

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.



LIFE LESSONS

Nick's Story

Hi Friend,

My name is Nick Vujcic and I am thankful to have been born 30 years ago with no arms and no legs. I won't pretend my life is easy, but through the love of my parents, loved ones, and faith in God, I have overcome my adversity and my life is now filled with joy and purpose. I now reside in California with my wife, Kanae, and we both love seeing people's lives changed for the better or touched in some way. It is my hope that your life is positively impacted by my story.

I was born and raised in Melbourne, Australia, and it was a shock to my parents that I arrived without limbs. There is no medical reason for it. My parents did their very best to keep me in the mainstream school system and give me every opportunity to live to the fullest. I was blessed to have a

After a couple [of suicide] attempts, I realized that I did not want to leave my loved ones with the burden and guilt that would result from my suicide. I could not do that to them.

brother and a sister as my best friends too.

We later moved to Brisbane, Australia, where I lived for 14 years before I made the move to California. At age eight, I could not see a bright future ahead and I became depressed. When I was ten years old, I decided to end my life by drowning myself in a bathtub. After a couple of attempts, I realized that I did not want to leave my loved ones with the burden and guilt that would result from my suicide. I could not do that to them.

I wasn't depressed my entire childhood, but I did have ups and downs. At age thirteen I hurt my foot, which I use for many things like typing, writing and swimming. That injury made me realize that I need to be more thankful for my abilities and less focused on my disabilities.

When I was fifteen years old, I sealed my faith in God and from there it has been an amazing journey.

A janitor at my high school inspired me to start speaking about my faith and overcoming adversity when I was seventeen. I spoke only a dozen times to very small groups over the next two years. Then I found myself in front of



In this issue

Start Eating Pineapple

Pineapple offers a rich source of the micronutrients that your body needs.

Sciatica

Sciatic pain can range from mild to very painful.

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Bringing greater joy to our lives...

Children's Appeal to Adults

Drive safely—our lives are in your hands.

www.najicherfanfoundation.org

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NUTRITION

So Many Reasons to Start Eating Pineapple

Beyond the vitamins and minerals that most fruits provide, pineapple offers a rich source of some of the lesser known micronutrients that your body needs. In addition, fresh pineapple is a very healthy and low calorie fruit that can stave off hunger. If you don't need to watch your intake of fructose, pineapple is a healthy food for supplementing your diet.

A cup of pineapple chunks is a refreshing and healthy snack, with 80 calories, no fat and one gram of protein. But one cup of pineapple contains 15 grams of sugar—a rather high amount that can cause a blood sugar spike in diabetics.

People have used pineapple to treat inflammation and indigestion. Not only does fresh pineapple add juicy sweetness to your dishes, but it also contains bromelain—a digestive enzyme that helps break down food to reduce bloating. Bromelain is used today in supplement form to reduce inflammation after surgery and to treat nasal swelling during sinus infections. Bromelain may also ease pain from osteoarthritis.

Most people believe that pineapple is able to burn fat in the body. However recent scientific findings show that while the pineapple does prevent deposition of a new fat, it has a little effect on decreasing already existing body fat.

The latest studies reveal that pineapple contains anti carcinogenic agents. Pineapple may play a role in keeping your cells healthy. A cup of fresh pineapple chunks contains 70 milligrams of vitamin C and 95 milligrams of vitamin A, supplying you with all the vitamin C you need each day, and about 20% of your recommended daily intake of vitamin A.

One cup of raw pineapple gives you 1.55 milligrams of manganese, a mineral that helps develop strong bones and connective tissues.

This tropical fruit can prevent blood clots and marble bone diseases.

Eating pineapple will strengthen your gums, and will help to keep your teeth healthy and strong.

Including pineapple in your diet will lower your risk for macular degeneration—the leading cause of vision loss in adults—by as much as 35 percent, because this tropical fruit contains β carotene, a substance known to benefit sight.

Source: www.fitnea.com



Will You Further NCF's Work?

The Najj Cherfan Foundation was founded after the passing of the beloved Najj 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 all ages, both those who are healthy and those with health problems, and those with brain injury of any kind, resulting from accident, stroke, etc, 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 at +961 (0)4 522221.

info@najjcherfanfoundation.org

Quotable!

“If you don't believe in miracles perhaps you've forgotten you are one.”

—Karen Salmansohn

Sciatica



Sciatica is the name given to any sort of pain that is caused by irritation or compression of the sciatic nerve.

