

FIT FOR LIFE NEWS

IN THE NAME OF ALLAH, THE BENEFICENT, THE MERCIFUL, AS-SALAAM-ALAIKUM

This week I am going to resume our discussion on the thyroid disease symptoms that are vague and almost always misdiagnosed. All and all we must learn our bodies and all of its special features that are particular to you and only you. Learning your body takes time, but it is possible to do. We must know more about ourselves than just when we are hungry or tired. Every 7 years your biochemistry changes and sometimes things that you were not allergic to before may begin to cause mild to moderate allergic reactions. The thyroid gland, overtime, can begin to malfunction without warning just as the biochemistry of our bodies do.

This week I will be discussing two more vague symptoms of thyroid disease. The third vague symptom is changes in your body's temperature. For most women, without further testing, this symptom will be diagnosed as pre-menopausal or peri-menopausal symptoms. If you have hyperthyroidism, you may feel sweaty and overheated in temperatures that once felt fine to you. If you have hypothyroidism, you will feel cold in conditions that once was very comfortable to you. Because the metabolism is being affected, finding and feeling comfortable in different temperatures can be difficult and sometimes embarrassing.

The fourth vague symptom are changes in bowel movements. With hyperthyroidism, you may have more movements per day and sometimes the stool will be loose and/or watery. With hypothyroidism, you may have constipation, hard stool or fewer movements than usual. This symptom can be diagnosed as irritable bowel syndrome (IBS) or sluggish bowel depending upon the symptoms. If there has been no changes in your diet, then maybe something more is going on.

The thyroid gland, even though it is so small, has so much power in the regulation of our body's daily functions. This proves that the size of the organ does not determine its strength and effectiveness of its duty that it was created to perform. The human body is amazing and the way that Allah has fashioned each part to do its job as an individual and collectively with the other organs is just mind blowing. We must protect, support, and care for the greatest creation that Allah has ever made, US, the Human Being. We have the instruction manual. We have the instructor in our midst today. As the Hon. Elijah Muhammad said in *How To Eat To Live*, pg. 44, "Live right, think right, eat right, and do right. You will not have to die to go to heaven to be like angels. You will be like them while you live."

With that being said, there is nothing else to add to it. Next week, I will continue on with part 3 of thyroid disease symptoms. So with Allah's help and support, let us all GET FIT FOR LIFE.

THIS WEEK'S RECIPE FOR A HAPPY AND HEALTHY THYROID:

1 scoop of Amazing meal green food mix (found in most health food stores)

1 medium banana

1-2 teaspoon of pure almond extract or vanilla extract

1 cup of whole raw milk or lowfat raw milk

1 cup of ice

Place all of the ingredients into the blender and mix until smooth. You may add some water if the drink is too thick. Enjoy.

With much Love and Peace,

Your Sister and Servant,

Sis. Marcia X, R.N.

Stu. Coordinator Ministry of Health and Human Services