

# Nutrition

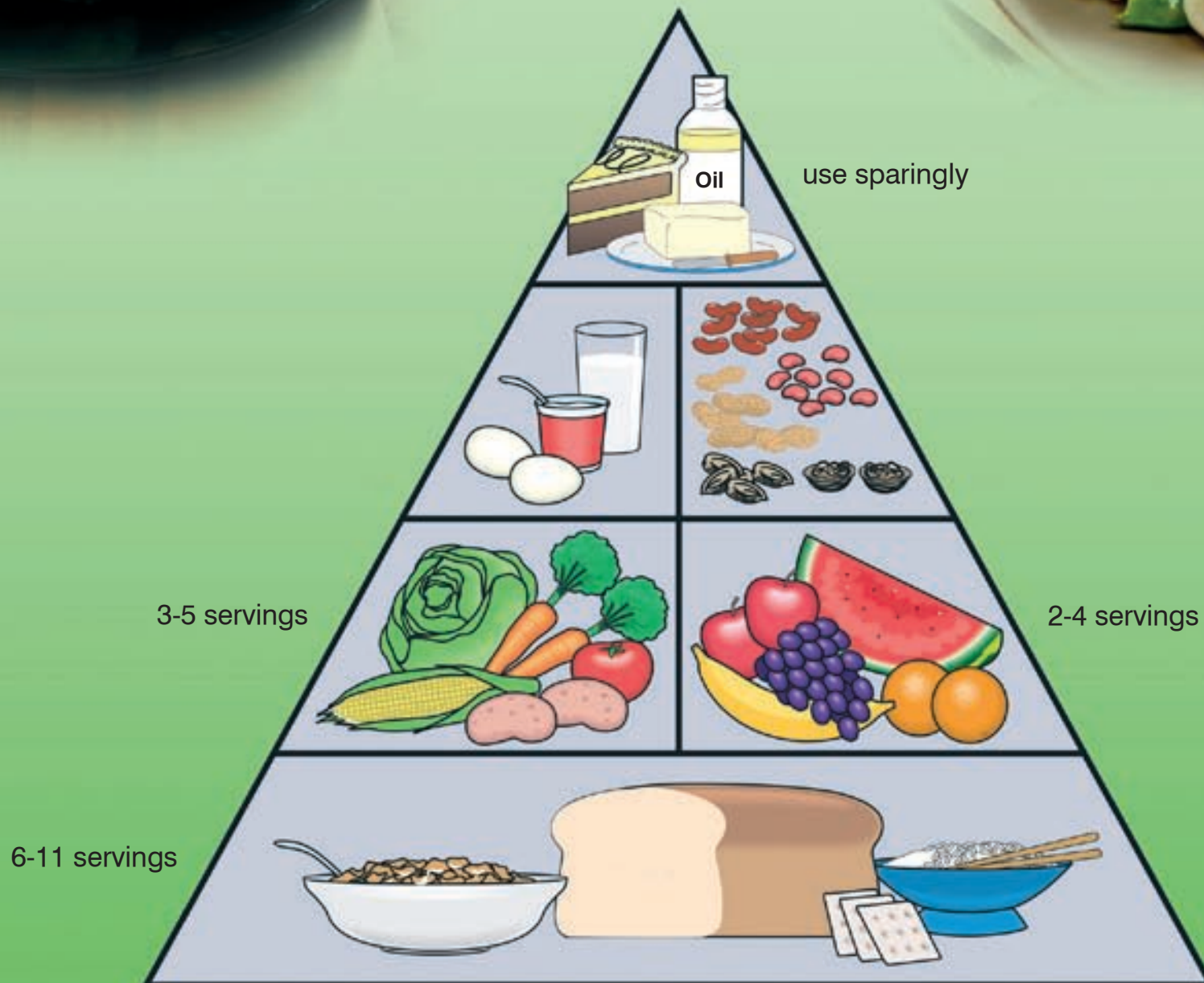
## Animal Food Problems

- ▶ High in saturated fats and cholesterol
- ▶ Excess protein robs calcium from the bones
- ▶ Increases risk of heart disease, cancer, and parasites
- ▶ No phytochemicals



## Plant Food Advantages

- ▶ No cholesterol in plant foods
- ▶ High in fiber
- ▶ Low in fat
- ▶ Moderate in calories
- ▶ Rich in phytochemicals



### Food Guide Pyramid

The foundation of the food guide pyramid is grains. Vegetables and fruits supply an abundance of vitamins, minerals and fiber. Legumes and nuts are an adequate source of protein, as well as milk and eggs. Oils and sweets should be used sparingly.

