

Health – A Great Idea

(An introductory teaching outline)

Introduction

Billions of dollars are spent each year to try to obtain greater health with vitamins and minerals, naturopathic potions, exercise devices and applying antidotal medical cures.

- However, very few people even know the basics of health.
- Very few people really know about **preventive medicine** – preventing disease.

Jesus Christ had twelve disciples. One was especially close to him and he was the youngest (maybe a teenager) – and that was John.

- He was interested in health.
- In one of his five books he wrote as part of the Bible, he said to a friend:
*“Dear friend, I pray that all may go well with you and that you **may be in good health**”* (III John 1:2).
- **Health** is a 2000+-year old issue – good health is something everyone says they want – but shun what it takes to have it!

Paul addressed this more deeply:

- *“What? know ye not that your **body is the temple of the Holy Ghost** which is in you, which ye have of God, and **ye are not your own?**”* (I Corinthians 6:19).
- The next verse tells us why! *“For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s”* (I Corinthians 6:20).
 What a price – Christ becoming a man and dying for us.

In ways we do not fully understand, the Holy Spirit works in us, especially in our minds. He appeals to the higher, or principled, areas of our mind.

Examples of Principled Thought		
Memory	Distinction	Discretion
Association	Planning	Discernment
Tenderness	Comprehension	Forethought
Conviction	Reasoning	Discrimination
Choice	Guilt	Thoughtfulness
Premonition	Sensitivity	Inspiration

- To these Paul said that we should show the fruits of the Spirit. They actually tell others as well as ourselves whether or not the Spirit is residing in us and influencing us. What are these fruits? Galatians 5:22: Love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance.



Anything that dulls these brain areas impairs the work of the Holy Spirit in that individual. The principled areas of the brain are in the outer layer called the **cortex** or **gray matter**.

The word “mind” is used 92 times in the KJV. It is an important Biblical issue!

- **“Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming.”** (I Peter 1:13 – NIV).
- **“Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous”** (I Peter 3:8 – NKJV).

True love (*agape love*) is an element of a Spirit-driven mind (brain).

The question: “What are the things that can blunt our thinking, harm our bodies (“God’s Temple”) or even shorten our lives?” Remember: God was the one who “breathed” life into mankind – whatever that “spark” is, it is of divine origin. If our bodies are harmed, diseased or abused, we compromise the Holy Spirit!

- How is it then optimized?
- The Ten Commandment include **“Thou shalt not kill.”** Many scholars conclude that God is meaning **“Thou shalt preserve life!”**

Focus on Eating – on Foods!

We have four needs for survival: air, water, food, sleep.

Plants grow and survive on minerals and carbon dioxide.

- Those minerals:
Potassium (K) – for healthy flowers and fruit
Phosphorous (P) – for healthy flowers and fruit
Nitrogen (N) – to make things green
Plus micro minerals
- Amazingly, a plant is made up of living tissues/cells – all from a seed and minerals.

Animals – Mammals, Man:

- Need minerals (but in small amounts), such as iron (Fe), calcium (Ca) – and basic elements, such as zinc (Zn), carbon (C).
- But God designed that our diet, energy and body health come from **living cells of plants**.
- That is where our story of health begins.

At creation God gave man this diet:

- *“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 meat [ancient word for fruits, grains and nuts]”* (Genesis 1:29). That was a vegetarian/vegan diet.
- Also, He permitted Adam and Eve to eat from the *“tree of life,”* which would give them never-ending life.

After Adam and Eve were expelled from the Garden of Eden, an additional group of foods was added:

- *“Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field”* (Genesis 3:18).
- This meant leafy, root and tuber vegetables (such as lettuce, cabbage, kale, spinach, carrots, parsnips, beets, potatoes, etc.).
 - a. The Hunzas (a group of people who live in the Himalayas within Pakistan) were studied some years ago. They had no cancer, ulcers, appendicitis, colitis, heart disease or hypertension.
 - b. They ate a diet exactly as Adam and Eve had after their garden experience.
 - c. They lived from 90-120 years old.
 - d. Then the current Western type diet encroached into their culture. Their longevity quickly plummeted!



Our bodies require several things from those living cells **to keep it in balance**. They **all** have molecules or special building blocks we need.

