

Getting Practical

Making the Health Message Work

by Dr. Michael Orlich

- Guiding Principles

- Guiding Principles
- Diet

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- Exercise

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- The 4 “S”s

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- Faith

Guiding Principles

I. Keep the big picture
in mind

2. Avoid extremes

3. Consistency

4. Progressive reform

5. Individualized approach

6. Be Positive

7. Get Help

Diet

What does the Bible
say about diet?

- Eden Diet Concept

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- Clean and Unclean Meats

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- Jerusalem Counsel

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- Special diets (Nazarite, Daniel, etc.)

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- Clean and Unclean Meats
- Jerusalem Counsel
- Special diets (Nazarite, Daniel, etc.)
- Self-control

“When thou sittest to eat with a ruler,
consider diligently what is before thee: And
put a knife to thy throat, if thou be a man
given to appetite. Be not desirous of his
dainties: for they are deceitful meat.”

Proverbs 23:1-3

“Be not among drunkards or among
gluttonous eaters of meat, for the drunkard
and the glutton will come to poverty, and
slumber will clothe them with rags.”

Proverbs 23:20-21

“Woe to you, O land, when your king is a child, and your princes feast in the morning! Happy are you, O land, when your king is the son of the nobility, and your princes feast at the proper time, for strength, and not for drunkenness!” Ecclesiastes 10:16-17

Diet: Keep it Simple

“Eat food, not too much, mostly plants.”

Michael Pollan

Diet Principles

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- Watch out for all the sugar, salt, and fat. It is all around you!

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- Aim to keep or reach a normal body weight
- Watch out for all the sugar, salt, and fat. It is all around you!
- Beware of restaurants, prepared food, fast foods, rich foods, sweets, etc.

Food Rules

by Michael Pollan

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- “Treat treats as treats!”

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- “Don’t feed you and your car at the same place.”

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- “Treat treats as treats!”
- “If it came from a plant, eat it. If it was made in a plant, don’t.”
- “Don’t feed you and your car at the same place.”
- “If it comes through the window of your car, its not food.”

Remember the guiding
principles!

Exercise

Listen to Nike

“Just Do It”

Exercise helps...

Exercise helps...

Blood pressure

Exercise helps...

Blood pressure

HDL cholesterol

Exercise helps...

Blood pressure

HDL cholesterol

Triglycerides

Exercise helps...

Blood pressure

HDL cholesterol

Triglycerides

Diabetes

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Obesity

Exercise helps...

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Triglycerides

Diabetes

Obesity

Osteoporosis

Exercise helps...

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Depression

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Diabetes

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Exercise helps...

Blood pressure

Depression

HDL cholesterol

Arthritis

Triglycerides

Diabetes

Obesity

Osteoporosis

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Blood pressure

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HDL cholesterol

Arthritis

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HDL cholesterol

Arthritis

Triglycerides

Cancer

Diabetes

Aging

Obesity

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Aging

Obesity

Pain

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Cancer

Diabetes

Aging

Obesity

Pain

Osteoporosis

Injuries

Exercise Tips

Exercise Tips

- Do it!
- Be consistent
- Cardiovascular fitness most important (running, biking, swimming)
- Strength training important for everyone
- Be lean & strong, not bulky and heavy
- Get training for weights
- Focus on core, balance
- Work on flexibility
- Be safe
- Stick with it!
- Do active work
- Walk & Hike
- Active recreation
- Get outdoors!

The 4 “S”s

Studies, Stress, Sleep, Sunshine

Sleep

Sleep

- Combats stress & depression

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- Improves performance

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- Feel better, don't need caffeine

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- Sunlight helps
- Watch the computer!

Sunshine

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- Avoid sunburn & protect overexposed areas of the skin

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- Avoid sunburn & protect overexposed areas of the skin
- Consider Vitamin D supplement

Studies

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- Be consistent

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- Set a time to quit studying each night
- Wake up early for extra studying
- Need sleep, need extra exercise, don't eat too much
- Don't let it ruin your physical & spiritual health
- Try to focus on learning!

Stress

Stress

- Exercise

Stress

- Exercise
- Sleep

Stress

- Exercise
- Sleep
- Be outdoors

Stress

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Stress

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- Trust in God

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- Bible promises

Stress

- Exercise
- Sleep
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- Sunshine
- Trust in God
- Bible promises
- Recreation

Stress

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- Sleep
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- Sunshine
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- The Sabbath

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- Recreation
- The Sabbath
- Work, cleaning, etc.

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- Be outdoors
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- Trust in God
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- The Sabbath
- Work, cleaning, etc.
- Talk with friends & family

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- Work, cleaning, etc.
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- Cast your cares on Him

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- Avoid escapes that will make it worse (drugs)

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- Work, cleaning, etc.
- Talk with friends & family
- Cast your cares on Him
- Avoid escapes that will make it worse (drugs)
- Get help if you need it!