# Nutrition

## Fiber reduces risk of

- ▶ Appendicitis
- ▶ Gallbladder disease
- ▶ Varicose veins
- ▶ Diverticular disease
- ▶ Hemorrhoids
- ▶ Cancer of the colon
- ▶ Obesity

## Breastfeeding

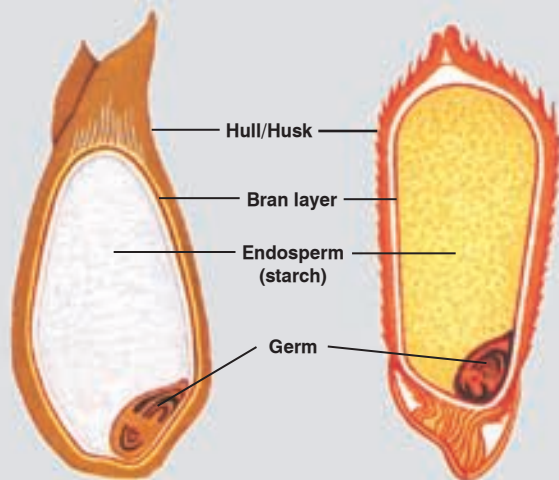
- ▶ Protects babies against infections
- ▶ Is the best food for infants
- ▶ Prevents allergies
- ▶ Improves intelligence
- ▶ Gives the child long-lasting health benefits



## Nutrition Tips

- ▶ Eat fresh fruits and vegetables daily
- ▶ Eat more whole grains and nuts
- ▶ Eat less fat, sugar and salt
- ▶ Eat at regular times and not between meals
- ▶ Eat more fiber and less refined foods
- ▶ Make breakfast your biggest meal

Wheat Kernel      Rice Kernel



Most of the vitamins in the grain are in the bran and germ. In white flour most of these vitamins and fiber are removed.

### Breakfast Starts the Day

Recent studies have shown that students who eat breakfast have higher test scores. The brain requires a supply of quality nutrients throughout the day. After a good night's rest the stomach is ready to digest a good meal that will be beneficial to the mind. Carbohydrates from fruits and grains are the best nourishment for good thoughts and creativity. A good breakfast will provide us, the first thing in the morning, the necessary energy boost for peak performance of body and mind.



**“Let Nutrition  
be your Medicine.”**

Hippocrates

# Exercise Benefits

## Circulation

- ▶ Strengthens heart muscle
- ▶ Lowers high blood pressure
- ▶ Lowers risk of heart disease

## Immune System

- ▶ Protects against infections
- ▶ Increases cancer protection

### Activity Protects You

Exercise gives a vital boost to your immune system. It improves circulation and enhances the distribution of the white blood cells which fight infections and even cancer. Staying active, in combination with good nutrition, will enable your immune system to keep your body healthy.



## Muscles

- ▶ Increases energy and endurance
- ▶ Improves muscle tone
- ▶ Burns excess calories

## Nerves

- ▶ Improves alertness
- ▶ Increases sense of well-being
- ▶ Relieves anxiety and depression
- ▶ Reduces stress
- ▶ Improves quality of sleep

### Heart Rate

80 beats/minute

4800/hour  
42,048,000/year

Compared to:

70 beats/minute

4200/hour  
36,792,000/year

Saves 5,256,000



Exercise lowers your resting heart rate, which gives your heart muscle extra time to be nourished and to rest.



**“Action is a law of our being.”**

Ellen White, *The Ministry of Healing*, 237

# Exercise

## Keys to Success

- ▶ Choose a variety of different exercises
- ▶ Exercise in fresh air and sunshine
- ▶ Start slowly and work up gradually



Walk to work



Gardening

Don't stop as you age

### Find Fun in Motion

Physical activity should be an enjoyable, positive experience. An experiment showed that cholesterol levels dropped substantially when students enjoyed their exercise. When they switched to an indoor treadmill, their cholesterol levels failed to drop. The message is clear – It doesn't matter if you choose swimming, cycling, running or walking – just follow an exercise program you can enjoy.



