



# October News



## Food is Not the Enemy

A young woman asked me to pray that God would help her find a new Bible study group. She quit her current group because of the food they served. She was working hard trying to lose weight and was annoyed because their events seemed to be centered on food. She shared her weight loss goals with the group and asked them not to serve the food. But they refused. They said, “If you don’t want the food, don’t eat the food..., or just eat a little.” Frustrated by their lack of consideration and worried about losing the progress she had made, she decided to find another Bible study group less “obsessed” with food. I questioned, “Is food *really* the problem? Do they gather to talk about, study and worship the food? Do they focus solely on the food?” She responded, “Well, no. We study the Bible. The food is served at the fellowship time before we start.” In general, it is a good strategy to avoid situations

that could cause us to stumble; however, food is everywhere and we cannot avoid it. A better strategy is to address the deeper issues.

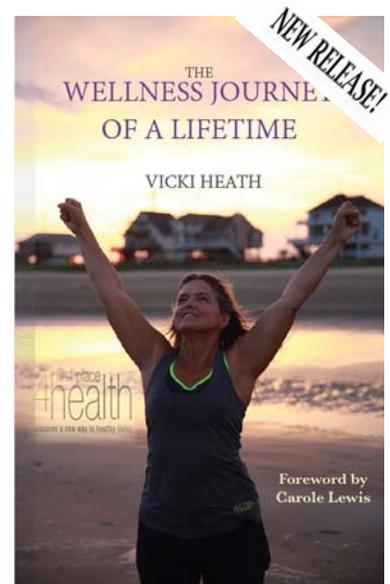
In First Place 4 Health, we believe that food is rarely the problem. There are many biblical accounts of God blessing food as a part of fellowship. It plays an important role in bringing people together—in feasts, festivals, community, and family celebrations. October is the month of fall harvest. In just a few weeks, we will gather around the table and give thanks to God. We share our hearts and our food with one another. Furthermore, God commands us to show hospitality. He even gives some people a special gift for it. A big part of hospitality is caring for one another’s needs, including the need for physical nourishment. We should be free to enjoy the gifts of fellowship, community and hospitality—regardless what food is on the table.

I think we all recognize how sinful (and unhealthy) it is to allow food to control us through gluttony and idolatry. It’s also unhealthy (and sinful) to allow fear of food to control us.

At First Place 4 Health, we want you to recognize your food fears and conquer them once and for all. We teach that God intends food for fuel *and* for enjoyment—but never for worship. Food is not meant to be a hobby. It is not your friend. It is not your family. No matter how much you love food, food cannot love you back. You can be free to develop a healthy relationship with food: to learn how to prepare it, eat it, and enjoy it responsibly. All of it.

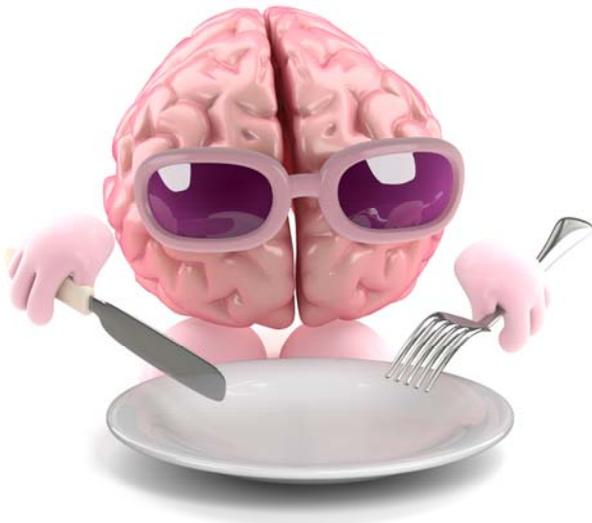
Enjoy the harvest and be blessed!

