

BALANCE MY CHOICE

Wellness Pointers

Volume 24 Issue 6

November 30, 2012



“The whole body is designed for action; and unless the physical powers are kept in health by active exercise, the mental powers cannot long be used to their highest capacity.”

Ellen G. White, *Education* - Ch. 23



EMPLOYEE WELLNESS
Southern Adventist University

PHYSICAL

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

A Far-Reaching Decision

Each story in Daniel gives us insights into the experiences that God's people will go through at the end of time. The book begins with the story of Nebuchadnezzar selecting Daniel and his three friends, Hananiah, Mishael, and Azariah, to be educated and groomed to become leaders in the Babylonian Empire. It was a great honor for Daniel and his friends.

The king, of course, wanted them to have the very best food and drink in order to be healthy, and develop into the leaders he wanted them to become. However, the problem was that what the king considered healthy food and drink did not agree with what God had revealed to Daniel and his friends. They immediately faced a serious decision. Should they consider it an honor to have been chosen by the king for leadership roles in Babylon and go along with eating the food the king had provided? After all, refusing to eat the king's food was a sign of political disloyalty in the Biblical world and could lead to their deaths. It would prevent them from becoming leaders in the nation of Babylon and using their influence for God. So from a human perspective they had many good reasons to abide by the king's orders and partake of the food and drink that he had provided. However, Daniel and his three friends knew it was never safe to follow human wisdom instead of God's clear instruction in His Word. Therefore, "Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself" (Daniel 1:8).

The Lord had prepared the way for him to make his request. "God had brought Daniel into favor and tender love with the prince of the eunuchs" (verse 9). But even though the leader of the eunuchs wanted to meet Daniel's request, he was afraid that the king would be angry with him for switching the food. So Daniel proposed a test and told the official: "Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants" (verses 12, 13). The official agreed, and God blessed their diet of vegetables and water. "And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat (verse 15). As a result of Daniel and his friends remaining faithful to God's health principles the Lord was able to bless them abundantly. "As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams" (verse 17). When the king asked that they be brought before him, their mental ability amazed him. "And in all matters of wisdom and understanding, that the king inquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm" (verse 20).

Their faithfulness to God in the area of healthful living was essential for God to be able to carry out His plan in their lives. God's health laws prepared the way for the "rest of the story" in Daniel – stories of victory after victory. It also teaches us the importance that health principles will play in the lives of God's last-day people as they go victorious through earth's final crisis and become ready for Christ's second coming.

Diet and Physical Health

We have known the relationship between a proper diet and physical health for some time. Every year more and more support comes from medical studies. As we have seen in previous devotional studies, following a healthy lifestyle, including a proper diet, is a matter of being a good steward of God, worshiping Him, and being His holy people.

The Bible informs the Christian about God's will in the area of diet by indicating which foods are clean, or acceptable to eat, and those that are unclean, or unacceptable for food. Since the principle every Christian should follow is to eat what is most healthful, many Christians as well as non-Christians are coming to the conclusion that a vegetarian diet is the healthiest.

Medical studies repeatedly show that a diet consisting primarily of fruits and vegetables is the best one to follow. A diet high in healthy carbohydrates such as fruits, vegetables, whole grains, and legumes can prevent many diseases. Study after study indicates that a diet composed of such foods will help prevent obesity, diabetes, high blood pressure, coronary heart disease, strokes, certain digestive problems, and some cancers.

The well-known Framingham Study followed 832 men for 20 years. For each grouping of three servings of fruits and vegetables per day there was a 45 percent decrease in the risk of death from stroke, as reported in the *Journal of the American Medical Association* (273, no. 14 [1995]: 1113-1117). Comparable benefits resulted for women who followed a similar diet. A study of 764,343 adults reported by the National Cancer Institute found that a high-vegetable diet significantly reduced colon cancer. For men it reduced the risk by 25 percent and for women 40 percent. Numerous studies have demonstrated a close relationship between diet and cancer. Such studies have shown that whole grains are much more beneficial than refined grains. *The American Journal of Clinical Nutrition* (70 [1999]: 412-419) reported in a 10-year study of 75,521 women that eating three or more servings a day of whole grains reduced their risk of coronary heart disease by 25 to 50 percent. A 10-year Finland study of more than 4,300 men and women found that those who ate the most whole grains had a 35 percent less risk of type 2 diabetes. Those eating the highest amount of cereal fiber had 61 percent less risk. The same beneficial relationship appears between whole-grain intake and the threat of stroke. In fact, an 11-year study of 15,792 individuals ages 45-64 found that those eating the most whole grains had a 48 percent decrease in death rates.

