

# Nutrition

**The original diet** consisted of fruits, vegetables, grains, and nuts. Only later, after the flood, was the option of flesh food given. Scientific research has proven that the basic original diet is still the most healthful. By eating foods in their natural state, unrefined and without additives, many diseases can be prevented and often even reversed.

**Eat with pleasure.** Food should have eye appeal as well as be flavorful. Our diets should include a variety of foods every day. By combining different types of food we are assured that we are getting all the necessary nutrients needed for good health.

**Protein** can be obtained from many sources other than meat. Peas and beans are excellent sources, especially when eaten with a whole grain such as brown rice, whole wheat, oats or corn. Nuts are also rich in protein, but should be used in smaller quantities due to their high fat content. Even vegetables such as broccoli and potatoes contain protein and are high in vitamins and minerals too. Many myths exist about protein needs. Most people consume far more protein than needed, which can overwork the kidneys and produce kidney disease.

**Carbohydrates** are an important source of food energy. It is best, however, to limit the simple



carbohydrates (table sugar) found in most desserts, candies, soft drinks and sweetened cereals. Complex carbohydrates are much better for us. Good sources include potatoes, brown rice, whole grain breads and whole grain cereals.

**Limit fats** in the diet. Lard, shortening, butter, fish, meat, poultry, margarine, fried foods, cream, mayonnaise and cheese contain unhealthy saturated fats. Plant fats, such as avocado, olives, seeds and nuts, used in moderation, are healthier. If you use dairy products, choose fat-free.

**Fiber** is like scrub brushes in our bodies to keep our digestive system clean and functioning well. High fiber foods are fresh fruits, vegetables, nuts and whole grains. Meats, milk products and refined foods have no fiber and tend to clog the digestive system, leading to disease. Research has shown that a high fiber diet decreases the risk of many forms of cancer.

**Sodium** (salt) is hidden in many foods such as meat products, pickles, canned foods, baked goods with baking soda or baking powder and even many breakfast cereals. It promotes high blood pressure and heart disease. Be aware of sodium and try to limit amounts in your diet.

### **What should I eat?**

A balanced vegetarian diet is the best. Every day we should enjoy liberal portions of vegetables and fruit. Eat whole grains - they have all the fiber, vitamins and minerals that are lost by refining. They also help prevent overeating and obesity as they are much more satisfying. Be sure to include legumes and nuts in your diet.

**Breakfast is the most important** meal of the day! A good breakfast should contain the most calories of any meal. Choose foods high in protein and complex carbohydrates. Don't forget the fruit. Try to eat a good lunch and a very light supper. This will give you energy for the day and a better night of rest.

*For healthy bodies and lots of vitality, eat a variety of good food in the most natural form possible and in moderation. Enjoy your food!*

# Exercise

Your body is a marvelous machine. Putting your body to work can increase your physical strength and resistance to disease. Exercise can actually improve your outlook on life!

Exercise may help:

- ▶ Control weight – the metabolic rate is increased by exercise so that more calories are burned ... and for several hours!
- ▶ Increase lung capacity and recharge oxygen supply
- ▶ Improve blood pressure, circulation and strengthen your heart
- ▶ Lower cholesterol and improve blood flow in the arteries – it can even help reverse arteriosclerosis!
- ▶ Relieve stress, tension and depression
- ▶ Improve sleep naturally – without the side effects of a pill
- ▶ Promote the body's ability to get rid of toxic wastes
- ▶ Improve metabolism – helps to prevent and treat diabetes
- ▶ Strengthen the bones and counteract osteoporosis
- ▶ Increase physical strength of muscles – when not used regularly, muscles waste and become weak and flabby
- ▶ Improve posture and decrease back problems
- ▶ Prevent the big C word  
-CANCER




## **What kind of activity is best?**

Walking is the ideal exercise. Other good activities include swimming, cycling, gardening and yard work. One of the special benefits of exercising outside is that you can combine at least three of the health principles: sunlight, fresh air, and exercise.

A daily program of at least thirty to forty minutes is best for maximum benefit. The important thing is that you enjoy what you do and do it regularly.

