

HealthWorks

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Fill Your Life With CELEBRATIONS!®

Celebrations! They mark the high points of your life—birth, birthdays, graduations, marriage, anniversaries, and holidays. But why wait? Fill every day with celebrations. Special occasions are marked with delicious food, entertainment, and gifts—and the gifts of daily CELEBRATIONS!® are always available to you.

A gift benefits the receiver most when it is acknowledged with thanks and appropriated to the recipient's life. The new General Conference acronym CELEBRATIONS!® can help you appreciate and appropriate all the gifts of healthful living so you can enjoy vitality, energy, and abundant life.

C stands for Choices

You may not always see the end from the beginning, but your choices always determine your destiny. Healthy choices bring positive effects to the individual, family, and community. Unhealthy choices drain vitality from the entire populace. Celebrate the freedom to make healthy choices—it is your tool to open all good gifts.

E stands for Exercise

There are many more gifts within this one such as energy, endurance, flexibility, strength, firm body, glowing complexion, mental health, self-confidence, and enhanced immunity. In addition, exercise decreases risk of anxiety, cancer, depression, diabetes, heart disease, hypertension, obesity, osteoporosis, stress and other diseases. Experts now recommend 30 minutes of continuous aerobic exercise each day, although two 15-minute sessions are almost as good. Celebrate with this stimulating gift of exercise to improve your health, productivity and life expectancy.

L stands for Liquids

Every body cell, tissue, and organ needs water to function. Water helps regulate body temperature, transport nutrients and oxygen to the cells, remove waste, soften stools to prevent constipation, moisten tissues, cushion joints and keep blood flowing. When we do not drink sufficient water, the blood concentrates. Drink more water than your thirst demands. Milk, juicy fruits, and vegetables contribute to hydration, but coffee, tea, and alcohol increase fluid loss. Pamper yourself with a warm bath for cleanliness, relaxation, and healing every day. Celebrate with this luxuriant gift of water!

E is for Environment

Throughout history, civilizations could flourish only where there was a habitable climate, rich soil, and pure water. The physical, chemical, and biotic factors that surround us (such as air, climate, soil, sun, plants, trees, and water) determine potential health and even our survival. Just as prevention is the best policy for personal health, so it is with the environment. It's not easy to restore polluted water, denuded forests, toxic air and contaminated soils to their pristine quality. Celebrate the gift of a life-sustaining environment and do all you can to restore and protect it.

B is for Belief

All great civilizations have been founded on a belief in God and values leading to an orderly society. Belief in spiritual values is a strong motivator to treat others well and to develop peaceful human relationships. History demonstrates that faithless and amoral societies become so corrupt they cannot survive. Studies indicate that those with regular spiritual

Continued on next page.

practices who meet with a faith community live longer, live better, and are far less likely to have a stroke or heart attack. Celebrate belief—the gift that sustains!

R is for Rest

Try to get eight to nine hours of sleep every night. To sleep soundly and restoratively, eat a light evening meal; avoid late-night snacks, work and TV; and retire at a regular time after a warm bath. During the French and Russian Revolutions and World War II, attempts to increase productivity by extending the work week beyond six days failed miserably. These experiments indicate there is a physiological requirement for one day of rest after every six days of work, so take one day off every week. Rest comes in several different packages—periodic breaks, a restful night's sleep, a weekly day of rest, and an annual vacation. For peak efficiency, mental health, and abundant energy, don't skip any of them! Celebrate the refreshing gift of rest.

A is for Air

For mental and physical activity, the cells in the brain and body must have abundant oxygen. Diaphragmatic breathing is the best method of respiration. If you are deprived of oxygen, the brain suffers first. If the deprivation is slight, you will be irritable and less alert. If oxygen is absent for even a few minutes, you will become unconscious and die. When air quality allows, open your windows or go outside to enjoy energizing early morning walks. Avoid cigarette smoke and other air pollutants. Have fun! Celebrate life in the fresh air!

