

“More than the Scale”

Presentation Handout

S.A.D. Results...

- I was living S.A.D. inside and out!
 - I [presenter – David] was living out the “standard American diet” (S.A.D.), or at least some parts of it. And my health revealed it.
 - The scales showed me 60+ pounds overweight (obese).
 - I was out of breathe when I exerted myself to the point I only hit the ball at the church school recesses where I pastored instead of running the bases.
 - I kept buying bigger clothes as my waistline increased to 40”ish.
 - I couldn’t bend over to tie my shoes.
 - And my mother feared I die of a heart attack or have open-heart surgery, like most of my uncles did (her brothers).
 - Thankfully, I didn’t suffer from diabetes or high blood pressure, not yet.... However, my guess is, I was heading there soon. Overall, my health was an out-of-control mess..., playing out right before my eyes...and I felt helpless to do anything about it! Or at least, that’s what I thought
 - I told myself: *I’m getting older. My Mom’s side of the family struggles with weight issues. It’s a losing battle?! I’ve tried and failed, over and over. What hope is there for me? It’s just the way it is, the way I am!?*
 - Like a “prophecy” I was doomed to live out, no matter what. I believe to some extent this is how many people feel!?

TAKE-AWAY: Sadly, the average American is living out the S.A.D. (standard American diet) everyday with similar results or worse, like me.

- S.A.D statistics for American adults:
 - Overweight – 35.2%
 - Hypertension (high blood pressure) – 32.2%
 - Obese – 31.9%.
 - Depressed – 19.6%
 - Binge drink - 15.7%
 - Smoke – 15.5%
 - Have diabetes - 10.6%
 - Heart disease – 8.2%
- Key Lifestyle Chronic Disease Risk-Choices that many Americans make every day:
 - Tobacco use
 - Poor nutrition

- Lack of physical exercise
- Excessive alcohol use

TAKE-AWAY: But, here’s the hopeful flipside to this S.A.D. lifestyle. You and I do not need to remain in hopelessness, suffering to the grave. Many of these S.A.D. lifestyle issues... are...lifestyle driven. They can be reversed or improved by changing our health habits. An God has given a biblical health plan to help us not live this doomed “health prophecy.”

He used His health plan to change my mindset, live more peaceful and balanced, motivated me to eat healthier, shrink my portion sizes, lose 60 lbs., decrease my waist size by seven inches, increase my exercise and stamina, deal with the real trauma issues that drove my poor health, etc.

His health plan is beautiful and comprehensive as it addresses our whole-person health—physical, mental, emotional, and spiritual! He wants the best possible health for us!

God’s Biblical Health Plan

▪ Theology of health

- For many, they are surprised to hear God is concerned about their physical, mental, and emotional health along with their spiritual health.
 - Yet, it shouldn’t be a surprise that’s the kind of God, He is. He desires the best for us—physical, mental, emotional, and spiritual {*John 10:10; 3 John 2*}.
 - ❖ He created human beings in His image:
 - ✓ Physically {*Genesis 1:29*}
 - ✓ Mentally {*Genesis 2:16-17*}.
 - ✓ Emotionally {*Genesis 2:18; 3:9-(10)*}.
 - ✓ Spiritually {*Genesis 2:1-3; 3:9-(10)*}
 - ❖ All of our natures work in an interconnectedness, interdependence between them. This is why it’s important to take care of all of them in a whole-person health plan.
 - ❖ The anatomy of the human body confirms this in the following chart:

BRAIN	ENS - Gut Nerves
▪ Neurons	▪ Neurons
▪ Glial cells (“nurse cells’)	▪ Glial cells (“nurse cells’)
▪ Neurotransmitters: serotonin & dopamine	▪ Neurotransmitters: serotonin & dopamine
▪ Receptor for neuropeptides of emotions	▪ Receptor for neuropeptides of emotions
▪ Blood brain barrier	▪ Blood brain barrier

- ✓ There is a “highway” of nerves between the brain and the gut/stomach, which has been called the “2nd brain.”
- ✓ Improving gut health then causes good change for brain chemistry.
- ✓ ***This is why good physical health is so important.*** It affects us mentally, emotionally, and spiritually. Remember, the brain is where the “seat” of our emotions is along with our decision-making processes!
- And right after God (the Godhead) created humans in His image He gave them health principles—i.e., the best diet {*Genesis 1:29*}—that remind us:

