



## You Are What You Eat



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Sister Anna - House of Deacon Yawasap

### Opening Skit

- ❖ Health is wealth
- ❖ Walking to the car is not exercise. We need to change
- ❖ Quote: "Winners sometimes lose, but they never quit."
- ❖ Take care of yourself, family, husband
- ❖ Everything in life results of things you do in your daily lives.

Obesity is a drunk way of life. Healthy eating is needed. Winners sometimes loose, but they never quit.

Ma Ana shared her transition from New York to North Carolina.

**2 Timothy 1:7** <sup>7</sup> For God hath not given us the spirit of fear; but of power and of love, and of a sound mind.

Don't have the spirit of fear, be strong. Be rational and have the clarity to be able to take care of yourself. How are you able to retrain your mind? You must eat better, study more, and be encouraged and strong, so that God can help us and we need to help ourselves.

How do we get the strength?

**Philippians 4:13.** <sup>13</sup> I can do all things through Christ which strengtheneth me.

### Apply S.P.A.

Ask God to help us, we need to study pray and apply. God will make us strong, heal us and guide us. When we are feeling weak, pray to TMH. We must also glorify TMH in our bodies. Don't abuse yourself, be mindful of what you eat.

## **How do we take care of our bodies?**

**1 Corinthians 6:19.** <sup>19</sup> What? know ye not that your body is the temple of the Holy Ghost, which is in you, which ye have of God, and ye are not your own?

The body we have was given to us by God, so we need to take care of it and not let ourselves go. God is in us, glorify Him in our bodies by loving our self, eating better and exercise.

**2 Corinthians 13:5.** <sup>5</sup> Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?

Reflect on yourself and know when enough is enough. Your mirror is your own competition! Check your health, emotions, habits, etc. It is time to say enough is enough.

**Proverbs 23:7.** <sup>7</sup> For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

Your mind will play tricks on you. Be determined to change yourself and apply this and help sisters.

**Proverbs 4:23.** <sup>23</sup> Keep thy heart with all diligence; for out of it are the issues of life. Your heart is your mind, it must be sharp, so stay consistent, motivated and inspired. Try to exercise and eat healthy every day.

- Heart= your mind
- You want to do something, set a goal? Don't put off
- Be consistent, be motivated

## **Being Greedy and Lazy**

**Proverbs 23:21.** <sup>21</sup> For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags

Someone who is lazy and lies around and doesn't work and just eats and feels guilty or is depressed needs to get motivated and get a plan to do better, be around people to lift your spirits up and get you out of this mindset. Being depressed can put you in poverty.

## **Pros and Cons of taking care of yourself**

- Talk to your provider
- Exercise
- Take medications
- Stop eating sweets
- Eat small portions
- Eat low carbs in the morning
- Eat more fruits and vegetables

- Be less stressed
- Sleep more
- Exercise/stretch in the mornings
- Cut down on meats and late snacks

### Disadvantages: What is there to eat? You think there is nothing left

- ❖ Choices are limited when you are hungry at night
- ❖ Medical issues
- ❖ Obesity results in issues getting pregnant
- ❖ Miscarriage possibilities
- ❖ Sexual issues
- ❖ Thyroid problems

### Three deadly medical problems

- Heart Disease (from eating too many greasy foods)
- Stroke (from having high blood pressure)
- Diabetes (from eating too many carbs that can be turned into sugar)

**1 John 4:2.** <sup>2</sup> Hereby know ye the Spirit of God: Every spirit that confesseth that Jesus Christ is come in the flesh is of God:

God wants us to nourish our spirits and health. Keep your mind in the scriptures and everything will fall into place. Studying and eating right goes together. What do you want to be? A healthy eater or a junky eater?

### It's Time for A Change!

**Deuteronomy 7:6.** "For thou *art* an holy people unto the LORD thy God: the LORD thy God hath chosen thee to be a special people unto himself, above all people that *are* upon the face of the earth."

