

Outline

By Jeff Bowers, DC

Opening: About six weeks ago when Don came to me and asked me to do a service on health and weight loss, I thought “no problem.” I talk about health in my office everyday and when people make lifestyle changes that help them to regain their health their weight usually improves as well. As many of you know some surveys have shown that most people are less afraid of dying than they are of public speaking. I can’t say that was the case for me, I would much rather get up here and speak then to die, that is until I saw the title that he came up with for this service.

Show the book “Does This Clutter Make My Butt Look Fat?” by Peter Walsh

Why me Don? What are you trying to imply?

In Don’s defense the title of today’s service comes from a book with the same title “Does This Clutter Make My Butt Look Fat?”

In this book the author contends that Americans are over consuming everything. He believes that the American mantra has become “more is better” and we are applying this motto to almost everything. From bigger and bigger cars that get 10 miles per gallon to bigger houses that hold all of the “stuff” that we buy. We have become an instant gratification society. The 1.3 billion credit cards in circulation in the US are one indication that we can buy things the moment the urge strikes us, whether we need them or can even afford them doesn’t matter. Many of the things that we buy are not very expensive but because we buy so much of it, it creates a lot of clutter and debt.

We treat the food that we put into our bodies much the same way. The most popular type of food purchased today isn’t known by what part of the world it comes from. It isn’t known for it’s’ quality. The most popular type of food today is Fast Food and it is named for the short period of time that it takes to prepare it and possibly for the speed at which you need to get to a bathroom after eating it. Already prepared food is relatively cheap and readily available. Americans now buy half of all their food, already prepared outside of the home. Takeout is convenient, fast and inexpensive. It is perfect for our rush type of lifestyles. We no longer have to think about what is in our meals in order to make it or even how much of it we are eating because for a buck more we can “supersize” it. In the past 25 years the average portion of food in our restaurants has tripled in size. The author of this book believes that there is a strong correlation to the clutter that we are accumulating around our houses and the fat that we are accumulating around our waists and our butts.

This more is better attitude, as well as other factors that we will talk about, has created a huge problem for us in the US. We have become one of the least healthy industrialized nations on the planet. We have the best trained medical profession in the world. We have access to the best medical technology in the world. We, in America, spend more money on healthcare than any other country in the world. In fact, in 2006 Americans spent over \$2.1 trillion (\$2,100,000,000,000) on healthcare.

Insert a clip showing **\$2,100,000,000,000**

If you are like me it is hard to imagine numbers this big so here it is. You could divide this number up and make 2,100 people billionaires or 2.1 million people millionaires! This is almost three times what we spent in 1990 and more than \$7,000 per person on average. We consume half of all the medications produced in the world yet according to the World Health Organization the United States isn’t even near the top of the list when it comes to healthy life expectancy.

In the Old Testament of the Bible it is reported that people would live to be 100’s of years old. God decided that people were too evil to live this long so in Genesis 6:3 God limits the life expectancy of man to 120 years. In the early 1940’s Dr. Robert McGarrison, a medical doctor, studied a group of people living in the Himalayas called the Hunzas. He found that these people had an average life span of 90 years and often lived to 120 years. He did not find a single case of cancer, ulcers, appendicitis or colitis.

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Hypertension and heart disease were unknown to them. He concluded that the Hunzas' life expectancy and health were mainly due to clean water, exercise and their choice of diet. In 1949, the Hunzas were incorporated into Pakistan, and their life expectancy has been shortening considerably ever since. If God created us with the ability to live to be 120 years old then why are we falling apart in our 30's, 40's, 50's and 60's? If I were to take a poll I would be hard pressed to find many adults who would get excited about living to be 100, not to mention 120. We are so used to seeing people's quality of life and health deteriorate long before they reach what God would consider old that we think it is impossible to live a long healthy life.

For you people that think that 50, 60 or 70 is old I want you to meet someone.

Show A Picture of Jack LaLane.

