

Tips for a Healthy Lifestyle From WFWP Hackensack NJ

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The first wealth is health. -- Ralph Waldo Emerson

The global pandemic has made us all more consciously aware of the importance of taking care of ourselves and practicing a healthy lifestyle. With the desire to encourage such a lifestyle, five WFWP members of the Hackensack, New Jersey chapter held a virtual gathering on Friday, November 27, 2020, at 7pm, where they shared various tips about health and nutrition with each other.

Mrs. Irmgard Baynes shared about her new style of cooking, which is basically vegetable-based. She and her husband have together lost over 95 pounds in six months by implementing this healthy diet, and she

gave us a few examples of her meal plans.

Their typical breakfast is a muesli cereal, consisting of 1/4 cup oats with blueberries, banana, apple, flaxseeds, homemade hemp seeds and almond milk. Lunch might be green salad with onions, tomatoes, snap peas, shredded cabbage and peppers. For dinner that day, she had cooked rice and beans with sautéed celery, onions, green peppers, pumpkin and mushrooms, seasoned with cumin, chili powder, basil and oregano.

Mrs. Sharon Nelson told us about her methods of cooking yams, a simple root vegetable that is packed with good nutrients. One way she prepares them is by brushing some oil and orange juice on a yam or sweet potato, poking it with a fork all over and covering it with aluminum foil to then bake it in the oven.

As mental health is just as important as physical health, she also shared some of the music she has been listening to that inspires and uplifts her. One of the musical artists she mentioned is Jonathan Butler, an African singer-songwriter and guitarist, whose music is often classified as RandB, jazz fusion or worship music. He inspires her especially with his worship music.

The final person to speak was Dr. Pallavi, who explained how people from India use turmeric, basil leaves and ginger to boost their immune system. You can use turmeric powder to add to your rice, boil ginger root to make ginger tea, and also eat basil leaves whole or boil them and drink them as a tea. She also mentioned that you can buy basil leaf extract and add a few drops to your water.

The participants were grateful to receive all of these health tips, and these bi-monthly calls have been inspiring and a good way to keep in contact with each other during COVID times. We certainly enjoy the Zoom time!