**Vicki Heath.....vicki.heath@fp4h.com**





## Brain Food ~ Charlotte Davis, R.D., L.D.



God has given us *amazing* brains to help us learn His Word and other information to help us as we travel through this life! Did you know that there really are “brain foods” that can help boost your memory, keep your mind sharper, and potentially even lower your risk of Alzheimer’s disease? Yes, our awesome Creator has provided us with so many and varied nutrients in our foods...and advances in technology are beginning to provide some insight into how these nutrients actually affect our brain function.

Did you know that an average brain weighs only about three pounds, yet it consumes 20% of the oxygen you breathe and 20% of the energy you take in from food? The front of your brain contains the cerebrum, which is responsible for your “thinking activities”. This area also stores memories and enables you to plan and carry out those plans. For instance, reading this

newsletter, recognizing a friend’s face, planning/preparing meals and playing a board game are all evidence that your cerebrum is at work.

Thinking and other functions of the brain are controlled by cells called neurons. An adult brain contains about *100 billion* of these! These neurons transmit signals to each other through junction points using special chemicals called neurotransmitters. Some diseases of the brain are associated with “malfunctions” of these chemicals. In Alzheimer’s disease, for example, reductions in the levels of acetylcholine, a neurotransmitter involved in memory, are a characteristic of the disease. Parkinson’s disease is linked to low levels of dopamine, a neurotransmitter important in controlling movement.

### **The health of your cardiovascular system affects your brain.**

Every heartbeat carries about 1/5 to 1/4 of your blood supply to the brain; therefore, any alterations in your cardiovascular system can change brain function and behavior. For example, blood vessel damage to the brain can lead to something called “vascular dementia”, the second-most common form of dementia after Alzheimer’s disease. A stroke or series of strokes can cut off or restrict the flow of blood to brain cells, interfering with their ability to communicate with OTHER brain cells. That, in turn, affects everything from your ability to think to your emotions—it just depends on the area of the brain suffering the damage.

Because of the connection between your cardiovascular system and a healthy brain, this is another reason to develop a heart-healthy lifestyle. Below are some steps for improving your odds of protecting your brain by boosting your heart health:

- **Don’t smoke.** Smoking is the top risk factor for heart disease/stroke.
- **Maintain a healthy weight.** This is best accomplished through eating lots of vegetables, legumes, fruits, baked/grilled fish, whole grains, and olive oil as the primary fat choice. One study at Columbia University of people eating this way consistently (top 1/3 of group) was associated with a decreased risk of developing Alzheimer’s disease—40% less chance than those with the LEAST compliance to the healthy diet regimen. Another study compared the calorie intakes of 163 older people suffering from mild thinking/memory impairment with 1070 “normal” control subjects. Those consuming the most calories—more than 2143 per day—were almost TWICE more likely to have mild thinking/memory impairment than participants eating the least, fewer than 1526 daily calories.

*Continued on page three*



*Brain Food ~ Continued from page two*

- **Control your blood pressure** by reducing salt intake (and take prescriptions as recommended by your physician).
- **Keep your blood cholesterol levels healthy** by cutting down on saturated fats primarily in higher fat meats and full-fat dairy foods—go for lean meats and low fat/fat-free dairy!—and taking any prescriptions as recommended by your physician.
- **Maintain healthy blood glucose levels** by watching your weight and reducing intake of “refined” carbohydrates like table sugar.
- **Follow good exercise guidelines.** This is critical for weight maintenance and heart/brain health, as you probably already know; however, there is new research in abundance to show how this is associated with much better mental function and even a slowed “aging” process!

