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Eating Healthy

Just a short few weeks ago, we paid little attention to what was in our pantry. Sure there was pasta, beans, soups and rice. All of a sudden, those staples might be life savers.

As we limit our trips to the grocery store, we are digging deeper into our cabinets. We're using items that were overlooked or frowned upon.

Experts say a healthy meal consist of vegetables, fruit, lean proteins plus dairy at each meal. That would be great during normal times. But, these times are far from normal.

WebMD suggest you make a mental or actual list of what you have. Use the following categories as a guide.

Canned soups and broths, canned fruits, canned vegetables, canned beans and legumes, condiments, canned meat and fish, dried beans, rice and pasta.

Instead of a meal plan, make a meal list. This will allow you to make a meal anytime based on what you have in the cubbard.

"High Blood Pressure and Covid-19!"

The most asked question in the world today is, how long will the Coronavirus have a grip on our lives? The experts say it will last a month or longer. I say with trepidation, what's the rush? I want the



experts to get it right, so we all can get back to our normal lives

Keep in mind, normal for me and 100 million Americans is living with high blood pressure (HBP). During this pandemic, people with HBP have to be

extra vigilant. The American Heart Association (AHA) suggest people with HBP continue to take their prescribed medicine. "These medications don't increase your risk of contracting COVID-19. They are vital to maintaining your blood pressure levels to reduce your risk of heart attack, stroke and worsening heart disease."

Your prescription medications are one of the most important things to remember. Make sure you have enough medicine that will last a prolonged period of time. You may have your prescriptions mailed or delivered to your home. Medications should be taken as prescribed, says AHA. Decreasing or stopping your medication could raise blood pressure to dangerous levels. Make sure to check with your doctor if you have questions or concerns.

I know there are a lot of alcohol and caffeine drinkers with HBP. AHA suggest you limit your intake of both. They can raise your blood pressure levels. Who doesn't like a cold beer or a good ole' cup of American Joe? I know I do. But, we must limit our caffeine to three cups a day. Most people with HBP should avoid caffeine all together.

If that seems extreme to you, I'm gonna tell you a quick story. It took place in 2009 and one year after I had my bypass surgery. I stopped at Starbucks on the way to church. I had my usual viente black coffee. I was sitting in church enjoying the service when all of a sudden I felt very nervous. So I went to the lower level to find a paper bag to breathe into. A nurse saw me and asked what was wrong. I said I needed to breathe into a bag to calm down.

She said she was a cardiac nurse. She told me that a cardiac patient (survivor) should not drink coffee. She took my BP and it was normal. She suggested I leave coffee alone. To be honest, I'm a work in progress. I don't drink more than a cup or two and I make my own coffee at home. Be safe my HBP friends.

Working out during Covid-19 outbreak

We have many workout options to choose from, while we are Sheltering In Place. Fitbit has a Free 90-day Premium option. You can run in place. The sky's the limit.

Many people have turned to the many mobile health devices to use as a workout assistant. Some people will continue when the pandemic is over. I choose to use the treadmill or run in place. I jog in place for one minute, 30 different times though out the day.

Some will ride a stationary bike, while others will walk the neighborhood. No matter what it is, try your best to be active. And, one can get mental healing from working out.

Above all else, get that workout in. The National Health Services advises adults to get at least 150 minutes of moderate physical activity per week. That's 20-30 minutes a day.

I understand that it might be difficult while you are homebound. Nike says, just do it! I say, do something!

Can you hear that? Listen...nothing can be heard outside, but silence. I can hear birds chirping again. It must be six in the morning! No, it's three in the afternoon. Ahhhh, the sound of tranquility in the city again. Yes, tranquility has a sound. You may call it peace, another may say it's the sound of a flowing river. As a city person, I say it's being able to hear your thoughts without the interruption of planes, trains and automobiles.



No, I'm not excited about why it's so peaceful. It took a pandemic for us to really stop and smell the roses. But I am excited about the quiet, the calm that's come over the nation. I'm excited about the earth and sky

getting a chance to breathe. The flowers, insects and trees can do their jobs with less human intervention.

The covid-19 outbreak has made me change how I look at life. In an instant, many of my habits don't matter anymore. Running to Starbucks every morning for my pick-me-up. Now, I just make my coffee and enjoy the smell of coffee brewing. Then I check my emails. Wow, what a change in attitude and messages from just a month ago.

Catching a glimpse or two of Get Up on ESPN isn't as important now. Not because of the lack of sports content. It doesn't have the same value it once had. My wife and I have longer conversations in the morning. There isn't a rush to in-person meetings or attend a seminar.

I go to the front door and peer out, like a child looking for a friend. All I see is an empty street. I see a neighbor walking their dog. My thoughts inadvertently go right back to the problem at hand; covid-19. My mind tells me the virus is the reason for the calm. My heart yearns for the childhood Sundays when nobody moved outside. It was peaceful, almost surreal, during those do-nothing Sundays of my youth.

As I come back to reality, a stark reality sinks in. My mind wonders about my friends and their families. I pray they are safe. I often wonder if God has put us humans in a time-out. Were we too mean and cold to each other? Have we lost our sense of caring and empathy? Whatever the reason for this moment we are living in, I hope we humans are better off when a cure is found. Be safe my friends

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