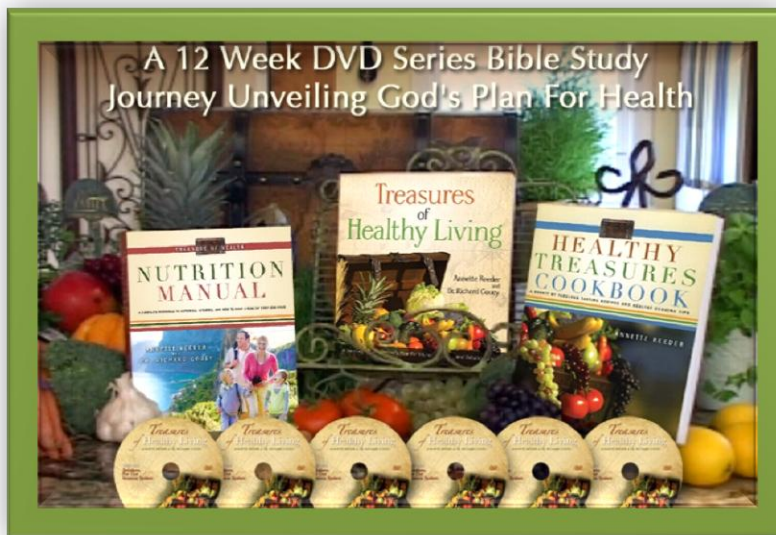


# *Treasures of Healthy Living*

Designed Healthy Living

## VIEWER GUIDE

To accompany the DVD and CD series for Treasures of Healthy Living.



## VIEWER GUIDE - INTRODUCTION

### ARE YOU READY TO DISCOVER THE TREASURE OF HEALTH?

#### **Psalm 34:8**

*Taste and see that the Lord is good, blessed is the man who trusts in Him.*

**Taste** means: \_\_\_\_\_

**See** means: \_\_\_\_\_

#### **Define the Destination**

Words that summarize the health you desire:

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#### **Grab Your Gear**

**Our map is our most important piece of gear.**

#### **Proverbs 2:6**

*For the Lord gives \_\_\_\_\_; From His mouth comes \_\_\_\_\_ and \_\_\_\_\_.*

From this Proverb are hints that if we want clear answers from someone who knows then God's Word promises Wisdom, Knowledge and Understanding.

#### **Psalm 119:92-93**

*If your law had not been my delight, then I would have perished in my affliction. I will \_\_\_\_\_  
\_\_\_\_\_ Your precepts, for by them you have \_\_\_\_\_ me!*

#### **Proverbs 3:7-8**

*Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him and He will make your paths straight. Do not be wise in your own eyes, fear the Lord and turn away from evil. It will be \_\_\_\_\_ to your body and \_\_\_\_\_ to your \_\_\_\_\_.*

#### **Exodus 15:26**

*If you \_\_\_\_\_ carefully to the voice of the Lord your God and \_\_\_\_\_ what is right in his eyes and \_\_\_\_\_ to His commandments, and \_\_\_\_\_ all His statutes, I will put none of the diseases on you which I have put on the Egyptians, for I am the Lord \_\_\_\_\_  
\_\_\_\_\_.*

**Deuteronomy 4:39-40**

Know therefore \_\_\_\_\_, and take it to your heart that the Lord, \_\_\_\_\_ in heaven above and on the earth below; there is \_\_\_\_\_ other. So you shall keep His statutes and His commandments which I am giving you today that it may go well with you and with your \_\_\_\_\_ after you and that you may \_\_\_\_\_ which the Lord Your God is giving you for all time.



**Our Compass gives us direction**

Your five favorite foods:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**The Three Principles**

Principle I: Eat only substances God created for food.

Principle II—Eat the foods as they were created - with very little alteration.

Principle III: Don't let any food become your god.

John Piper: What we \_\_\_\_\_ for, we \_\_\_\_\_.

Fasting is a very effective way of freeing ourselves from a preoccupation with our physical wants and desires so that we can concentrate on our relationship with God.

**Take the Treasures**

**Foodie Friends**

Health and food is our new approach to build relationships that lead to an opportunity for witnessing.

Reaching our final destination – acquiring the treasure of health outlined in the Bible will allow us to be balanced, be wise, and be healthy.

Are you ready to discover and experience the treasure?

