

Health & Healing: Practical Solutions for Healthy Living

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Health & Healing

A Disclaimer Statement:

I am not a physician or a naturopathy practitioner. The information presented has been derived from research and a personal experience of health and healing and should not be construed as definitive or binding medical advice.

Valerie E. Robinson



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Mental Group Activity:

Each one of you

- Imagine standing in front of a mirror and ask yourself: Do you like what you see?

Or

- Imagine lying in a bed silent and still, and asking yourself: Do you like how you feel? (i.e., achy, exhausted, overwhelmed, stressed)



Health & Healing (continued)

Group Activity



Health & Healing National Statistics

Between the years 2006-2008, 66% of U.S. adults met the classification of obesity:

White, non-Hispanic 25.6%

Black, non-Hispanic 51.0%

Hispanic 21%

Mexican 36.8%



Health & Healing National Statistics

The 2006, CDC/National Health and Nutrition Examination Survey found 66% of US Adults are **overweight** and 31% are **obese**

28% men and 34% women between the ages of 20 – 74

Over 18 million children are obese in the United States



Health & Healing National Statistics

The National Heart, Lung, and Blood Institute states 97 million adults in the United States are overweight or obese.

The World Health Organization states globally there are more than 1 billion overweight adults and at least 300 million of them are obese.

2007



Health & Healing National Statistics

Obesity is defined as an excessive accumulation of body fat, which results in being at least 20% heavier than your ideal body weight.

***Excess body weight that is putting your health at risk**

Overweight is defined as any weight in excess of the ideal range



Health & Healing: Causes of Overweight and Obesity

What Causes Overweight and Obesity?

- Energy Balance (lack of energy too many empty calories)
- High Fat Diet (processed foods, fast foods)
- Physical Inactivity
- Environment (lack of healthy lifestyle)
- Genes and Family History (families trend)
- Health Conditions (hormone, underactive thyroid, Pituitary Gland Disease, Cushing's syndrome, polycystic ovarian syndrome, Edema)
- Diabetes (fat storage)



Health & Healing: Causes of Overweight and Obesity (continuation)

- Medicines (may cause weight gain)
- Reduced Metabolic Rate
- Emotional Factors (comfort, boredom, anger, or stress)
- Smoking (stop smoking)
- Age (slowing of metabolism)
- Pregnancy (weight gain)
- Lack of Sleep (4 hours or less)



Health & Healing: Health Risks

- Coronary Heart Disease
- Hypertension (high blood pressure)
- Dyslipidemia (high total cholesterol)
- Stroke
- Liver and Gallbladder Disease
- Type 2 Diabetes
- Abnormal Blood Fats
- Metabolic Syndrome
- Cancer (endometrial, breast, and colon)
- Osteoarthritis
- Sleep Apnea and Respiratory Programs
- Gynecological Problems (abnormal menses, infertility)
- Gallstones



Health & Healing: Signs and Symptoms of Overweight and Obesity

- Clothes feeling tight and needing a larger size
- The scale showing that you have gained weight
- Having extra fat around the waist
- A higher than normal body mass index and waist circumference



Health & Healing National Statistics (continued)

Overweight and physical inactivity account for more than 300,000 premature deaths each year in the U.S., second only to tobacco-related deaths.

*CDC Behavioral Risk Factor Surveillance
System
(2006)*



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The number one cause of disease in the body is
Toxins and ***Congestion***

Dr. C. Browne, ND

**Toxins get into our bodies from air, food,
water, through our skin, lungs, and
digestion.**

It is estimated that the average person can have between 4 -25 pounds of intestinal toxic matter in their colon (***old dried fecal matter and mucus***).



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Many chronic conditions are due to overweight and obesity.

Negative emotions can be a major factor in most illnesses.



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Anger and frustration build up causes stress that wrecks havoc on your body.

Take time to get rest and relaxation:

- Stop and breathe, smell the scents in the air
- Look up and around
- Sit down and think (positive thoughts)
- Walk slow
- Move your body parts
- Be grateful (every thing)



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Regular medical/health check-ups are important steps to ensure good health.



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Health & Healing is on the same basis as forgiveness of sins, prayer, and faith.

Unforgiveness can be physically toxic to your body

Let it Go!



Health & Healing: Forgiveness

Group Activity Why Forgive?



