

# Eastside Baptist Church

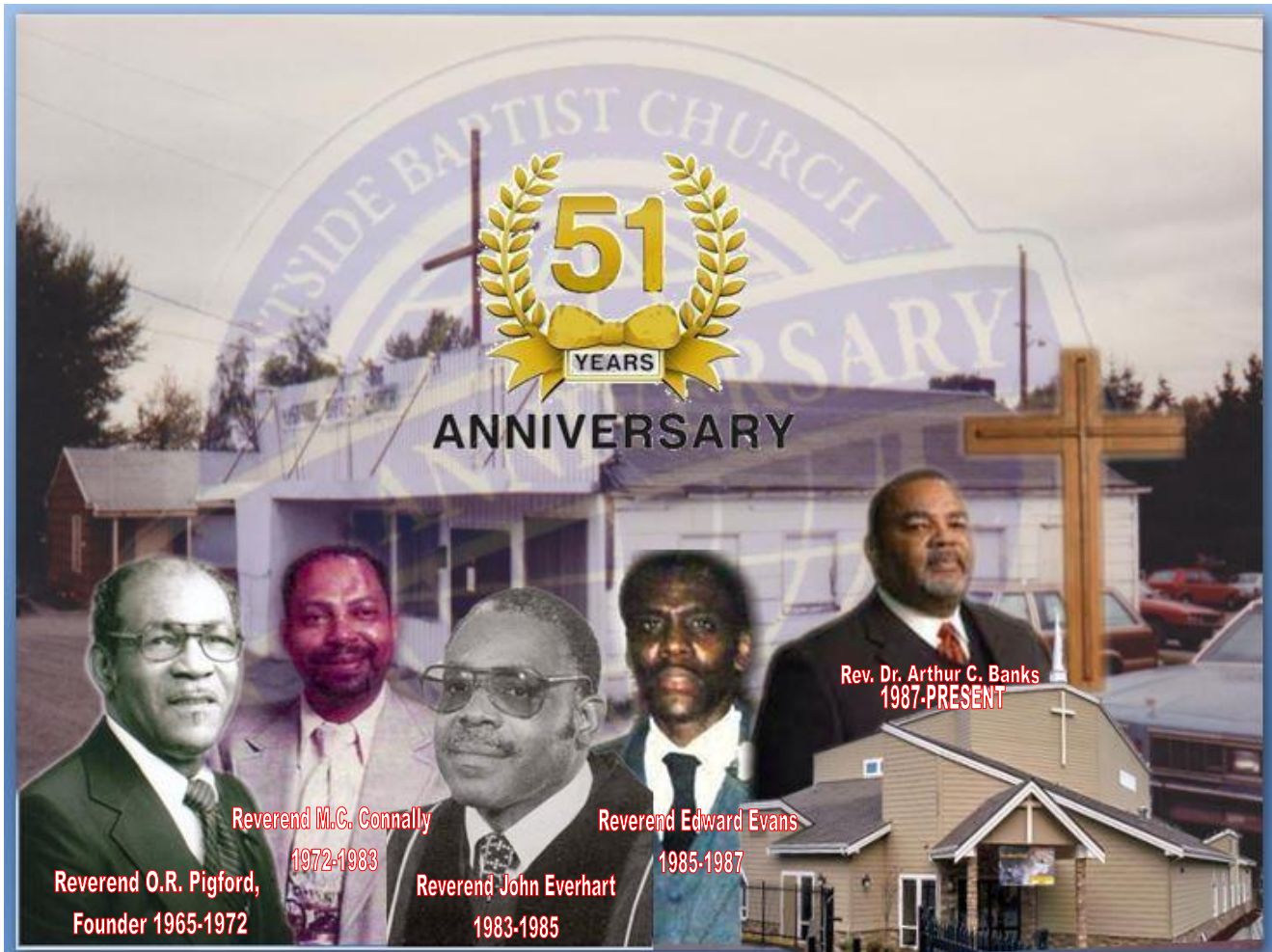


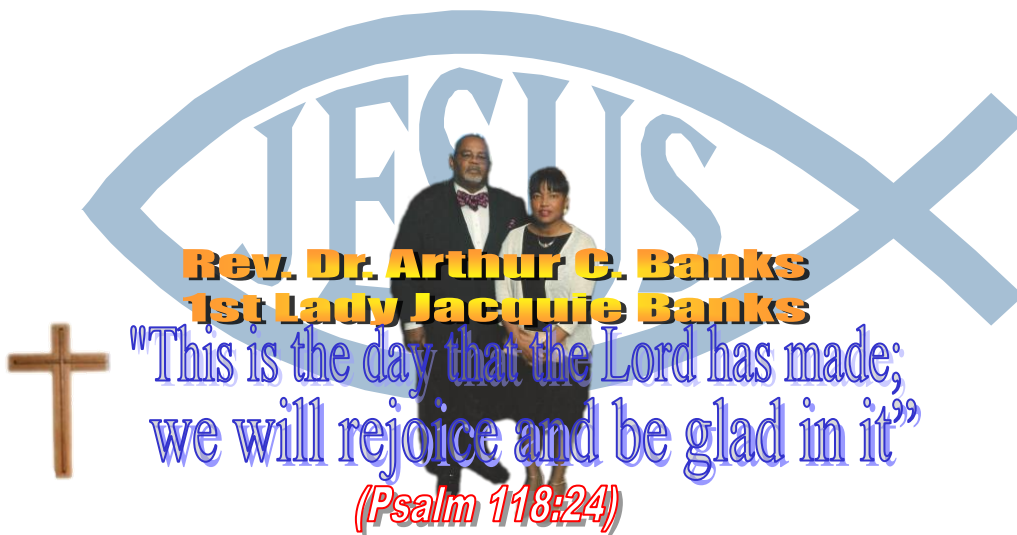
# Eastside Messenger



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

Volume XI Issue IX **Every day is a priceless gift of God** SEPTEMBER 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](mailto: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](http://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*

**Listen to EBC sermons on our website!**

## Our Church History

On September 25, 1965, the Eastside Baptist Mission was organized at the First Baptist Church in Parkland, Washington. There were 16 members present including Rev. O.R. Pigford, Founder. The services were opened with songs, scriptures, and prayers by Rev. Pigford after which the meeting was turned over to the area minister, Rev. Omer Hyde. Rev. Hyde explained that officers could be elected or the Founder/Minister could appoint officers. The first officers of the Eastside Baptist Mission were: Pastor - Rev. O. R. Pigford; Sunday School Superintendent - Brother Murray Jacobs; Sunday School Secretary - Sister Frederika Bradley; Church Treasurer - Brother Jerry Rogers; B.T.U. Director - Sister Irene James; Mission President - Sister Tina Clark. Treasurer - Brother Jerry Rogers; B.T.U. Director - Sister Irene James; Mission President - Sister Tina Clark.

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Church Office  
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*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 Common Currency in Our Bodies Is Not Calories – Guess What It Is?

by [Dr. Jason Fung](#)



Currency (money) is useful because it represents mutually agreed upon means of measurement and exchange. That is, if we all accept American dollars as our currency of exchange, then items as disparate as a bus or an onion can be all measured in the same units.

The bus is expensive and costs more dollars and the onion is cheaper and costs fewer dollars. But everything is measured in dollars and both parties accept dollars as the currency of exchange.

If one party decides to deal in dollars and the other accepts sea shells (as used historically in some primitive cultures) or salt, then it is impossible to deal. There is no common currency. The buyer wants to use dollars and the seller wants sea shells. No deal.

Both parties need to agree on how to trade. That is the value of a common currency, whether it is dollars, sea shells, Bitcoins or gold. There is only power as long as the two parties agree.