T is for Temperance

Self-control is necessary to avoid health-destroying behaviors. Alcohol, tobacco, and other drugs are enticing because they are

promoted as fun, stimulating, and a release from stress and pain. Even many innocent-appearing popular beverages contain drugs. Theophylline lurks in tea, and caffeine is hidden in most coffee and colas. Fruit-flavored wine coolers contain alcohol. Using alcohol, tobacco, or illicit drugs in any amount is hazardous because they may lead to addiction and harm. In place of chemical depressants, get your relaxation from sunlight, water, and rest. Celebrate temperance as a safeguard of purity, and toast your drug-free life with bubbly fruit juices, herb teas or cereal coffee.

I is for Integrity

It's easy to rationalize and deny the harm of health-destroying behavior—even obvious signs of drug-related problems. We need to learn to be honest with **ourselves** in order to avoid self-defeating behaviors. We must also be honest with **others** to gain their trust and develop good interpersonal relationships. Those who maintain close relationships with a spouse, friends, and social groups live longer and healthier lives. Add more people to your life, and spend more time with family, friends, community and God to reduce anxiety, depression and many diseases. Celebrate integrity and social connections for their contribution to your mental, physical and spiritual health.

O is for Optimism

Two look out through the same bars—one sees the mud, and one sees the stars. Optimism is built on hope and trust that things will work out for the best. Faith finds its outlet in optimism. The glass is half full in the eyes of the optimist, while the pessimist under a canopy of despair perceives the glass as half empty. An optimistic outlook allows us to laugh, and laughter is a powerful medicine. No wonder the Breslow-Belloc study of nearly 7,000 adults discovered that unhappy people had a death rate 57 percent higher than happy individuals. Celebrate each day to preserve your sanity and life!

N is for Nutrition

Food is the center of most special-occasion celebrations. In every meal, choose energizing, body-building foods in the quantities indicated on the Vegetarian Food Pyramid to reduce the risk of cancer, coronary heart disease, diabetes, hypertension, intestinal disease, obesity, and osteoporosis. For the most delectable food, preserve the original texture and nutrient content with proper preparation. Think festival! Think carnival! Think celebration at every meal!

S is for Social Service

A steward is a manager who acknowledges dependence on God and interdependence with others. Research has shown that people who maintain close relationships and who serve others are healthier and happier. Active church members have less disease than nonmembers. Friendships with people and pets alleviate stress and improve health. Giving and receiving within close relationships is part of good stewardship of health. Acknowledging your dependence on God while giving and receiving social support is an investment in health that can fill your life and the lives of others with celebrations every day.

Invest in a healthy future by appropriating the gifts represented by the acronym CELEBRATIONS!® Indulge in these good things! Enjoy them! Be thankful!

Order the attractive pamphlet from *The Health Connection* (USA & Canada). Call toll-free: 800-548-8700

CELEBRATIONS Contest

You remember the acronym NEW START, don't you? Almost every Adventist health professional knows it by heart. It was developed and trademarked by Weimar Institute and has served its purpose well by helping us put the eight principles spoken of in the book *The Ministry of Healing* (p.127) into a form that is easy to remember.

The General Conference has developed a new acronym which they have trademarked and which we have featured in this issue. Do you like it? It is very comprehensive and frankly, exciting. To get you to use it we are sponsoring a "Celebrations Contest."

I invite you to get into the spirit of celebration by preparing one or more sermons or health talks using one of the health concepts represented by the new General Conference acronym CELEBRATIONS.

Each presentation will be judged according to the following guidelines:

- Biblically Based
- Scientifically Sound
- Balanced—not extreme

The sermon content should be:

- Creative
- Appealing
- Logical
- Celebratory

The actual scientific abstracts you use should accompany script:

Length: Prepare a manuscript of 3,000-4,000 words. Ten to twelve typewritten, double spaced, pages, or we prefer a 3 ½" floppy or zip disk.