Taking care of ourselves means to remember that we are the chosen people, we are special, and we must change our minds and never give up when trying to change. Take care of yourself because we are chosen. We are TMH people, Holy, Godly. Have a purpose and vision. Be motivated with other and sisters.

<VIDEO >

#### Tips:

1. Take vinegar
2. Boil lemon in the morning
3. Eat salad and carbs in the morning
4. Prep food at night to eat in the morning
5. Don't waste money (prepare your food at home)

### **Things to buy**

1. Yogurt
2. Chicken breast
3. Fish
4. Vegetables
5. Fruit, etc.

### **Remember**

1. It takes time to change
2. Toughness equals Greatness

### **South Carolina Camp- Sis Yana and other sisters**

**Smoothies** can cure sweet cravings, remove the need for medication and help choose a healthier diet. Go to smoothies for meal replacements to get vitamins and minerals.

**Book: By Norman Shelby** - The illustrator encyclopedia of healing remedies. It has illnesses from A to Z and there are many herbs to take to cure illnesses talked about inside to help.

### **Judah Juice** *the blacker the berry the sweeter the juice*

1 Cup frozen strawberries

1 Cup blueberries

1 Cup frozen raspberries

Beets (to help lower blood pressure and improve athletic performance)

Berries (to help fight inflammation and to lower high cholesterol levels)

The seeds can be drained, but they do have nutrients

### **Royalty**

1/2 head or 8 oz red cabbage (for the detoxification of red blood cells)

1 cup frozen strawberries

1 cup frozen bananas

Greek Yogurt

Hibiscus tea (takes away the bitterness from cabbage and helps to keep the liver

Healthy)

Oatmeal (has the b vitamins that we need)

### **Go-To Green** - Detox Smoothie *a good source of potassium and magnesium*

2 Cups of water

2 Cups of spinach

1 Cups of pineapples

1 Cup of mango

1 Cup of avocado (has healthy fatty acids)

### Add into any smoothie:

1/2 Teaspoon Moringa Powder (it helps with health, beauty, and cures illnesses)

\*Cogiligy healthy seeds are a boost of energy to any smoothie\*

**Wisdom of Solomon 16:12.** “For it was neither herb, nor mollifying plaister, that restored them to health: but thy word, O Lord, which healeth all things.”

Not just herbs or pills that kill it, but its God helping that as well

**Matthew 4:4.** <sup>4</sup> But he answered and said, it is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

We should be physically and spiritually healthy. Bodily exercise does little change physically, but spiritual change and helps us to maintain obedience to stay healthy. Spiritually healthy means what are you eating spiritually what are you what are you feeding your spirit. What we eat affects our bodies and our spirits. Fatty, greasy foods will make you depressed and can affect your spirituality. If we are mourning, have stress or have loneliness, we sometimes we reach for unhealthy choices. What are you feeding your body and your spirit?

The things we eat affects your spirit *and* body. To help us on a journey to physical health, look at your spiritual health. Get this right before you can get anything else right.

**Proverbs 23:7.** <sup>7</sup> For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

Thinking in your mind: envision yourself being healthy and eating the right things, your brain will let your hands know how and what to do to make you healthy.

### Categories or Spiritual Health that are important

#### \*Spiritual Health

- What are you feeding your spirit?
- Spiritual and physical health goes hand and hand
- What you eat affects spirit and body
- Heavy foods slow you down, weighs you down
- Vitamin deficiencies leads to depression
- You can over-eat and under-eat

1. **Faith** We should pray for healing in our bodies or for our certain illnesses. We

need to help ourselves first and work to prove our faith.

**James 2:20.** Faith without works is dead, so we need to have the works behind our faith to maintain it. The foods (*bad*) we eat are “funeral” to our bodies.

**Sirach 24:23.** “All these things are the book of the covenant of the Most High God, even the law which Moses commanded for an heritage unto the congregations of Jacob.”