Simple Foundations to Get Started

- Pray
- Change your attitude about food and life
- Make a list of foods that change your mood/attitude
- Commitment and consistency
- **Water! Water! and more Water!**
- Exercise (walking simple and free)
- Internal cleansing
- Spiritual cleansing
- Toxin release (bowl, urine, skin)



Toxin Release

The Bathroom



Fringe Benefits of Healthy Eating

- Weight loss (body reshaping)
- Healthy organs
- Stronger immune system
- Clear and clean spirit (attitude)
- Increased metabolism and energy level
- Healthy physical appearance: hair, skin, and nails
- Healthy teeth, gums, fresher breath
- Stronger bones, muscles, and joints
- * A healthier sex life (married couples only)



Fringe Benefits of Healthy Eating (continued)

- Slow down your aging process (being overweight accelerates the aging process)
- Look and feel younger
- Keep your mind sharp
- Reduce stress
- Breathe easier
- Feel fabulous!
- **Permanent weight loss**



Fringe Benefits of Healthy Eating (continued)

Prevention of most common health problems:

- High blood pressure, diabetes
- High cholesterol, colds and flu
- Skin problems, some cancers (breast, colon, prostate, etc.)
- Heart disease and stroke
- Chronic fatigue syndrome and many other physical or mental health problems




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Diets do not work!

This is a lifestyle change, not a diet.

Let's Get Started!



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The key is to change your lifestyle (**eating habits**) and make a commitment to healthy living.



Health & Healing (continued)

Remember, You are not in bondage! The key is awareness, simple attitude, beliefs, and lifestyle changes.

“living foods vs. Dead foods”

“Slow weight loss and quick feel good is the goal.”



Health & Healing (continued)

Remember!

Visit your doctor or health practitioner on a regular basis and **PLEASE** follow their instructions.

Prevention is the key!



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The first step to optimal health is changing your attitude about eating, cooking habits, and cleansing your body.

Add:

Fresh fruits, vegetables, whole grains and legumes, lean proteins, cold pressed oils, and naturally sweet treats.

***Try to consume at least five to nine pieces of fresh fruits and vegetables a day**

The USDA recommends five to thirteen fresh foods daily

Omit:

Added chemicals (processed foods) and preservatives for optimal health.



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Eat more fiber-rich, water-rich, and whole grains

Suggestions:

- Pinto, kidney, and navy beans
- Artichoke
- Apples
- Figs
- Banana, oranges, raspberries, blackberries, mango

Remember!

Food is a source of fuel for the body not an emotional treat



Examples of Simple Food Changes

- Flavored extra virgin olive oil rather than butter, margarine, cottonseed, safflower oils, salad dressings, mayonnaise
- Assorted brown, black, red rice's/ brown rice pasta, quinoa, and other whole grains vs. white rice and pasta
- Soy milk and butter, almond or rice beverage, rice/veggie
- cheese vs. whole milk and regular cheese
- Almond/ Brown Rice flour, almond meal, flax seed meal, toasted oat bran vs. white flour
- Agave, stevia (herb), xylitol (birch wood extract) vs. processed sugar (if you must have sugar)
- Steamed/boiled red/yellow potatoes vs. white potatoes and white rice



Examples of Simple Food Changes (cont.)

- Fruits (low in sugar), oranges, assorted berries, plums, apples, pears peaches, nectarines, cherries... many more
- Vegetables (steamed until tender not limp or stir fried lightly with flavored olive oil & spices)
- Mix field or dark leafy greens and spinach vs. lettuce
- Water, protein drinks, natural juices, green drinks vs. soda & sweet drinks
- Oatmeal/grains, millet or brown rice/almond cereal, cream of rye, or protein drink in the morning vs. bagel, fried egg, & sausage/bacon sandwich, hash browns etc...



Examples of Simple Food Changes (continued)

- Assorted raw nuts: walnuts, pecans, cashews, almonds, pistachios (eat all in moderation)
- Popcorn (hot air w/added spices), sugar/salt free snacks, almond/cashew butter w/wheat/yeast free crackers/brown rice or multi grain rice cakes
- Use assorted spices, assorted flavored extra virgin cold pressed olive oils, on steamed vegetables, meats, and salads
- Salmon, herring, flounder, trout, sardines, tuna, or other fresh fish high in omega oils and low in mercury, turkey, lamb, veal, vs. beef, pork, chicken



Examples of Simple Food Changes (continued)

- Bake, broil, grill, and/or steam foods versus fried
- Minimized heavy sauces (red/white cream)
- **Stop! Smoking and alcohol consumption (beer, wine, and liquors)**
- Tell your family and friends about your change
- Include your spouse and children
- Prepare your meals (lunch), and keep healthy snacks available (car, office, travel)
- Purchase fresh foods (vegetables & fruits) bi-daily



