



The Journey of Faith Church
A United Methodist Congregation

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Hello. I'm F. J. In May of 2012, I started feeling ill. My skin broke out with lesions. I had eczema most of my life but this skin condition was different. My joints hurt. When I inhaled, my chest hurt. When I was outside, my skin became very sensitive to sunlight, so I couldn't stay outside very long. It felt like my body was turning inside out and that my immune system was going crazy. I went to the doctor for blood tests and heard the word "lupus." Interestingly enough – at that point I decided not to accept this condition as my own, but would take precautions in case the battle became difficult. I told my sister about my blood tests and she said, "It's time to go vegan." I was a vegetarian for years but decided to make the complete change, since it made sense to me. I went "cold turkey" that day. I visited a holistic professional who cared for me many times in the past. She told me our bodies can heal themselves and I truly believe that. After holistic treatments, changing to a complete vegan meal plan and believing that my body could heal itself, I returned to the doctor for blood tests. The new tests showed no signs of lupus or arthritis. I was totally relieved and spread the great news to family and friends. The experience taught me that we do not have to accept and give in to what the doctors tell us. We should make our health our responsibility. I can't say this will happen to everyone – I can only share my experience. I feel great most of the time and have practiced this life change for the last 5 years. I truly believe my faith and belief got me through this and am glad to be alive to share my story.



From the Editor's Corner

Dear F.J.:

Thank you for sharing your incredible testimony! Isn't it amazing how God chooses to heal in a variety of ways. Thank you for expressing your courageous adventure of faith and healing.

Editors: Debbie Kernahan-Rene' and Health and Welfare Committee Members:

Sis. Tia Cunningham, Co-Chair
Sis. CasSandra Hunt Watt, Co-Chair
Sis. Linda Waters
Sis. Anna Toye
Sis. Rosemarie Davidson
Sis. Winnette Rodney

Mental Health Month

Since 1949, Mental Health America and our affiliates across the country have led the observance of May is Mental Health Month by reaching millions of people through the media, local events and screenings. We welcome other organizations to join us in spreading the word that mental health is something everyone should care about by using the May is Mental Health Month toolkit materials and conducting awareness activities.

This year for *May is Mental Health Month*, Mental Health America is talking about *Risky Business*. We believe it's important to educate people about habits and behaviors that increase the risk of developing or exacerbating mental illnesses, or *could be signs of mental health problems themselves*. These include risk factors such as risky sex, prescription drug misuse, internet addiction, excessive spending, marijuana use, and troublesome exercise patterns. We hope the tools and resources that we've put together help individuals and communities to raise awareness of the risks that these types of behaviors present—especially to young people—and help people who may be struggling to detect early warning signs and seek help early, before Stage 4.

This article was taken from the Mental Health America website.

At the JOF, mental health awareness is practiced throughout the year.

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 More About Lemons

Did you know that organic lemons or non-organic lemons that have been soaked in red vinegar for 2 hours, can be used to prevent under arm odor? This practice can eliminate the need for anti-perspirant deodorant.

Did you know that although lemons are acidic, it alkalizes the body fluids helping to restore the PH balance?

Did you know that lemons are rich in vitamin C and flavonoids that work against infections like the flu and colds?

Did you know, that according to Jethro Kloss in his book *Back to Eden*, fresh lemon juice added to a large glass of water in the morning is a great liver detoxifier.

Did you know that the citric acid in lemon juice can help to dissolve gallstones, calcium deposits, and kidney stones?

Let's Talk Coconut Oil

To add to your wisdom about lemons, let's take a trip into the valley of coconut oil.

Did you know that coconut oil does not have saturated fat and will not make you gain weight?

Did you know coconut oil is easily converted into energy for the body which could help you experience a sustained energy from it without any jitters or crash? So, grab a tablespoon of coconut oil, and watch out Redbull!!!

Did you know that coconut oil can be an excellent topical treatment for dry skin and scalp?