

## Health Information

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## ***Heart Disease and Stroke***

The content of this page is general information of various experts on a variety of health conditions. This is not an attempt to give medical advice. It is advised that viewers of this web page seek professional medical help when dealing with health issues.

### **Heart Disease and Stroke**

Experts say that heart disease is the number one killer in the America. It is a disease that usually develops over an extended period of time. Lifestyle and eating habits affects the onset of heart disease.

### **Heart Attacks**

In layman terms Heart attacks usually occurs when cholesterol and other deposits enlarge the arteries until it obstruct the flow of blood and nutrients. Prolonged blockage can cause heart attacks, stroke and eventual death.

### **Factor In Health Disease**

- Experts say that Family History is a factor
- Stress and the lack of rest. Research show that excessive stress is a factor in a variety of diseases
- Diet/lifestyle
- Failure to Exercise
- Excessive Weight

### **Recommended Diet Considerations**

- Eat foods that have Calcium and Magnesium which are naturally found in most beans, tofu, yogurt and green leafy vegetables.
- Researchers also agree that ginger, ginseng, lecithin, olive oil, onions, fish, foods high in fiber, skinless poultry either have cholesterol reducing ingredients or they contribute to positive health choices. (Geelhoed, p. 296-300.)

The best advice is to seek the guidance of a certified health professional when confronted with heart disease. (Pray and ask the Lord for guidance in all health matters.)

## **Diabetes**

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### **What Is Diabetes?**

Diabetes is a disease in which the body does not produce or properly use insulin (a hormone that is needed to convert sugar, starches and other foods into energy.) (Blackburn, p. 123)

There are two types of diabetes Types I or juvenile onset” diabetes usually occur in children and adolescents under 25 years old and Type II usually occurs in adults over 40 years old. (Geelhoed, p. 223)

### **Diabetes Symptoms**

- Extreme hunger
- Unusual thirst
- Frequent infections
- Excessive fatigue
- Unusual weight loss
- Recurring skin, gum or bladder infections
- Blurred vision, wounds that are slow to heal <sup>2</sup>

Most experts say that weight control, cholesterol reduction and exercise are important factors in the battle against diabetes.

## **General Diet Considerations**

Avoid foods high in sugar and fat.

## **Recommended Foods**

- Fish
- Fruits
- lean meats
- vegetables
- whole grain

(Blackburn, p. 129)

The best advice is to seek the guidance of a certified health professional in creating a specific dietary program. (Pray and ask the Lord for guidance)

## ***High Blood Pressure***

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## **What is High Blood Pressure?**

Blood Pressure is the amount of force your blood exerts against your artery walls.

High Blood Pressure has been called the silent killer because many times it does not have a symptom. Many times a person does not know that they have high blood until they suffer a stroke or heart attack. It is important to have your blood pressure checked on a regular basis.

## **There Are Two Blood Pressure Measurements**

Systolic pressure is caused when the heart contracts and pumps blood through out the arteries. This is the higher of the two numbers.

Diastolic pressure is the pressure of your blood when the heart is at rest.

The total measurement is given as a combined systolic /diastolic number. The higher the pressure the harder it is for blood to flow through blood vessels.  
(Blackburn, p. 189)

### **Foods to Avoid**

- Alcohol
- Fatty Foods
- Meat
- Salty Foods

### **Healthy Foods**

- Fish
- Fruit (bananas in particular)
- Low-fat dairy products
- Low fat foods
- Vegetables

(Blackburn, p. 192)

The best advice is to seek the guidance of a certified health professional in creating a specific dietary program or medication program to control blood pressure. (Pray and ask the Lord for guidance.)

### ***Stress***

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### **What Causes Stress?**

The lack of rest, anger, frustration, health problems can all cause stress. It is important to control stress because excessive, unchecked stress can contribute to a variety of health problems. There is no way to totally eliminate stress. It is a part of life.

### **Symptoms of Stress Include:**

- Fatigue
- Depression
- Headache
- Back or neck pain
- Anxiety

(Geelhoed, p. 467)

### **Ways to Reduce Stress**

- Exercise
- Listen to Soothing Music
- Establish good Family relationships
- Eat a healthy diet
- Get sufficient sunshine
- Acquire a Hobby
- Reflect on the positive rather than the negative
- Pray ask for guidance
- Work toward realizing your dreams

### **Dietary Concerns**

Avoid alcohol, fatty foods and the over use of sugar.

If your diet permits eat protein rich foods and whole grains.  
(Blackburn, p. 284)

The best advice is to seek the guidance of a certified health professional in creating a specific dietary program or medication program to control your specific health condition. (Pray and ask the Lord for guidance)

### ***Weight Control***

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America is obsessed with losing weight. The media bombards the public with ways to lose weight. Weight reduction is a big business but unfortunately many people only lose their time and money.

In a country where food is abundant it is difficult for many people to lose weight when the media glamorize the joys of food and drink. The sedentary lives of many Americans make it difficult for them to lose weight.

### **The Experts Make These Weight Loss Suggestions:**

- Exercise on a regular basis
- Use stairs when ever possible
- Be committed to achieving your weight loss goal
- Know about the ingredients in different foods
- Avoid eating when you are alone

### **Dietary Concerns**

- Avoid over eating
- Reduce or eliminate the use of butter, margarine and sour cream
- Reduce your cheese intake
- Avoid or Reduce the consumption of red meat
- Focus on foods that do not contribute to weight gain

Eat a healthy breakfast; a moderate lunch and a light meal avoid eating after 7p.m. Foods to Avoid

- Alcohol
- Foods High in Fats
- Meat
- Processed foods
- Whole milk and dairy products

## Healthy Foods

- Foods high in fiber
- Fruits
- Low-fat or skim milk and low fat dairy products
- Skinned Poultry
- Vegetables
- Whole grains

## More Detailed Information Is Found In the Following Health Books

Blackburn, George (Eds.), *Food for Health & Healing*. (1999). Ortho Books.

Geelhoed, Glenn W. & Jean Barilla (Eds.). *Natural Health Secrets from Around the World*. (1997). New Canaan, Connecticut: Keats Publishing; 2nd edition.