

# Are You Prepared for Flu Season?

With flu season (November to March) quickly approaching, it is important to remember some of the natural ways to boost your immune system. According to Dr. Reginald Cherry, taking herbs such as echinacea will not only help your body fight off viral infections, they can also lessen symptoms, and can even protect you from coming down with the flu in the first place. He says many people take echinacea daily during flu season as a preventative measure.

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## The Early Detection Edge

Though some cancers have no effective method for facilitating early detection, there are ways to screen for breast cancer with the goal of diagnosing the disease at an early, treatable stage. In 2003, the American Cancer Society issued the following guidelines for the early detection of breast cancer:

1. Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.
2. A clinical breast exam should be part of a periodic health exam, about every three years for a woman in her 20s and 30s, and every year for women 40 and older.
3. Women should examine their own breasts to become familiar with how their breasts normally feel. Any changes should be promptly reported to their health-care providers. Don't procrastinate.
4. Women who have a strong family history, a genetic tendency, or have already had breast cancer should talk with their doctors

about the benefits and limitations of starting mammography screening earlier, of having more frequent clinical exams, or of having additional screening tests such as a breast ultrasound or MRI.

While the search for a cure continues, these screening guidelines have proven to be useful for increasing the likelihood of detecting breast cancer at an early stage, thereby facilitating a good response to treatment. But their benefit depends on adherence.

Far too many Holy Spirit-led women are failing to take advantage of these simple and effective screening methods. Don't let fear, myths and old wives tales prevent you from getting a breast exam and mammogram. Become proactive in preserving your health so that you might experience the blessing of a long and healthy life.

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## A Fully Engaged Man

☒ Talking with William Craig, one of the leading Christian scholars in the world, was a blast. He said a lot of things that got me thinking, but the one point that really stayed with me is that in order to be “fully engaged men,” as he called it, we need to make sure we're pursuing every aspect of Christian discipleship.

He was saying this to point out that in the men's movement we focus a lot on things like family, sex and leadership (which we should), but we often neglect the intellectual side of being a mature Christian. I agree with this, and certainly

would love to pursue this area more in my own life, but I thought that his overall point was much more interesting: There are many aspects to being a fully engaged Christian man, and we shouldn't miss out on any of them.

So what all is involved in becoming a rounded, fully engaged Christian man? Here are some ideas:

**Knowledge:** Since we've been talking about it, let's start here. A mature Christian man has an understanding of the world and his faith that he can be confident in. He should be able to speak intelligently about what he believes. This is essential not only for sharing the gospel with others, but also for knowing the reasons why we believe what we believe.

**Wisdom:** Probably more important than knowledge is wisdom, the proper application of our knowledge. This is so important that God devotes entire books of the Bible to it. Wisdom is essential to navigating the tough road a man leads. There are few things that people respect more in this world than a wise man.

**Humility:** The flip side to knowledge and wisdom is humility, which is one of the unique and defining aspects of the Christian faith. Pride is one of the greatest enemies we have in life, and humility is the only defense. A humble man sees life as it is, and understands how much he relies on God.

**Grace:** Another hallmark aspect of Christianity is grace, or unmerited favor. There are few things in life as shocking and memorable as acts of grace. Even Christians are stunned when we receive something great in spite of the fact that we don't deserve it. Grace is crucial for every relationship we have, from our families to our friends.

**Discipline:** Going along with wisdom is discipline, or self-control. This is an essential part of becoming a man of God, because the enemy is really good at getting us off track in this life. Discipline helps us avoid areas of temptation and

pursue the amazing things God has for us.

Of course, the greatest example of every one of these traits is Jesus Himself. The only true fully engaged man in history, He exhibited perfect knowledge, wisdom, humility, grace and discipline. It's beautiful that the only way to really understand and live out these ideals is to pursue Him and let His Holy Spirit bring them out in our lives.

These are just a few examples of the traits of a fully engaged Christian man. I'd love for you guys to share more. What are some important ideas that I missed?

*This story was first posted in New Man e-magazine.*

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## Approaching the Change

Janet Maccaro, Ph.D., CNC, recommends the following steps for coping with symptoms of peri-menopause or menopause:

**1. Manage your stress.** Forgive past hurts and apologize to those you may have wronged in the past. Make sure to get enough sleep. Exercise daily. Eliminate sugar as much as possible. Fellowship daily.

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## Get Up and Go!

In her book *Finally FIT!*, Lorraine Bossé-Smith points out the benefits of keeping active. Exercise, she writes, will reduce stress, improve the quality of your sleep, give you more energy, maintain healthier muscles and joints, increase bone density, decrease blood pressure, reduce your chances of becoming depressed and make you feel better about yourself. So what are you waiting for? Get up and get going!

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## Got Chocolate

According to medical doctor Don Colbert, a recent study shows that chocolate—the dark variety, that is—can be good for you. Dark chocolate, Colbert says, contains high levels of flavonoids, an antioxidant that protects the heart and blood vessels from the damaging stress of free radicals. This beloved treat can actually increase the levels of antioxidants in the blood by about 20 percent! Colbert recommends restraint, however, because the high sugar content of most chocolate candy causes more health problems than chocolate can protect you from. So if you get chocolate, get only the dark—and eat it only in moderation.

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