

WHY do we rank 15th. In the world in infant mortality and 12th. in life expectancy among 22 industrialized nations?



WHY according to the USDA do 4 out of 5 people in the USA have some sort of disease?



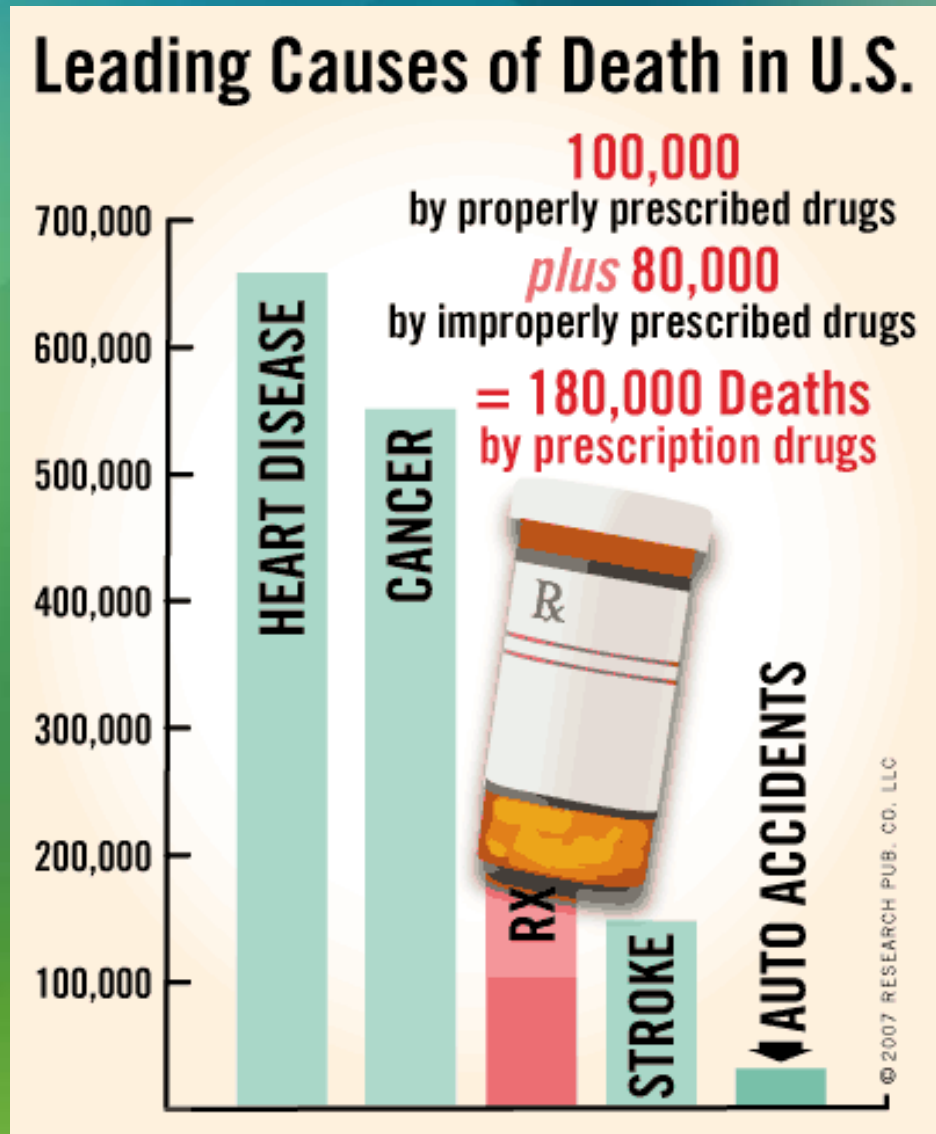
We Americans eat for taste and not for nutrition



Do we plan our meals for the nutritional value or for convenience?

What are the leading causes of death?

- Heart attack
- Cancer
- Stroke
- Arteriosclerosis
- Cirrhosis of the liver
- Diabetes



Are you part of the growing awareness?

- 80 million Americans have Cardiovascular Disease
- 70 million – High Blood Pressure
- 20.1 million – Diagnosed with Cancer
- 52.5 million – Arthritis
- 5.5 million – Cirrhosis of the liver
- 29 million – Diabetes
- 25 million – Ulcers
- 10 million – Osteoporosis (34 million at risk)
- 64.7 million – Gum Disease
- 15 million – Food Allergies

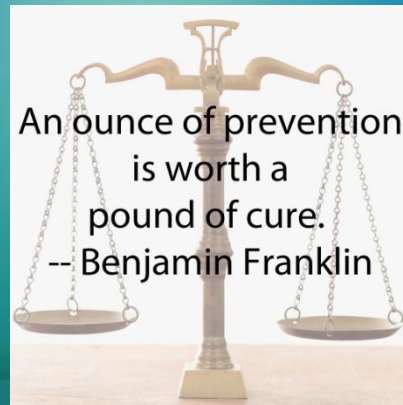
What is Disease?