Omit These Foods for Good Internal Cleansing and Healthy Living

- Red meats, pork, chicken, high mercury fish
- Fried foods, refined sugar, vinegar, dairy, breads, pasta, and products containing yeast, wheat, gluten
- Fast foods (McDonalds, pizza parlors, Burger King, Wendy's, Mom & Pop-Wing joints, Hot Dogs with Chili & Cheese, Tortilla Chips & Cheese
- Ethnic-specific carry-outs
- Greasy foods: fried chicken, pork chops, chittlins, spare ribs, french fries, bacon, macaroni & cheese w/5 cheeses, collard greens w/fat back, chow-chow, etc...
- Frozen, canned, or instant boxed foods
- Peanuts & corn
- Coffee and other caffeinated drinks




Omit These Foods for Good Internal Cleansing and Healthy Living

- Hot biscuits with a stick of butter and homemade preserves
- Fried fish w/fried potatoes and onions
- Movie popcorn w/extra butter and salt
- Shell fish (crabs, shrimp, lobster, clams, etc.)
- Triple baked potatoes (w/cheese, bacon, sour cream, or butter)
- Sugary desserts (all kinds)
- Fried chicken wings with fried rice or french fries with mombo sauce
- **Beware of food portions (food & plate size)**



Beware! of these Foods and Ingredients

- Avoid **salt**: cause of High Blood Pressure.
- Avoid **refined sugar**: causes hyperactivity, low blood sugar levels and hypoglycemia.
- Avoid enriched **white flour** and by-products: White flour causes bowels to stop up and has no nutritional value.
- Avoid **hydrogenated oils**: they cause hardening of the arteries.



Beware! of these Foods and ingredients (continued)

- Avoid **artificial food** made with any kind of chemical (pre-packed foods).
- Consume **dairy products in moderation**: they cause excess mucus, overproduction of cholesterol.
- Avoid **red meats**: cause of cholesterol build up in arteries.
- Avoid **caffeine**: weakens the heart and destroys good bacteria in the intestines.
- Avoid **alcohol**: dehydrates organs.



Extra! Extra! Health Tips (continued)

Remember! Avoid empty calories

- Soda, Cookies, Candy, Sugary snacks (high fructose)
- Highly Processed Foods
- Fast Foods (take out)

They cause weight problems and mood swings



Health & Healing Note

The basic components of a healthy diet should include the ***right amount*** of:

Protein (meat, fish, poultry, lean pork, eggs, nuts, tofu, and beans)

Fat (animal products wild better than farm raised)

Carbohydrate (fruits, vegetables, pasta, rice, grains and peas, beans and other legumes)

Vitamins (A, B, C, D, E and K)

Minerals (calcium, potassium, and iron)

Water! (electrolytes & minerals)

Healthy Oils **Omega 3** (fish/flaxseed), **Omega 6** (black currant seed, evening primrose), **Omega 9** (olive oil) are beneficial fatty acids.



Health & Healing Note

Calcium Dairy and Plant sources examples:

- Nuts
- Broccoli, kale, spinach, turnip greens
- Dark leafy greens
- Tofu
- Calcium fortified soy milk or rice milk, yogurt, cottage cheese
- Sardines
- Beans
- Sunflower seeds

Lactose Intolerant try these:

- Red or pink salmon
- Bok choy
- Mustard greens



Health & Healing Note

Use Healthy Oils

Olive Oils:

- **Pure Olive Oil** : Is a suitable, less expensive choice for deep-frying
- **Extra Light Olive Oil** : Refers only to the color
- **Virgin Olive Oil**: Adds mild olive flavor to sautéing and stir-frying
- **Extra Virgin Olive Oil**: The best of the olive oils. Use for dressings salads and vegetable dishes, basting meats and seafoods, and seasoning marinades and sauces.

Use olive oil (flavored) instead of butters or polyunsaturated fats/oils: corn, sunflower, soybean, or safflower oils



Health & Healing Note (continued)

Other Good Choices:

- Almond Oil
- Walnut Oil
- Avocado Oil
- Sesame Oil

Good Cooking Oils:

- Rice Bran Oil
- Grapeseed Oil
- Coconut Oil
- Macadamia Oil



Extra! Extra! Health Tips

- Visit a Medical Doctor, Naturopathy Practitioner, Colon Hydrotherapist, and begin to read and research a path of health & healing for *yourself*.
- Take natural supplements (whole food/herbal vs. synthetic) as required for healing and internal intestinal cleansing.
- Try natural drinks: carrot, greens, multi-vitamin, fruit smoothies, etc...