The sciatic nerve is the longest nerve in your body. It runs from the back of your pelvis through your buttocks and all the way down both legs, ending at your feet.

When something compresses or irritates the sciatic nerve, it can cause a pain that radiates out from your lower back and travels down your leg to your calf. Sciatic pain can range from mild to very painful.

Causes of sciatica

A slipped disc is the most common identified cause of sciatica, but in some cases there is no obvious cause.

Less common causes include spinal stenosis (narrowing of the nerve passages in the spine), injury, infection or a growth in the spine.

When to see your doctor

Most people find their sciatic pain goes away naturally within a few days or weeks. However, see your doctor if:

- You experience any other symptoms together with your back and leg pain, such as weight loss or loss of bladder or bowel control
- You experience increasingly more pain and discomfort
- Your pain is too severe to manage with self-help measures

In these cases, your doctor should check whether there is a more serious problem causing your pain.

Treating sciatica

Most cases of short-term (known as acute) sciatica will pass without the need for treatment. A combination of things you can do at home, such as

Saint Pio of Pietrelcina

May Jesus comfort you in all your afflictions.

May He sustain you in dangers, watch over you always with His grace, and indicate the safe path that leads to eternal salvation.

And may He render you always dearer to His Divine Heart and always more worthy of Paradise.

Amen

Prayer Corner

taking over-the-counter painkillers, exercise and hot or cold packs can usually relieve the symptoms.

For persistent (chronic) sciatica, you may be advised to try a structured exercise program under the supervision of a physiotherapist. In very rare cases, surgery may be needed to control the symptoms.

Preventing sciatica

There are some steps you can take to minimize your risk of a slipped disc or back injury that could lead to sciatica. This includes:

- Better posture and lifting techniques at work
- Stretching before and after exercise
- Simple, regular exercises to improve flexibility

Source: <http://www.nhs.uk/>

DAILY INSPIRATIONS

Pope Francis Reveals Top 10 Secrets to Happiness

Slowing down, being generous and fighting for peace are part of Pope Francis' secret recipe for happiness. In an interview published in part in the Argentine weekly *Viva* July 27, the pope listed his Top 10 tips for bringing greater joy to one's life:

1. "Live and let live." Everyone should be guided by this principle, he said, which has a similar expression in Rome with the saying, "Move forward and let others do the same."

2. "Be giving of yourself to others." People need to be open and generous toward others, he said, because "if you withdraw into yourself, you run the risk of becoming egocentric. And stagnant water becomes putrid."

3. "Proceed calmly" in life. The pope, who used to teach high school literature, used an image from an Argentine novel by Ricardo Güiraldes, in which the protagonist looks back on how he lived his life.

"He says that in his youth he was a stream full of rocks that he carried with him; as an adult, a rushing river; and in old age, he was still moving, but slowly, like a pool of water", the pope said. He said he likes this latter image of a pool of water—to have "the ability to move with kindness and humility, a calmness in life."

4. "A healthy sense of leisure." The pleasures of art, literature and playing together with children have been lost, he said.

"Consumerism has brought us anxiety" and stress, causing people to lose a "healthy culture of leisure." Their time is "swallowed up" so people can't share it with anyone.

Even though many parents work long hours, they must set aside time to play with their children. Work schedules make it "complicated, but you must do it," he said.

Families must also turn off the TV when they sit down to eat because, even though television is useful for keeping up with the news, having it on during mealtime "doesn't let you communicate" with each other, the pope said.

5. Sundays should be holidays. Workers should have Sundays off because "Sunday is for family," he said.

6. Find innovative ways to create dignified jobs for young people. "We need to be creative with young people. If they have no opportunities they will get into drugs" and be more vulnerable to suicide, he said.

"It's not enough to give them food," he said. "Dignity is given to you when you can bring food home" from one's own labor.

7. Respect and take care of nature. Environmental degradation "is one of the biggest challenges we have," he said. "I think a question that we're not asking ourselves is: 'Isn't humanity committing suicide with this indiscriminate and tyrannical use of nature?'"

8. Stop being negative. "Needing to talk badly about others indicates low self-esteem. That means, 'I feel so low that instead of picking myself up I have to cut others down,'" the pope said. "Letting go of negative things quickly is healthy."

9. Don't proselytize; respect others' beliefs. "We can inspire others through witness so that one grows together in communicating. But the worst thing of all is religious proselytism, which paralyzes: 'I am talking with you in order to persuade you.' No. Each person dialogues, starting with his and her own identity. The church grows by attraction, not proselytizing," the pope said.