Depression

Recognize the Symptoms

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- Persistent sadness, or feeling, blue, down, depressed or depressed for more than 2 weeks

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- Change in sleep pattern

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- Fatigue, loss of energy

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- Fatigue, loss of energy
- Worthlessness

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- Worthlessness
- Guilt

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- Change in sleep pattern
- Fatigue, loss of energy
- Worthlessness
- Guilt
- Can't concentrate

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- Loss of interest or pleasure in things you normally like or enjoy
- Change in appetite
- Change in sleep pattern
- Fatigue, loss of energy
- Worthlessness
- Guilt
- Can't concentrate
- Thoughts of death or suicide

Why Am I Depressed?

Why Am I Depressed?

- Genetic predisposition

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- Genetic predisposition
- Stressors & life events

Why Am I Depressed?

- Genetic predisposition
- Stressors & life events
- Your environment

Why Am I Depressed?

- Genetic predisposition
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- Thought patterns

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- Spiritual Issues

Why Am I Depressed?

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- Stressors & life events
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- Thought patterns
- Spiritual Issues
- Brain Chemicals

What to do?

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- Tell someone! Get help! Don't be a lone ranger!

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- Identify and correct "hits"

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- Identify and correct "hits"
- Exercise is very effective
- Medication and/or counseling may be necessary
- Get the help you need early, then work on addressing issues to prevent future episodes

Look out for your
friends!

Prevent suicide!

Addictions

Addictions

Addictions

- Alcohol

Addictions

- Alcohol
- Tobacco

Addictions

- Alcohol
- Tobacco
- Caffeine

Addictions

- Alcohol
- Tobacco
- Caffeine
- Illegal drugs

Addictions

- Alcohol
- Tobacco
- Caffeine
- Illegal drugs
- Prescription drugs

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- Sexual addictions

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- Eating disorders *

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- Food addictions
- Video game addictions

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- Sexual addictions
- Eating disorders *
- Food addictions
- Video game addictions
- Internet addictions
- Love/relationship addictions or codependencies

**Prevention: Avoid
addictive substances or
activities to begin with.**

Recognize the Symptoms

Recognize the Symptoms

- You have tried to quit but you can't
- You need more to get the same effect
- You quit, but always start up again.
- Your pray to stop, but can't.
- The behavior starts causing you problems with school, work, relationships, or your health.
- Behavior, guilt, repentance, behavior..cycle.

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- Surrender the problem to God.

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- If they don't do anything to help you, seek help elsewhere.

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- Accountability is important.

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- Get help! Go to a trusted friend, family member, pastor, teacher or counselor.
- If they don't do anything to help you, seek help elsewhere.
- Accountability is important.
- Go to a 12 step program. They work.

Important: You need God's
power to overcome
addictions, but you often need
to experience that power
through a process that includes
confession, accountability, and
mentorship/discipleship.

The 12 Steps of AA

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4. Made a searching and fearless moral inventory of ourselves.

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5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

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4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.

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7. Humbly asked Him to remove our shortcomings.

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8. Made a list of all persons we had harmed, and became willing to make amends to them all.

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7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

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7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.

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8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

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11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

“The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life...The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.”

Alcoholics Anonymous

“Faith has to work twenty-four hours a day in and through us, or we perish.”

Alcoholics Anonymous

**Bottom Line:
Get Help!**

Social Support

- Family Ties

- Family Ties
- Close Friends

- Family Ties
- Close Friends
- Good Marriage

- Family Ties
- Close Friends
- Good Marriage
- Accountability

- Family Ties
- Close Friends
- Good Marriage
- Accountability
- Positive Peer Support

Faith

- The believer's advantage

- The believer's advantage
- The Adventist advantage

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- The Adventist advantage
 - “doers and not hearers only”

- The believer's advantage
- The Adventist advantage
 - “doers and not hearers only”
 - increase your connectedness & involvement

- The believer's advantage
- The Adventist advantage
 - “doers and not hearers only”
 - increase your connectedness & involvement
 - marry an Adventist who cares about the health message

Faith in God

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- The hope when things are depressing

Faith in God

- The hope when things are depressing
- The peace amidst the stress of life

Faith in God

- The hope when things are depressing
- The peace amidst the stress of life
- The wellspring of a good attitude

Faith in God

- The hope when things are depressing
- The peace amidst the stress of life
- The wellspring of a good attitude
- The wisdom to make the right choices

Faith in God

- The hope when things are depressing
- The peace amidst the stress of life
- The wellspring of a good attitude
- The wisdom to make the right choices
- The power to change

“Through the right exercise of the will, an entire change may be made in your life. By yielding up your will to Christ, you ally yourself with the power that is above all principalities and powers. You will have strength from above to hold you steadfast, and thus through constant surrender to God you will be enabled to live the new life, even the life of faith.” Steps to Christ, p 48