



2022 Lusaka Conference Camp meeting Health  
Presentations

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# Presentation 1: Healthful Living

## 1.1 Introduction

Health is a state of complete physical, mental, social and spiritual wellbeing. There are several important facts about health

- Health is a great treasure
- It is the richest possession that mortal can have
- God will not work in a miraculous manner to preserve the health of person who are not taking a sure course to make themselves sick
- The importance of the health of the body is to be taught as a Bible requirement

(EGW Healthful Living Chapter 8)

One may ask, why must we live healthfully or what is the essence of healthy living? There are at least three broad reasons why we should live healthfully, these are spiritual, whole body health( physical, mental, emotional, social) and economic reasons. These are discussed below:

### 1.1.1. The spiritual perspective:

Our bodies are the temple of the living God. "God is the owner of the whole man. Soul, body, and spirit are his. God gave his only begotten Son for the body as well as the soul, and our entire life belongs to God, to be consecrated to his service, that through the exercise of every faculty he has given, we may glorify him" (Healthful Living ). Romans 12:1 admonishes us to present our bodies as a living sacrifice..... In order to glorify God (which is one of mans duties), we need to be in a state of good health. A diseased body and disordered intellect, because of continual indulgence in hurtful lust, make sanctification of the body and spirit impossible (COD pg 44). 1 Corinthians 9:27 admonishes us to keep our bodies under subjection, that is self-control and temperance, otherwise by our actions we can disqualify ourselves from heaven which Christ paid for us at a very high price. Therefore, healthful living is essential because we are bought at such a high price and owe it to God to take care of the temple that he has given us to manage. Christ came that we might have abundant life, John 3:16 and have it abundantly John 10:10, so that we may prosper and be in good health 3John 2.

### 1.1.2. The health perspective:

Due to improvements in medicines (such as vaccines), technologies and medical knowledge, life expectancy has improved in the last couple of decades. According to the global burden of Disease study (GBD, 2016) , life expectancy increased from 61.7 years in 1980 to 71.8 years in 2015. Unfortunately, despite living longer the excess years are generally spent in ill health. There is a steady rise in non-communicable diseases also called lifestyle diseases which are largely preventable, and in some cases, whose onset can be delayed through healthful living. This includes hypertensive disorders, heart diseases, Diabetes, Cancers and mental illness. The quality of life lived depends on the choices that we make.

### 1.1.3. Economic Perspective

A lot of the global economy instead of being channelled to development is spent in the health systems. The costs are escalating with the increase in the lifestyle diseases stated above. Catastrophic medical bills push thousands into abject poverty every year. One cannot work when one is unwell.

## **1.2. Key Components Essential for Healthful living (NEWSTART)**

The key components of healthful living are captured in the eight doctors of nature. These are Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust in God.

### **1.2.1. Nutrition**

When God created man, he prescribed a diet. The Eden diet is the most ideal for man's body.

"In grains, fruits, vegetables and nuts are to be found all the food elements that we need" (COD Pg310). These foods constitute the initial/ original diet given to Adam and Eve in Eden.

The essential elements needed for good nutrition are

- Carbohydrates: Provide energy for the body e.g. wheat, oats, sorghum, maize, potatoes, ripe fruit and sugar. (Note, sugar removes minerals and vitamin B from the body therefore bad for food)
- Proteins: Repair and build the tissues in the body e.g. Beans, Soybeans, Peas, Lentils, nuts, milk, eggs and meats. Meats are secondary sources of proteins. Plant based sources of protein are highly recommended
- Fats: Furnish the body with fuel and energy e.g. Butter, cream, egg yolk, milk, olive oil (vegetable oils), all nuts and avocados
- Minerals: essential for body function e.g. calcium, magnesium, potassium, and iron.
- Vitamins: Needed in various forms in the body for multiple functions including energy production, repairs of body cells, immunity to mention a few (Kloss, 2005).

Sources of vitamins and minerals are mostly fruits and vegetables. However, other foods also contain them to varying degrees. The different colours of foodstuffs confer different properties. Fruits and veggies contain special elements called plant phytochemicals. Each colour connotes a different plant chemical. These chemicals are key to the prevention of illness and disease including cancer through the following

- o Reduce inflammation
- o Detoxification
- o Prevent oxidation (oxidative stress promotes cancer formation)
- Water  
(Discussed subsequently)

Note: Presentation 2 will discuss Nutrition in detail.

