

HOW TO ENJOY VIBRANT HEALTH



HEALTH IS WEALTH

How to Enjoy Vibrant Health

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Disclaimer

This information is based on the experience and research of the author. He believes that those who follow the principles outlined in this book will find their lives greatly enhanced. However, he assumes no responsibility for reader's personal choices.

Written by David Pearce

HOW TO ENJOY VIBRANT HEALTH

Preventive Medicine

Perfect health in an imperfect world is obviously expecting too much, but by following the rules of healthy living, we can experience the best possible personal health.

Some people are most fortunate, coming into this world with 'Rolls Royce' bodies. They start life with almost perfect health. They appear to defy the consequences of abusing their bodies. But such abuse usually catches up, with a price to pay. Others are born with frail bodies. They have a difficult start, but if they follow the basic rules of wellness, they too can enjoy a healthy life. Sometimes these people end up with more robust health than those who started with an advantage do.

Largely, our state of health is dependent on how the body is serviced. Proper servicing keeps motor vehicles running well. Although not an exact comparison, the same can be said for our bodies. If we input quality, we get quality results. If we input rubbish, we will almost certainly have problems with our health.

A story is told of a tourist visiting a Portuguese monastery. The only way to gain access to the building was via a basket, lifted by a rope connected to pulleys. The entry was many metres from the ground. To fall from this height would mean certain death. Noticing the ragged condition of the rope, the tourist asked the old monk this thought-provoking question. *"How often do you change the rope?"*

The monk replied, *"Whenever the old one breaks!"* Too bad if it broke half way up!

This is exactly what many do with their health. They wait until it breaks, then expect medical science to provide a miracle solution. But that's too late for some who die an early death from heart attack, stroke or some

There are eight basic principles that promote good health. They are as follows.

1. Proper Nutrition

The food we eat today becomes blood, flesh and bone tomorrow. Eat the best and we help build a strong, healthy body. But fill the body with junk food and the future may not be so bright. Many people literally dig their graves with a knife, fork and teeth. With an endless variety of good quality foods at our disposal, we can enjoy eating without resorting to a poor quality diet. Nutritious meals can be made attractive, appetising and very tasty.

What we eat is important, but so is **when** we eat. For most, three meals a day is sufficient. A good breakfast, a good lunch and a lighter evening meal, which is best eaten a few hours before retiring for the night. Some do well on two meals a day, while others, with specific health problems, need several small meals. Generally speaking, snacking between meals is not the ideal. The stomach operates best when given some time to rest. **How** we eat is also important. Food is best eaten slowly and chewed well in a relaxed atmosphere. Many problems can occur if food is gulped down. The **quantity** of food eaten is also to be considered. Leave the table feeling you could eat a little more. Overeating is a strain on the body's system, resulting in an uncomfortable feeling and drowsiness. Overweight can also be a serious outcome of overeating.

How you plan your meals is your personal choice. Choose foods from a wide variety of fruits, vegetables, grains, cereals and nuts, preferably in their natural state. Avoid having exactly the same foods every day. By doing this you will be more likely to cover the nutritional range needed. If you have a good balanced eating program, you probably won't need to take vitamin pills. They won't hurt if you do, (providing you don't overdose), but their need is not always necessary. I know a lady who, at almost one hundred years of age, insists on taking her vitamins. In old age, if absorption is not efficient, they are probably helpful, and in some situations they are good for the young. If your food intake is poor in

quality, you most probably need vitamin pills. Because soil quality is considered deficient in many places through over-use, another school of thought today suggests vitamin and mineral supplements are necessary. What suits you best personally needs to be your own choice.

A healthy eating program

Breakfast - Citrus fruit , cereal, bread and berries.

Lunch - Salad, sandwiches, nuts, fruit.

Evening meal - Vegetables (preferably steamed) green, white and yellow. Red meat is better to be eaten in very small amounts.



Choosing a healthy eating program

Eat mostly - Breads, legumes, pasta, fruits, cereals, rice, vegetables and water.

Eat moderately - Cheese, eggs, lean meat, chicken, nuts, seeds and fish.

Eat least - Oil, butter, margarine, sugar and salt.

The main food groups

- 1. Vegetables and fruits** - Minimise the use of oils in their preparation.
- 2. Breads and cereals** - Preferably use whole grains.
- 3. Meat and meat alternatives** - Remove excess fat.
- 4. Fats and oils** - Eat very little of these. Olive or coconut oils are considered the best. Modern research has shown that although coconut oil is a saturated fat it is quite different from animal fats. Coconut oil consists of short chain fatty acids which does not endanger artery walls whereas the long chain fatty acids in animal products can lead to blood vessel problems such as heart attack and stroke. Use extra virgin, cold pressed, organic coconut oil. A well researched book to read on the subject is *'The Coconut Oil Miracle'* by Bruce Fife. For those with potential heart problems an excellent book to read is *'How to Prevent and Reverse Heart Disease'* by Caldwell B. Esselstyn, Jr., M.D.

Foods not considered the best for health

Over-fatty foods like sausages, fatty meats, fried foods, most chocolate, excess cream, oils or fatty salad dressings. Pastries, biscuits, rich cakes, excess butter or margarine and many 'fast foods'. Excess sugar, foods like lollies and soft drinks. Also tea, coffee and alcoholic drinks.

You may be wondering what's left to eat and drink. A good guide for choosing health food is to accept it as it comes to us from nature. Processed foods are often less nourishing or more fattening, because of the extra ingredients included, compounded by the problem of added chemicals. To accept food in its natural state does not mean we shouldn't cook our vegetables. Some foods are best to eat raw, but others are more nutritious when they are properly cooked. Raw foods provide much needed enzymes.

If you plan to make a major change to your eating program, do so gradually. Approximately one month is required to readjust your taste. Once you do, you will enjoy your food without the need of artificial additives.

Eating is meant to be an enjoyable experience. Study nutrition and take it seriously, but don't become fanatical. It won't hurt if you slightly deviate on an occasion, providing you're not on a strict diet for medical reasons. Eat as well as you can on a regular basis, and you will build a foundation of good health. There are many so called 'health foods' on the market today, but remember the real health foods are fruits, grains, legumes, nuts and vegetables. Processed foods are best avoided unless the ingredients are acceptable.

Adventist Mortality Study

Special studies to determine why Adventists live longer and more healthfully than the general population have been conducted. The first major study began in 1960 and has become known as the Adventist Mortality Study consisting of 22,940 California Adventists. It entailed an intensive 5-year follow-up and a more informal 25-year follow-up. This study indicated that Adventist men lived 6.2 years longer than non-Adventist men and Adventist women had a 3.7 year advantage over their counterparts. These statistics were based on life table analyses, specifically comparing death rates of Adventists compared to other Californians.

