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Steps to Radiant Living

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STEPS TO RADIANT LIVING

Presented by Trevor O'Reggio

8 Steps

1. Nutrition
2. Exercise
3. Water
4. Sunshine
5. Temperance
6. Air
7. Rest
8. Trust in God



Nutrition

- Food is vital to our health. It provides the building blocks for growth and repair, and fuel for energy. It is a key element in the length and quality of life. Poor diet contributes to weight gain, heart disease, cancer, and a host of other diseases.



Understanding Food

Carbohydrates

- These are the primary source of energy for very action and process in the body



Protein

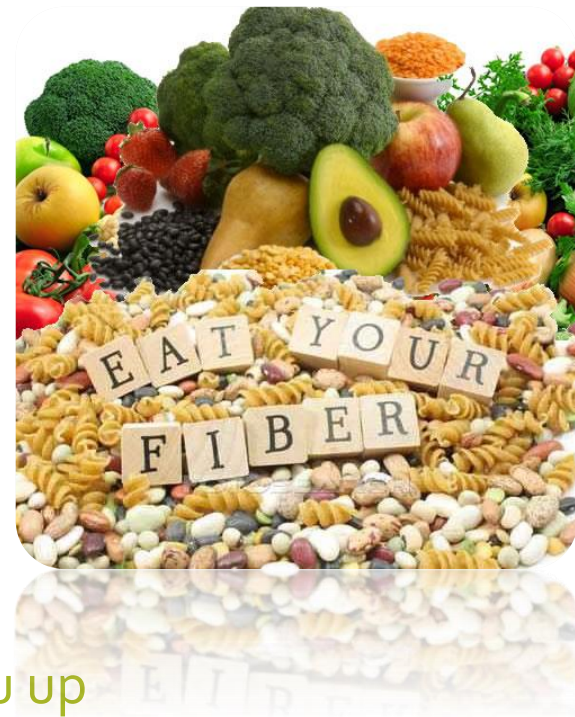
- Your body is built largely of protein. It is the most important component of muscles, blood, skin, bones, nails, hair, and the internal organs



Understanding Food

Fat

- These fatty acids are necessary for the proper performance of the body. They help to absorb certain vitamins, make food taste good, and give a feeling of satisfaction



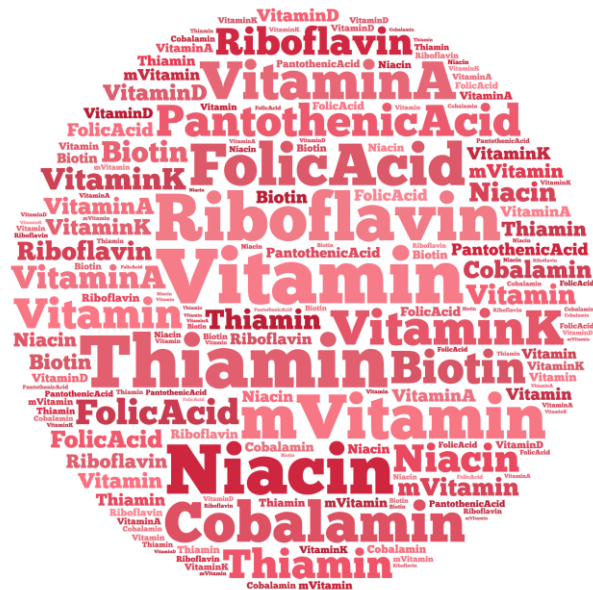
Fiber

- It fills you up
- It slows down the digestion of sugar
- Fiber also binds with cholesterol and removes it from circulation

Understanding Food—Micronutrients

Micronutrients

- Vitamins, minerals and other micronutrients are substances the body needs in small amounts to work properly



Phytochemicals

- “plant chemicals,” these are substances found in plants that, among other benefits, lower the risk of cancer
- Phytochemicals are usually destroyed when foods are refined



A diet of Excess

- Fat
- Protein
- Salt
- Sugar
- Empty calorie foods



Designing Delightful Nutrition



1. Eat a wide variety of fruits, grains, vegetables, legumes, seeds, and nuts
2. Avoid protein from animal sources
3. Allow at least five hours between meals, and eat meals at the same time each day
4. Limit fat, sugar, and salt
5. Eat a good breakfast, a moderate lunch, and a light supper
6. Don't eat between meals



Exercise

We are created for action, and it is impossible to be truly well without it!

