

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.



EMOTIONAL HEALTH

How to Hear Negativity—Without Taking It All In

There's a difference between supporting and owning. Take a deep breath, and gently let go of the burdens that aren't yours to carry.

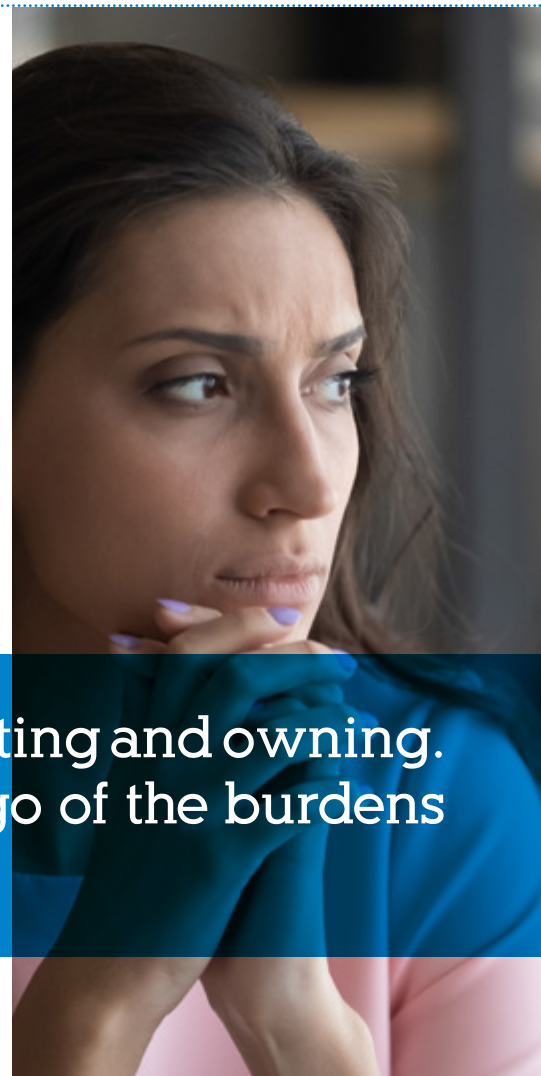
She pulled out her white board. In my experience, breakthroughs come when a therapist pulls out a white board. Moments before, I'd been unloading my feelings on her. I didn't expect anything to change; I just knew I needed to get the weight off my chest for a while.

"I love my kids," I said. "But I can barely handle all of my feelings, much less theirs!"

Our oldest, in particular, had recently started sharing only his negative thoughts with me. He was nine at the time, so most of them were trivial, but to me, they were adding up. Mom, my ears hurt when I swim... Mom, I don't like my teacher... Mom, the yogurt in my school lunch was warm by lunchtime...

He's almost thirteen now, and we're still plugging away along the same lines—except his complaints and wants and needs feel a bit... heavier than they did then. (Not to mention all of the negativity I'm fielding from my other kids!)

Think about how much negativity you take in on a daily basis. And not just from your kids but from, let's say, a pessimistic co-worker, a critical parent figure in your life, or a Facebook feed that's filled with polarized views.



In this issue

Air Pollution Puts Children at Higher Risk of Disease in Adulthood

Exposure may cause higher rates of heart disease and other ailments in adulthood.

Double-Salt Fortification

Iron deficiency remains one of the most important nutritional deficiencies in the world.

Opportunities to Green the Gray

Expanding green spaces in urban areas can help protect local streams and rivers.

Simple Solutions to Make the Road Safer

Some road designs lead drivers to take risks, but these problems have solutions.

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www.najicherfanfoundation.org

Eating Disorders are on the Rise

The COVID-19 pandemic presents unique challenges to individuals with eating disorders, which are among the deadliest mental illnesses, resulting in thousand of deaths each year.

In April of 2019, the *American Journal of Clinical Nutrition (AJCN)* published “Prevalence of Eating Disorders over the 2000–2018 Period: A Systematic Literature Review” which reported a rise in eating disorders worldwide.

According to Marie Galmiche et al., the prevalence of eating disorders “increased over the study period from 3.5% for the 2000–2006 period to 7.8% for the 2013–2018 period.” The study points out that although “eating disorders are traditionally considered to affect mainly women,” men represent a growing proportion of individuals suffering from anorexia nervosa and bulimia nervosa, two of the most common eating disorders. In addition, the authors pointed out that “although eating disorders were classically thought to be confined to developed Western countries, this study also highlights the high prevalence of eating disorders in Asia and developing Middle-Eastern countries.”