- ❖ Physical and spiritual health are equally important.
- ❖ Growing in God’s image—becoming like Jesus—involves our whole-being—physical, mental, emotional, and spiritual {*John 5:14*}.
- ❖ God gives us health principles so we can have the energy and mental toughness to be His stewards/image-bearers/witnesses.
- So what changed? What went wrong with God’s health plan? In the second-century, as the heresy of Gnosticism seeped into the Christian Church, people began to believe the physical world, including our bodies and health, wasn’t important anymore, even believing it was bad or unspiritual, non-essential.
 - This led Christians in general to disregard/downplay the importance of physical, mental, and/or emotional health, leading to the deterioration of health because they abandoned/ignored God’s biblical health principles. Sadly, this trend still plays out today.
- God’s answer? Whole-person redemption/salvation
 - Salvation = “to deliver, liberate, make well, heal, restore health, make whole.” sin = “an ever-increasing craving for an ever-diminishing pleasure” {*C.S. Lewis – The Screwtape Letters*}.
 - ❖ No wonder the Apostle Peter under the inspiration of the Holy Spirit reminds Christians they were redeemed (saved/salvation) from their “*aimless conduct*” {*1 Peter 1:17-19*}. The idea of redemption/salvation is whole-person in nature—lifestyle, health, choices, etc.—not just a theological escape from hell or getting to heaven.
 - ❖ The Apostle Paul reiterates this same thought when he exhorts the Thessalonian Christians to holy living that is the fruit of their salvation in Jesus {*1 Thessalonians 5:23*}.
 - ❖ Amazingly, Jesus healed more than He preached with many of His miracles involving physical, mental, and/or emotional healing along with spiritual healing {*Matthew 8:2-3; 9:1-8 (2b), 20-22, 27-29, John 5:1-14; 6:1-14, 22-40, 53-58*}.
 - ❖ ***Again, this is why good physical health—what we eat, what we think, how we feel, etc.—is so important.*** It affects our whole-being, particularly spiritually!

TAKE-AWAY: What can we do to change, improve, or reverse our current health condition so that we can experience the best possible whole-person health—physically, mentally, emotionally, and spiritually?

- **Healthy choices that reduce the risk of disease**
 - Be a non-smoker and avoid secondhand smoke
 - Be physically active
 - Eat healthy foods
 - Achieve a healthy weight
 - Control blood pressure
 - Limit alcohol intake (*none is God’s counsel*)
 - Reduce stress
 - Be screened or tested regularly

TAKE-AWAY: God’s biblical health plan helps us achieve these healthy choices that reduce the risk of disease. We’ll use the acronym N-E-W-S-T-A-R-T+ to help us unpack and understand His health principles.

▪ **N-E-W-S-T-A-R-T+**

○ **N – Nutrition** {*Genesis 1:29; 3:18*}

- “An apple of day keeps the doctor away.” {*Benjamin Franklin*}. “You are what you eat.” Oh, how true!!
 - ❖ Our nutrition—what we eat, etc. is the foundation for good health, like a level, solid block foundation is for a building.
- God’s original diet in Eden was a plant-based diet—fruit, grains, nuts, and vegetables—which is still the best option for the human body and good health today! And scientific research proves it as one can discover from a study between African-Americans & South Africans (see the results below):

African-Americans	South Africans
Tend to eat S.A.D. diet (<i>high fat, meat, etc.</i>)	Tend to eat a more plant-based diet (<i>higher fiber, etc.</i>)
Higher levels of bad bacteria that causes lifestyle diseases	Higher levels of good bacteria that promotes good health
Began eating South American diet for 4-6 weeks	Began to eat African-American diet for 4-6 weeks
Good bacteria increased with better lifestyle improvement	Bad bacteria increased with bad lifestyle diseases appearing

- ✓ Bad bacteria loves the S.A.D. diet—high refined carbohydrates, high protein, saturated animal fat, high sugar, coffee, sugar sodas, etc.
- ✓ Good bacteria loves God’s plant-based diet—high fiber, unrefined carbohydrates, low-fat, lower protein, high fiber foods naturally as close to the way God created them.
- Compassionate eating too
 - ❖ Compassionate for humanity
 - ✓ 1 billion people worldwide don’t have enough food to eat.
 - ✓ Global food production needs to increase 75% by 2050 to keep up with the population growth (9.3 billion people).
 - ✓ It would take four earths to feed the S.A.D. (standard American diet) to 9.3 billion people.
 - ✓ The average American get 27% of calories from animal products. If everyone on earth ate this way, more than half of the world’s population would starve.
 - ❖ Compassionate for animals
 - ✓ 11 billion animals slaughtered for food every year in US alone
 - ✓ Over 90% of these animals raised in C.A.F.O.’s (concentrated feeding operations) where they experience extreme suffering.
 - ❖ Compassionate for our planet
 - ✓ 20:1 ratio – 20 calories into animals to get 1 calorie for humans
 - ✓ It takes 20x the amount of fossil fuels, 14x the amount of water, and 25x the amount of land to produce a meat calorie than a plant calorie.
 - ✓ Meat consumption is the leading cause of global warming.