### **Counsels on diet at camp meetings**

- Take only the most healthful foods
- Avoid cakes, pies and related foods

- Warm food is recommended (cold food depletes the body of energy as much energy has to be spent by the body in warming the food before it can be digested)
- Eat less food than usual for better concentration
- Use less cooking oil
- Eat more wholesome food : brown bread, roller meal, oats, bran flakes
- Take lots of fruits and vegetables
- Do not eat in between meals
- Plant based diet is highly recommended

(Adapted from Counsels on Diet by EGW)

- ✓ Eat breakfast like a king, lunch like a princess and supper like a poor man
- ✓ Have regular eating times
- ✓ Eat some raw foods everyday (fruits and vegetables)
- ✓ Ensure the food has a variety of colours to get the various plant nutrients



### 1.2.2. Exercise

“Life is movement”. In movement is necessary for life. Proper exercise in the open air and sunshine is among God’s greatest gift to man.

#### Benefits of Exercise

- Improves blood flow and oxygen (circulation) to all parts of the body, including the brain thereby improving physical and intellectual (brain) performance
- Promotes removal of wastes from the body
- Prevents the formation of blood clots,
- Improves digestion
- Helps in reducing weight
- Reduces the risk pf several diseases such as hypertension, heart attack , stroke and diabetes

#### Some interesting facts

- Physical inactivity increases the risk of heart disease and stroke by 50%

- People who exercise regularly are three times more likely to recover from a heart attack than people who are less active

### Recommended Amount of Exercise

It is recommended for adults to have a minimum of two and half hours (150min) per week of moderate to vigorous physical activities such as brisk walking, biking, jogging/running and swimming in order to reduce the risk of lifestyle diseases (Arnett et al., 2019).



Physical inactivity in children and adolescents is a growing pandemic. According to the World Health Organisation 78% of the boys and 85% of girls, do not get adequate physical activity for their age (at least one hour per day).

- ✓ Exercise at least 150 minutes every week (30 minutes daily for 5 in a week or 50minutes 3 days in a week)
- ✓ If your work involves sitting at a desk, take frequent health breaks: stand, stretch, walk around the desk, squat, do desk push-ups, breathing exercises etc.
- ✓ If you work on a farm, or your work involves physical activities, do not bend your back for long periods, use tools with long handles (sweep using a broom with long handle, use a rake that has a long handle)
- ✓ Be consistent, 5 to 10minutes every day is better than 1 hour once in a while
- ✓ Keep well hydrated (take adequate water daily)



# Healthy Habits

### 1.2.3. Water

The body of the average adult consists of 60% water. For the body to work efficiently there is need to maintain optimum levels of water in the body. The body loses water through several physiological mechanisms such as breathing, sweating, urination and stool. Water contained in foods and produced by the body is not adequate to compensate for the losses. As such the body requires at least 6 to 8 glasses of water daily, which translates to about 1500mls (Pamplona-Rodger, 2010).

**Table 1: Water Intake and Water loss(Kloss, 2005)**

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SN	Route of Water Loss	Amount lost (in mls)	Water Intake	Amount gained (in mls)
1	Breathing	440mls	Liquids	<b>1500</b>
2	Sweating	550	Solid foods	750
3	Urinating	1550	Produced I body	400
4	Stool	150		
	Total Loss	2690		2650

#### Ideal time to drink water

- Shortly after rising in the morning, take 2 cups of lukewarm water (initially this will irritate the tummy, but slowly the body will adapt. You can start with smaller amounts of water, increasing with time)
- 2 glasses between breakfast and lunch, and two between lunch and dinner. This preferably 15 to 30min before meals.
- !!!!!Warning: Do not drink water during or soon after meals, this greatly affects digestion.