10. Work for peace. "We are living in a time of many wars," he said, and "the call for peace must be shouted. Peace sometimes gives the impression of being quiet, but it is never quiet, peace is always proactive" and dynamic.

Source: www.catholicnews.com

Children's Appeal to Adults



How you can help us:

- Remember, you're a pedestrian sometimes too.
- Give us time and room to cross. Your speed can make the difference between life and death.
- Remember, we are small and may be hard to see.
- Be ready for the unexpected.

Please:

- Observe all highway laws.
- Keep your speed down.
- Leave the pavements clear.

- Don't park on zigzag lines.
- Keep zebra crossings clear.
- Don't park in school car parks.
- Keep nearby driveways clear.
- Don't stop in the middle of the road.
- Don't park on bends in the road.
- Don't open doors into the road when other cars are coming.
- Be patient – don't beep horns or become angry.
- Park sensibly.

Drive safely—our lives are in your hands.

Source: [croxleygreen-pc.gov.uk/cg/meetings/junior council](http://croxleygreen-pc.gov.uk/cg/meetings/junior_council)

NICK'S STORY continued from page 1

three hundred sophomore (grade 10) students and I was very nervous. My knees were shaking. Within the first three minutes of my talk, half the girls were crying, and most of the boys were struggling to hold their emotions together. One girl in particular was sobbing very hard. We all looked at her and she put her hand up. She said, "I am so sorry to interrupt, but can I come up and hug you?"

She came hugged me in front of everyone, and whispered in my ear, "Thank you, thank you, thank you. No one has ever told me that they loved me and that I am beautiful the way I am."

Her gratitude inspired me to go across 44 countries and speak 2,000 times. I realized that we all need love and hope and that I was in a unique position to share that with people around the world.

While majoring in both accounting and financial planning at a university, I also worked on developing my abilities as a speaker. I worked with a speaking coach who helped to cultivate me as a presenter. He especially worked on my body language as my hands flew everywhere at first!

I spoke on motivational topics after creating the company **Attitude is Altitude**.

I gave my life to Jesus and started sharing my walk of faith. Jesus has given me victory over every circumstance and comforted me in every pain. I believe that once you find faith in God, you will experience the greatest peace, joy and fulfillment. My faith in God is why I am driven to motivate, share and travel. We established a non-profit organization called **Life Without Limbs** to serve as a platform that enables me to go around the world and share my faith in God and how important it is to have Him in our lives.

Though I attempted suicide as a child, I now want to enjoy this great world for as long as possible. I have chosen to put my faith in God. I know there is more to this life than meets the eye. I have experienced a love that is greater than we can

comprehend. I look forward to Heaven, a real place I am going to where there will be no more pain, death, sickness, violence, abuse or evil of any kind. I can't wait to be given arms and legs and to join my loved ones as we reunite to live the real, "happily ever after."

I can never be perfect, no matter how hard I try. To reach Heaven I need to be forgiven for all the things I have done wrong. That is why Jesus, the Son of God, died for the world. He was the only one who could raise Himself from the grave and live a blameless life. He died for my sins and took my place for the punishment of sin, death itself.

Some believe that it is illogical to believe in Jesus. I say it is logical to follow the one who claimed to be God and proved it by being holy and resurrecting from the grave. I have seen the power of my faith. I have a personal relationship with Jesus. If you do not share that faith, well I am just thankful that I can share mine with you today.

Dream big, my friend, and never give up. We all make mistakes, but none of us are mistakes. Take one day at a time. Embrace the positive attitudes, perspectives, principles and truths I share, and you, too, will overcome.

I love you ALL very much.
Nick

Source: www.attitudeisaltitude.com



10 Things You Can Do to Save the Ocean

1. Mind Your Carbon Footprint and Reduce Energy Consumption

Reduce the effects of climate change on the ocean by leaving the car at home when you can and being conscious of your energy use at home and work. A few things you can do to get started today: Switch to compact fluorescent light bulbs, take the stairs, and bundle up or use a fan to avoid over setting your thermostat.

2. Make Safe, Sustainable Seafood Choices

Global fish populations are rapidly being depleted due to demand, loss of habitat, and unsustainable fishing practices. When shopping or dining out, help reduce the demand for overexploited species by choosing seafood that is both healthful and sustainable.