Those Building Blocks or Molecules

1. Carbohydrates (starches and sugars):

- These are the foods that are broken down into a special sugar we need, glucose. That process begins in the mouth with an enzyme called *diastase*.
- Glucose is the main energy source of the body.
 - Glucose from sugars and starches that is not used within a few hours is stored as a chemical called *glycogen* in the liver.
 - If that storage is full, it goes to fat – causing obesity.
 - When the liver is full, insulin that controls glucose is less effective. That is why diabetics should not be obese!
- Refined carbohydrates have lost nutrients, etc., that we really need:
 - a. Minerals – that maintain fluid balance inside cells
 - b. Vitamins – that make things happen – catalysts for chemical reactions right inside cells
 - c. Fiber – that helps food distribute into the gut and, finally, helps the bulk of waste to pass out of the gut
- Refined carbohydrate foods are white bread or bread with coloring (puffy – no body), cookies, donuts and beverages (sodas, energy drinks, etc., are a big problem)!
 - a. These can be used as desserts.
 - b. But they take away appetite for better foods!
 - c. And – are associated with diabetes, heart disease and, recently discovered, increased chance of cancer.
- Quality carbohydrates
 - a. Whole wheat bread made with unrefined flour (heavier to feel)
 - b. Rice – whole grain
 - c. Potatoes
 - d. Corn
 - e. Oatmeal
 - f. Barley
- If “fortified,” normally something was refined, then nutrients were added back. The **first words** on **bread** should be **“whole grain”** and/or have a “whole grain” stamp.
- If you get 6 servings/day of **quality** carbohydrates, you will get plenty of fiber.



Sugar – A big subject

- This can be used as desserts.
- But – two areas of concern:
 - a. High-fructose corn syrup (which is now in many foods, especially beverages and juices)
 - This increases the triglycerides in the blood – one type of fat.
 - When that goes up – the risk for worsening diabetes is elevated.
 - Also – it is associated with very high risk of heart disease.
 - b. Sugar cane, high-fructose corn syrup, molasses, etc.
 - Children and teens who drink beverages with lots of lots of sugar are hyperactive and don't do as well in school.
 - For adults – new studies: It not only leads to excess fat – but it is now clear that heart disease is accelerated 100% if in excess.
 - What is excess?
 - Examples beyond a meal dessert:
 - 7 or more sugar-sweetened beverages/week
 - 7 or more sugar-sweetened pastries/desserts per week

2. Fats

- Structure – important
 - a. All fats are made up of units called fatty acids. We need a good variety for health (there are 20 kinds of fatty acids in foods).
 - b. Four main types are:
 - Monounsaturated (mainly in olive oil) – helps decrease heart disease
 - Polyunsaturated – helps decrease heart disease
 - Saturated – increases bad cholesterol (LDL) and tends to lead to diabetes. This also causes problems in the inner lining of the arteries, leading to arteriosclerosis and coronary heart disease.
 - Trans fatty acids – most are manufactured by adding hydrogen to liquid oils (hydrogenation) to make them solid or semisolid and increase shelf life. They have a significant detrimental effect on the heart by increasing both bad cholesterol (LDL) and dangerous triglycerides in the blood.
- How to eat safely relative to fats (guidelines with lots of alternatives):
 - a. Avoid fats that are solid at room temperature (e.g., butter, Crisco, margarines).
 - b. Avoid whole milk, regular ice cream – they're loaded with saturated fat.

- c. Limit cheeses to 3-4 servings (2 slices per serving) per week.
- d. Don't purchase palm or coconut oils – they are loaded with saturated fats.
- e. Avoid red meats and processed meats. Their fats are saturated. This is a tough area for many – and a big problem!
 - They increase the chance for bowel cancer.
 - They increase the chance for heart disease.
 - Charred red meat increases the chance for pancreatic cancer.
- Vegetarians are fanatics! – Right? A thought or two:
 - a. They have 50% less cancer.
 - b. They live 7 to 12 quality years longer.
- Bottom-line thoughts on fat:
 - a. Studies suggest that 2 Tbsp of olive oil per day (used any way) decreases heart disease.
 - b. Canola oil, soy oil and most other vegetable oils are polyunsaturated and are good oils. Too much of these refined oils is not the best, especially with frying.

3. Proteins

- These are made up of building blocks called amino acids.
 - a. There are 22 kinds of amino acids.
 - b. 13 can be manufactured by the body.
 - c. 9 must be gotten through food – called “essential amino acids.”
- Many used to think that we need a lot of dietary protein. Today we know that most foods contain lots of protein, and it is easy to meet our protein needs.
- Examples of foods that contain those “essential amino acids”:
 - a. Eggs, milk, cheese (low fat is recommended)
 - b. Dried beans, lentils and peas (legumes)
 - c. Tofu – lots of jokes about this – but it can be very delicious
 - d. Poultry and fish
 - e. Mixed nuts – a delicious, rich source of protein. Eating a mixture of nuts each day is associated with less heart disease and cancer.

