

BALANCE MY CHOICE

Wellness Pointers

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"Don't be impressed with your own wisdom.
Instead, fear the Lord and turn away from evil.
Then you will have healing for your body
and strength for your bones."

Proverbs 3:7-8 NLT



EMPLOYEE WELLNESS
Southern Adventist University

MENTAL

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

Even a Prophet Must Rest

For more than three years drought had parched the land of Samaria. King Ahab and his wife Jezebel felt the political pressure of a starving people, and then that gadfly, the prophet Elijah, called them to a showdown. Priests of Baal and thousands of people gathered there by Mount Carmel. They were desperate for water, and so was the land. After three years with no rain all streams were dry and most of the vegetation gone. So Elijah challenged them to ask their gods to intervene. He would ask the Lord.

The priests of Baal began their incantations, their dancing, their sexual gyrating, building into a frenzy of shouting, rhythm, and sound, but Baal was silent. No fire fell from the sky to consume their sacrifice. Elijah urged them on. "Perhaps your god is sleeping. Perhaps he's on a journey," he said. Hours passed. Noon came and went and still the sun burned in the sky. The day rushed toward evening. At last, in exhaustion, the priests of Baal gave up. Their god had not answered.

Then Elijah rebuilt the altar of God. Precious water was brought at his command, and the altar was soaked, the trench around it filled. Everyone watched as Elijah lifted his arms heavenward and prayed. In that instant – a miracle. From the clear blue sky, a blaze of fire shot down onto the altar, consuming the sacrifice – the Creator God demonstrating His reality to the idol worshippers.

After this display, Elijah prophesied that rain would come, and a small cloud, the size of a man's hand, appeared in the west. Then with superhuman strength, Elijah ran ahead of King Ahab's chariot to the gates of Jezreel, but after all the excitement he was exhausted. Soaked to the skin, terrified of Queen Jezebel, he fled a full day's journey, then collapsed and slept. God let him sleep, then sent an angel to awaken him and give him something to eat.

Elijah, still tired beyond endurance, begged God to let him die. Instead, God, who knows the limits of His servants, gave him strength – and a few final jobs to do. Then in an act of extreme grace and appreciation, God sent a heavenly taxi to carry Elijah to his rest.

God made our bodies to benefit from many different kinds of rest. Rest is absolutely essential to health, and we deny our bodies of it to our detriment. Let's explore the physiology of rest. When we understand it, we'll be able to get the most benefit from it.

Tips for Achieving Peak Mental Performance

- 1 Sleep Matters:** Get 7 to 8 hours of regular nightly sleep, with at least 1 hour before midnight (2 or 3 hours are even better) if at all possible. Optimal bedtime has proven to be 9:00 pm.
- 2 Mind Your Diet:** Nutrition plays a key role in mental performance. To give your brain the most benefit, eat generously of a variety of whole plant foods. Select raw fruits and vegetables in a variety of colors. The best plan is to eat two or three regularly timed meals with nothing in between but plain water. Limit or abstain completely from flesh and animal products. Keep the added fat and sugar low.
- 3 Take Yourself for a Walk:** Steadily work up to 30-45 minutes of brisk walking or the equivalent per day in the fresh outdoor air as much as possible. For individuals under mental stress, exercising 6 days a week is best!
- 4 Eliminate Addictive Habits and Substances:** In addition to impeding mental performance, addictive habits take valuable time that could have been used in more productive activities. Addictions negatively impact the outlook for success, both now and in the future.
- 5 Avoid Negative Statements:** The discontinuation of complaining, critical, or otherwise negative statements is a great way to get out of the negative mental “rut” that so many people find themselves in. Take courage, though this is one of the hardest things to do, it is one of the most important!
- 6 Harness the Power of Positive Classical Music:** Dr. Nedley recommends at least 20 minutes per week of classical music therapy!
- 7 Contemplate Noble, Mentally Challenging Reading Material:** It is strongly recommended that you read a chapter of the book of Proverbs each day! Repetition is good, so do this each month if possible.
- 8 Breathe Deeply:** Try taking 1 breath every 10 seconds (or 3-6 full breaths per minute) for a period of 30-45 minutes, while maintaining erect, proper posture. Deep breathing will naturally have the effect of helping the brain think more clearly.
- 9 Hydrate Yourself:** Drink large quantities of fresh, pure water preferably between, but not during meals. Calculate the number of ounces your body needs daily, take your body weight in pounds and divide by 2.
- 10 Get Social Support:** By attending church regularly, you can build a sense of belonging and self-worth. It is especially helpful to commit to honorable causes that help others.

