

L I F E M A T T E R S

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*Modern science
has taken the
guesswork out of
living longer and
healthier!*

8 Secrets to
Better Health

Choose Wellness

By Ernestine Finley

Would you like to increase your life expectancy? What price would you pay for 11 additional happy, healthy years? A growing body of scientific evidence shows it's possible to live longer, healthier lives. Health is not necessarily a matter of chance; lifestyle makes a difference. Recent research has uncovered exciting new evidence that the leading killers of our day are largely preventable. These well-documented studies reveal the lifestyle principles that enable us to live longer, healthier lives.

A federally funded, multimillion-dollar study now pinpoints precise factors that help make long and healthy life possible among Seventh-day Adventists, one of the world's most long-lived populations. We will briefly survey the eight secrets of longevity that many Seventh-day Adventists practice.

As you choose to take charge of your health, you will notice remarkable changes in a relatively short time. However, the eight secrets of health are not magic pills; they will not cure every disease,

nor are they a substitute for your physician's instructions. Here is what they will do. They will improve your quality of life, reduce your risk of disease, and provide the maximum possibility of living a happier, healthier life.

These eight principles of life and health can be summarized in one word—*wellness*. Water, Exercise, Lifestyle, Love, Nutrition, Environment, Sunlight, Sleep.

These simple principles are straightforward and come directly from the Creator's hand. The One who made us knows how to keep us well and gives us the secrets of longevity, happiness, and success.

These life-giving principles are interrelated. To achieve optimum health, it is necessary to implement each one of them. To neglect one of these principles or overemphasize another will reduce the maximum positive results. The key is balance. Although these laws of health are simple, it requires discipline to put them into practice. But the rewards we reap are well worth the effort. Choose wellness.



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Water

Why is water so important?

More than 90 percent of our blood is water. The muscles are 75 percent water, and the brain is 85 percent water. The body is cleansed from toxic waste products through the lungs, skin, kidneys, and intestines. Water also assists in purifying our blood supply. Good health is dependent on drinking adequate amounts of water.

Benefits of drinking pure water

1. Helps keep us healthy. Drinking plenty of water helps to promote wellness by keeping our systems hydrated and assisting nature in resisting disease.

2. Helps in digestion—decreases the risk of constipation. Drinking water helps in the process of digestion. Fiber and water jointly assist in eliminating waste products that build up in the system.

3. Helps us lose weight. Drinking water helps us both maintain our ideal weight and lose weight because it reduces hunger. Water is an effective appetite suppressant, so we eat less. Water also assists in eliminating the by-products of fat breakdown. Another benefit of water is that it has zero calories. Perhaps most amazing, evidence indicates drinking a pint or more of pure water can actually help raise our metabolism, further contributing to weight loss.

4. Helps relieve headaches. Drinking water helps to relieve headaches caused by dehydration, a common cause of headaches.

5. Helps relieve fatigue. Water can help flush from the body the toxins and waste products that cause a lack of energy.

6. Helps us to look younger, with healthier skin. Water helps to replenish skin tissues, moisturizes skin, and increases skin elasticity.

