

Eastside Baptist Church

Eastside Messenger



Equipping the Saints for Ministry by First Seeking the Kingdom of God
(Ephesians 4:12/Matthew 6:33)

Volume XI Issue V

Every day is a priceless gift of God

MAY 2016

**HAPPY
MOTHER'S DAY!**



Sunday May 8, 2016



Rev. Dr. Arthur C. Banks
1st Lady Jacquie Banks

"This is the day that the Lord has made;
we will rejoice and be glad in it"

(Psalm 118:24)



From the Editor
Eric Grimes

This year marks **11 continuous years** of publication for the Messenger! If you would like to contribute information, pictures or articles, please submit them to: erg58@aol.com. If you would like to receive an **electronic copy**, the current and past year issues of the Messenger are now available on our church web site @

www.eastsidebaptistchurch65.org

Articles and views expressed in this publication are presented for the information and benefit of the members of Eastside Baptist Church **and may not necessarily reflect the position of the Church.**

Church Motto:

Where God is praised and Disciples Are Made

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CREATIONWISE



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Church Office
Monday-Friday
9:00 a.m. – 2:00 p.m.



Praise Him!



HEALTHY LIVING

Jehovah-Rophe
"Jehovah heals"

"I WILL PRAISE THEE; FOR I AM FEARFULLY AND WONDERFULLY MADE: MARVELLOUS ARE THY WORKS; AND THAT MY SOUL KNOWETH RIGHT WELL." (Psalm 139:14)

The Skinny About Sweeteners

Published by Adam S. Nally, D.O.

I am frequently asked about the sweeteners that can be used with a low carbohydrate diet. There are a number of sweeteners available that can be used with cooking; however, many of them are not appropriate for use with a low carbohydrate diet.

With an understanding that weight gain or weight loss is controlled by the hormone insulin, our overall goal is to lower the insulin levels in the blood stream. Glucose (a carbohydrate in its most simple form) stimulates insulin to rise.

A Low carbohydrate diet works because insulin levels are significantly lowered throughout the day. Elevation in cholesterol, elevation in triglycerides and stimulus for production of uric acid also occur because of surges in the hormone insulin. The most common stimulus for insulin to rise is the body's recognition of the presence of carbohydrates or sugars.

First, and foremost, we must understand how these carbohydrates or sugars are labeled or named so that we can identify them in the food products we eat. Most sugars are labeled with the ending "ose".

Sucrose, fructose, glucose, dextrose, lactose, and maltose are very common sugars you'll see in the ingredient list of many products containing carbohydrates. All of these types of sugars will stimulate a significant insulin rise and lead to weight gain, elevation in cholesterol and triglycerides.

Other very commonly used names that you will find containing the sugars above are: white and brown sugar, sucanat, corn syrup, high fructose corn syrup, honey, malt syrup, cane juice, cane syrup, rice syrup, barley syrup, maple syrup, molasses, turbinado, and fruit juice concentrate.

Beware of products that contain "no added sugar" because they will often contain sugar concentrates in the form of concentrated grape or apple juice. Fructose is sometimes promoted as a suitable sweetener for patients with diabetes or people who are wanting to follow a low-carb diet; however even though it does not cause a significant insulin rise, it is rapidly absorbed by the liver and converted into glycerol which leads to increased triglyceride and cholesterol levels.

Even though fructose occurs naturally in regular fruits and some vegetables, it is usually only present in small amounts. The fiber in these fruits or vegetables balances out the fructose content. Today, fructose is added commercially to many foods in a highly refined purified form as high fructose corn syrup.

Be careful because this form of fructose is found in soft drinks, ice teas, fruit drinks, jams, jellies, desserts, baked goods and even in many baby foods. This form stimulates an extremely powerful stimulus in the liver to form

triglycerides and leads to fatty liver disease, a form of non-alcoholic cirrhosis.

Artificial Sweeteners

Most artificial sweeteners fall into a class that is referred to as "non-nutritive" meaning that they have no nutrient value to the human body. They provide a sweet taste to the senses without raising the blood sugar. These sweeteners can be useful in cooking and in maintaining blood sugars; however, it is important to realize that many of them still stimulate an insulin response.