4. Vitamins and Minerals

- Vitamins (complex chemicals) come from living organisms and plants.
- Minerals are single elements that are also in plants.
- One can get all the vitamins and minerals needed from a balanced diet, with a few exceptions:

- a. It is wise to take folic acid (20 mg) each day. It is cardio-protective.
- b. Recently, it has been shown that many people are deficient in *vitamin D*. Taking 2000+ units per day is now strongly urged for the heart as well as bones.
- c. A doctor may urge other supplemental vitamins based upon test findings.

5. Phytochemicals

This is the most neglected nutritional item in the world.

- Phytochemicals are substances that plants produce to protect themselves against disease.
- Over 900 have been identified. A good, balanced meal may have up to 100 of these substances!
- Why are they important? They also protect us against cancer and many other diseases. ***They are “nature’s medicine.”***
- The bright color of yellow corn, red in tomatoes, orange in carrots, blue in blue blueberries and purple in grapes are all phytochemicals.
- They stimulate the ***immune system*** and ***neutralize*** many cancer-producing substances.
- A list of these “chemicals” includes carotenoids, chlorophyll, flavonoids, resveratrol, isoflavones, ajoene, isothiocyanates, capsaicin, saponins and phytosterols.

How does one get these “natural medicines?” Important – by eating at least five servings of a variety of vegetables and/or fruits per day!

- This might require planning ahead – but it is a wow-of-a-way to lay the groundwork for good health.
- Incidentally, many health companies promote phytochemical capsules/pills – sometimes called phytonutrients or nutraceuticals. Don’t go there! It’s hype.

6. Fiber

Low-fiber diets can lead to increased colon cancer. A balanced diet that includes fruits and vegetables will have plenty of fiber.

Obesity

What about being overweight? Is it really that bad?

1. Dementia is accelerated in many overweight people.
2. There is an increase of heart disease, hypertension and diabetes.
3. A “fat belly” in a man is often a sign of possible heart disease ahead.

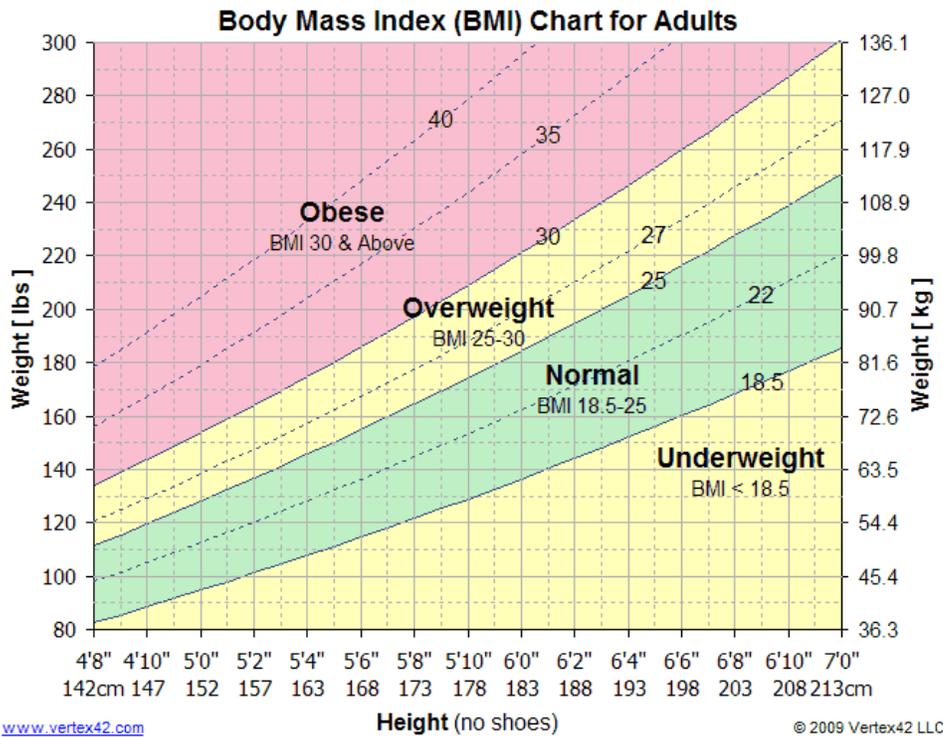
A major goal is to get the body mass Index to 24 or less (BMI – ratio of weight to height).

