



THE HEALING PLACE

Health Ministry Team

"wholeness of body, mind and spirit"

Spiritual Leaders

Father Vicente Teneza
Father Felipe Paraguya

Chair

Clara Heimericks, RN

Members

Grace Bati, RN
Paz Cajucom, RN
Dana Dinh, RN
Carmela Encina, RN
Romy Encina, RN
Norv Latreille
Patti Morrow, RN
Hank Morrow, RN
Lottie Munsayac, RN
Judy Niedzwiedz
Monica Parker, LVN
Ramona Parks, RN
Bernie Silla, RN
Rhonda Vrchoticky, RN

Regular Meetings

Third Monday, 7pm
Campaign Office
(mobile home)
Conference Room

Membership

You need not be a medical professional. If you are interested in the Health Ministry please call Clara Heimericks at 916-689-3932 or the rectory at 916-381-5200.

YOU ARE WHAT YOU EAT



Have you ever wondered what that phrase means, "**You are what you eat...**?" Well, the above picture gives us a great visual of what it might mean. I bet you've also heard the adage that "**food is fuel for your body...**" but do you really know what it means?

Do you think of eating as a social occasion?

What else are you doing when you eat?

Can you describe the actual taste of the last thing you ate?

Our eating habits are just that—habits! Most of us eat three times a day, breakfast, lunch, and dinner (well, sometimes we skip breakfast), but generally our day goes like this:

- **Breakfast**—get up and grab something on the way to work or school (*big or little, it doesn't matter as long as it's*

fast and gets us going).

- **Lunch**—get together with friends or co-workers and grab a substantial lunch either at a restaurant or at a fast food place.
- **Dinner**—Grab something from takeout on the way home, order a pizza, or put together a quick dinner which we hope at least *some* of the family will have time to eat.
- In between meals and before bedtime we grab whatever snacks that are available to get us through our hectic days.
- And, let's not forget all the occasions, holidays, and events we celebrate with food and drink.

Our Food Choices

Most of our food choices are not based on nutrition, but rather, are driven by the time we have and the activities we're involved in.

Our modern lives are pretty different today than 50 or 100 years ago. Today we sit more, move less, have immediate and endless access to a huge array of processed and already prepared foods.

Sounds like progress doesn't it? Well, it can be—we just have to give it some thought and make some minor adjustments.

Where Have We Gone Wrong?

Obesity rates in the United States are among the highest in the world and have been growing over time. For instance in 1962 the national obesity rate was 13%; in 1997—19.4%; 2004—24.5%; 2007—26.6%; 2008—33.8% in adults and 17% in children and in 2010, 35.7% in adults and 17% in children.

We've increased our food consumption along with our girth. In the early 1900s it was reported that the average person ate 4 pounds of cheese a year; in the early 2000s that had increased to **32 pounds**. Fats and oils consumed rose from 41 pounds a year to a **whopping 79 pounds**. And while in the 1900s most meals were consumed at home, now more than 32% of all meals are eaten outside the home.

What's This Got To Do With Our Health?

Research shows that as weight increases so too do the risks for coronary heart disease; type 2 diabetes; cancers (endometrial, breast, and colon); hypertension (high blood pressure); high cholesterol; stroke; liver and gallbladder disease; sleep apnea and respiratory problems; osteoarthritis; and gynecological problems.

What Can We Do About It?

In our fast-paced world, we sometimes lose sight of the fact that God really does have a Great Plan for us—in every aspect of our lives.

He created our bodies as the perfect machine.

He created plentiful food sources as the perfect fuel.

He gave us brains to figure it all out.

And, ***figuring it out is where most of us need the most help.***

What's Our Goal?

Our goal is to understand the needs of our bodies in today's world and put together meal plans that will allow our bodies to function as God intended.

This isn't as complicated as it sounds. The best food sources are going to be those that are in a state closest to their original form (*meaning less processed!*).

This doesn't mean it has to take longer to prepare—we are blessed to have access to a great variety of minimally processed foods at every store and farmer's market in our area.

What it will take is planning,

planning ahead, and changing how and when we prepare our foods.

Let Us Help You

You are invited to attend a **Free Nutrition Workshop** on Thursday, November 29th at 6:30 p.m. in the parish hall. The Health Ministry is pleased to sponsor **Carol Rocca, a Registered Dietitian**, who will help you learn how to eat for your health, manage diabetes, read food labels and so much more.

Come join us for this free night of information with refreshments, games and door prizes!

Let us help you make the phrase, "**You Are What You Eat**" your personal wellness mantra.

Resources:

- Centers for Disease Control and Prevention
- National Center for Health Statistics
- <http://heyyougetreal.com/momblog/2012-what-are-your-plans/you-are-what-you-eat/>

Upcoming Health Ministry Events and Activities:

► **Thu., Nov. 29th, 6:30 pm**
Free Nutrition Workshop—
Parish Hall