Aspartame

The most popular artificial sweetener in use today is aspartame (NutraSweet™, Equal™). Aspartame is calorie and carbohydrate free; however, it is not the ideal sweetener. Because of its chemical instability, it breaks down under heat into its chemical constituents - namely phenylalanine and aspartic acid. This makes it notably unsuitable for cooking or for storage for more than a few days.

Second, in light of its safety profile maintained by the manufacturer, a number of people of experience side effects including headache, stomach upset, migraine and exacerbation of depression (Neurology October 1, 1994, vol. 44: 1787). Most people enjoy without problem, however.

Acesulfame Potassium

A second popular sweetener has been identified by the food and beverage companies called acesulfame potassium (Ace-K™, Sunette™). This sweetener is not fully absorbed by the gut, and yields no calories, nor does it raise blood sugar. It also contains no carbohydrates. To many palates, it has a slightly bitter savor, so it is often combined with aspartame to eliminate the bitter aftertaste. The problem with acesulfame potassium is that there are a number of studies revealing it significantly increases insulin response without raising blood sugar. Studies show that the insulin response is as remarkable as if a person ingested an equivalent amount of glucose (Horm Metab Res. 1987 Jun; 19(6):233-8.). It appears that acesulfame potassium works directly on the pancreas to stimulate insulin release (Horm Metab Res. 1987 Jul; 19(7):285-9).

This product appears to be one of the most popular artificial sweeteners currently used in a number of low-carb products. It can be found in many of the protein bars and protein shakes on the market. It is also found in Coke Zero™, Pepsi One™ and a number of other diet sodas. I have found in my private medical practice that this sweetener significantly limits weight loss.

Sucralose

Sucralose (Splenda™) is actually derived from regular sugar in such a way that the body doesn't recognize it, and it is not absorbed. It contributes no calories or carbohydrates to the body in its pure form. Amazingly, it remains stable in heat and has become ideal for cooking and baking. It is available as a bulk sweetener and actually measures equivalently to table sugar.

Be aware, however, Splenda™ is not carbohydrate free. Because of the maltodextrin used to make it bulk in nature, it contains about 0.5 g of carbohydrate per teaspoon, or about 1/8 of the carbohydrate of sugar. It does cause some insulin release and may lead to weight gain or difficulty with weight loss when used in excess (J Clin Oncol [Meeting Abstracts] June 2007 vol. 25no. 18_suppl 15127). 1 cup of Splenda™ is equivalent to 2 tablespoons of sugar, or 12-15 grams of carbohydrate in 1 cup of Splenda™.

Saccharine

Saccharine (Sweet 'N Low™, SugarTwin™) is another unstable chemical when heated, however, it does not react chemically with other food ingredients and thereby stores well. It was used for quite some time as one of the original sweeteners. It does not increase glucose or blood sugar, but it does stimulate an insulin response and can be problematic in weight loss (Am Jour Physiol - Endo April 1980 vol. 238 no. 4 E336-E340). It is often combined with other sweeteners to preserve their shelf life.

Cyclamate

Cyclamate (SugarTwin™, Sucaryl™) is a sweetener available in Canada that is often combined with saccharine and is similar to sucralose. However, there is some controversy over this substance as it is known to cause bladder cancer in rats. There has been no human occurrence in its 30 years of study (Ann Oncol, October 2004, 15(10): 1460-1465.doi: 10.1093/annonc/mdh256). This product is currently banned in the US because of the notable potential for cancer. Cyclamate is stable in heat and therefore is an alternative for cooking and baking.