It is just like a common language. English is particularly useful because many people speak it. Therefore, in the United States, it

is very likely that you can speak English and somebody understands you. In China, Mandarin is more useful than English, again because both people are able to speak it.

It looks like you're trying to work. Would you like me to bug you instead?

- Annoy me till my eyes bleed
- Go away please



Microsoft

dominated the software wars because it was the most popular, which automatically made it the most useful. It sure wasn't the blue screen of death, or Microsoft Bob that made it useful. Man, I hated that stupid paperclip. Made me want to poke my own eyes out. But Microsoft was the common standard, which made it useful.

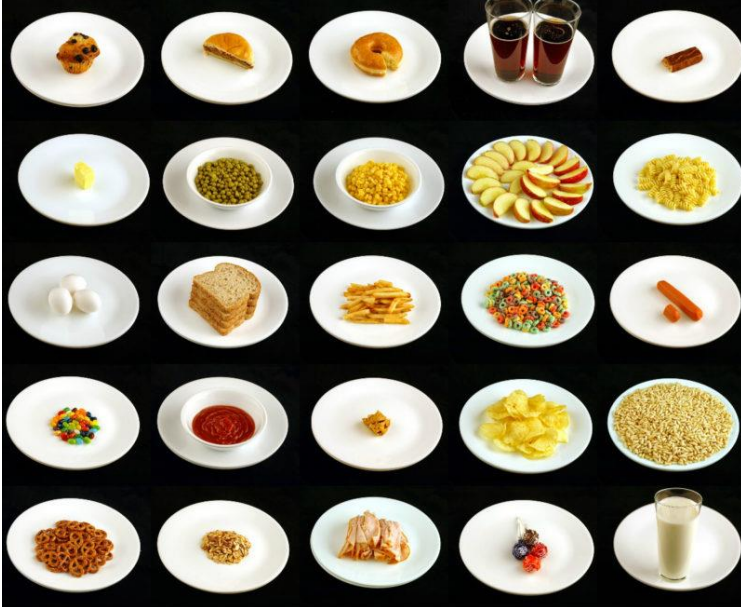
### The common currency of weight gain

But this post is about nutrition and obesity. So, what is the common currency of weight gain? Most people think that 'calories' fulfills this role of common currency. Sugar contains a certain number of calories and lettuce has fewer calories. We imagine therefore that these calorically 'expensive' and 'cheap' foods can be measured on the same currency of calories. There are other ways, of course to measure different foods. You could simply weigh them. So 1/2 a pound of sugar is the same as 1/2 a pound of lettuce. This is simply a different currency. You could make the same [First Law of Thermodynamics](#) argument for weight as for calories.

If you eat 1/2 pound of food, whether sugar or lettuce, you must gain 1/2 pound of weight. After all, how can your body gain more weight? Does weight come from thin air? How can it gain less weight? The weight of food simply disappears?

Thermodynamics is a law, not a general suggestion. In both cases (weight and calories), the confusion arises from misunderstandings about thermodynamics and body fat.

What's crucially important, though, is to see if the body 'cares' about calories. Does the body have some mechanism to count calories? Does the body have sensors to detect calories? Do we have an internal bomb calorimeter to measure calories and change behavior/ metabolism based on calories? No, no and no.



*200 calories*

Your body doesn't give a hoot about calories. Calories are not an accepted currency in our body. It does not count calories so why should you? A calorie is a calorie. So what? Who cares? Certainly not your body. Consider two foods of equal caloric value. On the one hand, you have a bit of sugary soda, and on the other is a plate of lettuce. Calories are identical. OK. So what? When you eat those two foods, does your body somehow measure these calories? No.

The metabolic effect of those two foods is completely and utterly different. Sugar will stimulate insulin. It will not activate any of the other satiety hormones. It does not activate stretch receptors in the stomach (satiety signal). It does not activate peptide YY, cholecystokinin (satiety hormones). A piece of steak, on the other hand, will do all those things. Therefore, you feel full after eating the steak, but not sated at all with the soda.