## Moderate Exercise Guidelines

- ▶ Needs to be most every day
- ▶ Can accumulate throughout the day
- ▶ Should total at least 30 minutes a day



Get a walk in the morning



Outdoor Activities

Kids enjoy it



# Water Drinking



## Benefits of Drinking Water

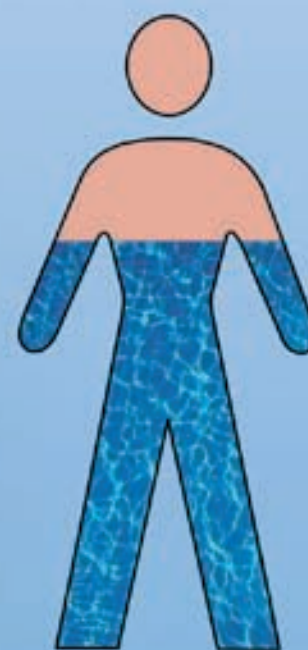
- ▶ Reduces heart disease risk
- ▶ Reduces fatigue
- ▶ Removes impurities from the body
- ▶ Helps prevent kidney disease
- ▶ Improves mental alertness

## Tips for Drinking Water

- ▶ Start the day with 2 glasses of water
- ▶ Drink 8-10 glasses daily
- ▶ Avoid drinking with your meals
- ▶ Avoid soft drinks, coffee and tea

### Hard Facts about Soft Drinks

Today people drink more soft drinks than water. One can usually contains 10-12 teaspoons of sugar. This excess sugar can lead to fatigue, mood swings and a depression of the immune system. Soft drink consumption also increases the risk of obesity, dental cavities, diabetes, and hypertension. The real thirst quencher should be a refreshing glass of water.



**70%**  
of the human  
body is water

**“I will give unto him that is athirst of the fountain of the water of life freely.”**

Jesus, Revelation 21:6

# Water Treatments



## Contrast Shower

- › Stimulates circulation
- › Strengthens the immune system
- › Good treatment for colds and flu
- › Promotes healing for injuries and infections
- › Relaxes bronchioles in asthmatics
- › Is invigorating



## Hot Foot Bath

- › Relieves headache
- › Relaxes
- › Induces sweating
- › Fights colds
- › Relieves menstrual cramps



## Steam Inhalation

- › Clears congested nose
- › Relieves sore throat
- › Warms and soothes respiratory tract
- › Relaxes bronchioles in asthmatics



## Heating Compress

- › To the throat for sore throat and laryngitis
- › To the chest for cough, bronchitis and pneumonia



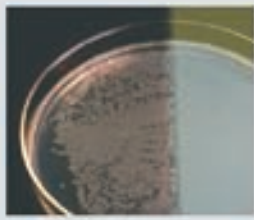
# Sunshine

## Physical Benefits

- ▶ Produces vitamin D
- ▶ Kills germs
- ▶ Helps normalize blood pressure
- ▶ Strengthens the immune system

### Sunlight—the Germ Killer

Sunlight is an excellent sterilizing agent. Thanks to the sun's ultraviolet rays, bacteria are effectively destroyed. Fungal infections and skin ulcers can be treated easily with sunbathing. A good practice is to hang clothes outdoors and to air out the bedding regularly. Getting sunshine in our rooms and going outdoors ourselves will help protect us against these little unwanted invaders.



