



You are the salt of the Earth

# Ministry of Health and Wholeness

## Grace and Gratitude Nutrition

### Special points of interest:

- COVID has taught us we cannot rely solely on vaccines and pills
- 6 Lifestyle changes can add up to 14 years of life- AND save money.
- Share this link with vaccine hesitant friends and family <https://www.youtube.com/watch?v=mvA9gs5qxNY>
- Good News- The COVID positivity rate is coming down from 8.9% last month to 7.1%

### Remember GRACE:

- G- greens & grains
- R- rest/ relax
- A- activity/ exercise
- C- cease smoking
- E- emotional peace

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## Doctor's Wish List

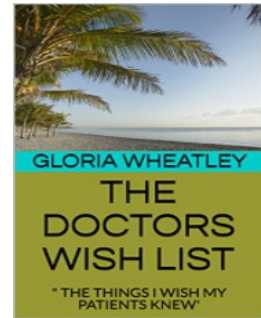
The American Medical Association website posts that the alarming state of disease and poor health is a wake up call for people to make lifestyle changes. Last month Health Literacy was defined as the ability to find, understand and use information/services to inform health related decisions/ actions. Health Literacy is essential in making lifestyle changes known to improve health outcomes and boosting immunity. COVID has taught us we cannot rely solely on vaccines and pills. Underly-

ing health is also critically important.

AMA website promotes **6 Key Lifestyle Changes:**

1. Maintain regular physical activity
2. Eat whole foods, mostly plants
3. Get good sleep
4. Learn relaxation to manage stress
5. Limit alcohol and quit smoking
6. Maintain positive social connections

At this point we are not able to select our genes, but our choices have a high level of

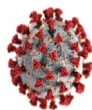


Take action to improve health

control over how our genes are expressed. Benefits of adopting these 6 lifestyle choices

1. Prevents disease
2. Saves Money
3. Increases Lifespan up to 14 years!!!
4. Is good for the Environment.

Sounds much like good stewardship.



### COVID Update

Good News! Encouraging signs of progress. All metrics are trending down. The positivity rate is 7.1% of tests down from 13.8% in September. (The goal is below 5%)

Starting Monday 11/1/2021 get a free at-home testing kit @cmlibrary locations

[meck.co/34EUtVWP](https://meck.co/34EUtVWP) recommended 5 days after exposure.

Boosters are here! Talk with your doctor. A good idea if you are immunocompromised, received only the one J&J shot or your risk is quite high. The vast majority might not immediately need a booster.

mRNA technology used in the COVID vaccines is not new— it

goes back to the 1960s. If you know someone vaccine hesitant refer them here: <https://www.youtube.com/watch?v=mvA9gs5qxNY> It is looking better for the holidays this year. The following precautions are suggested: If unvaccinated are included in gatherings— gather outside. If traveling, travel with a COVID test kit, even if vaccinated.



LIVING SAVIOUR  
Lutheran Church

**LIVING SAVIOUR  
LUTHERAN  
CHURCH**

6817 Carmel Rd,  
Charlotte, NC 28226

**Phone:**  
704-542-3626

**Email:**  
healthandwholeness  
@livingsaviourlc.org

Find us on the Web  
[livingsaviourlc.org](http://livingsaviourlc.org)

**More Special Points:**

- Healthy Eating is the #1 Lifestyle choice to support wellbeing
- Eat Mostly Plants-fruits, vegetables, and whole grains.
- Get fats from nuts, seeds and olive oil
- Eat small portions (stopping before full)
- Eat Mindfully and Cook at home.
- **AVOID:** refined flours; refined oils such as canola and soybean oil; added sugars; deli meats (hot dogs); food in boxes, jars or cans.
- Watch for additional information to come.

**Ministry of Health and Wholeness: Pondering the Sacred**

**Practice: Saying GRACE** (From Fr. Richard Rohr)

“We realize that many elements, such as the rain, sunshine, earth, air, love, and many, many human hands have all come together to form this wonderful meal. In fact, through this food we see that the entire universe is supporting our existence.”

“Many cultures have a beautiful tradition of saying a prayer before or after a meal, expressing gratitude and asking for blessing. Praying over our food may become a rote, almost thoughtless gesture, but we can make it an opportunity to intentionally open ourselves to receive and participate in GRACE. The food is already blessed by God the creator. God doesn’t require our words of thanks. But it does US good to “say GRACE,” to verbally acknowledge the GRACE that is everywhere, even and especially in the giving of life —plant and animal—for our sustenance.”

Practice saying grace and bring greater awareness and Presence to it. Find or create a prayer that names your experience of GRACE and share your meal prayers to [healthandwholeness@livingsaviourlc.org](mailto:healthandwholeness@livingsaviourlc.org)

**GRACE reminds us of 5 important lifestyle choices:**

- G- greens and grains**
- R- rest and relaxation**
- A- activity and exercise**
- C- cease smoking**
- E- emotional peace** (Created by Linda Frixen)

**Healthy Eating Choices**

“So God created human beings, making them to be like himself. And God said, I have provided all kinds of grain and all kinds of fruit for you to eat” Genesis 1

Eating involves complex decisions for people of faith, which include:

- our own health,
- the well-being of others
- justice in the supply chain, and
- care of creation

Although Healthy Eating is the #1 most important lifestyle choice, the Science of Nutrition has surprisingly little consensus on the details. For this reason, preparations for this newsletter’s focus on nutrition has been painfully difficult.

The topic of nutrition is currently as controversial and as guided by special interests and profits as our politics. So where do

people of faith begin to make sense of an issue on which our own wellbeing and survival as well as the wellbeing and survival of the planet are so dependent? It is complicated so we will begin with the points of agreement and make a commitment as people of faith to journey together in the months ahead to unravel the complexities which have implications essential for our survival.

The safest advice points toward the Mediterranean Guidance:

- Focus on a wide variety of **vegetables,**

**fruits, and whole grains**

- Healthy fats, such as **nuts, seeds, and olive oil**
- Moderate amounts of **dairy and fish**
- A little white meat and red meat
- **Eggs**
- Red wine in moderation  
People on a Mediterranean diet **AVOID** the following foods:
- refined grains, such as white bread, white pasta, and pizza dough containing white flour
- refined oils, which include canola oil and soybean oil
- foods with added sugars, such as pastries, sodas, and candies
- deli meats, hot dogs, and other processed meats
- processed foods in boxes, jars or cans