

Compliments of your  
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# Health Blessings

## TOO HOT OR COLD??

### IRON DEFICIENT?

Do you crave ice even on a cool day? You could have PICA, which is a chewing and craving behavior often associated with iron deficiency anemia. Other symptoms include extreme fatigue, pale skin, weakness, shortness of breath, lightheadedness, cold hands and feet, tongue inflammation, brittle nails, poor appetite and restless leg syndrome. Iron supplementation often cure the anemia.

### 10 SIGNS YOU MAY HAVE A THYROID PROBLEM

1. Muscle & joint pain
2. Neck discomfort or Swelling
3. Fatigue
4. Change in hair/skin
5. Weight changes
6. Bowel issues
7. Depression/anxiety
8. Menstrual problems
9. High cholesterol
10. Family History

## MIND, BODY AND SPIRIT



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## About Your Thyroid

Ask the average American what they know about their thyroid and chances are they'll tell you they're pretty sure they have one. Beyond that, most people are unaware of the organ's vital functions. It's only when the thyroid goes awry that people become aware of its value. And that includes some 30 million Americans with a thyroid condition, half of whom either don't know they have a thyroid problem or who have been misdiagnosed. The thyroid gland is a small, butterfly-shaped gland located in the base of the neck just below the Adam's apple. Although relatively small, the thyroid gland plays a huge role in our body, influencing the function of many of the body's most important organs, including the heart, brain, liver, kidneys and skin.

Ensuring that the thyroid gland is healthy and functioning properly is vitally important to the body's overall well-being. Think of your thyroid as a car engine that sets the pace at which your body operates. An engine produces the required amount of energy for a car to move at a certain speed. In the same way, your thyroid gland manufactures enough thyroid hormone to prompt your cells to perform a function at a certain rate. Just as a car can't produce energy without gas, your thyroid needs fuel to be able to produce thyroid hormone. This fuel is iodine. Iodine comes from your diet and is found in iodized table salt, seafood, bread and milk. Thyroid disease is more common than diabetes or heart disease. Excerpts from "The Harvard

## “It’s Your Health!”

### Good Spiritual Habits

**PRAY** often throughout the day.  
**READ** your Bible regularly.  
**SPEND TIME** with the Lord personally each day.  
**WORSHIP GOD** each Sunday with Christians.  
**CONFESS** all sins ASAP.  
**MAINTAIN** close and loving relationships with your family.  
**MEDITATE** upon the love of God and the blessings of your life.  
**FAITHFULLY** and regularly give an offering to touch the lives of others.  
**SURROUND** yourself with encouraging and spiritually growing friends  
**RELATE** to at least one spirit-filled Christian with whom you can prayerfully share your deepest hurts and struggles.

### Good Health Habits

**EXERCISE** 3 times a week for 20 minutes.  
**LIMIT** fats and sugar.  
**EAT** 5 fruits and vegetables and drink 3 glasses of milk daily.  
**Drink** 8-eight ounce glasses of water each day.  
**Quit** or reduce smoking.  
**Sleep** at least eight hours a day.  
**PRACTICE** deep breathing, relaxation, and reduce stress.  
**DRINK** alcohol in moderation.  
**REPLACE** sugar cravings with healthy . snacks.  
**HAVE** a Physical and dental exam annually.



**When it comes to greeting-extending the sign of peace to others those who are not feeling well or even concerned about catching something, should simply nod their head, smile and extend a verbal greeting, or touch the person on the arm instead. Be mindful if someone greets you in this manner they are not being rude, but rather looking out for the welfare of others!**

**Bible Incomplete:** Fill in the missing letters to complete the passage.

F\_r\_e\_u\_t\_l\_a\_p\_a\_b\_f\_r\_t\_e\_u\_g\_e\_t\_e\_t\_f\_h\_i\_t;\_h\_t\_v\_r\_o\_e\_a\_  
r\_c\_i\_e\_h\_t\_i\_g\_d\_n\_i\_h\_s\_o\_y,\_c\_o\_d\_n\_t\_t\_a\_h\_h\_t\_d\_n\_,w\_e\_h\_r\_t\_e  
\_o\_d\_r\_a\_.

### BODY, MIND, & SOUL

“If you destroy a bridge, be sure you can swim.” ----African proverb

“Write injuries in sand, kindness in marble.” ----French proverb

“You’ve got to do your own growing, no matter how tall your grandfather was.”----Irish Proverb

“Fall seven times. Get up eight.”----Asian Proverb

“Gratitude is the heart’s memory.”----French Proverb

“Be happy while your living, for you’re a long time dead.”----Scottish Proverb

**Solution to Bible Incomplete:**

*For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad. II Corinthians 5:10*