

# Consecration 2012

# COMPLETE GUIDE

**The following information is provided with the understanding that World Overcomers Christian Church (WOCC) is not engaged in the practice of medicine or any other health-care profession. The information and opinions provided herein are believed to be accurate and sound at the time of publication. DO NOT rely on information in this publication to replace the advice of health-care professionals, or fail to consult with health-care professionals, should the need for medical attention arise.**

## CONSECRATION 2012

### What Is It?

To consecrate means to make or declare something sacred; to dedicate formally to a religious or divine purpose. In 2004, the Lord spoke to me about challenging the body of World Overcomers to join together at the beginning of every year in order to consecrate or dedicate to Him a tithe (10%) of the number of days of the year by **fasting and praying**. Every year during consecration, we see God operate powerfully in the ministry of World Overcomers as we deny our flesh for a spiritual and natural purpose. Indeed, our spirits, souls, and bodies are cleansed and renewed during this special time. So we take this sacred time of prayer and fasting seriously as we look forward to what God has in store for us collectively and individually each year.

### Why Should I Fast?

If you are a Member/Visiting Member of WOCC, you ought to be determined to be in the flow of what the Lord is saying to us together. As your Pastor, I have to answer to God for your growth and ability to hear a Word from the Lord. I also want to see your faith grow, and challenge you to be the best that you can be. So you should want to fast with us, and I trust that you will.

In addition to growing strong corporately, there are many individual benefits of fasting. As is my usual method, I will give you seven benefits of fasting.

### Fasting:

1. Is a practice that God commands. *We have provided some scriptures on fasting at the end of this pamphlet.*
2. Moves God, and moves you!
3. Quiets your flesh, making it easier to hear the Holy Spirit, and your inner spirit.
4. Is an opportunity for you to show your flesh who is in control. You rule you! Strengthens your spirit as you dedicate that time to prayer.
5. Creates a bond with your Kingdom family as we unite together in prayer.
6. Cleanses toxins from your body, helping you to start the year healthy.

### How Long Is It?

This year, we will be consecrating the first 33 days of the year to God, **from Monday, January 2<sup>nd</sup> until Friday, February 3<sup>rd</sup>.**

## TYPES OF FASTS

There are two basic types of fasts, Total (water only) and Partial (abstaining from specific items).

Jesus fasted 40 days and 40 nights, and though we are to be like Him, I am not asking you to abstain from nourishment for such a long period of time. But I am asking you to **do something!** For instance, you can join with me and split up the 33-day fast into equal periods of fasting as follows:

Dates	Pastor Andy's Fast
Jan 2–15	14 days of water & juice only.
Jan 16 - Feb 3	19 days of The Daniel Fast

I will not be having bread, sweets, candy, cake, etc for the whole 33 days, and once I start eating again, I will be drinking water, no juice, tea, etc. Since I will not be eating for the first 14 days, I will not really exercise, but as soon as I begin to eat I will begin working out again. If you're going to do this fast with me, I suggest you drink distilled water since spring water keeps your digestive system awake --- not good when you're not eating!

I do not expect everyone to do what I am doing. It is hardcore, and if you are on medication, or under a physician's care, or pregnant, or if you work a job that is very physical, this is not the fast for you. But that does not mean that you cannot fast. Here are some other options.

### Other Ways To Fast

1. Sun up to sun down
2. One meal per day (no sweets!)
3. No caffeine: coffee, or soda, or tea (*This may be a great time to give up soda altogether since it is so bad for you.*)
4. The Daniel Fast/Zone Diet (*see next section*)
5. Fruits and vegetables only, no meat
6. No complex carbohydrates: bread, pasta, potatoes, sweets
7. No tobacco (*If tobacco has you, this is a great time to kick it out of your life.*)

We present these options for fasting so that everyone can participate. Please join with us. **Do something!** The benefits are great.

## PRAYER

In addition to fasting, we will be praying, communicating with God, on a consistent basis. I trust that as you are denying your flesh, your spirit man is better able to hear from the Lord. Here at the beginning of the year, there is no time like the present to focus on what the Lord is saying to you concerning your future.

**Daily Prayer:** During this year's consecration, I want you all, wherever you may be, to **pray three times a day at 7am, Noon, & 7pm, everyday, Monday through Friday.**

# **THE ZONE DIET: A Partial Fast**

## THE ZONE DIET

The aim of fasting is to gain self-control, to be dominated by the spirit, and not by the flesh. A total fast is one where a person only drinks water; anything else is a partial fast. Whether total or partial, the goal is the same, to deny the flesh for a higher purpose. The Zone Diet is a partial fast alternative, and it is a great way to improve your physical health since this plan focuses on dramatically cutting your intake of carbohydrates and increasing your intake of proteins.

