

HANDS ACROSS THE CARIBBEAN – PART 2

By Dr Clive Dottin

“Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shall be fed. Delight thyself also in the Lord; and he shall thee the desire of thine heart”. **Psalm 37:3,4**

The countdown has begun – 10, 9, 8, 7, 6, 5.....The most dynamic event to take place in the history of the Caribbean will be launched on Sunday, September 19, 2010 at 7am at the Queen’s Park Savannah. Join the 10,000 persons who have pledged to participate in the HANDS ACROSS THE CARIBBEAN NEWSTART WALK & EXPOSITION. We are getting great support from the Ministries of Health, Youth and National Security.

The excitement is building, the energy is increasing, the tension is growing as thousands prepare to launch a focussed attack on negative and destructive lifestyles. More than 70 visionary groups will be participating in the walk around the Queen’s Park Savannah and the exposition.

Walk The Talk & Protect The Heart With NEWSTART. Many persons are digging their graves with their teeth. Some eat to live, while others live to eat. Others eat very late at night in front of the television and fall asleep. What happens then is role reversal – instead of these persons looking at the television, the television is looking at them.

Think of the synergy when groups like the Emmanuel Community, University of the Southern Caribbean, Caribbean Health Foods, Police Youth Clubs, Community Hospital, Road Runners Club, Sporting Associations, Loveuntil Foundation, Pathfinders & Master Guides, Friends Forever, the Master’s Touch and many others combine their resources to create an explosive rescue mission.

Let us replace the negative with the positive; let us bury the pessimistic and affirm the optimistic. Let us replace destructive practices with life-enhancing activities.

This nation needs a NEWSTART. We are being strangled by mafiatic vampires who are disturbing the peace on a daily basis. Then we have others who display their disregard for the sanctity of life by drinking Alcohol and then driving - breaking traffic lights, cursing and threatening those who are trying to rescue them.

We need a NEWSTART, a new vision, a new sense of mission, a new approach to problem solving, a new approach to national security, a new approach to constitution reform, a new approach to saving our youth as we guide them to serve the nation. We need a new attitude.

We have allowed the dependency syndrome to destroy our will power. We are in a quagmire but also in a state of denial. We need a NEWSTART to deal with corruption. We have so much greed while psychotic minds wish to legalise marijuana – the weed.

HANDS ACROSS THE CARIBBEAN was designed to strengthen the community by affirming the institution of the family. We hope thousands of parents will come and bring their children. WALK THE TALK; PROTECT YOUR HEART WITH NEWSTART.

After Sunday, there will be Health soldiers moving into specific schools throughout the region. This initiative is designed to reach 40,000 students in 200 schools in CARICOM. Let us look at the NEWSTART formula and appreciate the benefits to the individual, the family and the community:-

NUTRITION: Use Beans, Peas, Fruits, Nuts, Vegetables. Food must consist of a rainbow coalition. Keep it simple and keep it balanced. Beware of the junk food option – exciting but deficient.

EXERCISE: 30 Minutes Daily – Walking, Jogging, Swimming, Cycling. These are positive alternatives that would put a smile in your mile. Walk the talk and move with the family.

WATER: Drink 6-8 Glasses Daily. Abstain From Alcohol, Tobacco, Marijuana, Cocaine, Caffeine Water is the best drink on this planet. It is a gift from God that will enhance the quality of your life.

SUNSHINE: Strengthens the Immune System, Increases Metabolism, Controls Blood Pressure Sunshine indicates that the sun is smiling on you. Therefore, pass on those ‘*Rays of Hope.*’

TEMPERANCE: Moderate Use Of that which is Good and Total Abstinence From that which is harmful. Remember your body is the temple of the Holy Ghost; the most valuable resource is the human resource. Value it, cherish it, don’t destroy.

AIR: Practice Deep Breathing. Enhances Blood Circulation, Reduces Stress. Important for emotional balance, which in turn would impact positively on your relationships.

REST: Adequate Sleep, 7-8 Hours Required. Protect Your Heart, Lowers Stress. Enhances Mental and Emotional Health. Pause for a worthy cause. Do not allow the quick paced rat race to destroy you.

TRUST IN GOD: Have Daily Family Worship, Exercise Faith In God. Lean On the Everlasting Arms. Trust in God is the key to victory. You need God to turn the tide so you can climb the highest mountain. Victory lies ahead; God will turn obstacles into opportunities. How about rebuilding the family altar?

The challenges involved in the implementation of the NEWSTART programme is the issue of behaviour modification and we should know how difficult change can be, especially when it comes to taste and our addictions. But let us examine the advice of cardiologist, Dr Bernardo Malecot:-

- **Do not consume** foods containing saturated fats or animal fats, which favor the development of arteriosclerosis and excess cholesterol. Thus a vegetarian diet works best, and in any case it is necessary to replace red meat with poultry and fish.
- **Use oils** containing unsaturated fatty acids such as those in olives, sunflower seeds, corn or soybeans. If you need to fry foods (not recommended), use stable oils such as olive or peanut.
- **Stop using** drinks containing sugar or alcohol.
- **Do not add salt** to food after it is has been served.
- **Although** in the modern world it is sometimes difficult to avoid **stress** or **tension**, it is necessary to make an effort to **keep calm**
- **Struggle** against a sedentary lifestyle, by regularly performing physical exercise. Walk to work, at least part of the way; or climb the stairs instead of taking the elevator.
- **Do not eat more calories** than those you need to use according to your level of activity. Obesity is one of the main risk factors in cardiovascular diseases, so you need to control your weight.
- **Support public campaigns** promoting physical exercise, and those advocating a reduction in the consumption of tobacco, alcohol and other substances harmful to health.

Walk the talk: Protect your heart with NEWSTART. **See you on Sunday Morning!**