- Death rates from all cancers was 60% lower for Adventist men and 76% lower for Adventist women
- Lung cancer 21% lower
- Colorectal cancer 62% lower
- Breast cancer 85% lower
- Coronary heart disease 66% lower for Adventist men, 98% lower for Adventist women

An additional study (1974–1988) involved approximately 34,000 Californian Adventists over 25 years of age. Unlike the mortality study, the purpose was to find out which components of the Adventist lifestyle give protection against disease. The data from the study has been studied for more than a decade and the findings are numerous – linking diet to cancer and coronary heart disease specifically.

In this study -

- On average Adventist men live 7.3 years longer and Adventist women live 4.4 years longer than other Californians.
- Five simple health behaviors promoted by the Seventh-day Adventist Church for more than 100 years, not smoking, eating a plant based diet, eating nuts several times per week, regular exercise and maintaining normal body weight increase life span up to 10 years.
- Reducing consumption of red and white meat was associated with a decrease of colon cancer.
- Eating legumes was protective for colon cancer.
- Eating nuts several times a week reduces the risk of heart attack by up to 50%.
- Eating whole meal bread instead of white bread reduced non-fatal heart attack risk by 45%.
- Drinking 5 or more glasses of water a day may reduce heart disease by 50%.
- Men who had a high consumption of tomatoes reduced their risk of prostate cancer by 40%.
- Drinking soy milk more than once daily may reduce prostate cancer by 70%



A lifestyle to Prevent Cancer

Cancer is not a single disease with a single cause. There are many different types of cancer, which need different types of treatment. As we have read, the lifestyle advocated in this book can greatly reduce the risk of cancer. Cancer is a major killer in our society. It's no respecter of young or old, male or female. A 100% assurance of not contracting cancer cannot be given, but we can avoid some of the things we know are responsible for this deadly killer.

- 1.** Avoid unnecessary drugs.
- 2.** Avoid tobacco smoke.
- 3.** Avoid stress overload.
- 4.** Avoid carcinogenic agents - asbestos - coal tar products etc.
- 5.** Avoid excessive fat in the diet.
- 6.** Avoid smoked foods.
- 7.** Avoid charcoal steaks.
- 8.** Include foods high in antioxidants such as blueberries, purple carrots and many other fruits and vegetables. These antioxidants help protect against heart disease as well as cancer.
- 9.** Include these vegetables often in your meals. Cauliflower, broccoli, brussels sprouts, spinach, kale, lettuce, soybeans and yellow vegetables. These foods help protect against cancer by blocking the action of carcinogens in food through active compounds called "phytochemicals". Broccoli and kale are richest in a substance called sulforaphane which is said to reject tumour growth. The greatest benefit is when they are eaten raw in salads or juiced.
- 10.** Include fibre foods in your eating program.
- 11.** Exercise regularly
- 12.** Get adequate rest and relaxation.

Exciting findings in a recent report give strong hope that these principles of healthy living are valid. The World Cancer Research Fund along with the American Institute for Cancer Research released an international report reviewing scientific evidence on the link between diet and cancer as well as giving specific lifestyle advice. The report of over 4,000 pages was prepared by an expert panel of 15 leading researchers from all over the world, along with over 100 highly respected scientists. In summary these are their recommendations.

- 1.** Choose mainly a plant-based diet, rich in fruits, vegetables, legumes and minimally processed starchy foods.
- 2.** Maintain a healthy body weight.
- 3.** Keep physically active.
- 4.** Eat more vegetables and fruits.
- 5.** Eat a variety of whole grains such as brown rice, wholegrain bread or brown pasta, also, legumes, roots and tubers. Limit sugar consumption.
- 6.** Alcohol consumption is not recommended. If consumed at all, limit to less than two drinks per day for men and less than one for women.
- 7.** Limit red meat to 80g per day. Preferably choose fish, poultry or non-domesticated animals.
- 8.** Avoid animal fats. Use vegetable oils in moderation such as olive or coconut oil.
- 9.** Limit salty foods.
- 10.** Do not eat charred food such as in grilling. Avoid burning meat juices.
- 11.** Store perishable food to minimise fungal contamination.
- 12.** Avoid chemical residues.
- 13.** Do not smoke or chew tobacco.
- 14.** Dietary supplements are probably unhelpful for reducing cancer risk.

For those afflicted with cancer and are interested in natural remedies for combating the disease, read *'Outsmart Your Cancer'* by Tanya Harter Pierce.



2. Regular Exercise

Health educators suggest that of all lifestyle choices, exercise is the **second** most important factor to consider for length and quality of life. The **first** important selection for good health is to quit smoking.

While all aspects of healthy living are important, I must say that the greatest single practise in improving my personal health was regular exercise. I was a sickly child and a hopeless asthmatic. I well remember spending days in bed (or so it seemed) fighting for every breath. Relief came only when the doctor gave me an adrenalin injection. (Other medications are now used with effective results) An overwhelming burden seemed to be lifted as I felt my breathing became normal again. In those days I was discouraged from exercise in case it brought on an attack. When I pleaded with my parents to buy me a bicycle they were not so sure it would be good for me. I really wanted to ride, and finally, one Christmas

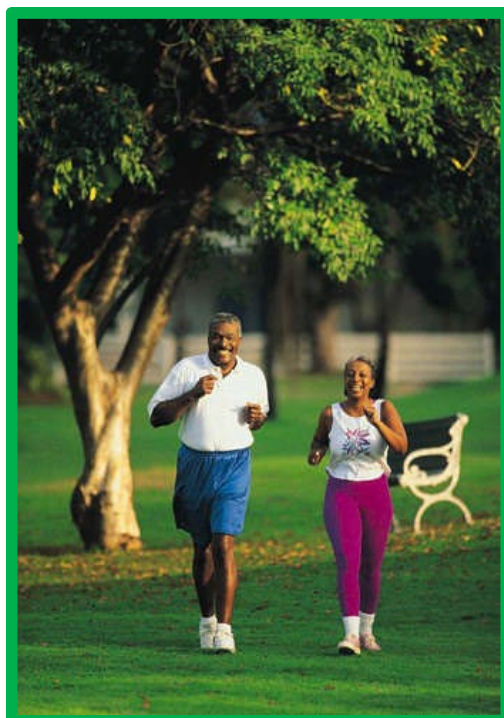
day, my dream came true. I was the proud owner of my first bicycle. At first I didn't have the strength to push it up the slightest incline, I was so weak, but I persevered until I could at least ride around the block. For a while it was a little hard on my breathing, but I gently kept extending the distance until, in my early teens, I came to the point where my friends and I would ride over one hundred kilometres in a day. I even joined a bike racing club and did well. I also became the school champion in middle distance running. What happened to this weak, sickly child? Exercise changed my state of health in a dramatic way. My asthma has never returned. Of course everyone is different, and this may not work for some, but it certainly did for me.

If you want good physical health, keep moving. We are built for action. We improve as we use our bodies. Sedentary people have greater risk of heart attack and diseases of the blood vessels. The experts tell us, that as we grow older, exercising helps us retain our youthful physical abilities, by up to 80%.

What are the benefits of exercising?