### What To Expect

***During the days of the Zone Diet, here are the “DO’S & DON’TS”.***

DO	DON'T
<p><b>DO!</b> Eat within one (1) hour of waking in the morning and regularly throughout the day, taking your last snack no later than 1/2 hour before bed</p> <p><b>**See schedule below for an example what &amp; when to eat</b></p>	<p><b>DO NOT!</b> Eat the following:</p> <ul style="list-style-type: none"> <li>• Bread</li> <li>• Juice</li> <li>• Potatoes</li> <li>• Rice</li> <li>• Corn</li> <li>• Pasta</li> <li>• Milk</li> <li>• Grains</li> <li>• Beans</li> <li>• Complex Carbs</li> </ul>
<p><b>DO!</b> Drink plenty of Water</p> <p><b><i>A Note About Water:</i></b> You can drink as much water as you want, as a matter of fact you should be drinking 1/2 your body weight in ounces of water per day. So if you weigh 200 lbs, you should be drinking 100 ounces of water/day.</p>	<p><b>DO NOT!</b> Drink juices that are high in artificial flavors or preservatives.</p> <p>You should also avoid caffeinated drinks.</p>
<p><b>DO!</b> Increase Protein Intake</p> <p><b><i>Pastor Andy's Recommendation:</i></b> The best way to get protein in non-fat doses is by drinking a protein shake. The Protein Powder that I suggest is “American Whey”, it is a bargain whey at GNC. To me, “double chocolate” is the best flavor.</p>	

### The ZONE Diet: Meal Plan

For detailed ZONE diet information, I recommend that you purchase Dr. Barry Sear’s, ***Enter The Zone***. For your convenience, we have included an example of a typical Zone meal plan for men and women in the pages to follow. Keep in mind that the aim of this

fast/diet is to help you achieve the best balance of carbs and proteins for optimum physical health. This is a good start to a lifestyle change.

## **The Strict Zone: For Men**

1 Block = 7 Grams

4 Block Meal/ 3 Block Snack

### **EAT EVERY 2 - 2 1/2 HOURS**

*(To help speed up metabolism, try to EAT EVERY 2 - 2 1/2 HOURS)*

#### **Breakfast (*choose one*):**

1. 1 1/2 Scoops of Protein and 3/4 cup of Oatmeal **OR**
2. 2 pieces of Large Fruit

#### **Snack (*choose one*):**

1. 1 Balance Bar or 1 Zone Bar **OR**
2. 1 piece of Fruit and two slices of Turkey Breast or Turkey Ham

#### **Lunch Options (*choose one*):**

1. 1 can of Tuna and 2 pieces of fruit **OR**
2. 3 eggs and 2 pieces of fruit **OR**
3. A garden salad with grilled chicken breast on it

**Snack: see above**

**Dinner Options: *Choose from a variety of options***, eating one helping of Protein, and two helpings of Carbohydrates (consisting of vegetables only), helpings no larger than the palm of your hand.

**Snack: see above. Last snack should be 1/2 hour before bedtime.**

## **The Strict Zone: For Women**

1 Block = 7 Grams

3 Block Meal/ 2 Block Snack

### **EAT EVERY 2 - 2 1/2 HOURS**

*(To help speed up metabolism, try to EAT EVERY 2 - 2 1/2 HOURS)*

#### **Breakfast Options (choose one):**

1. 1 Scoops of Protein and 1/2 cup of Oatmeal **OR**
2. 1 piece of Large Fruit

#### **Snack Options (choose one):**

1. 1/2 Balance Bar, or 1/2 Zone Bar **OR**
2. 1/2 piece of Fruit and two slices of Turkey Breast or Turkey Ham **OR**
3. Grapes and a slice of cheese

#### **Lunch Options (choose one):**

1. 1/2 can of Tuna (water packed) and 1 piece of fruit **OR**
2. 2 eggs and 1 piece of Fruit **OR**
3. Grilled chicken salad with low fat dressing **OR**
4. Tuna fish on a salad bed with low fat dressing

**Snack: see above**

**Dinner Options: Choose from a variety of options**, eating one helping of Protein, and two helpings of Carbohydrates (consisting of vegetables only), helpings no larger than the palm of your hand.

**Snack: see above. Last snack should be 1/2 hour before bedtime.**

## **Some Scriptures About Fasting**

2 Chronicles 20:1-15	Ezra 8:21-23
Isaiah 58:1-9	Joel 1:13-14
Jonah 3:3-10	Matthew 4:2
Matthew 6:16-17	Mark 2:19-20
Acts 13:2-3	Acts 14:23

## **Zone Diet Information**

[www.zonediet.com](http://www.zonediet.com)

## **Practical Tips**

### **Drink lots of water!**

Water transports nutrients, carries away wastes, & hydrates cells, so drink up, and remember to drink distilled water if you are not eating.

### **Did you know?**

Drinking cold beverages makes your body work harder to stay at a normal temperature. During periods of fasting, this could consume lots of energy and make you tired. To help preserve energy, consider drinking beverages at room temperature.