Contest Deadline: September 1, 2002

Judging: The winning manuscripts will be awarded a prize of \$500. The judges' selection will be final. All manuscripts submitted whether winners or not will become the property of the sponsors and entry to the competition gives all rights to the sponsors for the use of the manuscripts.

The winners will be announced in a future issue of *HealthWorks*.

The Health Connection has prepared a wonderful banner and pamphlet built on the celebration theme that are excellent for use in health fairs and health exhibits at county fairs. Thousands of people can celebrate with you if you put up this exhibit at a fair.

Well, have fun. I look forward to receiving your entries.

DeWitt S. Williams, Director



It's MEATOUT Time Again!

Meatout 2002 will be happening soon. This annual campaign gives caring people in the U.S., Canada, and around the world an opportunity to share the message of good health, vegetarianism, and nonviolence with their communities. The official day is March 20, although events will also be occurring before and after that day.

Anyone is welcome to participate, either by attending someone else's event or by having an event of their own. Festivals, receptions, workplace lunches, cooking demos, lectures, leafleting, information tables, and exhibits are already in the works in the U.S. and a few other countries (see http://www.meatout.org/html/meatout_events.html). New events are being registered online every day. Participation can be as easy as setting up an information table at a supermarket or as elaborate as holding a Meatout festival for hundreds of people. Educational materials will be provided free of charge.

This year marks the eighteenth year of Meatout. Remember that each 1% reduction in the national meat consumption saves 100 million innocent, sentient animals from agony and death. Don't miss out on your chance to create positive change in the world around you—get involved today!

To learn more or to request a free Meatout Action Kit, visit www.meatout.org or call 1-800-MEATOUT

Adventist Radio Program Provides Quick Health and Lifestyle Tips

The North American Division has created a new radio program called Lifelines. For its premiere, compact discs with ten 90-second shows were submitted to 700 U.S.-based Christian and mainstream radio stations to be used as public service announcements (non-paid programming).

According to partnering producers *Vibrant Life* magazine, North American Division Communication and Health Ministries, and Loma Linda University Medical Center, Lifelines was designed to provide radio listeners with practical tips about a variety of topics, including disease prevention, physical, mental, and spiritual wellness, and the eight principles of health, all to raise quality of life.

"Health and wellness play a big role in determining the level of one's quality of life, but the truth is, prevention is proving to be our best weapon of defense against disease and illnesses plaguing our world," said DeWitt Williams, NAD Health director.

"We share our health principles and preventative measures at hospitals, schools, fitness camps, and health retreats; through magazines, newspaper columns, and the television talk show, Lifestyle Magazine. Why not radio?" said Kermit Netteburg, assistant to the president for communication and the program's executive producer.

Common Questions, Practical Answers

The program is hosted by Elmar Sakala, M.D., M.P.H., a teaching and practicing physician at Loma Linda University who wants to see Americans live longer and fuller lives.

"Even before September 11, people were yearning to live better, but since the tragedy, I'm finding they are now ready to make the small, intentional changes necessary to help them get more out of life. That's why each program answers a common question with practical ideas for life application," he said.

"Could a small sample of your hair tell you the changes you need to make in your diet?" begins one program. "Does your partner keep you awake at night noisily grinding teeth?" begins another.

At the end of each program, listeners are offered the opportunity to call or visit a web site (www.vibrantlife.org) to get more information about healthy living. Those inquiries will be handled by Larry Becker, editor of *Vibrant Life* magazine. The name *Lifelines* comes from the most popular section of his bi-monthly magazine.

"Our research shows that readers really like the Lifelines section where we share short interesting bits of health news and tips," said Becker, who converted his copy into 90-second scripts for the radio version.

In addition to targeting radio stations, producers plan to make the program available to local churches who wish to personally place the programs on community radio stations.

Before producing additional programs, project partners plan to send three direct mailings to radio stations in 2002. TRANSDA, the church's media booking agency, will monitor station usage and listener response.

To receive a *Lifelines* radio program packet, call 800-790-5433.

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