemon juice.

GLOBAL CHANA CAKES



- 1lb (454g net weight) chana
- 1 1/2 cups whole spelt flour
- 2 tsp salt
- 2 tsp baking powder
- 1 large onion
- 2 pods garlic
- 2 1/4 tsp dried parsley
- 2 tsp ground coriander seed
- 2 tsp cumin
- 1 tsp turmeric
- 3/4 tsp red chilli powder
- 3/4 tsp black pepper
- 2 tsp white pepper
- 1 tbsp curry
- 2 tsp garlic & herb
- 2 tsp cajun
- 2 tsp mixed spice

METHOD:

Cook chana for 1 hour. Mince in food processor; half mostly fine and half in slightly bigger pieces. Finely chop onion and garlic. Add salt, spelt and the all other ingredients and mix. Deep fry as balls under medium heat until golden brown. Serve alone or with ketchup or honey mustard.

COOKING TIP

VEGETABLE PULP can be used in breads and casseroles.

GLOBAL LENTIL CAKES



- 1lb (454g net weight) lentils
- 2 cups whole spelt flour
- 2 tsp (flat in hot water) salt
- 4 tsp baking powder
- 4 tbsp ground linseed
- 1 large carrot
- 1 tsp mixed spice
- 1 tsp cajun
- 1 tsp white pepper
- 1 tsp black pepper
- 1 tsp garlic and herb
- ½ tsp basil
- ½ tsp oregano
- ½ tsp powdered clove
- bajan seasoning if desired

METHOD:

Cook lentils with salt for about twenty minutes. Finely chop carrot. Add salt, spelt and the all other ingredients and mix. Deep fry as balls under medium heat until golden brown. Serve alone or with ketchup or honey mustard.

BREADFRUIT BALLS



- 1 ripe breadfruit
- 1 tsp mixed Italian seasonings
- 1 sprig chives, finely chopped
- ½ onion, minced
- 1 clove garlic,
- salt to taste
- bread crumbs

- oil for frying

METHOD:

Scoop out flesh of breadfruit and mash. Add seasonings and salt to taste. Spoon mixture into hand and form into a ball. Roll in bread crumbs and fry.

VEGGIE SAUSAGE

- 4 ½ c gluten flour
- 1 c nutritional yeast flakes
- 4tbsp. whole wheat flour
- 1 ½ chick pea powder / 1 ½ cup cashew nuts
- 1 tbsp. onion powder
- 1 tsp paprika
- 2 tsp paprika (smoked)/ 2
- 1 tsp dried oregano / 1 tsp celery seed powder
- 1 tsp salt
- 4 cups water
- 16 cloves garlic minced
- 6 tbsp. olive oil
- 4 tbsp. soy sauce
- ¼ cup chopped sweet pepper
- 6 tsp. tomato paste

METHOD:

In a large bowl mix all the dry ingredients. Blend together water, garlic, olive oil, soy sauce, sweet pepper and tomato paste. Add to dry ingredients and stir with a fork until the ingredients are mixed. Place 2 scoops of dough mixture at a time on a greased wax paper. Twist cap first then wrap again in foil. Place sausages in steamer and steam for 35 minutes. Allow cool off then remove foil and wax paper and refrigerate until ready to serve.

JUICING TIP

Always serve juice immediately as juice is at its peak when freshly prepared.

