

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

Ten Steps to Calmer Parenting

Calmer You, Calmer Kids

You've heard it from almost all parents: "Parenting is the toughest job in the world." But let's add that it is also the most rewarding. Keeping our calm in tough times is not only good for our own wellbeing, but also a wonderful lesson for our children—who often reproduce how parents act and behave toward everything.

Not everything is an emergency. Some things can wait. So take a deep breath and enjoy this roller coaster ride called parenting.

So when in trouble, take a deep breath, remember that this, too, shall pass, and demonstrate a sense of calm and control. The calmer you are, the calmer your children will be.

Take care of yourself

It's hard to take care of your children when you haven't first taken care of yourself. In order to be the best parent you can be, you need to make sure that you are at your best. So exercise, eat right, play music and practice relaxation techniques. Your children deserve a happy and healthy parent.

Stop trying to be perfect

There is no such thing as a perfect parent, so stop aiming for that. Just be the best parent you can be. Allow yourself to make mistakes and show your children that striving to do your best is always the goal.



In this issue

Nuts and Seeds to Eat Every Day

Nuts and seeds are super healthy and they are important additions to our daily food consumption.

Low Magnesium Levels

Magnesium deficiency is a common problem for many people.

Danger in Your Car

Every time you turn on your car's engine, you are endangering your health?

Getting Rid of Expired Medication

Are there expired or unwanted medications lurking in your medicine cabinet?

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www.najicherfanfoundation.org

Healthy Nuts and Seeds You Should Eat Every Day

Nuts and seeds are super healthy and they are important additions to our daily food consumption. Think about combining small and moderate amounts of the following nine nuts and seeds in your daily diet and enjoy their health benefits.

ALMONDS

Contrary to what most people think, almonds are actually the seeds of the almond tree, not nuts. A small handful of almonds are all you need to eat daily. They contain fiber, protein, calcium, zinc, magnesium, potassium, phosphorus, copper, iron and some B vitamins.

BRAZIL NUTS

Brazil nuts are also seeds, but people call them nuts due to their shape. These nuts help in the prevention of breast and other cancers, cirrhosis of the liver, heart disease and premature aging. They can also improve cardiovascular health, manage type 2 diabetes, reduce arthritis symptoms, protect skin from sun damage, lower bad cholesterol and fight anemia.

CASHEWS

Cashews are not actually nuts. They are the fruit of the cashew tree. The nutrients in cashews can provide energy, improve cardiovascular health, lower cholesterol, help in the production of hemoglobin, manage type 2 diabetes, reduce PMS symptoms and help maintain healthy eyes, hair and skin.

CHIA SEEDS

Chia seeds can help reduce joint pain, keep the digestive system healthy, aid in weight loss, reduce depression, fight arthritis and protect against diabetes, liver disease and heart disease. Chia seeds are not to be eaten in dry, raw form.

PINE NUTS

Pine nuts (also known as cedar nuts) are the edible seeds of pine trees. These nuts help improve heart health, reduce bad cholesterol, protect the arteries from damage, suppress appetite, boost energy and improve vision health. They also help increase the blood's hemoglobin level and relieve fatigue and tension.

PUMPKIN SEEDS

Pumpkin seeds, also known as pepitas, help boost immunity, lower bad cholesterol, control blood sugar, fight anxiety and depression, reduce arthritis pain,

support prostate health, improve heart health and reduce the risk of developing some types of cancer.

SESAME SEEDS

Sesame seeds are highly valued for their oil, which is exceptionally resistant to rancidity. They can lower blood pressure and cholesterol, protect against liver damage and prevent diseases like arthritis, asthma, migraine headaches, osteoporosis and certain cancers.

SUNFLOWER SEEDS

Sunflower seeds are an excellent source of vitamin E, a fat-soluble antioxidant. Regular consumption of these seeds can help reduce the severity of asthma, lower high blood pressure, prevent migraine headaches and reduce the risk of heart attacks.

WALNUTS

By eating just seven shelled walnuts daily, you can enjoy many of the health benefits. Regular consumption of walnuts can help reduce the risk of prostate and breast cancer, lower high blood pressure, improve cholesterol levels, aid in weight control, boost brain health and manage diabetes. They are equally good for your skin and hair.

Source: curejoy.com



Early Warning Signs Your Body's Magnesium Levels are Dangerously Low



Magnesium deficiency is a common problem for many people. The body usually contains about 1-2 ounces of magnesium in the bones, teeth, heart, brain and even in the blood. Every cell of the body requires this mineral in order to work properly—magnesium is responsible for more than 300 metabolic processes! It's a mineral vital to your health, but according to the USDA, nearly half of the population is suffering from magnesium deficiency.

