

ST. MARK OF EPHESUS GREEK ORTHODOX CATHEDRAL PARISH NURSE MINISTRY - MARCH 2022

"A God-loving man blames no one else, for he knows that he sins- and this is a sign of the soul on the way to salvation."

- St Anthony the Great

Praying all is well as we continue on this wonderful journey of Orthodoxy: Every year, we struggle on the Orthodox path through the Triodion, enduring life's trials and temptations. I'm praying all have good strength, as day by day, and week by week, we approach our Lord's glorious Resurrection.

It's important during our annual journey of Great Lent, to keep up our health and wellbeing. Some suggestions are to **be active**; it's been shown that not only weight gain and type2 diabetes can be controlled by physical activity but also **exercise helps with insomnia,**

depression and high blood pressure.



And of course during Great Lent we tend to eat healthier. We should try to eat less high-calorie, high sugar, high carbohydrate and high trans-fat foods. We should concentrate on foods that will improve our physical and mental health. Eating foods that are rich in vitamins, minerals and antioxidants.

Of course, **as Orthodox Christians we need to concentrate even more on our spiritual lives!** Conventional information

states that stress and anxiety can send cortisol levels high which releases chemicals that aggravate blood pressure, weight control, joint pain, fibromyalgia, irritable bowel syndrome and decreased mental acuity. Thus, as experts say, relieving stress is a first step. We have our beautiful services and daily prayers to help us. We have our blessed Orthodoxy to guide and lead us, not only in our spiritual lives, but in our health and wellbeing.

Please forgive me as **we begin our blessed Orthodox journey of Great Lent.** And as always if you feel any changes in your health or well being please contact your healthcare provider.

Elizabeth Ashton, RN

(Information from M.Thorpe and R. Link www.Healthlink.com and R.Rettner www.LifeScience.com).