



Healthy Worship Newsletter

"Healing The Community By Caring 4 You"

Living With Diabetes

For I will restore your health and heal your wounds, declares the Lord.

Jeremiah 30:17

Per request, beginning in January, our newsletter will have a new section: "Living And Dealing With Addiction" in each edition.

ISSUE 1 OCTOBER EDITON

IN THIS ISSUE

Diabetes: What Is It?

by Anneliese Garrison, RN BSN

What is It?

Think of your bloodstream as a highway and think of insulin as a taxi cab. Think of sugar as a passenger and your pancreas as a dispatch center. Think of your body's red blood cells as a shuttle bus. The pancreas releases insulin that picks up the blood sugar in our blood stream and brings it inside the red blood cells. The red blood cells then distribute the sugar throughout the body. Sugar gives us energy but if it is too high, we crash. In like manner if it is too low, we crash. When our sugar is too high, this is called hyperglycemia. When our sugar is too low, this is called hypoglycemia.

What is the difference between type 1 & type 2?

Type 1

Type 1 diabetes are cases that are diagnosed usually before the age of 40. When a child is diagnosed at a young age, this is also known as "Childhood Diabetes." Type 1 diabetics are always insulin dependent because their pancreas did not produce enough insulin from birth. As a result, they need insulin injections.

Type 2

Type 2 diabetes are cases that are diagnosed usually after the age of 40 and are usually life – style induced.



Here is a healthy recipe to take for your next church gathering.

29 million Americans have diabetes. 1 in 4 don't know.

American Diabetes Association

1.25 million American Children and adults have type 1 diabetes. 95 percent of diabetic cases are life-style induced type 2.

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Garrison, RN BSN

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Type 2 diabetics are not usually in need of insulin injections. However, The longer the diabetes is present or as the disease process worsens, insulin injections may be needed.

When first diagnosed, an individual is placed on oral medication and monitoring of blood sugar levels. 95% of all type 2 diabetic cases are life-style induced. This means that it is completely within our power, through Christ's help, to improve or rid ourselves of diabetes type 2. Christ alone is the Ultimate Healer. All we need do, as Children of the King, is pray for the willpower to change our diet and exercise.



**WE CAN IMPROVE
OUR OWN HEALTH**

**Through the power of
prayer. Christ is the
Almighty Healer.**

Brittle Diabetic

Normal blood sugar levels are 70 mg/ml – 120 mg/dl. All labs vary so check with your primary care provider what is normal for you but the levels should be close. A "Brittle Diabetic" is a type of diabetic who cannot gain control over their blood sugar levels and their blood sugar (BS) seems to be all over the map. Then, your primary care provider may prescribe your medication based on your reported blood sugar. The doctor's prescription may read like this: "If BS is 150, take _____"; "If BS is 200, take _____" and so on.

What to do:

Work on your diet. Work on your exercise and keep track of your blood sugar levels. Through life – style changes and the power of prayer, you will find your diabetes improving day by day. If you can't seem to gain control over your blood sugar levels, suggest a medication dosage based on blood sugar reading to your doctor. Your Endocrinologist will determine the best course of action for you.



Balancing Act:

**Diabetes vs. Home and Work
Life**

By Lynn Emenheiser

I have been diabetic for now fifteen years. I have not always managed it perfectly. I will admit I have at times not managed it well at all from time to time. What I hope to do is encourage you to honor yourself, your family and God by taking care of you.

If you are newly diagnosed or have a long-standing care routine you can and should enlist the help of family. Family members can help you in the event of a high or low blood sugar level. Let them know of warning signs of either, teach them how to test your sugars if you are unable to. Teach them what to do in the case of emergency. Keep a list of medications somewhere your loved ones can easily get in case of an emergency.

Balancing work with diabetes can be tricky depending on shift work, nature of the job, how stressful the job is. Managing stress is key for most health issues not just diabetes. Stress releases hormones and depending how you react it can really wreck your numbers. Shift work also creates a different scenario

because it could affect dosages and timing of medications. This would be something to discuss with your doctor or diabetes educator. If you put in long hours or skip breaks routinely as you can imagine this can become a problem. In my case if I skip by the time I get home I am starving and I overeat to compensate.

Keep a stash of nuts, fiber bars or pieces of fruit nearby to snack on so you aren't raiding the candy jar or vending machine.

Diabetes doesn't have to mean unhealthy. You now have the opportunity to become healthy despite having the disease.

Famous People With Diabetes

British PM Theresa May (Type 1)

Tom Hanks (Type 2)

Larry King (Type 2)

Paula Dean (Type 2)

Delta Burke (type 2)

Drew Carey (Type 2)

Billie Jean King (type 2)

Patti LaBelle (Type 2)

Mary Tyler Moore (Type 1)

Source: WebMD.com

Word Find:

Adult	Insulin
Brittle	Medication
Child	Metformin
Diabetes	Oral
Doctor	Shot

Research suggests that portable brain teasers such as the one below, may help to ward off dementia and Alzheimer's.