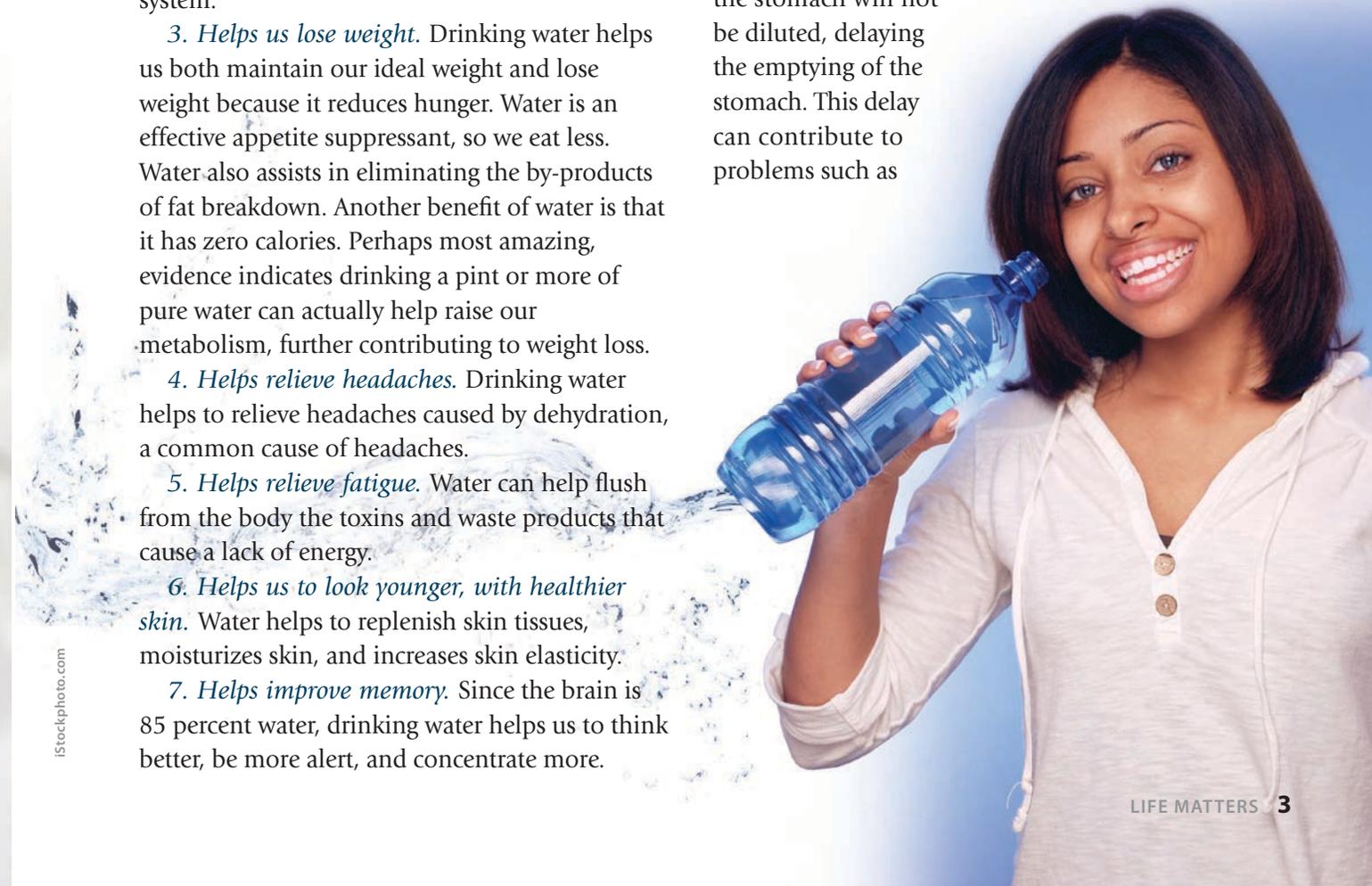
7. Helps improve memory. Since the brain is 85 percent water, drinking water helps us to think better, be more alert, and concentrate more.

8. Helps improve energy to exercise more. Drinking water helps regulate our body temperature and therefore sustain a greater amount of exercise.

9. Helps reduce the risk of cancer. Research suggests that drinking an adequate amount of water may reduce the risks of bladder and colon cancers.

10. Helps create a positive attitude. A 2009 Tufts University study found that a lack of adequate water consumption has a tangible impact on our mood. The study's subjects were 31 male and female student athletes who performed 60 to 75 minutes of high-impact aerobic activity while mildly dehydrated. These students reported feeling more tiredness, depression, confusion, tension, or anger than those who drank adequate amounts of water and engaged in similar activities.

To maintain our health, our bodies need at least eight, eight-ounce glasses of water daily. It is best to avoid drinking water with meals so that the digestive juices in the stomach will not be diluted, delaying the emptying of the stomach. This delay can contribute to problems such as



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if oily secretions are not removed daily, the pores may become clogged. Water is nature's cleanser to remove these impurities.

A daily shower or bath, depending on the time of day and the temperature of the water, can also improve circulation, soothe the nerves, and aid in obtaining better sleep.

Reaping the results

Consider all the benefits of using water on both the inside and on the outside of your body. The very best health you can enjoy depends partially on proper use of water.

Exercise

Exercise is one of the Creator's important laws of health. God designed humans to be physically active. We can enjoy greater health and longer life through regular, systematic exercise.

Studies show that inactivity increases the rate of degenerative diseases and conditions such as heart disease, cancer, osteoporosis, anxiety, and depression. In contrast, exercise promotes stamina, muscle strength, flexibility, and good cardiorespiratory endurance.

Benefits of regular physical exercise

- Increases strength and endurance
- Lowers the risk of cardiovascular disease
- Helps to lower blood pressure
- Increases bone density
- Strengthens the immune system
- Helps with weight loss
- Reduces tension
- Improves the complexion
- Promotes sleep
- Improves circulation
- Reduces depression
- Aids digestion
- Increases longevity

heartburn and acid reflux. The basic rule is this: avoid drinking water less than 15 minutes before your meal, and wait one hour after a meal.

