

BETTERMag

Spiritual Living For Better Health



Rev. Dr.
Jesse T. Williams, Jr.



Dr. Errol Mallett



**KEVIN
BYRD**



Dr. Brian McNeil



John Mitchel



Leroy Legions



Simone Malone

PROSTATE CANCER CONNECTIONS

5 **NUTRITIONAL
TIPS**
Lower the Risk of
Prostate Cancer

**MENTAL
RELAXATION**
Breathing
Exercises

**A DIFFERENT
APPROACH**
To Your
Health Concerns

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CONNECTIONS

The Answer to **FIGHTING** Prostate Cancer

by Gloria Gantt

Connections in life are very important, especially when illness approaches and feelings of loneliness arise. God made Adam and Eve and then populated the earth with other people. He always lets us know through the scriptures that we are not alone. Testimonies depicted in the scriptures further confirm that others before you, besides you, and after you will go through similar experiences you may go through. It's wonderful to see men develop healthy relationships with other men in sharing their experiences, encouraging one another, mentoring, and supporting each other with favorable outcomes.

Kevin Byrd is an actor and activist for the prevention and education of prostate cancer. He shares his experiences with six men in his life who continue to provide ongoing support for his cause and purpose in life. God has called him for such a time as this and he is pursuing the call victoriously. His connections include a pastor, a nutritionist, two urologists, a mentor, and a radio announcer.

I met Kevin eight years ago when we partnered with the African American Chamber of Commerce of Long Island to conduct a Health and Wellness Conference for the community in Hempstead, NY at the African American Museum. His participation was instrumental in its success. BETTERMAG re-connected with him and the Brown Byrd Foundation Inc. to conduct a Men's Wellness and Empowerment Day on September 15, 2018 at the African American Museum. The health screening and talks opened up dialogue to dispel ignorance and fear by infusing wellness, awareness, prevention, accountability, and empowerment to better health, as well as a better lifestyle for men. Following is Kevin's story and his connections with six powerful men.





KEVIN'S STORY:

The decision to be an International Voice for Prostate Cancer was made at age 20, when his grandfather died of prostate cancer. Blossom Brown, the Co-founder of the Brown Byrd Foundation Inc., was experiencing the same thing with her grandfather who died as a result of prostate cancer during the same time that Kevin's grandfather died. While attending Long Island University in Brooklyn, NY they formed the Brown Byrd Foundation Inc., which started out very, very small and has since grown to global status. Kevin is very thankful to Jesus Christ for his many rich blessings. There is a lot more to accomplish, but as of today prostate cancer awareness has been their fight and humanitarian cause. Kevin's wife Karen of 5 years, has joined them in the cause to educate and promote prostate cancer prevention. The Brown Byrd foundation has received many accolades' and citations from political and community entities for their great service globally. Check out these accomplishments on:

www.brownbrydfoundation.org.

Sharing shows love. Spread the love as we share in the success and great testimonies of these powerful men who are contributors in the cause to conquer prostate cancer.

KEVIN'S SIX POWERFUL CONNECTIONS:



Reverend Dr. Jesse T. Williams Jr.

is the senior Pastor of Convent Avenue Baptist Church in Harlem, NY. He is Kevin's marriage counselor and spiritual advisor. He has been a recovering prostate cancer survivor since 2014. When his doctor gave him the diagnosis at the ripe young age of 50, he acknowledged that prostate cancer ran in his family and he adopted an accountability clause of care to focus on his health to ensure more time with his family. Denial and or a lack of action was not an option in obtaining favorable outcomes to fighting the disease. He removed himself from pastoral duties and took two months off to tend to the care he needed to promote better health.

Dr. Williams shared his testimony with Kevin and his congregation about his prostate cancer diagnosis, medical treatments taken, and how God healed him and touched his life. As it is said, "Much prayer" was key to his success in fighting against prostate cancer. Sharing is powerful in helping others who may be afraid or unwilling to take action and assume responsibility to wellness and better health. I had the pleasure of meeting Pastor Williams, his wife, and the wonderful-supportive congregation of Convent Avenue Baptist Church. And saw the great love exhibited from the congregation to him and from him to them. Praise God for his life and sharing spirit.