If you know you aren't supposed to be eating a specific diet, how can you pray to God to heal you if you eat fast food every day? **1 Corinthians 6:19.** *What? know ye not that your body is the temple of the Holy Ghost, which is in you, which ye have of God, and ye are not your own?*

## 2. **Meditate on God's words**

**Revelation 1:3.** “Blessed *is* he that readeth, and they that hear the words of this prophecy, and keep those things which are written therein: for the time *is* at hand.” This is where our healing comes from, the bible. The application of what you are reading is what helps you

**Psalms 1:2.** Meditate means to think deeply or focus one's mind for a period.

**Sirach 6:36.** Speak wisdom, not only when you read but to the sisters as well.

Constantly go to elder sisters for understanding. Seek the wisdom of elder sisters.

## 3. **Be Giving.**

**2 Corinthians 9:7.** <sup>7</sup> Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.

Help sisters with children, with low funds, etc. Be cheerful to give and not grudgingly because you are wasting your time if you have this spirit.

**Sirach 7:32.** “And stretch thine hand unto the poor, that thy blessing may be perfected.”

A Proverbs 31 woman stretches her hand forth to help. Dorcas was full of good works, alms, and deeds. Remember: they brought her back to life because they missed her so much.

**Tobit 2:10.** “And I knew not that there were sparrows in the wall, and mine eyes being open, the sparrows muted warm dung into mine eyes, and a whiteness came in mine eyes: and I went to the physicians, but they helped me not: moreover Achiacharus did nourish me, until I went into Elymais.” Put in work

## 4. **Don't Mourn for Too Long.**

**Sirach 30:21.** Mourn for the time that we are supposed to, and remember we will see them again when the time comes.

**Sirach 38:16-18.** Comfort your soul with heaviness comes death. When you mourn for too long; it is not good for your spiritual health. We need to separate ourselves from the world and not each other because we are supposed to be able to heal each other.

## 5. Take Care of Your Health.

**Sirach 38:9.** When you are sick, we should pray, seek the physicians, and eat properly in order to heal yourself.

**Sirach 30:25.** When you have a cheerful heart, you will automatically want to eat healthily and if you are taking care of each category properly you will want to eat better as well.

**Sirach 37:29.** “Be not insatiable in any dainty thing, nor too greedy upon meats:”

Have portion control.

*“If you can’t discipline, you’re eating habits how can you discipline your spirit?”*

*Bishop Nathanyel*

**1 Peter 1:16.** <sup>16</sup> Because it is written, be ye holy; for I am holy.

Take care of what goes in your mouth. Know that having portion control is a part of being holy. It’s more than just how we look to be holy, we must be healthy as well, there are levels to being healthy.

### Health and Vegetable Juice

**Psalms 139:13.** <sup>13</sup> For thou hast possessed my reins: thou hast covered me in my mother's womb

We are wonderfully made; we need to cherish and take care of our bodies. Juicing is one way of doing this. Juicing helps on a cellular level vegetable juices are strengtheners for the body. Select juices that will help with your personal issues.

Book mentioned “Drink Your Troubles Away”. Juice 30 minutes before meals or two hours afterward. Include lots of greens in your juice’s ingredients. For juicing using carrots, cucumber, ginger, apples, green beans, tomatoes, celery parsley and broccoli we get our enzymes.

**Genesis 1:29.** <sup>29</sup> And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

God has provided us with everything we need but Esau has polluted our soil and minerals.

### Juicing with Sis Edna

#### Juicing Facts:

- It is the key to optimal health
- Nourishment - new cells and new body
- Cellular Levels - 30 min before meals
- Enzymes - great digestion and metabolism
- Healing Properties – certain disease and ailments
- Energizing 92% v 35% in juice and a carrot.
- Select juices that help your specific problems.

- To maintain good health: make sure that you drink at least 2 juices a day, which should be consumed 30 minutes before or after a meal.
- Greens, greens, greens and more greens! This is where you get your energy from.

