

REMARKS NEWSLETTER

H-2-O and Y-O-U

**A publication of the
Remarkable Woman:
That's You! Program**

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REMARKABLE

That's you.

**Program Coordinator
Grace Tate 250-2445**

*Buffalo
Urban League
Mission*

To enable
African Americans,
other minorities, and
disadvantaged groups to
secure economic self-
reliance, parity, power
and civil rights.



No matter what form it is in, water plays many roles in any weight loss or a healthy living scenario.

Did you know that water makes up two-thirds of the weight of the human body and without it—it is virtually impossible to survive?

In fact, all the cell and organ functions made up in our entire anatomy and physiology depend on water for functioning.

Some of the many functions water serves in our body are :

- Lubricant
- The base for saliva
- Forms the fluids that surround the joints
- Regulates the body temperature, as the cooling and heating is distributed through perspiration.
- Helps to alleviate constipation by moving food through the intestinal tract and thereby eliminating waste- the best detox agent.
- Regulates metabolism

As a component of weight loss and healthy living, drinking water is an important element. Water contains no calories, fat, or cholesterol and is low in sodium. It is nature's appetite suppressant, and it helps the body to metabolize fat.

Research shows that low water intakes yield an increase in fat deposits and high water intake reduces the amount of fat deposits.

Without enough water, the kidneys cannot function properly. As a result, some of their workload is pushed off onto the liver, in turn preventing the liver from operating at peak levels.

Did you know?

The human brain is made up of 95% water

Blood is 82% water

Lungs are made up of 90% water

Because metabolizing fat is a primary function of the liver, and the liver can't function at peak levels when taking on the added workload from the kidneys, less body fat is metabolized and more is stored. This leads to either weight gain or plateaus of weight loss. To increase your ability to metabolize fat and lose weight, you should drink plenty of clean water to improve your kidney and liver functions.

Many health experts recommend for healthy living we consume at least 8 –10 8 ounce glasses of water a day.

SO DRINK UP!

WATER AND EXERCISE IN THE POOL IS COOL.

On May 2, the Remarkable Women met at the William and Emslie YMCA for a riveting water aerobics session with fitness instructor, Richard Sharpe.

Water from a fitness standpoint allows a person to exercise every muscle and every joint all at the same time. Water also comes into play by keeping your body cool throughout the exercise period.

Finally, water causes your body to be buoyant thus causing less strain and stress on your joints and muscles.

Water aerobics is just the right type of activity to whet your appetite for increasing exercise in a fun and rewarding way.

If you are interested in classes contact the YMCA at 845-5440*. The classes run Tuesday and Thursday evenings. The benefits are great and the cost is minimal.

*** As a reminder check with your physician before beginning any physical activity.**

[See photo's on the next page]

"...Let the waters bring forth abundantly the moving creature that hath life..."
Genesis 1:20

What Does Remarkable Mean?

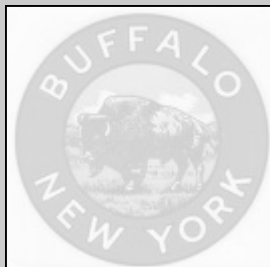
REMARKABLE
Is defined as

Worthy of note or attention

Striking
or
extraordinary

Now doesn't that sound just like US?

NOBODY DOES IT LIKE BUFFALO!!!



I Am Remarkable Because...

When asked why they are Remarkable, our Buffalo Battalion shared these remarks:

Yvonne Hester said:
Because I AM and I love me!

Caroline Harris said:
Because God says I am!

Deborah Walker said:
Because If you don't know you are, who will? I don't wait for Somebody else to tell me

Takita Barker said:
Because I am Aquarius and because I am diligent

Joyce Faines said: Because we are all created in the image of God, and we are all fearfully and wonderfully made in his image..and when we love one another as Christ loves us..and we exercise the fruits of his spirit, love, joy, peace, happiness and longsuffering we are all Remarkable Women! When we don't exercise wrongdoing to hurt others with our mouths and we watch what we say and how we say it, when we don't hate, hurt or cause any pain to others and we encourage, pray, operate in peace and work together in unity and not strife, that makes us remarkable and God is pleased! All things work together for the good of them that love the Lord.

Check us out "The Buffalo Beauties " in the Pool, Doing Tai Chi and Walking at Delaware Park

"Obstacles are what you see when you take your eyes off the goal."
Vince Lombardi



BE ATTITUDES

BE a helpmate to another Remarkable Woman! BE aware of the serving size of what you are eating.

BE committed to doing your best every-day. BE willing to take responsibility for the choices you make.

BE honest with yourself . BE courageous enough to start over if you need to.

BE Adventurous and try a new exercise . BE focused on the overall objective: Healthy Living

BE grateful for the progress you are making. BE aware that change takes time.

BE bold and tell everyone about Remarkable Woman!. But above all, BE KIND to yourself...it is a journey, after all!!!

THE SCALE DOES NOT TELL THE WHOLE TALE



Sometimes, despite our best efforts, the weight will come off slower than we like. It is easy to become discouraged and we often forget that the scale does not tell the whole tale.

For instance, our own Program Coordinator, Grace Tate, shared this story of victory last week at our meeting:

My doctor has advised me because of increased exercise and more oxygen into my system my blood pressure medicine can be cut in half

Remember success comes in many ways! These type of remarkable results cannot be seen on the scale, but are still worthy of celebration!!

GO GRACE GO!

TAI OUT SOMETHING NEW

By Marianne Partee

On Saturday morning we had the opportunity to participate in a Tai Chi workout session with our instructor, Daryl Rasuli. We learned that the goal of Tai Chi was to improve ones physical, mental and spiritual being. There are many benefits associated with the discipline that include; improved circulation, balance and posture; increased strength and reduced stress.

