

As we continue to face the reality of COVID-19, including the threat of Omicron and other variants, we seem to face an uncertain future. But God is absolutely certain about our future. His plan is for good; He will never leave us or forsake us! **In addition to the availability of approved vaccines and COVID-19 safety protocols—physical distancing, good hygiene and wearing a face mask—we encourage you to enhance your wellness by taking these day-to-day actions.**

*“Natural means, used in accordance with God’s will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy. We ask to be kept from the pestilence that walketh in darkness, that is stalking with such power through the world; we are then to cooperate with God, observing the laws of health and life. Having done all that we possibly can, we are to keep asking in faith for health and strength. We are to eat that food which will preserve the health of the body.” EGW 7BC 938.8*

## Nutrition

- Enjoyed
  - » 3–4 cups of vegetables (>3 colors)
  - » 1.5–2 cups of fruit (>2 colors)
  - » A handful of nuts/seeds (brazil, hemp, pumpkin, flax) 3–4 x a week
  - » 3+ servings of whole grains (i.e. oats, brown rice, quinoa)
  - » 2+ servings of plant-based protein (i.e. legumes, tofu)
- Avoided/limited sugar and highly processed foods
- Balanced my plate with a variety of whole food plant-based foods; see more ideas on page 2.



## Exercise/Activity

- Exercised for at least 30 minutes today (can be in short 10-min. intervals)
- Avoided sitting or standing >2 hours straight

## Emotional Health

- Embraced healthy thoughts
- Kept my stress in check
- Expressed gratitude
- Was proactive in moving toward my goals
- Reminded myself I was created to thrive
- Wasn't afraid to reach out for help

## Water

- Drank at least eight 8-oz. cups of H2O
- Took my contrast shower (3 cycles of 3 min. HOT/ 30 sec. COLD, then rest 10–20 min.)

## Sunlight

- Spent time out in sunshine and nature

## Temperance/self-restraint

- Exercised self-restraint in areas I struggle with (i.e. media usage, food intake, adequate sleep, caffeine consumption, work, anger, negative emotions)
- Abstained from alcohol, drugs and smoking
- Counteracted my negative self-talk with God's truth about me

## Air

- Breathed outdoor fresh air for at least 20 minutes (appropriately distanced and free from face covering)

## Rest

- Took time out to relax and regroup
- Avoided caffeine to enhance my sleep quality
- Enjoyed 7–8 hours of sleep last night
- Enjoyed Sabbath rest weekly

## Relationship

- Spent quality time with friends/family
- Actively sought to strengthen my friendship with Creator God
- Chose to forgive myself and others

## Trust in God

- Claimed, accepted and believed God's promises about His provision, protection and power.