Ingredients for juice: *it is good to get organic if you can*: carrots, cucumbers, ginger, apples, greens, beets, tomatoes, celery, parsley, broccoli

### **Two best types of juicers: Champion and Centrifugal**

### **Healthy Pregnancy Habits**

<https://www.americanpregnancy.org/>

**Psalm 127:3.** *Lo, children are a heritage of the Lord: and the fruit of the womb is his reward.*

**Diet** *“You eat good, you feel good, and baby is happy!”*

- Make healthy choices such as your eating and stay away from fast and processed foods.
- Smart snacking would be fruits and vegetables, they are easy for on the go
- Meal plan to help you through the day, for leaving, doctors appt, etc.
- Choose healthy drinks such as water or diffused water, it is the best thing because you can get dehydrated easily. Tea, *(consult a healthcare provider for some tea)*
- Avoid sodas, sugary drinks, and caffeine.
- Keep your unhealthy cravings in moderation and under control.

**Sirach 37:29.** *“Be not insatiable in any dainty thing, nor too greedy upon meats:”*

Sweet, spicy and greasy foods should be eaten in moderation when you are pregnant.

### **Staying Active**

*Consult with your doctor before starting any new exercise routines!*

**Exercising:** Overall and in most cases is safe during pregnancy and is usually recommended.

**Rule of Thumb:** If you were physically active before pregnancy, it is likely safe to continue during pregnancy. It is not the time to exercise for weight loss, but proper exercise during pregnancy can help with weight loss after delivery.

**Walking:** Get some fresh air and go for a walk, for example, play with your children, do housework, do gardening or dancing.

### **Benefits**

- May help prevent gestational diabetes



- Reduces backache, constipation, bloating and swelling
- Increases energy
- Improves your mood
- Helps you sleep better

### **Mental Health**

**Philippians 4:8.** <sup>8</sup> Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Meditate on the scriptures, the things we need to meditate on during and after pregnancy are written for us in the bible.

### **Communicate**

**Malachi 3:16.** <sup>16</sup> Then they that feared the LORD spake often one to another: and the LORD hearkened, and heard it, and a book of remembrance was written before him for them that feared the LORD, and that thought upon his name.

When you fear God, you will speak often to each other, they can help you with your mental state and keep you healthy.

**Hebrews 10:25.** <sup>25</sup> Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

It is important to exhort each other, but you can't do that when you don't speak to each other. Don't stay cooped up in the house.

**Psalms 133:1.** <sup>133</sup> Behold, how good and how pleasant it is for brethren to dwell together in unity!

Dwell together because it's good according to God.

- 📖 Have A Good Support System?
- 📖 Talk with your lord
- 📖 Have a big sister over your
- 📖 Have a counselor of 1000.
- 📖 Rest and relax when you can, have someone watch your children so that you are able to do so.
- 📖 Study. Pray. Apply and you will be okay!
- 📖 You can always start somewhere
- 📖 Make small changes
- 📖 Coconut is good for us

### **Substituting Meat/Carbs**

- 📌 Burgers, you can eat black bean burgers
- 📌 Rice, you can use quinoa
- 📌 Noodles/pasta, you can use zucchini noodles
- 📌 Snacking, you can eat nuts
  - o Walnuts (good source of antioxidants, fatty acids)

## **Prenatal Care**

### **Sirach 38:1.**

God made the physicians for us, so we should use their information to help us through our pregnancy

Hazelnut - A good source of vitamin E, has high calcium levels, full of vitamin B

Brazil Nut - High in zinc

Pine Nuts - A versatile food that adds flavor to many dishes

You don't have to always snack on junk, substitute it for nuts, rice, quinoa, couscous, etc.