Employee Wellness Mission Statement:

Cultivating a sense of community, Southern Adventist University Wellness promotes balanced living, provides risk assessment, rewards and empowers employees for pursuing optimum health in a caring, Christian environment.

What is Wellness?

“Wellness is an intentional choice of a lifestyle characterized by personal responsibility, balance, and maximum person enhancement of physical, mental, and spiritual health.”

-Dr. Garver

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Spaghetti Squash Sesame Noodles with Edamame

Ingredients:

3 cups baked spaghetti squash
(about 1/2 large squash)
2 tablespoons toasted sesame oil
2 tablespoons tamari sauce
1 teaspoon lemon juice (or lime)
pinch of ground ginger
pinch of garlic powder
2 tablespoons toasted sesame seeds
1/4 cup diced green onions
1/4 cup cooked & shelled edamame
handful of fresh chopped cilantro leaves



Bake Squash

Preheat oven to 375 degrees F with the rack in the middle. Put whole squash in a baking dish and bake until you can easily insert a paring knife, about 40 minutes to one hour. Remove squash from oven and let cool about 10 minutes.

2. Cut it in half from tip to tip (long ways) and scoop out the seeds with a spoon. Scrape the sides of the squash with a fork until you have removed all of the stringy spaghetti.

Sesame Sauce

Combine sesame oil, tamari, lemon or lime juice, ginger, garlic powder, and sesame seeds in a small bowl. Add optional hot sauce. Toss with spaghetti squash noodles. Gently fold in edamame and green onions at the end.

Notes

Tamari is wheat free, soy sauce is not. They both have a similar flavor. If you are not concerned about this being a gluten free dish then you can use soy sauce instead.

Temperance & Physical Health

In order to achieve optimal health of body, mind, and spirit we must practice temperance in every aspect of our lifestyle. Paul instructed us that “every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway” (1 Cor. 9:25-27).

One of the qualities that the Holy Spirit will strive to bring into our life when we seek to be filled with His presence is temperance: “But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law” (Gal. 5:22 & 23). Ellen White clearly instructed us concerning the relationship between temperance and the sanctified experience of Christ.

“God’s people are to learn the meaning of temperance in all things. ...All self-indulgence is to be cut away from their lives. Before they can really understand the meaning of true sanctification and of conformity to the will of Christ, they must, by cooperating with God, obtain the mastery over wrong habits and practices” (Child Guidance, p. 396).

Temperance means more than just abstaining from alcohol, tobacco, and other harmful drugs. It calls for moderation in all things – eating, drinking, working, mental exertion, etc. How we practice temperance will determine to what extent we reveal God’s glory in our life, which is His character. “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God” (1 Cor. 10:31).

Thus we must practice temperance in all things in order to attain the most healthful condition of our every faulty. Those who have sedentary jobs would do well to eat less than those who have physically active occupations. Overeating will cause weight gain and lead to many health problems, such as high blood pressure, high cholesterol, heart disease, diabetes – the list could go on and on. Someone who eats too little will also encounter severe health issues. Extreme causes of being underweight can lead to death, as we see in cases of anorexia and bulimia. The body’s organs don’t get enough nutrition and will eventually cease to function.

Medical science has shown that exercise is perhaps the most important factor in achieving good health. Yet even that can be harmful if carried to excess. Too much exercise can damage tendons, ligaments, bones, cartilage, and joints. If continued, minor injuries will not have a chance to heal, which can result in long-term damage.

Sunlight is essential to health. However, we have known for some time that prolonged exposure to it can cause the skin to lose its elasticity or develop cancer.

Every one of the natural remedies that the Lord has given us (diet, exercise, sunlight, rest, etc.) can be misused in ways that will have a negative impact on us physically, emotionally, and spiritually if we do not employ temperance in them.