#### Benefits of adequate water intake

- Body is well hydrated and therefore eliminate more body wastes
- Easier passage of stool (reduced constipation)
- Reduced risk of diseases such as kidney stones, urinary tract infections, hypertension, heart disease and stroke (Manz & Wentz, 2005)
- Helps build resistance to fatigue and therefore one will have better concentration at tasks and better physical performance (Maughan & Meyer, 2013)
- Helps in weight loss - drinking water is associated with weight loss in overweight dieting women independent of diet and activity women (Stokey et al., 2008)

NB: Initially, you will probably urinate very frequently as you increase your water intake, but as the body adjusts to adequate intake, the urinating will; normalise

- ✓ Drink 6 to 8 glasses daily
- ✓ Start with two glasses of warm water when you wake up
- ✓ Don't wait until you feel thirsty, schedule your water intake
- ✓ Bath regularly to keep clean and refresh



#### 1.2.4. Sunlight

The use of the sun for healing purposes is called heliotherapy. Sunlight provides important health benefits for the body such as:

- Boosting of the body immune system, which helps the body to fight off infections
- Essential for healthy and strong bones through production of vitamin D in the body.
- Increases vitality and has a protective effect from depression
- Stimulates growth in children
- Stimulates red blood cell production
- Lowers the risk of heart disease

Note: Sunlight can also be very harmful and therefore precautions must be undertaken:

- The best time to sunbath is early morning, soon after sunrise. The sun normally feels nice and warm and is not harsh
- 10 to 15 minutes is adequate
- Do not walk or work in the hot sun, this harms the skin and dehydrates the body.
- Use an umbrella or sunscreen and sunglasses to protect your eyes if going out on a hot day
- Keep well hydrated
- We here in Zambia are exposed to adequate sunlight and need to pay attention to protecting ourselves from excessive sunlight

- ✓ Take a sunbath for 10 to 15 minutes at sunrise
- ✓ Use an umbrella or hat during the hot summer months
- ✓ Wear sunglasses when going out in the hot sun
- ✓ Use sunscreen when necessary
- ✓ Increase water intake when it is hot



#### 1.2.5. Temperance

Temperance is the quality of moderation and self-restraint. It is avoiding what is bad and using what is good in moderation.

In order to preserve life, temperance in all things is necessary including work, eating and drinking (Counsels on Diet Pg. 23). We are advised to touch not, taste not, handle not, tea (caffeine containing), coffee, wines, tobacco, opium (illicit drugs), and alcoholic drinks (COD Pg. 428). Science has proved the harmful effects of these substances. Tobacco and alcohol are significant risk factors for hypertension, stroke, cardiovascular diseases and a number of cancers such as lung and liver cancer.

What is good for health equally has to be taken in moderation. Excessive food intake leads to obesity and related health problems, whilst inadequate food intake is manifest in eating disorders such as anorexia nervosa, and malnutrition. Whether it be food, rest, exercise, water or sunlight, all have to be applied judiciously.



With our first parents, intemperate desire resulted in the loss of Eden. Temperance in all things has more to do with our restoration to Eden than men realise (Ministry of Healing Pg. 129)



Intake of energy drinks is on the rise. These have a very high caffeine content, which initially excite and energises but later on has a depressive effect on brain function. They are also highly addictive and increase risk of alcohol and substance abuse.

- ✓ Eat, rest and work in moderation
- ✓ Do not take harmful substances such as tobacco, alcohol, caffeine drinks and illicit drugs
- ✓ Avoid energy drinks by all means



# Healthy Habits

### 1.2.6. Air

Air is essential for all body functions. Body cells quickly die in the absence of adequate oxygen provided freely by God in the atmosphere. The Covid 19 Pandemic more than any other crisis in this century alerted as to the importance of oxygen and good functioning lungs for the processing of the oxygen from the air to the cells through the blood. Many died due to shortage of oxygen. Lockdowns forced many to live indoors, greatly missing the fresh outside air. Even when one goes out in public, many places require the wearing of facemasks, which are uncomfortable and block to some degree, one from inhaling fresh air.

Importance of fresh air

- Promotes removal of toxic waste from the body
- Improved physical and mental capacities
- Boosts immunity
- Promotes healing
- Relieves stress
- Reduced risk of depression and heart diseases

Globally there is increased air pollution from car emissions to factory fumes and wastes, creating climate change. Country living is highly recommended. If you live in a place with high pollution, rise very early to catch some fresh air, visit the countryside often, plant trees and vegetation around your place.

