

Health Tips for Healthy Leaders

Dear friend,

We are excited that you are turning to this page perhaps with a desire of wanting to find help and encouragement in becoming a better steward of your body. In John 10:10, Jesus said that He came to give us abundant life. We believe that Jesus meant this abundance of life to be applicable to every aspect of our lives, including our bodies. In fact, when we study the words health, healing, or healed in the scriptures, we can find at least 130 verses that speak of God's desire for His people to be healthy. Yet unfortunately, many of God's people are falling prey to disease and pain needlessly.

It is our desire to maximize the potential of the church to be healthy in every aspect, including physical health. It is for this reason that we will be making available information to help you do your part in reaching your full health potential.

Our goals are:

1. To help you repent, have a change of mind, about what true health means.
2. Help you assess your current health habits.
3. Provide you with the principles that yield true health.
4. Coach you to develop new life giving habits in practical ways.
5. Be available to you to discuss specific health issues that you may have.

May the Lord Jesus grant you wisdom in every step of this journey as you offer your body to Him to be a pleasing sacrifice.

DEFINING HEALTH

Optimum health in an individual is determined not by the absence of disease or symptoms but by how the systems of the body function compared to how God created them to work. This definition has been validated in many areas of research. For instance, in a high percentage of individuals with heart conditions, the first evident symptom that revealed the problem was a heart attack. Up to that point the person had no idea he/she had a problem. Does the lack of symptoms prior to the heart attack confirm that he/she was "healthy"? No. The heart was dysfunctional long before any symptom was manifested.

Therefore, it is this presumption, a symptom-based philosophy that we want to repent (renew our thinking) from and look at health from God's perspective. The body is still the temple of the Holy Spirit and we have an obligation to care for it as we ought to care for everything else He has entrusted us with.

With this in mind, we want to teach you God-ordained principles that will make your body function properly and allow you to serve Him freely without the bondage of unnecessary sickness or disease.

Please note that we are not saying you will never get sick, but these principles are meant to help you strive to live in a manner more consistent with the way your creator intended you to live. We pray that God will give you new understanding on how to honor Him with your body.

PREPARATION PHASE

By now, we hope that you've taken the time to use the self assessment test to determine your health habits as compared to God's original principles. The following are four recommendations we make so that you begin well grounded, minimize frustrations, and maximize your opportunities for success.

1. Start with the Heart: If your evaluation results have left a conviction that your stewardship of God's temples needs some rethinking then begin with **confession**. Confess to God the fact that you've leaned on your own understanding and not allowed Him to direct your path in this area. This is also an appropriate time to share this with someone else who will support your new attitude and efforts to change.

2. Include Prayer: This journey you are embarking on is **NOT A DIET**. This change is part of your personal relationship with the Father. Therefore, you must take the time to find out what steps he wants YOU to make, which may not be the same changes that someone else may need to make. Another reason for prayer is that your body's biochemistry has been accustomed to a certain "lifestyle". You are going to be challenged by old cravings and habits that can only be overcome by God's strength. You will find that prayer and prayer support will be essential, especially if your reason for considering this change is based on the manifestation of ill health.

3. Determine Your Goals: Once you've prayed through your decision and what steps need to be taken, you need to clearly mark your goals. The physical and physiological changes that need to take place will take time. Therefore, in order to prevent discouragement and stay on course, you need to have realistic short and long term goals. (See invitation below).

4. Have a Plan: A healthy body requires the proper application of the four principles described in the assessment portion of this guide. Therefore, if for example you are an individual who has not exercised for a long time, your plan should include a shift in your schedule. There needs to be a careful re-evaluation as to what perhaps, needs to be replaced by a time of daily exercise. Moreover, you need to be realistic and understand that initially your level of exercise might just be 20 minute walks after dinner rather than jogging for an hour every morning. (See invitation below).

From this point on, our efforts will be focused on helping those interested, find practical ways to become as healthy as God wants them to be. This will be accomplished by updating the information on this guide. We will also be sending out a biweekly newsletter to coach you along the way with "Health Pearls" design to help you make safe and effective changes.

Invitation: We also want to make available to you the opportunity to ask specific questions regarding planning, exercise, dietary changes, etc. Send your emails to johnrios@sympatico.ca. John Rios is a Doctor of Chiropractic who wants to help and encourage people to enjoy what God has in store for us in regards to our physical health and well being.

HEALTH ASSESSMENT

Take a few minutes to answer the following questions. Note that the purpose of this evaluation is not to bring shame to you, but to help you understand your health status. Later, we want to show you how to take this information and use it as a starting point to help you reach the goals YOU have for a healthier body.

Caution: We encourage you not to be distracted or discouraged by what the perfect 10s look like. For example, in our assessment of diet, one can pose the question about New and Old Testament teaching about eating meat. We assure you that we will address all these different questions in the future. Our desire is for you to review the information, discuss it with your Father and trust that He will guide you to take the next step to a healthier you.

1. Diet

When studying the human body it becomes evident that there is a constant renewal process that takes place at the cellular level which allows the body to stay alive and function at its optimum capacity.

God designed the tissues of the body to be replenished by “live food”. In Genesis 1:29, we see that God initially recommended a diet that would take care of providing the body all that it needed to live healthy. Many years later this diet was still being put to the test by some, see Daniel 1:6-15, and God’s original principle of restoring physical life with “live food” was still yielding excellent results.

Today, “real food” has become a subjective interpretation. Chemically processed, naturally grown and other edible material is being ingested by the consumer with little or no concern of possible deleterious effects.

1 _____ 10

On a scale of 1-10, one being a diet primarily made up of processed food and virtually void of fruits and vegetables, and 10 being 100 percent the diet described in Genesis 1:29, where would you rate yourself?

