



The Journey of Faith Church
A United Methodist Congregation

2900 Smallwood Drive West
Waldorf, Maryland 20603
Website: www.thejofc.org

Office: 301-645-0846
Fax: 301-645-1186



My name is Dr. J. Cyrus-Stoute. I was in a deadly car accident years ago, had a stroke and was in a coma for a week. Suffering head trauma and memory loss for two months, other parts of my body also sustained injury during the accident.

I needed months of physical therapy, occupational therapy and counseling. Initially hospitalized for two months, physical therapy added another two months in a rehab hospital. I was unable to walk for two and a half months and suffered hearing loss in one ear.

Upon leaving the hospital, I stayed home for one more month before going back to work. I could not drive until the sixth month after the accident. Family, friends, healthcare workers, church members and co-workers prayed for me.

I give thanks to God for His blessings and for all the mentioned support groups, as they have remained my support.

The cause of the accident: I fell asleep while driving on the highway in Baltimore, Maryland coming from New York. My mother and grandmother died in the accident.

My mother came to me in spirit and said, "Everything will be all right!"

A common statement helps to sustain me – "We are too blessed to be stressed." I have now been happily married for eight years. We are both retired and have a loving relationship.

Wait on the Lord. Good things come to those who trust and wait on the Lord. Now in my mid-sixties, my testimony is that love always wins. God is with us. Stand tall, look up and say THANK YOU. I am glad I am who I am.

With love,
Jacqueline

WHAT IS PNEUMONIA????

Pneumonia is a type of lung or respiratory infection that inflames the air sacs in one or both lungs. The air sacs may fill with fluid or pus (purulent material), causing cough with phlegm or pus, fever, chills, and difficulty breathing. It often begins with an innocent cough and turns suddenly into a high fever accompanied by labored breathing. For most people, pneumonia is treatable with prescription medication (in the case of walking pneumonia) with all symptoms vanishing in a few weeks' time. However, babies, seniors, and those with other medical conditions, a bout of pneumonia can put you in the hospital with serious symptoms.

Signs and symptoms:

The signs and symptoms of pneumonia vary from mild to severe, depending on factors such as the type of germ causing the infection, and your age and overall health. Mild signs and symptoms often are similar to those of a cold or flu, but they last longer.

Signs and symptoms of pneumonia may include:

- Chest pain when you breathe or cough
- Confusion or changes in mental awareness (in adults age 65 and older)
- Cough, which may produce phlegm
- Fatigue
- Fever, sweating and shaking chills
- Lower than normal body temperature (in adults older than age 65 and people with weak immune systems)
- Nausea, vomiting or diarrhea
- Shortness of breath

When to see a doctor:

See your doctor if you have difficulty breathing, chest pain, persistent fever of 102 F (39 C) or higher, or persistent cough, especially if you're coughing up pus.

It's especially important that people in these high-risk groups see a doctor:

- Adults older than age 65
- Children younger than age 2 with signs and symptoms
- People with an underlying health condition or weakened immune system
- People receiving chemotherapy or taking medication that suppresses the immune system

For some older adults and people with heart failure or chronic lung problems, pneumonia can quickly become a life-threatening condition.

Treatment for pneumonia involves curing the infection and preventing complications. People who have community-acquired pneumonia usually can be treated at home with medication. Although most symptoms ease in a few days or weeks, the feeling of tiredness can persist for a month or more. Specific treatments depend on the type and severity of your pneumonia, your age and your overall health.

The options include:

Antibiotics/medications, cough medicine, fever reducers/pain relievers.

******Again it's extremely important to see your doctor if you have difficulty breathing, chest pain, persistent fever of 102 F (39 C) or higher, or persistent cough, especially if you're coughing up pus.**

Health IQ Matters

*My people are destroyed for lack of knowledge: because thou hast rejected knowledge,
Hosea 4:6a King James Version (KJV)*

Please check with your doctor, and nutritionist to find the appropriate diet, water intake, and exercise for your personal well-being, for optimal health!!!

Let's Talk Lemons

Did you know that organic lemons can be a cancer fighting agent? Limonoids are phytonutrients with significant antioxidant properties. Antioxidants help manage the harmful free radicals which cause significant damage to the DNA in cells.

Did you know, organic lemons can reduce your sugar intake? Adding 16 ounces of water to the juice of half a lemon, per day (one in the morning and one in the evening) can be beneficial to your health.

Did you know, organic lemons can also boost weight loss. The activation of bile acid receptors increases the number of calories burned. Lemons contain Nomilin, a phytonutrient. Nomilin has been shown to promote lower body weight, blood sugar and insulin levels. A glass of lemon-infused water can go a long way on the journey to weight loss.

Let's Talk Coconut Oil

Moving on from lemons; did you know, coconut oil is a fat burning power food that is antiviral and antibacterial? In its raw form, is one of the healthiest fats consumable.

Did you know, coconut oil also can help memory and cognitive function? Healthy fats are absolutely essential for healthy brain function.