## **Exercise Precautions**

1. Start slowly and progress gradually.
2. It is better to exercise before a meal than right after a meal.
3. Allow time to warm up and cool down.
4. Discontinue your exercise and see your physician should you have any of the following symptoms:
  - a) Pain in the chest, teeth, jaw, neck or arms
  - b) Difficulty in breathing
  - c) Light-headedness or fainting
  - d) Irregular heart rate persisting during exercise and recovery period
  - e) Discomfort or swelling of joints
  - f) Excess fatigue
  - g) Unexplained weight loss
  - h) Recurrent nausea or vomiting occurring after exercise



*A balanced and well-planned exercise program is one of the wisest investments you can make. Choose an activity that you enjoy, set a time every day and stick to it. Have fun and feel better every day!*

# Water

Water is the major component of your blood. About 70% of your total weight is water. Your body uses water for cleansing and cooling itself, and to maintain a proper chemical balance. You lose water when you perspire, when you breathe and through body waste. A loss of 20% of your body's water could even prove fatal.

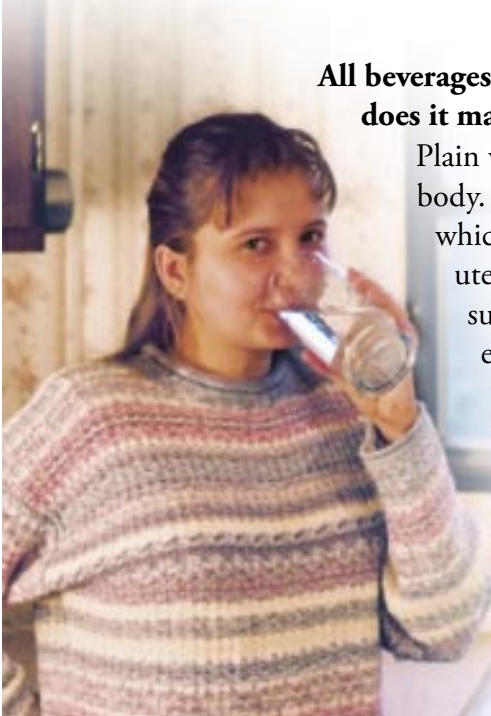
Athletes who drank water just to quench thirst did not have the endurance of those who drank as much water as they had lost. The athletes who drank more water did not become as fatigued and body temperature remained close to normal.

## **How much water should we drink?**

Forcing the body to work with limited amounts of fluid is like trying to wash the dinner dishes in a cupful of water. We should drink enough water to keep the urine pale. Usually that would mean about 8 cups a day. Thirst is not an accurate gauge of your need for water.

## **All beverages are mainly water; does it matter what I drink?**

Plain water is the best liquid for the body. Most beverages have sugar, which can slow digestion, contribute to weight gain, cause blood sugar swings and also requires extra water to metabolize. Colas contain phosphorus, which can deplete the body's calcium and lead to brittle bones. Nearly all beverages have artificial additives that may irritate the stomach or burden the kidneys or liver.



Caffeine is found in coffee, tea and many sodas. It can raise the blood pressure, blood sugar and blood fats. It stimulates the nervous system and can cause irritability, anxiety, tremors, chronic fatigue and insomnia. Caffeine and alcohol both are diuretics, and so deplete the body of water instead of hydrating the body.

### **What happens if I don't drink enough water?**

The kidneys have to work much harder to excrete toxic wastes, and may be damaged. Each cell in the body needs water to function well, so inadequate water intake can cause malfunctioning and disease. Fatigue and headaches are a common result of drinking too little water.

There are many uses for water outside the body as well.

Regular bathing helps to cleanse away dirt and waste products from the skin. Cool water can help to reduce fever and warm water can bring warmth to chilled bodies. A warm bath may help if you are struggling to fall asleep. Trouble waking up in the morning? Try a cool ending to your shower, or a brisk rub of your skin with a washcloth dipped in cold water.