Extra! Extra! Health Tips (continued)

- Never go to bed hungry. Eat a light snack (rice cake, popcorn w/out butter or salt, whole grain crackers, nuts, low sugar fruit), and/or drink a bottle of water, herbal tea, a sugar- free drink. This will keep your metabolism moving.
- Purchase food (fresh/organic) items from whole food, natural, or organic/natural markets.

Remember!

Live Food vs. Dead Foods



Extra! Extra! Health Tips (continued)

- Drink at least 1 bottle of water 24, 33.8, or 50.7 fl.oz's 20-30 minutes before you eat, then another bottle 1-2 hours after you eat. This will keep your body in a constant flushing mode for toxin and food release.
- **A good wake-up tool:** Drink a bottle of room temperature water when you wake-up.



Extra! Extra! Health Tips (continued)

Remember!

**Proper hydration is the key to
healthy living and organ
function**



Extra! Extra! Health Tips (continued)

- Set a comfortable atmosphere for eating
 - No Television, Intense Conversations, Telephone
- Enjoy your food
 - Taste, Smell, Presentation, and Combination
- Portion Control
 - No plate size individual portions
- Chew each bite
 - Slow
- Do not drink cold water or drink while eating
 - Slows down digestion



Extra! Extra! Health Tips Quick Healthy Meals

- Bowl of lightly cooked raw oats, millet, brown rice, barley cereal (breakfast)
- Fruit plate (strawberries, blueberries, apples, raspberries, pears, oranges, kiwi, pineapples)
- Protein drink w/oat bran, crushed flax seed, almond meal
- Fruit smoothies, raw veggie drinks (juiced)
- Natural granola mixed with bananas, strawberries, raspberries, and blueberries (chill and serve)
- Bowl of lentil or other bean soup with a plate of leafy mixed field greens with fresh olives, carrots, cucumber, sweet peppers, alfalfa sprouts
- Grilled salmon, tuna, (cod, halibut, flounder) turkey w/ brown rice or quinoa steamed zucchini, squash, red, yellow, orange peppers
- Lean, organic meat of your choice



Extra! Extra! Health Tips Quick Meals (Breakfast, Lunch, Dinner)

- Oatmeal (regular or steel cut) or barley/quinoa with cinnamon, toasted oat bran, crushed flax meal or seed, almond meal
- Protein drink with apple juice, oat bran, crushed flax seed and almonds
- Fruit smoothie with protein powder, fruit juice, fresh fruit of choice
- One boiled egg (organic) with two slices of multi grain or spouted breads (with healthy spread) one piece of fruit and hot beverage or juice
- Bowl of brown rice, raw oats, or multi grain cereal with low fat vanilla almond or rice beverage



Extra! Extra! Health Tips Quick Meals (Breakfast, Lunch, Dinner)

- Sandwich on whole grain, millet, Ezekiel or sprouted bread (flourless) with vegetables or other choices:
 - Cucumber, spinach, avocado, tomatoes, sprouts
 - Cheese (regular, veggie, or rice)
 - Light spread or light oil
 - Unprocessed meat (turkey, chicken, or tofu)
- Cup of yogurt with raw oats, crush oat bran, fresh or frozen organic fruits
- Bowl of cottage cheese with fruit or grains
- Plate of mixed field greens topped with fresh or steam vegetables, grains, or fruit



Extra! Extra! Health Tips Quick Meals

- Dark leafy greens or spinach with a variety of veggies: summer squash, zucchini, asparagus, cucumber, sprouts, beets, sweet peppers, sweet peas, with olive oil. Tuna or salmon can be added
- Steamed spinach, flat peas, beets, whole baby carrots or butternut squash, red potatoes, turkey
- Albacore or steak tuna mixed with olive oil and spices, and organic brown rice crackers, with a mixed green base, plain or with spinach
- Tuna steak or a lean meat of your choice on top of asparagus, flat peas, and broccoli or other vegetables or grain (quinoa)



Extra! Extra! Health Tips Quick Meals

- Whole grain pasta, black rice mixed with snap peas and baked/grilled butternut squash (assorted spices and olive oils)
- Black, brown, red rice with a raw spinach base, mixed with broiled snap, snow peas, and asparagus (Vanilla olive oil & spices)
- Red quinoa with raw mixed greens, diced eggplant w/red, yellow, and orange peppers, with Brussels sprouts, beets (lemon & garlic olive oils with assorted spices)
- Quinoa (regular or red) or mixed wild brown rice with a mixed field green/herb base, with steamed asparagus, zucchini, and mashed cauliflower (basil or lemon olive oil)