*Treasures of Healthy Living*

Week One

**\$ HOW HEALTHY IS YOUR BANK ACCOUNT? \$**

*I pray that in all respects you may prosper and be in good health. 3 John 1:2*

**Daily Choices:**

- Food & Water  
\_\_\_\_\_ foods build the \_\_\_\_\_ body.
- Whole Food Supplements
- Exercise
- Sleep
- Air
- Consumer Products
- Attitude & Focus on God

**Healthy Savings Account Payout**

- ◇ Better Resistance to \_\_\_\_\_
- ◇ Less or no \_\_\_\_\_ and \_\_\_\_\_
- ◇ Mental \_\_\_\_\_
- ◇ Energy and Flexibility (\_\_\_\_\_ and \_\_\_\_\_)
- ◇ Blood Sugar \_\_\_\_\_
- ◇ Look \_\_\_\_\_ Feel \_\_\_\_\_
- ◇ Great \_\_\_\_\_

**Health Expenses:**

- \_\_\_\_\_ Diet
- Dehydration
- Sugar
- \_\_\_\_\_ Exercise
- Synthetic \_\_\_\_\_
- OTC and Rx \_\_\_\_\_
- Toxins
- Unforgiveness
- \_\_\_\_\_ Mentality
- Stress
- Lack of \_\_\_\_\_

**More health expenses than income = \_\_\_\_\_**

# *Treasures of Healthy Living*

Week One

## **MINDLESS EATING TO MINDFUL EATING**

*How long will you love what is worthless and aim at deception? Psalm 4:2*

Factors contributing to our mindless eating

- \_\_\_\_\_
- \_\_\_\_\_
- TV
- \_\_\_\_\_
- Your \_\_\_\_\_
- Size of \_\_\_\_\_
- Size of \_\_\_\_\_ and Number of \_\_\_\_\_

Are you really hungry?

Physical Hunger

- Builds \_\_\_\_\_
- Strikes \_\_\_\_\_ the neck
- Occurs \_\_\_\_\_ hours after a meal
- \_\_\_\_\_ when full
- Eating leads to feelings of \_\_\_\_\_

Emotional Hunger

- ▶ Develops \_\_\_\_\_
- ▶ \_\_\_\_\_ the neck
- ▶ Unrelated to \_\_\_\_\_
- ▶ \_\_\_\_\_ despite fullness
- ▶ Eating leads to \_\_\_\_\_ and \_\_\_\_\_

Cues to the good stuff

- Be \_\_\_\_\_
- Experience the \_\_\_\_\_
- Think 20%
- Eat \_\_\_\_\_
- Set a beautiful \_\_\_\_\_
- Minimize \_\_\_\_\_
- Be vigilant
- Keep it simple
- Keep your \_\_\_\_\_
- Give thanks
- Watch yours and your spouse \_\_\_\_\_

You are the nutritional gatekeeper

Gate keepers control \_\_\_\_\_ of the food decisions of their children and spouse.

*Thou hast put gladness in my heart, more than when grain and new wine abound. Psalm 4:7*

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**IT'S A RADICAL LIFE**

Week Two

All Living Things Begin as a \_\_\_\_\_.

A group of cells create a type of \_\_\_\_\_.

A group of tissues create a particular \_\_\_\_\_.

A group of organs create an \_\_\_\_\_.

A group of organ systems create an \_\_\_\_\_. Like You ☺.

Everything that happens in the body happens at the \_\_\_\_\_.

Healthy cells = healthy tissues = healthy organs  
= healthy organ systems.

Unhealthy cells = unhealthy tissues = unhealthy organs  
= unhealthy organ systems

The human body has 11 organs, see how many you can name:

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Our Bodies have trillions of cells.

These cells continually work for you 24/7 and 365:

- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_

Basic needs of a cell:

- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_

Each person's responsibility:

1. Supply \_\_\_\_\_
2. Avoid \_\_\_\_\_

**Free Radicals**

Free radicals can be helpful:

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- Produced in metabolism (this is a normal process – higher metabolism: more free radicals)
- Destroy viruses and bacteria
- Produce vital hormones
- Activate enzymes.
- Produce energy

Free radicals can be harmful:

- Damage cell membranes
- Attack the cell's DNA
- Contribute to aging.
- Contribute to abnormal cell growth
- Disrupt chemical reactions

**Are they all Bad?** \_\_\_\_\_

What contributes to free radicals?

- Processed Foods – The White Stuff
- Synthetics
- Chemicals
- Radiation
- Waste Products
- Additional sources: Caffeine, alcohol, soda, nicotine, unpurified water, rancid oils, nitrites, processed meats, synthetic vitamins, synthetic hormones, food flavorings, additives, preservatives, colors, house hold cleaners, air fresheners, personal care products, heavy metals: aluminum, mercury, lead, x-rays, cat scans, off-gasing from furniture and building materials, paint carpet, plastics, new cars, dental work, root canals, metal fillings, plastic wrap, plastic toys, hair salons, plus much more if you can believe it.

**What can be done?**

**The Answer to Free Radical Damage:** \_\_\_\_\_

Antioxidants are God's gift for free radical "damage control".

1. Provide the extra \_\_\_\_\_.
2. Provide a \_\_\_\_\_ shield.
3. \_\_\_\_\_ the free radical

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Where do we get natural antioxidants?