*Remember, water is of vital importance – use it abundantly for good health and vitality.*

# Sunlight

You probably recognize the importance of the sun to life on earth. You know it provides heat, light and food. What can sunlight do for your personal health?

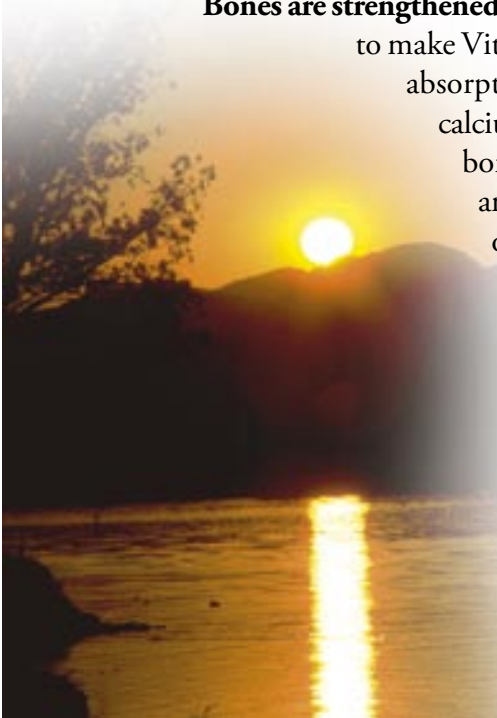
**Sunlight kills germs.** That is why it is important to sun and air out the blankets, pillows and other items that are not washed often. Open up the windows of your house as much as possible. This will allow the sunlight to kill bacteria in your home as well and will help prevent mould.

**Immunity is increased** by exposure to sunlight, and your body's resistance to infection is strengthened. White blood cells are increased, especially the protective lymphocytes. Antibodies are increased too. These effects can last up to three weeks. Even ten minutes of sun twice a week can greatly reduce the incidence of colds. A moderately tanned skin withstands infections better too.

**Bones are strengthened** by sunlight. It allows the body to make Vitamin D, which helps calcium absorption from the intestines and calcium deposit in building healthy bones. Sunlight prevents rickets and helps prevent and reverse osteoporosis. There is also a connection with lowered incidence of dental cavities.

**Red blood cells** function better after sun exposure. They have increased ability to carry and deliver oxygen to the body's cells. This will increase your energy and endurance and help prevent many diseases.

**Cholesterol** is moderately



lowered by sunlight exposure. The cholesterol is changed to Vitamin D in the skin in the presence of unfiltered sunlight.

**Sense of well-being** is promoted by sunlight, and the mood is elevated. Daily exposure to natural sunlight will boost melatonin output, which also improves

sleep. For most people sunlight is an important therapy, especially if combined with exercise, in preventing and treating acute and chronic depression. Remember to try to catch any possible ray of sunshine during winter's cold and gloomy months.

**Healing properties** are found in sunlight. Skin wounds heal much better with short periods of sun exposure daily. Sunlight also helps to alleviate pain from swollen arthritic joints and even relieves some symptoms of pre-menstrual syndrome (PMS).

**Cancer** of the breast, colon and prostate are less likely in people getting good exposure to sunshine.

## WARNING

Small amounts of sunlight are wonderful. Large amounts are dangerous! Limit your exposure to the sun. A goal of up to 30 minutes a day is realistic for most people. Initially you may need to limit this to 5 minutes if you are fair-skinned, or 15 minutes for darker skins, with gradual increases. Remember that wet skin burns faster and ultraviolet rays of the sun can reflect off snow, sand and water, greatly increasing your exposure. Ultraviolet rays can still burn even if it is a cloudy day.

Never allow yourself to burn. Sunburn raises the risk of skin cancer. Malignant melanoma, the deadliest form of skin cancer, kills nearly 7,000 Americans a year.

*We know that sunlight can be healing or destructive, depending on how we use it – the kiss of life or the kiss of death. Enjoy the sun sparingly and it will increase your vitality and good health.*



# Temperance

## A balanced life

A simple definition of temperance is “moderation”. Good things are used intelligently and harmful things are not used at all. The goal of temperate living is peak physical, mental and emotional well-being.