The importance of water on the outside

Regular bathing or showering is absolutely essential for good health. The skin, the largest organ of the body, releases some of the body's chemical waste products through its pores. Our skin not only excretes toxins, but when exposed to toxins and pollutants, it can absorb them. And

Physical activity improves the overall quality of life. It has also been demonstrated that, in addition to physical benefits, exercise improves short-term memory, comprehension, and mental reaction time. Be sure to consult with your primary-care physician before you start a regular exercise regimen. This is especially important if you have any preexisting health conditions.

Lifestyle

Our first parents were created to live forever. God placed all of the elements needed for good health in their Garden home, and they lived their lives in perfect harmony with nature's laws. But after they sinned, their lives were thrown out of balance. Our health depends upon living lives of healthful balance. Whatever injures our health not only lessens physical vigor but also tends to weaken the mental and moral powers. The two health principles already discussed are positive "to-do" principles. This one, lifestyle, combines what not to do, with what to do in moderation.

Recognizing that our bodies are the temples of God provides one motivation to keep our bodies in maximum health (1 Corinthians 6:19, 20). When we abstain from health-destroying practices and addictive habits, such as using alcohol, tobacco, and drugs, or engaging in promiscuous sexuality, we honor God. We just can't afford to indulge in habits that negatively affect our bodies and minds; the price is just too high. Let's look at examples of lifestyle practices that are killing millions.

Smoking

Smoking is the number-one preventable killer today in the United States as well as in many other countries. Studies reveal that those who smoke more than a pack a day have a death rate that is two and a half times greater than that of nonsmokers. Obviously, that risk drops sharply when one stops smoking. The most dramatic benefit of stopping smoking is seen in the declining death rate of lung cancer. In the United States alone, some 430,000 people die from smoking-related diseases, including from secondhand smoke, every year. Also, smokers



consume more coffee, alcohol, and harmful drugs than do nonsmokers. They also use more antibiotics, pain killers, sedatives, tranquilizers, and sleeping pills than do nonsmokers.

In summary, stopping smoking promises a greater feeling of well-being, along with a greatly reduced risk of heart disease, lung cancer, and premature death. But that's not all! Consider the financial savings. All of this adds up to the fact that your life will be happier, and the chances are that you'll be around longer to enjoy it.

Principles in quitting smoking

First of all, you have to choose not to smoke. Once you have made that basic decision, the following guidelines will be helpful.

1. *Resolve not to smoke.* Say, "I choose not to smoke." When we make a decisive, positive choice to quit smoking—and visualize ourselves as successful nonsmokers—our brains release health-enhancing chemicals that aid in resisting cravings to smoke.

2. *Bathe frequently.* This will help to remove the poisons and odor excreted through the pores. To relieve intense cravings, you may find a hot shower followed by a cold one to be very helpful.

3. *Drink at least eight to ten glasses of water every day.* Besides quenching your thirst, water dilutes the poisons, lightens the work of your kidneys, and helps to flush out the addictive substances in nicotine.

4. *Have a regular daily schedule for meals, sleep, and major activities.* Stick to your schedule; this can help you resist the craving.

5. *Don't sit around after eating.* Instead of relaxing in your favorite chair after meals, take a walk outdoors. It will be important to break your smoking routine and establish some new positive habits.

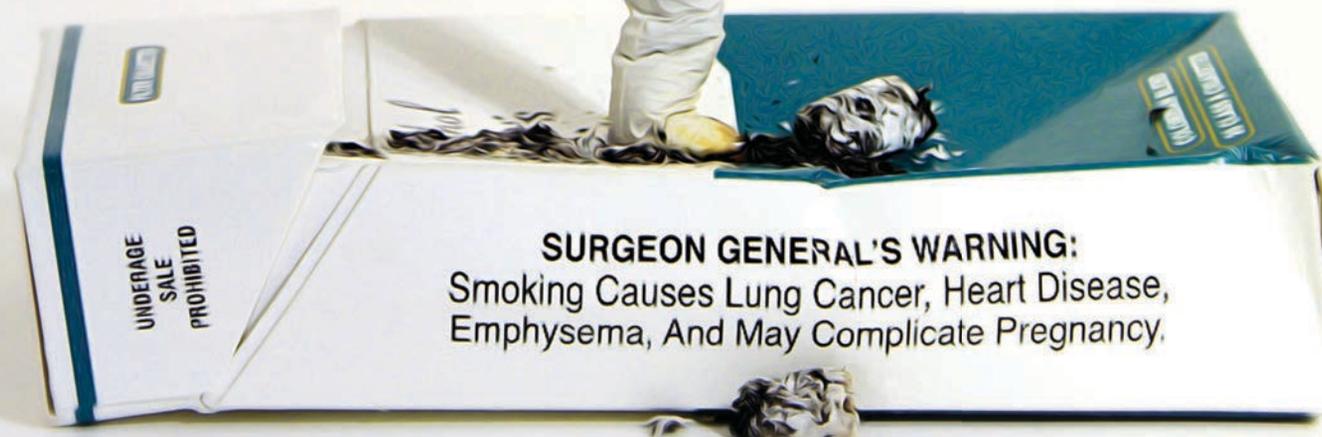
6. *Avoid all beverages that contain alcohol, caffeine, or other stimulants.* Caffeine and nicotine are from the same class of stimulants. Using these first cousins of addiction will keep your craving at a peak.