TOFU CHICK PEA BALLS

- 4 cups cooked chick peas
- 1 cup of chick pea water
- 3 cloves fresh garlic
- 1lb tofu mashed
- 1/3 cup soy sauce
- 1 tsp salt
- ¼ tsp black pepper/ cayenne
- 1 medium onion chopped fine
- 6 cups whole grain bread crumbs

METHOD:

Blend together chick peas and chick pea waters, cloves until smooth and creamy. Pour into a mixing bowl and add mashed tofu, soy sauce, salt, pepper, chopped onion, and bread crumbs. Mix together until all the ingredients are moist. Form 1 inch balls and bake at 350° until golden brown

MOCK SALMON



- 1 cup grated carrot
 - 1 tin tomato soup
 - 1 cup peanut butter
 - 1 cup bread crumbs
 - 1 onion
 - 1 medium sweet pepper
 - 1 clove garlic
 - 1 stick celery
 - 1 tb spoon braggs liquid aminos
- (any other favourite seasonings)

METHOD

1. Place tomato soup, peanut butter and minced seasonings in a bowl and mix
2. Add carrots and bread crumbs, mix well
3. Place in a greased dish and bake for 20-30 mins at 350 F

Salads & Salsas

COOKED TOMATO SALSA



- 3 cups tomatoes, diced
- ½ red onion, diced
- ¼ onion
- 3 chive stalks
- ½ tsp each oregano, marjoram and basil
- juice of ½ lemon
- salt to taste
- 1 tbsp. grape seed oil

METHOD:

In a medium saucepan sauté onion until translucent. Add tomato and remaining ingredients and cook on low heat for 25 minutes.

FRESH PINEAPPLE, MANGO OR GOLDEN APPLE SALSA

- 2 cups diced fresh pineapple, mango or golden apple
- 1 cup diced red pepper
- 1/2 cup chopped cilantro
- 1/4 cup finely chopped red onion
- 3 tablespoons finely chopped

jalapeño pepper, stemmed and seeded

- 1 clove garlic, minced
- juice of 1 large lime
- salt, to taste

METHOD:

In a medium bowl, combine fruit, red pepper, cilantro, red onion, jalapeño, garlic, and lime juice. Stir until well combined. Season with salt, to taste. Serve at room temperature or chilled.

ASIAN TOFU SALAD (GLUTEN FREE)

- 3 tablespoons canola oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 2 teaspoons tamari sauce
- 1 teaspoon toasted sesame oil
- 1 teaspoon minced fresh ginger
- 1/2 teaspoon salt
- 1 package extra-firm tofu, rinsed, patted dry and cut into 1-inch cubes
- 8 cups green salad
- 2 medium carrots, peeled, halved lengthwise and sliced
- 1 large cucumber, chopped

METHOD:

For Dressing:

Whisk canola oil, vinegar, honey, soy sauce, sesame oil, ginger and salt in a bowl.

Place tofu and 2 tablespoons of the dressing in a large nonstick skillet. Cook over medium-high heat, turning every 2 to 3 minutes, until golden brown, 12 to 15 minutes total. Remove from the heat, add 1 tablespoon of the dressing to the pan and stir to coat.

Serve over green salad.

GREEN SALAD (GLUTEN FREE)

- 1/2 small head iceberg lettuce, torn
- 1/2 small bunch escarole or endive, torn
- 1/2 small bunch romaine, torn
- 1 small tomato, cut into chunks
- 1/2 small cucumber, sliced
- 1/4 cup olive oil

- 1/4 cup balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

METHOD:

In a large salad bowl, toss greens, tomato and cucumber. Combine remaining ingredients in a jar with a tight-fitting lid; shake well. Pour over salad and toss. Serve immediately.

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Song Service

10:00 a.m. - 10:30 a.m.

Devotion

10:30 a.m. - 11:15 a.m.

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Cradle Roll (Newborn to Age 4) | Kindergarten (Ages 5 to 7)

Primary (Ages 8 to 11) | Juniors & Earliteens (Ages 11 to 15)

Youth (Ages 16 to 20) | Adults (21+)

11:30 a.m. - 12:30 p.m.

Divine Hour

LUNCH BREAK

3:30 - Sunset

Afternoon

Song Service followed by varied programmes
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SUNDAY

6:00 p.m. - 7:00 p.m.

Bible study

WEDNESDAY

7:15 p.m. - 8:30 p.m.

Prayer Meeting

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