heart attack later on. This is why people with chronically higher blood sugar levels like diabetics, usually die from heart disease, not the diabetes itself.

If you are going to be healthy and resistant to disease in 2009, you must choose unrefined natural foods that come straight from the hand of the Creator. When you buy bread, pasta, cereals, or anything made of wheat flour, make sure the first ingredient says “whole wheat flour”. If it says “enriched flour”, leave it alone. Refined grains like “enriched” wheat flour and white rice are converted to excess sugar in the blood stream very quickly. Drink plenty of water….two glasses upon arising, and two glasses before each meal. That thins the blood naturally, and for 80% of patients, it makes it unnecessary to take blood thinning medications. That natural thinning of the blood can also prevent a fatal heart attack, by reducing the ability of the blood to clot quickly.

Above all, strengthen your relationship with your Creator, through daily prayer and the study of His word. Remember also that benevolence plays a key role in maintaining your health and in the healing of your body (see Isaiah 58: 6-8) May God bless your efforts to truly be His Ambassador in 2009!

As we face the New Year, many look with trepidation at the challenges we face in the economy, our communities and our families, and wonder how we are going to negotiate the rocks and the shoals of the coming year. Without a doubt it will be a challenging year for many of us, and a challenge demands a strategy that really works!

One of the most important areas that affects all other areas, is of course your health. And that begs the question: What strategies can I put in place that will have the most positive impact on my health in 2009? The answer to that question may actually lie in your attitude toward health in the first place. But unquestionably, the single most important tangible thing that you can do for your health is to become more physically active.

In Gen 3:19 we read “…in the sweat of your brow you shall eat bread” Some Christians view that as punishment for sin…and perhaps it is, but on a larger scale, when God gives a command, it usually encompasses many areas. Take stress for example…no one is free from it, yet without a strategy to reduce the effects of the stress hormones, you will not only age prematurely, but run the risk of ending up in the hospital.

The reason is that physical activity, especially moderate intensity walking, is very effective at dissipating and cancelling the stress hormones that tend to influence your health. But brisk

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walking has other important benefits...for one thing, it raises the body temperature, creating a “natural fever”, which boosts the immune response. In fact walking or jogging in the wintertime is absolutely the best strategy against colds and viruses!

This physical activity also improves your energy levels. If you have been feeling tired lately, and lacking that “spark”, brisk walking will actually improve your energy and endurance. It does this by placing a demand on your muscles, which are powered by little energy devices in the cell called mitochondria. When you are physically inactive, the mitochondria are relatively few in number, because there is no real need or demand for extra energy. This is why the number one complaint that doctors hear is “Doctor, I’m so TIRED!” But as soon as you become active, and begin to walk briskly, something wonderful happens: the mitochondria actually increase in number, creating a much greater potential for energy release. Your energy level increases, and the constant tiredness will usually disappear after about ten days.

In addition, brisk walking strengthens the heart muscle, lifts your spirits and banishes depression and anxiety through the endorphin release. And it actually causes you to lose excess pounds. In fact, for weight loss this is the best strategy for losing fat weight! That’s because brisk walking raises your basal metabolic rate, that is, the rate at which you burn calories at rest. Physically inactive people burn relatively few calories when they are at rest. Physically active people burn more calories even when they are not physically active. This stoking for the “metabolic fire” if you will, causes you to lose 1-2 pounds of fat weight per week after about the tenth day. Why the tenth day? Because prior to that time, the muscles burn glucose primarily to power your walking activities. But after 8 to 10 days something extraordinary begins to happen! Your newly conditioned muscles begin to burn 50% glucose, and 50% fat! This results in a steady weight loss of about 1-2 pounds per week. But remember....walking must be done daily, because the metabolic benefits last for only about 36 hours.

Next, you must consider the way that you fuel your body. Most of us Americans, and even vegetarians, are using the wrong fuels. As a health educator I’m finding that the true natural unrefined Eden diet that our Creator gave to us in the beginning is almost a rarity among Christians, and even among Seventh Day Adventists. We seem to have an absolute craving for refined carbohydrates, and sugar in particular. This is true especially during the holiday season, which is one reason why hospitals traditionally have the largest census right after the holidays! Why? Because of the effect that all of that “holiday sugar” has on the immune response. It lowers your immunity and literally damages your arteries via progressive free radical destruction of the arterial wall.

This is due to the fact that excess sugar in the blood stream tends to bind to our hemaglobin, which is supposed to transport oxygen in the blood stream. Normally, red blood cells bind to oxygen in the lungs, release the oxygen to the cell for energy production, and return to the lungs to pick up more oxygen. This wonderful oxygen and hemaglobin reaction is reversible. But the very bad news is that once the excess sugar in your blood binds to your hemaglobin, it never lets go! The reaction is irreversible. And that irreversible combination constitutes a free radical, which damages the arteries and puts you at risk for a