7. *Omit highly spiced foods, fried foods, rich foods, and those high in sugar.* According to the American Cancer Society, many smokers find that eating spicy and sweet foods tends to enhance their craving for cigarettes.

8. *Eat all you want of fruits, grains, vegetables, and a few nuts.* For the first few days, load up on fruits and fruit juices, which will have a cleansing effect on your system.

9. *Take deep breaths.* Slow, full respirations will relax your body and mind.

10. *Trust in God to help you!* He will! If you trust in God and ask Him for strength, He has promised His help (Philippians 4:13). God's power is greater than the power of nicotine. Surrender your tobacco addiction to Him. Breathe a prayer, and, by faith, accept the victory He gives you.



Alcoholic beverages

Alcohol is a known brain and intestinal toxin. Perhaps most sobering is the new data that there is no safe level of drinking when it comes to cancer prevention. A growing body of research (including an April 2011 *British Medical Journal* report from the European Prospective Investigation Into Cancer and Nutrition study) asserts that even occasional social drinking increases the risk of both cancer and death from any cause. On top of all this, even moderate alcohol consumption—whether we realize it or not—to some degree impairs reason, conscience, and judgment.

Harmful drugs

Numerous medical researchers have concluded that illicit drugs destroy the central nervous system. These drugs provide an illusion of pleasure while they tear the nervous system apart and negatively affect the body's total health and wellness. And the artificial high that illicit drugs provide leaves people depressed when the effect wears off.

Caffeinated beverages

Coffee and caffeinated tea are popular beverages, yet the caffeine they contain has been associated with a number of significant health risks, including heart palpitations, increased stress hormone levels, elevated blood sugar, and difficulty in sleeping.

Living a life of balance and moderation

Homeostasis is the term used to refer to the state when our bodies are in balance. Our bodies cry out for adequate exercise, plenty of water, a natural plant-based diet, restful sleep, fresh air, and time in sunlight. When we lack in any of these items, our well-being is diminished. When we provide our bodies with the elements they need for health, they achieve this state of balance and we thrive.





Love

A definition of *love* that is in harmony with the biblical concept of love, might be, “Love is a commitment to always unselfishly seek the very best for others.” It is a choice to treat them with kindness, respect, and graciousness in spite of their attitudes toward us. This type of love is selfless rather than self-centered and may or may not include a feeling of warmth and affection. At its core, biblical love is a continual choice to treat others in the way we would like to be treated.

Loving and trusting God is getting to know Him as a Friend so we can trust Him with our cares, concerns, and worries. It includes the confident assurance that He will guide our lives. When we feel the burdens and stresses of life, loving and trusting God enables us to experience His divine power to reduce anxiety and increase serenity.

Learning to have faith and trust is a process. Here are a few simple steps to develop a greater trust in God.

Developing trust in God

The more we know God, the more we will trust Him. Faith is simply trusting God as a Friend. The ancient prophet Jeremiah quotes God as promising, “You will seek Me and find Me, when you search for Me with all of your heart” (Jeremiah 29:13).^{*} Our faith develops as we get to know God through studying His Word, the Bible. You may want to begin by reading the book of Psalms or the four Gospels—Matthew, Mark, Luke, and John. As you read, your confidence in God will increase.

Why not try to spend time each day praying and meditating on God’s goodness? Remind yourself daily that God cares for you. He is interested in your well-being and longs for you to experience life in all of its wonder and abundance.

Nutrition

We are what we eat! God designed the best foods to sustain life and health. He gave us fruits, nuts, grains, and vegetables that originally had the perfect balance of vitamins, minerals, protein, and carbohydrates that the human body needed. In the beginning, God created the ideal diet for Adam and Eve (Genesis 1:29).