- Phytonutrients: found in fresh fruits, veggies, sprouts, green drinks, etc.,
- Beta carotene: works in both fat and water soluble areas interrupting the chain reaction. Beta-carotene is not destroyed after it immobilizes the free radical.
- Vitamin E works to protect the fat soluble areas and shield the cell from attack. Vitamin E is immobilized after a "hit".
- Vitamin C: works in water soluble areas and recharges vitamin E power after it disarms the free radical. Vitamin C detoxifies harmful free radicals.
- The minerals: zinc, selenium, copper, manganese, magnesium.
- Certain enzyme systems.
- Various herbs: bilberry, ginkgo biloba, Siberian ginseng, etc.
- Green tea: contains polyphenols.

How many do we require? \_\_\_\_\_

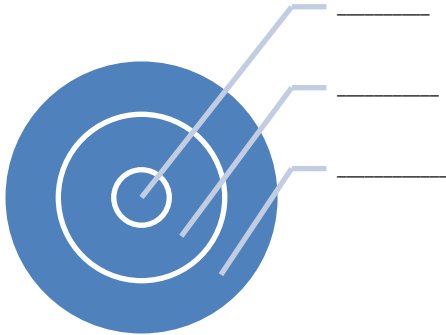
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**DIVINE DESIGN IN DIGESTION**

Rhonda Sutton, MS, RN

Week Three

The Order of Digestion



Our food choices are \_\_\_\_\_ to our health.

\_\_\_\_\_ vs. \_\_\_\_\_



\_\_\_\_\_ vs. \_\_\_\_\_

The digestive process is the center for \_\_\_\_\_ and \_\_\_\_\_.

Our choices determine energy for living or fatigue and illness.

The Flow of Digestion:

Elimination should happen \_\_\_\_\_ times per day.

To feel our best we must \_\_\_\_\_

Most digestive problems we experience today come from four major sources:

\_\_\_\_\_ choices

\_\_\_\_\_ fiber

Too much \_\_\_\_\_

\_\_\_\_\_ Environment

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The digestive tract can heal itself in 3-5 \_\_\_\_\_.

### Constipation

The number one reason for constipation is lack of \_\_\_\_\_.

We need \_\_\_\_\_ grams of fiber per day.

Fiber:

- Increases the bulk of the stool
- Increases the size of the stool
- Acts like a magnet and pulls out toxins
- Cleans the colon

If fiber is not there to take out the toxins the body sends them to the \_\_\_\_\_ system.

### Functions of the Immune System

Protects, Repairs and \_\_\_\_\_ Disease

### Leaky Gut

Leaky Gut syndrome causes many illnesses such as arthritis, asthma, auto-immune disease, digestive problems (such as colitis, diverticulitis, IBS, etc.) fatigue, food allergies, chronic fatigue syndrome and fibromyalgia.

What restores normal function?

1. \_\_\_\_\_ & \_\_\_\_\_
2. \_\_\_\_\_

These affect the body's ability to absorb nutrition and help maintain a healthy intestine.

3. Reduce \_\_\_\_\_

Foods with a calming effect include herb teas, like chamomile. Deep breathing, exercise and relaxing activities help restore balance, peace of mind and joy for living.

4. Provide and Protect \_\_\_\_\_ and Vitamins  
Best source for enzymes are raw fruits and vegetables.

5. Resist Late Night and \_\_\_\_\_

Our liver works for us to keep us healthy so we need to let it repair itself every night from 12 - 2 by not eating late and not eating too much.

Our food choices are not just a \_\_\_\_\_ matter but a \_\_\_\_\_ matter also.

*Everything is permissible for me, but not everything is beneficial. 1 Corinthians 6:12*

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### GO FOR THE GOOD

Week Four

Genesis 1:31

God saw \_\_\_\_\_ that He had made and behold it was \_\_\_\_\_.

Good: \_\_\_\_\_  
Valuable in estimation

- Discover the good: your own backyard
- Discover the good: farmers market

Questions to ask a local farmer:

What is your favorite pick of the day? Do you have anything unusual?  
Does this produce come from your farm?  
When did you pick this fruit or vegetable? Is it ready to eat today? How do I store it?  
Do you use synthetic products like pesticides or fungicides?  
Do you have a favorite recipe or way of preparing this vegetable?  
Thank the farmer for his/her time.

- Discover the good: grocery store  
Fresh is best.

See the ***Tips for Picking Your Produce*** on the website: [www.designedhealthyliving.com](http://www.designedhealthyliving.com)

Protect Our Produce

Store unwashed – wash immediately prior to use

Handle stone fruits properly – will continue to ripen after picking

Wash hands first then produce

Long Term Storage

Dried  
Canned  
Frozen

See the website for resources for Waterless Stainless Steel Cookware and the Excalibur dehydrator ,  
[www.designedhealthyliving.com](http://www.designedhealthyliving.com)

Don't Settle for Less Than the Good!

