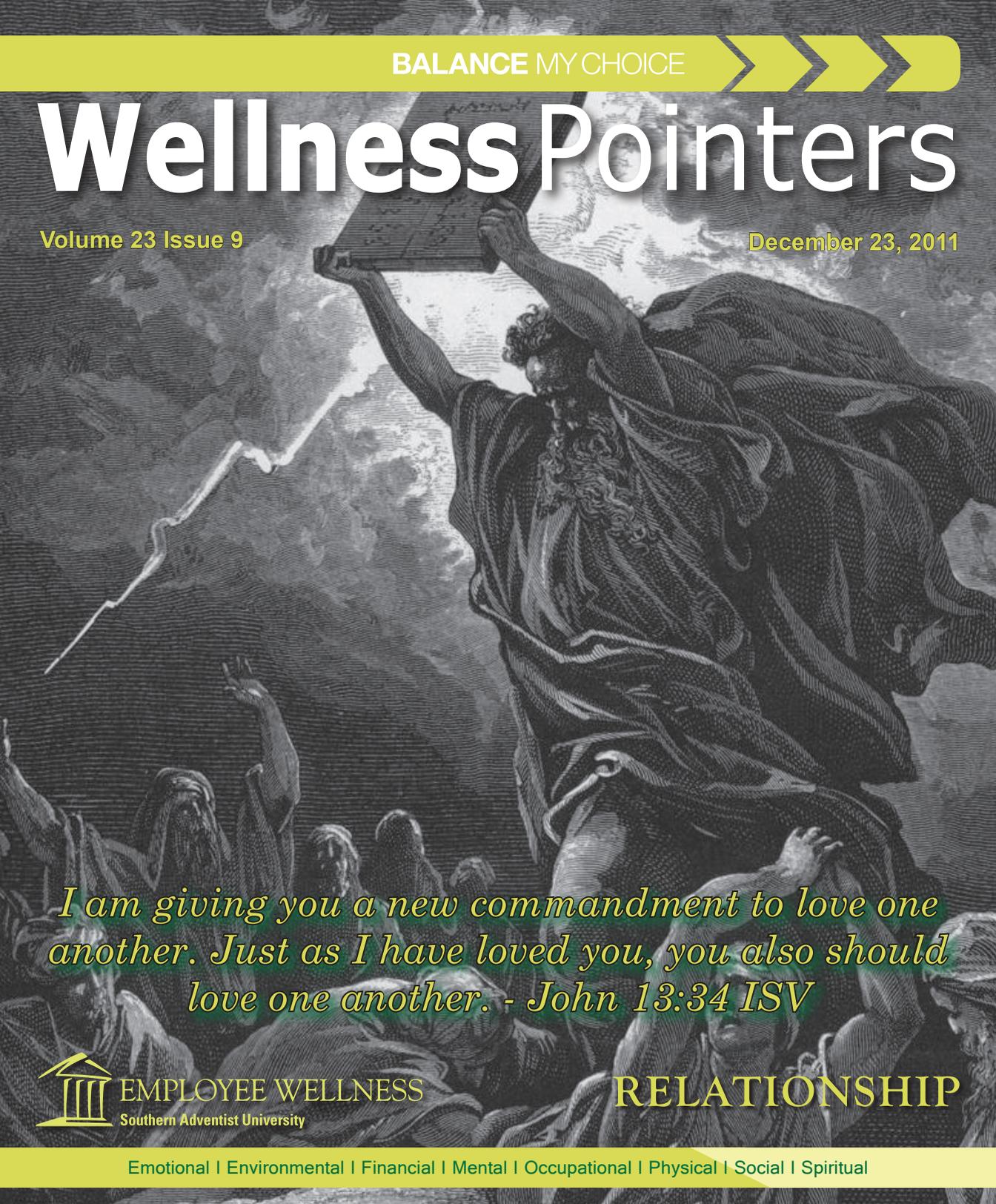


BALANCE MY CHOICE

# Wellness Pointers

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*I am giving you a new commandment to love one another. Just as I have loved you, you also should love one another. - John 13:34 ISV*



EMPLOYEE WELLNESS  
Southern Adventist University

RELATIONSHIP

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

# Our Code Is a Character

***“A new command I give you: Love one another. As I have loved you...” (v.34)***

For reading & meditation -- John 13:1-38

What other teacher has taken the Ten Commandments and had the right to add another commandment to them? But this is precisely what Jesus did, as we see from our text today. “A new command I give you,” He said. “Love one another. As I have loved you, so you must love one another.”