Before going into the potential specific “food protectors” for your brain, I want to stress that it is the OVERALL healthy lifestyle that seems to make the MOST difference in brain health, with special emphasis on the exercise component. However, if we can make healthier choices with our foods, that can possibly make an even greater impact, why not do it? Below are some suggestions:



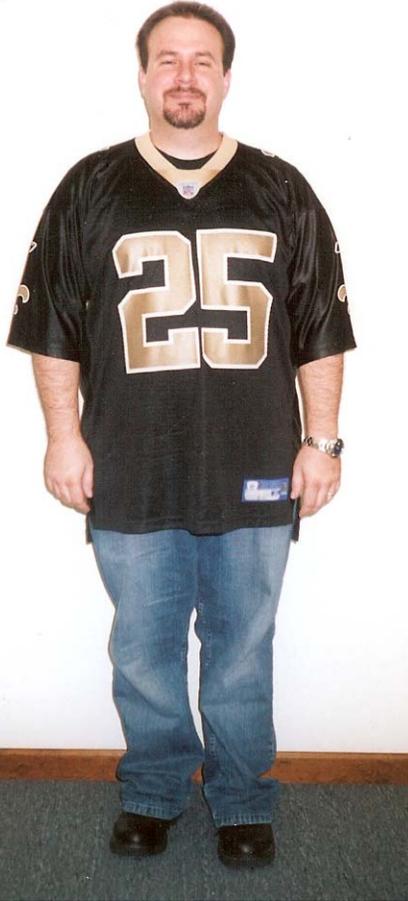
- **Eat plenty of VEGETABLES overall.** One recent study showed that eating 2 servings (1 cup total) per day of vegetables prevented the equivalent of 5 years of mental aging, and those who ate at least 2.8 servings (1.5 to 2 cups) per day over a span of 6 years showed their rate of cognitive (thinking) decline by about 40% compared to those who consumed only ½ cup per day or less!
- **Choose BERRIES regularly.** There is now substantial evidence that consuming foods containing phytochemicals, like “anthocyanin” (found in many types of berries) can help reduce age-related memory loss. One study in 2012 showed that women who consumed at least one cup of strawberries or blueberries per week showed slower mental decline—equivalent to up to two and a half years of delayed aging!
- **Include NUTS often as protein/snack choices.** Studies have been done with several varieties, but almonds and walnuts seem to be at the forefront in regard to improving brain health.
- **Eat FISH two to three times per week.** Focus on those with the highest amount of omega-3 fatty acids such as Arctic char (farmed), bluefish, Atlantic herring, mackerel, opah (Hawaii), sablefish, salmon (other than farmed Atlantic), sardines (Pacific), and albacore tuna. Be sure to use low-fat preparation methods such as broiling, grilling, or baking, and consume a “reasonable” portion, such as 3 or 4 oz.
- **COFFEE and TEA.** More and more studies link regular coffee and tea (black and green) consumption to improved thinking/memory. Be sure to monitor caffeine if you have high blood pressure or other health conditions where caffeine restriction is recommended.

“Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at His coming” (emphasis mine) I Peter 1:13. Let’s do everything we can with the food (and exercise) choices we make to keep that “alertness” at its peak level, for the glory of God!

**Charlotte Davis, L.D., R.D.....tckjdavis@windstream.net**



## Success Story ~ Rev. Jason Stevens



I have struggled with a weight problem most of my life. I guess you could say that I was born wearing husky diapers. I always knew that I had a food addiction, but I just wasn't sure how to go about making the necessary changes in my life. I probably tried about every diet you can imagine, but all to no avail. Time after time, I would once again give in to my food addictions.

Just over two years ago, I was called to serve as the pastor at the wonderful Church of the Nazarene, in Waynesville, MO. It is a holiness church. Throughout the years, we have been very outspoken, as a church, against things like smoking and drinking. We've pointed to a passages of Scripture like 1 Corinthians 6:19-20, *Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.* We have reminded our listeners of the sinfulness of doing damage to our physical bodies. Yet one thing has always bothered me (the question I have struggled with for years as a pastor) "If overeating does harm to my body—just like smoking or drinking—then



doesn't that make it just as sinful?"