### **What to Expect**

When you fast your body eliminates toxins from your system. This can cause mild discomfort such as headaches and irritability, especially during withdrawal from caffeine and sugars. And naturally, you will have hunger pains.

When this happens, consider the following moderate activities that can help take your mind off of your discomfort & replace meal times:

- Play board games or participate in other family activities
- Read a book you've always wanted to read
- Learn a new craft or hobby
- Finish a project or chore
- Journal
- Read the Word/Pray
- Rest

### ***Got Questions?***

**Call:** 919-402-WOCC *or*

**Email:** [contact@wocconline.org](mailto:contact@wocconline.org)

# Nutrition Guide

## INTRODUCTION

Our time of fasting and consecration at WOCC has both spiritual and physical benefits. Spiritually, fasting quiets your flesh, making it easier to hear the Holy Spirit and your inner spirit. Physically, fasting allows your pancreas and digestive organs to rest, encourages your body to eliminate toxins, reduces your cravings for sugar, and may slow aging. Some experts even suggest doing a water fast one day a week for its health benefits.

Whether you choose to sacrifice certain foods, vices, or self-defeating thoughts during the consecration, your fast is likely to have you feeling more revived. Now is a great opportunity to think about your overall health and well-being. What can you do to grow physically stronger and healthier? Did you give up something that you should give up for good? Did you do something new that you should continue for life?

When reading up on how to improve or maintain your health, you may come across confusing or inconsistent information. However, there are some general health guidelines that are easy to understand and have remained consistent over time.

The National Weight Control Registry found that registered members who were successful at maintaining a healthy lifestyle often did the following:

- ü 90% exercised, on average, about 1 hour per day.
- ü 78% ate breakfast every day.
- ü 75% weighed themselves at least once a week.
- ü 62% watched less than 10 hours of TV per week.

In keeping with Pastor Andy's vision of "Balanced Victory for the God Designed Life", this section focuses on "Balanced Health and Nutrition for the God Designed Life." Throughout this section you will find some basic information and tips for how you can improve your overall health and nutrition. Keep in mind that this information is not a complete listing of everything we can or should do. At the end of this section you will find a list of resources where you can learn more. We also encourage you to talk to your doctor or nutritionist about anything you should do in particular given your own personal health.

## HEALTHY SPIRIT = HEALTHY BODY

Do you know that developing sound spiritual practices can contribute to the overall health of your physical body? When your spirit is strong and healthy, you'll make better choices. The following things can help you improve your spirit, mind, and body.

### HEALTHY SPIRITUAL PRACTICES

Identifying your God-given gifts and using them to better the Kingdom (Ephesians 4:11-16)

Thinking about the wonderful and awesome things around you (Philippians 4:8)

Doing what you know is right, even when it's hard (James 1:19-25)

Not worrying about how you will get the things you need (Matthew 6:31-33)

Fellowshipping with Christians (Hebrews 10:23-25)

Cheerfully tithing 10% of your gross income (Malachi 3:9-11)

Reciting powerful scripture (Luke 4:1-13)

Remembering that God is working to improve your circumstance (Mark 11:22-24)

## WHAT DOES A HEALTHY BODY LOOK LIKE?

Being healthy is not just about how much you weigh, it is also about eating healthy and maintaining healthy levels of fat, cholesterol, nutrients and muscle. The following Health Base Line chart gives you an idea of what a healthy body looks like. Make a copy of the chart for future reference. Take a copy with you to your next doctor's appointment and complete it with the help of your physician. Once it's complete, you can see how your body measures up to that of a healthy person. As you commit to maintaining a healthier lifestyle, refer to this chart throughout the year and see how much you have improved. Make a commitment today to live a healthy lifestyle that is both balanced and rewarding.

## My 2011 Health Base Line—BODY

Be sure to talk to your doctor about what types of medical tests you should have, and when.