- 1.** Exercise eases aches and pains. Muscles and joints become stiff if they are not used. Exercise gives them more mobility.
- 2.** Even appearance is improved. Regular exercise keeps muscles firm and gives the body a better shape. Weight is easier to maintain at the correct level. There is a sparkle in the eye and a glow from the skin. People who exercise regularly certainly look better than those who don't.
- 3.** Stress is reduced by regular physical activity. If you are feeling tense, a good walk will calm you and help you see things in a brighter perspective. Walking regularly also gives you time to ponder on life issues and enables you to think creatively. At this time you can find release from the pressures of life. Regular exercise can help reduce moodiness, particularly if it's caused by too much stress.
- 4.** Even mental ability is enhanced. If you exercise regularly, you will think more clearly, due to an increased flow of oxygen to the brain, which stimulates and enhances brain function. Reaction time is faster. Students study better and people doing mental work become more efficient.

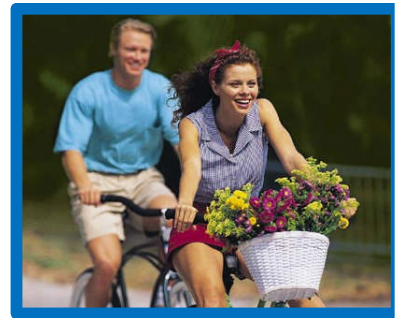
- 5.** The heart strengthens with constant exercise. The extra load makes the heart pump harder, which in turn makes it stronger and more efficient. Unlike machinery, which wears out with use, the body is stimulated through activity, but becomes less efficient with lack of use.
- 6.** Exercise builds solid bones. Tests have shown that weight-bearing exercise such as walking; running and cycling make the bones denser. This is a real advantage, especially as we grow older. Proper diet and exercise, however, build a strong bone structure foundation when we are young.
- 7.** Daily exercise encourages weight loss for the overweight. Kilojoules are burned, which is one reason for reducing weight.
- 8.** Digestion is improved. Exercise helps stimulate a sluggish gastrointestinal tract.
- 9.** An exerciser sleeps sweeter, which is a breakthrough for insomniacs. A half-hour walk, two hours before retiring, can do wonders.
- 10.** Fitness is much better, reducing stress when facing an emergency requiring extra effort. Exercise produces a built-in reserve of energy to use whenever needed.
- 11.** Blood pressure, if a problem, is improved by aerobic exercise.
- 12.** The body handles cholesterol and blood sugar better. Exercise helps prevent cholesterol damaging artery walls. Some diabetics have achieved better control on blood sugar levels through aerobic exercise.



What type of exercise is best?

There are several types of exercise. First, there is the resistant-type, such as weight training. This is excellent for building strong, muscular bodies. It also has aesthetic value. Physical appearance can be improved. However, from a health point of view, it's not as beneficial as aerobic exercise, because it doesn't have the same advantage for the heart and blood vessels. Even so, experts in health education suggest that weight resistant exercises should be continued into old age. They discourage heavy weights, suggesting the use of manageable dumbbells and gym machines. The muscle tone and strength can prevent other problems caused by flabby muscles.

Suppleness exercises are also highly recommended to reduce the risk of injury. This is more important as we age, because the body tends to tighten up in the muscles and tendons. Stretching and flexibility exercises for the calf, quadriceps, hamstring, shoulder, triceps, back and neck are vitally important. When doing these exercises never bounce or over-stretch. Do it gently and the body will become more flexible when done at least three times a week. Many people who have followed these exercises have become free of neck and back pain and been able to continue a normal life.



Aerobic exercise needs oxygen for long periods of time, and so improves heart, lung and general circulation fitness. Aerobic exercise is walking, jogging, swimming, cycling, or any repetitive-type exercise using the larger muscles of the body. More benefit is gained if it's continued uninterrupted for twenty minutes or more.

Aerobic exercise needs a warm-up period, an activity period and a cooling down period. The warm up consists of rotations and safe floor exercises, but in particular stretching. Especially extend the calves and thighs. Don't bounce. Stretch them gently and hold for twenty to thirty seconds. If you

have been inactive, or you are over thirty, you would be wise to see a doctor before starting an exercise program.

After you warm up with your stretches, you are ready to walk, run etc. These extensions will help you prevent injuries, particularly if you exercise on hard surfaces, such as footpaths and roads. To wear suitable footwear is important, because this absorbs shocks and gives good support. The correct shoes may be more expensive, but they are a good investment.

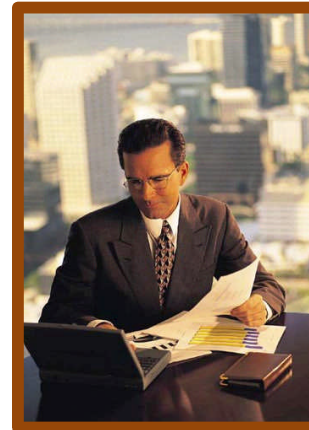
If you are a beginner, start slowly. To rush in enthusiastically is not helpful; you may exhaust or injure yourself. You may be overdoing it if you cannot talk while exercising. Build up gradually. About six weeks are needed to settle into a routine. If you haven't jogged before, it's safer to walk. In fact, brisk walking is the best exercise. Jogging is more challenging perhaps, but there is a greater danger of injury. When you jog, you can damage joints, muscles and tendons because your feet hit the ground with a force equal to two to four times your weight. Walking exerts force of only one and a half times your weight.

Those who exercise on weekends only can be placing themselves in danger. Putting intermittent stress on an unfit body can even be life threatening. Regular exercise is the key to health and fitness.

If you walk briskly for forty-five minutes, four or five times a week, preferably about one-hour before a meal, you will become healthy and fit. You will have energy for your daily tasks without feeling fatigued. You are also actually slowing down body deterioration. You are keeping yourself youthful and vital, therefore, persevere. Keep exercising for life. Look forward to your daily exercise with relish. It's even relaxing and fun. It's not a waste of time but an investment in good health. Providing you are not afflicted with a hidden genetic defect you can add years to your life, and added quality as well. How long, and how well you live, depends to a large degree on how you care for your health. Get moving. Enjoy the benefits of exercising.

Stretch your mind

We have emphasised the importance of exercising the body, but there are health benefits in exercising the mind as well. Some people will do almost anything to avoid the effort of thinking. Children in school often complain that thinking is too hard. Many adults tend to be mentally lazy, but it's not to our advantage.

