

# People Are Born To Shine!

A newsletter rooted in the Christian faith created to inspire and support all people, irrespective of nationality, race, and religion.



## ACTS OF KINDNESS

# Patient Receives Liver Transplant After Social Media Campaign

A Canadian woman is thought to have become the first patient to receive a new vital organ from an unrelated, altruistic donor who answered an appeal launched via social media.

Lucia Andrade, 61, of Brampton, Ontario, underwent liver transplantation last November, but her family waited to be sure that it was a success before telling their story last week. Andrade had primary biliary cirrhosis and had

***“She’s done so much for me, the least I can do is spread the word and try to find a donor for her.”***

been on an official donor waiting list. Members of her family had been tested for compatibility, but her O-negative blood type ruled out most likely donors. Her condition was deteriorating rapidly when her youngest son, Michael, 22, appealed for help on the social media sites Facebook and Tumblr.

His Tumblr page, called liverdonor4mom, recounted the sacrifices his mother had made for her children, described her symptoms, and outlined the testing procedure that any respondent would have to go through. It also asked readers to share the post with others by linking to it from their own sites. Hundreds did so, including some local celebrities.

“I don’t want to lose my mother, especially without me trying everything I can do to save her,” wrote Michael. “She’s done so much for me, the least I can do is spread the word and try to find a donor for her.”

One of these links was seen by an Ontario student, Graeme McNaughton, 23, on the website Reddit. A cousin of McNaughton who had been on a transplant waiting list had died five years ago, and he said that he resolved to do what he could if the opportunity arose to help someone in a similar

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Bethany Hamilton survived a shark attack while surfing in 2003. Her faith in God and story of perseverance has helped her become one of the most inspiring young women of her day.

### How I Remember Naji...

If I would have realized how fleeting his life was going to be I would have absorbed so much more from our conversations.

## NUTRITION

# Health Benefits of Cucumber

**C**ucumber is a vegetable that belongs to the gourd family, which includes gourds, melons, and squashes. Cucumber is often regarded as a healthy food because it is low in calories and fat. Cucumber also contains many vitamins and minerals that make it a healthy choice for cooking and snacking. Here are 15 health benefits of cucumber:

## KEEP BODY HYDRATED

Cucumber has 96% water content. It keeps the body hydrated, regulates its temperature, and helps in flushing out toxins as well!

## SKIN CARE

The high water content, vitamins A, B & C and the presence of certain minerals like magnesium, potassium, and silica make cucumbers an essential part of skin care. It can be used for skin tightening (facial masks), and can bring down the water retention rate which in turn diminishes the puffiness and swelling under the eyes. Cucumber peelings can also bring relief to skin irritation caused by sunburn or windburn.

## FIGHT CANCERS

Cucumber is known to contain lariciresinol, pinoresinol, and secoisolariciresinol – three lignans that have a strong history of research in connection with reduced risk of several cancer types, including breast cancer, prostate cancer, uterine cancer and ovarian cancer.

## CONTROL BLOOD PRESSURE

Cucumber juice contains high concentrations of potassium, magnesium and fiber that work effectively for regulating blood pressure.



## BENEFICIAL FOR TEETH AND GUMS

Cucumber is a good source of dietary fiber which also massages teeth and gums. Its juice is beneficial for people with dental problems.

## AID DIGESTION

Digestive disorders like acidity, heartburn, gastritis and even ulcers can be cured by the daily consumption of fresh cucumber juice.

## PROMOTE JOINT HEALTH

Cucumber is an excellent source of silica, which

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## Will You Further NCF's Work?

The Naji Cherfan Foundation was founded after the passing of the beloved Naji Cherfan. Our main goal is to praise the Lord through community work. The foundation works to improve the quality of life of the poorest of the poor of people, especially those affected by brain injury, while promoting Christian values.

If you like the work NCF is doing and wish to participate, we invite you to become a member of our Board. The goal is to share our inspiration and activities in your country. Please contact us for more information.

[info@najicherfanfoundation.org](mailto:info@najicherfanfoundation.org)

## Quoteable!

If you are a Christian, you are not a citizen of this world trying to get to heaven; you are a citizen of heaven making your way through this world.

—Vince Havner

# What's Your Reason For Not Wearing Your Seatbelt?

***"I won't be in an accident. I'm a good driver."***

Even if you're a good driver, a bad driver may still hit you.

***"I'm only going to the shopping center."***

Actually, this is the best time to wear a safety belt, since 80% of traffic fatalities occur within 10 km of your home and at below 60 km/ hour.