The recommended daily magnesium intake is 500-1000 mg. Common magnesium deficiency symptoms are facial twitches, blood clots, leg cramps, migraines, anxiety, irritability, depression, heart disease, unstable blood sugar levels, chronic fatigue, osteoporosis and insomnia. Proper magnesium intake can help you in cases of Alzheimer's, and some studies suggest that low magnesium levels in the brain are related to Parkinson's disease and its symptoms.

Magnesium deficiency is also connected to chronic diseases such as type 2 diabetes and metabolic syndrome, among others. When you lack magnesium, your body produces more insulin, so the extra glucose goes into the cells and causes inflammation.

Include magnesium in your diet as soon as possible. It can be found in leafy green vegetables such as spinach or kale, but also in fish, avocados, dark chocolate, whole grains, legumes, nuts and different seeds. You can also take magnesium supplements, but if you're using them, make sure they're of the highest quality. A high quality magnesium supplement must contain the four co-factors: Glycinate, Malate, Taurinate and Orotate, as they are easily absorbed in the body and support organ functions more than any other form.

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Jesus, Mary and Joseph, in you we contemplate the splendor of true love, to you we turn with trust.

Holy Family of Nazareth, grant that our families too may be places of communion and prayer, authentic schools of the Gospel and small domestic Churches.

Holy Family of Nazareth, may families never again experience violence, rejection and division: may all who have been hurt or scandalized find ready comfort and healing.

—Pope Francis

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

Meant to be Understood

I enjoy visiting museums such as the National Gallery in London and the State Tretyakov Gallery in Moscow. While most of the art is breathtaking, some of it confuses me. I look at seemingly random splashes of color on canvas and realize I have no idea what I am seeing—even though the artist is a master at his craft.

Sometimes we can feel the same way about the Scriptures. We wonder: Is it even possible to understand them? Where do I start? Perhaps Paul's words can give us some help. "Everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope" (Rom. 15:4).

God has given us the Scriptures for our instruction and encouragement. He has also given us His Spirit to help us to know His mind. Jesus said that He was sending the Spirit to "guide [us] into all the truth" (John 16:13). Paul affirms this in 1 Corinthians 2:12, saying, "What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us."

With the help of the Spirit, we can approach the Bible with confidence, knowing that through its pages God wants us to know Him and His ways.

Father, thank You for giving us Your Son to bring us into relationship with You. Thank You for giving us the Scriptures so that we can know You better. And thank You for giving us Your Spirit to guide us into the truth of what we need to know about You and Your great love.

Source: odb.org

One of the great truths of Scripture is that it

is timeless. All of the stories and instructions of the past were written for our benefit. While this applies to all of the Old Testament, here in Romans it specifically applies to the example of Christ's life. Verse four of today's text tells us that what was written about Christ was written to teach us.

—J.R. Hudberg



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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 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

Quotable!

Letting go of toxic people, is a major step towards being happier.

—Power of Positivity

One Big Mistake You Do in Your Car That May Kill You!

Did you know that every time you sit in your car and turn on the engine, you are endangering your health and the health of those with you? You're leaving your car outside, almost always with the windows closed. If you park it in the shade, it can amass 400-800 mg of benzene, while if you leave it in the sun (with an outside temperature higher than 16 degrees Celsius), the level of benzene can reach 2000- 4000 mg, 40 times more than the allowed level!

When you sit inside your car with the windows closed, you're breathing in all that benzene, not knowing that this poison influences your kidneys, liver and bone tissue.

In the vehicle's manual, it is recommended to open the car's windows before turning on the air conditioner (AC). Medical explanation: The explorations aftereffects demonstrate that before it begins to cool the air, the aeration and cooling system launches all the warmed ventilate, and with it, the benzene—a poison which causes various diseases. So, when you're sitting in your car with the AC on, if you do not notice any odor, open the windows for a few minutes and *then* enjoy the cool air!

Source: justnaturallife.com



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Sleep in one weekend morning

It may be a luxury for most parents, but it is a must! This means one day during the weekend, you do not have to be the first parent to wake up. Having extra time in bed alone will help you start your day better, and it will actually impact your mood throughout the week!

Give yourself a 10 minute time-out

When you arrive home from work, go into your bedroom alone for 10 minutes before putting on your parent hat. Change your clothes, breathe deeply or have a shower. This short break will rejuvenate you for the rest of your busy evening. Although your kids might not like it, it is important to you, and they will learn to accept it.

Stick to a schedule

Having a regular time to wake up, leave for school, get home from work, eat dinner, and put the kids to bed makes the day go much more smoothly. Time management contributes to a calmer household.

Have date nights

Keep your relationship

fresh with a weekly or monthly date night. Just a simple movie and dinner with adult conversation is a wonderful treat. One day your children will grow old so nurture your relationship.

