

# 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

# Abuse and the Miracle of Recovery

By Joyce Meyer

During my childhood I was abused sexually, emotionally, verbally and physically. Many of you have also been abused, or you deal with someone in your life who comes from an abusive, dysfunctional background.

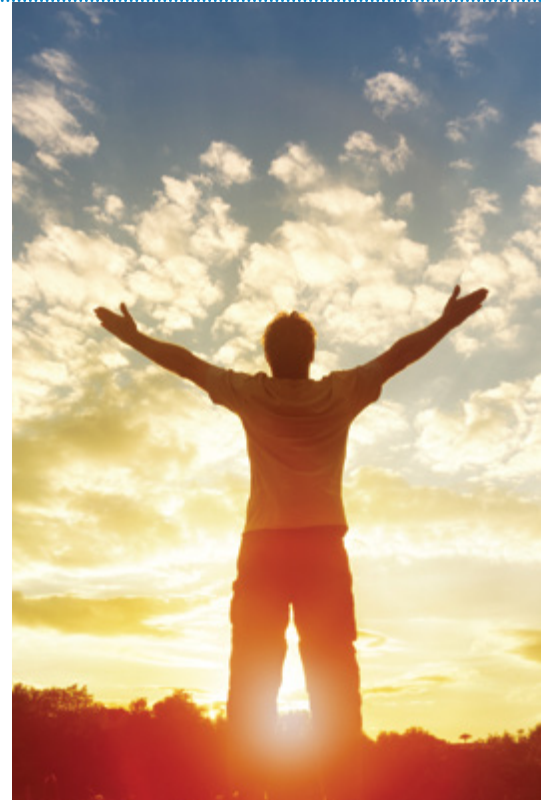
What does abuse mean? It means “to misuse, to use improperly, to use up or to injure by maltreatment.” The effects of abuse can be devastating and

Philippians 1:6 says that He who has begun a good work in you is able to bring it to completion. You will keep changing if you stay in God’s Word and keep looking to Jesus, who is the author and the finisher of your faith.

long-lasting. Many people never recover from it.

Although I appeared to function normally in society, I had multiple inward problems and complicated personality disorders. There were several things going on in me at the time that prevented me from receiving and experiencing the righteousness, peace and joy of God’s kingdom. But Jesus came so that we could have and enjoy kingdom living.

I was bitter about my past and had a chip on my shoulder, which caused me to have the attitude that everyone owed me preferential treatment. I was full of self-pity, especially if things didn’t go my way. I was controlling, manipulative, fearful, insecure and harsh. I was just plain hard to get along with and often downright obnoxious. I was judgmental, suspicious and very negative. I experienced a lot of guilt and condemnation. I had a shame-based nature; therefore, everything I attempted was poisoned. Since I didn’t like who I was, I spent many years trying to be like someone else. I’m sure you



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### **Purifying Your Blood Naturally**

Our body has its own detoxification system, constantly filtering the blood.

### **How to Get a Song Out of Your Head**

Called “earworms” or “brainworms,” songs can be pleasant and relaxing, or a nightmare.

### **Skiing and Snowboarding Safety Tips**

Staying safe while enjoying these fun, popular sports.

### **The Benefits of Recycling Paper**

Because recycling makes sense economically and environmentally.

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

# Foods That Can Purify Your Blood Naturally

Blood is an important component of the body. The task of blood is to provide important nutrients and oxygen to various parts of the body, and removing waste and carbon dioxide from the blood cells. Our body has its own detoxification system, which includes the kidneys, liver, intestines and skin. These organs are constantly filtering the blood to eliminate harmful toxins from the body in order to maintain good health. Blood purification is crucial for healthy functioning of the body, because an individual's overall health is dependent upon the blood. If you want to purify your blood naturally, be sure to include the following detoxifying foods in your diet.

## *Dandelion*

The rich levels of antioxidants and phytonutrients present in the dandelion helps to eliminate toxins and free radicals from your digestive tract. Drinking dandelion root tea stimulates the liver and flushes out toxins from your bloodstream.

## *Vegetables*

Vegetables like cabbage, cauliflower, broccoli and spinach are rich in antioxidant and anticancer compounds, which help the liver to detoxify the blood and act as natural cleansing agents for the blood. So include these vegetables in your diet on a regular basis.

