**2015 HEALING CONVENTION**

**TOPIC: HEALTHY LIVING**

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Health is defined as a state of complete physical, mental and social well-being and not merely the absence of disease.1 Healthy living is a way of living that lowers the risk of being seriously ill or dying early. It is a way of living that helps an individual to enjoy more aspects of his life as well as helping the entire family.

Although not all disease and illness are preventable, however, a large proportion of deaths can be avoided. This seminar will address various areas including nutrition, lifestyle practices and ways of adopting a healthy lifestyle as God ordained man to live.

**BIBLICAL PERSPECTIVE OF HEALTH**

The bible takes a very high view of our physical bodies.2 We were created in the “image of God” (Gen. 1:26 – 27). The physical body is so important to God that not only did He create us with physical bodies, He personally incarnated into a physical body (John 1:14), healed physical bodies (Matt. 4:23, Luke 4:40), was resurrected with a physical body (John 20:24 – 29; 21:1 – 14) and gave the gifts of healing physical bodies to His disciples and to His church.

Healing requires healing of the physical, mental, emotional, social and religious facets as well as healing of the spiritual; it requires restoration of the image of God. God has a strong desire for every Christian to live in good physical health (3John 2), because good physical health is as important as good spiritual health. The physical body is the house of the spirit (1 Cor. 6:19). Good health is needed to carry out the various spiritual tasks that God has instructed Christians to do.

We are to honour God with our bodies. We are not depriving our bodies or treat it with disdain. We should value our health for two reasons:

* The knowledge that this body does not belong to us but to God.
* It is a divine commandment.

Honouring our bodies does not mean indulging our bodies or idolizing the body. Rather we are to respect our bodies, “rule over” and “care for” them as stewards of God’s creation (1 Corinthians 6:20).

**COMPONENTS OF HEALTHY LIVING**

Healthy living requires an interplay between certain factors.

These factors are:

1. **Lifestyle** – These are internal health factors, factors that only the individual can control. Examples are alcohol, other chemicals like drugs, exercise, diet, high risk behavior
2. **Human biology** – these are basic biologic factors that present technology cannot prevent. Examples are genetics, aging, degenerative diseases.
3. **Environment** – Theses are external health factors controlled by society and culture, not individuals. Examples are food, water, and air quality, physical, social and psychological factors.
4. **Health care organization** – This deals with the availability and quality of resources. Examples are preventive, curative and rehabilitative.

Throughout the bible, there are laws, instructions and counsels on proper diet, meal times, physical fitness, weight control, high risk behaviours and sexually transmitted diseases. Science is now proving inadvertently many of the lifestyle practices which God advised us to adopt or refrain from.

**1. Nutrition**

Nutrition is very important. God wants His children to take excellent care of their bodies since this is the residence of the Holy Spirit. A healthy diet is good for the body. This comprises all six classes of food in a moderate quantity.

Eating too much food or too little food is detrimental to the body. The bible regards eating too much food as gluttony and is sinful. (Prov. 23:20 – 21, Prov. 23:2).

Risk of overweight or obesity includes:

1. Heart disease
2. High blood pressure
3. Diabetes mellitus
4. Arthritis
5. Constipation
6. Sleep apnea
7. Infertility
8. Reproductive health problems
9. Reduced self esteem
10. Depression – suicide/attempted suicide
11. Other mental disorders
12. Fatty liver disease
13. Poor life expectancy

On the other hand, excessive weight loss can lead to depressed immunity and a tendency to have infections.

**COMPONENT OF A HEALTH DIET**

**Fats, oil and sugar**

**Milk, dairy products**

**Meat, fish, pulses**

**Vegetables and fruits**

**Carbohydrate (potatoes,**

**Bread, rice, cereals)**

* Use a food pyramid to monitor what you eat
* At the bottom of the pyramid, the food class is more important than at the top.
* So reduce the quantity of fat and oils in food and eat more vegetables and fruits.
* Women of childbearing age should try and prevent anaemia.

**EXERCISE**

* This is needed to burn off excess calories and maintain the cardiovascular status. Continuous intake of food without expenditure of energy will lead to obesity and its attendant complications.
* Exercise can be in form of walks, jogging, running, skipping, aerobics and even while performing household chores.

**REGULAR MEDICAL CHECKUPS**

1. Blood pressure
2. Blood sugar
3. Lipid profile
4. Cancer screening e.g. cervical cancer screening, mammography, clinical breast examination, self breast examination, faecal occult blood test.
5. Pre-conception counseling.

**LIFESTYLE PRACTICES**

1. Good Hygiene: “Cleanliness is next to godliness”. Simple hygiene has been known to effectively prevent diseases. Comprises hand washing, personal grooming, environmental sanitation, and proper waste disposal.
2. Avoidance/Cessation of cigarette smoking, alcohol (1Cor. 6:18 – 19).
3. Prompt treatment of disease

Does God command Christians to avoid doctors or medicines? Absolutely not.

Genesis 17:10 – 14, God commanded the procedure of circumcision to Abraham. Circumcision is a minor surgery.

Proverbs 17:22; Jeremiah 38:21; Jeremiah 8:22; Jeremiah 51:8; Ezekiel 30:21; Ezekiel 47:2; Luke 5:31

However, in spite of the availability of medical science and physicians, we are to rely completely on God for His healing power and recognize Him as Jehovah Rapha, the Healer.

1. Prevention of diseases

Immunization: HPV vaccine, Hepatitis B Vaccine, childhood immunizations.

**Conclusion**

“Health is wealth”. “Where there is life (health) there is hope”.