Temperance does not just involve alcohol, tobacco and drug use. It refers to all aspects of our lifestyle, whether it be overeating, overworking, too much play, or too little/much of anything. Such unbalanced living robs men and women of a rich, healthy and satisfying life.

## Alcohol

Millions consume alcoholic beverages. Advertisements portray people who drink alcohol as being happy, congenial and fun loving. They fail to show the millions of people who are alcoholics. They fail to tell about all the auto accidents, assaults, sexual abuse, murders and suicides caused by people who have been under the influence of alcohol.

Every drink of alcohol irreparably destroys brain cells. Alcohol promotes high blood pressure and is directly toxic to heart muscle.

Alcohol increases the risk of stroke, heart failure, stomach ulcers and cancer. One or two drinks can produce spasm of the coronary arteries, decreasing the oxygen supply to the heart. Liver cirrhosis is common in alcohol users. Alcohol robs the body of vitamins and minerals.

Perhaps the saddest statistics are those of damaged babies who are permanently retarded due to their parents' alcohol use.



## Drugs

Despite all the education about illegal drugs, we continue to see an increase in their use and abuse. Many begin using drugs out of curiosity, to please friends, to provide an escape from reality or to avoid dealing with problems. Because drugs don't solve problems, users often find that instead of escaping from their problems, they end up adding a tough new one – drug addiction.

Repeated use of certain drugs can result in drug dependence, physical or psychological. Someone who is dependent on a drug uses it to avoid the illness and discomfort associated with stopping it. The need for the drug often becomes so strong that users will resort to dangerous and illegal activities to obtain a continuing supply. Up to 70% of prison inmates are incarcerated for drug-related crimes.

Remember, it is far easier to prevent a drug problem than to cure one. If you or someone you know is addicted to drugs, get help!

## Tobacco

One of the most addictive of all substances used by humans, it kills 1200 Americans every day. "Smoking is the single most preventable cause of death in America." (US Surgeon General)

Besides lung cancer that everyone knows about, tobacco also is causative in many other cancers. Its mixture of over 20 poisons leads to disease: emphysema, stomach ulcers, heart disease, diabetes, and low birth-weight babies etc. Smoking is expensive – it costs Americans \$1 billion a week in extra health care and insurance costs.



*Common-sense changes in your lifestyle can add years, perhaps decades, to your life. What's more, your quality of life can vastly improve. Plan right now to enjoy filling the years ahead with a balanced high quality life!*

# Air


A human being can survive several days without food, a few days without water, but only a few short minutes without air. This element is essential to sustain life. Without air a person could have permanent brain damage within five minutes.

## Why is air so important?

The air we breathe contains oxygen.

Red blood cells pick up the oxygen from the lungs and carry it to all the cells of the body.

Each cell needs oxygen to operate its powerhouses. Red blood cells then carry the carbon dioxide back to the lungs. When we breathe out, this is forced out of the body with the oxygen-poor air.

A man in a green shirt is standing in a wooden cabin, looking out a window. The cabin has wood-paneled walls and a window with a view of the outdoors.

**Poor ventilation** of rooms can result in headaches, drowsiness and difficulty in concentration. The reason? When air is breathed and rebreathed over and over, the oxygen content decreases and the carbon dioxide and other wastes increase. Bad air and poor breathing habits promote depression, irritability, exhaustion and chronic fatigue.

**When exercising**, up to 26 gallons of air is moved in and out of your lungs per minute – but only about 1 gallon at rest. Exercise will increase the circulation of oxygen rich blood cells to all areas of the body. Your energy level and sense of well-being will improve.

## The Solution

- ▶ Open your windows and let in the fresh air! Sleep with an open window whenever possible.
- ▶ Exercise in fresh air. This will strengthen your breathing muscles and increase your lung capacity.
- ▶ Practice good posture habits. Sit up straight with your shoulders back. You will be able to breathe deeper.
- ▶ Concentrate on breathing deeply. Stop where you are several times a day and take a few slow, deep breaths.
- ▶ Keep some live houseplants. They remove many pollutants and use carbon dioxide, replacing it with oxygen.