Since the publication of this *AJCN* article, it appears that the **prevalence and severity of eating disorders may be spiking even more due to the anxiety and stress unleashed by the COVID-19 pandemic.**

A survey reported in the *International Journal of Eating Disorders* in July 2020, for example, found that overall individuals with anorexia “experienced a worsening of symptoms as the pandemic hit.” In addition, individuals with bulimia nervosa and binge-eating disorders “reported increases in their binge-eating episodes and urges.

“Eating disorders thrive in isolation,” according to Claire Mysko, the Chief Executive Officer of the National Eating Disorders Association (NEDA). While family and friends can provide some comfort and support for individuals trying to manage their eating disorders, it may not be enough for many during these particularly stressful times. In response, NEDA has established a set of online resources and forums to help individuals with eating disorders “explore recovery pathways with virtual support.” Among the resources is a helpline that individuals can call for support, resources, and treatment options for themselves or for someone they are concerned about.

By shining a light on eating disorders, ASN hopes to inspire its members to continue conducting research, providing clinical care, and offering resources to individuals with eating disorders. With our support, we can help them develop and maintain healthy eating patterns during the COVID-19 pandemic and after.

Source: [nutrition.org](https://www.nutrition.org)

PARENTING

How To Discourage Materialism



As children enter the grade school years, it's only a matter of time before other kids, TV and other influences increase their awareness that the material world exists. There are some specific strategies parents can start with young kids to discourage an overly materialistic approach to life.

SET A GOOD EXAMPLE

At this age, kids still look up to their parents more than to their peers, so you're the best role model for helping your child cope with our complicated material world. If you want to discourage him from developing an insatiable appetite for possessions, let him see you behaving with restraint and wisdom. Enjoy window-shopping together without buying anything to show that while it's fun to look at store displays and gather ideas for gifts and other purchases, you don't need to buy something every time you go to a store.

TURN OFF THE TV

Kids make up a huge portion of consumer spending, as buyers themselves and as forces affecting their parents' buying decisions. Limit your child's exposure to TV commercials, and he'll be less likely to develop a lengthy wish list.

USE RESTRAINT IN FULFILLING REQUESTS

Children who get everything they ask for don't learn to handle disappointment, and they don't learn to work — or even just wait — for things they desire. Do yourself and your child a favor by saying no to unending requests, even if that provokes tantrums in the toy store at first.

TEACH YOUR CHILD ABOUT MONEY

Grade-schoolers can learn about the value of possessions by paying for them themselves. Giving your child an

allowance provides him with cash and you with the opportunity to teach him how to use it. If you want to institute spending rules, set them up right away so he knows from the start that, for example, half of his money should go into savings and half is his to spend as he chooses.

TEACH HIM TO PRIORITIZE

Ask him to make a list of the three things he most wants and then number them in order of importance. If he helps you deliver a box of his old toys to a charity, he'll be learning about empathy and generosity in the process.

DELAY GRATIFICATION

Teach your grade-schooler to think seriously about whether he really wants that new video game by making him wait for it. Have him write down or draw a picture of the item he wants and post it on the fridge along with a timeline of days — one or two weeks, say — until the date that he can go out and buy it with you.

FIND OUT WHAT'S FUELING HIS DESIRE

Sometimes kids (and adults) crave possessions to fulfill an emotional need. If you notice that your son, who never used to care about games as much as his friends did, suddenly wants a PlayStation 5, talk with him about why that toy is appealing. If the answer is just that his two best friends both have one, you can have a simple conversation about the fact that it's okay to like different toys than the rest of the crowd.

SHOW HOW TO GIVE TO OTHERS

Take him with you to bring dinner to a sick neighbor or to volunteer in a soup kitchen. That kind of activity can foster an attitude that will help counter materialism more powerfully than almost anything else.

SPEND TIME RATHER THAN MONEY ON YOUR KIDS

It's not easy in our hectic lives to give children the time and attention they crave, but that's the best way to ward off the "gimmies." So try not to give your child things as a substitute for spending time with him. Make an effort to spend time together doing things that don't cost anything — go to the soccer field and the library, take nature walks and bike rides, play a game of charades. No matter what your child says, he wants — and needs — a secure sense of family more than a roomful of possessions.

Source: beliefnet.com

Pollen-sized Technology Protects Bees from Deadly Insecticides

A Cornell University-developed technology provides beekeepers, consumers and farmers with an antidote for deadly pesticides, which kill wild bees and cause beekeepers to lose around a third of their hives every year on average.

Studies show that wax and pollen in 98% of hives are contaminated with an average of six pesticides, which also lower a bee's immunity to devastating varroa mites and pathogens. At the same time, pollinators provide vital services by helping to fertilize crops that lead to production of a third of the food we consume, according to the paper.

The paper focuses on organophosphate-based insecticides, which account for about a third of the insecticides on the market. A recent worldwide meta-analysis of in-hive pesticide residue studies found that, under current use patterns, five insecticides posed substantial risks to bees, two of which were organophosphates.