- ✓ Take daily breathing exercises in fresh air 30 minutes daily
- ✓ Keep the rooms and houses, offices well ventilated
- ✓ Open the window for fresh air instead of using an air conditioner
- ✓ Plant trees and vegetation in the yard
- ✓ Visit the country side often and build your home in the countryside instead of town/city



### 1.2.7. Rest

The body needs rest to regain its strength, restore and repair damages. The human body has a biological clock/rhythm, which it follows on a daily basis called the circadian rhythm. Melatonin, the “sleep hormone” is secreted one to two hours before bedtime. This helps us to sleep.

#### Benefits of rest

- Boosts the immune system, which helps to fight infection
- Improves memory (remember sleep is an important component of studying)
- Restoration of energy lost during work and/or play
- Repairing of body cells and tissues from daily wear and tear
- Optimizes brain function
- Slows down aging
- Improves mental and physical capacity

Since the body works in a clock like manner, consistency in waking and sleeping time is essential not to confuse the body and for optimal function.

There is a lot of wisdom in the saying, “Early to bed and early to rise makes a man healthy wealthy and wise”. Go to bed at least 2 hours before midnight. Jesus was a man of habit. He often woke up a great while before dawn.... Mark 1:35

Ensure you take your last meal at least two to three hours before bed. Eating just before bed keeps the intestines active all night and the brain active, such that one’s body does not rest. Late night snacking contributes significantly to obesity and lifestyle diseases.

Ensure also that you sleep in a calm, peaceful environment. Avoid stimulants or intense stimuli such as violent movies, exciting books, movie clips etc.... also avoid electronic gadgets near the bed as the light from these gadgets can affect sleep.



Remember rest is so important that God made it part of the Ten Commandments. Exodus 20:8-11

- ✓ Go to bed at least two hours before midnight
- ✓ 7 to 8 hours of sleep is recommended
- ✓ Take your last meal at least two hours before bed time
- ✓ Sleep and rise the same time every day
- ✓ Avoid daytime naps which affect sleep at night
- ✓ Rest on the Sabbath day
- ✓ Go on vacation or leave at least once every year



### 1.2.8. Trust in God

The world is full of stress and anxiety; God's word says, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4 vs 6-7.

Proverbs 3:5-6 Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him and he will make your paths straight.

Trusting in God saves us from a lot of physical and mental illnesses. The following are some benefits of trusting in God

- Long life
- Reduced risk of heart disease and heart attack
- Quicker recovery from illness
- Reduced risk of suicide, depression and anxiety
- Lower risk of criminal behaviour and substance abuse
- Happier and hopeful attitude



- ✓ Pray everyday
- ✓ Read your Bible daily and meditate on God's word
- ✓ Read the Sabbath school lesson daily
- ✓ Claim Gods promises daily
- ✓ Thank God every day for life, health, happiness and making you so beautiful
- ✓ Let God worry about tomorrow



### 1.3. Gods dealing with the Israelites

Lessons from the Israelites: From the health perspective, we see the holistic nature of Gods dealing with the Israelites

- Nutrition: God provided manna to the Israelites, which contained all the nutrients needed for their health Exodus 16:11 -15, 31
- Exercise: They exercised (everyone, adults, elderly, children and animals. When the cloud moved, they moved Exodus 40:36-38
- Water: God provided them with adequate water for hydration exodus 15:25,27 and 17:6
- Sunlight: They were exposed to adequate sunlight, and the cloud protected them from the harsh ultraviolet rays of the desert sun. Exodus 13:21
- Temperance: God told the Israelites to gather only that which they needed for each day. Each one according to their need. Those who collected more ended up with just enough, and those who collected less also ended up with just enough. The cost of intemperance was seen with the eating of flesh (quails) which led to a plague breakout. Exodus 16:16 -18 and Numbers 11:33
- Air: God exposed them to fresh air as they moved in the desert.
- Rest: When the cloud rested, they rested. Sometimes for a short time, other times they had longer rests. They also rested weekly on Sabbaths. Exodus 16: 22-30, 20:8-11
- Trust in God: God led the children of Israel through a 40-year journey for them to learn to trust in Him. He taught them to trust in Him as the ultimate source of their daily provisions and sustenance. The faith had to be lived daily. Exodus 40:38

God obeyed all the 8 Doctors in his leading of the Israelites. So shall it be with spiritual Israel.

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