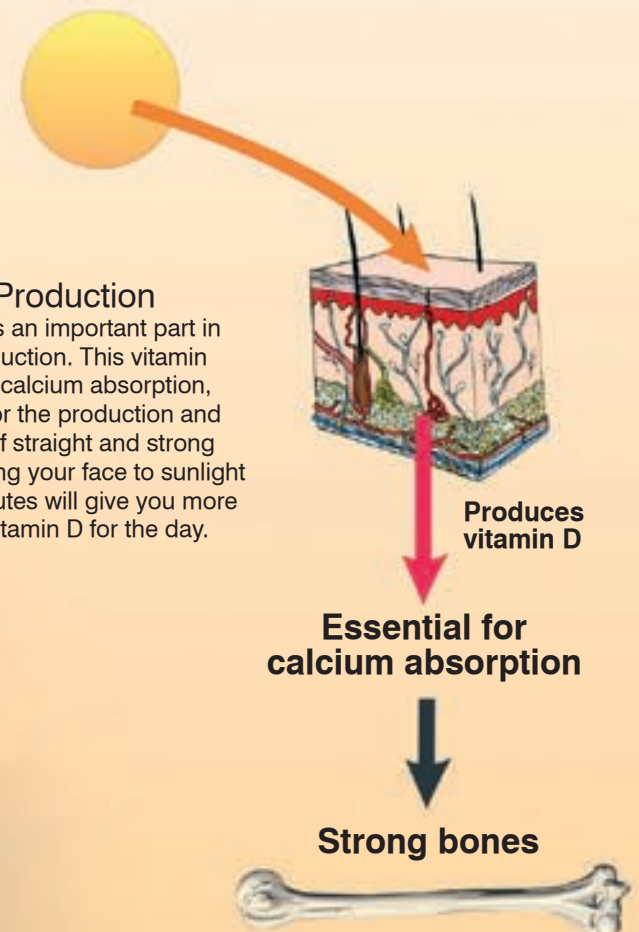
*The effects of sunlight on a bacteria culture*

## Mental Benefits

- ▶ Decreases stress
- ▶ Improves quality of sleep
- ▶ Helps depression
- ▶ Promotes a sense of well-being

### Vitamin D Production

Sunshine plays an important part in Vitamin D production. This vitamin is essential for calcium absorption, which is vital for the production and maintenance of straight and strong bones. Exposing your face to sunlight for just 15 minutes will give you more than enough vitamin D for the day.



### Sun Energy

All life on earth depends on the energy of the sun. Plants need solar energy to make glucose. The glucose in plants is a better source of sun-energy than meat or animal protein. Enjoying the benefits our Creator has placed in fresh fruits, grains and vegetables will give us strength and an abundance of health.



# Sunshine

## Sun Protection

- ▶ Sunglasses protect against cataracts
- ▶ Hats help prevent sunstroke
- ▶ Clothing limbs will prevent sunburn
- ▶ Avoiding exposure between 10:00 and 2:00 reduces risk of skin cancer

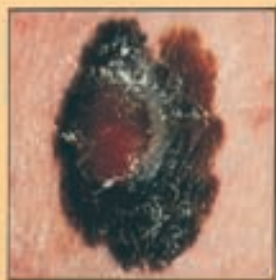


## Recommendations

- ▶ 10-15 min. daily is sufficient
- ▶ Let sunshine into your rooms
- ▶ Exercise outdoors
- ▶ Avoid sunburn



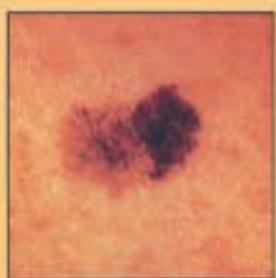
## Melanoma Detection



Skin cancer is the most common form of cancer. Fortunately it can be detected easily and treated successfully in most of the cases, when detected early enough. The largest risk factor for melanoma is overexposure to sun. Even one severe sunburn in childhood can double the risk of cancer during the whole lifetime.



Here are four descriptions of melanoma that can help you to distinguish melanoma from a mole:



**A. Asymetry** – One half does not match the other.



**B. Border Irregularity** – The edges are ragged, notched or blurred.



**C. Color** – The pigmentation is not uniform. Shades of tan, brown and black are present.



**D. Diameter greater than 6 millimeters** – Any sudden increase should be a special concern.





# Temperance

## Did you know that...

- ▶ A male smoker has a 22 times higher risk of lung cancer
- ▶ Adolescents drinking alcohol are 8 times more likely to use illicit drugs
- ▶ Most highway deaths involve the use of alcohol



**LUNG  
CANCER**



## Signs of a Drug Problem

- ▶ Getting drunk or high on drugs regularly
- ▶ Giving up other activities for drugs
- ▶ Drinking or using drugs when alone
- ▶ Needing more to get the same high
- ▶ Denying the problem of addiction
- ▶ Responding apathetically