These benefits are a few of the many goals that we strive to achieve as

Remarkable Women

And with that in mind we started our day with Ms. Grace Tate's famous words: *"The best way to start is to start"*.

And we started Tai Chi.

We were reluctant

but we started.

We started our session.

We started by listening to a brief history about Tai Chi.

We started to watch the moves being demonstrated.

We started to m-o-v-e.

We turned and we stretched.

We inhaled and we exhaled.

We warmed up and we cooled down.

We relaxed.

We rejoiced.

We noticed that we have the right to take time out to do remarkable things.

Because we are Remarkable Women.

“You cannot discover new oceans unless you Lose sight of the shore “

WE ARE LOOKING FOR SINGERS OR ANYONE MUSICAL TO HELP SET OUR PLEDGE WRITTEN BY NEDDA BOONE TO MUSIC —IF YOU HAVE ANY TYPE OF MUSICAL GIFT OR KNOW SOMEONE WHO DOES AND WOULD LIKE TO HELP ON THIS PROJECT CONTACT GRACE TATE

KAREN BROWN & JOYCE FAINES AND A FEW OTHER LADIES HAVE STARTED THE WATER AEROBICS PROGRAM ON TUESDAY EVENINGS AT THE “Y”. PLEASE JOIN US

Spicing It Up—Might Bring your Glucose Levels Down

SPICES LOWER BLOOD SUGAR LEVELS DR. RALLIE MCALLISTER DATED: 05/05/09 THE BUFFALO NEWS

If you've been diagnosed with type-2 diabetes, your doctor has probably encouraged you to curb your consumption of soft drinks and sweets. While it's important to reduce the amount of sugar in your diet, you don't have to settle for eating flavorless foods. A number of tasty herbal seasonings, spices and plant foods can actually help lower blood glucose levels. In some cases, regular consumption can lead to reductions in blood sugar levels that are equivalent to those achieved with prescription drugs.

In an article published in the medical journal *Diabetes Care*, scientists at the Human Nutrition Research Center in Beltsville, Md., reported that daily consumption of less than a half-teaspoon of cinnamon produced significant reductions in blood-sugar levels. Led by Dr. Richard Anderson, the scientists recruited 60 men and women with type-2 diabetes to participate in a study designed to test the glucose-lowering effects of cinnamon. Half of the study participants were given capsules containing 1 to 6 grams of cinnamon daily, while the other half received placebo capsules.

In just under six weeks, the volunteers taking the cinnamon capsules experienced a 20 percent reduction in their fasting glucose levels. The group taking the placebo pills showed no decrease in its blood-sugar levels. Cinnamon also had an impressive impact on the volunteers' cholesterol and triglyceride levels. Study participants who received the cinnamon capsules saw their triglyceride levels fall at least 25 percent, while their total cholesterol levels fell 12 percent to 26 percent. Although its precise mechanism of action isn't fully understood, cinnamon appears to increase the body's sensitivity to insulin. Scientists also speculate that because the spice slows stomach emptying, it helps reduce the rise in blood glucose that typically follows meals, especially in individuals with type-2 diabetes.

Earlier this year, Anderson and his research team reported that, like cinnamon, bay leaves appear to enhance the glucose-lowering actions of insulin. In a study of 40 volunteers with type-2 diabetes, the researchers tested the effects of ground bay leaves on blood-sugar levels. The results of the study, published in the January 2009 issue of the *Journal of Clinical Biochemical Nutrition*, revealed that volunteers consuming 1 to 3 grams of ground bay leaves daily experienced reductions in blood-glucose levels ranging from 21 percent to 26 percent. Significant reductions in blood sugar were seen in as little as 10 days, and those reductions persisted for more than a week after the volunteers stopped consuming the bay leaf capsules.

The scientists also noted major improvements in the subjects' cholesterol profiles. After consuming ground bay leaves for 30 days, blood tests revealed that the volunteers' total cholesterol levels had declined at least 21 percent and triglyceride levels were as much as a third lower. In a study published in the journal *Plant Foods and Human Nutrition*, researchers reported their findings that diabetic rats fed turmeric, a yellow spice used to flavor curry powder, experienced dramatic reductions in blood-sugar levels. In another study, turmeric was found to delay the development and progression of diabetic cataracts in rodents.

If you're looking for a refreshing beverage that doesn't send your blood sugar soaring, black tea is an excellent choice. The results of a study conducted by researchers at King's College London suggest that consumption of black tea may help stimulate insulin production by the pancreas and produce a measurable reduction in blood-glucose levels. Scientists at the University of Massachusetts found that natural compounds in plant-based beverages like black tea and red wine appear to block the activity of alpha glucosidase, an enzyme that triggers the absorption of glucose by the small intestine.

While herbs, spices and tea can impact blood sugar levels shortly after consumption, their long-term benefits may be even more important. Because they're rich in antioxidant and anti-inflammatory compounds called polyphenols, they can help protect the entire body from complications related to diabetes and high blood-sugar levels, including heart disease and stroke.

Fortunately, herbs, spices and teas are well tolerated by most folks, with very few adverse side effects. Still, if you have type-2 diabetes or if you're at risk for the disease, it's important to work closely with your doctor to manage your blood-sugar levels, especially if you're planning to make major changes to your diet.

When I lost the 26lbs when I was diagnosed with Type 2 Diabetes, part of my daily routine was to drink a cup of cinnamon apple spice tea. Now I'm quite sure with all the other things that I was doing to lead a healthy life added on to it, but my blood glucose levels were FANATASTIC. Will you pass this article onto our Remarkable Sisters!