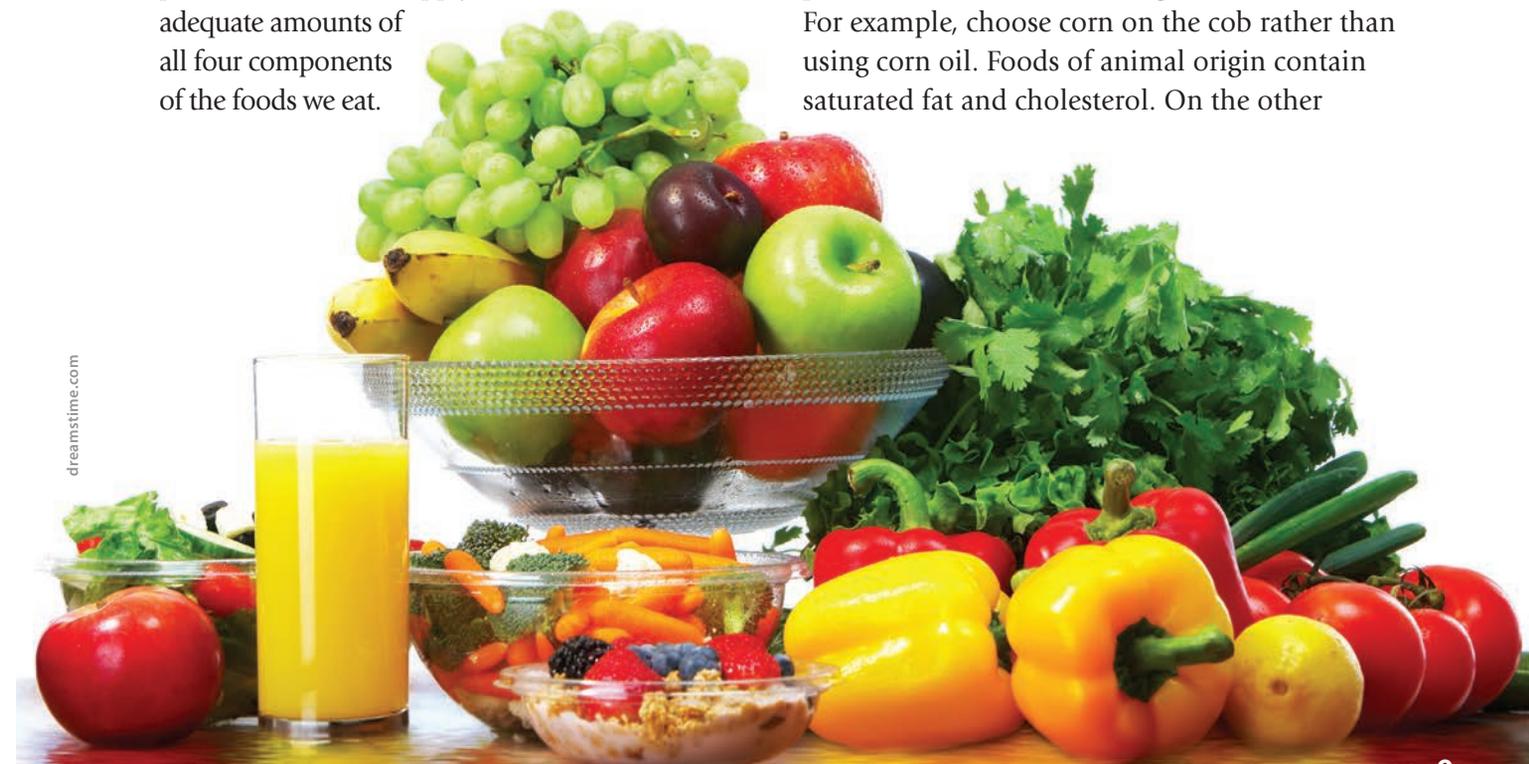
A diet of fruits, nuts, grains, and vegetables has been confirmed by modern science as one of the most effective and economical ways to avoid heart disease, obesity, stroke, and cancer. Eating food the way God made it restores our health and rebuilds our cells. On the other hand, a poor diet containing sugary junk food and an abundance of salt and animal fats will inevitably take a toll even on the most robust among us. Disease resulting from poor nutrition generally does not occur overnight; degenerative diseases, such as heart disease, plaque buildup, cancer, and diabetes, may take years to develop.

A growing number of health professionals are advocating a nutrient-rich vegetarian diet as the optimal eating strategy for good health. A plant-based diet can supply adequate amounts of all four components of the foods we eat.