For those of you who don't know who this is it is Jack LaLanne. Jack had the longest running exercise show on TV. Jack just celebrated his 94th birthday. Many of you have probably seen him on his juicer infomercials and thought that he was just some overly excited old guy who loves to make juice. What you may not know about Jack is that he has accomplished incredible feats of strength and endurance well into his later life. Here are a few:

In 1974 at the age of 60 he swam for the second time, from Alcatraz Island to Fisherman's Wharf. This time he was handcuffed, shackled by his feet and he was pulling a 1,000 lb boat. In 1984 to celebrate his 70th birthday he swam 1.5 miles in Long Beach Harbor, again he was handcuffed and shackled but this time he pulled 70 boats with 70 people. If he were still in his 50s I think Jack would give Michael Phelps a run for his money. Today at 94, Jack exercises two hours a day, 1.5 hours is spent weight training the other 30 minutes he swims vigorously. He has been quoted as saying that he can't die because it would be bad for his image. Whether Jack lives another 26 years to make 120 or he dies tomorrow he has been a testament of what the human body is capable of achieving when it is cared for properly. When we have full health, the health that God designed our bodies to possess, we also have energy, vitality and a desire to do more.

I want to show you a clip from a movie that made an impact on my life when I was about 19.

Insert a clip from A Christmas Story where the kid puts his tongue to the pole.

What does this clip have to do with health? Nothing, except maybe the health of his tongue. This video clip is a great segue into sharing with you one of my most embarrassing moments. Some of you may have heard this story because my much older sister, Terry Turner, loves to tell it. After watching this movie I was convinced that there was no way that a tongue could freeze to a pole so hard that you couldn't get it off without help. At the time I was working at Giant Food. One day I happened to go into the ice cream freezer in order to get some ice cream that had sold out. If you have never been in an industrial ice cream freezer before, it is cold. It is so cold that when you breathe through your nostrils they feel like they are freezing shut with each breath. Well, I remembered that movie clip and decided that I was going to prove that it couldn't happen the way that the movie presented it. So I made sure nobody was around to see it and I stuck out my tongue and inched my way to the metal shelf that held the ice cream. I placed just the tip of my tongue onto the shelf and guess what happened. Yep, I was stuck. Unlike the kid in the movie I wasn't about to wait for help so I pulled back really hard and when I did I ripped the skin right off my tongue. My tongue hurt for several days but that night when I got home I was ready to yell at my parents for not giving me that little life lesson. Unfortunately, my parents and my sisters were happy to inform me that they had told me when I was younger not to do this but apparently I didn't listen. You see, when we don't listen to sound advice, whether it is from our parents, the Bible or to God, bad things tend to happen.

When it comes to our health who should we listen to? If you go to Borders.com and do a search on health you will find that they have 111,527 different books to choose from. If you type in weight loss the list shrinks to a measly 1,585 different books. Every couple of years there is a new miracle diet plan that makes all the others obsolete. One tells us the key to looking and feeling great is to limit carbohydrates

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and eat mainly protein. Another tells you to eat according to our blood type. Others stress eating from all of the different food groups but not to mix protein, carbs and fat at the same time. There are others that have you eat cabbage soup or jellybeans. According to some experts even chocolate is supposed to be good for us as long as it is dark. So, who should we believe when it comes to our bodies? If you bought a new Rolls Royce or a Ferrari and spent \$200,000 would you go to a motorcycle repair shop to have it serviced? No you would take it back to the people who designed it. If you would do that with a car that can be replaced why would we not do that with ourselves?

Insert:

Exodus 15:26 NKJV “If you diligently heed the voice of the Lord your God and do what is right in his sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the Lord who heals you.”

In ancient times the Egyptians suffered from many diseases that are similar to ours today while the Jews who followed the rules that God laid out for them did not. In the Old Testament there are many laws and rules that pertain to foods so why don't we follow them closely today? It's because many Christians feel that once Jesus died on the cross we were not bound to the laws of the Old Testament like we were prior to his crucifixion. In fact the Bible tells us in...