## *Garlic*

Garlic is enriched with sulfur; it is an essential mineral which helps the body to get rid of harmful toxins. Also, it keeps your intestines free of viruses, parasites and bad bacteria.

## *Carrots*

Carrots are rich in vitamin A, C, B6, K and glutathione, a natural liver cleansing protein. Drinking a glass of fresh carrot juice in the morning on an empty stomach helps the body to cleanse and remove the toxins.

## *Flaxseed*

Rich in omega-3 fatty acids and fiber, flaxseed

helps the body to lower blood sugar and also eliminate the toxins from the body.

## *Avocado*

Avocado is very helpful in cleansing the blood, and it is good for maintaining healthy skin. Avocado helps to lower blood pressure and cholesterol, and also detoxifies the liver.

## *Parsley*

Parsley is widely used as a remedy for cleansing the blood. It helps the kidneys to eliminate toxins through the urine.

## *Turmeric*

Turmeric is well-known Ayurveda medicine used to detoxify the liver. It helps to speed up the body's detoxifying process.

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



# How to Get a Song Out of Your Head



Almost everyone gets songs stuck in their head once in awhile. Called “earworms” or “brainworms,” these can be pleasant and relaxing, or a nightmare. Read on to find out how to get that pesky song processed and out of your head.

## *Distracting Yourself*

**CHEW GUM.** For many people, chewing gum seems to interfere with the ability to “hear”

the music in their head. This may also help you ignore the song during the next step.

**LET YOUR MIND WANDER.** One study showed that fighting the song often leads to more frequent, longer episodes later. Try to ignore the tune while you think about something else. This isn’t always possible, but spend a few minutes trying.

**SOLVE WORD PUZZLES.** Anagrams, crossword puzzles and other word-based puzzles can help drive the song away. Thinking about words occupies the same area of your brain that plays the imagined lyrics. Stay focused, and your brain might only be able to stick to one of the two tasks.

If you notice no difference and feel yourself getting frustrated, stop. Occasionally, an earworm can get worse if you try to fight it.

Distract yourself with a calm verbal activity. A relaxing activity may work best if you feel anxious about the earworm, or are worried you can’t control it. Here are a few options that occupy the listening and speech centers of your brain:

- Recite something or read aloud
- Hold a conversation
- Meditate
- Pray
- Read a book
- Watch television
- Play a video game that includes speech and/or text

**SONG continued on page 6**

## PRAYER FOR FAMILY UNITY

Dear Lord God,  
You created balance.  
The night to follow  
the day.

The sea to touch the  
earth.

All the wonderful  
animals, fish and  
birds.

You are the great  
creator of variety  
and diversity.

Thank you that you  
made us all to be  
unique and reflect  
your love.

Come draw our  
family together in  
all its wonder and  
beauty.

Help us to love and  
respect each other.

Show us how to  
support and  
encourage one  
another.

Inspire us to work  
together to become  
a picture full of  
your perfect love.

Amen.

*Source: lords-prayer-words.com*

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, 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 2016.

## OUR DAILY BREAD

# A Serving Leader

I couldn't take my actions back. A woman had parked her car and blocked my way of getting to the gas pump. She hopped out to drop off some recycling items, and I didn't feel like waiting, so I honked my horn at her. Irritated, I put my car in reverse and drove around another way. I immediately felt bad about being impatient and unwilling to wait 30 seconds (at the most) for her to move. I apologized to God. Yes, she should have parked in the designated area, but I could have spread kindness and patience instead of harshness. Unfortunately it was too late to apologize to her—she was gone.

Many of the Proverbs challenge us to think about how to respond when people get in the way of our plans. There's the one that says, "Fools show their annoyance at once" (Prov. 12:16). And "It is to one's honor to avoid strife, but every fool is quick to quarrel" (20:3). Then there's this one that goes straight to the heart: "Fools give full vent to their rage, but the wise bring calm in the end" (29:11).