The Old Testament and other religious writings enjoined loving one another. What was new was this: “As I have loved you.” Our Lord’s conduct -- “as I have loved you” -- produced a new code for the human race. Paul, writing to the Philippians, catches the spirit of it when he says: “Treat one another with the same spirit as you experience in Christ Jesus” (Phil. 2:5, Moffatt). Here morality reaches its high-water mark. From the moment Jesus uttered the words that are occupying our attention, there came into human life something more than a code -- there came a Character. Now, therefore, our code is a Character -- the Character of Jesus.

When someone asks me if I believe in the Ten Commandments I say: “Yes, and very much more besides. I believe in Jesus.” The Ten Commandments are an injunction -- and a God-given one. But Jesus is an injunction plus an inspiration. To follow an injunction is to obey an imposed morality, but to follow a Person and do the things He does is an inspired morality. One is legalism, the other love. One binds you, the other frees you. One makes you feel trammelled, the other relaxed and spontaneous. Our code is not a commandment but a Character. One greater than the commandments is here.

***O Christ, Your law lays upon me an injunction, but Your life entering into my life inspires me to live up to that injunction. It is this that makes Your yoke so easy. I am deeply, deeply grateful. Amen.***

# Components of Successful Relationships

Long term relationships require care and work to maintain closeness. Common components found in successful relationships include: communication, respect, trust, sharing, individuality and self-care. In addition, it is helpful to approach the challenges and triumphs of life (and the relationship) as a team. Fighting fairly, supporting one another and not holding grudges all help with this goal.

## **Successful relationships are based on the following components:**

- **Communication.** Listen to your partner. Avoid blame and judgment. Do not make assumptions. Don't let your emotions dictate your behavior.
- **Trust and respect.** A sense of trust is present when each person feels safe to be open, honest and genuine. Respect helps build this through not judging or criticizing the other's opinions, feelings and beliefs.
- **Team approach.** When tough times hit, try to remember you're on the same team. You either both win or both lose. Support each other and work together. Relationships are not meant to be a tug of war against each other. In fact, you both should be on the same side pulling against the world.
- **Deal with problems as they arise.** Conflict is a natural part of any relationship. Addressing differences one at a time helps avoid bad feelings spoiling a good relationship. Do not hold grudges; work through the matter and let it go.
- **Share responsibility and decision making.** Healthy relationships are an equal partnership. This applies to the work involved as well as the power dynamics between the couple.
- **Fight fair.** Judging your partner undermines a relationship. Address behavior without criticizing the person. Know where your partner's vulnerable spots are and never use these during conflicts.
- **Take care of yourself.** It is your responsibility to know what you want and determine how to achieve that. Make any requests of your partner clear and direct. It is not okay to blame someone for your failure to assert yourself.

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# EAT A RAINBOW!

Have you ever heard that it is important to “eat a rainbow” of foods? This may be a good way to think about your diet because numerous functional foods can be recognized and grouped together by their color. Functional foods are foods or dietary components that may provide a health benefit beyond basic nutrition. Examples can include fruits and vegetables, whole grains, fortified or enhanced foods and beverages and certain dietary supplements. So, dive into the color of the various functional foods listed below and unlock the health benefits that may already be on your plate. An easy way to get more functional foods on your plate is to fill half of your plate with some of the colorful fruits and vegetables mentioned below.