## *Treasures of Healthy Living*

Week Five

### **MAKING MELODY WITH OUR HEARTS**

*Speaking to one another in psalms, and hymns and spiritual songs, singing and making melody with your heart to the Lord. Ephesians 5:19*

CPR: C\_\_\_\_\_, P\_\_\_\_\_ and R\_\_\_\_\_

Let's \_\_\_\_\_ to be \_\_\_\_\_

*Exodus 23:2 Do not follow the crowd in doing wrong.*

*3 John 11 Do not imitate what is evil but what is good.*

### **Care**

Herbs

Garlic

### **Protect – How can we protect our heart?**

Cardiovascular Disease is always one of the top causes of death in America

5 factors that cause insult or injury to the lining of the artery:

- 1.
- 2.
- 3.
- 4.
- 5.

\_\_\_\_\_ % of those who suffer a heart attack never live to tell about it.

Hosea 4:6 My people perish from lack of knowledge.

Other contributors to heart disease or advancing the disease: (see page 234-235 in Nutrition Manual)

Improper diet

Smoking

Stress

Other health concerns

Lack of exercise and overweight

## *Treasures of Healthy Living*

(Making Melody with Your Heart, cont.)

Diet – body needs healthy fat. – Olive Oil (page 76 in Nutrition Manual)

Fats help our bodies in these ways:

Hormones

Cell membranes

Brain development

Energy

Healthy skin

Inflammation

Vasodilation

\_\_\_\_\_ fats are very necessary.

Some fats \_\_\_\_\_ and others \_\_\_\_\_

### **Revitalize**

5 steps to revitalizing your heart:

1. Aspirin
2. Stay at normal weight and exercise
3. Lower fat in diet
4. Eat more fiber
5. Get adequate amounts of nutrients

Calcium – magnesium

Vitamin E

Vitamin C

Omega 3, EPA, GLA

B Complex

Protein

Fiber

*There's within my heart a melody, Jesus whispers sweet and low. Fear not I am with thee peace be still, in all of life's ebb and flow. He Keeps Me Singing, Luther B. Bridgers*

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Week Six

**WE HAVE A PROBLEM: INFLAMMATION**

Dr. Richard Couey

**Why are we sick?** \_\_\_\_\_

God's creation of the cell: We have 100 trillion cells.

God made our body out of \_\_\_chemicals.

\_\_\_\_\_ chemical reactions per second

There are approximately \_\_\_\_\_ in the human cell.

**Three basic cell requirements:**

1. \_\_\_\_\_ - cells getting the proper amount of the 27 chemicals.
2. \_\_\_\_\_ - to create energy we must exercise
3. \_\_\_\_\_ -
  - A.
  - B.
  - C.

Your mental, emotional & spiritual attitudes also affect your \_\_\_\_\_.

Protein membranes:

- 
- 
- 
- 

Inflammation: What is it? (See *Treasures of Health Nutrition Manual* pages 219-225 for more information)

What shouldn't I eat? – see *Nutrition Manual* for answers

What should I eat? – see *Nutrition Manual* for answers

**Why are Americans, specifically Christians, so sick? We are lazy.**

*Like a city that is broken into and without walls is a man who has not control over his spirit. Proverbs 25:28*

**Recognize Out of Control – Distractions**

A – Appetite – Proverbs 13:25

B- Brain

MSG

Aspartame

Other Chemicals

C- Counterfeits – James 1:17

John 10:10

**Recognize Whose We Are – Disciples**

Genesis 1:26

Lies People Believe

- Lie #1 –I AM MY BODY  
1 Samuel 16:7 – for God sees not as man sees, for man looks at the outward appearance but the Lord looks at the heart
- Lie # 2—I CANNOT CHANGE  
Isaiah 40:29 – He gives strength to the weary, and to him who lacks might He increases power.
- Lie # 3 –I’LL NEVER BE GOOD ENOUGH  
Psalm 34: 4 – I sought the Lord and He answered me and delivered me from all my fears.
- Lie # 4 –I’M ALL ALONE  
1 John 4:12 By this we know that we abide in Him and He in us because He has given us of His spirit.  
Proverbs 8:17 I love those who love me
- Lie # 5 –I CAN’T FORGIVE MY SELF

Acts 26:18 Paul’s testimony where he quotes Jesus: I am sending you to open their eyes so that they may turn from darkens to light and from dominion of Satan to God in order that they may receive forgiveness of sins and an inheritance among those who have been sanctified by faith in me.

## *Treasures of Healthy Living*

(Four Steps to Self-Control, Cont.)