***"I'm afraid the belt will trap me in the car."***

Wearing belts increases the likelihood you will be conscious after impact, less injured and more able to get out.

***"I've heard of people in crashes who would have been killed if they'd been wearing belts."***

If a collision can kill you with a belt on, then you're out of luck without the belt, except by a fluke.

***"I don't need a belt — I've got an air bag."***

An air bag increases the effectiveness of a safety belt, but air bags were never meant to be used in place of safety belts since they don't protect against side impacts at all.

***"What about others who ride with you; what if they won't wear belts?"***

In any collision, unbelted passengers become flying objects. You can be injured if you are struck from behind by an unbelted passenger, even with your belt on.

*Kunhadi is a non-governmental organization founded after the passing away of the beloved Hadi as the result of a car accident. Kunhadi's mission is to introduce a new driving culture among youth to keep them safe on Lebanese roads. Their goal is to reach a better community understanding of road safety issues, and to find solutions for underlying problems and factors leading to road deaths and injuries. For more information, please visit Kunhadi's website at [www.kunhadi.org](http://www.kunhadi.org).*

Source: [kunhadi.org](http://kunhadi.org)

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plight. He offered to undergo testing and proved to be a match. After reassuring his parents, he underwent surgery to remove 65% of his liver. Surgeons estimated the donor's risk of death at 0.3%. At his age the missing liver tissue is expected to grow back fully.

Rates of organ donation in Canada and the United States have been virtually flat for several years. But social media may be peculiarly suited to help. Within days of Andrade's case becoming public, a popular local comedian in Ontario, Mike MacDonald, revealed through a website that he needed a new liver. The message was spread by fans on social media, and MacDonald has so far heard from

*Surgeons estimated the donor's risk of death at 0.3%.*

11 people who are undergoing testing for compatibility. A San Diego kidney patient, Michael Shelling, also reported this month that he had located a potential donor through a Facebook appeal.

Facebook's founder, Mark Zuckerberg, announced plans earlier this month to allow users to indicate their organ donor status and to provide a link that takes users to their local organ donor registry. The program is already running in the U.S. and in Britain in partnership with NHS Blood and Transplant. On its first day of operation in the U.S., 22 state organ donor registries saw about 6,000 new donors register; in a typical day the number is about 400. Over 100,000 U.S. users announced their intention to be organ donors online on the first day. The response "dwarfs any past organ donation initiative," said David Fleming, chief executive of Donate Life America.

Source: Owen Dyer, *BMJ* 18 May 2012.



# Sharpening One Another

*As iron sharpens iron, so a man sharpens the countenance of his friend.*

—Proverbs 27:17

## BIBLE IN A YEAR: JEREMIAH 9-12

Social networks on the Internet are on the rise. Even when separated by great distance, people are still able to gain insights and a listening ear from peers on-line. Blogs, Twitter, e-mail, and Web links add to the ways we can receive and give spiritual guidance.

But it's also valuable to meet face to face with mature believers for mentoring. "Elisha . . . followed Elijah" (1 Kings 19:21), and Paul mentored Timothy as "a true son in the faith" (1 Tim. 1:2). He even admonished Timothy to set up a chain of mentoring which would multiply spiritual growth (2 Tim. 2:2). Moses exhorted parents to teach their children throughout their day: "when you sit in your house, when you walk by the way, when you lie down, and when you rise up" (Deut. 6:7). The Master Teacher, Christ Himself, illustrated how to mentor: "He appointed twelve, that they might be with Him and that He might send them out" (Mark 3:14).

From these passages we see the value of meeting face to face in a variety of settings so that we can sharpen one another spiritually (Prov. 27:17). Along life's journey, there are times when we can benefit from a wise guide or provide this same service to one who wants to follow.

*Lord, who could be my mentor? And is there a younger person in the faith I could help?  
Please lead me so that I might grow stronger spiritually and help others as well.*

*We need each other to get where God wants us to go.*

Source: rbc.org

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known to help promote joint health by strengthening connective tissues.

### TREAT TAPEWORMS

Cucumber seeds are used as a natural remedy for treating tapeworms. Bruised cucumber seeds mixed with water are also effective in the treatment of swelling of the mucous membranes of the nose and throat.

### NAIL CARE

The high silica content of cucumber also helps to prevent splitting and degeneration of finger and toe nails.

## RELIEVE GOUT AND ARTHRITIS PAIN

Cucumber is rich in vitamins A, B1, B6, C & D, Folate, Calcium, Magnesium and Potassium and, when mixed with carrot juice, can relieve gout and arthritis pain by lowering uric acid levels.