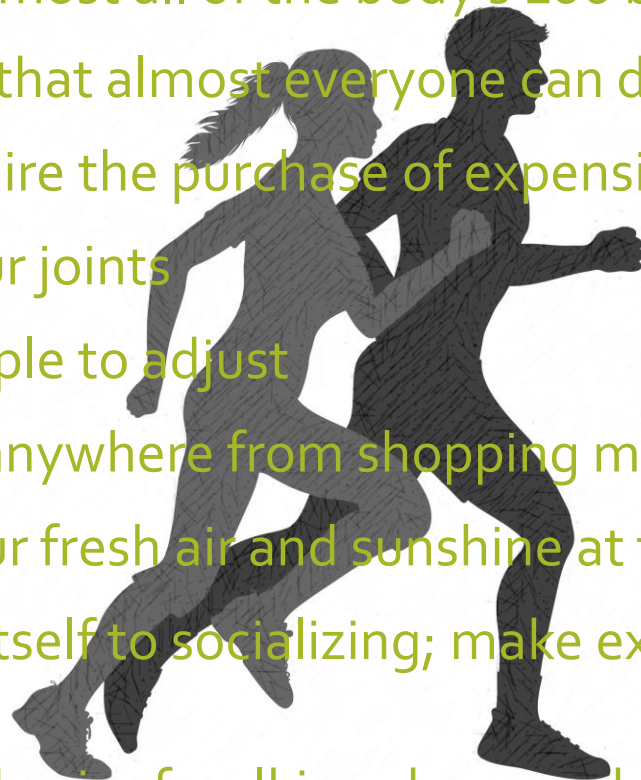
- Exercise helps us feel good
- Exercise increases energy levels
- Exercise helps one to reach and maintain proper weight
- Exercise stimulates the immune system



- Exercise enhances circulation
- Exercise strengthens the bones
- Exercise helps protect from heart disease by strengthening the heart, decreasing blood pressure and heart rate, and lower LDL (bad) cholesterol while raising HDL (good) cholesterol
- Exercise aids digestion, reducing gas and constipation

Benefits of Walking

- Walking uses almost all of the body's 206 bones and 640 muscles
- It is something that almost everyone can do without learning new skills
- It does not require the purchase of expensive equipment
- It is easy on your joints
- The pace is simple to adjust
- It can be done anywhere from shopping malls to the great outdoors
- You can get your fresh air and sunshine at the same time if you are walking outside
- Walking lends itself to socializing; make exercise fun by including family, friends, and your dog
- Invest in a good pair of walking shoes and dress appropriately for the weather



