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## DOES PRAYER HAVE A PLACE IN HIGH SCHOOL SPORTS?

By Rhonda Bradley ME, MQP

I am sure we have all seen at least one of the following when watching or participating in athletics:

- A basketball player looking up for Divine support before shooting a free throw
- A soccer player kissing the crucifix around her neck after scoring a goal
- A baseball player crossing himself before stepping to the plate to hit

Often, professional sports teams pray together in the locker room before heading into competition; there have been several instances of opposing National Football League (NFL) teams praying together on the field after the game was over. However, this practice has come under fire in recent years in public high school sports through various legal cases.



Source: Tennessean.com

The legal cases question if the act of praying in public high schools violates Amendment I (freedom of religion, speech, and the press; rights of assembly and petition) of the United States Constitution, which reads:

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

**The argument against praying is that because public school systems are in essence a part of the government, that allowing prayer is promoting religion.** Hmmmm... Does prayer have a place in high school sports? Is having a team prayer at a school sanctioned event unconstitutional? Should prayer be permitted if it is made more “inclusive” by allowing the prayer be led by a team member who may be a follower of a faith other than Christianity, such as a Muslim or Hindu?

**So, I ask you my readers; what do you think?** The writer of the best response will receive a \$50 gift card to Target, and have your response published (anonymously if you choose) in a future issue of True C.H.A.M.P.

## PREVENTING SPORTS INJURIES

By Janaya Davis, ISSA

Injuries—every athlete gets them and every athlete hates them. Competitive athletes may have difficulty avoiding sports injuries due to the intensity and frequency of their training, and they are sometimes unavoidable during competition.

### Competition

According to the American College of Emergency Physicians, **more than 3.5 million children (14 and younger) receive medical treatment each year for sports related injuries.** A sampling of data, collected in 2009 by The National Electronic Injury Surveillance System (NEISS), shows the injury rate from several sports in this age group; a group that is more susceptible to injuries because they are still growing and gaining motor and cognitive skills:

Sport	Total Injuries	Ages 0 - 14	Ages 15 - 24
Baseball/Softball	286,708	115,133	85,447
Basketball	501,251	148,992	249,045
Football	451,961	216,232	188,381
Lacrosse/Rugby	92,949	40,833	35,736
Soccer	208,214	88,789	82,184

Even when using the best protective equipment, injuries are still possible during competition (with strains and sprains being the most common). If you sustain an injury remember the **PRICE Principle** for treatment:

### **P**rotect from further injury

- For more severe injuries, protect the injured area with a splint, pad or crutch.

### **R**estrict activity

- Restricting activity will prevent worsening of the injury.

### **I**ce it

- Apply ice immediately after a common sports injury. Ice is considered a “miracle drug” for sports injuries as it is an anti-inflammatory that does not have many side effects. Use ice for 20 minutes every 1 – 2 hours for the first 48 hours after the injury. Do not use heat as it will cause swelling.

### **C**ompress it

- Compression with an elastic bandage will help reduce swelling.

### **E**levate the injured area

- Elevating the injured area above the heart will also reduce swelling.

### Training

Athletes spend a tremendous amount of time training for their sport. Taking the time to properly warm up, before exercising more vigorously, could prevent an injury that would put you on the side line. A proper warm up routine should consist of gentle exercises (such as walking or jogging) that last for a minimum of 10 minutes to get the blood flowing to your muscles. Gradually increase the pace until you are running briskly.

Once your muscles are warm, do some gentle stretching exercises, paying particular attention to the muscle groups that you will be using; as an example, legs for running and arms and shoulders for racquet sports. Only begin more vigorous activity after you have warmed up thoroughly.

Most importantly, if you have not exercised for a long time (perhaps due to an injury) it's very important not to do too much too soon as strenuous activity could do more harm than good. Be realistic about what you can achieve with your current level of fitness and follow the advice of your physician. Once your fitness improves, you can begin to increase your level of activity.

## MONOSODIUM GLUTAMATE (MSG)

By Rhonda Bradley ME, MQP

This article is in response to one of our high school readers in Louisville, KY who sent the following email:

*"I have heard that MSG is bad and that it is in a lot of the food we eat. Is that true? What types of food have this stuff in it?"*

Excellent questions! **MSG is monosodium glutamate and is a food additive that has been used by the food industry since the 1950's.** It is used as a flavor enhancer and can most often be found in processed meat, canned vegetables and soups and fast food. You can see below where it is listed on the label of a very popular brand of ranch dressing:

### Ingredients

Vegetable Oil (Canola Oil and/or Soybean Oil)Water, Sugar, Egg Yolk, Feta Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes)Natural Flavors, Less Than 2% of Sun Dried Tomatoes, Cultured Nonfat Buttermilk, Salt, Casein, Whey, Nonfat Milk, Modified Food Starch, Garlic Puree, Vinegar, Garlic, Onion, Mustard Flour, Monosodium Glutamate, Spices, Sodium Phosphates, Xanthan Gum, Phosphoric Acid, Lactic Acid, Propylene Glycol, Alginate, Titanium Dioxide, Disodium Phosphate, with Sodium Benzoate, Sorbic Acid, Sulfite and Calcium Disodium EDTA as Preservatives, Artificial Flavor.