**BRAIN  
DAMAGE**



**“Wine is a mocker, ...  
and whoever is led astray  
by it is not wise.”**

# Temperance

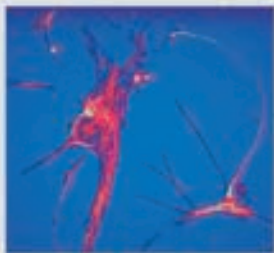
## How to Break an Addiction

- ▶ Think about the negative results of your addiction
- ▶ Replace your old habits with better ones
- ▶ Resist temptations
- ▶ If you fail don't give up
- ▶ Avoid all situations that encourage your addiction
- ▶ Get the support of your family and good friends
- ▶ Trust in divine power to overcome your habits



### Synapses and Changing Habits

Every time the brain learns a new habit, it does that through forming new brain connections (synapses). By connecting nerve cells together a pathway is formed and a habit established. Smoking is a good example of this. Every time a smoker lights up a cigarette, the brain pathway is strengthened until it is done without even thinking about it. Established pathways are like beaten tracks you cannot escape. This is the reason why it is important to form a new positive habit to replace the old one. Be creative to find something better to replace a bad habit.



Nerve Cells connected by a synapse

**“If the Son shall make you free, you shall be free indeed.”**

Jesus, John 8:36



The positive reinforcement system in the brain is striving for positive rewards. Helping others, praying, and meaningful relationships will give such positive rewards. Drugs can stimulate the pleasure center for a while, but afterwards you feel empty. Seeking for better rewards will lead you to real satisfaction, lasting longer than just for a short moment.



# Fresh Air

## Fresh Air

- › Vitalizes the blood
- › Relaxes the mind
- › Kills germs
- › Helps clean the lungs
- › Improves the immune system

## City Smog Causes

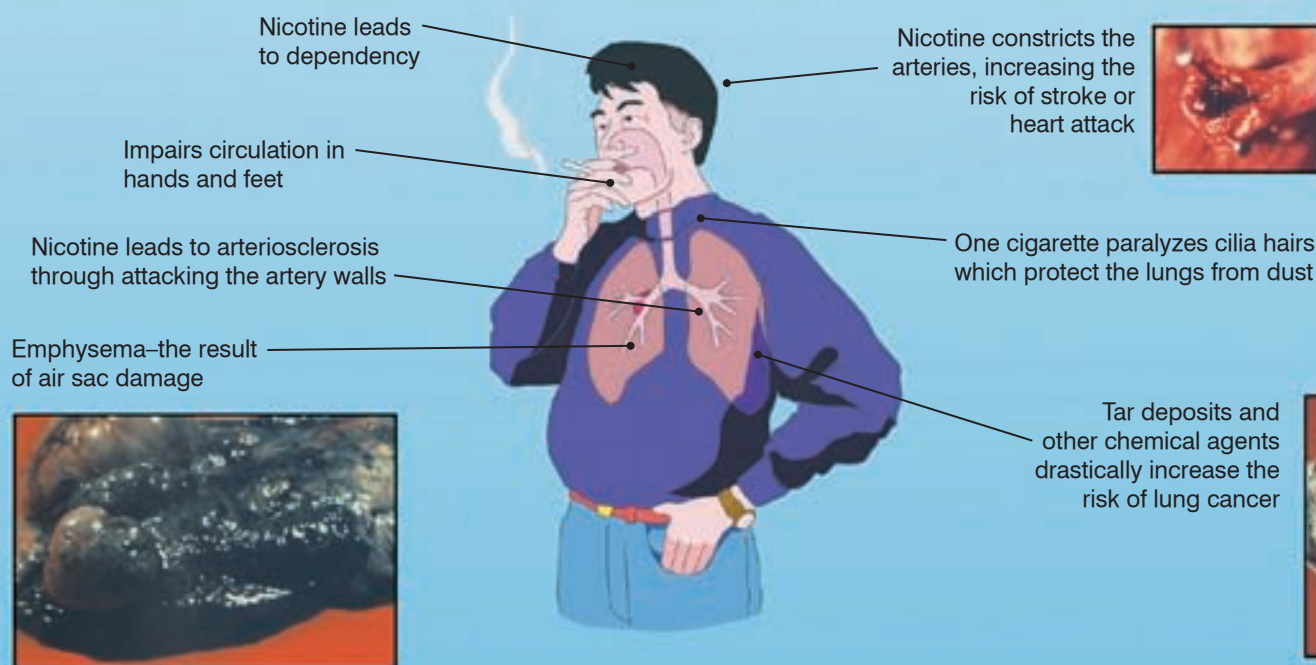
- › Coughing
- › Bronchitis
- › Sinusitis
- › Emphysema
- › Cancer

## Air Cycle



The air cycle is a wonderful cycle of giving and receiving. Plants take in carbon dioxide from the air. In the process oxygen is released which provides fresh air for us to breathe. Cells use the oxygen to burn glucose which gives energy to the body. Finally carbon dioxide is produced and released through the lungs into the air.