Body Mass Index (BMI) Chart for Adults

Obese (>30)
 Overweight (25-30)
 Normal (18.5-25)
 Underweight (<18.5)

WEIGHT	HEIGHT in feet/inches and centimeters																					
	4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"	6'5"
lbs (kg)	142cm	147	150	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	191	193	196	
260 (117.9)	58	56	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31
255 (115.7)	57	55	53	51	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32	31	30
250 (113.4)	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	30
245 (111.1)	55	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30	29
240 (108.9)	54	52	50	48	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30	29	28
235 (106.6)	53	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29	28
230 (104.3)	52	50	48	46	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28	27
225 (102.1)	50	49	47	45	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27	27
220 (99.8)	49	48	46	44	43	42	40	39	38	37	36	34	33	32	31	30	29	28	28	27	27	26
215 (97.5)	48	47	45	43	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	25
210 (95.3)	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26	25
205 (93.0)	46	44	43	41	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25	24
200 (90.7)	45	43	42	40	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26	25	24	24
195 (88.5)	44	42	41	39	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	24	23
190 (86.2)	43	41	40	38	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	23	23
185 (83.9)	41	40	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22
180 (81.6)	40	39	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21
175 (79.4)	39	38	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
170 (77.1)	38	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20
165 (74.8)	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20
160 (72.6)	36	35	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19	19
155 (70.3)	35	34	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18
150 (68.0)	34	32	31	30	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18	18
145 (65.8)	33	31	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17
140 (63.5)	31	30	29	28	27	26	26	25	24	23	23	22	21	21	20	20	19	18	18	17	17	17
135 (61.2)	30	29	28	27	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16	16
130 (59.0)	29	28	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16	15
125 (56.7)	28	27	26	25	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15	15
120 (54.4)	27	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14
115 (52.2)	26	25	24	23	22	22	21	20	20	19	19	18	17	17	16	16	16	15	15	14	14	14
110 (49.9)	25	24	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14	14	13	13
105 (47.6)	24	23	22	21	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	13	13	12
100 (45.4)	22	22	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12	12	12
95 (43.1)	21	21	20	19	19	18	17	17	16	16	15	15	14	14	14	13	13	13	12	12	12	11
90 (40.8)	20	19	19	18	18	17	16	16	15	15	15	14	14	13	13	13	12	12	12	11	11	11
85 (38.6)	19	18	18	17	17	16	16	15	15	14	14	13	13	13	12	12	12	11	11	11	10	10
80 (36.3)	18	17	17	16	16	15	15	14	14	13	13	13	12	12	11	11	11	11	10	10	10	9

Note: BMI values rounded to the nearest whole number. BMI categories based on CDC (Centers for Disease Control and Prevention) criteria.
www.vertex42.com BMI = Weight[kg] / (Height[m] x Height[m]) = 703 x Weight[lb] / (Height[in] x Height[in]) © 2009 Vertex42 LLC



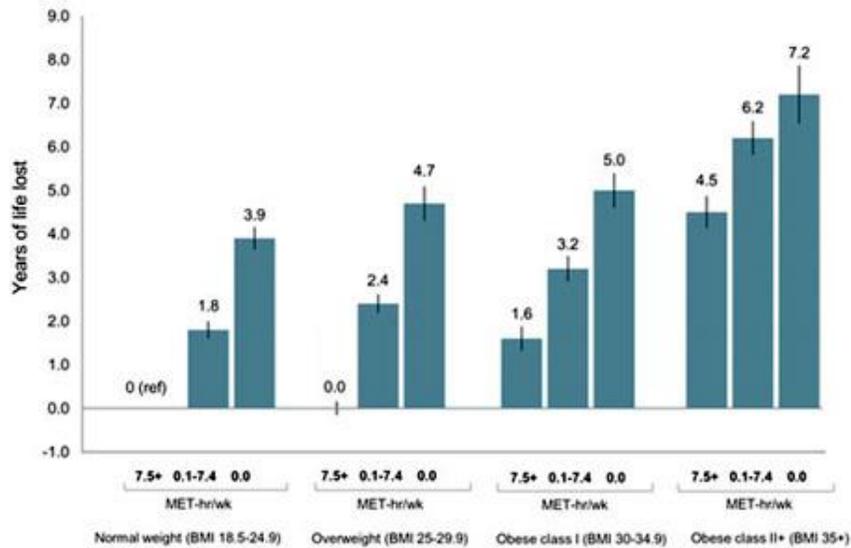
Exercise (the more the muscle mass, the greater the health)

Benefits of 15 minutes of brisk walking per day:

1. Helps control weight
2. An increase in good cholesterol (HDL) and a decreases in triglycerides
3. Improves the mood
4. Boosts energy
5. Promotes better sleep. (Just don't do it shortly before bedtime.)