## **How To:**

- 📌 Pack a Healthier Sabbath Lunch
- 📌 Bananas are good for potassium, helps muscles, soreness
- 📌 Celery juice helps with energy and low blood pressure, drink in the morning, helps with stomach
- 📌 Carrots help with your eyes
- 📌 Celery stick, eat without ranch because it is healthier
- 📌 Avocado
- 📌 Ginger root juice with honey
- 📌 Green apple

## **Digestion:**

Chicken - 120 min to digest

Raw fruit and veg - 15 min to digest

Cooked fruit and veg - 40 min to digest

Steak - 80 min to digest

## **Superfoods**

**Sirach 30:25.** "A cheerful and good heart will have a care of his meat and diet."

We must choose superfoods to eat as a superwoman. Foods great for our health, different diseases, etc. Avocados are filled with vitamins help to fight heart disease and improves eye health. Beets are packed with vitamins helps with inflammation and cancer. Sweet potatoes

help with our digestive system. We are super women because we keep God's laws. Super woman cares about what she feeds her lord and her nation.

**Proverbs 31:14-16.** <sup>14</sup> She is like the merchants' ships; she bringeth her food from afar. <sup>15</sup> She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens. <sup>16</sup> She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyard.

**Greed Definition:** The intense and selfish desire for something, especially wealth, power, or food.

**Gluttony Definition:** Habitual greed or excess in eating.

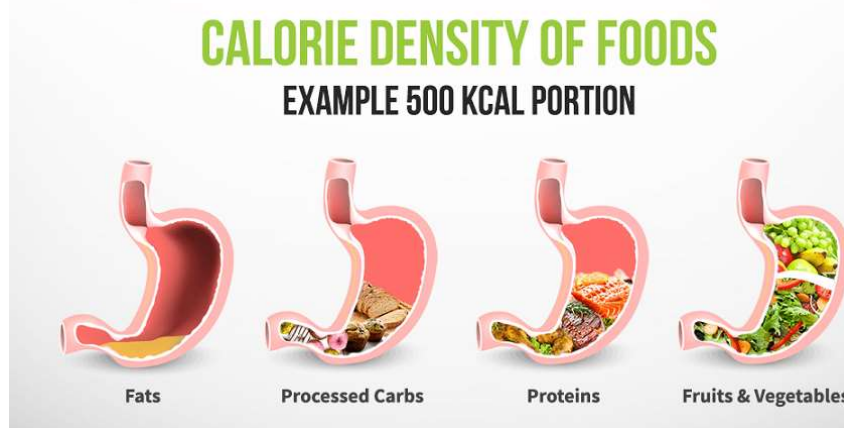
You cannot deal with greed or gluttony as a superwoman. When you deal with greed you deal with gluttony, and vice versa.

**3 John 1:2.** "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

God wants us to prosper and be in good health. Don't have a pocket full of money and have bad health.

**Proverbs 17:22.** <sup>22</sup> A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

A merry heart doeth good like a medicine: but a broken spirit drieth the bones.



**Sirach 30:25.** "A cheerful and good heart will have a care of his meat and diet."

A cheerful and good heart will have a care of his meat and diet. it's like medicine TMH is our number one doctor and he gives us physicians.

**Proverbs 23:20.** <sup>20</sup> Be not among winebibbers; among riotous eaters of flesh

Riotous, someone who riots overeating, etc. Don't be around people who eat excessively or who are alcoholics because it can be contagious. Exercise: Demonstration Zumba. Read books that change everything. Total fitness Naamafashions@gmail.com

**Sirach 18:30** Go not after thy lusts, but refrain thyself from thine appetites. 31 If thou givest thy soul the desires that please her, she will make thee a laughingstock to thine enemies that malign thee.

#### Exercise Skit

- Bring gym to your home
- Use stairs, walk around the block
- Want added weight? Place can goods in a backpack
- Ab workout, use sliders or paper plates
- You can use water bottles as weight

#### \*Zumba Dancing\*

- We oversee the health of our family and nation. We cook the foods.
- You can use sis Shoshana from ATL, sis Yoela in Dallas TX, Birth in Color, eat right

Go not after your lust, don't lust for what you don't need. Avoid fatty foods, greasy foods, sweet foods e they damage your mind. Our desire is to be healthier, to get our minds right and not to conform to this world and eating fatty foods.

**ALL PRAISES TO THE MOST HIGH GOD**