In my spirit, God had really convicted me that if my body is a temple of the Holy Spirit, then it's not just alcohol and cigarette addictions that are sinful, but eating addictions that are just as evil. So here I was an overly-obese preacher calling the kettle black. There's just something wrong about a fat preacher calling a skinny smoker a sinner. According to the BMI charts, I was morbidly obese. My food addiction was destroying God's temple and I knew it. There was no denying that I was headed to an early grave, thanks to heart disease, cancer or some other obesity-related disease.

Seven months ago, my life was changed forever. The previous pastor's wife (Sharon Bushey) asked me if she could start a First Place 4 Health group in our local church. She mentioned that it was a Christ-centered weight-loss program. I didn't quite understand the program completely, but I knew God had laid this on Sharon's heart. I saw the passion in her eyes for this ministry and I gave her my blessing to move forward. Little did I know that I would be the one who would be challenged and changed the most.

As the weeks went by and I started embracing more and more of the First Place 4 Health program, I saw a change happening in my life. I began to see the power of God at work in ways that I had never experienced.



*Success Story... Continued from Page Four*

I began to see God break down strongholds that were still in my life (which somehow I had managed to overlook) even as an ordained preacher of the Word. Passages of Scripture like Matthew 21:22, *If you believe, you will receive whatever you ask for in prayer* and Proverbs 16:3, *Commit to the LORD whatever you do and your plans will succeed* began to take on brand new meaning for me.

As the pounds started coming off, my testimony grew stronger and stronger every week. God began to give me opportunity after opportunity to share my testimony. The interesting thing is how He's used me to testify to fellow ministers of the Gospel—one such time I will never forget. I am the secretary of our local Christian Ministerial Alliance. Due to the holidays, it had been several months since we last met. When we finally got together to discuss community issues, I had lost 30 or 40 lbs. As I walked into the meeting, which is held monthly at a local breakfast buffet restaurant, several of my preacher friends started commenting on how much weight I had lost and how good I looked. As one of them, who is a rather husky fellow as well, began to take another bite of his biscuits and gravy, he asked "Man, how'd you do it?" I smiled and said, "I've finally learned to really put Christ first place in EVERY area of my life." I guess something I said must have touched a nerve, because his smile disappeared and he put his fork down.

To date, God has helped me lose 75 lbs. But more than that, He has given me a brand new testimony to the power of His hand at work in our lives. I can now honestly say that I know 2 Corinthians 10:4 to be true: *The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.* Thank you, Jesus, for giving me the victory over my food addiction and for demolishing the stronghold. Thank you to my wife, Kiley, for being my daily support system and the best helpmate for which a man could ever ask. And thank you, Sharon Bushey, for your willingness to heed God's call to start this ministry and change your pastor's life forever! To God be the Glory!

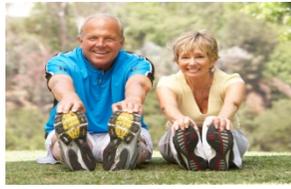
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## Devotional

# Escape from Temptation

Learn to do right! Seek justice, encourage the oppressed. Defend the cause of the fatherless, plead the case of the widow.

### ISAIAH 1:17

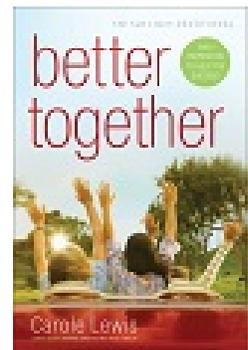
When I worked as a school nurse, my office was next door to where the snacks were kept for children to buy each afternoon. One particular day, I noticed the principal restocking the candy shelves with a box of Almond Joys. I could smell them when he walked by my door, so I decided to have one. I got out my 50 cents and was about to walk out my door when a little boy came running from the playground telling me to come quickly because his friend “fell and broke his leg!” I ran to the playground and found the child on the ground, but without a broken leg. By the time I helped him back to my office and patched up his scratched knees, the end-of-recess bell was ringing.