1. Vitamins and minerals. We are familiar with vitamins such as A, C, and D and with minerals such as calcium, iron, and zinc. Foods containing vitamins and minerals are called “protective foods” because they are beneficial in preventing many of the degenerative diseases that plague twenty-first-century society.

2. Carbohydrates. Carbohydrates include sugars, a wide variety of starches, and dietary fiber. Carbohydrates are the main fuels that give us energy for work or play. In nature, sugars are found abundantly in fruits. Starches come from vegetables and grains. Recently, nutritionists have discovered that dietary fiber reduces the risk of coronary heart disease, colorectal cancer, diabetes, obesity, and constipation. However, meat and other foods of animal origin, such as milk and eggs, contain no dietary fiber and little if any sugar and starch. To get adequate carbohydrates, we must look again to plant foods.

3. Fats and oils. Fats and oils come from both plant and animal sources. Unhealthy fats tend to be solid at room temperature; more healthy fats tend to be liquid at room temperature. Many experts believe it is best to eat most of our fats as they naturally occur in plant foods rather than eating the extracted oil. For example, choose corn on the cob rather than using corn oil. Foods of animal origin contain saturated fat and cholesterol. On the other



hand, foods from plant sources never contain cholesterol and are often low in fat content (with several exceptions, such as olives, avocados, nuts, and seeds).

4. Proteins. Many people choose their diets as if they consider protein to be the most important nutrient. Proteins are made from amino acids. One of their main functions is to assist the body's metabolism. Another of their functions is to serve as the building blocks of protein. Of the 20 commonly occurring amino acids, eight are termed essential amino acids because the body cannot produce these at the level needed for human growth. They must be obtained from food. Research has demonstrated that a plant-based diet that contains adequate calories and a wide variety of fruits, nuts and seeds, grains, and vegetables provides all the essential amino acids necessary to build good protein.

We receive a significant benefit from consuming plant proteins, which can actually lower our bad cholesterol (LDL). Animal protein—even apart from the saturated fat and cholesterol with which it typically keeps company—does the opposite. We can safely conclude that plant-based foods—fruits, nuts, grains, legumes, and vegetables—provide all the vitamins, minerals, carbohydrates, fats, and proteins for our nutritional needs.

A wisely chosen vegetarian diet contains numerous health benefits.

1. Lowers blood cholesterol
2. Lowers most types of high blood pressure
3. Lowers the risk of heart disease
4. Lowers the risk of certain types of cancer
5. Lowers the risk of osteoporosis
6. Improves diabetes
7. Enhances vigor
8. Reduces constipation
9. Increases endurance
10. Lengthens the life span

These ten clear advantages of a vegetarian diet are certainly powerful incentives. The seven golden rules for good nutrition listed

below can serve as a reliable guide in making the wisest food choices and in planning your menus.

Seven golden rules for good nutrition

1. Eat a plant-based diet. You don't need to worry about getting adequate protein if you eat a wide variety of fruits, nuts, grains, and vegetables. Plant sources provide most vitamins and minerals, as well as carbohydrates and fiber in abundance.

2. Reduce fat and cholesterol consumption. The easiest way to do this is to cut down on your consumption of meats, fried foods, spreads, and dairy products.

3. Reduce sugar consumption. Americans eat more than double the upper limit of sugar recommended every day. Large amounts of sugars are hidden in breakfast cereals, soft drinks, and refined desserts. The best way to avoid these massive amounts of sugar is to cut down on the number of prepared foods in your diet and to eat foods in as natural a state as possible.

4. Reduce salt consumption. Taste the food on your plate before you automatically salt it. Try to discipline yourself to omit salt from certain foods, and cut down on the amount of salt called for in recipes.

5. Increase your consumption of fruits, vegetables, and whole grains. It is imperative to get adequate amounts of vitamins and minerals. By eating a wide variety of these natural or "whole" foods, you will not only receive enough nutrients, but you will also get the needed fiber and bran to keep your digestive system healthy. By eating this way, you will also be able to better handle the stressors in your life.

6. Eat a substantial breakfast. Recent research reveals that people who eat a good breakfast have better physical health, live longer, and are more mentally alert than those who do not. Getting up a little earlier to eat a good breakfast is well worth it.

7. Allow adequate time between your meals to give your body the opportunity to properly digest the food from the previous meal. Although "grazing" throughout the day has become popular in many circles, some of the most knowledgeable authorities suggest that our digestive systems do best with at least five-hour spacing between meals. Consider this practical timetable for scheduling meals: Eat at most three meals at regular times. Start with a hearty, nutritious breakfast. Eat another major meal at midday or early afternoon. Eat a light meal early in the evening. If you are trying to lose weight, you may find that skipping this meal is an even better strategy.

