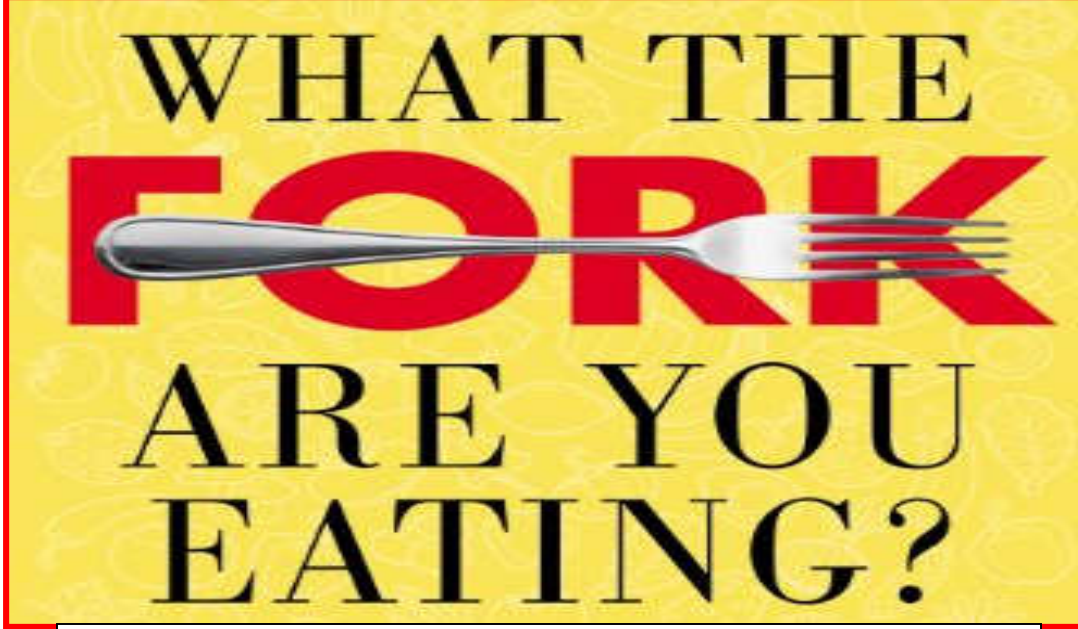


I can't control everything in my life, but I can control what I put in my body.

nutriciously



The adoption of slavery-influenced diets and the barriers we experience due to our physical environment have not only made African-Americans the most obese racial group, but we are at a greater risk for chronic disease and illnesses.

"God's Law is built into every cell, nerve and fiber. Violation of that law involves consequences whether willingly, ignorantly or presumptuous."

**Moral, Physical, Mental. Social. Spiritual
(Deuteronomy 28:58-60, Psalms 103:1-10, 3John 2)**

"There are many ways, ideas and methods of health, but only one way God approves"

With the alarming rise and death rate due to the many health problems that plague man today, especially among African-Americans, many of which are preventable and reversible by implementing basic and simple natural Lifestyle changes, preventing unhealthful living and eating patterns and natural treatments.

FATBACK, SKILLETTS AND POTLICKEER Y'ALL!

Knives, spoons, and forks can be used as weapons of mass destruction when we eat us a big ol' mess of "soul food" to our own destruction.

Slave Food: The Impact of Unhealthy Eating Habits on the Black Community

According to a report on the state of obesity, approximately 47.8 percent of African-Americans are obese compared to 32.6 percent of Whites. What's equally startling is that 35.1 percent of African-American children ages 2 to 19 are overweight. The adoption of slavery-influenced diets and the barriers we experience due to our physical environment have not only made African-Americans the most obese racial group, but we are at a greater risk for chronic disease and illnesses.

