

# Gems

## **Principles of Health Educational Seminar Program Syllabus**

**“God’s Law is built into every cell, nerve and fiber. Violation of that law involves consequences whether willingly, ignorantly or presumptuous.”**

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**Lecturer: Keith Lawrence  
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**Moral, Physical, Mental, Social, Spiritual**  
(Deuteronomy 28:58-60, Psalms 103:1-10, 3 John 2)

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With the prevalence of a myriad of health problems and maladies that plague man today, many of which are preventable and reversible, this informative presentation is open to all and is especially beneficial to those interested in following the biblical principles of health or just to become aware of the options and alternatives available to maximize their health and well being. Over 4,000 Americans have heart attacks every day, every third adult has high blood pressure and are crippled by strokes. Yet the nation’s #1 killer can be found right on the dinner table! Because of lifestyles, obesity is epidemic, and a new diabetic is diagnosed every 50 seconds. One in every 4 American lives are being claimed by cancer. 90% of these maladies can be prevented.

### **Objective and Goals**

With the alarming rise and death rate stemming from among these maladies: Hypertension, Diabetes, Heart disease, Cancer, Obesity, AIDS, Diet related disorders, Birth defects, Genetic Mutations and other preventable illnesses, through education and practical applicable principles which can be implemented to help the individual participate in their own wellbeing by making healthy choices. These presentations will stress the importance of proper nutrition, staying healthy and preventing illnesses and to educate and enhance the participants knowledge and ability to implement basic health principles and simple natural lifestyle changes. The participant will learn about natural treatments, how to handle stress recognize and prevent unhealthful living and eating patterns to help with them pre-existing health problems.

Resources utilized include:

1. Biblical references from Old and New Testaments
2. Seminar Textbooks including “Ministry of Healing”
3. Current Medical and scientific data and information
4. Handouts and study materials
5. Seminar syllabus
6. Reference to library books, Visual aids and Video presentations

**Session 1** (Introduction to Health Education)

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1. Definition of Health and Disease
  2. Biblical references and Counsel
  3. Need of Education in Health Principles
  4. Myths, Food Pyramids, and Hype
  5. The Co-working of the Divine and the Human
  6. Are God's Laws of Health still valid?
  7. Similarities of Diseases- causes and cures from scripture
  8. Understanding Nutrition
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**Session 2** (Health Outlook: Western Diet-From kernel to Colonel)

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1. General Hygiene
  2. Diet and Health
  3. Flesh as food & flesh foods & diseases
  4. Extremes in diet
  5. Stimulants and Narcotics
  6. Labels, fermented foods, Mutagens and Carcinogens
  7. Capsicum, caffeine and coffee, Aspartame
  8. The Ideal Diet vs the SAD Diet
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**Session 3** (Lifestyle Diseases)

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1. Heart disease-Hypertension-Blocked Arteries-Silent Killers
  2. Cancers that we buy & Do it yourself Cancers
  3. HIV-AIDS
  4. Obesity-Creeping Fat
  5. Digestion...Something you ate? What? When and Why you eat.
  6. Soft drinks ain't soft!
  7. Diabetes: One every 50 seconds-How to disarm it
  8. Nicotine-Poisoned stacks and fractured fireplaces: Kicking the Habit Naturally
  9. Sickle Cell Anemia: Blood Legacy
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**Session 4** (Understanding Food)

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1. Sugar and the Immune system: How sweet it is!
2. Bread: the Staff of life or the stick that makes you sick
3. Fiber and Salt: What you don't know can kill you
4. Protein-How much do I really need?
5. Fat-where it's at and Cholesterol down the hall
6. If I'm weaned, why am I still drinking Milk?
7. Vitamin supplements and Minerals
8. Plant Food
9. Malnourished and Dehydrated
10. Food combining made simple

## **Session 5**

### **(Emotional and Spiritual Health)**

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1. Frontal Lobe-Battle for the Mind
  2. Stress without distress: One Nation under pressure
  3. Dehydration and related maladies
  4. Divine Deprivation
  5. What's Your Health Status?
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## **Session 6**

### **(Exams and Participation certificates)**

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1. Water and Flouride
2. Vaccinations and Innoculations and the law
3. Introduction of NEWSTART
4. Natural Remedies (Keep the Charcoal-toss the bar be que!)
5. Recipes! Recipes! Recipes!
5. Cooking Classes
6. Wanna' lose weight? Check what you ate!
7. Exercise- (The important three)
8. Walking the Park
9. Nature ride (Biking)
10. Taming pain without drugs
11. PMS, Hormones and Breast Exams...Not just for women only!
12. Healthy Hair? Your health determines it, not chemicals you purchase!

Open forum question and Answers period

Creative adjuncts to fitness (fun stuff to get buff)

Wow! I can do that!

Hikin' and likin' it!

Take a Breath, it's refreshing!