



Helpful Tips for Abundant Living

By Sis. Debra Peek-Haynes



1. Develop your spiritual life. "Seek ye first the kingdom."
2. Drink spring or high quality filtered water
3. Eat salads made with romaine lettuce and other dark leaf lettuces
4. Eat more turnips, mustard greens, kale, collards and broccoli every day!
5. Don't cook vegetables with pork. Use fresh onions, safflower oil and sea salt instead.
6. Eat fruit in the morning, especially apples.
7. **Do not** drink soda (carbonated beverages) with your meals. This will cause weight gain and bloating. Limit carbonated beverages.

8. Buy more fresh vegetables – avoid canned vegetables. Eat live foods to invigorate the body.
9. Eat with a grateful spirit.
10. Read food labels; know what you are eating.
11. Limit salt and sugar.
12. Stop feeding your children junk foods. (Remember junk, in junk out)!
13. Cleanse your system, take herbal cleansers at the change of each season or take castor oil.
14. Make sure your children are eliminating every day!
15. Take a high quality non-chemical vitamin.
16. Don't sleep with your television on.
17. Clean the junk out of your room.
18. Make your environment pleasant.
19. Tell your loved ones you love them.
20. Exercise for thirty minutes at least three times a week!

Praise God! Thank Jesus!

You can pick up a personal copy of your Healthful Tips for Abundant Living in the Health Care Room; B-123

About Sis. Debra Peek-Haynes

Ms. Peek-Haynes is a member of the Dallas Women's Foundation and a member of Commercial Real Estate Women (CREW). She also serves on the Board of the African American Museum, the University of North Texas School of Community Service Advisory Board and the Frederick Douglas Academy Board. She is a former member of the Dallas Symphony Board and Dallas Women's Foundation. Ms. Peek-Haynes has been nominated for several prestigious awards for commitment to professionalism and dedication to her community. She receives numerous requests to speak to businesses and organizations about the viability of economic development in inner city communities. She is also active in charitable and liberating ministries through her church, Friendship West Baptist Church, where her husband is Senior Pastor. Ms. Peek-Haynes is a licensed Texas real estate broker. In addition, she is an advocate of holistic health. Ms. Peek-Haynes has a personal testimony how better nutritious foods, daily exercise and continued spiritual connection to God enhances overall life.

This Mother's Day, skip the flowers and forget the chocolate (unless it's dark)! Give your mom something she really needs -- the gift of good health. Do something good for mom this Mother's Day by getting her healthy food and investing in her wellness. No, you don't have to buy her a treadmill. There are many other things you can do to give your mom a boost in terms of her physical (or mental) well-being. Most moms will truly appreciate that your Mother's Day gift is aimed at keeping her happy, healthy, and in your life for a long time. In case you are drawing a blank, we came up with a list of healthy -- and relatively inexpensive -- gift ideas for every mom.

1. Give the gift of (your) time and support at the doctor's office. Offer to be your mom's health buddy. Promise to be there for any and all doctor's visits whether a mammogram or routine appointment. Most moms always say 'don't bother,' but another set of eyes and ears is always a good idea at a doctor's visit."

2. Give the gift of healthy eating. Rather than an expensive, artery-clogging brunch, you can spring for a visit with the nutritionist and follow it with a healthy meal.

3. Give the gift of organization. Instead of making a photo album of family snapshots (although that's nice too), make your mom a folder containing all of her medical records. Put a folder together of test results and vital information so it is all in one place. Make sure to include a list of all of her medications and what times she takes them. Having all this information in one place could end up saving your mom's life.

4. Give the gift of a good night's sleep. Adequate sleep is linked to a lower risk of type 2 diabetes, as well as other health conditions. Buy your mom satin sheets, a new mattress, a mattress cover, or a luxurious pillow to encourage better sleep.

5. Give the gift of healthful goodies. Instead of a gourmet gift basket filled with cheese and crackers or sweets, make your own healthy gift basket for your mom. Not sure what to put in it? Start with a multivitamin, calcium supplements, and vitamin D supplements. A pedometer, some arm weights, and maybe a tape measure can also be part of this gift. A tape measure can help mom measure her waist size, which is a known risk factor for heart disease and diabetes.

6. Give the gift that keeps on giving. Accessory and gift companies such as Presents for Purpose allow you to pay it forward this Mother's Day by picking gifts in which 10 percent of the proceeds benefit a charity of your choice.

7. Give the gift of chocolate -- if you must. If you are a traditionalist and you must give chocolate, choose dark chocolate. Dark chocolate contains antioxidants, which can mop up the damaging free radicals known to play a role in heart disease and other illnesses, as long as you choose types with less sugar and fewer calories.

Happy Mother's Day

*To all Mothers,
Young and Old*



Healthy Recipe of the Month

Watermelon Salad

Aged balsamic vinegar is more expensive, but a little goes a long way to flavor this Mediterranean-style watermelon salad.

Ingredients

- 2 cups seedless watermelon chunks
- 3 kalamata olives, sliced
- 3/4 cup crumbled feta cheese
- 4 grape tomatoes, quartered
- 1/4 cup strips shaved proccuito ham
- 1T extra-virgin olive oil
- 1 tablespoon aged balsamic vinegar
- Coarse salt
- Fresh ground pepper
- Watercress sprigs

Arrange watermelon, olives, feta, tomato, and proccuito on a serving platter. Drizzle with olive oil and vinegar. Sprinkle with a dash of salt and fresh ground pepper. Garnish with sprigs of watercress and enjoy a wonderful summer salad.

Notes: The watermelon should be cut into 1"x1" cubes. The watercress should have no large stems. Use a 12 year old balsamic at least; 25 years is ideal. Number of Servings: 2 to 4

Upcoming Activities

Dance for Christ
Swing Out Ball
Friday, May 15, 2009
from 7p.m. - 10p.m.
FWBC Narthex
Tickets \$10.00
A Formal Event
More Info: Contact Andrea 972-693-6748

Swing Out and Graduation
CORPORATE TABLES AVAILABLE
FWBC-NARTHEX MAY 15, 2009 7:00 P.M. - 10:00 P.M.
BALLROOM DRESS REQUIRED

For more info call Andrea @ 972-693-6748 or
Write @ 214-961-0407 or email andrea@fwbc.org

Member of the Month will be announced at the Ball on May 15th

Contact number for Andrea is 972-693-6758



Saturday, June 6, 2009
FWBC Church –Wide Walk-a-thon/Health Fair
FWBC North Parking Lot
9 a.m – 12 p.m.