EASE: Freedom from pain....constraint, or awkwardness, naturalness

DIS-EASE: An abnormal condition of an organism or part, especially as a consequence of infection, inherent weakness, or environmental stress that impairs *normal physiological functioning*.

ASSISTING NATURE

- Restorative power is found in nature
- Cooperate with the laws of health
- Get to the root cause of the problem
- Prevent the problem from reoccurring
- Assist nature's effort to expel impurities
- Re-establish right conditions



PREVENTION or TREATMENT?



Prevent:

To keep from occurring; to stop; to prevent an illness.

Treatment:

The application of medicines, surgery, therapy, etc. in treating a disease or disorder.

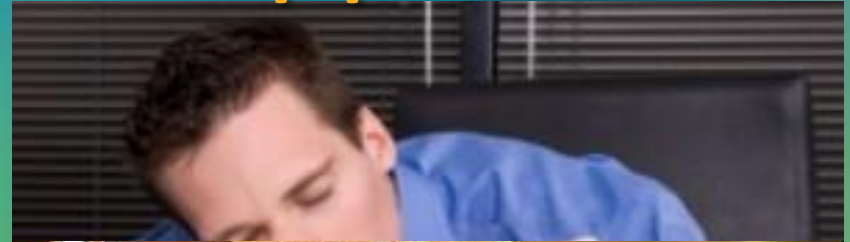
Immune System Suppressors

- Sweets
- Junk Food
- Alcohol
- Tobacco Smoke



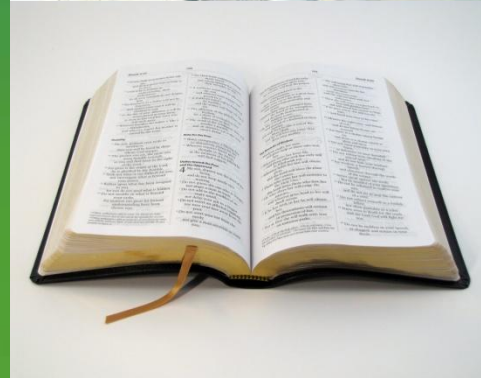
Immune System Suppressors

- Not enough rest
- High fat diet
- Low fiber diet
- Stress



Natural Remedies

Allow body to heal
itself by cooperating
with the natural
healing process



OPTIMAL HEALTH

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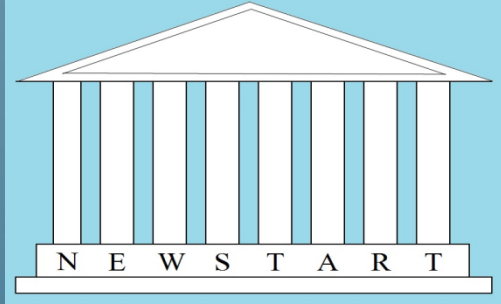
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OPTIMAL HEALTH

YOU



- RECOVERY
- RESISTENCE
- REBUILDING
- AWARENESS

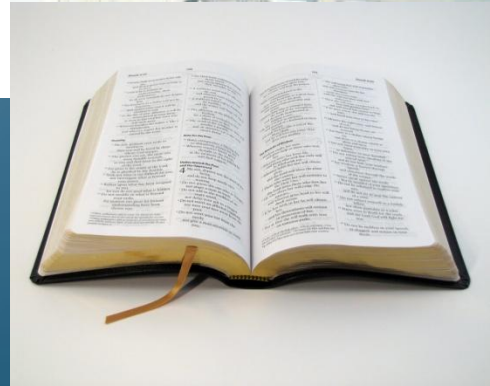
NEUTRAL ZONE

DOCTORS

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- COMPLAINTS
- ILLNESS
- DISEASE
- ADDICTION

PREMATURE DEATH



OPTIMAL HEALTH

A diagram of a classical temple with a pediment and columns. The pediment contains the text 'OPTIMAL HEALTH'. The left column is inscribed with 'NUTRITION'. The base is inscribed with 'NEW START'. The columns are decorated with alternating light blue and white vertical stripes.

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N E W S T A R T

Our bodies are made up of the food we eat.