2. Fluids

Your body is made up of at least 75% water. The drinking water God provided initially was meant also to replenish the water lost through perspiration, urine, breathing, etc. It is a known fact that the body is able to survive many more days without food than without water. Yet this principle has also been manipulated by the availability of other fluids. Things like coffee, pop, sports drinks, have replaced our desire for good old fashion water.

1 _____ 10

On a scale of 1-10, one being your intake of fluids primarily made up of drinks other than water and 10 being 8 or more glasses of good quality water, where would you rate yourself?

3. Exercise

Another important revelation about how God designed creation is that He incorporated motion to be essential for everything to function well. You look at the universe and it moves; the sea life is in constant motion; and even your digestive system works best when it is in motion. God programmed that principle into every part of our bodies. Modern science, and I believe, your own observations, have revealed that our bodies function much better when in a state of motion/exercise. In fact, some biblical scholars who also study the human body from a biblical perspective believe that one of the reasons God gave work to man, prior to the fall, was to bless him with the benefits of exercise, Genesis 2:15.

1 _____ 10

On a scale of 1-10, 1 being the maximum amount of exercise in a given day is walking from the parking lot to your office. 10 represents 45 minutes of rigorous exercise per day, performed 4-6 times per week, where would you rate yourself?

4. Rest

This principle may seem contradictory to that of exercise. However, if we go back and review this through God's word, it can't be denied that REST was also designed for our good. God instituted this principle so that our bodies would receive the healing that comes from its application. Scriptures talk about God ordaining a day of rest and letting the fields rest after a seven year period to name a couple of examples. Animals reveal to us that they understand this principle. Bears rest for their assigned period of time, dogs eat grass to help their digestive system rest and both babies and senior citizens submit well to it for the maintenance of life and vitality.

1 _____ 10

On a scale of 1-10, 1 being 6 hours of sleep or less per day and seldom taking a **day** off work, and 10 being, sleeping 7-8 hours per day and resting one day a week, where would you rate yourself?

SCORING

- 1. Group A:** If your aggregate score falls between 32 and 40, it indicates that you have a good grasp of these principles and we encourage you to continue to implement them and model them to others.
- 2. Group B:** If your aggregate score falls between 24 and 31, it indicates that you also have a decent grasp of these principles. However, you may be lacking instruction, motivation or discipline to reach a higher level of devotion with your body. If you have a desire to grow in this area, we encourage you to continue to visit our web site and look for information that may guide you to take the next steps in becoming a healthier individual.
- 3. Group C:** If your aggregate score is less than 24, it indicates that there is much room for improvement. Our recommendation is that you first begin by asking God to reveal your true position and attitude on the subject. Once a shift in your thinking and desire has taken place, we encourage you to commit to following the four steps in the “PREPARATION PHASE” as you practice the teachings we make available to you. We feel very confident that God will bless you with success in this area because of your commitment to apply His principles.

GETTING STARTED

CHANGING YOUR PHYSIOLOGY

The first changes we want to recommend are designed to help your body “crave life”. These recommendations, if applied properly, will create different cravings for food and exercise. After a while and it varies for each individual, your taste buds will ask for healthy nutrition and your body for exercise. It will no longer be a matter of self discipline, but a radical transformation that results as you apply the previously mentioned principles. This concept is similar to what Romans 12 teaches; the transformation comes as we focus on renewing our minds. In essence, what we are doing is renewing certain habits that will renew the physiology of our bodies.

We encourage you to apply yourself for the next 21 days, to making the following changes in the four different health categories, water, food, exercise, and rest.

Suggestions

Water:

- A.** Exchange tap or well water for purified water.
- B.** Add two glasses of water per day to your daily intake of fluids.

Food:

- A.** Add to, or replace your breakfast with a homemade juice. This can be a fruit juice, vegetable, or a combination of both. For now you can use a blender or if you are more motivated, purchase a juicer to make this a more enjoyable experience.
- B.** If this change is too steep for you, then begin by simply eliminating white/refined sugar and flour from your breakfast. Note, eventually, you are going to have to incorporate “A” into your lifestyle.

Exercise:

- A.** Review your schedule and eliminate activities yielding little or no fruit. Then restructure your weekly planner allowing you to set aside 4, half our blocks, which will be used for exercise.
- B.** Begin an exercise routine that will keep you moving for a period of at least half hour, 4 times per week. This can include walking, running, swimming, cycling, etc. The object is to get your heart pumping and body moving in such a way that you are still able to carry on a conversation. If you are unable to speak, due to shortness of breath, then you are overdoing it and you need to slow down. **Note**, if you have not exercised in a long time, or are struggling with certain health issues, be sure you get clearance from you doctor to begin an exercise program.

Rest:

- A.** If your bed time is 10:30 p.m. or later, begin retraining your body to sleep between the hours of 10:00 p.m. to 6:00 am or earlier. The object is to give your body 7-8 hours of rest beginning minimum at 10:00 p.m. **Note**, there are some physiological functions that occur between the hours of 10:00 p.m. and 2:00 a.m. in which the body has the greatest opportunity for healing and rejuvenation.
- B.** At bed time, have a glass of water with one freshly squeezed lemon or lime juice. This little trick is an amazing way to begin cleansing your body, not to mention helping you to have a good night's sleep.

Friends, these are very easy steps to begin taking. We encourage you to focus on the immediate steps for now and do not concern yourselves with the “major changes” you feel you need to take. Eventually, with your dedication to honoring God with your body, the pounds will come off and the vitality will be restored because God will be in your corner, (and so will we). God bless you as you begin this journey of renewal.