God wants to influence the lives of men, women, and children. The diets we follow will play a significant role in Him being able to carry out His will in our lives. Therefore, especially as we near Christ's second coming, we need to consider seriously the kind of foods that we consume. Remember that Ellen White wrote: "The body is the only medium through which the mind and the soul are developed for the upbuilding of character" (*The Ministry of Healing*, p. 130).

She also informed us of the best diet to follow: "Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and vigor of intellect, that are not afforded by a more complex and stimulating diet" (*Counsels on Diet and Foods*, p. 81). As we approach Christ's return it is essential that we have the "strength, endurance, and vigor of intellect" that Ellen White said such foods will provide.

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 personal enhancement of physical, mental, and spiritual health.”

-Dr. Garver

Southern Adventist University
Employee Wellness
Committee

Phil Garver, Director

Clarice Esquilla

Leslie Evenson

Betty Garver

Laurie Gauthier

Harold Mayer

Carlos Parra

Dennis Schreiner

Merlin Wittenberg, Retired Rep.

Employee Physician

Dennis Thompson, DO

welldr32@live.com

Wellness Pointers Editor

Katie Schuen

Cover Art Photographer

Vivien Guenther

On The Cover

Beth Hartman - Butterfly Stroke

Please send comments/suggestions to:

garver@southern.edu

Pumpkin Tortilla Soup

Ingredients:

- 12 (6 inch) corn tortillas
- 4 tablespoons olive oil
- 1 medium white onion
(finely chopped)
- 2 cloves garlic, minced
- 1 cup finely chopped cilantro
- 1 teaspoon ground cumin
- cayenne pepper to taste
(optional)
- 1 1/2 cups puree or canned pumpkin
- 1 (28-ounce) can diced tomatoes
(undrained)
- 5 cups unsalted vegetable stock
- 1/2 teaspoon salt
- vegetable oil for deep-frying
- 1-2 ripe avocados
(peeled, pitted, and cubed)



Preparation:

1. Cut 6 of the tortillas into 1/2-inch squares.
2. Heat 4 tablespoons olive oil in a large saucepan over medium-low heat. Add onion, garlic, cilantro, and chopped tortillas and cook, stirring frequently, until onion is soft.
3. Add cumin and crushed peppers or cayenne and sauté for another minute.
4. Add pumpkin, tomatoes, vegetable stock, and salt and stir to combine. Bring to a boil. Cover, reduce heat, and simmer for one hour.
5. While the soup is simmering, cut the remaining 6 tortillas in half and then into 1/4-inch-wide strips. Heat 1/2 inch of vegetable oil in a medium skillet over medium-high heat until very hot but not smoking. Fry tortilla strips in two batches until crisp and light golden (about a minute). Using a slotted spoon, transfer tortilla strips to towels to drain.
6. To serve, ladle soup into bowls and garnish with tortilla strips, avocado, and cilantro.

Perfect Post-Workout Meal

Plant Based Diet Style

1. Respect the fuel window:

In the 15-60 minutes immediately following a workout, your muscles are primed to receive fuel to start the repair process. Eat (or drink) your recovery meal right away, within the first half hour after the workout is complete.

2. Make it easy to digest:

Your muscles need blood to deliver nutrients to them. The more blood that's tied up digesting solid food the less that gets to your muscles. Ideally, you should get your immediate post-workout fix in liquid form. Dairy is notoriously hard to digest.

3. Consume 0.75 grams of carbohydrate per pound of bodyweight, and include protein in a 4:1 or 5:1 carb-to-protein ratio:

Your carbohydrates should include high-glycemic index carbs, like glucose (dates are a good way to get it), and some slower-release, even fibrous, carbohydrates as well. And don't forget the fat - include about half as many grams of healthy fat as you do protein. Flaxseed and hemp oils are good options.

4. Get out of the acid state with greens or other vegetables and fruits:

Intense exercise creates an acidic environment in your body. If you don't neutralize the acid with what you eat, your body will use the calcium from your bones and nitrogen from your muscle tissue to neutralize it. Greens, sprouted vegetables, and certain fruits like lemons and limes have a neutralizing effect on your body (lemons and limes are considered alkaline, not acidic, in the body).

5. Drink 2 cups of water per pound of body weight lost during exercise:

You need water, it is very important for any workout.



6. Replace lost electrolytes:

When you sweat, you lose electrolytes, the little conductors that transmit electrical impulses throughout your body. So you need to replace them; some good sources of electrolytes are fruit.

7. Nourish your adrenal glands:

Under the stress of an intense workout your adrenal glands work hard to release hormones to help you perform.

Recovery doesn't stop with your post-workout meal; you'll want to eat again in an hour or two later, this time focusing more on quality protein. And there's more you can do that doesn't involve food - stretching, self-massage and foam rolling, rest, and even wearing compression socks.