## Smoking Hazards



**“We can live weeks without food, days without water, but only minutes without air.”**

# Fresh Air

## How to Get Fresh Air

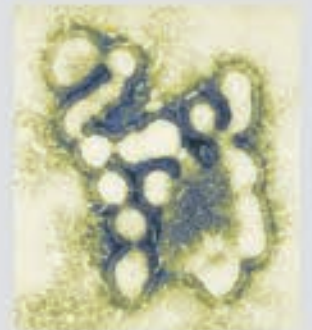
- ▶ Breathe through your nose
- ▶ Avoid tight clothing
- ▶ Avoid air pollution
- ▶ Avoid smoking and secondhand smoke
- ▶ Exercise in fresh air
- ▶ Keep bedroom windows open

## Benefits of Deep Breathing

- ▶ Relaxes the body
- ▶ Oxygenates the brain for clear thinking
- ▶ Helps prevent respiratory infections
- ▶ Induces sound sleep

### Respiratory Infections

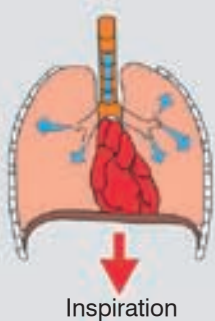
The three most common respiratory infections are the common cold, the flu, and pneumonia. They are caused by airborne germs which pass from one person to another. To prevent the onset of these infections, wash your hands frequently, drink eight to ten glasses of water a day, eat a healthful diet with plenty of fruits and vegetables, and get daily exercise in the fresh air.



Influenza Virus

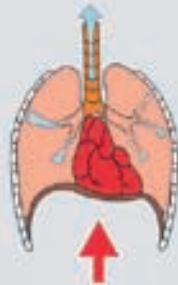
### Deep Breathing

Proper breathing is important for optimal performance. Unfortunately many adults are getting into the habit of shallow breathing without the proper use of the abdomen. Inadequate breathing then leads to fatigue, exhaustion, anemia and depression. Deep breathing exercises are a good way to develop the habit of proper breathing. Lie on the floor and lay your hand or a book on your abdomen. Practice deep breathing until the book goes up whenever you breathe in. Repeat this exercise several times a day until it becomes a natural habit all of the time.



Inspiration

*Proper breathing includes the abdomen. Notice the movement of the diaphragm in abdominal breathing.*



Expiration

# Rest



## The Rhythms of Sleep

Our sleep takes place in cycles. When we go to bed the brain gradually slows down. Approximately one-half hour later it normally reaches a stage of slow regular waves, called delta waves. During this phase the muscles are relaxed and growth hormone is released, helping to restore the cell damage of the past day. Approximately every 70 to 90 minutes the brain switches to a more alert stage called REM sleep. This state is characterized by frequent dreams and rapid eye movement. An adult person will need 4 to 6 of these cycles every night, which can be achieved in 7 to 8 hours of sleep. Forming regular sleeping habits will give us a more balanced life, that will eliminate the need for sleeping pills, and for daytime stimulants like caffeine.

## Sleep Deficiency

- ▶ Effects of fatigue on the brain are similar to those of alcohol
- ▶ Fatigue appears more rapidly with irregular work schedules
- ▶ The risk of an accident is 7x higher between midnight and 8 a.m.
- ▶ TV in the evening is a major cause of sleep deficiency

## The Benefits of Sleep

- ▶ Increases daytime alertness
- ▶ Improves learning abilities
- ▶ Improves immunity
- ▶ Enhances ability to cope with pain



