

# 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.



## INSPIRATION

# The Wooden Bowl

I guarantee that you will remember the tale of *The Wooden Bowl* tomorrow, a week from now, a month from now... even a year from now. It goes like this:

A frail old man went to live with his son, daughter-in-law, and four-year-old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered.

The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess. 'We must do something about him,' said the son.

'I've had enough of his spilled milk, noisy eating, and food on the floor.'

So the husband and wife set a small table in the corner.

There, Grandfather ate alone while the rest of the family enjoyed their dinner.

For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

Since Grandfather had broken a dish or two, his food was served in a wooden bowl.

When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone.

Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, 'What are you making?' Just as sweetly, the boy responded, 'Oh, I am making a little bowl for you and Mama to eat your food in when I grow up.'

The four-year-old smiled and went back to work.

The words so struck the parents that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done.

That evening the husband took Grandfather's hand and gently led him back



## In this issue

### 8 Natural Ways to Boost Immunity for Kids

Good nutrition is essential to a strong immune system.

### Allergies and Asthma

You may wonder what allergies and asthma have in common aside from making you miserable. A lot, as it turns out.

### Pool Safety Rules

Drowning contributes to serious injury and death in children every year.

### How to Protect the Ozone Layer

The ozone layer can repair itself slowly over the next 50 years...with our help.

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[www.najicherfanfoundation.org](http://www.najicherfanfoundation.org)

## KIDS' HEALTH

# 8 Natural Ways to Boost Immunity for Kids

**EAT FRUITS & VEGETABLES.** Good nutrition is essential to a strong immune system and it can offer seasonal protection from illnesses, as well as other health problems like allergies.

**VACCINATE.** Stay current on your child's immunizations. Immunizations in younger years can help prevent disease as kids grow into adults.

**GET ADEQUATE SLEEP.** Kids need between eight and 12 hours of sleep a night to help keep their bodies strong. Stick to a regular, calming evening routine. Also, power down distracting electronic devices that can interrupt sleep.

**EXERCISE REGULARLY.** Active kids are healthier kids. Experts recommend that kids get 60 minutes of physical activity every day.

**TEACH HAND WASHING.** Basic hand washing with soap and water prevents the spread of disease. Have your child sing for 20 seconds or say the ABCs twice. Avoid overuse of sanitizers, which destroy both good and bad bacteria on the hands.

**TRY CASTOR OIL.** Extruded from the castor bean plant, castor oil can be rubbed on your child's belly at night when the immune system is most active. Castor oil is both anti-cancer and an anti-inflammatory.

**POWER UP WITH OMEGA-3s.** A recent study published in the *Journal of Leukocyte Biology* suggests that omega-3 fatty acids found in fish oil and plant sources, like flax seeds, chia seeds, Brussels sprouts and cauliflower, could also help boost immune function.

Try to integrate these vitamins and nutrients into your family's diet:

- **PROTEIN** (lean meats, beans, nuts, eggs, soy products and seeds) boosts the body's defense system.

- **VITAMIN A** helps keep the skin, respiratory system and tissues in your mouth, stomach and intestines healthy. Good sources are sweet potatoes, carrots, kale, spinach and apricots.

- **VITAMIN C** stimulates the formation of antibodies that fight infection. Good sources are citrus fruits, red bell pepper, papaya and tomato juice.

- **VITAMIN E** is an antioxidant that neutralizes free radicals in the body. Good sources are sunflower seeds, almonds, hazelnuts, peanut butter, sunflower/safflower oils, and spinach.

- **ZINC** is a nutrient that helps wounds heal and keeps the immune system working properly. Good sources are lean meats, poultry, seafood, milk, whole grain products, beans and nuts.

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



# Allergies and Asthma

They often occur together. You may wonder what allergies and asthma have in common aside from making you miserable. A lot, as it turns out. Allergies and asthma often occur together.

The same substances that trigger your hay fever symptoms may also cause asthma signs and symptoms, such as shortness of breath, wheezing and chest tightness. This is called allergic asthma or allergy-induced asthma. Certain substances, such as pollen, dust mites and pet dander, are common triggers. In some people, skin or food allergies can cause asthma symptoms.