Whether you are overweight or not, exercise helps increase longevity.

The following graph shows how many years of life are likely to be lost in a person of normal weight, and in one who is overweight, obese, or greatly obese, depending on whether he or she exercises vigorously at least 7.5 hours per week, between 0.1 and 7.4 hours per week, or not at all.



The intensity of exercise can be rated as follows:

- Low level – 75 minutes of brisk walking per week
- Moderate – 150 minutes of brisk walking per week
- Strong – 300 minutes of brisk walking per week

Normal Waist Size for a Woman:

Here is a chart of the range of waist sizes that are considered healthy for women of different heights. The column titled “Ideal Waist Line” is a way to tell if you are considered overweight or at an unhealthy waist line.

Ideal Waist Size for Women of Different Heights:

Height	Ideal Waist Line
5 feet 1 inch	24 inches
5 feet 2-3 inches	24 to 25 inches
5 feet 3 or 4 inches	25 to 25.3
5 feet 5 inches	25 to 25.5
5 feet 6 inches	27.5
5 feet 7 inches	27.75
5 feet 8 inches	26.8
5 feet 9 or 10 inches	27.3
5 feet 11 or 6 feet	28

Here are the cut-offs for Waist-to-Height Ratios to watch, according to the World Health Organization:

Increased Risk of Dying Young

Substantially Increased Risk of Dying Young

	Waist:Height Ratio	Risk
Men	37.0	53.6%
Women	31.5	49.2%

	Waist:Height Ratio	Risk
Men	40.2	58.3%
Women	34.6	51.1%

Ideal Waist Size for Men of Different Heights:

Height	Ideal Waist Line
5 feet 5-6 inches	28.5
5 feet 7 inches	31
5 feet 8 inches	31.2
5 feet 9 inches	31.7
5 feet 10 inches	32
5 feet 11 inches	32.6
6 feet	33.1
6 feet 2 inches	34
6 feet 4 inches	35

Average Waist Size is not the same as Ideal Waist Size:

The charts above give you the ideal waist sizes for men and women. ***Ideal*** waist size should be your goal if you want to stay healthy. But these are not the *average* waist sizes. The U.S. average waist sizes are much greater than the ideal sizes, no doubt due to consumption of excessive carbohydrates and fats.

Spiritual Dimensions of Health

A profound message was given by Paul when writing to the Church at Ephesus. He prayed:

- That the Father would grant strength by His Spirit in ***“the inner man”*** (Ephesians 3:16).
- That Christ might ***“dwell in us”*** (Ephesians 3:17).
- That we might be filled with all the ***“fullness of God”*** (Ephesians 3:19).

Somehow – inside of us – God can dwell – somehow in the mind.

- Paul is praying for that. It doesn't happen automatically.
- But when we optimize His entrance – an amazing promise comes:
- *“Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us”* (Ephesians 3:20).

There is, however, a warning that Paul gives:

- *“If any man defile the temple [our bodies – us] of God, him shall God destroy; for the temple of God is holy, which temple ye are”* (I Corinthians 3:17).
- Isn't that amazing? God calls our very being – our bodies – holy – a temple!
- They are sacred. Suddenly, we must ask a personal question: How do we keep something holy?
 - a. Keep it in the best condition possible.
 - b. Avoid abusing it.

Why would God be so particular about our bodies?

- *“Know ye not that ... ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's”* (I Corinthians 6:19c-20).
- God really has “blood bought” ownership of us!

It is a Scriptural duty to know how to preserve the body in the very best condition of health, and really a sacred challenge to live up to the light which God has graciously given.

- Jesus said: *“Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself”* (Luke 10:27).
- Stunning – we have to be in pretty good shape to do all this! That's giving God 100%.

“Overeating prevents the free flow of thought and words, and that intensity of feeling which is so necessary in order to impress the truth upon the heart of the hearer. The indulgence of appetite beclouds ... the mind, and blunts the holy emotions of the soul. The mental and moral powers of some preachers are enfeebled by improper eating and lack of physical exercise. Those who crave great quantities of food should not indulge their appetite, but should practice self-denial and retain the blessings of active muscles and unoppressed brains. Overeating stupefies the entire being by diverting the energies from the other organs to do the work of the stomach.”¹

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¹ 3T 310.