

Health

# 3 John 1:2

- My dear friend, I know that you are doing well spiritually. So I pray that everything else is going well with you and that you are enjoying **good health**. [ERV]

“4X the number of people with diabetes was nearly **Quadrupled** since 1980. A large proportion of diabetes and its complications can be prevented by a healthy diet, regular physical activity, maintaining a normal body weight, and avoiding tobacco use.” World Health Organization [WHO]

# Mind, Character, & Personality, Vol 1

- They should study the influence of the mind upon the body and the body upon the mind, and the laws by which they are governed [control]. p. 1MCP 3.2

# Mind

- Train and Discipline the Mind: No matter who you are ... the Lord has blessed you with intellectual facilities [services] capable [skills] of vast [huge] improvement. Cultivate [educate] your talents [skills] with persevering [carrying on] earnestness [eager]. Train and discipline the mind by study, by observation, by reflection [mediation]. You cannot meet the mind of God unless you put to use every power. The mental faculties will strengthen and develop if you will go to work in the fear of God, in humility, and with earnest prayer. A resolute purpose will accomplish wonders. 1 MCP 3.3

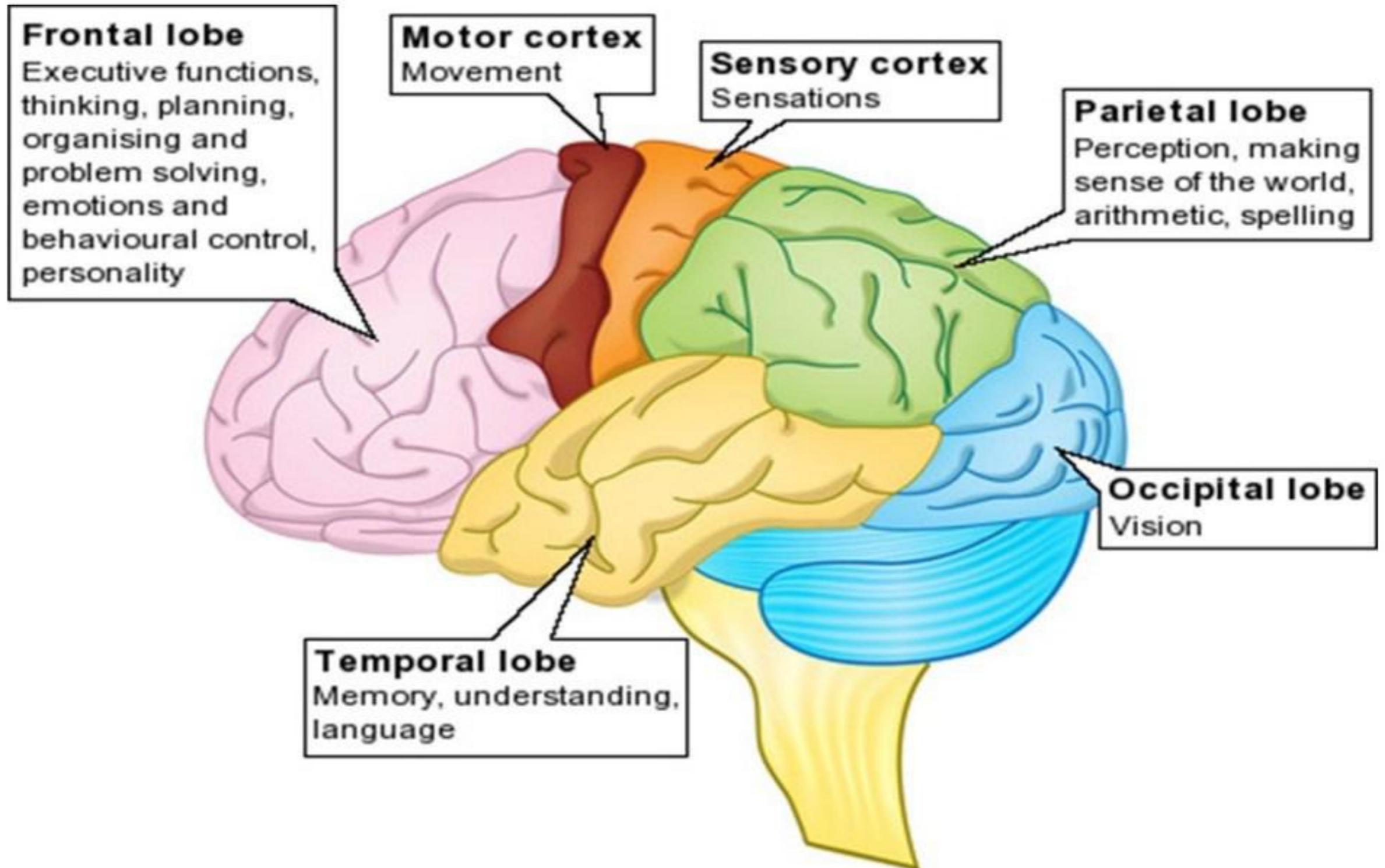
# The Cultivated Mind Measures the Man

- The cultivated mind is the measure of the man. Your education should continue during your lifetime; every day you should be learning and putting to practical use the knowledge gained. 1 MCP 7.2

# Brain Controls the Body

- The brain is the capital of the body, the seat of all the nervous forces and of mental action. The nerves proceeding from the brain control the body. By the brain nerves, mental impressions are conveyed to all the nerves of the body as by telegraph wires, and they control the vital action of every part of the system. All the organs of motion are governed by the communications they receive from the brain.

# Healthy Brain



# Brain

- Brain is most alert at noon
- Mental alertness rises throughout the morning and peaks shortly after noon
- Take a nap when it is low between 1 to 3 pm
- Muscles repair themselves
- Skin cells regenerate [renew]
- 1 hour before bedtime - bright light at night disrupts melatonin production, interfering with sleep.