The Ministry of Healing pg. 295

- Choose whole grains over processed, refined grains
- Avoid the combination of dairy and sugar
- Cut back on cheese and butter
- Eat at set times and no snacking
- Avoid eating close to bed time
- Chew your food thoroughly
- Make meal time a happy time

If you **do not** have any special health needs or disorders, follow these principles:

- Eat fruits, vegetables, beans, grains, nuts, and drink plenty of water
- Avoid eating meats, poultry, fish, and other animal products
- Avoid high sugar, high fat, high salt, highly processed foods, caffeine, and alcohol

A Plant Based Diet

Studies have shown that:

- Vegetarians had 24% less risk of dying from coronary heart disease
- A balanced vegetarian diet with fiber, soy, and nuts had 20-35% reduced cholesterol level
- Non-vegetarians were 3 times more likely to develop diabetes than vegetarians
- Women who eat meat are 8.5 times more likely to develop breast cancer
- Vegetarians are about 40% less likely to develop cancer than meat eaters

A Vegan Diet

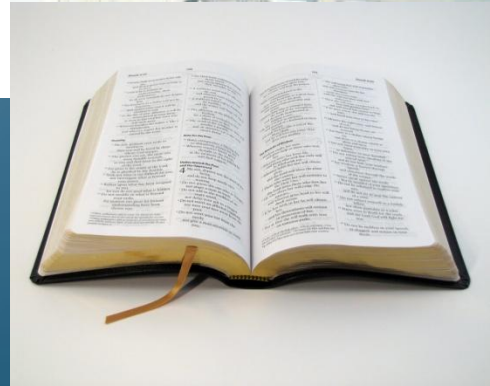
- Vegans have a 32 – 44% lower total and LDL cholesterol level than meat eaters
- A healthier body weight
- Lower risk of heart disease
- Lower risk of diabetes
- Lower risk of cancer

Where do I eat???



What's the Bible Say?

- Genesis 1:29 And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for food.
- Gen. 50:21 Now therefore fear ye not: I will nourish you, and your little ones. And he comforted them, and spoke kindly unto them.
- Mat. 6:11 Give us this day our **daily bread**.
- 1 Timothy 4:⁶ If thou put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ, nourished up in the words of faith and of good doctrine, whereunto thou hast attained.
- Col. 2:19 And not holding the Head, from which all the body by joints and bands having nourishment ministered, and knit together, increaseth with the increase of God.



OPTIMAL HEALTH

A diagram of a classical temple with a pediment and columns. The pediment contains the text 'OPTIMAL HEALTH'. The columns are labeled vertically with 'NUTRITION' and 'EXERCISE'. The base of the temple is labeled horizontally with the letters 'N', 'E', 'W', 'S', 'T', 'A', 'R', 'T'. The columns are colored in alternating white and light blue.

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Benefits of Exercise

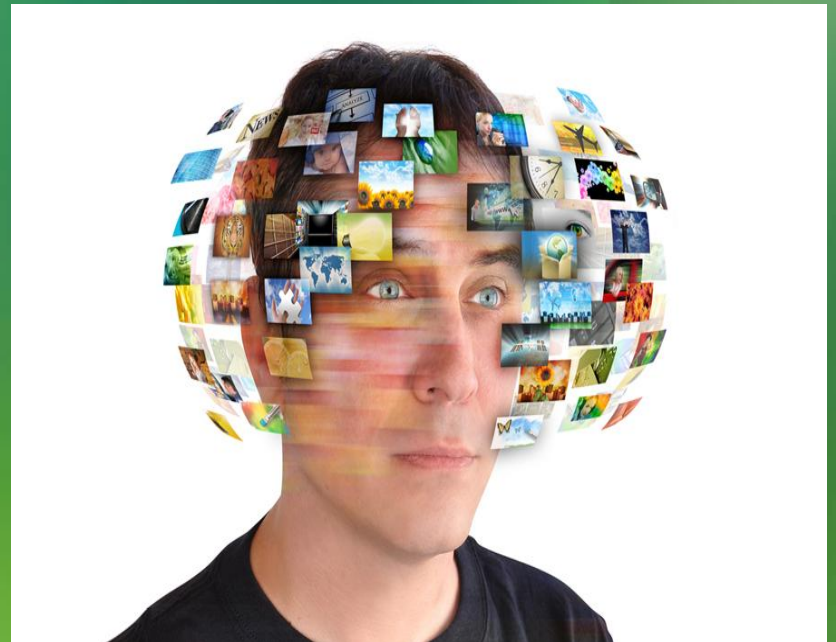
- Lower risk of early death
- Lower risk of coronary heart disease
- Lower risk of stroke
- Lower risk of high blood pressure
- Lower risk of type 2 diabetes
- Lower risk of cancer

Benefits of Exercise

- Improved bone health
- Improved muscle and cardiovascular fitness
- Improved sleep quality
- Improved digestion and elimination
- Improved total cholesterol
- Greater joint flexibility

Reduced Symptoms of Depression

Better Cognitive function



Be consistent, make it a lifestyle!