### CURE DIABETES

Cucumber juice has been found to be beneficial for diabetic patients. This vegetable contains a hormone needed by the cells of the pancreas for producing insulin.

### REDUCE CHOLESTEROL

Researchers have found that a compound called sterols in cucumber may help to reduce cholesterol levels.

## STIMULATE HAIR GROWTH

Cucumber contains silicon and sulphur, and regular intake can help to promote healthy hair growth.

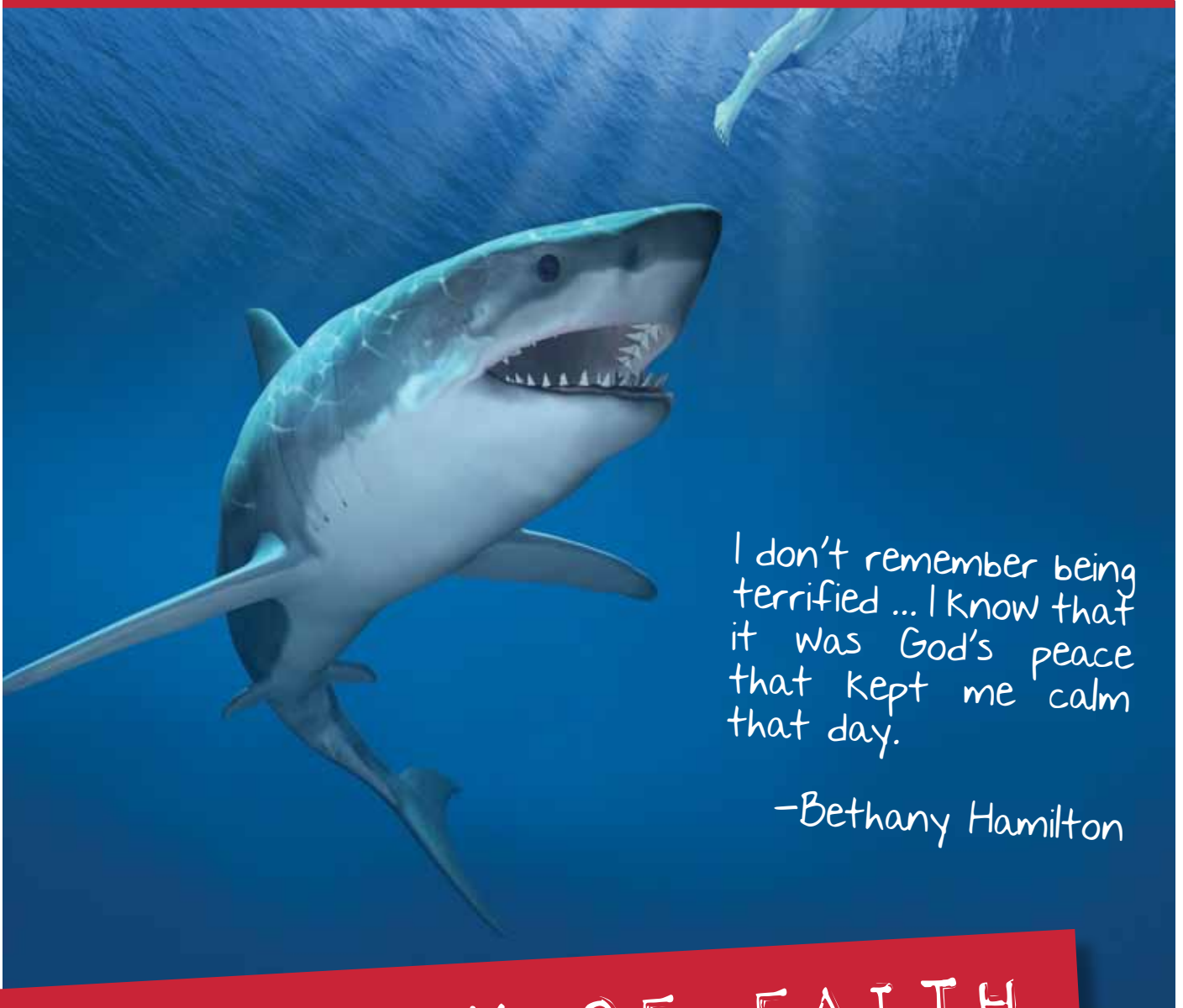
### ACT AS A DIURETIC

The water content of cucumber acts as a diuretic. It encourages the elimination of waste products from the body through urination. Regular intake of cucumber helps to dissolve bladder or kidney stones.

### AID IN WEIGHT LOSS

Due to its low calorie and high water content, cucumber is an ideal part of a balanced diet for people looking to lose weight.