- Helpful nutrition resources:
 - ❖ NEWSTART (newstart.com) – great online resources for better whole-person health
 - ❖ CREATION Life (creationlife.com) – great online balanced health resources to implement into one’s life for whole-person health.
 - ❖ Weight Watchers (cost for membership) or other programs ~ helps give structure to a healthy lifestyle that involves more than weight loss
 - ✓ App for Android/Apple phones
 - ✓ Recipes
 - ✓ Personalization options, etc.
 - ❖ “60+ Resources to Get You Started on a Vegetarian Diet”
{hurrythefoodup.com}
 - ✓ Many good, balanced articles from Harvard Health
 - ❖ Find others who are doing well in this area and learn from them.
- **E – Exercise** {[Genesis 2:15](#)}
 - Adam & Eve didn’t lounge around in Eden. They did healthy, life-invigorating work. They were **not** sedentary!
 - Perfect health depends upon perfect circulation which exercise improves.
 - ❖ Many of the top 10 killers are diseases of circulation
 - Many individuals are having success combating migraines with exercise instead of avoiding light, etc.
- **W – Water** {[Genesis 2:10](#)}
 - About 70% of the human body and earth is made up of water
 - ❖ Only a slight decrease in water levels in the human body can cause mental dehydration, leading to a decrease in mental cognition.
 - ❖ Enhances nerve transmission.
 - Coffee, tea, milk, juices, soda, monster drinks, alcohol, etc. are not a substitute for pure water.
- **S – Sunshine** {[Genesis 1:16-17](#)}
 - Healthy doses of sunshine produces Vitamin D, which helps:
 - ❖ Bone health
 - ❖ Anxiety (decreases)
 - ❖ Good mood (increases)
 - ❖ Bad cell production and prevention of some cancers
 - Vitamin D deficiency can cause or is linked to:
 - ❖ Cancer
 - ❖ Autoimmune diseases, like rheumatoid arthritis, liver diseases, thyroid diseases, celiac disease, inflammatory bowel diseases, etc.
- **T – Temperance** {[Genesis 2:16-17](#)}
 - Definition: avoiding what is harmful and eating in moderation what is good; self-control.
 - ❖ God gives restrictions for our good/benefit to protect us from Satan, his temptations, destructive behavior, bad health, etc.
 - ✓ Many see God as a Kill-joy who loves to control human beings’ lives so they are miserable, limited, restricted, not experience fun, etc.

- ✓ Not true!! Actually, temperance is the **gateway** to true pleasure!
 - ✓ Intemperance diminishes/destroys/limits the good pleasure God desires for human beings, not temperance/self-control.
- Making good choices is the foundation to temperance/self-control and healthy living!
 - ❖ These good choices help us experience the fullness of what God has planned for us—freedom, purity, acceptance, clean conscious, etc.
 - ❖ They also keep our focus on God and His love, care, and power for us.
- Healthy good choices:
 - ❖ Progressively implement with balance the N-E-W-S-T-A-R-T+ health principles
 - ❖ Watch portion sizes {*Proverbs 22:3; 23:21*}
 - ❖ Get help when you struggle physically, mentally, emotionally, or spiritually
 - ✓ Get checked for health issues by a qualified health provider
 - ✓ Go to good Christian counseling
 - ✓ Develop good relationships/friendships
 - ✓ Make better health choices, etc.
- Avoid/limit (*some can become a substitute for trusting God or dealing with deeper issues in one's life*):
 - ❖ Pride and selfishness {*Proverbs 16:18; 29:23*}
 - ❖ High refined foods {limit - *Genesis 1:29; 3:18*}
 - ❖ High sugar intake {limit - *Proverbs 25:16, 27*}
 - ❖ Unclean meats {abstain - *Genesis 7:2; 8:20; Leviticus 11:1-3, 9-10, 13-23, 29-31; Deuteronomy 14:3-19*}
 - ✓ Clean, unclean designation was revealed before there was a Jew.
 - ✓ Animal food uncleanness is natural so there is no sacrifice to undo it. It wasn't a Jewish ceremonial issue but an universal principle for all who follow God.
 - ✓ Some unclean animals are scavenger animals.
 - ❖ Smoking {abstain - *1 Corinthians 6:19-20; 10:31*}
 - ❖ Alcohol {abstain - *Proverbs 20:1; 23:21, 29-35*}
 - ❖ Illegal drugs and prescription drugs (*as needed or prescribed by a physician with the idea, if possible, of improving health conditions to discontinue use*)
 - ❖ Pornography {abstain - *1 Thessalonians 4:3-8; 5:23* }
 - ❖ Sex outside marriage {abstain - *Genesis 2:24-25; 1 Thessalonians 4:3-8; 5:23*}
 - ❖ Caffeinated drinks—coffee, tea, monster drinks, sodas, etc. {limit - *1 Corinthians 6:19-20; 10:31*}
- **A – Air** {Genesis 1:6}
 - Deep breathing has been discovered to help PTSD
 - Deep breathing oxygenates blood increasing oxygen levels to the cells and brain, helping with drowsiness and increasing energy.
 - Fresh air helps to eliminate germs.
 - **Tips:**
 - ❖ Practice deep breathing multiple times per day—deeply breathe in through your nose, hold for a few seconds, then breathe out deeply through your mouth.