Stevia

Stevia is a non-caloric natural sweetener which contains no carbohydrate. He is to rise from a South American plant and has been widely available for use in Asia for many years. It comes from a shrub called Stevia rebaudiana that has very sweet leaves. Stevia is in extract, a white powder that is derived from these leaves. It can be found today commercially in extract, powder, or in a powdered green herbal leaf. It has an intense sweet taste which actually does have the potential to be slightly bitter. Stevia has two faults. First, it is so very sweet that it is hard to know just how much to use when cooking. Second, he often has a slight bitter taste as well as a sweet one. Therefore, stevia is often combined with fructooligosaccharide (FOS). FOS is a sugar, but it is such a large molecule that humans cannot absorb it. It does not raise blood sugar and it does not stimulate insulin release. Stevia does not increase blood sugar and appears to improve insulin sensitivity in the pancreas (Metabolism, 2003 Mar;52(3):372-8.). FOS is only half as sweet in table sugar; therefore, it makes it a perfect partner for stevia.

Sugar Alcohols

Sugar alcohols are also called polyols. These are a class of long-chain carbohydrates that are neither sugar nor alcohol. Included in this group are maltitol, sorbitol, mannitol, xylitol, erythritol, lactitol, and hydrolyzed starch hydrolysates (HSH). These sweeteners give the texture and sweetness of sugar to corn syrup and can be used to make crunchy toffee, chewy jelly beans, and slick hard candies, moist brownies and creamy chocolate. However, they are incompletely absorbed by the human intestine. This causes problems, as side-effects of these long-chain carbohydrates include gas, bloating and diarrhea for a significant portion of people. The other issue is that there seems to be notable variability in people's ability to absorb these long-chain carbohydrates. In other words, these sweeteners affect people differently and may actually increase the blood sugar and insulin release in varying degrees among individuals.

Maltitol, sorbitol and xylitol seemed to be worse offending culprits in this class of artificial sweeteners. They cause an insulin response of about half that of normal sugar (American Journal of Clinical Nutrition, Vol 65, 947-950). Maltitol and sorbitol have also been shown to increase cholesterol (International Journal for Vitamin and Nutrition Research, 1990 Vol. 60 No. 3 pp. 296-297). Erythritol is absorbed and excreted unchanged and appears to have no insulin response (Food and Chemical Toxicology Volume 36, Issue

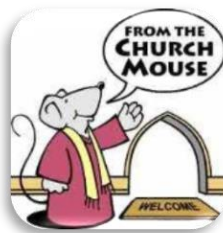
12, December 1998, Pages 1139-1174). Erythritol also seems to inhibit fructose absorption (http://rave.ohiolink.edu/etdc/view?acc_num=osu1180462637).

So, in summary, which sweeteners will not cause weight gain or cholesterol changes? **From the research that is presently available, aspartame, Stevia, and erythritol have no weight gain or cholesterol changes associated with them.**

Splenda is a great sweetener, but excessive quantities will limit your ability to lose weight. All of the other sweeteners listed above have significant insulin response when ingested and will make it more difficult to lose weight. I have found that combinations of Stevia, Splenda and erythritol seem to provide adequate texture and remove any aftertaste that may be found when using them individually.

Health Disclaimer: The information provided on this article should not be construed as personal medical advice or instruction. No action should be taken based solely on the contents of this letter. Readers should consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions provided here are believed to be accurate and sound, based on the best judgment available to the author, but readers who fail to consult appropriate health authorities assume the risk of any injuries. The Editor is not responsible for errors or omissions.





Beatitudes for Married Couples

Blessed are the husband and wife who continue to be affectionate, considerate, and loving through all the days of their life together.

Blessed are the husband and wife who are as polite and courteous to one another as they are to their friends.

Blessed are the husband and wife who have a sense of humor, for this will be a handy shock absorber.

Blessed are they who love each other more than any other person in the world, and who joyfully fulfill their marriage vow of a lifetime of fidelity as husband and wife.

Blessed are they who thank God for their blessings, and who set aside some time each day for the reading of the Bible and prayer.

Blessed are they who never speak harshly to each other and who make their home a place of mutual encouragement and love.

Blessed are the husband and wife who can work out their problems without interference from relatives.

Blessed are the husband and wife who dedicate their lives and their home to the advancement of Christ and his kingdom.