Source: Vance Havner, healthonlinezine.info



I don't remember being terrified ... I know that it was God's peace that kept me calm that day.

-Bethany Hamilton

## A JOURNEY OF FAITH

Bethany Hamilton survived a shark attack while surfing in 2003. Her faith in God and story of perseverance has helped her become one of the most inspiring young women of her day. Discover how she bravely got back in the water with one less arm — and even more determination than she had before.

*What were you thinking when [the shark attack] happened?*

It happened so fast, but I remember knowing exactly what was happening. I felt my board lift and sudden pressure on my left arm. I saw a flash of gray as I was jerked side to side — and I knew it was a shark!

*Weren't you completely terrified?*

I know that would be a normal reaction, but I don't

remember being terrified. Two weeks before, I had taken a lifeguard emergency-response training class and had learned how important it is not to panic. But I know that it was God's peace that kept me calm that day.

*What did you want to be before you were bit by the shark? Did the attack make you change your mind?*

I've wanted to become a professional surfer since I was eight. For a little while when I was in the hospital after the attack, I thought I wouldn't be able to ever surf again. That didn't last long. I have a deep passion for surfing, and I was determined to keep going — arm or no arm. And I did; with God's help.



Christian, professional surfer and shark attack survivor Bethany Hamilton

### How has the attack changed you?

I look at life a little differently than I did before. I know that I'm very glad to be alive. And I thank God for that. I am also very grateful that I can still surf. Being alive and being able to surf makes me very thankful. When you come to a point in your life where you really truly want to serve and follow God on a seriously deep level, God won't let you down!

I am more deeply committed in my love for Jesus and take my relationship with Him more seriously than ever. I realize that God loves everyone soooooo much, and that He is always looking for a voice to share about His love. I have definitely had to get very real and serious about

my walk with God and had to decide if I am really real in my commitments to serve and obey Him.

### What's your favorite Bible verse?

Oh, that's an easy one — Jeremiah 29:11: 'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.' That verse really uplifted and inspired me when I was recovering from the attack.

### What do you do for World Vision?

I work with World Vision because I want to focus on the needs of disabled

children all over the world and raise money to support them. World Vision is a Christian organization that helps provide them with care, love and support, and gives them hope through Jesus Christ. I want to show the world's needy children that God has plans for their lives no matter what challenge they face.

### What's your family like?

My family is great. We are all very close. We all love the Lord, and we love surfing. We love each other very much and can pray together as well as goof around together. We are not always perfect and can get tired and grumpy with each other. But the Holy Spirit helps us to stay on track. We love to play practical jokes and have a good time. Our family motto is "The family that surfs and prays together stays together." Amen!

Source: beliefnet.com, soulsurferthemovie.com.

## PRAYER CORNER

*"May today there be peace within.*

*May you trust God that you are exactly where you are meant to be.*

*May you not forget the infinite possibilities that are born of faith.*

*May you use those gifts that you have received, and pass on the love that has been given to you.*

*May you be content knowing you are a child of God.*

*Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.*

*It is there for each and every one of us."*

—Thérèse de Lisieux



# Bluetooth Radiation

Bluetooth is a wireless technology that facilitates communication between different devices such as cell phones, computers and entertainment systems. Using low-power radio waves, it is a convenient alternative to Infrared communication such as that used in remote controls.

Bluetooth users enjoy instant, wireless communication. Imagine having your cell phone transfer calls directly to your home phone line because Bluetooth recognized that you were in your home. This technology also allows for instant file transfers and messages between Bluetooth users. One of the most significant advantages it has over Infrared technology is that the Bluetooth does not need a line of sight to transmit information.

## HOW BLUETOOTH WORKS: IS RADIATION A PROBLEM?

Bluetooth sends out weak radio signals to connect up to eight devices to each other within a range of about 10 feet. This is the same technology used by baby monitors and portable phones. Bluetooth uses a technique called “spread-spectrum frequency hopping” to ensure that each device is on a different frequency and therefore they do not interfere with one another. This gives users the convenience of being able to control a number of electronic devices in the home or workplace from a single Bluetooth-enabled device, such as a cell phone.

Because it emits radio waves, some worry that Bluetooth radiation could cause health problems. People sensitive to the waves sent out by microwaves, cell phones and radio towers often complain of nausea, headaches and other bothersome symptoms associated with their exposure. However, the Bluetooth signal at 1 milliwatt is extremely low compared to some cell phones, which may emit up to 3 watts. The signal is also transmitted throughout a space and not in a single, powerful beam. Bluetooth radiation is considered far less bothersome than cell phone radiation.