Dr. Brian McNeil

is a urologist at the SUNY Downstate Medical Center in Brooklyn, NY. He and Kevin became associates primarily because of their work in prostate cancer. They both had a desire to increase awareness and prevention of prostate cancer through early detection and screening particularly among the African-American population. In September 2017, Dr. Brian McNeil and Kevin joined forces to do a national TV interview on ABC News in New York. It's called Here and Now with host Sandra Bookman. A discussion on prostate cancer was presented. Rave reviews from across the country were noted. ABC News then broadcasted the interview on their website for an entire year so millions of people could listen and learn more about prostate cancer and the Brown Byrd Foundation Inc. as a global community information source.



Leroy Legions is a mighty prayer warrior and a man after God’s own heart,” states Kevin. He met Mr. Legions at church and he has been his mentor for the past 20 years. He calls him “uncle” Leroy. Leroy Legions is a prostate cancer survivor and through medical treatment and the healing of God is prostate cancer free. He freely shares his testimony of the healing power of

God with men around the world.

When Kevin had his 1st magazine cover photo shoot with Parle Magazine in 2007; Leroy Legions dressed him for the photo shoot and it became an International success. Mr. Legions continues to mentor and offers advise as well as a listening ear. Everyone needs a mentor!



Simone Malone, also known as “Feel Good Man”, is a national radio personality in Philadelphia. Simone Malone is one of the first radio personalities that gave Kevin a big break on the radio in 2013 to talk about the Brown Byrd Foundation and his acting career. He is a cancer survivor

of 39 years and he too through medical treatment and the healing touch of God continues to remain cancer free as of today. Jehovah Rapha is his name- the healing Jesus!



Nutritionist John Mitchel has worked alongside Kevin as a dynamic man of God since January 2018, and they partnered together at the Long Island Chambers of Commerce Health Fair to promote wellness to underserved communities. Both joined BETTERMAG as co-sponsors of the Men’s Wellness and Empowerment Day in Hempstead, NY on September 15 at the African

American Museum. John Mitchel is also on the Board of Directors for the Brown Byrd Foundation Inc.

He extends great support to Kevin as a pioneer of nutrition therapy in the prevention of prostate cancer. Alternative health modalities through nutrition is growing and becoming more and more integrated in the prevention and treatment of cancer care.



Dr. Errol Mallett is also a urologist in Brooklyn, NY. Kevin had the opportunity to work with Dr. Mallett when he was the Health and Wellness Chairman of the 100 Black Men of Long Island from 2011-2013. They also worked together at the Health and Wellness Conference at the African American Museum of Hempstead, NY in March 2012. Its tremendous success

led to the development of a great business relationship. Dr. Errol Mallett is currently on the Brown Byrd Foundation Inc. Board of Directors. He also joined BETTERMAG as a speaker at the Men’s Wellness and Empowerment Day in Hempstead, NY on September 15. Read his article in this issue of BETTERMAG and gain the knowledge you need on prostate cancer for yourself and for others.



As a Christian man and actor Kevin has to make many decisions and think about whether or not to accept parts in the movies, the theatre, or as a speaker/mediator at various venues. When asked how he accomplishes this, he answered, “I always seek the Lord in prayer before I audition and take on any roles in movies and theater characters because it is important to always focus on God in this business we call Show Business. I’ve been performing since I was just 9 years old and now that I’m 39 years old I feel blessed to have lasted this long as an entertainer. God remains faithful to me over the years.”

I was very impressed that Kevin and Karen were virgins when they married. This is to be celebrated. He offers advice in achieving this. “The only advice I can share with the readers is to God be the Glory. Life is full of ups and down and we just decided to live holy and become more obedient to God, more and more each day. Yes, we were virgins when we married each other and I think it was the best decision we both made. My wife Karen and I just celebrated our 5th wedding anniversary on August 17, 2018, and we renew our wedding vows annually with our Pastor.”

Kevin and the Brown Byrd Foundation Inc. continue to do great work for the cause. Support the cause and call of Prostate Cancer Prevention and Education. We all benefit. Visit the website to learn more.