3. Use Fewer Plastic Products

Plastics that end up as ocean debris contribute to habitat destruction and entangle and kill tens of thousands of marine animals each year. To limit your impact, carry a reusable water bottle, store food in non-disposable containers, bring your own cloth tote or other reusable bag when shopping, and recycle whenever possible.

4. Help Take Care of the Beach

Whether you enjoy diving, surfing, or relaxing on the beach, always clean up after yourself. Explore and appreciate the ocean without interfering with wildlife or removing rocks and coral. Go even further by encouraging others to respect the marine environment or by participating in local beach cleanups.

5. Don't Purchase Items That Exploit Marine Life

Certain products contribute to the harming of fragile coral reefs and marine populations. Avoid purchasing items such as coral jewelry, tortoise shell hair accessories (made from hawksbill turtles), and shark products.

6. Be an Ocean-Friendly Pet Owner

Read pet food labels and consider seafood sustainability

when choosing a diet for your pet. Never flush cat litter, which can contain pathogens harmful to marine life. Avoid stocking your aquarium with wild-caught saltwater fish, and never release any aquarium fish into the ocean or other bodies of water, a practice that can introduce non-native species harmful to the existing ecosystem.

7. Support Organizations Working to Protect the Ocean

Many institutes and organizations are fighting to protect ocean habitats and marine wildlife. Find a national organization and consider giving financial support or volunteering for hands-on work or advocacy. If you live near the coast, join up with a local branch or group and get involved in projects close to home.

8. Influence Change in Your Community

Research the ocean policies of public officials before you vote or contact your local representatives to let them know you support marine conservation projects. Consider patronizing restaurants and grocery stores that offer only sustainable seafood, and speak up about your concerns if you spot a threatened species on the menu or at the seafood counter.

9. Travel the Ocean Responsibly

Practice responsible boating, kayaking, and other recreational activities on the water. Never throw anything overboard, and be aware of marine life in the waters around you. If you're set on taking a cruise for your next vacation, do some research to find the most eco-friendly option.

10. Educate Yourself about Oceans and Marine Life

All life on Earth is connected to the ocean and its inhabitants. The more you learn about the issues facing this vital system, the more you'll want to help ensure its health—then share that knowledge to educate and inspire others.

How I Remember Naji...

God in Our Life

When we learn about God, we become one of His instruments. If you and I could achieve salvation on our own, there would have been no reason for Christ to die for us.

God's grace strengthens and saves us when we choose to love Him. Faith is when you know God is real but unseen. I try to do what God puts into my heart, not what people put into my head. Faith also tells me that Jesus is my one true friend

whom I can always count on.

Living your faith through silent example enriches your life and the lives of others. We use our mind to think, body to work, and heart to love. Being productive everyday is a good thing. It doesn't matter what area of your life it is. It's not important what anyone else does; it's your own personal result. When we allow little negative things to grow within us, they add up like a big weight on our shoulders. You cannot hold good in one hand and bad in

the other. Sometimes we have to accept things that we don't want to accept. In life, not everything can be explained. Actions create our own personal truth. Love, work and play. Hold on to your personal truth even if it seems that others don't see it.

When we take responsibility for our actions, it is no longer necessary to make excuses for things that happen. We can filter our thoughts before we speak.

—Naji Cherfan



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inspirational messages!
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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 people of all ages, those who are healthy and those with health problems and those with brain injury of any kind, resulting from accident, stroke, etc.

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. The NCF would like to recognize the devoted work of its volunteers, mainly Isabelle Boghossian, Marianne Debs, Me. Kamal Rahal, Me. Harold Alvarez, Zeina Costantine, Joyce Abou Jaoude, Rita Kassis, Marleine Nassrany, Diala Ghostine Nassrany, Dima Rbeiz, Father Joseph Abdel Sater, Father Joseph Soueid, Reine Kassis, Nabil Khoury, Roland Khoury, Father Elia Chalhoub, Valéria de Proença, Athena and Christina Georgotas, Violette Nakhle, Sawsan Bechara, Leopoldine Theophanopoulos, Roly Lakeman, Cristina Monfeli, Maria Goreti, Professor Lydia & Ambassador Alejandro Diaz, and all the field volunteers who are supporting NCF in spreading the words of Jesus through their institutions, churches, hospitals, establishments, etc.

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For subscriptions, please sign up through our website: www.najicherfanfoundation.org or call us at +961 (0)4 522 221.

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