

# Your Body, His Temple

ARISE Cornerstone Program: October 2012



## Principles for Living the Abundant Life

*"I have come that they may have life, and that they may have it more abundantly." John 10:10*



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## **Session 1: Holistic Christian Living**

### **I. The Early & Informative Years**

### **II. The Holistic Concept**

**A. OT evidence**

**B. NT evidence**

**C. Other evidence**

### **III. Practical Application**

**A. Personal**

**B. In the Spirit & Power of Elijah**

### **IV. Action**



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## Session 2: Synchronized Living

- I. Synchronization defined:
  
- II. Why we need sleep:
  
- III. Sleep Stages: how many and what is happening:
  
  
- IV. Effects of not enough sleep (sleep debt):
  
  
- V. Biological rhythms
  - A. Circadian:
  
  
  
  
  
  
  
  
  
  
  - B. Circaseptan:
  
  
  
  
  
  
  
  
  
  
  - C. Circannual:

**VI. Hormones and their roles:**

**A. Cortisol**

**B. Melatonin**

**C. Growth Hormone**

**D. Other**

**VII. Sleep Strategies:**

**A. Top Strategies**

**1.**

**2.**

**3.**

**4.**

**5.**

**6.**

**7.**

**8.**

**9.**

**10.**

**VIII. Application**



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## Session 3: Body & Nutrition Basics

### I. Organization of the Body

### II. The Original “Basic” Meal Plan & The Age of Nutritionism

### III. Combining Food & Nutrition

#### A. Macronutrients

#### 1. Carbohydrates

#### 2. Protein

#### 3. Fat

## **B. Micronutrients**

### **1. Vitamins**

### **2. Minerals**

## **IV. Water**

## **V. Nutrient Density vs. Calorie Density**

**A.**

**B.**

## **VI. Application: NOTES FOR MEAL PLANNING & GOALS:**



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## Session 4: Cooperation with Intended Operation

### I. Organization of the Body

#### A. Cellular level to body systems

### II. The Digestive System

#### A. Structure and Function

### III. Nutrient Density & Food Preparation

#### A. Getting the most from your food

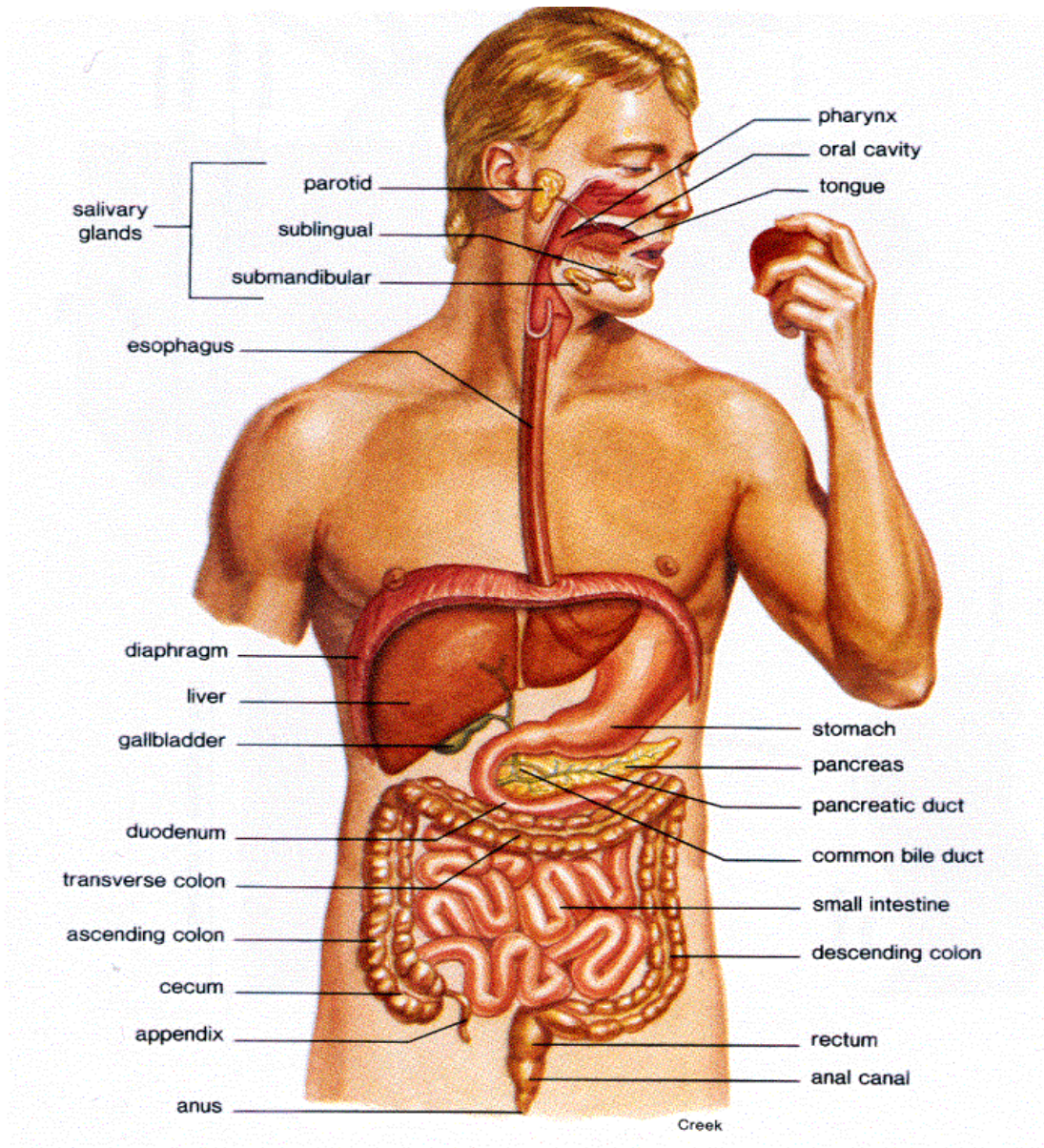
- |    |     |
|----|-----|
| 1. | 7.  |
| 2. | 8.  |
| 3. | 9.  |
| 4. | 10. |
| 5. | 11. |
| 6. |     |