MY INFORMATION	BASELINE
Waist: _____ in Hip: _____ in Weight: _____ lbs	Increased risk for diabetes & heart disease: Waist Male—40 inches or more Female—35 inches or more Waist divided by Hip Male—0.90 or more Female—0.85 or more
Body Mass Index (BMI): _____	Normal/Good: 18.5-24.9    Online BMI calculator: <a href="http://www.nhlbisupport.com/bmi/">http://www.nhlbisupport.com/bmi/</a>
HDL Cholesterol : _____ mg/dL	Normal/Good: 60mg/dL or higher High HDL reduces risk of heart disease
LDL Cholesterol: _____ mg/dL	Normal/Good: 129 mg/dL or lower Low LDL reduces risk of heart disease
Sugar (Glucose): _____ mg/dL	Normal/Good: 70-100 mg/dL Pre-diabetes: 100-125 mg/dL Diabetes: 126 mg/dL or higher
Blood Pressure: _____ / _____ mmHg	Normal/Good: less than 120/80 mmHg Pre-Hypertension: 120-139/80-89 mmHg High: 140 or higher/90 or higher mmHg
Electrolytes Sodium: _____ mmol/L Magnesium: _____ mg/dL Potassium: _____ mmol/L	Sodium Normal: Male—135-146 mmol/L Female—132-148 mmol/L Magnesium Normal: 1.6-2.4 mg/dL Potassium Normal: 3.5-5.0 mmol/L Electrolytes help balance body fluids and detect kidney, heart, and liver disease. Helps detect problems with some medicines.
Calcium	Used to identify problems with kidneys, bones, and thyroid. Normal ranges vary. Ask your doctor.
Kidney	Several tests used to measure kidney function (blood, urine). Most common causes of kidney disease are diabetes & high blood pressure.
Other Important Health Screenings : General guidelines for when screening should occur are listed. However, other risk factors (smoking, meds, family history) can increase the need for earlier screening.	Gum disease/ Cavities (Everyone) Osteoporosis/Bone Density (Women 65+) Glaucoma (Blacks 40+/Others 60+) Mammogram (Women 40+) Prostate (Men 50+) Colonoscopy (Everyone 50+) Chest X-Ray (Current/past smoker or family history of lung cancer)

## **BALANCED HEALTH & NUTRITION GUIDELINE #1: DRINK LOTS OF WATER**

Did you know that the human body is more than 60% water? Water makes up 75% of all muscle tissue and about 10% of fatty tissue. While we can go without food for weeks, we would die in a few days without water. All parts of the body, from the smallest cell to the largest organ, require water to work properly. Water helps carry nutrients around the body and remove waste from the body. Water in the human body is like oil in a car, reducing friction and helping things move smoothly. Water helps reduce our body temperature through sweating and helps start the digestion of food through saliva. Your spinal cord, brain, and other sensitive organs and tissue are protected by water.

While drinking water does not remove fat from the body, it can be helpful for people who are trying to lose weight. Water is a zero calorie beverage with no artificial colors or flavors. It keeps the mouth busy and helps fill your stomach (at least temporarily). Drinking water is very important for preventing dehydration, which can cause dizziness, confusion, fainting, and other health complications. Drinking water is very important when it's very hot outside, when you're sick with a fever, and when taking certain types of medications. Drinking water is also very important for exercise. When doing high intensity exercise (more than 45 to 60 minutes of sweating), sports drinks are a good choice for preventing dehydration and replacing electrolytes lost in sweat. Electrolytes help the body balance fluids and include sodium, magnesium, and potassium.

We get water from both solid and liquid foods like fruit, vegetables, and soup. But, the best way to get water in the body is by... you guessed it, drinking water! Children and adults alike can benefit from drinking 6-8 glasses of water a day. Here are some tips from the Centers for Disease Control and Prevention for increasing your water intake:

- Carry a filled water bottle when you go to work or running errands.
- Freeze water in plastic bottles (don't fill all the way to prevent breakage). Take a bottle with you for ice-cold water all day long.
- Choose water instead of other beverages when eating out to reduce calories and save money.
- Give your water a little pizzazz by adding a wedge of lime or lemon or a few tablespoons of juice.

## **BALANCED HEALTH & NUTRITION GUIDELINE #2: EAT REAL FOOD**

In our fast-paced world, we try to fit more into each day, find new shortcuts, get a quick fix. The food industry supports this way of life, making fast food, microwave meals, and protein bars for people who don't have time (or rarely make time) to cook or pack a lunch.

While it can be helpful to eat a diet low in carbohydrates, high in fiber, high in protein, and low in saturated or partially hydrogenated fats, it is more important that you eat "real" food.

What is real food? Food in its most natural form without all the unnecessary extras. Food our great-grandparents used to eat—dug out the garden, bought at the farmer's market, raw, minimally processed with familiar ingredients you can pronounce.

Make an effort this year to feed your body more natural and healthy foods. Avoid artificial, sugar-filled, over-processed, and fast food. When you have to eat on the run, try these pack-n-go snacks: bananas, nuts and dried fruit, carrot sticks and peanut butter, or whole-wheat crackers and low-fat cheese. For other ideas, see "Healthy Eating on the Run," a fact sheet published by the American Diabetic Association (see References and Resources at the end of this section).

During the fast, we seek Christ to feed and strengthen our spirit. In the same way, make an effort this year to feed and strengthen your body with more natural and healthy foods. Avoid artificial, sugar-filled, over-processed, and fast food. Your body will thank you!

Disclaimer: Be sure to check with your doctor or nutritionist about any foods or specific nutrients you should add or remove from your real food diet.