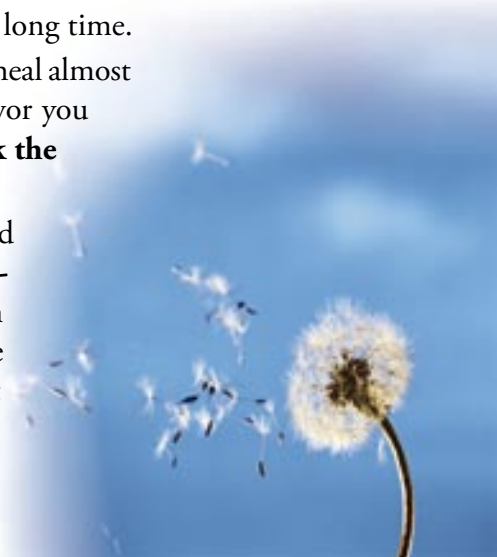
## Poisoned Air

One of the worst enemies of breathing freely is **tobacco**. Smoking causes the normal air passages to become clogged and irritated. Nicotine in the smoke constricts small arteries; carbon monoxide interferes directly with the ability of the red blood cells to carry oxygen. Together they decrease endurance and promote narrowing and hardening of the arteries.

Many smokers do not realize the danger that the tobacco smoke has upon others as well. **Secondhand smoke** can be as lethal as smoking is to the smoker. Especially at risk are children of smokers who must breathe this deadly air over a long time.

Smokers who quit begin to heal almost immediately. The biggest favor you can do for your body is: **kick the habit and breathe free.**

Some areas of the world must contend with **air pollution**. If that is a problem in your city, try to stay out of the worst concentrations. Don't exercise outdoors when the smog is at its worst.



# Rest

Life today is fast paced, exciting – and exhausting. Is more sleep the answer? A refreshing, uninterrupted night's sleep is a definite advantage, but most people work at sedentary jobs, with deadlines and emotionally draining problems. It is often difficult to fall asleep and rest peacefully. Fatigue is one of the commonest reasons for doctor's visits.



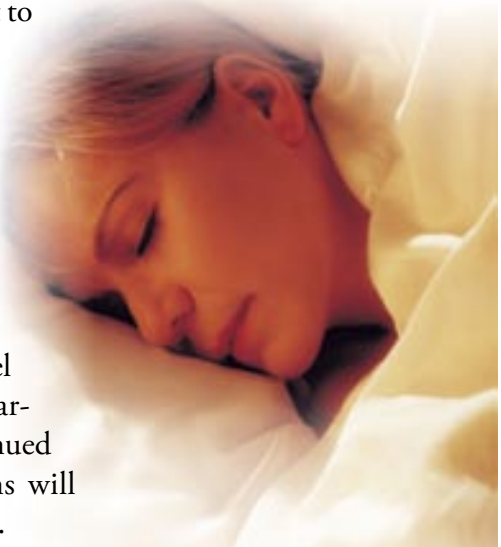
**Sleep is essential** to maintain a well-balanced mind and healthy body. It allows your body to renew itself and aids in healing. Rest strengthens the immune system and can add years to your life. If deprived of adequate sleep, great demands are made on your back-up energy resources. If you do this habitually, you can expect to have little resistance to disease and stress.

## **How much sleep is enough?**

Usually 7-8 hours of sleep a night is best for adults. The earlier hours, before midnight, are more restorative to the body. If you need to nap, the best time is in the morning.

**What about sleeping medications** to induce sleep if you cannot get to

sleep? During normal sleep, one has alternating periods of light and deep sleep. Dreaming seems to be a natural outlet, and takes place during the light sleep. Sleep medications often suppress this stage of sleep, and on awaking you may not feel as refreshed in spite of apparently sound sleep. If continued over time, sleep medications will contribute to chronic fatigue.



