



DISCLAIMER:

PLEA of GRNY is presenting some of the latest information on Nutrition and Health, with references, in hopes for making a healthier you.

Please consult with your primary care physicians. Read, study and learn. Work with your Doctor, find out what is needed to strengthen your immune system, then please work hard to follow your Doctor's guidance.

Remember: There is no guarantee. Faith, hope, helping any in need during these hard times, and doing what we should be doing anyway to stay healthy and keep that "department of defense" strong, is what matters. After you have done all you can to stay healthy, help any in need, let the chips fall where they may.

Stay safe, positive and always remember to pray and give thanks.

With much love and admiration to all in this community.

PLEA of GRNY

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**Physicians and Laypersons Educational
of Greater Rochester, New York, Inc.**

5 Skytop Lane
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**2020
2nd Annual Spring
PLEA of GRNY
Inner City Health Seminar *by Mail***

**Survival and Control of COVID-19
aka Corona ("Rona") :**
"You Have a Job."

Gov. Cuomo
"Strength, Stamina, Stability"

Coat of Arms of the Bahamas
"Forward, Upward, Onward Together"

PLEA of GRNY : SNEEP MD
Spirituality, Nutrition, Education, Exercise, Positive-Mindset Doctors



Ruby L. Belton, MD
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President & Co-Founder of PLEA of GRNY, FRCP



Hand-Washing & Stay Home

(Social Distancing). Keep fingers out of mouth, eyes and nose. Cover when you sneeze or cough.

Helps to Keep You from Getting "Rona"!

www.CDC.gov



Get Your God Given Innate Immune System ("SHE") Healthy! "SHE" is Your Department of Defense & Will Protect You as Best as "SHE" Can Against ("Rona"), if that System is Strong & Healthy.

- Nutrition: Include food the colors of the rainbow (Antioxidants), berries, all colors, nuts, beans, kale, collards, mustards, turnips etc., wild caught fish just to list a few
- Exercise, but obey social distancing, please
- Drink water (system cleansing): Consult your Doctor on amount
- Take vitamins (Immunity) prescribed by your Doctor (D, C, B, Multivitamins). If unsure, call them. CRUCIAL. Check with your Doctor
- Lose weight : Decreases, (cuts down on), chronic diseases, (HBP, Heart Disease, Diabetes, Cancers etc.) that weaken your body. Shoot for a BMI < 30. These are simple ways to determine if you are obese: Hip to Waist Ratio: HWR



Waist / Hip = HWR
 0.9 or < for men
 0.85 or < for women
 Look in the mirror.




Try on your Old Clothes.
 Talk to and work with your Doctor.

References:

1. Fuhrman, Joel MD, EAT FOR LIFE (The Breakthrough Nutrient-Rich Program for Longevity, Disease Reversal, and Sustained Weight Loss), Harper One; Copyright 2020
2. Litwack, Gerald, VITAMINS AND HORMONES/VITAMINS and the IMMUNE SYSTEM, Elsevier, 2011.
3. Meskin, Mark S, Bidlack, Wayne R., Randolph, R. Keith, PHYTOCHEMICALS / Nutrient-Gene Interactions, CRC Press, 2006

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Helping create healthier, better neighborhoods

As a family-owned company, we're committed to helping our customers and employees live healthier, better lives through food. That commitment includes sharing food and enriching our neighborhoods in every way we can. We believe communities thrive when we all work together.

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2 Peter 1:3 Paraphrased / "we have been granted all things/ everything that pertains to life and godliness."

Psalm 139:13,14 / "You created my inmost being. I am fearfully and wonderfully made."

