



OPTIMAL HEALTH

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N E W S T A R T

REST

- 1.The refreshing quiet or repose of sleep: a *good night's rest*.
- 2.Refreshing ease or inactivity after exertion or labor: *to allow an hour for rest*.
- 3.Relief or freedom, especially from anything that wearies, troubles, or disturbs.
- 4.A period or interval of inactivity, repose, solitude, or tranquility: *to go away for a rest*.
- 5.Mental or spiritual calm; tranquility.
- 6.The repose of death: *eternal rest*.
- 7.Cessation or absence of motion: *to bring a machine to rest*.

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



PROBABLE EFFECTS OF MELATONIN

- **Protects** against free radical **damage** from certain carcinogens, herbicides, and radiation
- Prevents or helps **fight tumors**
- **Delays** some **effects** of aging
- Immune **enhancer**



Melatonin goes up in response to darkness

MELATONIN LEVEL VARIATIONS THROUGHOUT THE DAY



WAYS TO IMPROVE SLEEP QUALITY

- **Set** your body's light **clock**
- 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 **3** hours **before** going to **bed**

VITAMIN R2

Weekly Rest



SEVEN DAY RHYTHMS IN HUMANS

- **fluctuations** of blood pressure
- **acid** content in blood
- red blood cells
- heartbeat
- oral temperature
- female breast temperature
- urine chemistry and volume
- ratio between 2 important neurotransmitters: **norepinephrine** and **epinephrine**
- the rise and fall of several body **chemicals** (ex. cortisol)

VITAMIN R-3

Recreation:

Refreshment of strength
and spirit after work



VITAMIN R-4

Reflection



Rest and **RECOVERY**

- Essential for a Healthy Life -



What You Can Do

Ps. 127:3 For so He gives His beloved sleep.

- 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
- DarkRoom

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





STARTING ANEW