

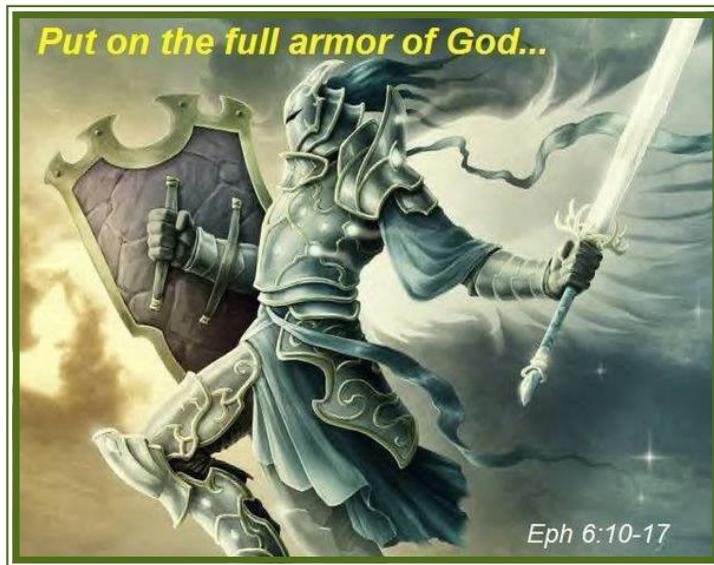
Wellness Pointers

Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

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Spiritual Wellness



from Myspace post

Jesus is the God whom we can approach without pride and before whom we can humble ourselves without despair.

~Blaise Pascal



<http://www.newhopefbw.com/angels18.html>

Satan's Disguise

*And no wonder, for Satan himself
masquerades as an angel of light.
It is not surprising, then, if his servants
masquerade as servants of righteousness.*

2 Corinthians 11:14-15

In certain circles, you'll hear a lot of false ideas about angels. People often use them as a more comfortable replacement for God -- one that will supposedly tell them about the future, but won't demand anything from them.

When you hear ideas about angels that don't agree with Scripture, look out! Remember, not only are there heavenly beings, hellish beings seek to deceive us daily.

How can you tell the difference? Look at the message the messenger bears. God's angels constantly serve Him. They don't try to take His place or detract attention from Him. They bring glory to God, not themselves.

When Satan's messengers face us, they can look good. Who wouldn't want a personal heavenly being at his or her command? But pride isn't a key to heaven, and any being that encourages it doesn't come from there, either.

Lord, thank You for your angels who watch over us. But Satan's messengers I could do without. Keep me from the pride that hides truth from my eyes.

Apostle Paul's letter to the Ephesians 6:10-18:

King James Bible

(10) Finally, my brethren, be strong in the Lord, and in the power of his might.

(11) Put on the whole armor of God, that ye may be able to stand against the wiles of the devil.

(12) For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

(13) Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand.

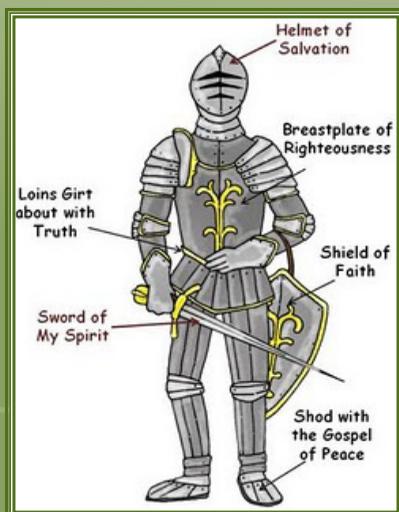
(14) Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

(15) And your feet shod with the preparation of the gospel of peace;

(16) Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

(17) And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

(18) Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints



from Google images search

Olive Oil

Olive oil can soothe chapped lips. Make your own balm by mixing olive oil and melted beeswax in a 1:1 ratio (add an essential oil if you want a nice fragrance).

Comb a bit of [Olive Oil] through dry or frizzy hair to help tame and moisturize your locks, especially in winter or on humid days.

Olive oil can be used as a lubricant in many applications. Try it out on squeaky doors, hinges, and anywhere else you might consider using WD-40.