## IV. Instructions on eating

### A. Principles of cooperation

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.





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## Session 5: Common Chronic/Lifestyle Diseases

Diabetes, Heart Disease & Erectile Dysfunction

### I. Diabetes and Its Toll

#### A. Is it in the Genes?

#### B. The Metabolic Syndrome ( Pre-diabetes)

1.

2.

3.

4.

5.

#### C. Digestion & the Glycemic Response: <http://www.reversingdiabetes.org/Home.aspx>

1.

2.

3.

4.

5.

## II. Heart Disease, Erectile Dysfunction & Atherosclerosis

### A. The Villain & Its Victims

1.

2.

### B. Profiling the Villain

1.

2.

### C. Dietary & Lifestyle Factors

1.

2.

3.

4.

5.

### D. Prevention & The Real Cure

### E. Additional Resources: [www.heartattackproof.com](http://www.heartattackproof.com)



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## Session 6: Other Healing Agents

### I. Regular Physical Activity

#### A. Components of Physical Fitness

1. Cardio respiratory fitness
2. Musculoskeletal fitness
3. Flexibility

#### B. The FIT Principle

1. Frequency
2. Intensity
3. Time

#### C. Fuel for Activity

### II. Fluids

#### A. Functions of fluids

#### B. Maintaining fluid balance

- 1.
- 2.

### **C. External Use of Water**

- 1.
- 2.

### **D. Other fluids**

- 1.
- 2.

### **III. Air**

- 1.
- 2.
- 3.

### **IV. Sunlight**

- 1.
- 2.
- 3.

### **V. Other Agents**

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



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## **Session 7: The Process of Change**