## The Best Sleep Inducers are Natural Means

- ▶ Engage in active **exercise** daily to best counteract mental and emotional fatigue. Walk, swim or work in the garden instead of watching TV.
- ▶ Take a **warm bath** (not hot) with some soft music playing and dim lights to relax the body and mind.
- ▶ Have a warm drink. But **avoid caffeine**, even during the day. It is a stimulant that commonly causes insomnia.
- ▶ Maintain a **regular schedule** for going to bed and getting up.
- ▶ An **empty stomach** promotes better sleep. Eat your evening meal several hours before bedtime and make it the lightest meal.
- ▶ Try these **simple exercises** to help you relax: Stretch, roll your neck in slow large circles, smile and hold it, frown and hold it, raise your eyebrows and hold it, take some deep breaths, relax.
- ▶ Don't rehearse the day's problems at bedtime. **Count your blessings** and fill your mind with gratitude and thanksgiving.
- ▶ The **ultimate rest** is found in Jesus. Leave your burdens with the Lord and accept His peace and forgiveness.
- ▶ The Lord has encouraged us to work six days and rest the seventh – that is His plan for the **proper balance** between work and rest.



# Trust

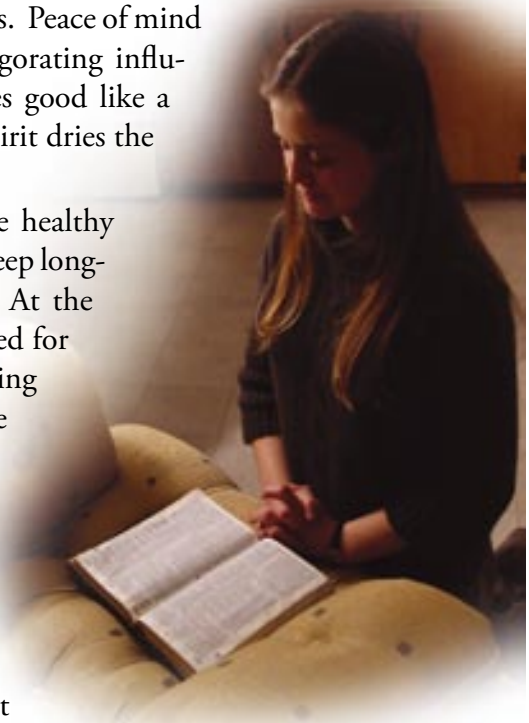
Human beings are living longer than ever before, yet many feel less and less satisfied. In today's fast-paced life, people often feel so pressured and stressed, so full of pain, disappointment and hopelessness that they are willing to risk their health, and even their lives on almost anything that promises relief.

**Emotional stress** can cause physical illness. Discouragement, bitterness and anger leave your body exhausted and weaken the immune system. God has promised to lift these burdens if we bring them to Him. "Cast your cares on the Lord and He will sustain you." Psalm 55:22

**Positive emotions** like love, joy, faith and trust produce protective substances that strengthen the immune system and protect us. Peace of mind can have a vitalizing, invigorating influence. "A merry heart does good like a medicine: but a broken spirit dries the bones." Proverbs 17:22

Many who are otherwise healthy carry within themselves a deep longing for something more. At the root of our being is the need for greater purpose and meaning in life. The ultimate lifestyle includes not just health and fitness; it also includes spiritual growth.

**The brain** is the master control of our bodies. When our brains are not



dulled by alcohol, tobacco, drugs, lack of sleep or overeating, when we are exercising and getting fresh air and sunlight, we will be able to think clearly. We will be able to make sound decisions and choose to allow the Lord to speak to us.

**Trust in God** supplies a missing piece in our lives. It brings fulfillment and hope for the future. Trusting God opens the door to His miraculous intervention. Many people even find a relationship with God to be the key to success in achieving a healthful lifestyle.

To trust Him we must get to know Him. Invest some time, get better acquainted. Take time for stillness, away from the busyness and noise of your every day life. Explore the deeper side of life. Take some time to step back and think about what is truly important to you.

Spend some time reading the Bible. This is God's special letter to man. The Bible is known for strengthening our minds and can give us new hope and direction.

*A 'for-real' relationship with the true God, our Creator, is never optional – it is the very root of health.*