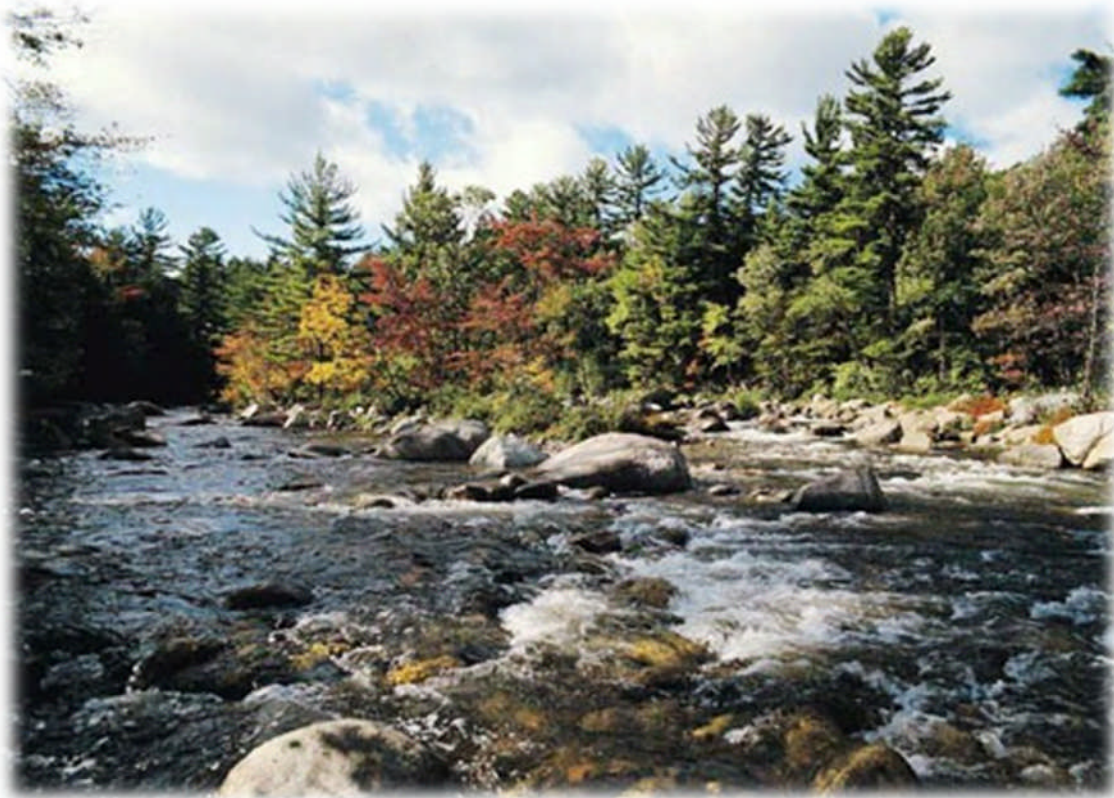


To study a correspondence course or an adult education program (if school is over) or to read good, factual books, and endeavour to retain the information, would greatly benefit us. Storybooks are entertaining, but don't stretch the mind very much. Dedicate yourself to learning. Extra knowledge is never a burden, but can be a tremendous asset. Exercise your mind as well as your body. With few exceptions, training your mind will do far more for your achievements in life, than an exemplary body.

3. Cool Clear Water

Water covers the greater part of the world's surface and also makes up the greater percentage of our bodies. Without water there would be no life. This plentiful substance is as vital as the air we breathe. Too often we take it for granted not realising the essential role water plays in imparting life and health to us. Without water the kidneys would not be able to purify the blood, nor would there be any biological activity in the body, because cell functions require a fluid medium.

For good health we need to drink six to eight average size glasses of water per day. The body recycles most of it otherwise we would need to drink more than is physically possible. The best time to drink is a little while before eating, or in between meals. If you are working hard physically, or experiencing hot climatic conditions, you will need to drink more. Many people don't like drinking water so have flavoured hot or cold drinks. The body is not interested in the flavour, but rather, needs the water content. If we deprive ourselves of sufficient fluid intake, our health will suffer - sometimes severely.



If you don't like the taste of water, invest in a water purifier or buy bottled water. A crock pot with a ceramic filter is ideal. Most people find the taste of purified water very acceptable. An added advantage is that the filtered water is free of contaminants often found in tap water. A water purifier is a good investment in health.

Athletes need to drink water before performing. In long distance events they need to drink often. Some fun runners have made the mistake of not drinking in heatwave conditions and have caused permanent damage to the body. Even in normal conditions delaying until thirsty is waiting too long. A regular habit for drinking water needs to be formed. A good check as to whether you are drinking sufficient, is the colour of the urine - the clearer the better. So drink lots of water. Your good health depends on it.

Besides being absolutely necessary for life, there are a few side benefits in drinking adequate water.

- 1.** Mental alertness is increased. Thinking processes need a fluid medium.
- 2.** Weight control is monitored because water aids the liver in metabolising fat.

3. Aids the body to fight infection.
4. Water is needed by the kidneys to cleanse the blood.

Drink to your health with cool, clear, pure water. Just a word of warning, avoid drinking large amounts of 'iced' water as this interferes with digestive functions. Also, don't drink water to excess. This can even cause death caused by flushing out the needed salt in our body.

Water on the outside

We are aware that water is a cleansing agent on the outside of the body as well as the inside. The skin is cleansed to provide a healthy tone. A warm shower after exercise followed by a cooler or cold shower is most stimulating. People with a weak heart should forget the cold shower and just cool the water down after a hot shower. A shower, followed by a brisk rub down with a towel, generates a vibrant feeling of well-being.

Water is truly a preventive medicine. Use it everyday, internally and externally, for health and vitality.

4. Sunshine

Without sunshine, all life on earth would die. We need sunlight to grow food. We need its health-giving rays to shine into our homes and on our bodies. The sun is a vital link in the chain of good health.

When the skin is exposed to the sun, there is experienced a relaxing effect. The nervous system is soothed, which in turn, aides emotional stability. Vitamin D, necessary for growing strong bones, is produced through a chemical reaction on the skin. Sunshine also kills germs and helps prevent infections. Skin surface circulation is increased toning the muscles, as well as reducing high blood pressure and cholesterol.

However, we are all aware that the rays of the sun on the skin can also be detrimental to health. A little is good - a lot is dangerous. We need to expose our skin to the sun for only about 10 minutes a day, preferably earlier in the morning or later in the afternoon to avoid the sun's intensity.

The noonday sun, especially in the summer of some countries, carries too much radiation and can damage the skin. If exposure to the sun causes our skin to burn, we have had too much. Constant exposure to sunlight promotes the growth of skin cancers, even after tanning. Follow the counsel of wearing a hat, protective clothing and a total block-out sunscreen if you have to be out in the sun for a long time period.

5. Moderation



When we hear the word temperance we think of anti-alcohol organisations, but this word really has a much deeper meaning. Temperance means moderation in things that are beneficial and avoidance of things that are harmful. To be moderate means - not too much - not too little - proper balance. To overdo is to undo. To underdo is to fall short of the ideal.

For example, food is obviously necessary, but to eat too much, causes varying problems. Too little food is also unhealthy. Exercise is excellent, but too much or too little is not helpful. Only be moderate in what is best for you and avoid the things that are detrimental to health, such as, the social use of drugs. You can say 'no' to substances which harm your body and mind.

If you're a person who has tended to be a drifter, you may find it difficult to live a moderate life, but it can be done. At first it may seem hard to think about what you eat and drink, but as you persevere, your resolve will seem easier and you will become a more confident person. Making positive choices strengthens self-control.