### **Recognize the Need for Change – Discernment**

*If you have the faith of a mustard seed you shall say to this mountain, move from here to there and it shall move and nothing shall be impossible. Matthew 17:20*

Getting started with discernment:

1. Repent from this problem
2. Pray about fasting
3. Journal every day
4. Design an eating plan
5. Pick a time to get started
6. Choose a Bible verse

### **Recognize God's Plan – Deliverance**

*If a man cleanses himself from these things he will be a vessel for honor, sanctified, useful to the Master, prepared for every good work. 2 Timothy 2:21*

## OVERCOMING COMPULSIVE OVEREATING

### Don't believe these lies:

- Lie #1 –I AM MY BODY  
Some believe they are their bodies and that they will not be acceptable and worthwhile until their bodies carry less weight. 1 Samuel 16:7
- Lie # 2 – I CANNOT CHANGE  
Some feel powerless and out of control about food, their bodies, themselves and their potential to change. Isaiah 40:29
- Lie # 3 --I WILL BEVER BE GOOD ENOUGH  
Some never feel good enough, smart enough, responsible enough or perfect enough. Psalm 34:4
- Lie # 4--I AM ALL ALONE  
Some feel alone, unlovable or feel discounted.1 John 4:12, Proverbs 8:17
- Lie #5—I CANNOT FORGIVE MYSELF.  
Some feel unable to forgive themselves for overeating. Acts 26:18

Recovery is a process not a quick fix.

### Healing comes by being able to give healthy responses to questions such as:

Who am I?

What are my own thoughts, ideas, values and feelings? (Compulsive overeaters are typically people pleasers – not able to voice their own opinions)

What are my own wants and needs?

What scares me, angers me, pleases me, saddens me?

What can I do when I feel fear, anger, joy or sorrow besides eat?

How can I stop obsessive thoughts and compulsions to eat?

What stresses me and makes me tense?

What can I do when I feel tense and stressed besides eat?

How can I ask for what I need and want?

How can I learn to accept that I have a right to ask for what I need and want?

How can I learn not to abandon myself all the time for the sake of others?

How can I learn to accept myself and be patient and harmless with myself as I heal?

How can I learn to forgive myself?

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It is hard work to overcome overeating but with hard work it can happen and lead to a life that is free and fulfilling. It is like coming home.

Daily you must trust God for deliverance, trust yourself, accept yourself and nourish yourself.

This will allow you to break free from compulsive overeating by learning to eat what you want and trusting yourself to make healthy choices and healthy proportions.

Recovery from an eating disorder is probably the most difficult task you will ever face. At times it may seem impossible to you. Recovery demands every resource and every bit of courage you can muster.

Unfortunately, wanting to get better is not enough. You must change both your mind-set and your behavior; one without the other is not enough. And you must face the substance that represents so much to you and frightens you the most: food.

### **12 Steps to Recovery**

1. Admit it – eating and thought of eating are out of control
2. Believe 2 things – change is possible and “I deserve to have a better life.”
3. Make a decision to change. Decide to tolerate whatever feelings come up.
4. Inventory problems needing to be addressed. Write down symptoms: how you eat, how you exercise, how you punish yourself for eating, how you try to lose weight, how you degrade and criticize yourself and try to be perfect.
5. Share your inventory from number 4 with someone who can help.
6. Develop a plan – keep it simple. Include attainable goals – not overly ambitious or complicated. Identify one problem and work on it.
7. Fake it till you make it! Believe you are going to feel better. It may take a long time but believe anyway. Anxiety will disappear, obsessing over it or avoiding change makes it worse.
8. Take life one day at a time or one meal at a time. If you have trouble start again. Give yourself another chance. Very few people can climb straight up a mountain.
9. Build in some rewards for your efforts. Recovery is hard work. Find ways to soothe yourself. List rewards and allow one every day.
10. Talk about how you feel as you make changes. As you change your behavior more feelings will surface. To understand these feelings talk, talk, talk, write, write, write in your journal.
11. Keep on changing. Each week review inventory and decide which one to attack.
12. Believe in yourself and give yourself credit.

## *Treasures of Healthy Living*

### **Sample Plan** – 10 Point Contract.

Give yourself one point daily for each item you complete. Strive for a 10 point day – it is more important than the weight on the scale. This is just a sample – design your own contract.

My contract with myself for success

I will:

Physically:

1. Journal my feelings.
2. Do something that feels good and is healthy every day.
3. Eat at the table every meal and snack – no eating on couch, in bedroom, at computer or playing games.
4. Eat at healthy times of the day and stick to these times.
5. Exercise daily.

Mentally: Repeat these statements to myself a minimum of 5 times each daily.

1. I can do this with God.
2. I love my body – just as it is.
3. I love the Lord and He created me in His image.
4. Change is possible.
5. I deserve a healthy mind.