*My favorite verses* \_\_\_\_\_

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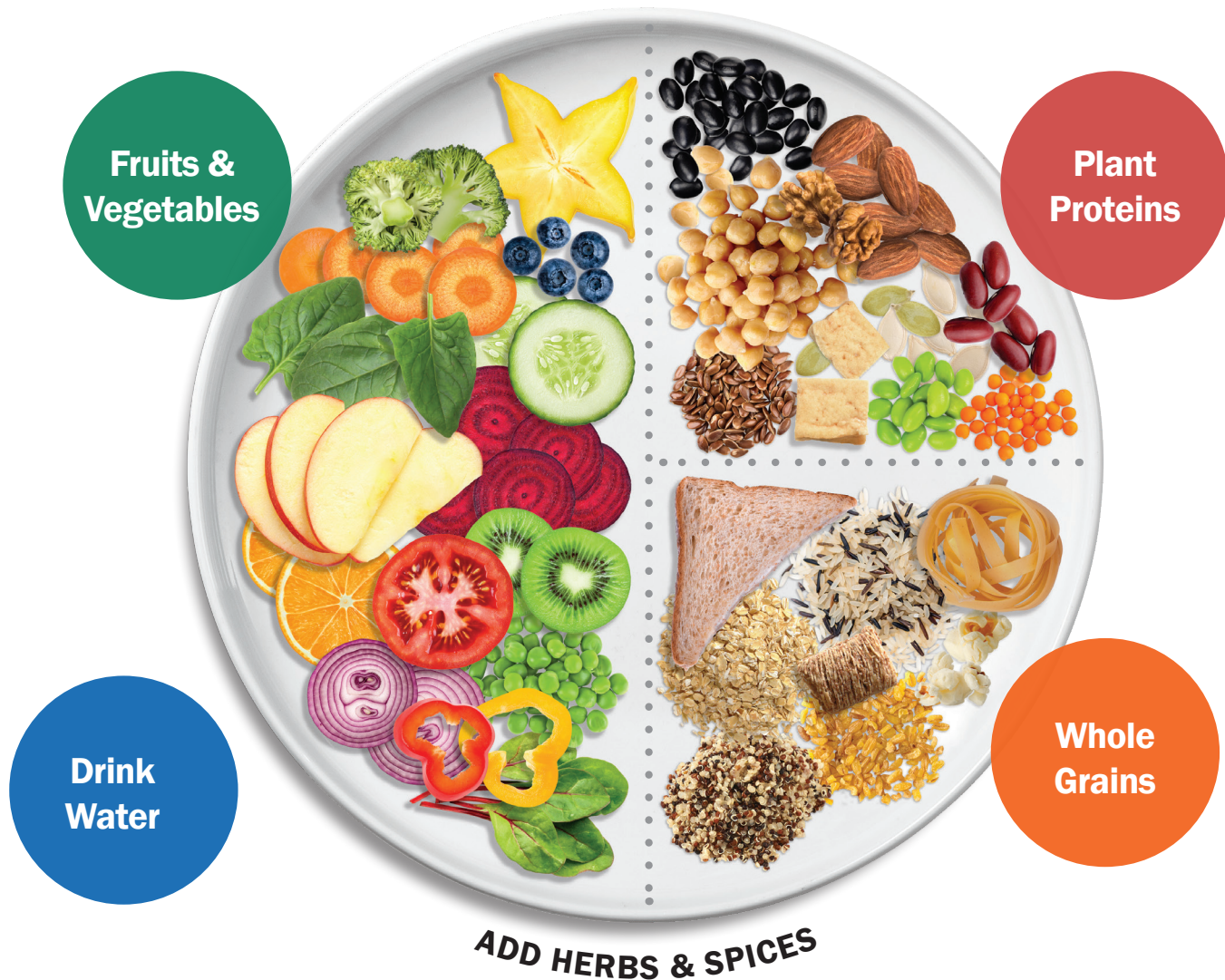
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- Communicated with God whenever I felt tempted to fear or worry
- Shared God's blessings with others

## A WHOLE FOOD, PLANT-BASED PLATE

### *Nutrition Prescription for Treating & Reversing Chronic Disease*

The American College of Lifestyle Medicine Dietary Lifestyle Position Statement for Treatment and Potential Reversal of Disease: ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.



**Include a wide array of fiber-filled, nutrient-dense, and antioxidant-rich whole plant foods at every meal. Use a variety of herbs and spices to enhance flavors.**

- **Focus on whole fruits and vegetables and eat a rainbow of color.**

**Vegetables:** Dark leafy greens (spinach, kale, arugula, etc.), broccoli, squash, zucchini, carrots, tomatoes, beets, peppers, mushrooms, onions, celery, cauliflower, cucumbers, white & sweet potatoes, green peas, cabbage, whole plant fats (avocados, olives), and more.

**Fruits:** Apples, bananas, grapes, citrus fruit, berries, peaches, pears, pineapple, kiwi, plums, watermelon, starfruit, mangoes, just to name a few.

- **Drink water for hydration.**

- **Eat a variety of plant protein.**

**Legumes:** Peas and beans, including kidney beans, pinto beans, white beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils, edamame, tofu.

**Nuts and seeds:** Almonds, pistachios, walnuts, pecans, nut butters, pumpkin/sunflower/chia/flax seeds, and more.

- **Choose whole grains.**

Amaranth, barley, brown rice, buckwheat, bulgur, millet, popcorn, rye, quinoa, whole oats, whole grain bread/tortillas/cereals/flours, to name a few.