If appropriate in your case, first recognise your weakness. Then, choose a better way. Third, decide to live by that choice. If a failure occurs, reaffirm the choice and begin again. Persevere for victory. Moderation and good health are inseparable.



6. Fresh Air

None can deny the vital importance of our need for air. Just a few minutes without this invisible substance and we die! One of the best ways to get fresh air into our lungs is by regular exercise. The activity forces the lungs to their capacity and we take in large doses of life-giving oxygen. Oxygen is our constant need, twenty-four hours a day.

Outdoor air is charged with vitality, whereas indoor air can be stuffy and lifeless. Open the windows of your home to let in fresh air. Sleep with your windows open, but avoid draughts directly on you. (Be sure to have good security protection for windows and doors). The better your home is

ventilated, the better you will be able to resist airborne viral illness. Fresh air revitalises the body and mind. Yes, even mental ability is dramatically increased if you breathe quality air. The replenishing of oxygen and the off-loading of carbon dioxide takes place with every breath. Try to practise deep breathing as a way of life. Learn correct body posture. Shoulders back, stomach in and stand straight. Correct posture enables you to breathe to full capacity. Don't just fill the upper parts of the lungs, which is described as shallow breathing, but breathe deeply by using the diaphragm. The tummy will bulge slightly, then retract when breathing out. This is normal, healthy, deep breathing.

There are times however, when some cities are badly affected by pollution and adverse weather conditions. Under these circumstances it's better to close windows and doors until the weather conditions change and pollution levels decline. If heavy pollution becomes a real problem, it may be necessary to move to another suburb or into the country. A sacrifice for health's sake is worthwhile in the long run. There is no perfect place on earth, but some places are certainly better than others.

Wherever you live, keep the fresh air flowing into your house and into your lungs. Every living cell needs the life vitality of oxygen. Provide this need for your body and you will have a spring in your step and a zest for living.

7. The Value of Rest

“Rest is repair”. While activity is important to the body, so is rest. This is the time for replenishing life's forces so that further activity is possible. The amount of sleep needed varies with individuals. Babies need a lot. Youth need a little more, but in adulthood seven to nine hours per night is average. We all need rest to stay healthy. Even the heart rests in between beats. We also need to rest between days.

One day of rest per week is very beneficial. You can put aside the cares and responsibilities of work and get involved in some recreation or relaxing activity.



Make time available for pleasure, such as a game of golf, a swim at the beach, or a picnic with the family. Being pressured all the time is extremely detrimental. Those who rest one day a week by attending church find great relaxation in worship and socializing with friends.

As well as periods of recreation, taking a holiday each year is ideal. Get away for a change of scenery and relax. This is an excellent balancer for life. Proper rest and recreation strengthen resistance to disease. Without rest we lose mental and physical efficiency. If you work and exercise you will earn your rest and sleep well. The wise man, King Solomon once said, "The sleep of the labouring man is sweet". Ecclesiastes 5:12

8. Think Positively

Positive thinking is a process toward success and happiness in life. Correct thinking is also vital for good health. Many physical sicknesses find their origin in disturbed emotions - the way we think and feel. We live in an age of anxiety, which doesn't promote good health. However, our problems will only be as bad as we allow them to be in our minds. Those who look to the future positively, rather than wallowing in self-pity, will overcome obstacles. Positive thinking promotes health.

Worry, fear, guilt and other negative aspects of thinking eat away at mental and physical energy and wear down our reserves. What starts in the mind, can end up with a diseased body.

What should our attitude be to life's uncertainties?

1. Accept what we cannot change
2. Be brave enough to change what we can
3. Be logical; don't let the heart rule the head
4. Look to the future with courage, hope and determination
5. Keep occupied with constructive, non-stressful pursuits

Life's problems do not really destroy us. It's our negative attitude to these problems that actually crush us. We can choose to worry, or we can choose to be positive. It's up to us. We, to a large degree, choose our own destiny.

If you worry about your health, it can make you sick. Determine not to let illness get you down. Fight it. Have a will to win. The body is a marvellous mechanism of self-healing. A doctor can stitch a cut, but only the body heals by using an incredible built-in mechanism in an almost miraculous way. The mind is also an agent for healing. We aid healing by positive thinking, and hamper it with negative thinking.

Correct thinking is not the only way to good health, but it's another vital link in the chain, an aspect that cannot be overlooked. Be strong. Be happy. Be positive and it will certainly aid health. Those who are spiritual find strength and comfort for today and a hope for the future as they place their trust in God.

Healthy Living and Long Life

A study by Breslow and Belloc showed how a healthy, balanced lifestyle contributed to longer and better life quality. A group of 6,900 people were studied over a period of 15 years using seven basic health principles as a predictor of length of life.

Those who followed all seven of these good health practises averaged 10 - 12 more years of life compared with those who didn't. The aging process of the healthy people was said to be 20 - 30 years later than those who followed the unhealthy lifestyle. Furthermore, not only did they live

longer, but they also enjoyed a better quality, healthier life. What are these health principles?

1. They engaged in regular physical activity
2. They started each day with a good breakfast
3. They avoided frequent snacking on junk foods between meals
4. They maintained a healthy weight
5. They didn't smoke
6. They slept 7 to 8 hours each night
7. They drank little or no alcohol

We expect that almost everybody can understand these basic, simple health principles, yet how many follow them? If we do, according to this research, our reward is a longer, healthier life.

GOOD HEALTH

Enemies of Good Health

What Smoking Does To Your Body

It's now an established medical fact that cigarette smoking is a direct cause of many kinds of diseases. Statistics show that smokers die at a much faster rate than non-smokers do. In light of the statistical evidence available a number of countries have outlawed cigarette advertising, knowing that it causes ill health and death. Past advertising often

portrayed smoking cigarettes as an exciting, fun and cool thing. Association with sport suggested that it's tough and even a healthy habit. Children and youth grew up thinking it's smart to smoke. However, if the effects of smoking were seen clearly, rather than the image advertising had suggested, it wouldn't have looked so attractive. They would have turned away from the deadly weed for life. Many were not aware of the effects of smoking, such as the danger of death from lung cancer, or the emphysema sufferer battling for every breath, or the heart attack and stroke victims. A visit to a hospital would have given a better picture of the truth. But now our Government advertising against smoking has made our present generation very aware of the negative effects of smoking. Fortunately for Australia the number of people who smoke is decreasing.

After all, if a Jumbo jet crashed every week, in preference, you would fly in a plane with a safe flying record. In Australia, with a small population of around 23 million, more than 400 people die every week from smoking related diseases. That's somewhere near the people capacity of a Jumbo. In other countries with larger populations, considerably more die, simply because they smoke. The worst possible thing you can do for your health is to smoke. The best possible thing you can do for your health is to quit smoking. Statistically speaking, cigarettes cause more deaths than the road toll, accidents, alcohol, drugs, crime, guns and aids; combined!