Stay connected to your friends

You spend a lot of time setting up play dates for your kids. Well, set some up for yourself. You deserve to have fun and relax, too.

Be yourself

Of course you are a parent, but you are still you. Be happy with yourself, stay true to your emotions and follow your dreams and ambitions. Allow your children to see who you are as a person, not only as a parent.

Relax

Not everything is an emergency. Some things can wait. So take a deep breath and enjoy this roller coaster ride called parenting.

Don't yell. Just talk.

It is much easier for people, including your children, to listen to a firm but calm voice than a yelling voice. Make your words, not your anger the focus of your attention.

Source: beliefnet.com

MAGNESIUM continued from page 3

Here are the health benefits:

MAGNESIUM GLYCINATE FOR YOUR MIND

- Manages anxiety, irritability, insomnia, concentration and hysteria
- Reduces laxative effect and doesn't cause diarrhea
- Cures long-term deficiencies
- Reduces numbness, crying and depression
- Improves mental clarity and relaxes the mind

MAGNESIUM OROTATE FOR THE BODY

- Improves performance in athletes
- Boosts DNA formation and repairs the heart

MAGNESIUM MALATE FOR THE MUSCLES

- Treats fibromyalgia
- Soothes muscle fatigue
- Manages PMS and headaches
- Improves digestion
- Boosts energy levels

MAGNESIUM TAURINATE FOR THE HEART

- Supports proper heart function
- Prevents migraines
- Subdues heart palpitations and arrhythmia

Your magnesium supplement should also contain vitamin B6, which determines how much magnesium will be absorbed into the cells.

Source: livehealthy-team.com



Easy Steps for Getting Rid of Expired Medication

It's okay to toss some old drugs in the trash, but others need special handling.

At least a few expired or unwanted medications are lurking in your medicine cabinet. There are ways to dispose of your old meds. Consider the following:

TAKE PRECAUTIONS

Leftover medications can put you and others at risk for misuse and accidental overdose. Remove the drug from its original container and mix it with a substance that makes them less recognizable such as coffee grounds, kitty litter or sawdust. Then place the mixture in a sealable plastic bag or other container that won't leak, and put it in the trash. Before you discard

the prescription bottle, scratch away the personal information on the label—or remove the label altogether.

TAKE THE DRUGS BACK TO THE PHARMACY

In many contexts pharmacies, hospitals, clinics and long-term-care centers can take medications back any time of the year.

FLUSH VERY DANGEROUS DRUGS DOWN THE DRAIN

Can't get to a pharmacy or another location to dispose of more dangerous drugs, such as the narcotic painkillers codeine, morphine, and others...? The FDA recommends flushing these down the toilet.

OTHER EXCEPTIONS

Asthma inhalers, insulin syringes or any other syringes, medications containing iodine, marijuana, and mercury thermometers are not accepted at most collection sites. In some parts of the country, you can put asthma inhalers in the trash or recycling, but in some areas, they are considered hazardous waste and can't be tossed in the regular trash. For proper disposal instructions, contact your local sanitation company, recycling facility, or the health department.

Source: consumerreports.org



How I Remember Naji...



Visit najicherfanfoundation.org to download 'Virtual Patience' in various languages.

AN EXCERPT FROM NAJI'S BOOK, *VIRTUAL PATIENCE*

During this trip, he wrote in his journal: "In August 1999, I reached about 85% healthier. Forget about it. I'm gonna go all the way. When you do something, do it right. Just do it, just do it. I said to give myself one more year and just watch me. I started to appreciate life, have value for things and finally stopped taking people for granted. I woke up one day and realized that I was put on this earth and saved many times to be part of this world for a reason. In the past, I always said life has come to an end and it's over man. Now I say, life has just begun." He believed these words, and became a new person. One day he woke up and realized that money is not as important as good health or the value of life. This discovery contrasted with the teenager of before whose belief system revolved around "desire and acquire". This philosophy gave him mental stability and a new appreciation for people and things around him. His organizational skills improved, and he kept an agenda in which he recorded his daily program.

While recovering, Naji Cherfan considered himself a miracle in the making. After undergoing intensive therapy in Greece, Germany and Canada, he began achieving the goals he set for himself so long ago. Realizing what he had accomplished through therapy and personal effort, this courageous teenager moved forward and lived with his disability. "You just consider yourself normal and say forget it man. It was only a two second accident. You don't need intensive therapy or serious help anymore. The best therapy is attending college and living a normal life like everyone else. Forget the past. I have the chance to make it like most of my friends. I can walk, think and most of all I'm conscious. Honestly, I don't mind. It could have been worse. Life is my therapy".

—Naji G. Cherfan

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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