Schedule exercise

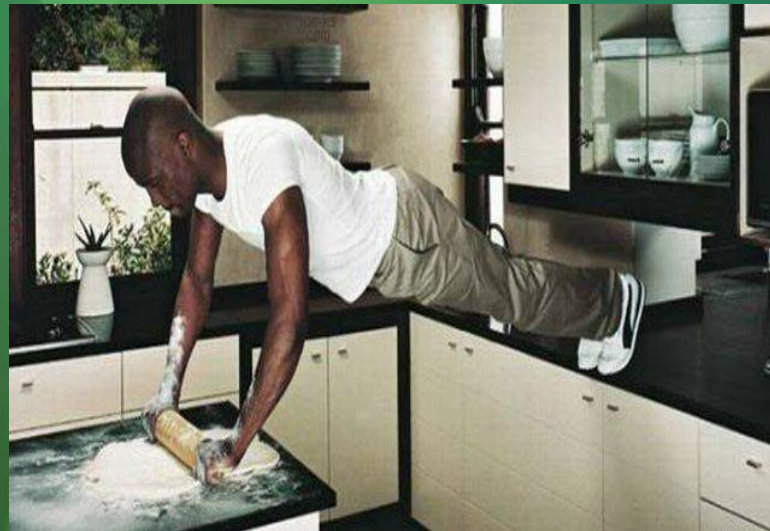


Exercise in groups

Be consistent, make it a lifestyle!



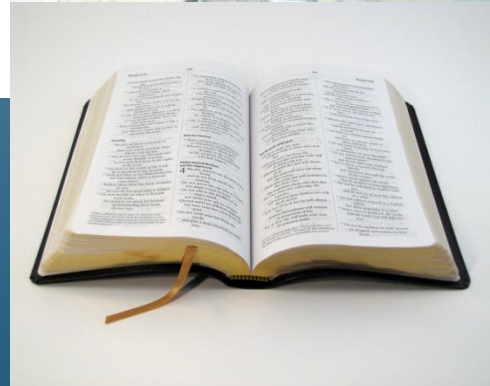
Do a type of exercise you enjoy



Multi-task while exercising

What's the Bible Say?

- Acts 24:16 And herein do I exercise myself, to have always a conscience void to offence toward God, and toward men.
- Heb. 5:14 But strong meat belongs to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.
- Heb. 12:11 Now no chastening for the present seems to be joyous, but grievous: nevertheless afterward it yields the peaceable fruit of righteousness unto them which are exercised thereby.
- 1 Tim. 4:7,8 But refuse profane and old wives' fables, and exercise thyself rather unto godliness.



OPTIMAL HEALTH



The diagram is a stylized representation of a classical building facade. It features a triangular pediment at the top containing the text 'OPTIMAL HEALTH'. Below the pediment is a row of columns. The first three columns are labeled vertically with the words 'NUTRITION', 'EXERCISE', and 'WATER' respectively. The remaining columns are unlabeled. The base of the columns is a horizontal platform labeled with the words 'NEW START' in a sequence of letters: N, E, W, S, T, A, R, T. The entire structure is set against a light blue background.

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WATER FUNCTIONS

- Regulate the temperature of the body
- Helps organs assimilate the nutrients, and expel the toxins, and excess salts
- Helps keep the blood pressure down

SIGNS of DEHYDRATION

- Dry more wrinkly skin
- Grows tired quicker
- Dry mouth
- More difficult to concentrate
- Headache
- Constipation
- Hypertension
- Salivary duct blockages
- Allergic type symptoms
- Hypoglycemic type symptoms
- Kidney gall stones
- Bladder or kidney infections
- Improper digestion
- Dry cough
- Pain in the back of joints

- Drink Freely!
- Drink Often!
- Drink Fresh Water!
- Soft is Best!

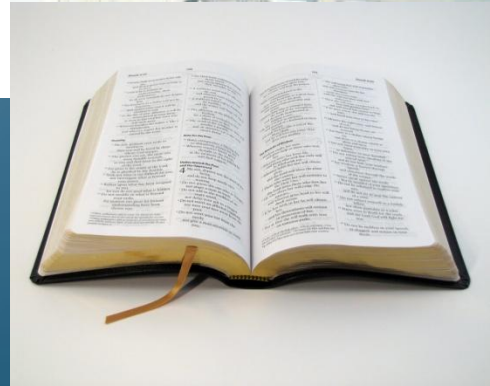


HYDROTHERAPY

- Can improve sleep
- Can improve energy levels
- Assist the immune system
- Treat a migraine or tension headache
- Can assist in musculoskeletal conditions
- Help treat wounds
- Alleviate depression and/or anxiety

What's the Bible Say?

- Zechariah 14:8 And it shall be in that day, that living waters shall go out from Jerusalem;
- John 7:38 He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.
- John 6:35 And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.



OPTIMAL HEALTH

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We have been told: “Stay out of the sun!”

**You
shouldn't
be afraid
of the
SUN.**



Avoid Deep Sunburns!