Suggested Supplements:

Whole food multi- vitamin

Protein – High quality soy protein powder (must be non-GMO, water processed)

B- Complex – extra is needed to overcome sugar cravings and mood swings

Vitamin C – in addition to the multi vitamin

Vitamin E – in addition to the multi vitamin

Zinc

Omega 3 fish oil

Alfalfa tablets

Herbs – Milk Thistle, and a combination of: magnesium, zinc, chromium, taurine, vanadium, alpha lipoic acid, and banaba leaf extract

\*Dalton, Sharon; Overweight and Weight Management; Jane Hirschmann & Carol Munter, Overcoming Overeating; Eating Disorders, Raymond Lemberg.

## **Sugar and the Immune System**

The immune system protects the body from foreign substances like heavy metals such as \_\_\_\_\_, \_\_\_\_\_ and arsenic. And pathogenic organisms like bacteria, virus and parasites.

Parts of the Immune System include:

Thymus

White Blood Cells (T Cells)

Bone Marrow (Red Blood Cells)

Nasal Hairs

Skin

Pancreas, kidneys, liver, and thyroid

Lymphatic system

Tonsils

Circulatory system

If the immune system is working correctly it can keep up with offending material and there is no overload.

Overload leads to \_\_\_\_\_

## **Antioxidants**

Such as C and E, also included: Glutathione

Glutathione acts as a major \_\_\_\_\_

\_\_\_\_\_ can severely reduce or kill the very nutrients needed to make glutathione.

\_\_\_\_\_ is the number one enemy of the immune system.

**Vitamins and Minerals**-- critical to having healthy organs and a healthy immune system:

A, B, C, D, E, and the minerals \_\_\_\_\_ and \_\_\_\_\_

Omega 3 fatty acids

# *Treasures of Healthy Living*

(Solutions for Our Immune System, cont.)

Magnesium

SOD – Super Oxide dismutase

Resveratrol

Nutriferon

Selenium

Pumpkin seed

Probiotics

Organic iodine

The thyroid cleans the blood every \_\_\_\_\_ minutes.

## **Essential Foods:**

Organic fruits and vegetables

Protein – organic meats and chemical free protein powders

Whole Grains – such as freshly milled wheat

Vitamin B

Vitamin C

Vitamin D- 17 different cancers are linked to lack of vitamin D

Vitamin E (400 IU before getting an x-ray or airport x-rays)

Zinc (stress destroys zinc)

Iron

One food that will undermine all these efforts - \_\_\_\_\_

Sugar is the number one enemy of the \_\_\_\_\_

Role of the Pancreas: Produces insulin in response to stress and sugar; produces enzymes

## *Treasures of Healthy Living*

(Solutions for Our Immune System, cont.)

### **Sugar:**

Increases Insulin – thereby causing problems with the pancreas

Attracts yeast

Destroys B vitamin

Digestive Problems- weight gain, gas and bloating

It is imperative to prevent disease. And if disease does happen we need to find it in the earliest stages.

Proper blood testing gives us an advantage to prevention and early treatment, which could mean more years enjoying our family and being on mission for God.

Ellie Cullen, RN, Founder: Your Future Health; [www.yourfuturehealth.com](http://www.yourfuturehealth.com)

## *Treasures of Healthy Living*

### Week Nine **PROTECTION: INCREASING OUR PERSONAL VALUE** (2 Part Series) **Top Ten Tips to De-Tox (Part 1)**

1. Choose better body care products.

CosmeticsDatabase.com.

Avoid triclosan, BHA, fragrances, and oxybenzone.

Choose: "pH balanced" and organic

2. Go organic & eat fresh foods.

3. Avoid fire retardants.

PBDE

4. Pick plastics carefully.

BPA

Avoid clear, hard plastic bottles marked with a "7" or "PC"

Stay away from toys marked with a "3" or "PVC."

5. Filter your tap water.

6. Wash those hands.

[www.bottlesandfoamers.com](http://www.bottlesandfoamers.com)

7. Skip non-stick.

8. Use a HEPA-filter vacuum.

9. Use green organic cleaners & avoid pesticides.

10. Eat good fats and fresh milled high fiber bread.

We will stand before this house.... 2 Chronicles 20:9

For more information check out these resources:

[www.designedhealthyliving.com](http://www.designedhealthyliving.com) – waterless-stainless steel cookware, household cleaner, bread making supplies

[www.epa.gov](http://www.epa.gov)

<http://householdproducts.nlm.nih.gov>

[www.ewg.org](http://www.ewg.org)

[www.designedhealthyliving.com/resources](http://www.designedhealthyliving.com/resources)

[www.greengoeswitheverything.com](http://www.greengoeswitheverything.com)

*Green Goes With Everything*, by Sloan Barnett, Atria Books, 2008.

# *Treasures of Healthy Living*

## **INCREASING OUR PERSONAL VALUE** Part 2

\_\_\_\_\_ that a man achieves or fails to achieve is a direct result of his \_\_\_\_\_.