# The results of the powerful influence

- TV
- Media
- Radio
- Games
- IPAD
- IPHONE/Samsung and others
- Loud music

# Addiction

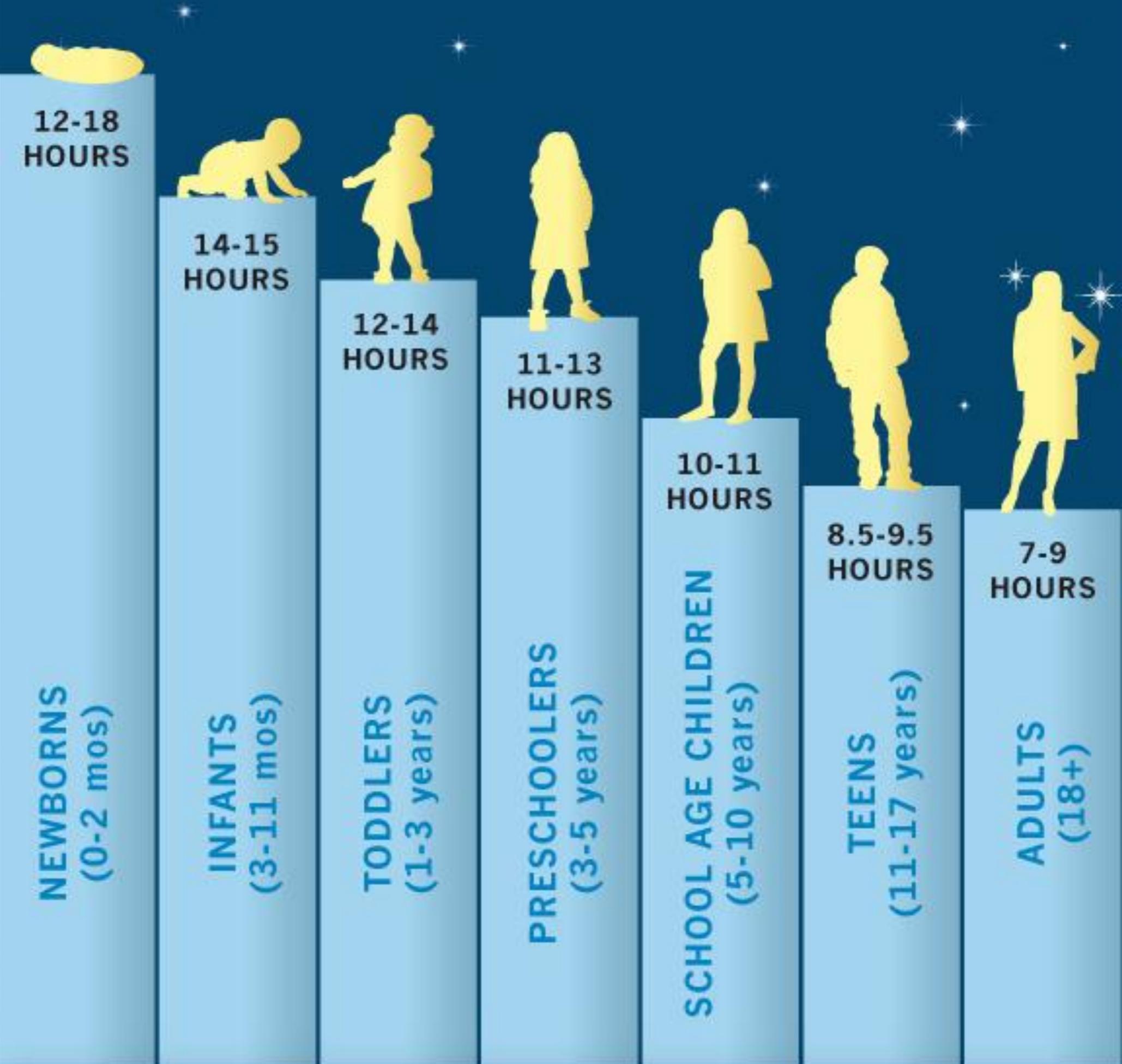


# The average hours of sleep

- 7 hours of sleep
- 8 hours of sleep
- 10 hours of sleep

sleep eight hours





12-18 HOURS

NEWBORNS (0-2 mos)



14-15 HOURS

INFANTS (3-11 mos)



12-14 HOURS

TODDLERS (1-3 years)



11-13 HOURS

PRESCHOOLERS (3-5 years)



10-11 HOURS

SCHOOL AGE CHILDREN (5-10 years)



8.5-9.5 HOURS

TEENS (11-17 years)



7-9 HOURS

ADULTS (18+)