## **BALANCED HEALTH & NUTRITION GUIDELINE #3: EAT LOTS OF PLANTS**

*The Daniel Fast: 'Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.' So he agreed to this and tested them for ten days. At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.*

*Daniel 1:11-16 (NIV)*

In this story about Daniel, Daniel and his fellow men ate only vegetables for ten days. They proved the benefits of their preferred diet through their “healthier and better nourished” appearance. In addition, King Nebuchadnezzar found them to be ten times wiser than “all the magicians and enchanters in his whole kingdom” (Daniel 1:20 NIV).

The idea of not eating any meat, chicken, or fish at all may sound absurd or even horrifying to many. If you just can't imagine life without eating any meat, take heart. You don't have to eat only vegetables to reap the rewards of a healthy lifestyle. However, there is much to gain by filling most of your plate with vegetables, fruits, and other plant-based foods such as tofu, beans, nuts, and whole grains.

Many people see eating plant foods as a punishment or a way to avoid illness. Plants are too often eaten under compulsion rather than out of love. But, meat lovers can grow into plant lovers (or at least plant friends) by putting a little more thought and time into preparing them. Some experts suggest prepping vegetable items before meat items at dinnertime to avoid bland or over-cooked sides. Very few people will switch to the “green-side” if all that's waiting for them is boiled broccoli.

### **THE BALANCED SIDE OF BEING A VEGETARIAN**

If you are thinking about being a vegetarian (no meat, poultry, or fish) or vegan (also no eggs or dairy), make sure you get enough of the nutrients found in the foods you are not eating. While vegetarians and vegans tend to have lower rates of illness and disease (e.g., high blood pressure, heart disease, cancer), they are also less likely to get enough of the following important nutrients: iron, vitamin B-12, calcium and vitamin D, zinc, and omega-3 fatty acids. Higher concentrations of these nutrients are found in

## **BALANCED HEALTH & NUTRITION GUIDELINE #3: EAT LOTS OF PLANTS CONTINUED.**

meat, poultry, fish, eggs, and dairy—one of the benefits of including some of these foods in your diet.

While Romans 14:14-15 teaches us that no food is inherently unclean, eating fewer animals and more plant-based foods will clean your colon, and improve your health. If you or someone you love is a meat lover, then try some of the following tips to get more plant-based foods into your diet year round.

### **FOR THE LOVE OF PLANTS:**

(A few tips to increase your intake of plant-based foods)

**Eat the Rainbow.** To ensure your diet is rich with a variety of vitamins and minerals, make your meals as colorful as possible. Try each week to eat plant foods that cover the colors in a rainbow—tomatoes, kidney beans, yams, squash, broccoli, bell pepper, berries, purple cabbage, eggplant, etc.

**Cook Gently.** Overcooking vegetables kills the nutritional value. Cooked veggies should be bright in color, not a muted grayish-brown color. Cook veggies just until they can be pierced easily with a fork. When steaming, place the steamer basket above water while cooking.

**Add Sautéed Vegetables.** Use a little olive oil (1-2 tablespoons) to sauté sliced or chopped onion, carrot, celery, cabbage, tomato, mushroom, herbs and spices in any combination you like to make a great sauté. Use hearty veggies and cook them slowly and covered over low heat until they are soft and the flavors have blended together. Use the sautéed vegetables as a topping on steamed veggies, brown rice, baked potato, or omelet.

**Fortify Salad.** If your salads are mostly lettuce and field greens, you won't stay satisfied for long. Yes, lettuce has lots of great vitamins and fiber, but so do lots of other less wimpy plant foods. If you have a big appetite, fortify your salad with chickpeas or other canned beans, nuts and seeds, bell pepper, carrots, celery, broccoli, apple, berries, etc.

**Get Kids To Eat Veggies.** Getting children (and even meat-loving adults) to eat more plants can be a big challenge. Sometimes you just have to sneak

**BALANCED HEALTH & NUTRITION GUIDELINE #3: EAT LOTS OF PLANTS CONTINUED.**

them in. Grate zucchini, finely chop mushrooms, or puree chickpeas. Mix them into other foods like spaghetti sauce, burgers, scrambled eggs, or stews. Slices of tofu can go virtually undetected in veggie lasagna and cut the amount of cheese or meat you need in half. Remember, fruits are also good options for increasing plant intake—cherries, grapefruit, plums, apples, pears, berries, cantaloupe, peaches, oranges, and grapes.

**Learn from the Experts.** Vegans and vegetarians have been eating plants for centuries. Subscribe to a vegetarian magazine or buy a vegan cookbook to learn about new plant foods and how to prepare them. Save and swap tasty recipes. Host a vegetarian potluck or a “bring your own meat” veggie dinner. You don’t have to be a vegetarian to cook like one. See the end of this booklet for a list of cookbooks & magazines.