UC - Berkley

By **Anneliese Garrison, RN BSN**

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





You May Be Eating Well But Feeling Imbalanced

You may know you have been eating well – balanced meals and working out daily. If this is the case and you still feel imbalanced, see your MD

FAST FACTS

68%

At least 68% of people age 65 or older die of some form of heart disease secondary to diabetes.

43%

Of the total cost of care for Diabetes, \$245B; \$69B of which is spent due to a loss of productivity, 43% of reported costs are in in-patient hospital care.

FOR MORE INFORMATION

Want This Newsletter For your next group gathering?

Call: 856.392.9620

10 Warning Signs Of Diabetes

By Anneliese Garrison, RN BSN

There are two more types of diabetes not mentioned in my first article and that is **Pre – Diabetes** and **Gestational Diabetes**.

The latter, one can only be diagnosed with while pregnant and is usually temporary. But if you are like myself, I was feeling numbness and tingling in both my upper and lower extremities, then you may be Pre-Diabetic. My HbA1C is 6.5%. One is diabetic if their HbA1C is 7%. So, it still isn't too late for me to change my diet and exercise. I don't have to be a diabetic just because my father was. For those of us who may be blaming it on heredity, Type 1 diabetes is hereditary but it doesn't mean you are doomed to have diabetes and 95% of all type 2 diabetes is life – style induced. I bought a treadmill and a Cardio-Bike and changed my diet. Here are some symptoms of diabetes. See your doctor if:

- **Increased Urination**

With diabetes, one experiences an increase in all three: thirst, eating and urination.

Blessed are those who hunger and thirst after righteousness, for they will be blessed
Matt 5:6

Anneliese Garrison, RN BSN

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- **Weight loss**

If you are on a diet, a weight loss of 2 pounds a week is acceptable. Anything other, you may want to consult your MD.

- **Fatigue**

Are you unusually tired all the time? Your cells are starved for energy. (See my first paragraph on page 1)

- **Hunger**

This isn't binge eating because you are stressed or the dog died, this is eating because you can't seem to satisfy the feeling of hunger.

- **Decreased Resistance To Infections**

Constantly having yeast infections, urinary tract infections or pneumonia is not normal. If you seem to be getting treated with antibiotics constantly, have your MD check your blood sugar.

- **Dehydration**

Of course, you are going to sweat and perhaps become a bit dehydrated being outside in these hot summer months. One way to tell if you are dehydrated is to check the color and smell of your urine. If it is on the dark side and has a strong odor, more than usual, this may be a sign.

- **Vision Trouble**

When one is dehydrated, you lose fluid everywhere. When fluid is lost in the eyes, your muscles have to strain to see. If your vision is blurred outside of your normal abnormal, perhaps it's time to visit your doctor.

- **Worsening Dental Health**

If you are having trouble fending off bacteria, chances are your mouth is too. All the flossing in the world won't fix your loose tooth.

- **Your body is slow to heal**

The rise of blood sugar in the blood stream causes the cell walls to become stiff and rigid impeding blood flow. Remember sugar is supposed to be inside your red blood cells. The red blood cells also carry oxygen throughout the body. Oxygen is imperative to wound healing

- **Increased Thirst**

This is usually accompanied by dehydration or increased urinary frequency.

Resources Consulted for this issue

Center For Disease Control
www.cdc.gov

American Diabetes Association
www.diabetes.org

Hungry Girl
www.hungry_girl.com

The Holy Bible (New International Version)
www.biblegateway.com

What's A Diabetic To Do As Far As Eating?

By Lynn Emenheiser

According to WebMD we should shoot for 45 g of carbohydrates per meal. Depending where you are in the progression of the disease this is a reasonable amount to shoot for if you are well controlled. As always talk to your diabetes educator/dietician. Check with ShopRite to see if they have a dietician on staff I understand some stores employ them. Ask your doctor if there are classes or your insurance provider if they cover dietician consults.

Sometimes you may see the term "Net Carbs" on a package. What does this mean? Let's say you have a light English muffin that lists 14g of total carbs and 5g of fiber. Net carbs is what you get when you subtract the amount of fiber from the amount of total carbohydrates. In this case 9g net



carbs. The theory is that fiber breaks down slowly therefore doesn't bring your sugars up as rapidly. So you would count the 9 carbs against your carb load.

I personally prefer to eat food that is as close to what God himself made as I can. I focus on fiber, healthy fats and proteins. Fruits and vegetables. Many of the foods marketed as sugar free or low fat have questionable ingredients or

are loaded with otherwise unhealthy fats and sodium. Eat everything in moderation. Eat loads of naturally antioxidant rich foods and drink. Such as blueberries, dark grapes, green tea, tomatoes, oranges, spinach. I find that I can control my sugar better when I load up the antioxidants.

Everything in moderation and eat as nature had intended. My best pieces of advice.