## PROS & CONS OF A WIRELESS NETWORK

Bluetooth is an intelligent technology in that it scans the radio waves of the area it is in to determine if other devices have data or other information to share with it. Without any instruction from the user, Bluetooth establishes a wireless network between the users. This technology has a number of useful applications. For example, in an office building, several computers could share information without having to use a complicated mess of wires and cables to build the network. Information



can be transmitted instantly over the Bluetooth network.

In the home, Bluetooth is a convenient tool. The Bluetooth-enabled entertainment system, portable phone, television and computer each have a transmitter for picking up signals within their network. Before Bluetooth, these devices could all work in a small area because they were on different networks and used different frequencies. Bluetooth technology is able to connect each of those separate frequencies on a single network, but still prevents them from interfering with each other.

One of the Bluetooth dangers is that the network capabilities that make it so convenient can also cause unauthorized file sharing. Users must take precautions to ensure that the information stored in their Bluetooth-enabled devices stays safe. Because it uses radio waves to transmit signals, those signals can be “grabbed” from the air by people who should not have access to it. Spam can also become a problem if other users are able to indiscriminately send out files to people within the range of their network. Users should become familiar with the security settings on their devices to ensure that they are prompted before releasing files or allowing a connection to their device.

Source: [radiationtalk.com](http://radiationtalk.com).

## HOW I REMEMBER NAJI...

It's very gratifying for me to think about Naji. I take my mind back to those times when he was with us and re-live the moments that made him so memorable. I remember being able to interact with him and observe him being himself. This is very gratifying because it makes me realize how much I learned from him.

He had a way with people. Somehow he could manage to get on everybody's good side. It didn't matter who he was talking to, chances were that two things ended up happening: he won the person over as a friend, and he got the person to do what he wanted them to do. I could not believe how he was able to do it with random people on the street and with people of high social circles. I never knew just how, but he always managed to establish a connection with the individual in front of him and become a positive influence to that person. He got people excited about whatever it was that he was excited about.

I remember when I first met him, we were at the art institute of Fort Lauderdale. He sat next to me in one of the computer labs and he tried to get me to look at a strange picture that would create an interesting image in my mind if I looked at it long enough and then closed my eyes. He would not give up until I did what he was asking; he kept on saying that

it would be interesting. Right there I saw that this person next to me was not going to be easy to forget. What I didn't know, however, was that he would become important to me. We became friends throughout his time at the Art Institute and became closer as he invited me to work at his family's firm. Naji always spoke his heart. He personified the maxim "what you see is what you get."

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*God made for Himself  
a masterpiece when  
He created Naji.*

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We would talk about God. This was a deep concern for him. One time he asked me, "How do I make things right with God?" In the honesty of his heart he had realized his faults before God and he knew that only God could help him make things right. We spoke about Jesus and how the Bible talks precisely [about] his situation. He attended church and had made friends with several pastors in Kifissia. God only knows what happened in Naji's heart during that one conversation we



had. I remember about a year later he made reference to that time and told me how meaningful it was to him. He spoke about changes that occurred deep in his soul.

I would relive those moments with Naji. I would enjoy all those conversations again. If I would have realized how fleeting his life was going to be I would have absorbed so much more from our conversations. I see him everywhere now. Not physically or in any sort of apparition, instead I see him in other people. Many people somehow bring my mind back to Naji. I find myself talking often about him. I realize that even I myself reflect Naji in many ways. It turns out I was influenced by him. My life benefited greatly from having met and interacted with Naji. I'm grateful to God for those times.

God made for Himself a masterpiece when He created Naji.

*Adolfo Navarro*

## People Are Born To Shine!

*People are Born To Shine* is a bi-monthly, electronic newsletter owned by The Naji Cherfan Foundation focusing on spirituality and health. The objective of *People are Born to Shine* is to raise awareness among our readers on health challenges and disease prevention, while inspiring them to live a fuller, more abundant life guided by Christian values. This newsletter is dedicated to those affected by brain injuries including the injured as well as their family members, caregivers and friends.

The content has been carefully selected from internet sources considered reliable and accurate to bring you good news of health and spiritual well being, however The Naji Cherfan Foundation assumes no responsibility for inaccurate information.

For subscriptions and comments, please contact us: [info@najicherfanfoundation.org](mailto:info@najicherfanfoundation.org)

Publisher: CCM Group; Editorial Consultant: George C. Cherfan; Editor in Chief: Christina A. Bitar; Layout: Art Department, CCM Group, USA; Contributors: Sana Cherfan, Kelley Nemitz, and Patricia B. Cherfan.

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