There's no logical virtue in smoking cigarettes. Smoking is certainly a number one enemy of good health. Cigarette smoke in confined spaces also affects the non-smoker, including children in a smokers home or the non-smoking worker in an office where others smoke and many other general areas where smoking is permitted. In these conditions, the non-smoker is inhaling secondary smoke equivalent to smoking several cigarettes a day. This exposes such people to the same diseases cultivated by the smoker. Smoking is implicated in lung cancer, cancer of the mouth, larynx, throat, gullet, bladder, pancreas, kidney, cervix and stomach. There's also a greater risk in coronary heart disease, bronchitis, emphysema, yellowed skin, facial wrinkles at an early age, and strokes. There is no food value, but there are many poisons in cigarette smoke.

Carbon monoxide is one. There is also the drug, nicotine, which causes an addiction to smoking. This drug first stimulates, then depresses the nervous system. This continued jangling of the nerves is most unhealthy. The chemicals and tars in the smoke cause the greatest damage to the body. These substances contain cancer-causing agents.

Lung cancer

This sticky tar coats the lungs. As it accumulates in the air passages, the body endeavours to eliminate this foreign substance, but is hampered by a depressed cilia (the sweeping motion apparatus of the lungs) which prompts a need for the smoker's cough to expel the build-up of mucous and tars. This constant invasion of the lungs over the years causes a change to take place in some of the surface cells of the passages. The cells begin to increase in number, and within a few years lung cancer can appear. Lung cancer has an extremely high fatality rate. Only a small percentage survive five years after an operation. Some nine out of ten people who contract lung cancer are smokers.

Emphysema

One of the most depressing sicknesses to endure is emphysema. To be constantly short of breath is very distressing. Some are so bad they need to carry oxygen with them at all times. Often they don't have sufficient breath to blow out a candle and it's a major feat just to walk across a room. Many people who contract emphysema are, or have been, smokers. The air-sac walls of the lungs grow abnormally in emphysema and tend to balloon and rupture. This prevents the normal transfer of oxygen and a loss of lung elasticity, making it hard for the person to exhale air. Chemicals, gases and tars in cigarette smoke are the cause for developing this debilitating disease. These broken air sac walls never heal, and this sickness usually leads to a long, protracted death. To merely survive is a constant fight. Emphysema is mostly a self-inflicted disease that is almost totally preventable. How? Don't smoke!

Heart and vascular disease

The greatest killer of all, heart disease affects affluent nations. One of the major contributors to this major killer is a high fat diet. Another is smoking, because, nicotine, among other things, causes arteries to shrink. This, combined with fatty deposits on artery walls, hinders the blood vessels from supplying enough blood from the heart to the brain and body extremities. Only a small blood clot, caught in constricted vessels, is needed to cause a heart attack or stroke.

Brain damage

Cholesterol clogged arteries pave the way to strokes. Improper diet and smoking contribute to the build-up of cholesterol, so that a smoker is a prime target.

Smoking leads to major health problems, and also has a direct bearing on general health. Smell and taste are affected. The skin deteriorates in appearance, the breath gets shorter and over a time period the feeling of well-being is lost. Nicotine addiction is a major problem and withdrawal symptoms are painful for smokers who want to quit. So, why smoke? If you want to live longer and enjoy life - don't smoke.

How to quit

Here are a few points if you want to give up on your own.

1. Ask yourself, Why do I smoke? Think of the benefits of quitting.
2. Decide to stop smoking. Don't wish, hope or make promises.
Decide to quit.
3. Strengthen your will power by choice. Say, "**My choice is to be a non-smoker**" each time you are tempted to smoke. Make a choice to be smoke free, then do something else to occupy your mind.
4. If you slip, don't allow yourself to be discouraged. Reaffirm your choice and start the battle again. Say once more, "My choice is to be a non-smoker".
5. Plan not to overeat. This can weaken your will power strength.
6. Avoid alcohol while you are quitting because this also weakens your will power.

7. Also avoid stimulants like tea, coffee and cola drinks. They can create a desire to smoke.
8. Drink plenty of water.
9. Be confident but not over-confident. The weakness remains for some time.
10. Withdrawal symptoms such as headache or pain in muscles, irritability etc. can occur, but they will pass in a few days.
11. Walk briskly in the fresh air.
12. Shower and rub down with a dry towel regularly.
13. Get plenty of sleep.
14. If you can, choose alternatives to spending time with smokers.
15. Ask a non-smoking friend or family member to support you while you are quitting.
16. Think of those who need you to quit.
17. Visualise yourself as a non-smoker.
18. Breathe deeply two or three times when tempted to smoke.
19. Substitute carrot sticks, or any appropriate food, for re-placing a cigarette in your mouth.
20. Set a quit date in the near future.

The physical addiction to nicotine should pass in a few days, but the psychological dependence can last much longer. Also, the habit addiction remains very strong for several weeks. Keep up your guard and don't ever think you can smoke a cigarette again - not even one - as it can hook you immediately and you're back where you started. Many have discovered this to be very true. Be determined to win the fight with tobacco. If you endure, you will eventually succeed. If you haven't tried smoking, be smart and don't start.

What Alcohol Does To Your Body

Apart from smoking, alcohol is the greatest drug problem we have in the world today. It's a depressant. Combined with driving it's also a killer. Not only can drinkers lose their lives, but also innocent people, who happen to be in the wrong place at that moment and become road accident victims.

Reaction time is slowed down after drinking. This affects many aspects of life from driving, operating machinery, to loss of efficiency at work, school or other activities. Increased crime and domestic problems can also be attributed to alcohol. In fact, the social cost of alcohol abuse amounts to many millions, perhaps billions of dollars each year.

Brain

Alcohol destroys brain cells. The body can replace lost body cells but the loss of brain cells can be permanent. The effect of alcohol on the brain causes small haemorrhages and plugged capillaries. In the long term the brain becomes spongy. Heavy drinking causes deterioration in memory, judgment and learning ability. With prolonged use, alcohol causes personality changes and an inability to accept reality.

Lungs

Alcohol has a toxic effect on the lungs.

Heart

Alcohol can cause irreversible damage to the heart muscle. Daily drinking for as little as two years causes increased amounts of fat to collect in the heart disturbing its normal metabolism.

Liver

Cirrhosis is a degeneration of healthy liver tissue into scar tissue, which occurs eight times more often in alcoholics than in non-drinkers. Consistent social drinkers have an increased risk of developing a fatty liver. Alcohol can cause irreversible damage to the liver.

Small intestine

Alcohol blocks the absorption of many nutrients, including thiamine, folic acid, fat, vitamin B1, B12, and amino acids.

Reproductive system

Studies have shown that drink provokes sexual desire but reduces performance ability. Alcohol use can also lead to severe foetal deformity, known as the Foetal Alcohol Syndrome.

Blood

Alcohol causes reduction of red and white blood cell reproduction.

Bone tissue

Alcohol creates 'drunken cells' which form brittle bones. This explains why the bones of alcoholics break so easily.