Food is meant to be enjoyed. The more healthfully you eat, the more you will learn to enjoy healthful food—and the longer you will live to continue to enjoy it.



Environment

Fresh air and proper breathing

Eden's perfect environment was designed for our first parents' health and happiness. They were surrounded with nature's beauty. The more we live in harmony with God's original plan, the healthier we will be. Spending time outdoors makes a difference. The sights and sounds of nature are God's blessings to us. God has provided them to give us health of body, mind, and spirit.

Respirations of air

You're probably thinking, *Breathing is natural and automatic. Why even mention it?* Well, it's not that simple. Most people have poor breathing habits. Others breathe air contaminated by industrial toxins or tobacco smoke. People who want to be healthy should be aware of what they breathe and how they breathe. Breathing properly and getting oxygen

into our red blood cells is, of course, essential for life, but, in addition, it also energizes our whole being. Well-oxygenated blood is an essential contributor to good health. Unfortunately, most of us don't use our lungs properly or at least to full capacity.

The benefits of breathing deeply of unpolluted air are:

- It helps our memory.
- It increases our energy.

- It aids in balancing our nervous system.
- It fosters sound, refreshing sleep.

We all would like to wake up in the morning feeling refreshed, full of energy, and ready for the day's activities. Well, you can experience each of these benefits by learning to breathe properly. The breathing exercise explained below will help you get started.

Breathing exercise

Stand up straight. Put your hands on your waist. Breathe in through your nose and breathe out slowly through your mouth. Breathe in as much as you can and fill your lungs with air. Fill your lungs to capacity each time and exhale slowly. Do this exercise several times each day, and you will find yourself to be more relaxed.

Why inhale through the nose and exhale through the mouth? Breathing in through your nose is important because the nose acts as a filter. In addition, the nasal membranes add warm moisture to the filtered air. These benefits do not happen when you breathe through your mouth.

Breathe fresh air; open the windows

Wherever you live, keep the air in your house circulating. Except on days with extremely high levels of outside air pollution, resist the temptation to shut every window in your home. Although your air conditioning and heating bills may be a bit higher, keep at least your bedroom windows partially open to ensure fresh air circulation day and night.

Take advantage of fresh, clean air. Use it wisely, and you will experience a new level of energy. Take a walk in the beautiful sunshine. Breathe deeply, using your abdominal muscles. This will increase your energy and efficiency. You will feel years younger.

Sunlight

Light was the very starting point in God's creation. During Creation week, God prepared the earth for the arrival of our first parents, providing everything necessary for their health and happiness. Optimum health today is dependent on getting adequate sunlight. Unfortunately, over the past few decades, we have increasingly left natural light out of our lives. We may have high-quality food and plenty of exercise, but we will not have total health without enough sunlight. We were created to spend time outdoors.

Benefits of sunlight

Sunlight kills germs and builds the immune system. Getting your daily dose of sunshine will enhance your immune system. The number of white blood cells in your blood increases, along with their effectiveness.

Sunlight calms the nerves. Your nervous system usually responds favorably to sunlight. Sunlight elevates mood for most people by increasing the production of endorphins and serotonin in your brain.

Sunlight increases the endorphins your brain manufactures and gives you a sense of well-being.

Sunlight aids digestion. Another benefit of sunlight is that it stimulates your appetite and improves your digestion, elimination, and metabolism.

Sunlight produces vitamin D. Vitamin D is essential for the formation, growth, and repair of bones and for normal calcium absorption. It is obtained primarily through exposure of the skin to ultraviolet radiation in sunlight.

Sunlight (in judicious amounts) gives a healthy glow of natural beauty to the skin. A definite advantage of sunlight is that it gives us a healthy-looking complexion. Of course, overexposure to sunshine can result in burns, skin damage, and increased vulnerability to skin cancer.

Sunlight helps to lower cholesterol. Sensible sun exposure can help lower cholesterol naturally.

Sunlight is one of the greatest sleep inducers, especially when you combine it with any form of physical exercise. While it can help the stressed to relax, sunlight can also pick up the mood of those struggling with fatigue. Adequate sunlight is one of God's great healing remedies.

While it is very important to get adequate sunshine, too much can be harmful. Get your sunlight in small doses. Whatever your daily needs, don't deny yourself the benefits of appropriate amounts of sunshine. Let the sun do for you what it was created to do. Sunlight is one of God's greatest blessings.