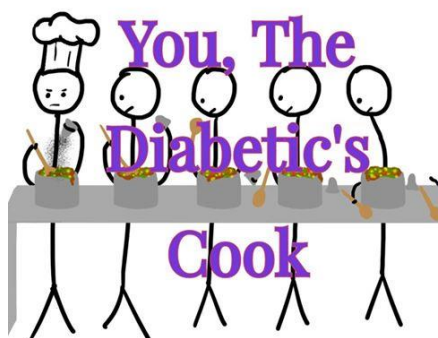
Answers To Word Find



FOR DRUNKARDS AND GLUTTONS BECOME POOR AND DROWSINESS CLOTHES THEM IN RAGS.

PROVERBS 23:21

Yes, if your church is anything like mine, our brothers and sisters in Christ will still reach for the coconut cream pie or the chocolate cake but we can do our part to help our loved ones with their blood sugar levels. If your church has a large congregation, you may want to put a Post It note next to your tasty treat and explain it is diabetic and "NO Sugar Added". Your brother or sister in Christ will thank you for the effort. I know I always love seeing my friend's reaction when I tell



them it has no sugar.

Our efforts don't have to be just for our fellow diabetics. I know when I first started going back to church I jokingly announced, "You all have got to stop fellowshiping, I've gained 10 pounds!"

Now you know as well as I do that there are four things church people do best: Worship, employment, charity work and

Sugar Substitutes

By Anneliese Garrison RN BSN

eating. Remember, as Lynn mentioned, do all things in moderation and our bodies are the temple of God.

Here are some substitutes you can use in place of sugar when you cook that next "good eats" for your church gathering.

Sugar.

Calories per Teaspoon: 16

Teaspoons in a cup: 48

Calories per Cup: 768

Now that is a lot of calories. Cooking with sugar substitutes would not only be healthy to the diabetic but to the entire body of Christ!

Stevia Sweetener

Stevia -based sweeteners, or any of these types of substitutes, are suitable for baking, however, they can't replace sugar cup for cup in recipes. It's best to leave at least one fourth cup of sugar in the recipe to help with the browning process and to provide texture. You will likely need to lower the baking temperature and increase the baking time.

Unsweetened Applesauce

You can substitute unsweetened applesauce for sugar in a 1:1 ratio in recipes, but you must reduce the amount of liquid in the recipe. Typically reducing the liquid (Milk, Water etc.) by $\frac{1}{4}$ cup will do the trick. If there is no added liquid, no need to adjust. I have found however, if your recipe calls for fruit, the riper the fruit the sweeter. The next time your bananas go bad, don't throw them away, make "no sugar added" banana bread! My attempt at this was very well received. Unsweetened applesauce works in all baking goods.



I love my church and the people in it. But a good majority of them have diabetes. Here are some healthy substitutes you can use for your next gathering.

Lynn Emenheiser

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As a diabetic and perpetually hungry girl I am a huge fan of the hungry girl website. Here is an example of how she fixes favorite bad for you foods with healthier alternatives

Prep:
10 minutes

Spoon Me PB Chocolate Chip Cookie Dough

1/6th of recipe (about 1/4 cup):
155 calories
5.5g total fat (1g Sat fat),

230mg sodium
24g carbs
5g fiber
4g sugars
8g protein
Chill:
1 hour

Ingredients

3 tbsp. old-fashioned oats
One 15-oz. can chickpeas (garbanzo beans), drained and rinsed
1/3 cup powdered peanut butter
3 tbsp. Truvia spoonable no-calorie sweetener (or another no-calorie granulated sweetener that's about twice as sweet as sugar)
2 tbsp. unsweetened vanilla almond milk
2 tbsp. creamy peanut butter
2 tbsp. canned pure pumpkin
1 1/2 tbsp. vanilla extract
1/4 tsp. salt
1 1/2 tbsp. mini semi-sweet chocolate chips

Directions

Pulse oats in a food processor until reduced to the consistency of coarse flour. Add all remaining ingredients Except chocolate chips. Puree until completely smooth and uniform.

Fold in chocolate chips. Transfer to a medium bowl. Cover and refrigerate until chilled, at least 1 hour. (The longer it chills, the better it tastes!)

MAKES 6 SERVINGS



Do you celebrate the holiday?

Did you enjoy our first issue? We'd like to hear from you ...



As a Christian, I don't celebrate the secular view and this holiday has no basis in Christianity. Your church probably does not celebrate it for this reason. The Latino Community has a similar holiday called "The Day Of The Dead". It's celebrations take place the same day the secular world celebrates Halloween and it ends November 2nd.

Whether you celebrate the holiday or not, use this time to pass out information about your church as you give the children candy when they come to your door. In this way, the parents will perhaps come to church and the children will enjoy Sunday School and Youth Group.

Go ahead, bring a pumpkin pie or a cake to church. Who doesn't like a party? Use the time to pray for the "lost souls" who are celebrating the "dead souls".

You can call Anneliese Garrison at 856.392.9620 To advertise or join our mailing list

You can email us at HealthyWorship@caring4you.net

You can find us on the web at www.caring4you.net/healthyworship



He said to them, "Go into all the world and preach the gospel to all creation."

Mark 16:15

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Sole Proprietor

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