John Maxwell

Don't mutter, declutter!

Established means – \_\_\_\_\_ or grow \_\_\_\_\_

1 Corinthians 15:10

Oswald Chambers: The way we continually talk about our own inabilities is an insult to our Creator. To complain over our incompetence is to accuse God false of having overlooked us.

Christian, for good health to occur we must realize what we think, how our emotions affect us, and our belief in God, all play a significant role in making us healthy.

Dr. Dick Couey

Top four phrases that people typically say to themselves.

1.

2.

3.

4.

Our self-talk affects our \_\_\_\_\_.

Our thoughts can be:

Accurate

Inaccurate

Constructive

Destructive

Right

Wrong

Negative Self-Talk can:

- Limit hours of productivity
- Strain our relationships
- Inhibit our mental and emotional growth potential
- Increase stress

## *Treasures of Healthy Living*

(Increasing Our Personal Value, cont.)

- Prevent forgiveness
- Causes immunity dysfunction

Positive Self-Talk can:

- Helps us reach our goals beyond our dreams
- Repair relationships
- Relieves stress
- Allow forgiveness
- Lowers stress hormones
- Increase immunity capability

Our state of mind affects the health of our \_\_\_\_\_.

### **Four Tips to Detox Our Mind**

1. Think Differently – Turn negative thoughts into a positive one.
2. Take Thoughts Captive – Seek wisdom. James 1:5-6
3. Tune Into Thankfulness – A mind that is thankful has little room for negative thoughts. Ephesians 5:20
4. Turn Truths Into a Treasure – Change our negative thoughts into a word from God.

### **Proverbs 31 - King James Version**

Read each proverb. Consider how the words can be personalized and turned into an affirmation. Write out this affirmation following each proverb.

Verse 10: Who can find a virtuous (righteous, honorable, good) woman? For her price is far above rubies.

*Example - I am an honorable wife, my desire is to be priceless in my husband's eyes.*

Verse 11 - The heart of her husband doth safely trust in her, so that he shall have no need of spoil (no lack of gain).

*Example - My husband can trust me with the finances, home matters and training up our children. I continue to seek the best in each member of the family.*

She will do him good and not evil all the days of her life.

She seeketh wool, flax and worketh willingly with her hands.

## *Treasures of Healthy Living*

(Increasing Our Personal Value, cont.)

She is like the merchant ships; she bringeth her food from afar.

She riseth also while it is yet night, and giveth meat to her household and a portion to her maidens.

She considereth a field and buyeth it; with the fruit of her hands she has planted a vineyard.

She girdeth her loins with strength and strengtheneth her arms.

She perceiveth that her merchandise is good; her candle goeth not out by night.

She stretches out her hand to the poor, yea; she reacheth forth her hands to the needy.

She is not afraid of the snow for her household; for all her household are clothed with scarlet.

Her husband is known in the gates, when he sitteth among the elders of the land.

Strength and honor are her clothing, and she shall rejoice in time to come.

She opened her mouth with wisdom, and in her tongue is the law of kindness.

Her children rise up and call her blessed; her husband also, and he praiseth her.

Strength and honor are her clothing and she shall rejoice in time to come.

She opened her mouth with wisdom, and in her tongue is the law of kindness.

Her children rise up and call her blessed; her husband also, and he praiseth her.

Many daughters have done virtuously, but those excel them all. Favor is deceitful and beauty is vain, but a woman who feareth the Lord, she shall be praised. Give her the fruit of her hands and let her own works praise her in the gates.

*Treasures of Healthy Living*  
**FREEDOM FROM BITTERNESS**

Jane Elder

Food was never the answer, but eating a lot of sweet foods made me feel better temporarily. I fought the cravings so hard, but I was focusing on the wrong thing. The bitterness was what I needed to get rid of.  
*Pray for those who abuse you Luke 6:28.*

For release from bitterness:

1. Where is the bitterness?
2. With God's help, forgive and let go.
3. Daily think about and pray for the person.
4. Speak positively when given the opportunity.

It didn't help because I had not given up my desire for revenge against this person.

New prayer:

"God, where did I fail you yesterday?

I confess what I have done wrong.

Please forgive me and cleanse me.

God, for this day, I choose to trust You.

I ask You for faith to trust You for today.

Lord, as I start this day, I choose hope.

Help me to be thankful throughout this day."

Trusting God to make things right in the end and letting go of desire for revenge brings good things:

- Calmness
- Peace
- Joy

Getting rid of bitterness brings light and freedom.

God can be trusted and He does want good for your life, despite the hurts we all experience. God will heal you, if you let Him.

*Treasures of Healthy Living*  
**THE HEALING POWER OF FORGIVENESS**  
Sue Becker

### **Sue's Battle with Cancer**

After 14 yrs. of dedicating their lives to teaching the benefits of healthy grains and colon health, Sue was diagnosed with colorectal cancer.