Hands and feet

For heavy drinkers, alcohol is responsible for polyneuritis, or inflammation of the nerves resulting from vitamin deficiency. Polyneuritis causes burning and prickly sensations to hands and feet.

Infection

Alcohol lowers the body's resistance to disease because of the decreased production of red and white blood cells.

Alcohol is certainly a powerful drug and consumption of alcoholic beverages can lead to major health problems. For good health it's better to avoid it and drink healthy beverages instead.

Nobody can stop you from drinking, that's your free choice, but if you do want to stop, here are a few points on how to quit.

1. Recognise you have an alcohol problem.
2. Choose to stop drinking today.
3. Write down the benefits of stopping.
4. If you have a serious alcohol addiction, join Alcoholics Anonymous or another alcohol recovery program. These organisations recognise the incredible strength of the addiction and make no apologies for suggesting that participants call on divine aid for assistance.

5. Live one day at a time. If you slip today, start again. Strengthen your will power by choosing to be a non-drinker. Repeat this choice silently or aloud as often as necessary.

6. Visualise yourself as a non-drinker, and determine to live this way.

If you want to live longer and really enjoy life, don't drink alcoholic drinks. This is to your advantage. There's no virtue in destroying yourself. For the sake of good health, and a happier life, leave drink alone.

Drugs - there is a better way

Everybody knows that drug abuse is destructive. Perhaps you have read about, or even seen the broken bodies and blown minds caused by drugs. Why then do people use illegal drugs? There are many reasons.

1. They may be deceived into thinking that drugs will give a better life.

2. There may be a desire to find hidden pleasure or discover an escape from the pressures of life.

3. Mere curiosity may be the reason, or an adventure in thrill seeking, or perhaps a desire for acceptance into a group.

4. Peer pressure is hard to resist, but only if you don't have a principle by which to live.

5. Sometimes drugs are taken in protest to adult society - or maybe because of boredom. In plain straight language, hitting such drugs can destroy your life.

The Effect of Drugs

Depressants (decrease alertness - slows down body activity)

Alcohol - (beer, wine, spirits)

Narcotics - (heroin, morphine)

Benzodiazepine - Barbiturates.

Analgesics - (aspirin, paracetamol)

Cannabis - (marijuana, hashish)

In particular, marijuana or hashish can impair memory and cause perception interference. Possible damage to lungs, heart, reproductive

and immune systems are real. Some who are uninformed argue that these drugs are harmless. But the list of harmful effects continues. Some of these are slowness in speech, memory loss and a weakened immune system. Motivation tends to be destroyed in drug users. This is possibly one of the worst effects. The body is badly affected but so is the spirit. Overdosing of depressants can even cause death.

Stimulants (increases state of arousal)

Caffeine - (coffee, tea, cola and energy drinks)

Nicotine (tobacco)

Amphetamines- speed – ice - Cocaine

Affects in extreme cases can be hallucinations, paranoia, brain damage, anxiety or death from overdose.

When first experimenting with stimulants, a high is experienced, but when the user settles into regular patterns of taking drugs for stimulation purposes, the highs only elevate the feelings from depression to normal. Also, there is the high financial cost to consider, as well as the eventual loss of self-worth and usefulness in society.

Facts about Ice

A serious problem in modern times is the use of ice, also known as 'crystal meth'. It is a crystalline form of the drug methamphetamine. Other names include meth, shabu, tina and glass. Methamphetamine is a stimulant drug that comes in three main forms: Ice, base and speed. The difference between them is that ice is the most pure form, followed by base, then speed. The side-effects are worse than speed and base. There is more agitation, worse comedowns, and higher likelihood of addiction. Ice can cause paranoia and hallucinations. This is called methamphetamine psychosis. Ice is notoriously associated with violence. It increases the 'fight or flight' reaction which can make people respond more aggressively to situations where they feel threatened.

When ice is used, the receptors in the brain are flooded with monoamines, producing an adrenaline like effect, which makes the heart beat faster and pupils dilate. It can take 1-2 days for the drug to completely leave the body. As more is taken, these receptors can be destroyed – and prolonged ice use can lead to a point when the user no longer feels normal without using it.

The wear off phase leaves a person exhausted, depressed and irritable. Anxiety attacks are common and the feeling of bugs under the skin is far from pleasant. The long term danger includes stroke, heart problems and social and relationship problems. Overcoming this addiction is extremely difficult and professional help should be sought. Ice has created horrific problems but the latest phase of synthetic drugs may be even worse.

Hallucinogens (distorts mind and mood perceptions)

LSD

Ecstasy

Mescaline

Cannabis (high doses)

Hallucinogens can alter perception of reality. They can also lead to depression, impaired memory, emotional breakdown and fearful flashbacks.

Inhalants (affects the senses)

Petrol

Glue

Thinners

Sniffing can cause sudden death and brain damage.

If you want to help someone you know who has a drug problem, empathise with him or her. Show your concern by telling them you care. Don't make light of their problem. Encourage them to seek professional help.

If you are involved in taking drugs and want to stop, here are a few tips.

1. Make a personal decision to quit.
2. Seek professional help
3. Live one day at a time
4. Practise using your will power by making healthy lifestyle choices.
5. See yourself as a drug free person.
6. Choose friends who will help you.
7. Keep busy in worthwhile activities.
8. When you see it working for you, help others.

However, it's best to never start. Learn to say **no** to drugs. Here are a few examples on how to refuse.

1. "Sorry, it's not for me".
2. Walk away, or ignore the invitation.
3. "I'm too busy".
4. "You've got to be joking".
5. If someone says you're a wimp, say "That may be your opinion, but I'm alive and well". Don't be too serious. Say it with a smile. You don't have to apologise. You know best.

Say **no** to drugs. Say **yes** to healthy living. If you do, you are the winner!

SAY NO TO DRUGS

Establishing a Habit Pattern

When changing a habit like smoking or drug taking, some difficulty may be experienced. A definite process is formulated in the mind when we choose to change a habit pattern. Present habits have an automatic

response when stimulated. We don't even have to think about the action. It's like driving a car. When we first learn how to coordinate the gears, clutch and accelerator in a manual car it can be quite difficult. When we have mastered the art, it becomes totally automatic. We change gears without effort. Habits are like this too. If we are in the habit of smoking, we don't think about lighting up, it becomes automatic. The problem comes when we want to change that habit.

Each time we engage in a regular habit it gains strength. A chemical action takes place in the brain, forming a 'habit groove'. The more an action is performed, the stronger the habit becomes. This cannot be erased; the habit is there to stay. Does this mean we can't overcome bad habits? No, it doesn't, but a weakness will always remain. However, this doesn't mean we can't develop stronger habits to overcome the weaker ones.

Choosing a new pathway that is in opposition to the old habit forms the new habit. Initially it's **choice** that strengthens mind power to begin a new habit. The more often it's acknowledged, confirmed and practiced, the stronger it becomes. The old habit becomes weaker, and the new habit becomes stronger. The secret is to not give up too soon. Patience and determination will finally bring victory, even if there have been a few slips along the way.