# An addictive media



# Addiction to TV



Hurt your eyes and brain

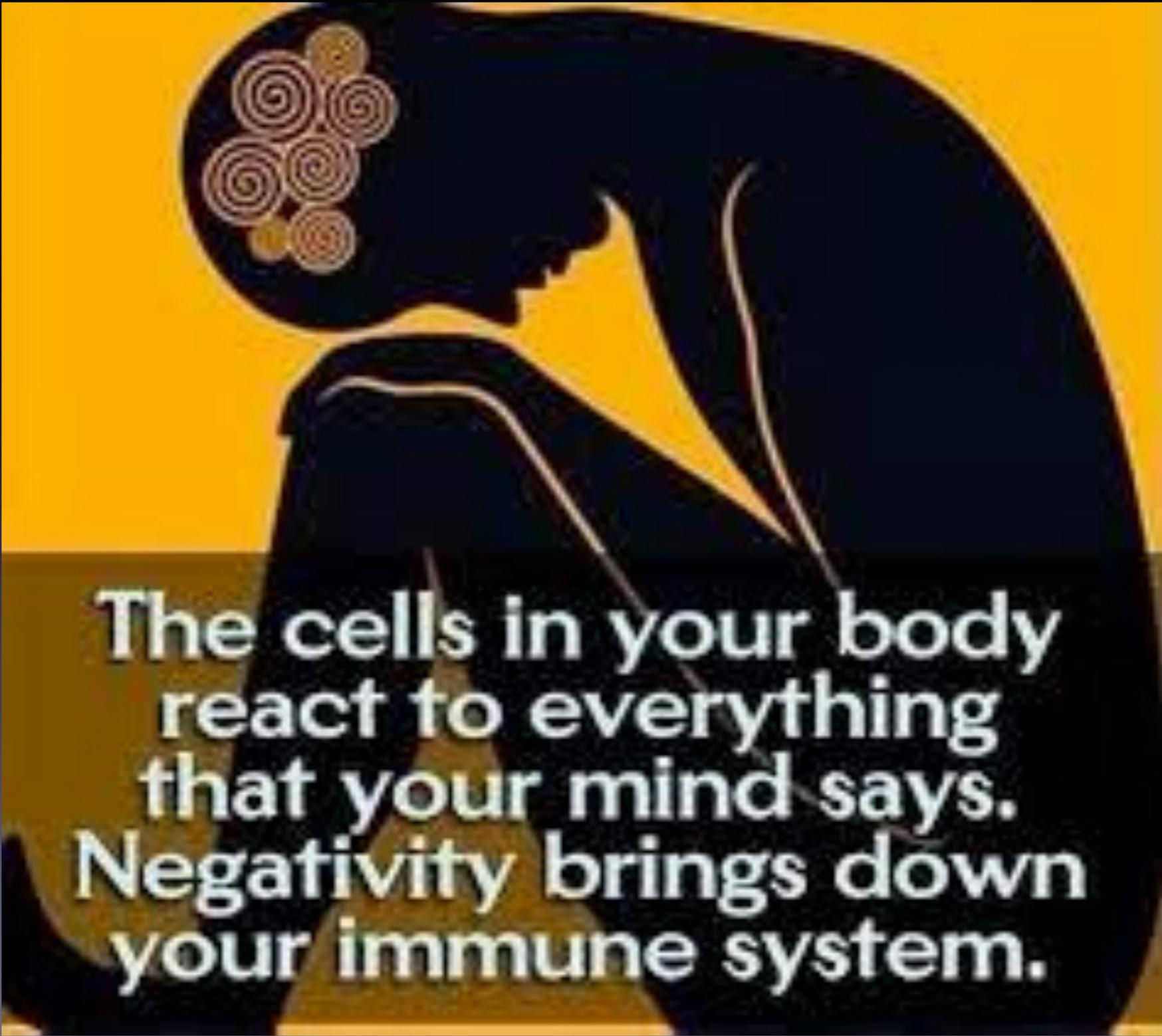


# Reactionary



# Television, Movie, Media



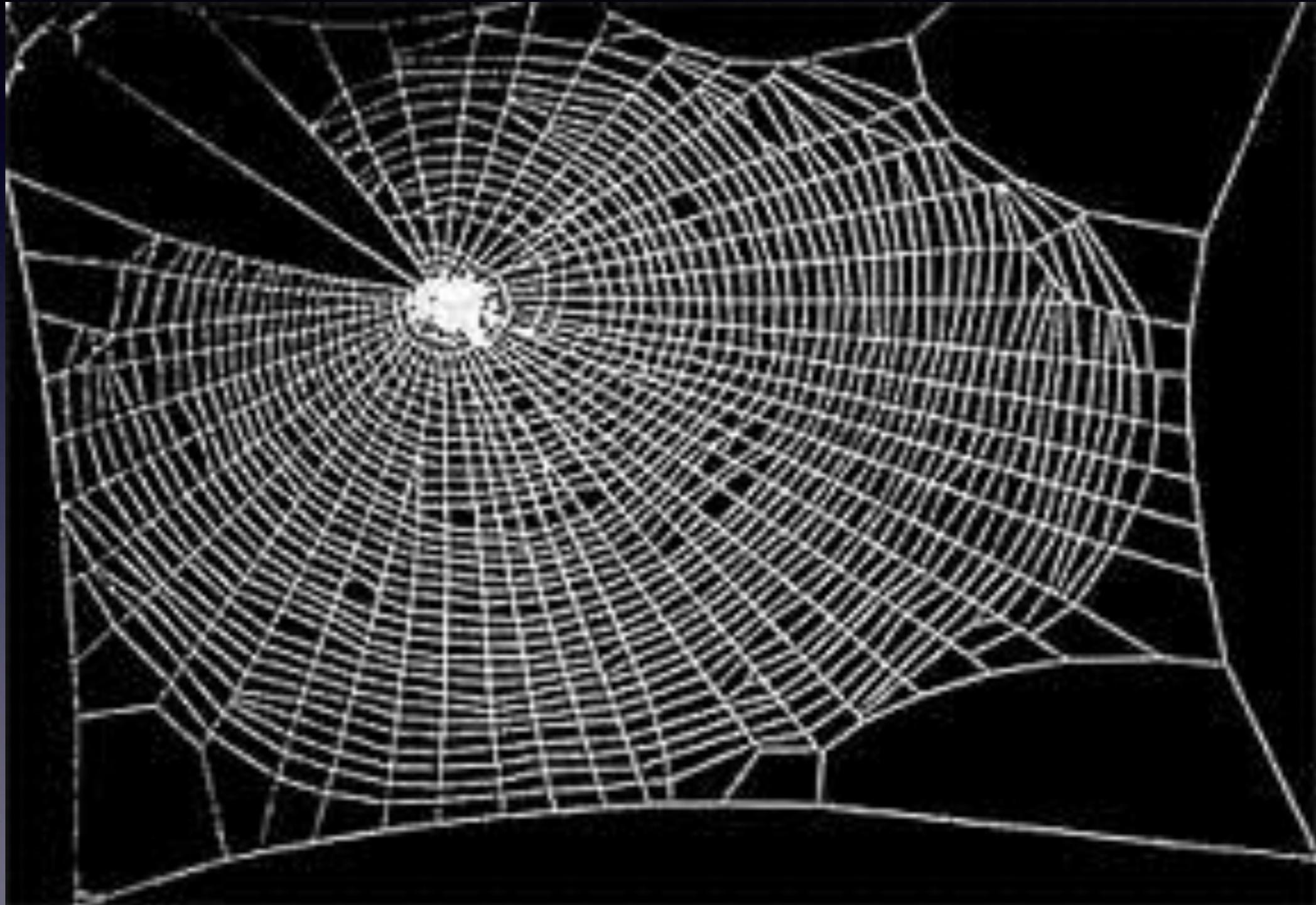
A black silhouette of a person's head and shoulders in profile, facing left. Inside the head, there are several small, stylized brain cells represented by spiral patterns. The background is a solid yellow color. The text is overlaid on the lower part of the silhouette.