The researchers developed a uniform pollen-sized microparticle filled with enzymes that detoxify organophosphate insecticides before they are absorbed and harm the bee. The particle's protective casing allows the enzymes to move past the bee's crop (stomach), which is acidic and breaks down enzymes.

Microparticles can be mixed with pollen patties or sugar water, and once ingested, the safe-guarded enzymes pass through the acidic crop to the midgut, where digestion occurs and where toxins and nutrients are absorbed. There, the enzymes can act to break down and detoxify the organophosphates.

Bees that were fed the microparticles with a high dose of the enzyme had a 100% survival rate after exposure to malathion. Meanwhile, unprotected control bees died in a matter of days.

Beemunity takes the concept a step further, where instead of filling the microparticles with enzymes that break down an insecticide, the particles have a shell made with insect proteins and are filled with a special absorptive oil, creating a kind of micro-sponge. Many insecticides, including widely-used neonicotinoids, are designed to target insect proteins, so the microparticle shell draws in the insecticide where it is sequestered inert within the casing. Eventually, the bees simply defecate the sequestered toxin.



Prayer to Mary during the coronavirus pandemic

O Mary,
you always shine on our path
as a sign of salvation and of hope.
We entrust ourselves to you,
Health of the Sick,
who at the cross took part in
Jesus' pain, keeping your faith
firm.

You, Salvation of the Roman
People,
know what we need,
and we are sure you will provide
so that, as in Cana of Galilee,
we may return to joy and to
feasting
after this time of trial.

Help us, Mother of Divine Love,
to conform to the will of the Father
and to do as we are told by Jesus,
who has taken upon himself our
sufferings
and carried our sorrows
to lead us, through the cross,
to the joy of the resurrection.
Amen.

— POPE FRANCIS

Prayer Corner

Source: [sciencedaily.com](https://www.sciencedaily.com)



Experts Underline Importance of Vehicular Speed Control to Prevent Road Accidents

Speaking during a recent webinar organized by CUTS International, a Jaipur-based NGO, as part of the sixth United Nations Global Road Safety Week, experts underlined the importance of speed control mechanisms to prevent road accidents.

“Low speed in streets is key in achieving ‘Vision Zero’, which is aimed at preventing even a single death on the road. Reducing vehicle speed can prevent road crashes and reduce their impact. An average one kilometer increase in speed can result in a three percent rise in crashes,” experts said.

The webinar highlighted the role of CUTS and its calls for road enforcement agencies to consider reducing the speed limit for motor

vehicles on highways and in urban areas. Various government initiatives and programs on road safety were also discussed, such as implementing a school curriculum to solidify safer behavior on the road in the minds of children.

Professor Bhargab Maitra underlined the importance of traffic accessibility functions and ensuring road safety. He touched upon various speed management engineering tools and methods like recording and reporting methods, electronic monitoring of speed, in addition to stressing the need of capacity building of all enforcement officials and policy makers on evidence-based speed management in India.

Experts pointed out that those most adversely affected from high speed are the vulnerable road users. They highlighted the utility of Traffic Control Devices, centrally-monitored Traffic Signal Systems and enforcing speed limits through GPS and speed governors which all are very helpful in road safety.

Source: auto.economictimes.indiatimes.com

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Secret Giver

Be careful not to practice your righteousness in front of others to be seen by them. — Matthew 6:1

For Christopher, a physically disabled veteran, everyday activities had become more challenging, took longer to finish, and increased his pain. Still, he did his best to serve his wife and child. Passersby would see him using a push-mower to cut his lawn every week.

One day, Christopher received a letter—and an expensive riding lawnmower—from an anonymous donor. The secret giver's satisfaction came through the privilege of helping someone in need.

Jesus doesn't say that all our giving should be in secret, but He does remind us to check our motives when we give (Matthew 6:1). He also said: "When you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others" (v. 2). While God expects us to be openhanded givers, He encourages us to avoid doing good deeds in front of people for the purpose of receiving accolades or special recognition (v. 3).

When we realize everything we have comes from God, we can be secret givers who don't need to pat our own backs or gain the admiration of others. Our all-knowing Giver of all good things delights in the genuine generosity of His people. Nothing beats the reward of His approval.

—Xochitl Dixon

Source: odb.org



REFLECT & PRAY

How has God helped you through someone else's secret giving? Who can you help with an anonymous gift today?

Loving God, please bless me with opportunities to give as selflessly and sacrificially as You have given to me.

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!

"No one is perfect - that's why pencils have erasers."

— Wolfgang Riebe

NEGATIVITY continued from page 1

But back to my therapist's office...