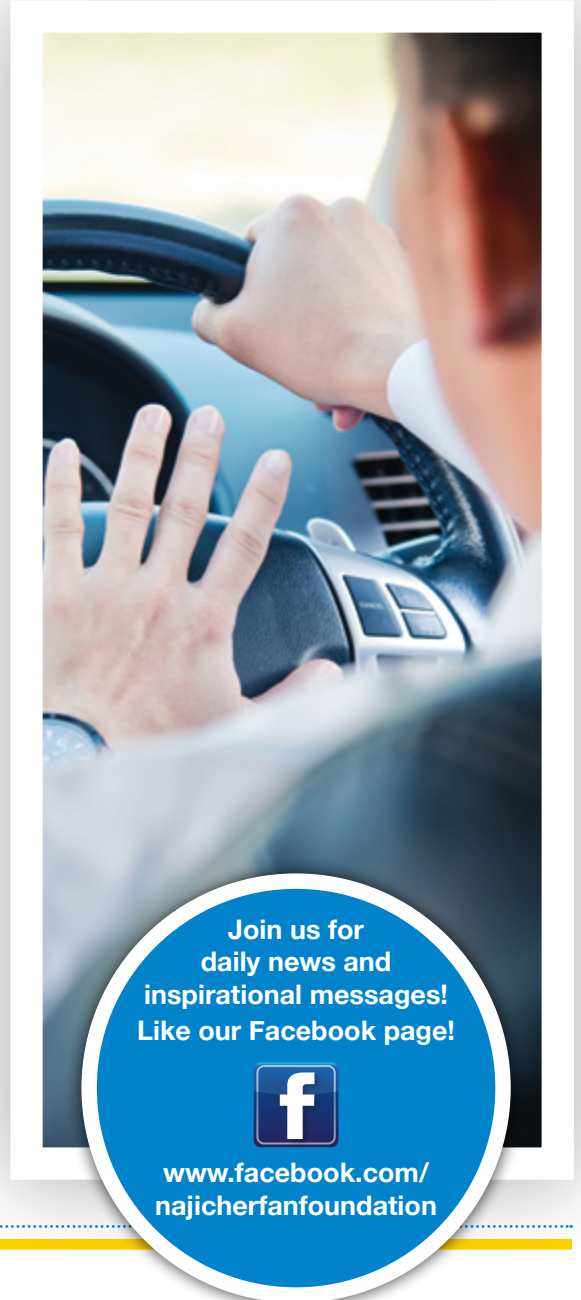
As we cooperate with God and depend on Him, He produces the fruit of the Spirit in us.

Growing in patience and kindness seems pretty difficult sometimes. But the apostle Paul says it is the work of God, the "fruit of the Spirit" (Gal. 5:22-23). As we cooperate with Him and depend on Him, He produces that fruit in us. Please change us, Lord.

*Make me a gentle person, Lord. One who doesn't quickly react in frustration to every annoyance that comes my way. Give me a spirit of self-control and patience.*

God tests our patience to enlarge our hearts.

Source: odb.org



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

## Will You Further NCF's Work?

The Najji Cherfan Foundation was founded after the passing of the beloved Najji 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!

Life is like riding a bicycle.

To keep your balance,  
you must keep moving.

—Albert Einstein

# Skiing and Snowboarding Safety Tips for Families

Skiing and snowboarding are popular winter sports. But each year, children and adults are injured, and sometimes the injuries are very serious.

## *Did you know?*

- Snowboarding and downhill skiing are among the top three causes of injury related to snow and ice activities.
- Among young skiers, injuries happen most often to beginners, often on their first day.
- The number of brain and spinal cord injuries resulting from skiing and snowboarding is increasing worldwide.

## *Safety starts with the right equipment*

- Wear the proper equipment including a helmet and goggles, or wrist guards for snowboarding. Helmets can reduce the risk of a head injury. Children, teens and adults should always wear a helmet that is specifically designed for skiing and snowboarding. Make sure that helmets fit properly—both yours and your child's. Most helmets come with fitting instructions.
- Check your child's equipment and yours at the start of each ski day. You should also teach your child how to check her own equipment. Many injuries happen because of poorly adjusted bindings. Release bindings on skis and snowboards should be adjusted so that they are right for your child or teen's weight and skiing ability. Don't borrow equipment. If you don't have equipment of your own, rent it from a reputable ski shop or resort, and make sure that the boots fit and the binding is adjusted correctly.