The Benefits of Moderate Sunlight Exposure

- Promotes Vitamin D Production
- Better Mood
- Cancer Prevention
- Autoimmune Conditions
- Better Sleep
- Less Joint Pain
- Increases Brain Function

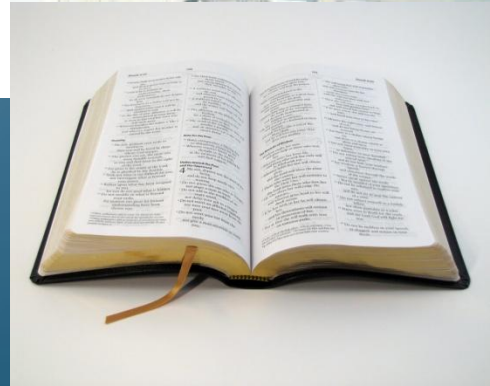
Timing is Everything!

- Timing of sun exposure is very important
- Morning bright light sets your body clock (10 minutes after waking)
- Midday sunlight produces vitamin D 11:00 – 2:00
- 10 minute exposure provides 10,000 IU of vitamin D
- North of Boston From November to February, there is no vitamin D from the sun
- Vitamin D is stored in the body.

Get it while you can!

What's the Bible Say?

- Deut. 33:14 And for the precious fruits brought forth by the sun, and for the precious things put forth by the moon,
- Ps. 84:11 For the Lord God is a sun and shield: the Lord will give grace and glory: no good thing will he withhold from them that walk uprightly.
- Mal. 4:2 But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.
- Mat. 13:43 Then shall the righteous shine forth as the sun in the kingdom of their Father. Who hath ears to hear, let him hear.



OPTIMAL HEALTH

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TEMPERANCE

1. Moderation or self restraint in action, statement, etc.; self-control.
2. Habitual moderation in the indulgence of the appetites or passions
3. Abstinence from alcoholic or other addictive substances.

NEW START PRINCIPLES

Moderation:

In the use of healthy substances

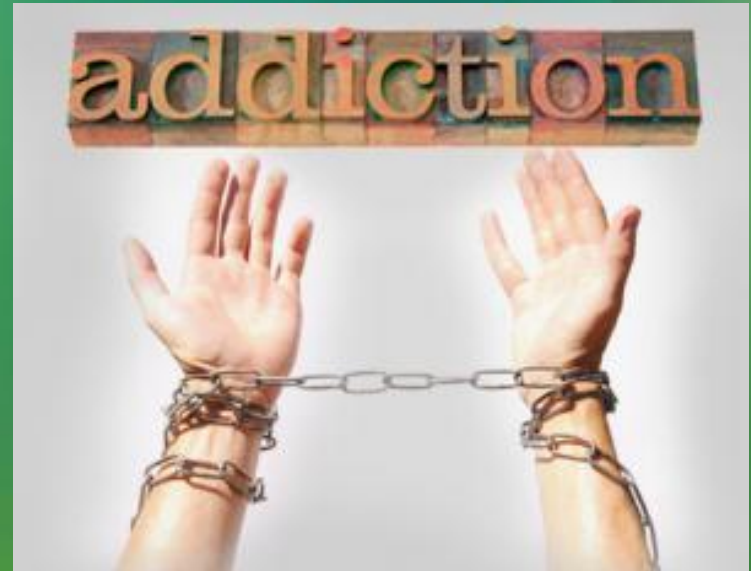
Abstinence: (Complete)

From the use of unhealthy substances

Reason over appetite, not appetite over reason

But Why Complete Abstinence?

Because of the addictive nature of unhealthy substances



Common Characteristics of Addiction

- Overwhelming compulsion to continually use
- Need for increased amounts
- Dependence (Withdrawal)
- High tendency to relapse
- Detrimental effect on individual and society

Choosing Healthy Pleasures

If we reward ourselves with a bad habit periodically we undermine our ability to develop enjoyment for a lifestyle that is free from that agent.



What about once a month?

This will keep the desire active and alive, if the direction of our thoughts are in the direction of being free from the addiction, the addiction will soon not be missed and overcome.



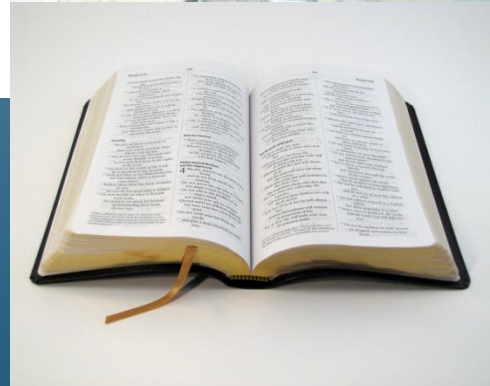
What are Our Addictions?

Examples of addictions that lead to health problems

- Alcohol
- Narcotics
- Cocaine
- Amphetamines
- Junk food
- Excess sugar
- Chocolate
- Caffeine
- Media
- Techno Addictions
- Facebook
- Gambling
- Sports
- Music
- Porn
- Cutting

What's the Bible Say?