## The Body Clock

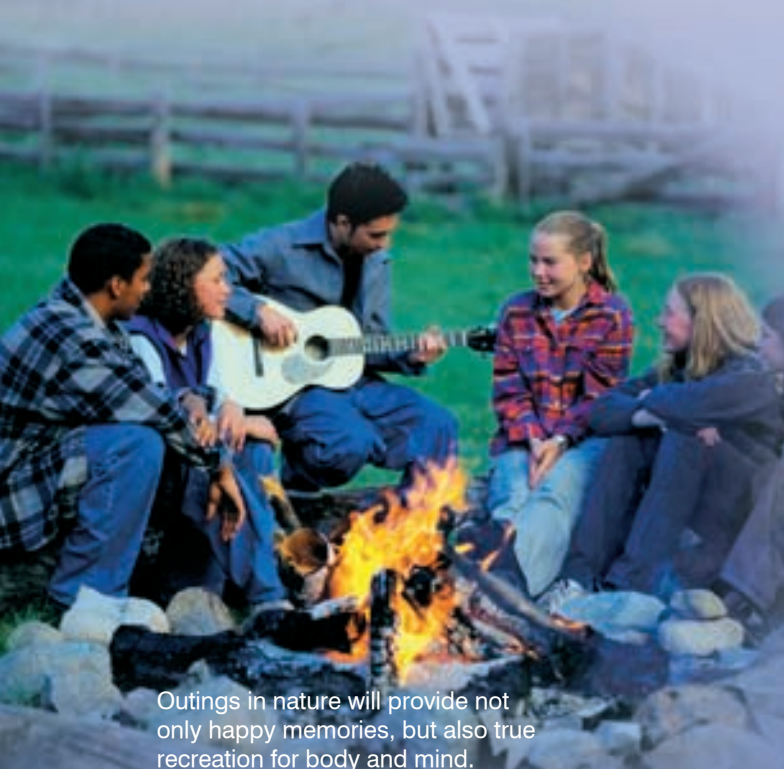
Many functions of the body, like body temperature and blood sugar levels, operate on a daily cycle. This internal clock is reset every morning when the sun comes up and light enters the bedroom. Getting up every day at the same time helps the body to reset this internal clock properly. Going to bed early at a regular time enables this internal clock to wake you up at the right time without using an alarm clock. Two hours of good sleep before midnight is worth more than four hours after midnight. Regularity helps the body work at its optimal performance.

**“Tonight’s sleep builds tomorrow’s energy.”**

# Rest

## Relaxation

- ▶ Short breaks throughout the day improve performance and safety
- ▶ Reading a favorite book or walking relaxes the mind
- ▶ A weekly day of rest is essential



Outings in nature will provide not only happy memories, but also true recreation for body and mind.

Not just children need to have a break. Getting just a few minutes rest after each hour of work can stimulate unknown physical and mental energies.



One weekly day of rest gives you twice as much energy and better motivation for the rest of the week.

## Recommendations for Sleep

- ▶ Get 7-8 hours of sleep each night
- ▶ Eat your last meal at least 4 hours before bedtime
- ▶ Being in bed by 10:00 p.m. is the most beneficial
- ▶ Avoid alcohol, nicotine and coffee
- ▶ Open the window to get fresh air
- ▶ Go to bed with a peaceful mind

**“Come unto me, all you who are weary and burdened, and I will give you rest.”**

Jesus, Matthew 11:28



# Trust in God



## Power to Forgive

The relationship between our mind and our health is deeper than we often realize. Our health depends on being at peace with each other. If we hate someone, or if we are just not able to forgive, it can eat us up from within. However, when we are able to forgive, this peace will radiate through our whole body. The insight that there is a loving God who is ready to forgive us, can give us this important power to forgive others, and then we can experience true healing ourselves.