James T C Li, M.D., Ph.D., a Mayo Clinic allergy specialist, answers questions about the link between allergies and asthma.

## *How does an allergic reaction cause asthma symptoms?*

An allergic response occurs when immune system proteins (antibodies) mistakenly identify a harmless substance, such as tree pollen, as an invader. In an attempt to protect your body from the substance, antibodies bind to the allergen. The chemicals released by your immune system lead to allergy signs and symptoms, such as nasal congestion, runny nose, itchy eyes or skin reactions. For some people, this same reaction also affects the lungs and airways, leading to asthma symptoms.

## *Who's at risk of allergic asthma?*

A family history of allergies is a major risk factor for allergic asthma. Having hay fever or other allergies yourself also increases your risk of getting asthma.

## *Is all asthma caused by allergies?*

Though allergic asthma is very common, there are other types of asthma with different kinds of triggers. For example, for some people, asthma can be triggered by exercise, infections, cold air, gastroesophageal reflux disease or stress. Many people have more than one kind of asthma trigger.

## *Take charge: Get symptoms under control*

Know the things that trigger your allergy and asthma symptoms and learn how to limit your exposure to them. Work with your doctor to find the best treatment to manage your symptoms, and check in with your doctor on a regular basis. Because allergy and asthma symptoms can change over time, you may need to adjust your treatment accordingly. Learn the signs that your asthma may be flaring up — and know what to do when it does.

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

## Prayer Corner

1 Seek ye first the kingdom of God And His righteousness; And all these things shall be added unto you. Hallelu, Hallelujah! (Matthew 6:33)

2 Ask, and it shall be given unto you; Seek, and you shall find. Knock, and it shall be opened unto you. Hallelu, Hallelujah! (Matthew 7:7)

3 Man shall not live by bread alone, But by every word That proceeds out from the mouth of God. Hallelu, Hallelujah! (Matthew 4:4)

It is with great pleasure that the NCF has been bringing to you inspiring stories from around the world in each edition of *People Are Born To Shine*. We continuously search many online sources to bring you the most touching stories of hope and encouragement and health, and we want to thank you all for your continuous support. We are committed to bringing you more and more inspiring stories full of love, giving and sharing in 2015.



## OUR DAILY BREAD

# Facing The Impossible

In 2008, house values were tumbling in the United Kingdom. But two weeks after my husband and I put our home of 40 years on the market, a buyer offered us a good price and we agreed to a sale. Soon our builders started work on the house I had inherited, which would be our new home. But a few days before the sale of our old home was finalized, our buyer pulled out. We were devastated. Now we owned two properties—one whose value was tumbling rapidly, and the other a virtual ruin that we could neither sell nor move into. Until we found a new buyer, we had no money to pay the builder. It was an impossible situation.

When Joshua faced Jericho, a fortified city in lockdown, he may have felt as if he was facing an impossible situation (Josh. 5:13–6:27). But then a Man with a drawn sword appeared to him. Some theologians think the Man was Jesus Himself. Joshua anxiously asked if He would be backing the Israelites or their enemies in the forthcoming battle. “‘Neither one,’ he replied. ‘I am the commander of the Lord’s army’” (5:14 nlt). Joshua bowed in worship before he took another step. He still didn’t know how Jericho would be delivered into his hand, but he listened to God and worshiped Him. Then he obeyed the Lord’s instructions and the impossible happened.

*Dear Lord, often when I am faced with an impossible situation I choose worry rather than trust. Help me to trust You and to remember that nothing is too hard for You.*

*Nothing is impossible for the Lord.*

Source: oclb.org



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najicherfanfoundation](https://www.facebook.com/najicherfanfoundation)

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

## Quotable!

Commit your works to the Lord and  
your plans will be established.

—Proverbs 16:3

# Pool Safety Rules

Drowning is among the most significant accidents contributing to serious injury and death in children every year. Swimming pool accidents can occur quickly, without warning, so learning and practicing the following pool safety precautions is essential.