## Orange/Red

Whether you think of a blazing fire or an early morning sunrise, orange and red are two of the most vibrant colors in the spectrum. Orange foods such as carrots, pumpkin, sweet potatoes, squash, and cantaloupe, include a plant compound known as carotenoids. Carotenoids include beta-carotene, which is converted into vitamin A in the body. Vitamin A has many roles within the body: it helps support the function of white blood cells (which is important for a healthy immune system), promotes bone growth, and helps to regulate cell growth and division. Vitamin A and two other types of carotenoids, lutein and zeaxanthin, are also important for healthy vision.

Also a carotenoid, lycopene is found in red foods such as tomatoes and tomato products, watermelon, and grapefruit. The main benefit of lycopene is the maintenance of prostate health.

## Green

No, you don't have to drive a hybrid or tend to your own victory garden. By simply adding more green vegetables to your menu, you can proudly say, 'I'm going green!'

Try new veggies such as bok choy, mesclun, turnip greens, kale, or watercress while revisiting some old favorites like broccoli, collard greens, romaine lettuce, and spinach. This will put you well on your way to the recommended 5 servings of fruits and vegetables per day. Dark green vegetables are a functional food component powerhouse! Included in the long list of nutrients found in these veggies are potassium, dietary fiber, folate, vitamin A, vitamin E, and vitamin C.

## Blue, Purple, Crimson, Brown

It may seem like a stretch to group these colors together, but humans have been doing it for centuries! Before conventional methods of dyeing fabrics, berries and teas were used to color the finest hand-woven fabrics for royalty. Now that these foods are no longer needed to color clothing, foods that are blue, purple, crimson, and even brown are gaining popularity due to the fact that they contain flavonoids. Berries, cherries, red grapes, dark chocolate, cocoa and some teas are good sources. Flavonoids are beneficial to our health because they may contribute to the maintenance of proper brain function and blood flow.

## Tan

Tan is not usually the most exciting color in the spectrum, but tan colored foods still come packed with many health benefits. Whole wheat breads, cereals, and pastas that are higher in fiber are usually tan in color. The insoluble fiber found in wheat bran, corn bran, fruit and vegetable skins, and whole grains may contribute to the maintenance of a healthy digestive tract and reduce the risk of some types of cancer. Another type of dietary fiber is called beta glucan. This component can also be found in tan foods such as oat bran, oatmeal, oat flour, barley, and rye. Beta glucan-containing foods may reduce the risk of coronary heart disease.

## White

Just because a food is white, doesn't mean that it isn't nutritious. In fact, white foods such as low-fat (1%) or fat-free milk, yogurt, and some cheeses are packed with vitamin D, calcium, and phosphorus. These vitamins and minerals aid in bone health and may help us maintain a healthy body weight. Yogurt also contains probiotics, which are bacteria that confer a health benefit, like promoting digestive health or supporting immune function. The Dietary Guidelines for Americans recommends getting three servings of dairy products every day.

## Yellow

When you think of yellow foods, fat may not be the first to come to mind, however, after considering butter, margarine, olive oil, and vegetable oil, yellow is a common thread! Recent dietary guidance recommendations suggest that the type of fat that you consume can affect your health in various ways. While it is important to consume a diet that is low in saturated and trans fats, certain types of unsaturated fats such as linoleic acid (an omega-6 fatty acid) and linolenic acid (an omega 3-fatty acid) are essential for life and have to be consumed through the diet. These fats are important for proper growth in children, healthy skin, and to help regulate cholesterol. Fat is also needed for transport and absorption of fat-soluble vitamins A, D, E, and K, as well as carotenoids.

Research continues to tout the benefits of omega-3 fatty acids to help reduce the risk of heart disease and promote brain health and vision. Two examples of omega-3 fatty acids include eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Oily fish from cold waters, such as salmon, mackerel, tuna, and trout are especially rich in EPA and DHA. You can also find DHA and EPA in certain fortified foods and beverages and dietary supplements.

Just by remembering to “*eat a rainbow*,” you can increase your intake of nutrients and healthful food components. So, the next time you reach for one of the above mentioned foods, remember that it is not only bursting with color and flavor but that it also contains a component that may improve your health.