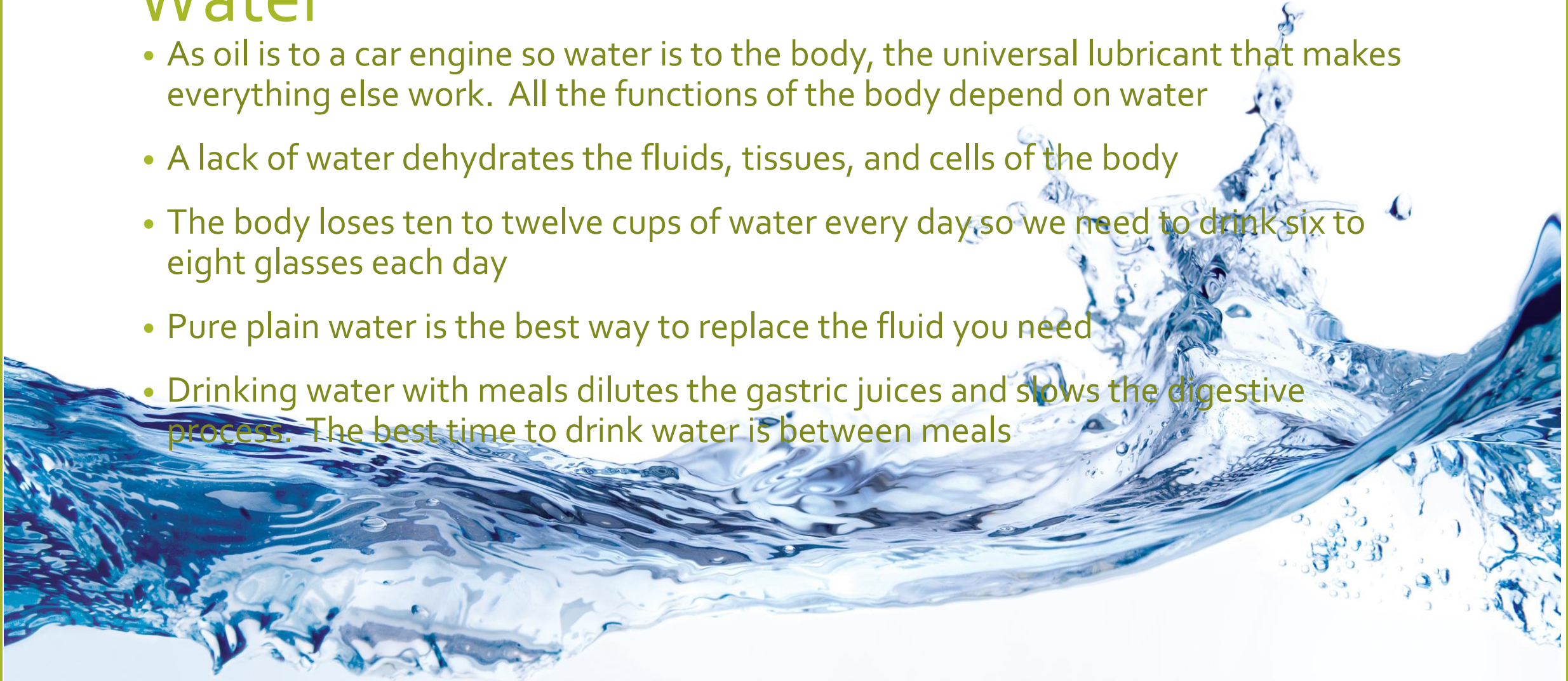
Exercise Essentials

- Check with your doctor before starting a vigorous exercise program
- Make physical activity a part of your life
- Establish an exercise routine
- Always start with a low intensity exercise to let your body warm up
- End with a low intensity exercise to cool down
- You need at least 30 minutes of exercise everyday

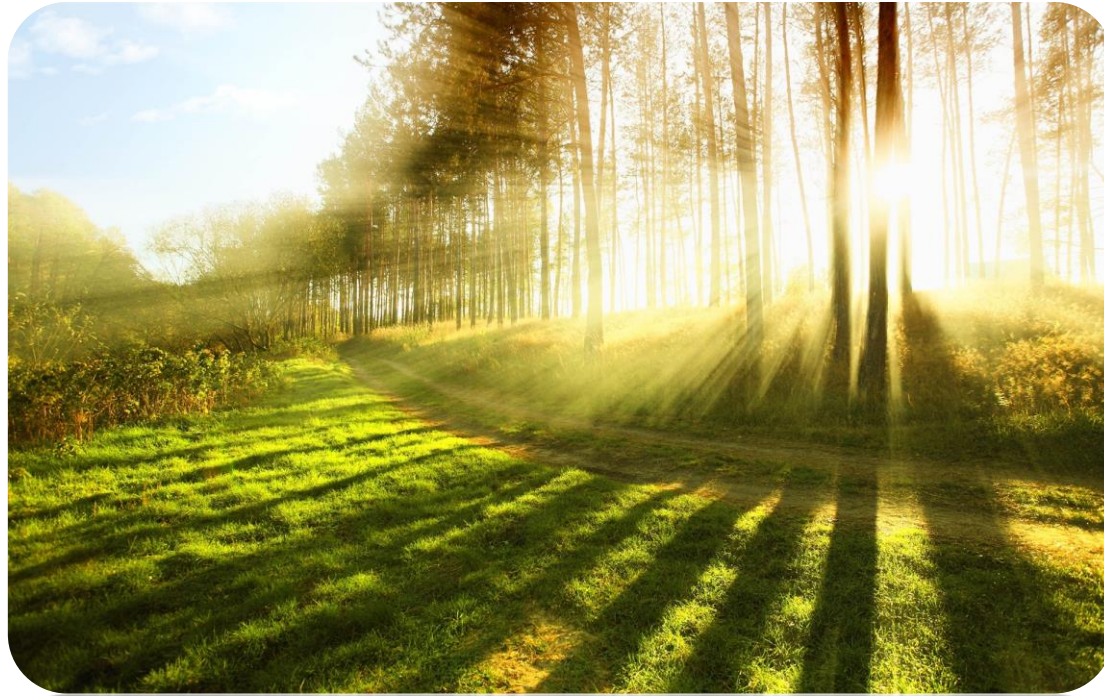


Water

- As oil is to a car engine so water is to the body, the universal lubricant that makes everything else work. All the functions of the body depend on water
- A lack of water dehydrates the fluids, tissues, and cells of the body
- The body loses ten to twelve cups of water every day so we need to drink six to eight glasses each day
- Pure plain water is the best way to replace the fluid you need
- Drinking water with meals dilutes the gastric juices and slows the digestive process. The best time to drink water is between meals



sunlight



- Sunlight converts cholesterol into vitamin D, lowering the blood cholesterol
- Sunlight kills many germs and enhances the immune system
- Sunlight soothes the nervous system and is important in treating depression
- Sunlight strengthens the cardiovascular system

Sunlight


- Sunlight aids in weight loss, increasing the metabolism by stimulating thyroid production
- Sunlight improves sleep
- Sunlight enhances waste elimination by improving liver function



What about skin cancer?