## Our bodies don't count calories or weigh food

So, why do we pretend that all calories are equal? There's nothing equal about them. Calories are not the common currency of the body. It's like we're walking around with a bunch of sea shells in our pockets and trying to buy a hamburger in Philadelphia. Everybody wants dollars and we want to pay in sea shells. The burger guy doesn't care about sea shells. Our body doesn't care about calories.

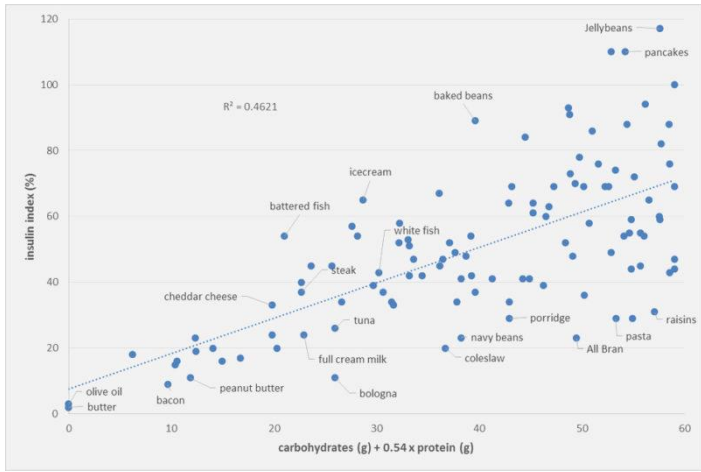
The same applies to the weight of food, or the volume of food.

Your body doesn't weigh the food coming in, and doesn't care. The key is that eating a pound of lettuce and a pound of sugar produces completely different metabolic responses. In one case, the body may burn off that energy, and the other case, it may decide to store that fat. Weight is not the common currency.

No, our body gains or loses fat according to detailed hormonal instructions from our brain. So what does our body respond to? Insulin. The rise and fall of insulin is the main stimulus to weight gain. So, foods that stimulate insulin are typically more fattening (cookies). Those that do not (kale) are typically not fattening at all.

If the body cares about insulin (and other hormones, but mostly insulin), then we need to use the common currency, speak the common language of the body. Insulin. We can translate foods into insulin effect instead of calories. [Marty Kendall at Optimising Nutrition](#) did just that.

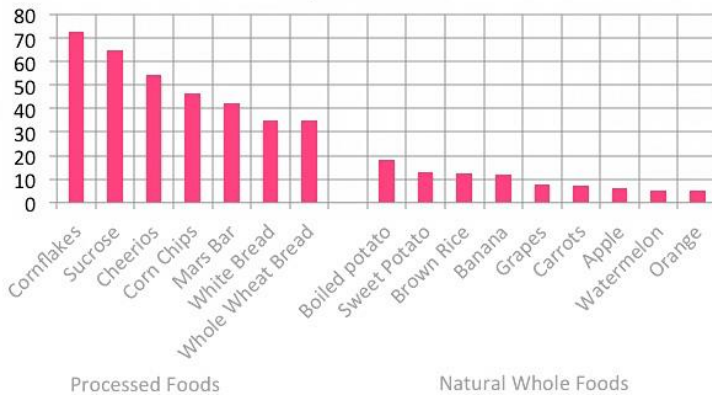
# Insulin index



## Insulin index

He has constructed the best food insulin index available. You can estimate a food's insulin effect based on net carbs (carbs - fibre) + 0.54 protein. Even then, this formula only accounts for about 50% of the known insulin effect, so there is still much more we need to learn. The least insulinogenic diet is low carb, high fibre, moderate protein, high in natural fats. In other words, a [real food, LCHF diet](#).