## *Prepare before going out*

- Check the weather forecast. Dress for the weather. Wear layers of clothes and pack extra hats and mittens.
- Take lessons. If your child or teen is new to skiing,

sign him up for lessons with a certified instructor.

- Know the condition of the trails. Don't ski or snowboard on trails that are closed or if you don't know the conditions.
- Exercise and stretch to warm up muscles before hitting the slopes.

## *Take care while on the slopes*

- Never ski or snowboard alone. Ask older children to check in regularly with an adult.
- Be aware of physical and environmental hazards like trees or icy patches on the trail.
- Respect limits. Don't ski or snowboard on hills that are above your skill level. Teach your child or teen that it's important that he tries more difficult slopes gradually and only as his skills improve.
- Check regularly for frostbite.
- Rest when you become tired.

Source: [caringforkids.cps.ca](http://caringforkids.cps.ca)



**RECOVERY** continued from page 1

get the picture—I was quite a mess!

Now, what I'm getting ready to say is important. I was born again and actively involved in church life. We attended church regularly and did church work. Our lives revolved around the church, but I was not getting victory over my problems. In fact, the really sad part was that I didn't even understand that I had a problem. I thought everyone else had a problem and that if they would change, I would be happy.

In 1976, I received the baptism of the Holy Spirit. Doing is a different thing than being. I had my outside polished up, but my inner life was a wreck. Quite often the inner turmoil exploded, and then everybody could see I wasn't quite what I appeared to be.

The outpouring of the Holy Spirit in my life gave me a real love for God's Word and an ability to understand it like never before. Second Corinthians 3:18 says looking into the Word of God is like looking into a mirror which transforms us into His image from glory to glory. I have been changing ever since. I have changed and changed and changed. And I'm still changing! Most of those problems are completely gone, and the rest only flare up occasionally. I even look different—younger, happier, more peaceful.

Old things have passed away; and all things are made new. But that really doesn't mean everything from the past just vanishes. The Amplified Bible brings it out this way: Behold, the fresh and new has come! In other words, without Jesus there is no hope for newness of life. The past always affects the future without the power of God to overcome it. But even with Jesus, we are not automatically free from the past. When the fresh and new comes, there is opportunity to be free. But we must give the Word of God an exalted place in our lives. We must face the truth as it is revealed to us in His Word, and then the truth will set us free as it is acted upon.

I want to encourage you to keep pressing on! Philippians 1:6 says that He who has begun a good work in you is able to bring it to completion. You will keep changing if you stay in God's Word and keep looking to Jesus, who is the author and the finisher of your faith. Now I am enjoying the kingdom living of righteousness, peace and joy in the Holy Spirit. And no matter what you've experienced in your past or how many problems you have, God will do a miracle for you! He will change you into the image of Jesus Christ and give you a new life worth living!

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

**SONG** continued from page 3

Listen to a musical "cure." Always choose a song that you enjoy, just in case it replaces the one in your head!

If you hate the idea of listening to these songs, read on for advice on finding your own.

**SING ALONG TO A LESS FAMILIAR SONG.** Start with a song that's less likely to get in your head. Avoid "catchy" tunes, and ideally look for something you've only listened to once or twice before. The harder it is to sing along to, the less likely it is to stick.

**SING ALONG TO A SONG YOU KNOW WELL.** If that doesn't work, it's time to bring out the big guns. This cure will often get stuck in your head instead, but hopefully if that happens, it will be more pleasant.

- Songs you know well, especially ones associated with nostalgia or a specific memory.
- Songs that are easy to sing along to. These tend to have notes with long durations, and small changes in pitch. Most pop songs fit this description.
- Songs with repetition. These include nursery rhymes, songs with repetitive choruses, and, again, most pop songs.

**DO MATH PROBLEMS.** You can sometimes break the song's hold with math problems that take all of your attention to solve. Try to calculate  $8208 \div 17$ , or solve  $2 \times 2 \times 2 \times 2 \dots$  as long as you can.

A problem that's too difficult will fail to engage you. Choose something that's within your range of ability.

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



# The Benefits of Recycling Paper



Most businesses use a wide variety of printed material. Brochure or business card printing can use a great deal of paper. Responsible companies have a recycling policy because they recognize that recycling makes sense economically and environmentally. It also improves the image of an enterprise. Selecting professional printing services that use recycled material is a smart decision for all businesses.