31 DAYS TO BUILD A BETTER SPOUSE

- accessing the power of prayer to build up your spouse -

- Day 1: My Heart {Isaiah 64.8}
- Day 2: Salvation {Romans 6.23}
- Day 3: Strength {Philippians 4.13}
- Day 4: Choices {1 Corinthians 10.31}
- Day 5: Integrity {Proverbs 20.7}
- Day 6: Relationships {Hebrews 10.24-25}
- Day 7: Priorities {Matthew 22.37b}
- Day 8: Attitude {Philippians 2.5-7}
- Day 9: Emotions {2 Corinthians 10.5b}
- Day 10: Spiritual Growth {Philippians 3.14}
- Day 11: Mind {Romans 12.2}
- Day 12: Work {Colossians 3.23}
- Day 13: Obedience {James 1.22}
- Day 14: Future {Proverbs 16.9}
- Day 15: Self-Discipline {2 Timothy 1.7}
- Day 16: Humility {1 Peter 5.5}
- Day 17: Mission-mindedness {Psalm 96.3}
- Day 18: Purity {1 Peter 1.14-16}
- Day 19: Courage {Philippians 1.20}
- Day 20: Joy {Habakkuk 3.18}
- Day 21: Generosity {2 Corinthians 9.7}
- Day 22: Love for God {Luke 10.27}
- Day 23: Love for Others {Mark 12.31a}
- Day 24: Respect {1 Timothy 3.2}
- Day 25: Faithfulness {Proverbs 3.3}
- Day 26: Mercy {Luke 6.36}
- Day 27: Desire for the Word {Psalm 1.1-2}
- Day 28: Security in Christ {Philippians 3.8-9}
- Day 29: LIFE {Colossians 4.5}
- Day 30: Peace {Philippians 4.6-7}
- Day 31: Prayerfulness {Hebrews 4.16}

home to the advancement of Christ and his kingdom



<http://31daystopray.com/31dbbs>



END TIMES TIMELINE

THERE ARE 2 CHRIST'S THAT WILL ARRIVE, THE 1st ONE IS THE FALSE ONE, THE ANTI (INSTEAD OF) CHRIST, "CLAIMING HE IS GOD/JESUS"

Revelation 6:2 - And I saw, and behold a white horse; and he that sat on him had a bow; and a crown was given unto him: and he went forth conquering, and to conquer.