## **BALANCED HEALTH & NUTRITION GUIDELINE #4: SHOP WISELY**

Buying healthy food does not mean you have to spend your whole paycheck at Whole Foods. You also don't have to eat only organic food to have a great diet. Most experts agree that it is far more important to eat lots of fresh fruits and vegetables than it is to eat organic. If you are interested in eating more organic foods, be sure to read "When is Organic Worth the Money?" on the next page. Keep in mind that shipping foods can reduce disease-fighting nutrients. Therefore, it's often better to buy conventional produce grown locally than to buy organic produce shipped in from Europe or Mexico.

In general, fresh produce is highest in nutrients, followed by frozen produce, and then canned produce. To improve the quality of your meat intake, take the skin off your chicken to reduce unhealthy fats. Eat fish high in healthy fats like salmon, herring, and sardines. Eat extra-lean beef labeled "Choice" or "Select" ("Prime" cuts are higher in fat). Choose pork tenderloin or boneless top loin chop, baked not fried.

Be wise when shopping for food and other groceries. Stock your home with cost-effective and healthy choices. Be a good steward and make your dollar go farther than the average dollar.

### **Whether you buy organic or conventional, here are a few cost-saving tips:**

- Spend a day checking prices for the items you buy the most at different stores. Shop where you get the best value for each item. You might buy fresh fruits and vegetables from the farmer's market, canned beans at Food Lion, and fresh meat at a local butcher or Whole Foods.
- Shop at wholesale grocers like Costco. or Sam's Club. Most people (especially singles) can't eat all the fresh food they buy at wholesale grocery stores before they spoil. So, split the food and the bill.
- Shop in the bulk-food aisle of the grocery store where available. It often costs less money to scoop and bag your own dried beans, rice, spices, nuts, dried fruit, or cereal, because there is no fancy packaging.
- Cut and use coupons—a lost art. Search for coupons on-line.

## **BALANCED HEALTH & NUTRITION GUIDELINE #4: SHOP WISELY CONTINUED...**

- Eat with the seasons. Food grown and sold in its season is often less expensive than out-of-season food that is shipped in from other countries.
- Shop at your local farmer's market. Ask farmers about how they raise their animals or grow their produce. Stick with farmers that use few pesticides, harvest at the peak of freshness, and rotate their crops.
- If you buy organic foods, look for store brands, which are often less money, and just as good.
- Make a shopping list before you head out and stick to it.
- Don't shop when you're hungry.
- Always read the list of ingredients on the food you buy to make sure you are getting what you think you are getting. Don't rely on the front label. Read the fine print on the back.
- Waste not, want not. Use wilted veggies in soups and over-ripe fruit in smoothies. If you get tired of leftovers, freeze half of the food you cook in large amounts right away and eat it a few days or weeks later.

## WHEN IS ORGANIC WORTH THE MONEY?

<b>WHEN TO CHOOSE ORGANIC</b>	<b>Apples, bell peppers, celery, cherries, imported grapes, lettuce, nectarines, peaches, pears, potatoes, raspberries, spinach, strawberries</b>	Found to have highest levels of pesticide residues even after washing.
	<b>Meat, poultry, eggs, dairy</b>	Hormones and antibiotics given to animals are found in animal meat, milk, and eggs. Don't forget pesticides & other synthetic ingredients found in animal feed. If you can't afford or find organic, look for "hormone-free," "antibiotic-free," and "free range."
	<b>Baby food</b>	Young bodies are more vulnerable to pesticides and other toxins.
<b>WHEN ORGANIC IS NOT NECESSARY</b>	Asparagus, avocado, banana, broccoli, cabbage, cauliflower, eggplant, sweet corn, kiwi, mango, onion, papaya, radish, pineapple, peas, watermelon, orange, grapefruit, blueberries	Pesticides are rarely found on these foods or are found in lower amounts, so there is no need to pay extra for organic.  For pesticide levels on other produce see <a href="http://www.foodnews.org/fulldataset.php">http://www.foodnews.org/fulldataset.php</a>
	Breads, oils, potato chips, pasta, cereals, canned or dried fruit and vegetables, other packaged foods	These are processed foods. Processing food strips away nutrients, so it's not worth buying organic. Many processed foods include organic and non-organic ingredients so read labels.
<b>LIMITATIONS OF ORGANIC</b>	Fish and seafood	Few standards have been established for organic fish & seafood, which can be labeled organic even when containing mercury and toxic PCBs.