I started to go to the snack cart but hadn’t taken two steps before my phone rang. I had a phone call from a concerned mom who asked me to go check on her son who hadn’t felt well that morning but she’d made him come to school anyway. I ran back to the playground and found her son running and playing like nothing was wrong. He said he felt fine, so I called his mom and reported that he was okay.

Then I saw my money still lying on my desk, so I started for the snack cart for the third time. And then I heard God say to me—almost audibly, “I got you away from that Almond Joy twice; don’t you go back in there again.” God promised to help us “do right” by providing us a way out of temptation, but it’s up to us to see it and take it. To this day I never see an Almond Joy without remembering the lesson I learned that day.

**Action Item:** Temptation is never so obvious as when we’re really trying to stick to our food plan and do First Place 4 Health “right.” Describe in your journal a time when you know God was providing a way of escape and you took it.

**Donna Odum**  
Heber Springs, Arkansas



*Taken from the Better Together devotional. To order, visit our online store or call 800.727.5223, x1001*

## Upcoming Events

### Virtual First Place 4 Health Meetings

Leader: Helen Baratta – Starts Oct. 6  
Leader: Vicki Heath – Starts Oct. 20  
Bible Study: Healthy Boundaries  
Contact: [helen.baratta@fp4h.com](mailto:helen.baratta@fp4h.com)

### Wellness Week @ Round Top

October 8-15, 2015  
Round Top Retreat  
Round Top, Texas  
Contact: [lisa.lewis@fp4h.com](mailto:lisa.lewis@fp4h.com)

### Arkansas Area Training and Wellness Rally

October 10, 2015  
Trinity Baptist Church  
Searcy, AR  
Contact: [tckjdavis@windstream.net](mailto:tckjdavis@windstream.net)

### Southern California Area Training & Wellness Rally

October 17, 2015  
First Baptist Church of Walnut Valley  
Walnut, CA  
Contact: [dono9866@hughes.net](mailto:dono9866@hughes.net)

### Michigan Area Training & Wellness Rally

October 17, 2015  
South Lansing Christian Church  
Lansing, MI  
Contact: [firstplace@seekstudyserve.org](mailto:firstplace@seekstudyserve.org)

### Pennsylvania Area Training & Wellness Rally

October 17, 2015  
Fairlawn Community Church  
Cogan Station, PA  
Contact: [helen.baratta@fp4h.com](mailto:helen.baratta@fp4h.com)

### Indiana Area Training & Wellness Rally

October 24, 2015  
Angola Community Church of Nazarene  
Angola, IN  
Contact: [joan\\_b84@msn.com](mailto:joan_b84@msn.com)

### Northern California Area Training & Wellness Rally

October 24, 2015  
St. Matthew Lutheran Church  
Rocklin, CA  
Contact: [dono9866@hughes.net](mailto:dono9866@hughes.net)

### Mississippi Area Training & Wellness Rally

November 7, 2015  
First Baptist Church - Senatobia  
Senatobia, MS  
Contact: [glenna@netdoor.com](mailto:glenna@netdoor.com)

### Revive! ~ Wellness Day

November 7, 2015  
First Baptist Church  
Harrisonville, MO  
Contact: [glenna@netdoor.com](mailto:glenna@netdoor.com)

### Louisiana Area Training & Wellness Rally

November 14, 2015  
Metairie Baptist Church  
Metairie, LA 70005  
Contact: [jackie.lapouble.fp4h@gmail.com](mailto:jackie.lapouble.fp4h@gmail.com)

### Fun & Fitness 4 Life

January 22-24, 2016  
Sandy Cove Retreat Center  
North East, MD  
Contact: [helen.baratta@fp4h.com](mailto:helen.baratta@fp4h.com)

### San Antonio Area Training & Wellness Rally

January 23, 2016  
Salem Sayers Baptist Church  
Adkins, TX  
Contact: [chapkoj@aol.com](mailto:chapkoj@aol.com)