- Proverbs 20:1 Wine is a mocker, Strong drink is a brawler, and whoever is led astray by it is not wise.
- Isa. 5:11 Woe to those who rise early in the morning, *that* they may follow intoxicating drink; Who continue until night, *till* wine inflames them!
- Rom. 6:16 Do you not know that to whom you present yourselves slaves to obey, you are that one's slaves whom you obey, whether of sin *leading* to death, or of obedience *leading* to righteousness?
- Rom.13:14 But put on the Lord Jesus Christ, and make no provision for the flesh, to *fulfill its* lusts.
- 1 Cor. 10:13 No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*.
- John 8:36 Therefore if the Son makes you free, *you shall be free indeed.*



OPTIMAL HEALTH

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AIR

Every minute we
breathe about
eight quarts of air



Air Exchange

- We breathe 30 Quarts of carbon dioxide every hour
- The buildup of carbon dioxide in a room and the lack of oxygen will make us feel tired, sleepy, and mentally dull



Indoor Air Pollution

50% of all illnesses are either caused by or aggravated by polluted indoor air



Indoor Air Pollution

When ventilation is inadequate, air is contaminated and occupants grow drowsy, get headaches, and function at lower activity levels



Indoor Air Pollution

The level of some hazard pollutants are found to be 70 times greater in indoor air than outdoor air



Outdoor Air Pollution

We need negatively charged fresh air!

- Improved sense of wellbeing
- Beneficial to plants and animals
- Improved function of the lungs
- Lowered body temperature
- Lowered resting heart rate
- Decreased survival of bacteria and viruses