## Glycemic Load



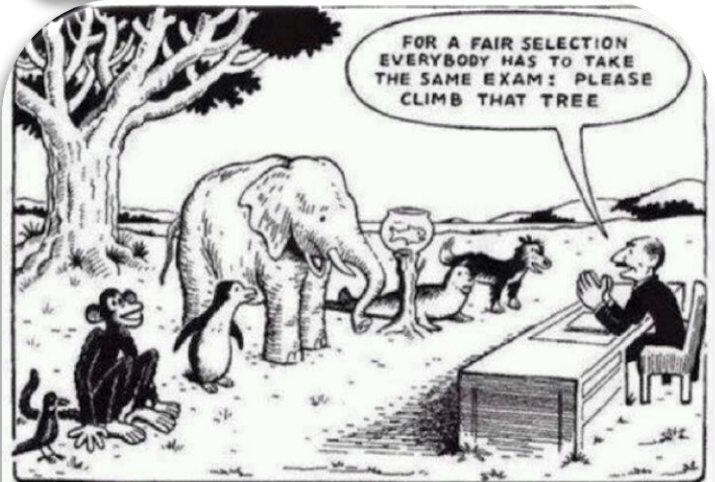
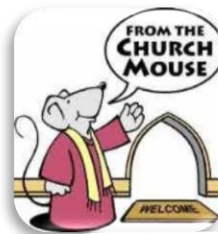
The same goes for counting carbohydrates. Your body certainly responds to carbohydrates, but it doesn't count them. Some carbohydrates will stimulate insulin and others will not. That means that all carbohydrates are not equal.

Highly processed carbohydrates are very stimulating to glucose and insulin. Minimally processed carbohydrates have very little glucose or insulin effect.

So remember, the common currency of the body is not calories. But neither is it dietary fat, protein or carbohydrates. It's not fibre. It's not ketones.

The only currency the body really cares about is insulin. If you want to lose weight, reduce insulin. If you want to gain weight, increase insulin. That's the common currency. Since our body only cares about insulin, we better learn the insulin effect of foods.

**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.*



## Our Education System

*"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."*

*- Albert Einstein*



# The Kings Kids

## God Is . . .

E R I F G N I M U S N O C A  
U G T S U J T R U E H O L Y  
N U N R U H G O O P M S U F  
C C T I G O I O E U O U F A  
O O O I R R I R O S S O I I  
R M R M O E F C U D T E C T  
R P N L T E F O A L H T R H  
U A G I C N L F U R I H E F  
P S L T S A E B U R G G M U  
T S T O E C W T I S H I H L  
I I A J V N I P O S G R H T  
B O E T N E S E R P I N M O  
L N R G R A E T N G I V O L  
E A G R E R I G H T U N N L  
E T E R N A L A T R O M M I  
B E L B A H C R A E S N U O

A CONSUMING FIRE

A SPIRIT

COMPASSIONATE

ETERNAL

FAITHFUL

GLORIOUS

GOOD

GRACIOUS

GREAT

HOLY

IMMORTAL

INVISIBLE

JEALOUS

JUST

LIGHT

LONGSUFFERING

LOVE

MERCIFUL

MOST HIGH

OMNIPOTENT

OMNIPRESENT

OMNISCIENT

PERFECT

RIGHT

RIGHTEOUS

TRUE

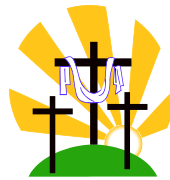
UNCORRUPTIBLE

UNSEARCHABLE

UPRIGHT

WISE

*Seven days without prayer  
makes one weak!*



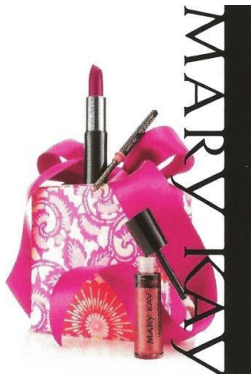
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