**The cells in your body  
react to everything  
that your mind says.  
Negativity brings down  
your immune system.**

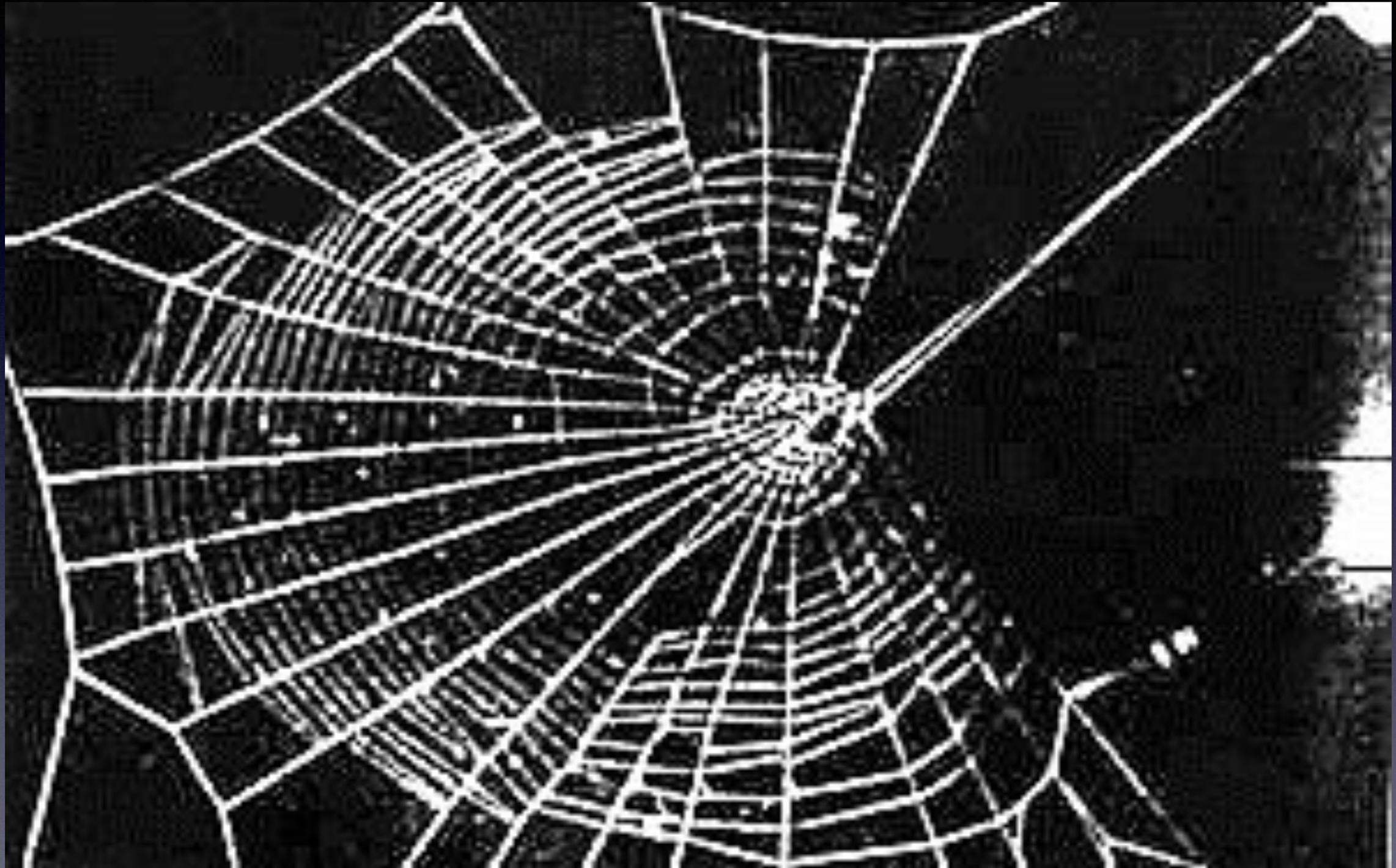
See what the drug affects  
the spider:



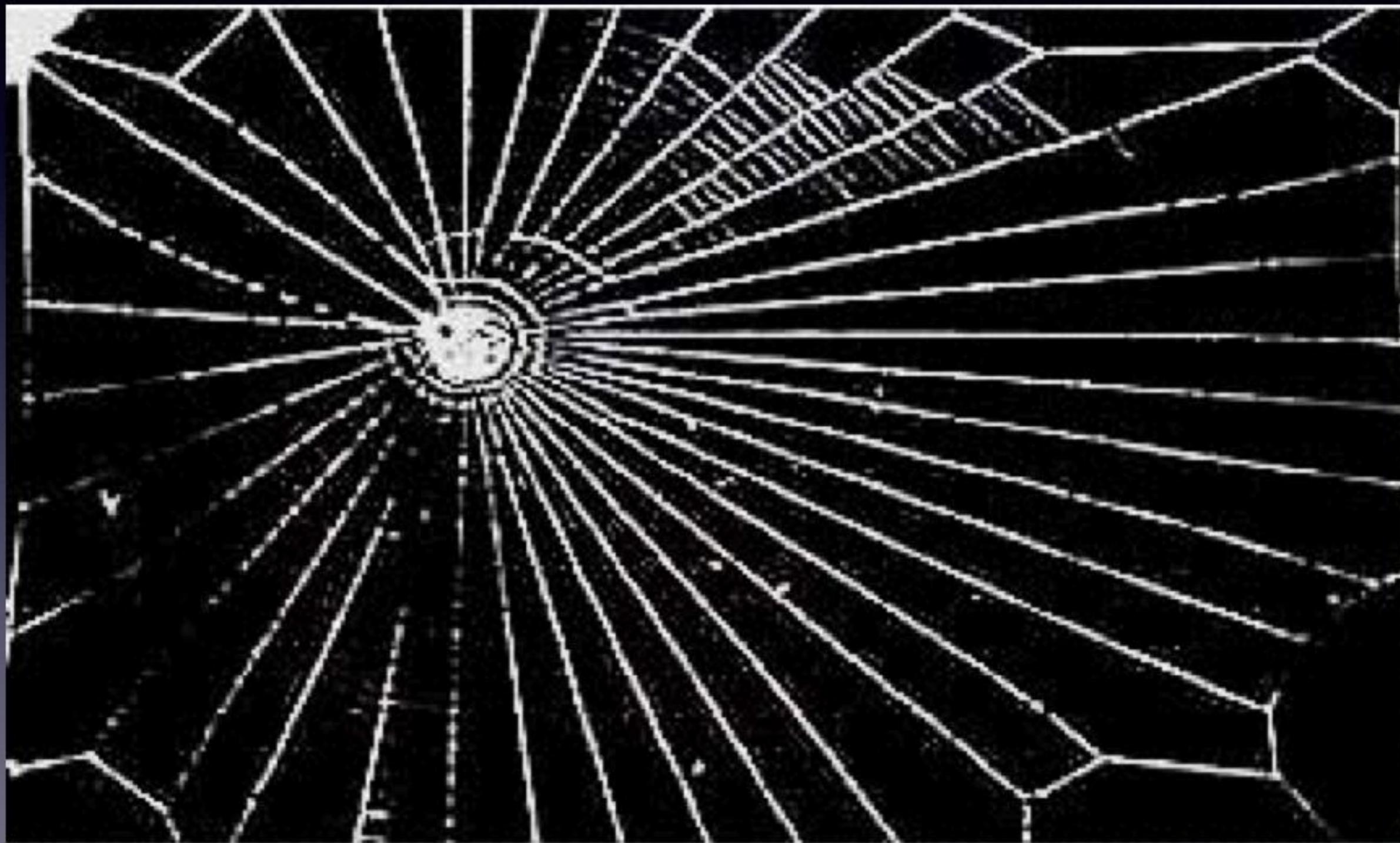
# Look at the Spider's web



# With Drugs



With LSD



# With Marijuana



# With Caffeine



# **Benzedrine/Speed**



# Chloral Hydrat (sleeping pills)



# Perfect Web



# What kind of food and beverage do you eat and drink?

- Coke
- Pepsi
- Juice
- Coffee
- Chocolate
- Tea

Be kind to your Body!

# Choices

**Choice is an expression of freedom given us by God. We choose our lifestyle. It recognizes our own individuality.**

# Jesus Christ

- Jesus will not leave us alone in our struggle against the wrong appetite - and, indeed, against the Tempter [Satan] himself.

# 8 Simple Rules of Health

- **1. Nutrition:** Eat fruits, vegetables, nuts and whole grains
- **2. Exercise:** - 30 min to 1 hour daily to get tone up the muscles
- **3. Water:** - Drink water plenty
- **4. Sunlight:** - get vitamin D (need sunlight for vitamin D)
- **5. Temperance:** - self-control (avoid caffeine, nicotine, sugars and other drugs)
- **6. Air:** - fresh air outside (deep breathe deep)
- **7. Rest:** - Sabbath is a good reason for us to rest, enough 7 or 8 hours of sleep.
- **8. Trust in God:**