



# “Give Ye Them To Eat”

An Integrated Development Program

Warm Greetings this Giving Tuesday November 27, 2018 from GYTTE

United Methodists Will join together to support vital ministries like GYTTE on #GivingTuesday as you generously #GiveUMC.

Giving Tuesday is a great time for a gift to the GYTTE Ministry.



To Donate to GYTTE: If you have a way you like to give, please continue to do that. You can put **United Methodist Global Ministries Give Now** into your search engine. When the page comes up it will have places for your information. In the box for Project/Partner please put: **GYTTE #07629A**  
Thanks so much for supporting the GYTTE ministry with rural people in Mexico.

As you know one of our priority areas is health. Jesus gave us many examples of how important people’s health was to him. Over the years we have trained hundreds of women to be health promoters. They share their love by helping others prevent and cure different illnesses. One of the ways they help is to attend people along with US Medical Teams.

## Medical Team to Ixtepec

Each year the Tennessee Medical Team invites the GYTTE Health Promoters to participate in the village of Ixtepec to share health themes with the people there. The village of Ixtepec is located in the Northern Mountains in the State of Puebla; it is an indigenous area and the people are very poor economically. Four Health Promoters and Veronica Palacios, the head of the GYTTE health program participated.



Before going to Ixtepec, GYTTE had to make many preparations such as: getting health materials ready, preparing flipcharts that contain diverse themes like; diabetes, diabetic foot, hypertension, general hygiene, disinfection of fruit and vegetables, hand washing, dental hygiene, etc.

Address: Perote No. 1, Col. La Paz  
Puebla, Puebla 72160  
México  
E-mail: GYTTEphm@aol.com

Tel: 011.52.222.248.1802  
Fax: 011.52.222.249.2158  
Web site: www.gytte.org  
f: www.facebook.com/GiveYeThemToEat



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We teach many health topics to people while they are waiting for their medical consult. At the end of each health class we distribute brochures to the those who were in the class.



With some of the health subjects we also offer a service; like in the hand-washing class, we invite people to wash their hands with water and soap while they are waiting to be checked by a doctor. In the General Hygiene class, we offer to cut their hair and we also share soap. In the Dental Hygiene class, fluoride is applied on children´s teeth and we distribute tooth-brushes for children and adults.



In the class about Disinfection of Fruit and Vegetables and Nutrition, Health Promoters prepare a plate with fruit and vegetables for each person.

In the Diabetes and Diabetic Foot classes, we test their glucose, in the class about Hypertension, we check people´s blood pressure and make suggestions to lower it. Veronica brought good used clothes that they shared with needy mothers; especially children´s clothes.



Some health problems that we detected were that many adults, and especially women, have malnutrition, high blood pressure, and older adults have long, thick toe nails. Many people are not used to washing their hands, so dirty hands are a major health problem.

It is very cold at all hours. Women use a very thin shawl. We could see there is a great need for warmer clothes like jackets for the women.



We give thanks to God for the lives and willingness of our Health Promoters to serve and we are also grateful to the Medical Team that invited us to join them in service to our neighbors in Ixtepec. Please see below about how to give, thank you.

In God's love,  
*Nan, Miguel, Clara, Catalino, Ivonne and Verónica.*