## WHEN IS ORGANIC WORTH THE MONEY?

	Cosmetics (make- up, shampoo, lotion, etc.)	Only 11 percent of ingredients found in personal-care products, organic or not, have not been tested for safety.
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## BALANCED HEALTH & NUTRITION GUIDELINE #5: EXERCISE

*No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*

*Hebrews 12:11 (NIV)*

## DID YOU KNOW?

### LACK OF EXERCISE CAN LEAD TO EXCESSIVE WEIGHT AND OBESITY

Excessive weight (extra weight from muscle, bone, fat, muscle, body water) and obesity increases your risk for...	Obesity (abnormally high body fat) increases your risk for...
<ul style="list-style-type: none"> <li>✓Diabetes</li> <li>✓Coronary heart disease</li> <li>✓High cholesterol</li> <li>✓Stroke</li> <li>✓Hypertension</li> <li>✓Gallbladder disease</li> <li>✓Breakdown of joints (osteoarthritis)</li> <li>✓Sleep apnea &amp; other breathing problems</li> <li>✓Some cancers (breast, colorectal, endometrial, kidney)</li> </ul>	<ul style="list-style-type: none"> <li>✓Complications of pregnancy</li> <li>✓Menstrual irregularities</li> <li>✓Excess facial and body hair (hirsutism)</li> <li>✓Urine leakage (incontinence)</li> <li>✓Depression</li> <li>✓Complications during surgery</li> <li>✓Early death</li> </ul>

### LACK OF MUSCLE BUILDING EXERCISING CAN LEAD TO INSUFFICIENT WEIGHT

## LACK OF EXERCISE CAN LEAD TO EXCESSIVE WEIGHT AND OBESITY

Insufficient weight (abnormally low weight due to low muscle mass, low bone density, too little fat) increases your risk for...

- ✓ Irregular heart beat (heart arrhythmia)
- ✓ Thyroid malfunction
- ✓ Loss of menstrual cycle
- ✓ Hair loss
- ✓ Brittle bones (osteoporosis)
- ✓ Weak immune system
- ✓ Poor absorption of nutrients (malnutrition)

### BALANCED HEALTH & NUTRITION GUIDELINE #5: EXERCISE CONTINUED...

While extreme daily workouts are not required to achieve and maintain a healthy body, one cannot expect to improve their physical fitness without some discomfort and discipline; but by disciplining yourself, you will be able to exercise more. The more you exercise, the easier it will be to keep exercising because you will grow in discipline. The key is figuring out how to get started.

Some of what you need to get started is just sheer will. Know that your will is stronger than your feelings. We do things we don't feel like doing all the time. When you don't feel like exercising, admit it. Say to yourself, "I don't feel like doing this, but I WILL." Get dressed, eat some nuts or a banana for energy, grab a bottle of water, and hit the road. If you find it hard to be accountable to yourself, find a workout partner with an equal or greater level of commitment to exercising.

Be specific about the challenges (or excuses) you face when trying to start or maintain a regular exercise program. Doctors recommend that you exercise for at least 30 continuous minutes every day. During that 30 minutes, your heart rate should increase for 20 minutes. In other words, for 20 minutes you should feel a little more discomfort every five minutes or so. If your goal is to lose weight, you will need to exercise more and reduce the amount of calories you eat. Remember that exercise is not just for people who want to lose weight. People who are not overweight need exercise to

help build muscle mass, strengthen bones, reduce cholesterol, and maintain a healthy heart.

If you don't feel comfortable in a gym, walk outside or in the mall, take a dance class, get an exercise video and invite friends over to work out with you in your living room. If you get bored easily, mix it up! Walk/run on Mondays, pilates on Tuesdays, weightlifting on Wednesdays, etc. Different exercises work muscles in different ways, so try to incorporate aerobic (cardio), flexibility (stretching), and strength-building (weights) exercises. Figure out what time of day is best for you to exercise. Are you a morning person or a night-owl? If your days are often unpredictable, keep your work out gear in your car (clothes, sneakers, towel, toiletries, etc.) so that you can exercise anytime and anywhere.

## **BALANCED HEALTH & NUTRITION GUIDELINE #5: EXERCISE CONTINUED...**

In addition to establishing a regular exercise routine, commit to being more active in general. Shoot hoops or jump rope with your children. Park your car on the far side of the parking lot. Take the stairs. If you have a sedentary job, get up from your desk every hour or so and take a quick walk down the hall. If you're married, you should "fellowship" more. By this, we simply encourage you to have regular sexual intercourse with your spouse—it can improve your immunity, reduce stress, increase your energy level, and your relationship.

Celebrate small victories. Keep track of your progress in a notebook or journal. Too often we forget how much we have done to get to where we are. Establish a non-food reward for each month you meet your exercise goals. These rewards might include a movie night, a trip out of town, some new gear. Try giving a trusted friend \$2.00-\$300.00 and earning some of the money back each month you stick to your routine.