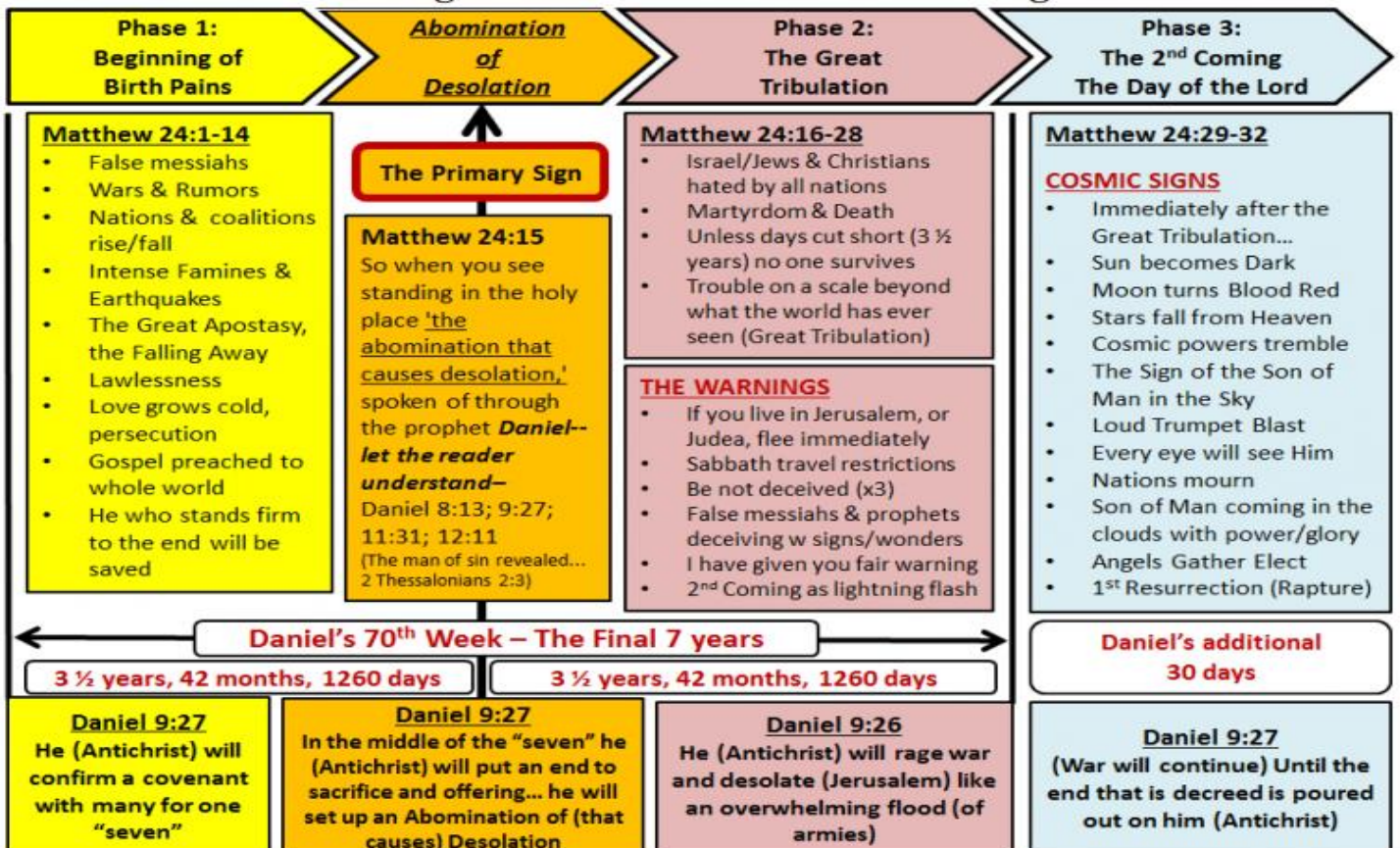
WAIT FOR THE 2nd ONE THE TRUE KING OF KINGS, AND LORD OF LORDS.

OUR SAVIOUR COMES WITH A "SWORD" NOT A CHEAP "BOW"

Revelation 19:11 - And I saw heaven opened, and behold a white horse; and he that sat upon him was called Faithful and True, and in righteousness he doth judge and make war.

He Is Near

Matthew 24 with Daniel 9:26, 27 The Timing of the End – What will be the Signs?





The Kings Kids



#24

Ruth



(Offered her) FOOD

FOREIGNER

GATHERED

HARVEST

INHERIT

KIND

MAHLON (husband)

MARKET

MARRIED (Boaz)

MOABITNESS

NAOMI

OBED (son)

PROPERTY

PURCHASED (land)

REAPERS

RUTH

SANDAL

SELLING (land)

SHAWL

SOLD

THRESHING

TRAVELED (together)

(Offered her) WATER

WHEAT

WORKERS

YIELD

(Naomi was) ALONE

ANCESTOR (of David)

BARLEY

BEFRIENDED

BETHLEHEM

BOAZ

BUSHEL

BUYING (land)

CRIED

CROPS

DAUGHTER (in-law)

DROPPED (grains)

MEDITATE ON THE MESSAGE

“So then faith cometh by hearing and hearing by the word of God”

(Romans 10:17)

Did you enjoy the Sunday Service? Have you ever wanted to hear just the message, prayers, praise & worship or choir selections over again? Do you want a witnessing tool for a family member or friend? AUDIO CD's MP3's & DVD's are available: Sunday Morning Service... \$5.00 ea... Eastside 2015 50th ANNIVERSARY...(DVD Disc set \$30.00) or \$10.00 for individual day. Custom build your own MP3/CD selections \$10.00 each disc made from our digital downloadable library selections.

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