There are five major reasons for a business to recycle paper.

## *Recycling Paper Helps the Environment*

It is easy to assume that the small amount of material recycled in an individual office makes little difference environmentally. However, reproducing the effort of one business through the country leads to major improvements in the environment. The Australian Conservation Foundation has found that one ton of recycled paper saves over 31,000 liters of water, 4,100 kilowatts of electricity and at least 13 trees. In a country as dry as Australia and with the threat of global warming, any savings are a significant contribution to improving the environment.

## *Recycling Paper is Economically Responsible*

Simple steps to improve awareness of recycling in an office or shop can lead to significant savings for business. For example, when ordering material from printing services, a request for two side printing can save money for the company and is environmentally friendly.

The individual employee can also save costs by recycling paper in the office. Using the reverse side of printing paper for taking notes or printing drafts can make a similar contribution to saving the environment and reducing costs.

## *Recycling Reduces Waste and Improves Efficiency*

Recycling material reduces waste. For example, recycling paper reduces the amount that goes into the landfill. This in turn reduces the amount of waste produced by the company. Many garbage disposal companies cost their services according to weight or the number of pickups per week. Recycling can reduce rubbish and the cost of waste services.

## *Recycling Paper Promotes a Clean, Green Image*

A trustworthy image is vital for a business. Promoting the company's use of recycled paper can enhance that image. A note on office stationery that the company uses recycled paper shows that the enterprise is a responsible corporate citizen. Consumers are attracted to companies with a high degree of responsibility and reliability. Thus, promoting a 'green' image leads to an increase in sales and reputation.

## *Recycling Paper Produces Jobs*

Recycling of any sort creates work in new green energy fields. More jobs mean more consumers with disposable income. Not only does responsible recycling result in helping the wider economy, it also affects the growth of businesses in manufacturing or service fields.

All companies rely on print materials for promotion via business card printing, brochure printing or paper for office purposes. Recycling those paper products has many benefits for businesses of all sizes. It is economically and environmentally advantageous and contributes toward community wealth. It also improves the image of the company in the marketplace.

Source: [ways2gogreenblog.com](http://ways2gogreenblog.com)

## How I Remember Naji...

... At that time, we were sharing and writing ideas for a documentary about his life, but we were unsure if we wanted to write a full length script of a spiritually-oriented story regarding a character that suffered the same ordeals as Naji and how he overcame them and how he impacted the world with his uprising.

Naji and I, almost all the time, would spend hours on the phone, talking about life, friends, old times in college and the film project. I called him NAJIB, with a "B" at the end.

He had a charisma and warmth that one would feel enlightened with. Sort of like that feeling that you get when you watch an inspirational movie as you are walking out of the movie theater. This is the way that I would feel every time we hung up the phone.

He was a great friend—a brother. Very few people, aside from your mother, really touch your spirit and through complements and motivational conversations make you feel genuinely special. This is the gift that Naji Cherfan had.

Naji and I met at the Art Institute of Fort Lauderdale. We became close friends instantly.

Because of his condition and his warmth and charisma, he was very popular amongst professors and fellow students. However, from what I remember, because of his condition, he did not have too many

close friends. You know how most college students are, living in their own world, hanging out in groups with people similar to them.

My girlfriend and I felt in love with Naji. I remember the way

he made us laugh. My God, what a sense of humor. I have one too, so we were constantly cracking jokes, but at the same time, had very deep, meaningful conversations. He was a very intelligent, insightful young man.

We would go out with him to the movies, dinner and whenever we had a college get-together, we would invite him. Too bad that at that time, smart phones did not exist. Otherwise we would have tons and tons of pictures.

Naji's passing in 2008 affected me deeply, I felt lost. Not only did I lose a brother and a friend and the hopes of seeing him again, but also, lost a solid north for a project that I know that would had come to life if he was still with us. Our enthusiasm was magical. For years, I debated into how to contact Naji's family and introduce myself. I am so glad that, because of Naji's recent birthday, through Facebook and the documentary, I was able to get in contact with you and share my story.

With affection,  
Danny Holguin



## 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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