If we choose to give up smoking, alcohol or any bad habit, a proper understanding of this mind process helps us plan an effective battle strategy. Nature is slow but sure. We often want instant results, but it doesn't usually work that way. If we understand the method we won't be so discouraged if we make a little slip. We simply begin again with a renewed choice and continued self-affirmation. The repetition will result in a strong new habit to replace the old.

Thirty days without deviation begins to form a new habit pattern. The weakness of the old habit may still be there, but just as the sun is brighter than the moon, the new habit will outshine the old. The effort won't need to be as intense after a few weeks, and after twelve months a new lifestyle

begins to emerge. Within two years, the subconscious point-of-no-return to the old habit is established.

The Secret of Weight Management

You can lose weight healthfully, without feeling hungry, by following this eating program. People often go on diet fads, deprive themselves of food, feel continually miserable and ravenously hungry. Not only can these diets be nutritionally inadequate but life also becomes a misery. There is a better way, where you won't feel hungry and you'll be able to manage your weight.

Don't ever go on a diet again, just change your lifestyle. Readjust your eating program and you are on the way to your ideal body weight. You will feel better about yourself, have increased energy, and there's health benefits too, such as lower cholesterol and good blood pressure.

The keys to success are:

- 1.** Choose a diet high in vegetables, whole grains and fruit and low in fats and sugars.
- 2.** Weight loss is achieved by eating a balanced nutritious diet that provides slightly less energy than you expend through exercise and daily activities.
- 3.** Don't expect too much too soon. Look at a loss of 0.5 kg per week. (This may not seem a lot but over a twelve-month period it equals 26 kg.) Set yourself a goal. If you are overweight, in three months you could be 6.0 kg lighter.
- 4.** Engage in regular exercise. Four to five times a week of brisk walking for forty-five minutes a day is ideal. Walking at seven kilometres per hour, for one hour, burns up 1680 kilojoules. Not only do you burn kilojoules while being active, but also your body continues to use them for twenty-four to thirty-six hours after exercise. The basic metabolic rate is increased, which assists your body in weight control
- 5.** Weigh yourself only once a week, not every day, and be sure it's at the same time of the day. At times you will come to a plateau where no weight is lost. Don't be discouraged, as this usually passes in two weeks.

There may even be some added muscle weight because of extra exercise. Muscle volume will not look fat. In fact, the toning of the muscles will improve your body shape. The most important point is not what the scales tell you, but how you look. The size isn't always what counts, but the shape. This is where exercise can help. As well as aerobic exercise, like walking, join a gym if you want to improve body shape. But this type of exercise does not take the place of aerobic exercise, which uses more energy and improves heart and lung fitness.

6. Be positive. Don't allow yourself to be discouraged. If you face problems, don't eat for comfort, especially between meals. Set your goals. Follow them and choose to win. Be patient. Plan a reward for yourself as you reach your progressive targets, but don't reward yourself with fatty or sugar foods. Relax over your meals and eat slowly. Don't even buy tempting high fat or sugar foods like pastry and chocolate. A small amount of very dark chocolate, 70% or more of cocoa content is ok.

7. Once you have reached your weight/body shape goal, stay with the healthy eating program, but increase your energy intake slightly, to equal output.

Lifestyle Changes

If you suddenly change your eating program, it may come as a shock to the system and cause you to regress. It's better to cut down on the fat-forming foods over a one-month period. Set a date when you will start in earnest, but up to this time make the changes small and permanent rather than dramatic, or you may find it difficult to stick with them. Here are a few necessary changes.

- 1.** Don't eat at all between meals (only water or water based drinks)
- 2.** Spread margarine or butter on bread thinly, and delete when eating moist foods on bread, such as avocado, banana etc.
- 3.** Trim the fat off meat.
- 4.** Use low fat milk and yoghurt.
- 5.** Drink plenty of water. At least eight glasses a day.
- 6.** Fry foods sparingly. Bake without oil, or use a non-stick frypan.
- 7.** Be aware of the high kilojoule foods to avoid.

8. Drink less alcohol, or even better, not at all.
9. Don't add butter or oil to vegetables.
10. Eat less fat and sugar. This is absolutely vital.
11. Eat more fruit, vegetables and grains.
12. Limit high sugar and processed foods.
13. Make breakfast a good meal, lunch a medium meal and the evening meal small. Eat at regular times. Brush your teeth after a meal to establish a habit of not eating any more after teeth brushing.
14. Exercise regularly.
15. Don't let food dominate your thinking. Keep busy.
16. Have clearly defined eating areas to lessen the temptation of snacking while you are doing other things.

The choice to lose excess weight doesn't just involve physical changes. The greatest barrier is often psychological. The real fat problem is actually in the head. The food choices and lifestyle we live, is first processed in the mind and usually determines the end result. Therefore, change requires choices, commitment, effort and mind power. Here are a few statements you may wish to write on cards and refer to often while you are in the difficult process of making the change. These statements are designed to strengthen your will power.

1. **I choose to manage my weight.** (Say this when tempted to eat fatty foods)
2. **I choose not to overeat.**
3. **I choose not to eat between meals.** If at first this change is too difficult, have a drink of water, or chew a celery stick between meals. (Some people with blood sugar problems need several small meals a day).
4. **I choose to eat only when I sit down to a meal.**
5. **I choose to eat only what I have chosen for the day.**
6. **I choose to exercise briskly 45 minutes a day - 5 days a week.**
7. **I choose to win.**

If you endure with these new habits for a three-month period, your tastes will adjust to your new food choices. Continue for 12 months and you will have established a new life style.

This isn't a fad or crash diet, but rather a tried and proven life style of health, fitness and weight control. This eating program doesn't make you feel hungry because you can fill up on non-fattening fruit and vegetables. If you want to look good and feel good, make these changes in your life. You will enjoy living and like yourself a lot better because you have achieved your desired goal.

In this book we have covered both positive and negative aspects of healthy living. There are real rewards if we follow a healthy lifestyle. A feeling of well-being and the absence of unnecessary sickness, make life much happier.



Other free books offered are -

How to Manage Life's Stresses

This book will give you coping skills for facing the pressures of life.

Secrets of a Happy Marriage

With so many marriages failing in our modern age it is valuable information to know how to make a marriage work well and also reveal the secret of genuine happiness.

Meaningful Relationships

This is a companion volume to *Secrets of a Happy Marriage* but is also useful information for developing good relationships with work colleges, relatives and friends.

Incredible Predictions

This book explains the absolutely incredible predictions of the Holy Bible. The exactness of past prophecies and the intriguing understanding of future predictions is uncanny and makes fascinating reading.

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Health is Wealth

This book contains vital information revealing a lifestyle that will not only lengthen your life but also give you exceptional quality. When we experience good health we then have the ability to accomplish so much more in life and enjoy a happy existence. One of the greatest rewards you could ever achieve is good health. Read this book and you will discover this great treasure.



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