- ❖ Watch your posture, shoulders back, no slouching, so your rib cage area is fully able to expand for deep breathing.
- **R – Rest** {*Genesis 2:1-2*}
 - God created people with life rhythms and cycles—daily, weekly, Sabbath
 - ❖ After the French Revolution the government developed and implemented a 10-day work week with dismal results. The people became exhausted because God created humanity for a seven-day weekly cycle.
 - People get more done when they are rested than when they push themselves!
 - ❖ Human beings need an average of 7-8 hours of rest nightly.
 - ❖ Improves athletic performance, mood, feelings of well-being, intelligence, etc.
 - God’s presence produces rest along with peace and contentment {*Exodus 33:14; Matthew 11:28-29*}.
 - Addressing/dealing with past hurts, pains, traumas, etc. with the Holy Spirit’s help through prayer, Christian counseling, support groups, mentors, life coaching, etc.—God can use to give rest, peace, joy, or contentment.
 - *Tips:*
 - ❖ Turn off devices or stop screen time 30 minutes before your bedtime.
 - ❖ Develop a regular bedtime and waking time.
 - ❖ Take a day-off and family time to “decompress.”
- **T – Trust** {*Genesis 2:25; Proverbs 3:5-6*}
 - Here’s the ultimate secret and foundation to overall whole-person health
 - ❖ God gives the motivation and power to implement His health plan for our lives, making the required changes for us to succeed {*Philippians 2:13; 2 Peter 1:2-8*}.
 - ❖ A personal faith relationship with Jesus is the how God’s health plan is fully experienced and implemented. It’s how we have the power, motivation, and encouragement we need to live healthy for Him {*1 Corinthians 6:19-20; 10:31*}.
 - Before sin, Adam & Eve spent time with God daily, enjoyed His creation-gift for them, and lived in a constant attitude of praise and gratitude.
 - ❖ Unfortunately, their choice to sin interrupted this perfect connection with God and His health plan for their lives.
 - ❖ Only as we choose Him again will we experience in a growing way, His whole-person health through the health principles He so graciously has given us!
- **+ - Mental & emotional health** {*Deuteronomy 30:6; Psalm 23:3; 33:20; 34:2; 63:1*}
 - Good health must include our mental and emotional health too, not just our physical health!
 - ❖ Physical health is fueled/driven by our mental, emotional, and spiritual health.
 - ✓ We are what we eat...and what we think! This is how we live.
 - ❖ I [presenter – David] ate to cover my disappointment, low esteem, pain, trauma, etc., not because I was hungry!

- ✓ This is why when I'd come home after school to an empty house, I would eat/drink a half gallon of milk, a package of Oreo cookies, and other leftover desserts I could find in the refrigerator.
- ✓ "I ate to medicate!!" Unfortunately, Food became my [presenter - David] drug of choice as I tried to medicate my pain.
- If you are struggling, **PLEASE** get help—friend/community accountability, good Christian counseling, support groups, join a health program, etc. **PLEASE** don't struggle alone in food "additions," eating disorders, loneliness, depression, etc.

God's "Sweet-spot" & Making Health Changes

- Living in God's perfect will for our lives as we grow in His grace is the "sweet-spot" where we will feel the most alive!!
 - God gives humanity His health laws as a pathway to experience His pleasure in a greater, better way!
 - "Though we might struggle against it and are terrified by it, yet we know it's what we need, and ultimately...what we want." *{written in the journal of someone "wrestling" with their will against God's will for their life}*
- How to make healthy health changes
 - Pray! Pray! Pray!
 - Making health lifestyle changes is not something we can do on our own. We need God's help!
 - Discover the emotions/feelings behind the health habits. Good counseling can help!
 - Most of our health lifestyle choices are driven by emotions and/or feelings.
 - We comfort, support, etc. by our health lifestyle choices, even though they may not be the best for us.
 - Make changes with doctor's supervision, little by little, with balance!
 - Fad diets and/or other extreme measures may "work" for a brief time but they are not sustainable or healthy!
 - Good health habits should be a sustainable, healthy lifestyle, not a fleeting fad.
 - Get solid help and support—accountability is good.
 - Outside of God's help we need other humans to do well with our health lifestyle!
 - Make changes with another person doing it with you.
 - Find an exercise partner, join a reputable program that helps you with accountability, join a gym or YMCA, etc.

LIVING CHOICE: Will you be an "Edenist," experiencing God's "sweet-spot" for your life as you live out by His grace His health laws for your good health?