Source: zeer.com

The Food and Drug Administration (FDA) has classified MSG as a food ingredient that is, "*generally recognized as safe,*" but the use of MSG remains very controversial. Because of this, and due to reports of adverse reactions to MSG, when MSG is added to food, the FDA requires that it be listed on the label like it is above. Some reactions reported include:

- Chest Pain
- Facial pressure (tightness)
- Flushing
- Headache
- Heart Palpitations
- Nausea
- Numbness, tingling or burning on the face, neck and other body areas
- Sweating
- Weakness

Researchers do acknowledge that a small percentage of the population might have mild, short term, adverse reactions to MSG that don't require treatment, but say they have found no definitive evidence of a link between MSG and the listed symptoms. However, there are other published reports that link MSG with an increase in obesity that go back as early as 1978:

*The monosodium glutamate (MSG) obese rat as a model for the study of exercise in obesity*

Gobatto CA, Mello MA, Souza CT, Ribeiro IA. ResCommun Mol Pathol Pharmacol. 2002

*Adrenalectomy abolishes the food-induced hypothalamic serotonin release in both normal and monosodium glutamate-obese rats*

Guimaraes RB, Telles MM, Coelho VB, Mori C, Nascimento CM, Ribeiro. Brain Res Bull. 2002 August

*Obesity induced by neonatal monosodium glutamate treatment in spontaneously hypertensive rats: An animal model of multiple risk factors*

Yamamoto M, Iino K, Ichikawa K, Shinohara N, Yoshinari Fujishima. Hypertens Res. 1998 March

*Hypothalamic lesion induced by injection of monosodium glutamate in suckling period and subsequent development of obesity*

Tanaka K, Shimada M, Nakao K Kusunoki. Exp Neurol. 1978 October

So, can you get completely away from MSG considering the way most of our food is processed and packaged? Not 100% (unless you eat strictly organic, are a true vegan or grow your own food) because many manufacturers “hide” MSG in other ingredients. If you see any of the ingredients shown below on your food label, it could *possibly* contain MSG. Even some processed “health” foods contain these ingredients:

- Autolyzed yeast
- Calcium caseinate
- Gelatin
- Glutamate
- Glutamic acid
- Hydrolyzed corn gluten
- Hydrolyzed protein (any protein that is hydrolyzed)
- Monopotassium glutamate
- Natrium glutamate (natrium is Latin/German for sodium)
- Sodium caseinate
- Textured protein
- Yeast food
- Yeast extract
- Yeast nutrient

Bottom line—MSG is a chemical that does not belong in the human body and one of the best steps an athlete can take to avoid ingesting it is to strictly limit (or avoid all together) processed food.

## KRISONA'S KITCHEN: RAW HONEY RECIPES

By Krisona Payne

After reading last months article on raw honey, several readers wanted some additional ways to include raw honey in their diets, so below are three easy ways and a quick recipe. And, as always, **thanks for your feedback!**

### Three Easy Ways To Use Raw Honey

1. Eat a spoonful of raw honey right out of the jar for an energy boost and to help reduce muscle fatigue.
2. Use raw honey as a sweetener in hot tea or coffee instead of sugar.
3. Spread raw honey on bread, sprinkle with cinnamon and toast in the oven until golden brown. No need for jam or jelly.

### Creamy Honey Tangy Slaw Dressing

½ cup raw honey  
½ cup apple cider vinegar  
2 tablespoons horseradish  
1 cup mayonnaise

Blend all ingredients well and serve on slaw.

## QUESTION OF THE MONTH

She was an Olympic gold medalist and the first female to play for the world famous Harlem Globetrotters. What is her name?

Email your answer to [one80turn@comcast.net](mailto:one80turn@comcast.net) with the words OCTOBER QUESTION OF THE MONTH in the subject line.

First person submitting the correct answer will receive A \$30 gift card for Dick's Sporting Goods that you can use on line or for in store purchases.

**CONGRATULATIONS TO Christen "CC" Cunningham** of Missouri for being our September Question of the Month winner!

## DO YOU WANT TO GET RECRUITED BY COLLEGES & UNIVERSITIES?



necollegeprospects.com

If you are a student-athlete who answered, **YES** and you:

- Have a good head on your shoulders
- Possess the ability and desire to play college sports
- Perform on the field and in the classroom

Be proactive concerning your future, and contact me now ([one80turn@comcast.net](mailto:one80turn@comcast.net)) to learn how I can help you get exposed to over 14,000 coaches and 3,500 colleges and universities and give you choices for your athletic aspirations through a program that is **sanctioned and monitored by the NCAA** and has a **success rate of over 90% of program participants continuing to play at the college level!**

## CONTRIBUTING WRITERS



**Rhonda Bradley, ME, MQP**

Rhonda is the owner of One 80 Turn, LLC. In addition to being a Life Purpose Coach for athletes, she is an engineer, second degree black belt in karate and certified medical qigong practitioner who supports her community as a member of Delta Sigma Theta Sorority, Inc. and the Nashville Sports Council. An avid music lover, Rhonda is an aspiring bass player who believes, "the only volumes for music are loud and louder."



**Janaya Davis, ISSA**

In addition to being a Certified Personal Trainer, Janaya (Jai) Davis, of Atlanta, GA is a Firefighter and a National Certified Paramedic. Jai was the number one ranked female amateur boxer in the United States before turning professional and boxing her way around the globe; which eventually gave her the opportunity to be the sparring partner for Laila Ali. Jai has since turned her experience in and passion for physical fitness toward helping others get fit through **Body By Jai** (<http://www.bodybyjai.com>).



**Krisona Payne**

"Every obstacle is a stepping stone to your success," that's her motto. Krisona is a graduate of Lipscomb University; and an avid reader, writer, and sports enthusiast. An athlete since the age of seven, she understands the importance of good nutrition and preparedness to perform at optimum levels. Much of her spare time is spent in the kitchen creating recipes; she finds joy in sharing tasty creations with family and friends.



*"Life Coaching For Your Individual Greatness"*

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