My therapist adjusted the white board on her lap and said it represented a continuum. On one side she drew a circle using a dashed line, and on the other side, she drew a circle using a solid line.

Then she drew arrows pointing toward each circle, but only one of the circles (the one made out of a dashed line) was penetrated by the arrows. The arrows pointing at the other circle (the solid one) couldn't get through.

"You," she said, "are the dashed circle. We call that 'enmeshed.' Everything gets through. You take it all in."

She added that we also don't want to be "disengaged," the solid circle on the opposite side of the white board. That's too far on the other extreme. Nothing gets in, and it's an isolating way to live, both for ourselves and the people around us.

So where do we want to be? You guessed it—the happy middle! She drew a dozen stars right in between the two circles on the board.

If I had to guess, I'd say most women err on the side of being overly permeable—of being the circle made of a dashed line.

We know how our children feel about each of their friends, how our mom friends feel about each other, how our colleagues feel about their jobs, how our spouses like their toast!

And sometimes what we know—all that information that we're the keepers of—becomes how we feel.

What we're looking for, though, is a balance between permeable (or enmeshed, as my therapist called it) and impenetrable (or disengaged).

So if you need to hear this today, please know—

Not everyone's opinion needs to rest on your shoulders. Not every like or dislike needs to be filed away in your memory. Not every complaint that escapes your child's lips needs to be fixed by you. It's okay to just hear... and release.

Three Affirmations to Help You Hold Negativity at Bay

1. YOU ARE THE EYE OF THE STORM.

You know how a hurricane can be raging, but deep within is a small circle of stillness? I try to think of myself as the eye of the storm anytime I'm facing something I don't want to disturb my inner calm.

I am the eye of the storm. That negativity isn't getting in right now.

2. YOU'RE NOT MEANT TO CARRY WHAT ISN'T YOURS.

This one is especially for the empaths and the highly sensitives among us: You're not meant to carry what isn't yours.

You can help shoulder a burden for a while; you can shore up a loved one in their time of need.

But remember that if that burden were meant to be yours, it would be.

There's a difference between supporting and owning. Take a deep breath, and gently let go of the burdens that aren't yours to carry.

3. MOST COMPLAINTS ARE A BID FOR CONNECTION—NOT A CRY FOR HELP.

When you can keep yourself from becoming enmeshed—from letting all of those negative feelings inside—you'll be more able to recognize what's at play under the surface.

Maybe when your son comes to you with negativity, it's not a problem for you to solve as much as it is a need for you to simply be there with him. And maybe your daughter can live with the way her door hinges squeak or the way her brother chews at the dinner table, but she can't thrive without you.

The same goes with the negativity we hear from co-workers, friends, spouses, parents—anyone. Most complaints are a bid for connection—not a cry for help.

"Mom," my son said later that night, well after I'd left my therapist's couch. "Do we have to have to eat this for dinner??"

"Yeah, bud. This is what I made. But tell me about your favorite meal you've EVER had. I want to hear all about it."

Source: ericalayne.co

How I Remember Naji...

Excerpt from *Virtual Patience*

Page 34: EPILOGUE

From 1999 to 2001, Naji and his father traveled to therapy centers in Arizona, Texas and Florida. In each city, they found good doctors and people who contributed to Naji's recovery and progress.

Finally, he moved to Florida where he had many close friends. He studied multi-media at the Art Institute of Fort Lauderdale and then returned to Greece where he enrolled in BCA (Business College of Athens) and graduated with an associate's degree in E-Business.

For the past three years, he has worked in the family business in administration and public relations.

Over the years of his recovery, he has continued to write and edit his writings. His journey is one of determination, courage and change. His most recent thoughts are summarized in the last pages of this book.

These are the words of a man who took one traumatic experience and transformed it into a way of life.

Naji Cherfan was 17 when he had the "two second experience" that forced him to review everything that he had ever known and learned. On November 20, 2005 he turned 27. This decade of his life is revealed in "virtual notes".



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, Dalia 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.

This issue is available in Arabic, English, Greek, Dutch, French, Spanish and Portuguese. The NCF management and staff are very grateful for the efforts of the chief editors who are volunteering to translate and edit the newsletter into several languages, namely: Isabelle Boghossian for the Greek language, Inês Pedregal for the Portuguese language, Myriam Salibi and Rita Abou Jaoudé for the French language, Professor Lydia and Ambassador Alejandro Diaz for the Spanish language, Roly Lakeman for the Dutch language, Lina Rizkallah and Rita Abou Jaoude for the Arabic language.

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Publisher: CCM Group; Editorial Consultants: George and Sana Cherfan and Kelley Nemitz; Reviewer: Sana Cherfan; Editor of the English Language: Kelley Nemitz, Layout: Art Department, CCM International, Greece and Rita Abou Jaoudé, Lebanon.

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