- Never allow children to swim alone without adult supervision, even if they have taken swimming lessons. And when children are in the pool, be observant and supervise all activities.
- Completely enclose your pool with removable pool safety fences that are at least four feet high. Install self-closing and self-latching gates, and position latches out of the reach of children.
- Position tables and chairs far away from the pool safety fence in order to prevent children from climbing into your pool area.
- Eliminate the temptation to leave children unattended when getting a phone call by keeping a telephone in the pool area. Keep emergency numbers near the poolside phone.
- At get-togethers designate someone as the pool watch guard, rotating so everyone has a good time.
- All children over the age of four should attend an accredited swimming class. If this isn't possible, instruct them in basic flotation and life saving techniques.
- Start setting pool rules and referring to pool safety when kids are very young. Teach older kids the buddy system rule: Don't go near the water by yourself.



- Do not leave the pool open. In order to prevent children from going into the pool area unattended, keep all doors and windows around the pool area secure.
- Install a security lock on doors into the pool area.
- Be sure that the cover of the swimming pool is completely lifted off the pool. Never keep your cover partially open because children can become trapped under it. Also, make a point that children are not to walk close to the pool cover.
- Keep rescue equipment around the pool.
- Learn CPR.
- When not being used, remove steps or ladders.
- Keep electrical appliances away from the pool.

Following these safety rules will help minimize the likelihood of injuries and drowning, and will ensure that swimming is a fun activity for the whole family.

Source: [apartmentsafety.info](http://apartmentsafety.info)

## BOWL continued from page 1

to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

### *On a positive note...*

I've learned that, no matter what happens, how bad it seems today, life does go on, and it will be better tomorrow.

I've learned that you can tell a lot about a person by the way he/she

handles four things: a rainy day, the elderly, lost luggage, and tangled Christmas tree lights.

I've learned that making a 'living' is not the same thing as making a 'life...'

I've learned that life sometimes gives you a second chance.

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back sometimes.

I've learned that if you pursue happiness, it will elude you but, if you focus on your family, your friends, the needs of others, your work and doing

the very best you can, happiness will find you.

I've learned that whenever I decide something with an open heart, I usually make the right decision.

I've learned that even when I have pains, I don't have to be one.

I've learned that every day, you should reach out and touch someone.

People love that human touch -- holding hands, a warm hug, or just a friendly pat on the back.

I've learned that I still have a lot to learn.

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

## FAMILY AND PARENTING

# The 9 Biggest Discipline Mistakes Parents Make

To err is human, and to make discipline mistakes is sometimes a part of being a parent. The next time your child misbehaves and you find yourself losing your cool or wondering if you are handling your child's bad behavior the right way, think about these solutions to fixing common discipline mistakes that parents often make. Mistakes are what we learn from so that we can grow.

## 1 | *Not being respectful*

We parents ask our children to respect us, but we sometimes forget that respect should be a two-way street. One of the most common mistakes parents make when disciplining children is yelling, speaking in a harsh and angry tone, or even insulting their children.

## 2 | *Disciplining while angry*

When you reprimand your child while you mad about something they did, you are more likely to shout or say something you don't mean.

Take a few minutes to calm down. In fact, taking some time to reflect on the conflict may help you both deal with the situation in a calmer manner.

## 3 | *Being inconsistent*

If you reprimand your child for not cleaning his room one day and then not bother to talk to him about it when his room is messy for days on end, your child is getting a very inconsistent message.

Give your child clear and simple directions. Set him up for good behavior, and if he does not follow through, give him a consistent set of consequences.

## 4 | *Talking/explaining too much*

While it's a good idea to talk to your child about why something she did was not appropriate so that she can have a clear sense of what she did wrong and how she can behave differently the next time, going into lengthy and detailed explanations about her behavior is not a good idea.

Be as direct as possible and break it down into basics for your child.

## 5 | *Going negative*

Hearing a string of "don'ts" and "no's" isn't any fun for anyone, especially a child.

Approach things from a more positive perspective by talking about what can be done better. Show your child some examples of how to speak in a nice and more friendly manner.

## 6 | *Thinking disciplining means punishing*

Often, parents forget that the point of disciplining children is to give them firm guidelines and limits so that they do not need to be punished. Disciplining means setting up boundaries and expectations so that kids know what is expected of them.