Insert: **Romans 7:6 NLT “... we have been released from the law...”** And in 1 Corinthians 10:23-31 the Bible tells us that eating the meat of unclean animals, or not eating the meat of unclean animals, does not have any spiritual value. Jesus taught the Jewish people that what went into their mouth was not nearly as important spiritually as what came out. He was trying to teach them that the source of spiritual defilement came from within. But in...

Insert: **Matthew 5:17 NASB “Do not think that I came to abolish the Law or the Prophets; I did not come to abolish but to fulfill.”**

God gave us certain rules to follow, not to be mean or controlling, but to protect us. Following God's instructions for eating doesn't earn us a way into heaven but not following his plan may allow you to get to Heaven sooner and have you feeling like you are in Hell while you are still here suffering on Earth.

So what does the Bible tell us to eat? The Bible has a lot to say about what and what not to eat. Today we will only go into the areas that I felt were most applicable to our modern lives. In...

Insert: **Genesis 1:29 NIV “... I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.”**

Fruits, nuts, beans and vegetables are in. Modern science would definitely confirm this as good healthy advice. These foods contain fiber which helps to prevent cancer and heart disease. They also contain carbohydrates which the body needs for energy as well as vitamins and minerals that the body needs to function properly.

Insert: **Leviticus 11:9 NIV “Of all the creatures living in the water of the seas and the streams, you may eat any that have fins and scales.”**

Fish are also included in his health plan and again according to modern science we know that eating certain types of fish is very good for us. Fish are low in fat and contain protein for building muscle as well as omega 3 fatty acids which helps to fight inflammation in our bodies. This passage would rule out catfish and shellfish because they do not have scales. Why do you think God would advise us to stay away from these types of fish? Unfortunately, our rivers, lakes and oceans are becoming polluted and the fish absorb many of these pollutants into their flesh. Catfish as well as shellfish are bottom feeders, they are designed by God to clean the water by eating debris which causes them to absorb even more of the pollutants into their flesh making them unsafe for eating on a frequent basis. I would recommend that if you eat fish you stay with deep ocean types of fish or farm raised fish which should have lower

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levels of toxins in their flesh.

In Leviticus 11:13-20 the Bible gives us permission to eat birds other than scavengers. This would allow chicken, turkey, quail and other game birds to be eaten. Most people are aware that poultry is a good lower fat source of protein and if baked or roasted a healthy addition to our diet.

Insert: **Leviticus 11:3 NIV “You may eat any animal that has a split hoof completely divided and that chews the cud.”**

This makes cow, sheep, deer, and goats okay. Unfortunately for you bacon, ham and sausage eaters pork is not recommended. Pork is known for carrying certain diseases and I believe God was warning us that it wasn't good for us. The list above is not all of the food listed in the Bible. We know that Jesus ate bread, John the Baptist ate locusts and there are passages that talk about honey, oils and spices as being okay to eat.

In the book “What The Bible Says About Healthy Living” Dr. Rex Russell explains three principles that he believes makes following these rules much simpler.

Insert: **Principle 1: Eat only substances God created for food. Avoid what is not designed for food.**

If the majority of what we ate came from the foods that God made and recommended for us many of our health problems, including obesity would improve greatly.

Insert: **Principle 2 is to as much as possible; eat foods as they were created-before they are changed into something humans think might be better.**

Unfortunately, many of the foods that we eat today are much different from what God created. The animals that we eat are filled with chemicals such as growth hormones and antibiotics. Farmers do this to increase their size in an effort to make more money and to give us a tastier product. This causes foods that are on God's health plan to be changed. For example, a wild turkey has about 5% body fat while a farm raised turkey that you would buy at the grocery store has about 30% body fat. Vegetables are being genetically modified in an effort to make better tasting, bigger and better produce. This rule would suggest buying organic meats and produce when possible.