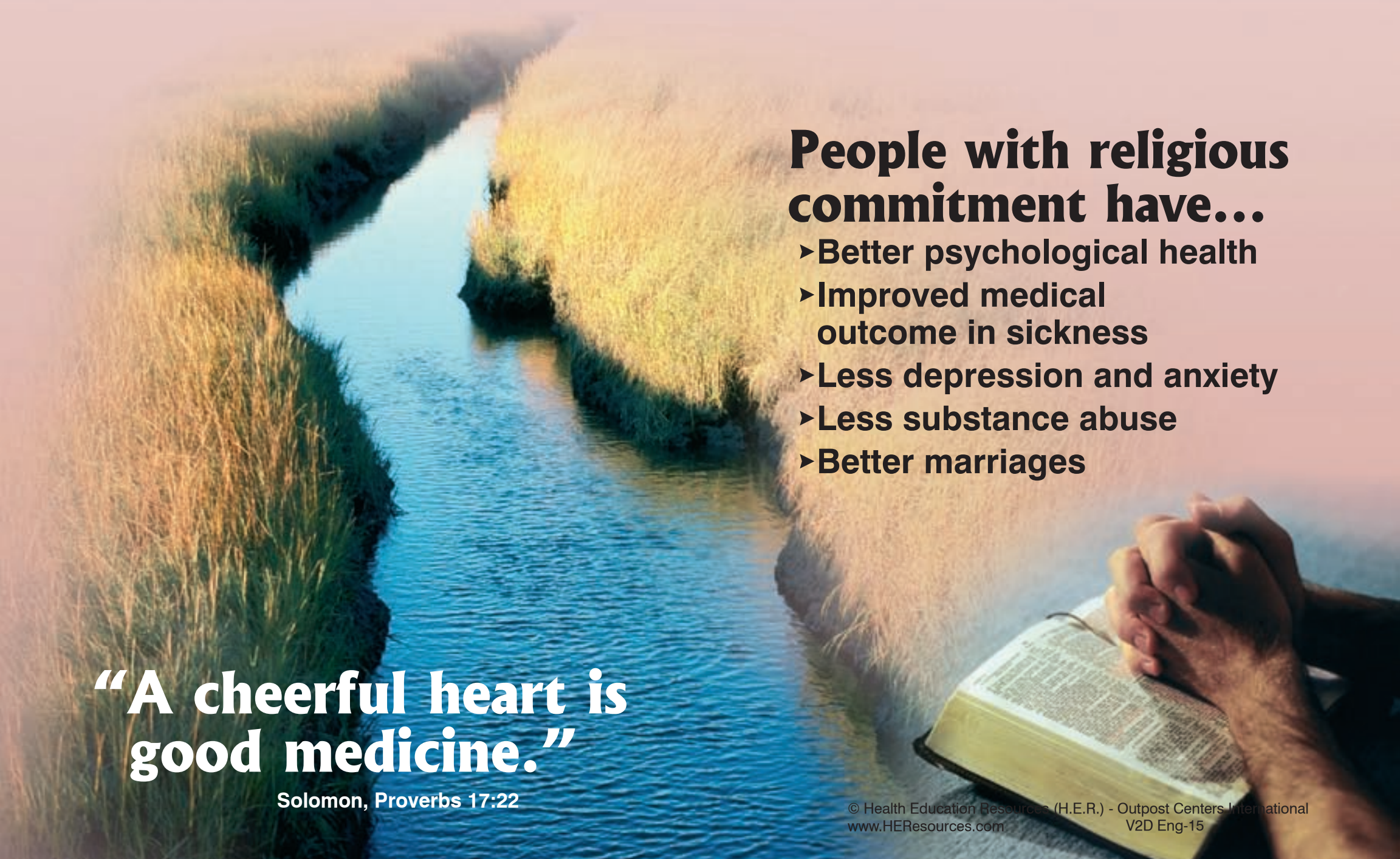


## Unresolved Problems

- ▶ Can lead to anxiety, depression, sleeplessness
- ▶ Weaken the immune system
- ▶ Can lead to psychosomatic diseases
- ▶ Cause emotional stress

## Trust in Divine Power

- ▶ Leads to inner peace and stability
- ▶ Gives power to forgive
- ▶ Brings love into the home
- ▶ Helps cope with traumatic events
- ▶ Helps heal unresolved problems



## People with religious commitment have...

- ▶ Better psychological health
- ▶ Improved medical outcome in sickness
- ▶ Less depression and anxiety
- ▶ Less substance abuse
- ▶ Better marriages

**“A cheerful heart is good medicine.”**

Solomon, Proverbs 17:22

# Trust in God

## Positive Attitude

The habit of seeing the things of life in a positive way can help us to be better balanced emotionally. The assurance of having a caring Father in Heaven helps make a positive attitude possible.



## Prayer is...

- › The breath of the soul
- › Giving our burdens to Jesus
- › The opening of the heart to God as to a friend
- › Sharing our cares and our joys
- › Our strength to cope with life's challenges

## A Trusting Relationship

- › Trust grows by experience
- › Answered prayers build our trust
- › God cares for us like a father
- › God never leaves us alone