### **I. The Process of Change & Adherence**

#### **A. Theory vs. Reality and Application**

### **II. Behavior Change**

#### **A. The Power of Habits**

##### **1. Internal Factors**

##### **2. External Factors**

#### **B. Stages of Change**

##### **1. Pre-contemplation**

##### **2. Contemplation**

##### **3. Preparation**

##### **4. Action**

##### **5. Maintenance**

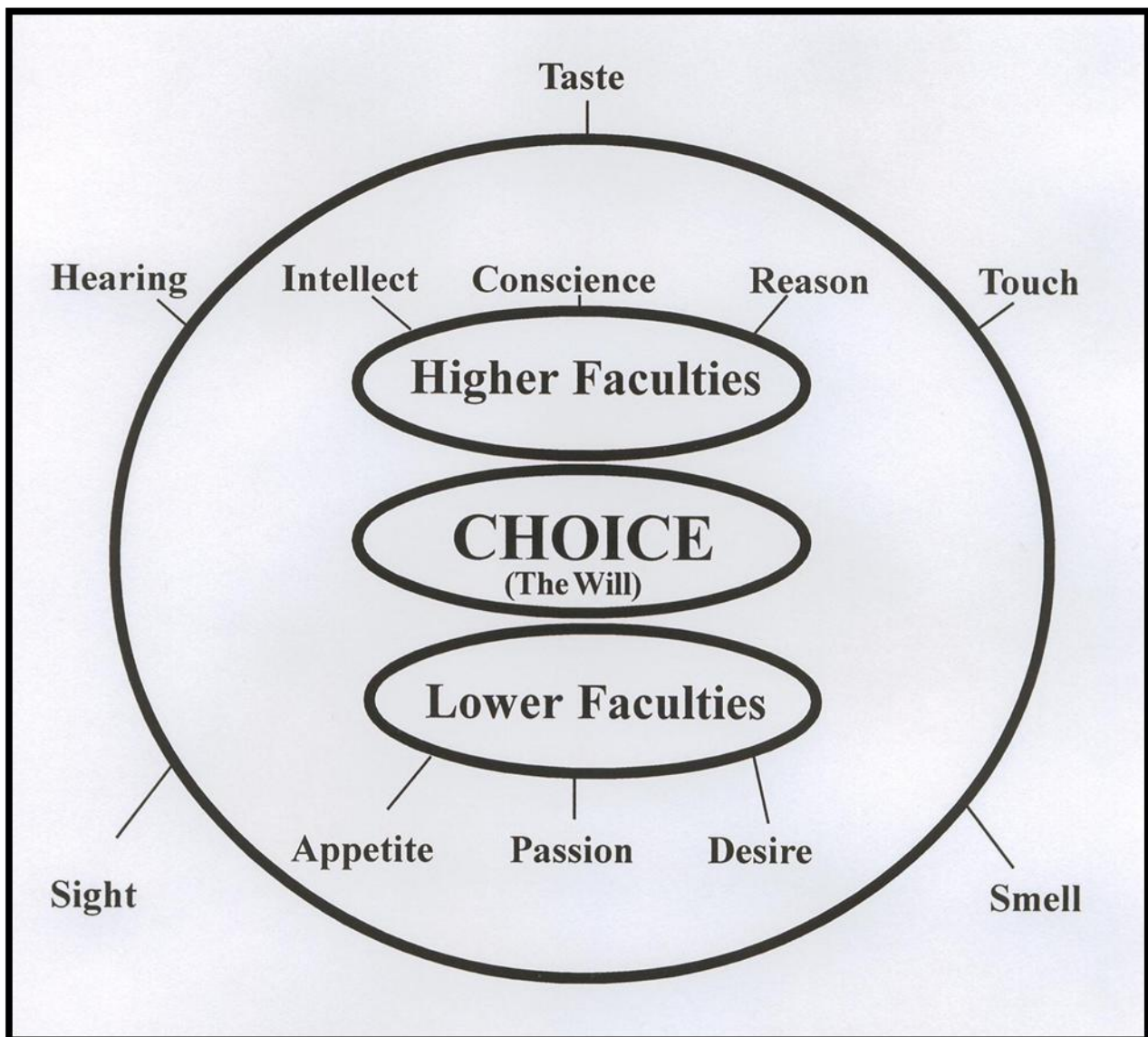
##### **6. Relapse?**

### III. The Components

#### A. The Mind

#### B. The Flesh

#### C. The Pathway





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## Session 8: Putting Health Into Action

### I. Engaging the Church in Health Ministry

#### A. The Motive: Loving service from inner compassion: Jesus' Ministry

1. Matthew 9:35-38; Luke 6:6-11; Matthew 20:25-28
2. Other inspired directives

#### B. The Methods: The Function of Health Ministry

1. Jesus' method alone will bring true success: John 2-5 (Whole person)

#### C. The Mission: To make man whole

1. Restoration. John 10:10

#### D. The Master: He is Coming

1. "To make ready a people prepared for the Lord." Luke 1:17

### II. The 7 Principles of Effective Health Ministries

#### 1. Be Proactive

a.

b.

#### 2. Begin with the end in mind

a.

b.



**3. Put first things first**

a.

b.

**4. Think win/win**

a.

b.

**5. Seek first to understand ... then to be understood**

a.

b.

**6. Synergize**

a.

b.

**7. Sharpen the saw**

a.

b.

**III. Summary**

(Based on the 7 Habits of Highly Effective People by Stephen Covey)



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## Tools & Resources

### I. A Partial List:

#### A. Resources

1. <http://www.sdachip.org/> & <http://www.chiphealth.com/>
2. <http://www.wellspring.org/index.htm>
3. <http://creationhealth.tv/>
4. <http://ucheepines.org/index.php?p=resources.counseling>
5. <http://www.bhhec.org/>
6. <http://www.pcrm.org/>
7. <http://www.vrg.org/recipes/>
8. <http://www.audioverse.org/>
9. <http://www.nadhealthministries.org/> - Local conference, Union and North American Division
10. <http://www.asiministries.org/> - Adventist Services and Industries

#### B. Recipes:

1. <http://www.fullcircleofwellness.com/Recipes.html>
2. <http://www.bhhec.org/recipes.htm>
3. <http://www.vrg.org/recipes/>