When you discipline a child, you are showing her how to make good choices and choose behaviors that are positive and ultimately good for her.

## 7 | *Not practicing what you preach*

You tell your child not to tell lies but routinely fib to get out of things you don't want to do, like you yell at your children and angrily tell them to speak nicely to each other. The problem is that we often do not see our own behavior, and forget that our children are watching our every move and learning how to behave by using our example.

As much as possible, try to live up to the example that you are setting up for your child.

## 8 | *Not fitting the discipline technique to your child*

When it comes to child discipline, one size does not fit all. What worked on a child's sibling or the kids of friends may be the wrong approach for that particular child.

Try different approaches to tailor discipline techniques to each individual child.

## 9 | *Not disciplining children at all*

Among the many important reasons why we need to discipline children is the fact that children who are raised with clear limits and guidance are more likely to be happy, pleasant people who have good self-control. When children are not disciplined, not given any limits or consequences and are spoiled, they are often selfish, unable to self-regulate, and unpleasant to be around.

Not disciplining a child is not good for him. As long as you handle his misbehavior with love and firm guidance, your child will learn and grow from his mistakes.

Source: [childparenting.about.com](http://childparenting.about.com)



# How to Protect the Ozone Layer

## REDUCING OZONE-DEPLETING PRODUCTS AND ADVOCATING FOR OZONE PROTECTION

Stratospheric ozone, otherwise known as the ozone layer, is layer of gas that partially shields the earth from the sun's ultraviolet (UV) radiation. Increased UV rays lead to skin cancer, eye problems and immune suppression. The use of man-made greenhouse gasses in industry and household goods has caused a severe depletion of the ozone layer. If humans eliminate the use of ozone-depleting chemicals, the ozone layer can repair itself slowly over the next 50 years.

### *Reducing Ozone-Depleting Products*

**1- Check your fire extinguishers to find active ingredients.** If "halon" or "halogenated hydrocarbon" is the main ingredient, throw it for recycling, and buy a model without this harmful ozone-depleting chemical. If you have to use your fire extinguisher, you will not be aggressively depleting ozone while you do it.

**2- Don't buy aerosol products with chloro-fluorocarbons (CFC).** Although CFCs have been banned or reduced in many applications, the only way to be sure is to check the label on all your hairsprays, deodorants and household chemicals. Opt for pump spray products over pressurized cans, to further reduce your chance of buying CFCs.

**3- REPAIR YOUR REFRIGERATOR, FREEZER AND AIR CONDITIONING UNITS IMMEDIATELY UPON ANY SIGN OF PROBLEMS.** These devices use an ozone-depleting chemical to function, so leaks release the chemical into the atmosphere. If these devices break, find a safe place to recycle the item so that it will not leak Freon into the atmosphere.

**4- Purchase new refrigerators, freezers or air conditioners that don't contain Freon or other chlorofluorocarbons.** Most manufacturers produce models with fluorine, rather than chlorine that do not deplete the ozone layer.

**5- Buy lumber, wood products and plywood that were not treated with methyl bromide.** This pesticide is used commonly to fumigate; however, its industrial use is still actively depleting the ozone layer.



Researching and choosing construction products that don't employ bromomethane could be just as important as stopping the use of CFCs at home, since elemental bromine has been found to be more toxic to the ozone layer than chlorine.

**6- Don't buy office products like liquid correction fluid or compressed air that contain methylchloroform.** This is also known as "1,1,1-trichloroethane." It is popular as a solvent, but is also depleting the ozone layer.

### *Advocating For Ozone Protection*

**1- Look into your food sources.** If your state and country still allows the use of bromomethane, write a letter or call your local representatives to demand that this harmful pesticide and ozone-depleting chemical be removed.

**2- Ask your doctor about prescribing medical devices that don't emit CFCs.** This is especially important with asthma, a common ailment. Inhalers still use CFCs to dispense life-saving medication.

**3- Sign petitions or write letters to companies that make products with CFCs to ensure they are labeling their products correctly.** If your hairspray, aerosol cans or fire extinguishers don't say halon, CFCs or methyl chloroform.