Extra! Extra! Health Tips Quick Meals

- Spicy brown rice pasta shells mixed with red, yellow, orange peppers, served on raw spinach hot or cold (garlic and lime olive oils and spices)
- Sauté colorful chard with baked butternut and acorn squash whole grain pasta, black rice with a mixed green base (unfiltered olive oil, basil, garlic)
- Spinach base with baked whole sliced eggplant, mixed wild brown rice, asparagus, beets
- Whole grain pasta or brown rice spaghetti noodles with organic turkey meat balls, and natural organic sauce on a spinach base with 5-9 grain bread with fresh garlic spread. (children favorite)

Quinoa grain or tofu can replace the rice or pasta.



Extra! Extra! Health Tips

Quick Meals

- Lentils on top of regular or red quinoa with a mixed field green salad (this can be a good spicy dish)
- Mixed field greens or spinach with fresh green spicy or black olives, sliced avocado (garlic, lemon or orange olive oil and variety of spices)
- Lentils or other beans with baked asparagus, brussels sprouts, grilled broccoli and roasted cauliflower on top of dark leafy green or whole grain pasta
- Mixed field greens with broccoli, kale, watercress, collard or mustard greens, snap/snow peas and mini zucchini slices
- Brown rice or quinoa pasta shells with steamed/broiled whole baby carrots, brussels sprouts, or eggplant with mixed field greens



Extra! Extra! Health Tips

Quick Meals

Spicy citrus walnut summer salad: Mix together raw spinach, mixed field greens, and other organic herbs with regular, lemon, garlic, orange or lime extra virgin olive oil, squeeze a lemon, and lime, add orange, red, yellow peppers, add fresh cut snap/sweet peas, cucumbers, 3 or 4 large oranges, walnuts, zucchini, squash, and your favorite spices, chill and serve (serves 3-4).

You can add other vegetables of your choice

These are great starters. Be creative but healthy!



A Testimony of Love and Faith

Vanora's Story



Vanora's Story

The problem:

- Physically and mentally exhausted
- Overweight
- Spiritually restless
- Frustrated with family, career, health, and appearance
- Emotionally eating



Vanora's Story (continuation)

The solution:

- Consistent Prayer
- Belief in Self
- Consistency
- Removal and release of toxic situations and feelings
- Embrace Laughter and Love
- Healthy Eating



Vanora's Story: Healthy Eating

Breakfast: 1 bowl cereal with 1 % low fat milk, 1 cup low fat yogurt and granola bar, or 1 bowl of low sugar oatmeal with a bottle of water

***Weekends:** 2 nutri grain low fat waffles w/smart balance butter and sugar free syrup

Lunch: 1 Lean Cuisine (low sodium) meal with a bottle of water

***Weekends:** 1 sandwich on multi grain bread with fat free turkey breast or low sodium peanut butter and sugar free jelly/preserves and ½ cup sugar free apple sauce



Vanora's Story: Healthy Eating (continuation)

Mid day snack: 1 cup sugar free jello with 1 bag of 100 calorie snack pack (cookies) or granola bar with a bottle of water

Dinner: 1 Lean Cuisine or Watch Watchers (low sodium) meals with a bottle of water

Evening snack (rotation): Organic popcorn, fat free snackwells cookies (1 or 2), 1 cup sugar free pudding, mini rice cakes, or nuts

***Weekends:** 1 sm. bowl light (1/3 calories) ice cream or extra treat light cool whip on top of pudding



Vanora's Story (continuation)

The outcome:

- Renewed relationship and fellowship with God
- Major weight loss (50 lbs.)
- Healthy – spiritually, physically, and mentally
- Unconditional love of self, husband, and children
- Peaceful
- Recommitment to service in the church



Health & Healing

Try these suggestions for 30 to 90 days. The worst thing that can happen is that you will **FEEL** and **LOOK** better and you can say **“I Did It!”**

Do not get on a **weight scale**. Let your body, energy level, attitude, and clothes tell you that you are changing. **You do not want to play the scale game.**



Health & Healing

“Life belongs to God, and health belongs to you”

Dr. Nan Lu
St. Thomas, V.I.
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The Choice is yours?



Health & Healing References

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Health & Healing

Remember!

You can do this, if you pray, be consistent, and put your heart and mind to it!



Health & Healing

Be *passionate* and *consistent* in
everything that you do!

“Peace & Blessings”