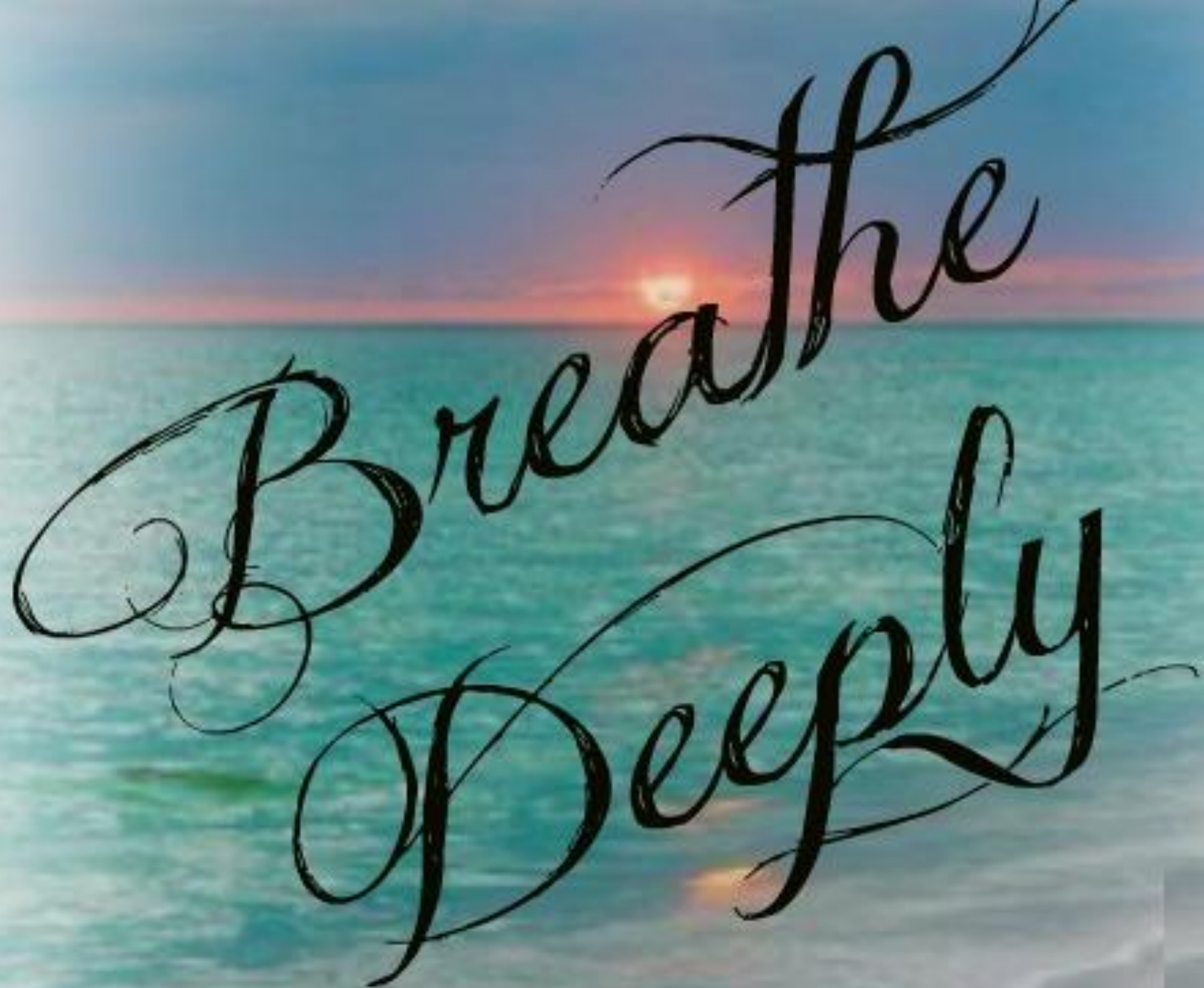


Healthy Negatively Charged Air in Pine Groves





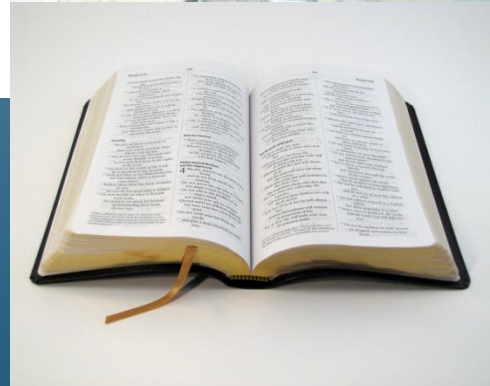
Healthy Negatively Charged Air
After a Lightning Storm

A serene sunset over the ocean. The sun is a bright orange orb on the horizon, casting a warm glow across the sky and water. The sky transitions from a deep blue at the top to a soft pink and orange near the horizon. The ocean is a calm, turquoise color, reflecting the light from the sun. In the bottom right corner, a small portion of a sandy beach is visible. Overlaid on the image is the text "Breathe Deeply" in a large, elegant, black cursive script. The text is arranged in two lines, with "Breathe" on the top line and "Deeply" on the bottom line. The script is fluid and expressive, with long, sweeping strokes and decorative flourishes. The text is positioned diagonally across the frame, following the curve of the horizon.

Breathe
Deeply

What's the Bible Say?

- Gen. 2:7 And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.
- Job 34:4 The spirit of God hath made me, and the breath of the Almighty hath given me life.
- Ps. 150:6 Let every thing that hath breath praise the Lord.



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Slow Down!

VITAMIN R COMES IN FOUR KINDS

- Daily Rest
- Weekly Rest
- Recreation
- Reflection



How much sleep should we get?



Average person does best with 7-8 hrs. of sleep per night

How many of us are tired during the day?



We may not be getting enough sleep at night

Cope with Stress to get adequate rest



The more television we watch the less
time we will sleep



There can actually be fatal consequences to being sleep deprived



Complications from chronic sleep deprivation



Ways to Improve Sleep Quality

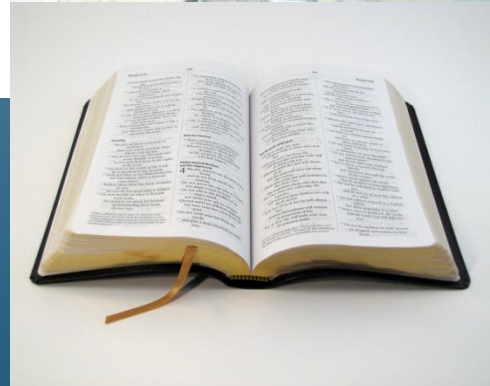
- Daily exercise and a clear conscious
- Avoid daytime boredom
- Eliminate drugs that can interfere with sleep
- Make healthy dietary choices
- Don't eat for at least three hours before going to bed

What You Can Do

- Establish a daily regular sleep cycle
- Establish a regular eating cycle
- Avoid caffeinated beverages
- Avoid alcoholic beverages
- Develop a regular exercise program
- Drink a warm non-caffeinated drink
- Try to sleep where it is quiet
- Sleep in a well ventilated room
- Try counting slowly
- Dark Room

What's the Bible Say?

- Ps. 127:3 For so He gives His beloved sleep.
- 1 Chronicles 22:18 Is not the Lord your God with you? and has he not given you rest on every side?
- Matthew 11:28 Come unto me, all ye that labor and are heavy laden, and I will give you rest
- Heb. 4:1 Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it.
- Ex. 31:17 It is a sign between Me and the children of Israel forever; for in six days the Lord made the heavens and the earth, and on the seventh day He rested and was refreshed.”
- Ex. 33:14 And He said, “My Presence will go with you, and I will give you rest.”



OPTIMAL HEALTH

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A green road sign with the word "Faith" in white, set against a blue sky with clouds. The sign is tilted and mounted on wooden posts.