**4- Talk to friends, especially those in car, farming and manufacturing industries, about reducing their use of these chemicals.** The hole in the ozone can only repair itself if these chemicals are eradicated and the ozone layer has time to reform.

Source: [www.wikihow.com](http://www.wikihow.com)

# How I Remember Naji...

In 2004 Naji completed his book *Virtuous Life Enlightenment*, a collection of illustrations and words combining his sense of humor, experience and philosophy.

This book reveals a man who, after a traumatic experience and a brain injury, lived with courage, a positive mental attitude and a personal relationship with God.

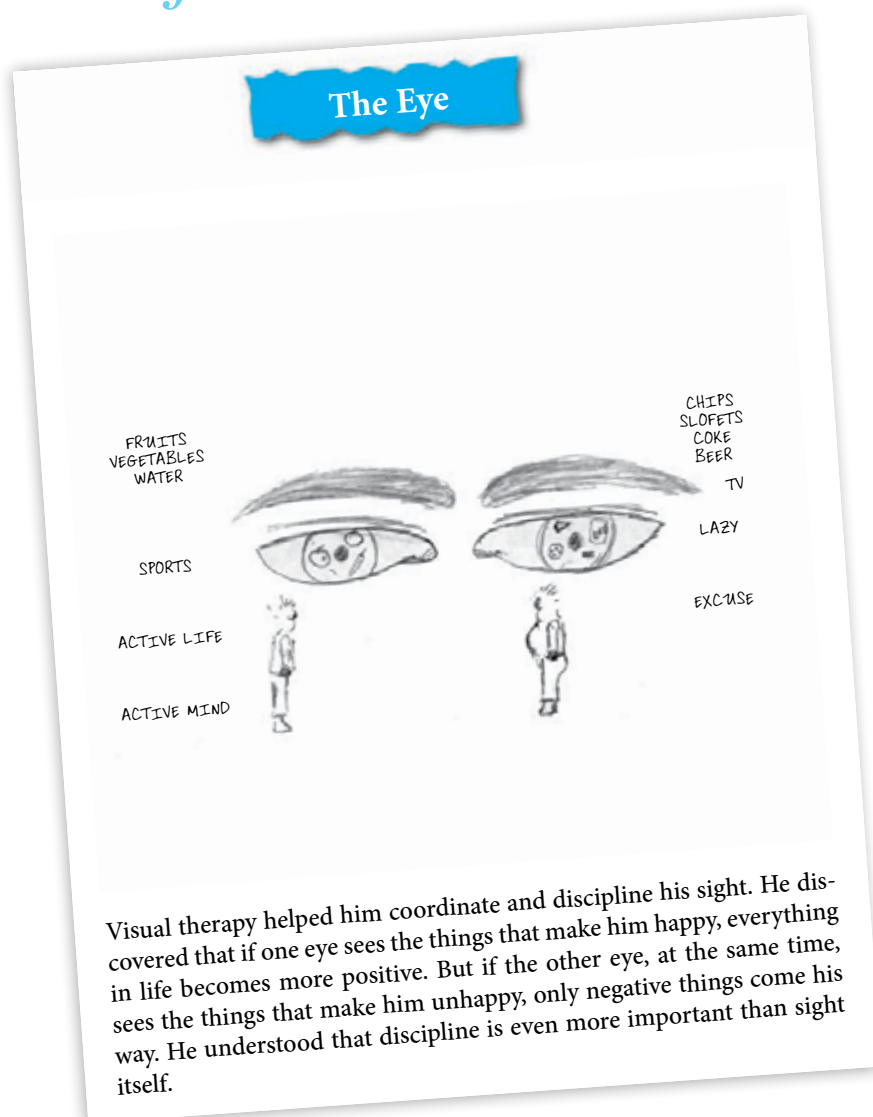
He believed that people continue to grow throughout their lives by facing new challenges.

He concentrated on quality—not just doing something, but doing something well.

Naji always believed that there is a brighter side to life no matter what.

The book is written in illustrations, as Naji believed he could also reach children and adolescents through images and art.

In the following illustration, Naji talked about *The Eye*.



## 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 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, 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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