Slave food vs. Soul food

"Soul food" originated during slavery. If we know our history, we know that we were fed scraps and leftovers discarded by our "masters." Slave owners reserved the best nutritional foods for themselves. Slaves were given what was left of the animal remains once they picked through the food. As survivors, slaves took what was given to them and made meals for their families. However, this style of cooking was birthed out of survival. ***Since then, we have passed these same dishes from generation to generation without realizing that this style of cooking is killing us slowly***



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Lack of physical activity

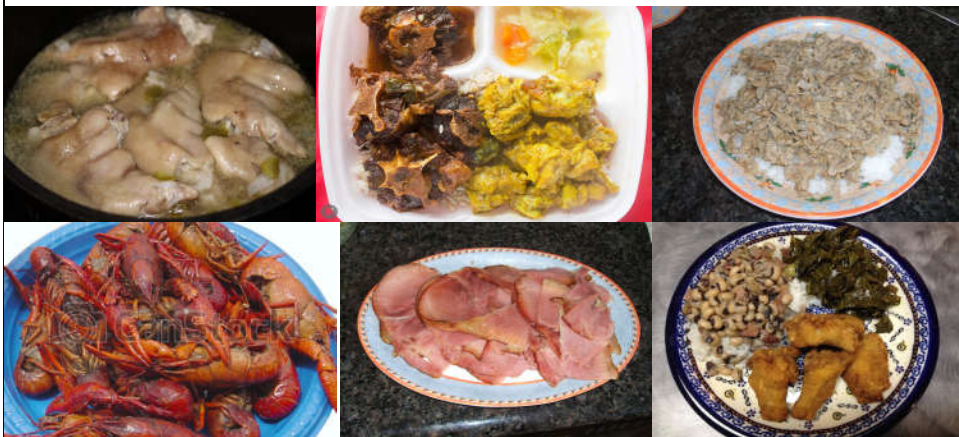
Not only are we underexposed to healthy eating options, African-Americans are also less likely to exercise and engage in high energy physical activity on a regular basis.

Here are some tips on how to take charge of your physical health:

- Hydration is key. Replace your pop and sugar juices with H2O
- Fry less, bake more
- Incorporate at least one vegetable into each meal
- Less processed food
- Replace candy with fruit
- Limit alcohol intake
- 30 minutes of physical activity a day
- Seek medical advice from your physical or health care provide

A healthy mind, body, and soul is not heavily promoted in the African-American community. There is a lack of knowledge surrounding this holistic lifestyle and as a result, we are at a greater risk for developing chronic and life-threatening diseases such as high blood pressure, type II diabetes, cancer and heart disease.

Our bodies will work for us and sustain us until old age, if we take care of them. Unfortunately, we are so lost to the point that we believe that getting sick is inevitable. A clean diet is the best preventative tool we have for combating illness. To maintain good health we must change our relationship with food and exercise.



Chittlins, Ham, Skrimps, Oxtails, Greasy Fried Chicken, Porkgreens, Hotsauce and Breaded Catfish. Yummy Tummy Die Soon Meals. Undertaker Specials. Enjoy?

“We just big-boned.”

“My grandma was a big woman. Big women just run in my family.”

Not only have we continued the traditions of unhealthy eating habits, somewhere along the way, Black people started to believe that we were meant to be overweight. This is false. We are a people of larger stature, but our bodies are not designed to hold as much weight as we are putting on. It is important to be cognizant of the difference between embracing our hips, thighs and overall solid physiques without using those facts to justify being obese and sick. No, we may not be a nation of petite and tiny women and men, but that does not mean we cannot be health and fit.

Gluttony is celebrated.

Additionally, African-Americans are known to enjoy each other’s company over food and spirits. The concern is that we do not recognize that we are a gluttonous culture. We mock our tendency to over indulge. Overeating often results in the “itis” or extreme fatigue after a heavy meal. This idea that it is appropriate to stuff yourself and be inactive is a contributing factor to our obesity. Food should fuel you. If you are incapacitated after eating, chances are that meal is going to be equally strenuous on your digestive system.

Food deserts and the Flamin’ Hot culture...

Growing up in a low-income community, it was not uncommon for us to rely on convenient stores, liquor stores and gas stations for snacks and meals. Without the availability of fresh produce and quality meats, the majority of families in poor neighbors are forced to build their diets around foods that were readily available. This includes processed foods, soda/juice, old or bad cuts of meat and foods rich in starch.