- Sun should be taken in moderation. Overexposure to sunlight is a cancer risk factor for skin cancer.

TReduce your
RRisk of Cancer



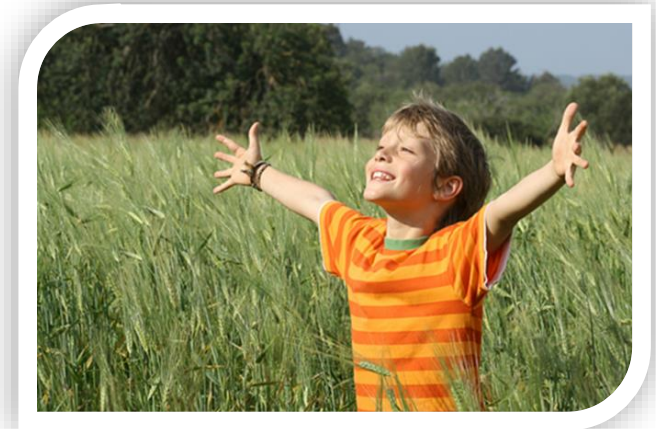
Temperance



- Temperance has three very distinct meanings
 1. Moderation in the use of that which is good
 2. Total abstinence from that which is harmful
 3. Self-restraint
- More is not always better
- Anything that harms the body is counterproductive to good health. Do not use tobacco, alcohol, drugs, or caffeinated drinks
- Self-restraint is easily said, but it is an elusive goal for most of us

Air

- Air is the most vital element for man and animals.
- One may live for weeks without food, or days without water, but deprived of air he will perish within minutes
- The human body must have oxygen; each of its 100 trillion cells must receive steady, fresh supplies to survive



FRESH AIR

Air

- Fresh air has many health benefits:
 - It improves the brain's ability to function
 - Gives clarity to the mind
 - Improves concentration
 - Boosts learning abilities
 - It gives a sense of happiness and well-being by altering brain levels of serotonin
 - It promotes quality sleep
 - Kills bacteria and viruses in the air



Air



- Ventilation
 - Open the windows or set heating and conditioning units to bring in fresh air
- Deep Breathing
- Exercise
 - A good workout forces you to breath deeply and speeds up the circulation
- Posture
 - The way we stand and sit affects amount of air the lungs can hold
- Plants
- A Rural Environment
 - Fresh country air soothes the nerves, stimulates the appetite, and induces sound refreshing sleep

Rest

- A vital part of a healthful lifestyle is getting the right quantity and quality of sleep. This is when the body grows, repairs damage.
- Sleep deprivation impairs judgment, causing values and priorities to change. Continued loss of sleep can result in exhaustion, depression, delusions, paranoia, and hallucinations. Losing as little as three hours of sleep in a single night can cut the effectiveness of your immune system in half.



Rest

- Here are some ways to improve the quality of your sleep:
 1. Follow a regular exercise program, preferably in the fresh air and sunshine
 2. Don't eat a heavy evening meal
 3. Have a regular sleeping schedule. Go to bed at the same time and get up at the same time
 4. Before bedtime relax your body and mind
 5. Avoid stimulants like radio, television, tobacco, and caffeine
 6. Avoid upsetting arguments, conversations, and confrontations in the evening
 7. Refrain from alcohol
 8. A cool, dark, comfortable, tidy, and quiet sleeping area with an abundant supply of fresh air
 9. As you go to sleep, take time to be thankful for the blessings in your life

Trust in God

- Research has shown that spirituality helps to control stress, strengthen the immune system, and protect against heart disease and cancer. Beyond these scientifically verifiable benefits, God promises eternal life to those who trust Him—a life of perfect health and freedom from pain, fear, and death



- Listening to God
 - Through the Bible
 - Through the life of Christ
 - Through nature
 - Through others
 - Through providence—God's personal care, protection, and guidance
 - What about the trials of life; where is God when my world is falling apart?

• New Start +2

There are two more principles of health beyond the eight NEW START laws

• Gratitude

- Gratitude is a choice to be thankful and count life's blessings rather than to dwell on troubles and hardships

• Serving Others

- The great law of life in the universe is a law of service
- Is the world a better place because you are here? Strive to live a life of service; go out of your way to be kind to someone today

