

LIFE, Inc.

Health & Fitness 2020 Vol. 3

#### VIRTUAL SERVICES

Virtual Services is something that LIFE/RUN will now be offering to help you stay connected with your resources and achieve your goal. Some of the activities that consumers enjoyed at the Center will now be available over the internet using various media platforms such as Facebook and Zoom. Find LIFE/RUN virtual activities posted on our calendar at: <https://www.facebook.com/liferunlubbock/>

Please contact us to learn more if you need assistance to obtain an internet capable device, usage of your device, or upcoming schedules.

#### Inflammatory Bowls

A recent study examined the dietary habits of people that suffer from Inflammatory Bowel Disease. The study found that the most common foods consumed by people with IBD were french fries, cookies, and cheese. Does that mean these foods cause IBD? Not necessarily, but there is a strong correlation. Eating these greasy and processed foods without moderation or without balancing your meals with whole foods will definitely increase your risk of having Inflammatory Bowel Disease among other chronic conditions.

By the way, if you are confused about IBS or IBD: Irritable Bowel Syndrome (IBS) is just one of the conditions included in Inflammatory Bowel Disease (IBD). IBD is a broader term that refers to several possible chronic conditions within the digestive system.

#### Bad News for Coconuts!

An article published in the health journal, JAMA 04/08/2020, explains that clinical trials do not support the popular perception that coconut oil is healthy. They highlighted another article published in the Journal Circulation that compared to other vegetable oils, coconut oil increases LDL (bad cholesterol) levels, and has not shown to offer any improvements to weight, blood glucose, or inflammation. It makes sense that in a New York Times survey, only 37% of nutritionists surveyed agree that coconut oil is healthy. That also depends on how the question is asked. For example:

Is coconut oil healthier than lard? Yes

Is coconut oil healthier than canola oil or vegetable oil? Probably

Is coconut oil healthier than olive oil? Nope

Sorry coconuts, I'm sticking with my olive oil.

#### Virtual Connections in the U.S.

05/18 7 am - 7 pm "Natural Education": Virtual Visits to the Virginia Living Museum  
This is a daily event you may join as you please.  
<http://thevlm.org/visit/about-us/covid-19-update/natural-education/>

Specific classes and times are listed on their website

05/19 8 pm - 8:45 pm Songwriter Session w/ Charlie Worsham  
[https://countrymusichalloffame.org/events/songwriter-session-charlie-worsham/?utm\\_source=PR%20Calendar&utm\\_medium=Digital&utm\\_campaign=songwriter\\_sessions IGLive](https://countrymusichalloffame.org/events/songwriter-session-charlie-worsham/?utm_source=PR%20Calendar&utm_medium=Digital&utm_campaign=songwriter_sessions%20IGLive)

- 05/24 10am - 11:30 am Prayers for World Peace (New York)  
<https://sullivancatskills.com/event/online-live-streaming-prayers-for-world-peace/2020-05-17/>
- 05/25 1 pm - 2 pm How to Improve Your Memory  
<https://courses.irisreading.com/how-to-improve-your-memory/>
- 05/27 3 pm - Pickathon: A Concert a Day for MusiCares  
<https://www.facebook.com/events/220575389288184/>
- 05/29 9 pm - 10 pm Social Distancing Festival - free film premier  
<https://www.socialdistancingfestival.com/live-streams/dancevisual-artfilm-this-holding-traces-of-contact-film-premiere-amp-live-qampa-800pm-cdt>
- 06/03 7 pm - 8 pm Virtual Conversation Club from Menlo Park, CA  
<http://www.menlopark.org>

Look for additional activities, events, and local business information on  
[www.everythinglubbock.com](http://www.everythinglubbock.com) or [www.lubbockintheLOOP.com](http://www.lubbockintheLOOP.com)

Kindness is the only service that will stand the storm of life and not wash out.

~ Abraham Lincoln

We are proud to have Superior Health Plan as the sole sponsor of the LIFE/RUN hygiene closet.