Now she began to question everything:

She asked God, "have I ever heard from you --- what is this all about?" But even in the middle of her question, she says that "God remained faithful.

But then her pastor called to tell her, "I am sure that you are doubting everything you have taught, but what you must remember, what you teach is truth. He also said that "we are to speak life unto death". The power of life and death is in our tongue.

### **Unforgiveness**

Jeremiah 17 "the heart is \_\_\_\_\_ above all things, who can know it".

We deceive ourselves because we \_\_\_\_\_ things.

"My Own Dear Child...I hear every whispered prayer you pray...and if you unlock the door to your heart's hidden room, I will come in and dwell there, and bring the peace and the power of my Spirit with me".

*Postcards*

### **Behold I Stand At the Door and Knock**

Revelation 3:20

Doctors can deal with that tumor but only God can deal with your \_\_\_\_\_.

Closing questions:

Do you have a conflict in your heart?

What well in your heart have you allowed the enemy to stop up?

What door to a room in your heart have you locked?

*2 Chronicle 7:14---If my people, who are called by my name, will \_\_\_\_\_ themselves and pray, and turn from their wicked ways, then I will hear from heaven and heal their land.*

## *Treasures of Healthy Living*

(Healing Power of Forgiveness, cont.)

Wicked ways of the church:

- Bitterness
- Unforgiveness
- Anger
- Gossip
- Slander
- Resentment
- Rejection

Recognize unforgiveness as your \_\_\_\_\_ .

1 John 1:9

Revelation 3:19-20.

*As surely as you are \_\_\_\_\_ you are spiritual*

*As surely as you are \_\_\_\_\_ you are physical.*

*Treasures of Healthy Living*  
**WE WERE MADE TO MOVE**

Week Eleven

Dr. Richard Couey

*I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God which is your reasonable service. Romans 12:1 (NKJV)*

**Benefits of being physically fit:**

Heart

Blood

Lungs

Blood Vessels

Type of Exercise

Cardiovascular training

Muscular Strength

Flexibility Exercise

Exercise Precautions

Warm-up properly

Doctors clearance

Dress properly

Temperature awareness

Wear proper shoes

Stretching

**How hard/often should we exercise?**

Intensity

220 - age = \_\_\_\_\_ - resting heart rate \_\_\_\_\_ = \_\_\_\_\_ x 60% = \_\_\_\_\_ + resting heart rate.

Duration

Homework for the rest of your life:

Frequency

## *Treasures of Healthy Living*

Why we as Christians should be fit:

- Jesus was fit
- Our bodies are God's greatest creation
- Scriptural principles
  - 0 \_\_\_\_\_
  - 0 \_\_\_\_\_
  - 0 \_\_\_\_\_

### **Making this personal**

Write a personal program to follow this coming week:

Write a personal program to follow weeks 2 – 4

Write a personal commitment to exercise:

# *Treasures of Healthy Living*

Week Twelve

## **NEVER, NEVER, NEVER GIVE UP**

*Jeremiah 31:3 I have loved you with an \_\_\_\_\_ love.*

This love includes giving us a design for our health.

*Philippians 4:19 He supplied \_\_\_\_\_ you need according to his riches in glory.*

We have an opportunity to reach others with the \_\_\_\_\_ of food.

### **Never Give Up Because Scripture is Our Foundation**

When scriptural principles are forgotten we become slaves to:

\_\_\_\_\_, \_\_\_\_\_, processed food, self-centeredness, \_\_\_\_\_ and obesity.

These are signs of us wanting to be in \_\_\_\_\_.

Galatians 5:1

Ezra 3:11

### **Never Give Up Because Nothing Can Steal Your Dream**

Ezra 4:4-5

Examples of Distractions:

Water

Salt

Air

Grain

Ephesians 6:12

He who controls our food has the most \_\_\_\_\_ (on Earth). He has the \_\_\_\_\_ controls us.

Our fight is against \_\_\_\_\_

## *Treasures of Healthy Living*

Ezra 4:12

Satan has a lot to lose by us getting healthy following God's plan.

Does Satan want you to share this news? \_\_\_\_\_

Does God want you to share what you have been doing? \_\_\_\_\_

1 Corinthians 10:13

*Galatians 6:9 And let us not lose heart in doing \_\_\_\_\_, for in due time we shall reap if we do not grow weary.*

### **Never Give Up Because the Holy Spirit is Our Guide**

Our body reports for duty every minute.

You report to duty every day to the Holy Spirit

A healthy body is useful to the Holy Spirit

How we view our body mirrors our world view.

If you view your body as a gift from God on loan then I ask you to never, never, never give up treating it like a \_\_\_\_\_ . The treasure that it is.

Proverbs 4:20-22

*Taste and See that the Lord is good, blessed is the man who trusts in him. Psalm 34:8*