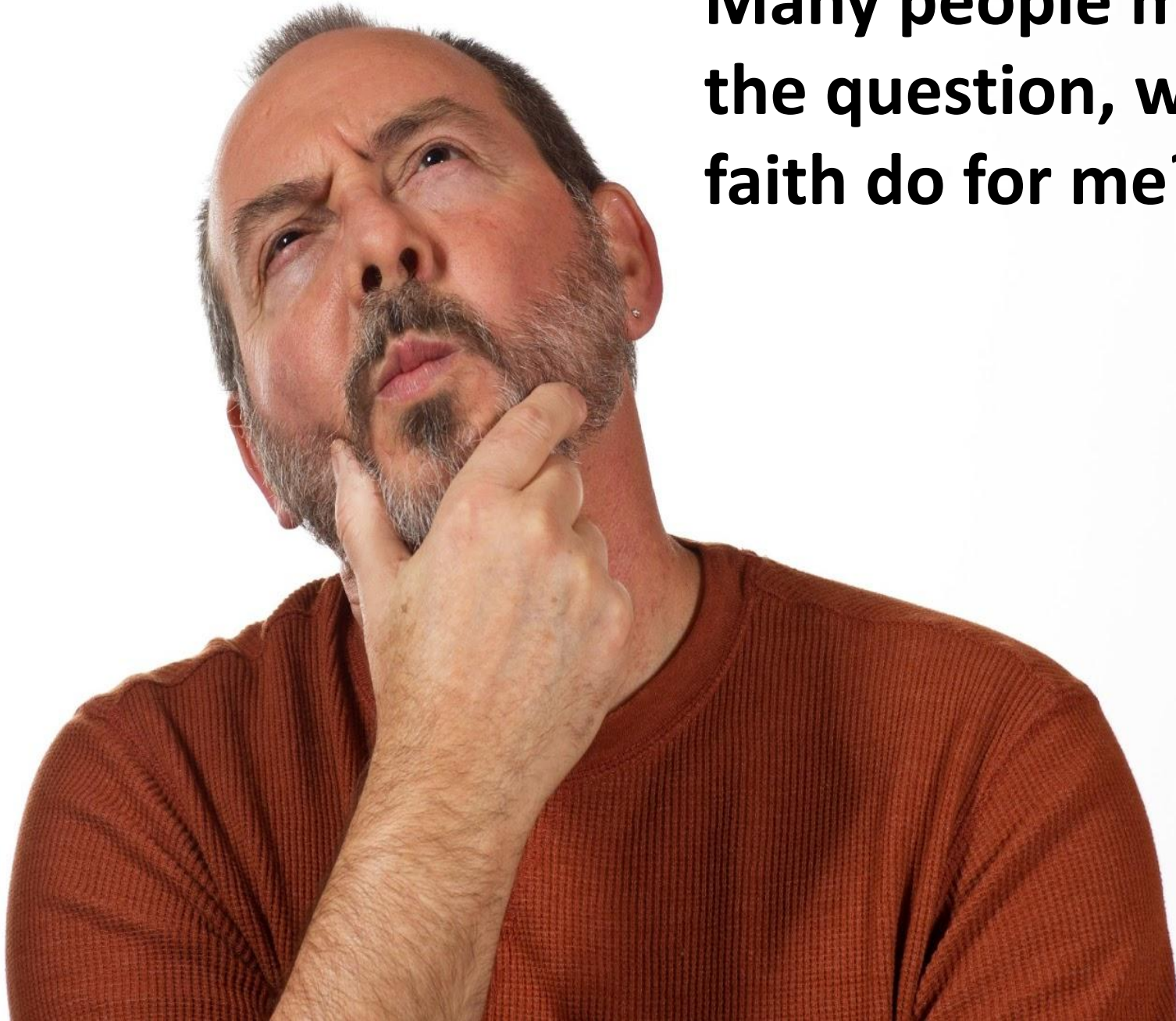
Faith

**Proverbs 3:5-6 Trust in the Lord with all your heart,
And lean not on your own understanding; In all
your ways acknowledge Him, And He shall
direct your paths.**

Studies show that faith in God promotes good health.



**Many people may ask
the question, what can
faith do for me?**





An active faith
can actually
help you make
positive
lifestyle
choices and to
continue with
your positive
choices

Faith promotes the healthy lifestyle God wants you to live.



WHY Attend Church?

There is social support, helping one another.

Hebrews 10:25

²⁵ not forsaking the assembling of ourselves together, as *is* the manner of some, but exhorting *one another*, and so much the more as you see the Day approaching.





Church attendance aids in giving or achieving your God given plan for your life.


Our God is Greater

Our God is Stronger

God you are higher than any other

Our God is healer

Awesome in power our God, our God!



Nay, in all these things we are
more than conquerors
through Him that loved us.

Romans 8:37

What's the Bible Say?

- Psalm 62:8 Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us
- Psalm 112:7 He shall not be afraid of evil tidings: his heart is fixed, trusting in the Lord.
- Proverbs 3:5 Trust in the Lord with all your heart; and lean not unto your own understanding.

3 John 2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