Insert: **Principle 3 is to avoid addictions. Do not let food, drink or other things become your god.**

My biggest weakness when it comes to health and diet is that I love chocolate and any baked goods that contain it. If you have an addiction to a food or a beverage (and it doesn't have to be alcohol as I know quite a few people who are addicted to coffee, sweets, regular and diet sodas) you may want to consider a fast. The Bible speaks of fasting in many different places. There are many ways to fast. One is to avoid all food. This type of fast should only be performed for a short period of time (1-2 days) and you need to be very careful. The next type of fast has you eliminate food for 1-3 days but you still take in nutrients through vitamin fortified liquids. This type is much safer because you are giving your body nutrients but you do give it a break from food allowing you to control hunger and unhealthy eating habits. The next type of fast is the one that I have done for the last few weeks. With this type of fast you eliminate certain foods, like chocolate, from your diet. It is a great way to break an addiction and get you out of the habit of grabbing certain foods that are not good for you. This type of fast may be done for days, weeks, months or forever.

At this time I would like to invite Jerry Bradley up here to share her experience with fasting.

The last topic I would like to discuss is exercise. Jack LaLanne says that if diet is queen than exercise is king. We all know that exercise is a vital part of optimizing our health. There are two types of exercise that I would like to talk about. The first is cardiovascular exercise and the second is strength training.

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Regular cardiovascular exercise has been shown to help prevent depression, heart disease, diabetes and many other chronic health conditions. In order to receive the benefits from cardiovascular exercise you must elevate your heart rate for a minimum of 20 minutes. You see, walking the dog around the block and stopping at every other tree or fire hydrant doesn't really count. If you take the dog for a walk and he looks like he is having a hard time keeping up with you then you are getting a cardio workout. Not all cardio exercise is right for everybody. When I was younger I fractured a bone in my spine. Because of this old injury I cannot run without feeling pain later so I have found swimming, elliptical steppers and rowing machines to be a great way to elevate my heart rate. If you have knee, hip or back problems swimming or water aerobic exercises would be great for you. The key is to find something that you enjoy and do it.

I would also encourage everyone in here to start strength training as it has been shown to help the body in many ways that cardiovascular exercise does not. You don't have to join a gym but it helps if you are not the most motivated person. If you prefer to workout at home there are many exercise books and videos that will teach you how to perform weight training exercises in your home. Strength training results in bigger muscles which elevates the basal metabolic rate. This means that the more muscle you have the more calories you burn even while you are at rest. You see, the best way to lose body fat and to regain your health is to eat properly and exercise in combination.

Following God's health plan doesn't have to be difficult. Current thinking is that we should be eating at least two cups of fruit and two and a half cups of vegetables everyday. A large salad and a couple pieces of fruit a day will satisfy this. Throw in some lightly steamed vegetables and you will be ahead of the game. Try to eat as many different colors of produce as you can so that you get a wider combination of nutrients. It is also recommended that we eat three ounces or more of whole grains. This would include whole wheat, brown rice, whole oats, buckwheat and whole rye just to name a few. When you buy breads or cereals make sure that it says whole grain in the ingredients list. When eating meats make sure that you trim as much fat as possible and keep the servings small. Things to avoid are sugar, which is often hidden under names like high fructose corn syrup, salt and saturated or trans fats. Raise your heart rate for at least 20 minutes and perform some form of strength training exercise and you will be surprised at how your life and your body will change.

Insert: **1 Corinthian 6:19-20 NIV "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body."**

This scripture says it all. Our bodies are his temple. We were bought at a huge price, the blood of Jesus Christ on the cross. It was a price that none of us could pay but God loved us so much that He allowed his son to be sacrificed for us. We can honor him by following his rules on life, by living by God's health plan and taking the best care possible of the body that He has temporarily given to us.

Don gave us a challenge when he started this series. If you have taken his challenge I congratulate you. You have saved some money by not buying unnecessary things and your house is less cluttered. I also have a challenge for you. For the next month eliminate anything that you are addicted to, make the majority of the foods you eat food from God's health plan and try to exercise at least 20 minutes a day.

If you take my challenge I guarantee by the end of the month you will feel better, you will have lost some weight and you will have more energy to enjoy the things that are important for you.

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