## Hearty Vegetable Chili

1 tablespoon olive oil  
 1 onion, chopped  
 1 carrot, thinly sliced  
 1 green pepper, chopped  
 8 ounces mushrooms, sliced  
 1 small zucchini, sliced  
 4 large cloves garlic, minced  
 1 28-ounce can tomatoes with juice, chopped  
 2 cups tomato sauce

1 4-ounce can green chili peppers, diced  
 4 cups cooked kidney, pinto, or black beans  
 3 tablespoons chili powder  
 1 tablespoon dried oregano  
 2 teaspoons ground cumin  
 2 teaspoons paprika  
 Red-pepper flakes (optional)  
 Chopped fresh cilantro (optional)  
 Nonfat sour cream or yogurt (optional)

Warm the oil in a large pot over medium heat. Add the onion, carrots, green peppers, mushrooms, zucchini, and garlic. Sauté for 20 minutes. Add the tomatoes with juice, tomato sauce, chili peppers, beans, chili powder, oregano, cumin, paprika and red pepper flakes. Simmer for at least 30 minutes; stir often to prevent burning. Add the cilantro to taste. Simmer briefly. Serve garnished with the sour cream or yogurt.

## Crustless Chicken & Broccoli Quiche

2 cups coarsely chopped broccoli florets  
 1 cup skim milk  
 Vegetable cooking spray  
 1/8 teaspoon nutmeg  
 1 tablespoon Dijon mustard  
 2 tablespoons dry breadcrumbs  
 1 egg, beaten

3 tablespoons all-purpose flour  
 1 1/2 cups chopped cooked chicken  
 1 teaspoon dried basil leaves  
 1/2 cup shredded 2% sharp cheddar cheese  
 Dash salt and pepper  
 1/4 teaspoon paprika

Preheat oven to 350 degrees. Cook broccoli in boiling water for 3 minutes and drain. Coat a 9 or 10-inch pie plate with cooking spray; sprinkle with breadcrumbs. Set aside. Combine flour, basil, salt, pepper, and nutmeg in a large bowl; add milk and mustard, stirring with a whisk. Stir in broccoli and beaten eggs. Add chicken and 1/4 cup of the cheese. Pour mixture into prepared pan. Top with remaining cheese and paprika. Bake for 40-45 minutes or until set. Let cool 15 minutes before slicing.

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Sandy Cove MINISTRIES

**FUN & FITNESS 4 LIFE**

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JANUARY 22-24, 2016



## Spaghetti Squash Gratin

1 (2-pound) spaghetti squash  
1 teaspoon olive oil  
2 garlic cloves, minced  
1 teaspoon kosher salt, divided  
1/2 teaspoon freshly ground black pepper, divided  
1/4 teaspoon crushed red pepper  
2 28-ounce cans whole tomatoes, drained and chopped

3 oregano sprigs  
3 thyme sprigs  
1/2 cup (2 ounces) grated fresh Parmesan cheese  
2 teaspoons chopped fresh oregano  
1 teaspoon chopped fresh thyme  
1 15-ounce carton fat-free ricotta cheese

Preheat oven to 400°. Pierce squash with a fork. Place squash on a baking sheet; bake at 400° for 1 hour or until tender. Cool. Cut squash in half lengthwise; discard seeds. Scrape inside of squash with a fork to remove spaghetti-like strands to measure 4 cups. Heat olive oil in a large saucepan over medium heat. Add garlic; cook 2 minutes, stirring frequently. Add 1/2 teaspoon salt, 1/4 teaspoon black pepper, crushed red pepper, tomatoes, oregano, and thyme sprigs; bring to a boil. Reduce heat, and simmer for 20 minutes or until thickened, stirring occasionally. Discard oregano and thyme sprigs. Combine remaining 1/2 teaspoon salt, remaining 1/4 teaspoon black pepper, Parmesan, and remaining ingredients. Spoon 1/2 cup squash into each of 8 (8-ounce) ramekins. Spoon tomato sauce evenly over squash; divide ricotta mixture evenly among ramekins, spreading to cover. Can also spread in 8x8 baking pan. Bake at 400° for 50 minutes or until lightly browned.