## **BALANCED HEALTH & NUTRITION GUIDELINE #6: PORTION CONTROL**

According to the American Heart Association, 65% of adults age 20 and older are overweight or obese in the United States. In the African American community, 77% of black women and 61% percent of black men age 20 and older are overweight or obese. One of three primary factors contributing to high levels of excess weight and obesity is increasing portion sizes. Keep in mind the following healthy portion sizes:

- A teaspoon of margarine is the size of one die or cube
- Two tablespoons of peanut butter are the size of one ping pong ball
- An ounce and a half of cheese is the size of three dominoes or 2 pairs of dice
- One cup of pasta is the size of a tennis ball
- One pancake is the size of a CD or DVD (excluding the case!)
- One-half cup of vegetables is the size of a light bulb
- One medium piece of fruit is the size of a baseball
- Three ounces of meat or chicken is the size of a deck of cards
- Three ounces of baked fish is the size of your checkbook

## **BALANCED HEALTH & NUTRITION GUIDELINE #7: LEAN NOT ON YOUR OWN UNDERSTANDING**

As you work to improve and maintain your health, realize that you cannot do this on your own. Lean and depend on Jesus; for He is the source of all authority, power, and dominion (Ephesians 1:20-22). A strong relationship with God is paramount, and will lead to everlasting changes in yourself and those around you.

## REFERENCES AND RESOURCES

### Calorie Counters

- Calorie King for Food Awareness <http://www.calorieking.com/foods/> – Calorie Count <http://caloriecount.about.com/foods/>

### Cookbooks and Magazines

- Deceptively Delicious. By Jessica Seinfeld
- Healthy Hearty Helpings. By Anne Dinshah
- How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food. By Mark Bittman
- Neo Soul: Taking Soul Food to a Whole 'Nutha Level. By Lindsey Williams
- The Mayo Clinic Williams-Sonoma Cookbook: Simple Solutions for Eating Well. By John Phillip Carroll
- The Mediterranean Vegan Kitchen: Meat-Free, Egg-Free, Dairy-Free Dishes from the Healthiest Region Under the Sun. By Donna Klein
- The Vegetarian No Cholesterol Barbecue Cookbook. By Kate Schumann and Virginia Messina MPH, RD
- Vegetarian Cooking for Everyone. By Deborah Madison

### Free Recipes On-Line

- Carrboro Farmers Market Recipes [http://www.carrborofarmersmarket.com/market\\_recipes.shtml](http://www.carrborofarmersmarket.com/market_recipes.shtml)
- Cooking Light <http://www.cookinglight.com/>
- Vegetarian Times <http://www.vegetariantimes.com/>
- The Food Network—Healthy Eating <http://www.foodnetwork.com/healthy-eating/index.html/>
- The Sneaky Chef [http://www.thesneakychef.com/free\\_recipes.php/](http://www.thesneakychef.com/free_recipes.php/)

### Food and Nutrition

- An Easy Guide to Reading Nutrition Labels [http://www.mckinley.uiuc.edu/Handouts/pdfs/nutrition\\_labels.pdf/](http://www.mckinley.uiuc.edu/Handouts/pdfs/nutrition_labels.pdf/)
- Healthy Eating on the Run. By The American Dietetics Association [http://www.eatright.org/ada/files/Healthy\\_Eating\\_on\\_the\\_Run.pdf](http://www.eatright.org/ada/files/Healthy_Eating_on_the_Run.pdf)
- In Defense of Food. By Michael Pollan

- Other Nutrition Fact Sheets by The American Dietetics Association  
[http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition\\_350\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_350_ENU_HTML.htm)
- Search Your Heart Nutrition Guide. By The American Heart Association  
[http://www.americanheart.org/downloadable/heart/1156966377994SYH\\_Nutrition\\_on\\_Repros.pdf](http://www.americanheart.org/downloadable/heart/1156966377994SYH_Nutrition_on_Repros.pdf)
- The College Student's Guide to Eating Well on Campus. By Ann Selkowitz
- The Daily Green Guide to Organic Food  
<http://www.thedailygreen.com/healthy-eating/Dirty-Dozen-Foods>
- The People's Pharmacy: Healthy Eating  
[http://www.peoplespharmacy.com/archives/radio\\_shows/704\\_healthy\\_eating.php](http://www.peoplespharmacy.com/archives/radio_shows/704_healthy_eating.php)
- The Portion Teller: Smartsizes Your Way to Permanent Weight Loss. By Lisa R. Young
- The World's Healthiest Foods <http://www.whfoods.com/foodstoc.php/>

### **Exercise**

- Search Your Heart Physical Activity Guide. By The American Heart Association  
[http://www.americanheart.org/downloadable/heart/1156966821600SYH\\_PhysicalActivity\\_Repros.pdf](http://www.americanheart.org/downloadable/heart/1156966821600SYH_PhysicalActivity_Repros.pdf)
- Strength Training Anatomy: Your Illustrated Guide to Muscles at Work. By Frederic Delavier

### **Local Farmers Markets**

- Carrboro: Located at 301 West Main Street  
<http://www.carrborofarmersmarket.com/>
- Durham: Located in the Pavilion at Durham Central Park, 501 Foster Street <http://www.durhamfarmersmarket.com/>
- Raleigh: Located off Lake Wheeler Road. From I-40 take exit 297 follow signs to market  
<http://www.ncagr.gov/markets/facilities/markets/raleigh/index.htm>