Use two parts olive oil mixed with one part lemon juice. Pour just a few drops on a soft cloth, wipe away the dust, scuffs, and fingerprints, and your desk will shine.

adapted from http://green.yahoo.com/blog/daily_green_news/91/eight-surprising-uses-for-olive-oil.html

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Cranberry Cider

8 Servings Prep: 35 min. + chilling



from Google images search

Ingredients

2 quarts water
8 cups fresh or frozen cranberries
1-1/2 cups sugar
1/2 cup lemon juice
1/2 cup orange juice

Directions

In a soup kettle, bring water and cranberries to a boil. Reduce heat; cover and simmer for 20 minutes or until berries begin to pop. Strain through a fine strainer, pressing mixture with a spoon; discard berries. Return cranberry juice to the pan. Stir in the sugar, lemon juice and orange juice. Bring to a boil; cook and stir until sugar is dissolved. Remove from the heat. Cool. Transfer to a pitcher; cover and refrigerate until chilled. Yield: 8 servings (2 quarts).

recipe from <http://www.tasteofhome.com/recipes/Homemade-Cranberry-Juice>

Cranberries contain proanthocyanidins (PACs) that can prevent the adhesion of certain of bacteria, including E. coli, associated with urinary tract infections to the urinary tract wall. The anti-adhesion properties of cranberry may also inhibit the bacteria associated with gum disease and stomach ulcers.

adapted from <http://www.cranberryinstitute.org/healthresearch.htm>



from Google images search

Flavonoids have been shown to function as potent antioxidants both in vitro and in vivo and may reduce the risk of atherosclerosis. Cranberries contain significant amounts of flavonoids and polyphenolic compounds that have been demonstrated to inhibit low density lipoprotein oxidation.^{32,44,61} Ongoing research continues to suggest that cranberries may offer a natural defense against atherosclerosis.

adapted from <http://www.cranberryinstitute.org/health/heart.htm>

5 MORE Exercises Computer Guy Should NOT Be Doing

Exercises

Alternatives

Leg Press

All you have to do is load it up, strap yourself in (not really) and push as hard as you can. I'll admit, it can be pretty satisfying to see that much weight move because of your own strength and will. Unfortunately, the leg press is not without its flaws.

First of all, it can give you a false sense of real strength. When you leg press, you're in a sitting or lying position with little help from your core musculature. Anytime you train that heavy without the core being involved the strength tends not to translate well to real life situations, and can result in injury. Don't plan on helping anyone jump start their car with your newfound strength.

Second, you've been sitting down all day with your hips flexed and your pelvis in a posteriorly tilted position. This has already put enough stress and compression on your lower spine. When you perform the leg press you're essentially in this same position, only with hundreds of pounds of pressure forcing you into even more compression. Not smart.

Recumbent Bike

It may be useful for someone rehabbing an injury. But if your purpose in the gym is to get some kind of results, what are you doing on this piece of equipment? You just spent eight hours of your life sitting at a desk staring at the computer. Now you're going to go to the gym to sit down for another thirty minutes to an hour looking at a magazine or the TV? Your body was built to do its best moving in an upright and erect position. Don't insult your potential to be a fully mobile and functional human being by using this machine, please.

Loaded Back Extensions

There is a common misconception that in order to have a healthy low back we need to have a strong low back. It's true that we want to have stability around the core as a whole, but when it comes to back health, our ability to move heavy weight through extension may do us more harm than good. It's much more important for us to get our moving strength from our glutes and our stabilizing strength from our core. Try to stay far away from any machine that directly trains your low back extensors. Any exercise in general that trains you to hyperextend should be avoided. If low back health is at all a concern of yours, definitely learn and use the alternative exercises I've listed here below.

Lunges

Front Squats

Split Squats

Step Ups

Stepmill

Versaclimber

Upright Bike

Cross Trainer

Treadmill

Planks

Side Planks

Bird Dogs

Glute Bridges

Dead Lifts

I know a lot of people may say it's bad of me to write articles like this, that I'm only taking options away from people who might otherwise not workout. This really is not my goal. What I am trying to convey, is that fitness needs only to be as complicated as your body will allow it. We don't need all these fancy exercises and machines to develop our physiques to their full potential. All that is needed is a few of the basics and some hard work