**Nutritional Information:** Calories: 117 (21% from fat) Fat: 2.7g (sat 1.1g, mono 0.9g, poly 0.4g) Protein: 7.8g Carbohydrate: 15.1g Fiber: 1.1g Cholesterol: 13mg Iron: 1.5mg Sodium: 531mg Calcium: 200m

## Baked Apple Rings

1 10-oz. package frozen raspberries in light syrup, thawed but not drained  
4 Golden Delicious apples, peeled and cored  
3/4 cup plus 2 tablespoons all-purpose flour  
1/3 cup apple cider  
2 large egg whites, lightly beaten

1 tablespoon granulated sugar  
Cooking spray  
1/4 teaspoon salt  
Dash of freshly grated nutmeg  
1/4 cup fat-free caramel sundae syrup, divided  
Powdered sugar (optional)

Preheat oven to 400°. Slice apples crosswise into 1/2-inch slices. Set aside 8 largest slices; reserve remaining apple for another use. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, granulated sugar, salt, and nutmeg in a medium bowl. Stir in cider and egg whites (batter will be thick). Heat a large nonstick skillet coated with cooking spray over medium-high heat. Dip 4 apple slices in batter; place in pan. Cook 2 minutes on each side or until lightly browned. Arrange apple slices on a baking sheet coated with cooking spray; lightly coat apple slices with cooking spray. Repeat procedure with remaining apple slices. Bake apple slices at 400° for 10 minutes or until edges are crisp. Drizzle each of 4 plates with 1 tablespoon caramel sauce; top with 2 apple slices. Sprinkle with powdered sugar, if desired. Serve immediately.

**Nutritional Information:** Calories: 205 (2% from fat) Fat: 0.5g (sat 0.1g, mono 0.0g, poly 0.2g) Protein: 3.7g Carbohydrate: 46.2g Fiber: 2.4g Cholesterol: 0.0mg Iron: 1.1mg Sodium: 151mg Calcium: 20mg



# FREE

Wellness Week  
October 8-15, 2015

*It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. Galatians 5:1*

## First Place 4 Health Wellness Week

**October 8-15, 2015**

**Round Top Retreat Center  
Round Top ~ Texas**

**Round Top Retreat Center** in beautiful Round Top, Texas, is a beautiful Victorian-style retreat center located “Deep in the Heart of Texas.” It is operated by the Goad family, who began this ministry on a full-time basis in 1984, to provide a home environment with all the charm of a country setting, where people can share God’s Word.

**Limited to First 60 Registrations!**

### WELLNESS WEEK INCLUDES:

- ~ Practical Steps to Healthy Living ~
- ~ Complete Fitness Testing ~
- ~ Private Consultation with Fitness Professional ~
- ~ Inspirational Speakers ~
- ~ Rest and Relaxation – “Porch Time” ~
- ~ Daily Exercise Classes for You to Experience (Optional) ~
- ~ Healthy Delicious Meals ~

**Cost: \$795 (double occupancy)  
\$895 (single occupancy)**

Contact Lisa Lewis at 800-727-5223, x1001 or [lisa.lewis@firstplace4health.com](mailto:lisa.lewis@firstplace4health.com) or visit [www.firstplace4health.com](http://www.firstplace4health.com) for more information.

**Space is limited! Make your reservations today!**

**Refund Policy** – If First Place 4 Health cancels Wellness Week, a full refund will be given. All other requests for refunds must be received in writing by September 1, 2015. Upon receipt of request, the refund will be granted, minus the \$100 **non-refundable** deposit. **No refunds will be given after September 1.**