Sleep

Adequate rest and sleep is another one of God's natural remedies for good health. We need good daily sleep and a day of weekly rest.

Adequate sleep provides many benefits

Controls and prevents diseases. Staying awake late at night weakens our immune systems and increases our potential for sickness and diseases. Some studies indicate a relationship between high blood pressure, increased cholesterol, and lack of sleep. The habit of going to bed early helps to control and maintain appropriate blood pressure.

Reduces stress. Reduced stress can decrease the likelihood of certain health problems such as heart disease and strokes.

Improves memory. Going to bed early and receiving adequate amounts of sleep helps the mind to organize stored information so that it can be easily retrieved later.

Increases energy levels. Quality sleep energizes and revitalizes us.

Maintains weight. Surprisingly, a lack of sleep is a significant contributor to obesity. This appears to be due in part to increases in stress and inflammatory hormones. Ironically, other

lifestyle and metabolic changes can lead people who are chronically sleep deprived to have difficulty with weight loss.

Reduces depression. Inadequate sleep is a risk factor for depression. Poor sleep contributes to physical, mental, and emotional trauma.

Suggestions to help achieve sweet sleep

1. **Establish a regular daily schedule.** Try to go to bed at the same time each evening and get up at the same time each morning.

2. **Establish a regular eating schedule.** Try to eat lightly in the evening. A full stomach interferes with sleep.

3. **Take naps.** Take minibreaks during the day and rest totally for ten minutes. Stretch out if you can. Some research suggests a connection between napping and longevity.

4. **Increase your exercise program.** Exercise calms the nerves, relaxes the muscles, and rests the mind.

5. **Be sure to have good ventilation in your bedroom, and get plenty of fresh air and sunshine.** It is important that your sleeping room isn't too hot, stuffy, or filled with unhealthy, stale air.

6. **Drink some relaxing herbal tea.** Don't drink alcohol. It may help you fall asleep—but alcohol-aided sleep is unnatural and less restorative.

7. **Avoid stimulants** such as caffeine and nicotine.

8. **Take a warm bath to relax.** Water is God's wonderful soother of the nerves.

9. **Keep your sleeping room dark and quiet.** Too much noise and too much light will interfere with sound sleep.

10. **Allow at least half an hour to unwind before you go to bed.** This is a difficult step to do consistently if you are an extremely busy person.

11. **Go to bed early.** Sleep before midnight is said to be more beneficial than sleep after midnight.

12. **Trust in God; pray.** If you just can't sleep in the middle of the night, ask the Creator to give you His peace. Resting in Jesus' love and care, you will sleep better. A mind free from concerns will allow both the body and brain to sink into deep, refreshing sleep.

These eight natural lifestyle secrets are not complicated formulas, expensive prescriptions, or complex medical treatments. They are proven universal principles of longevity. In his extensive research on the world's oldest people for his book *The Blue Zones*, Dan Buettner discovered that the world's longest-living people followed the essential principles we have outlined here. They achieved an



above-average level of wellness because they live in harmony with the laws of health. As you put these eight natural lifestyle secrets into practice in your own life, you, too, will reap the rewards.

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Natural Lifestyle Cooking invites you to join the Finleys for a meal using the health principles Ernestine has taught in her cooking schools. The recipes in this cookbook have kept the Finley family healthy.

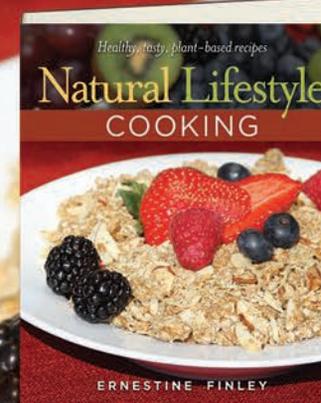
As you use these health principles and recipes, you, too, will be wonderfully blessed. 0-8163-2616-9 • US\$24.99

Ernestine Finley, BS, BA, better known as Teenie, has concentrated much of her study on health ministry and has conducted more than 250 cooking classes across the United States with over 20,000 attendees.



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How Does *By Marvin Moore* 100 Sound?

I have a goal. I want to live to be 100 years old—and be in good physical and mental health. Will I make it? I don't know. As of this writing, I'm 75 years old and in excellent health. I think even my doctor would agree with that assessment.

A number of years ago, ABC News and *USA Today* collaborated on a poll that asked readers and viewers how long they'd like to live. The average reader's response was 87 years. However, a good 25 percent said they'd like to live to be 100—provided they could retain their physical health and their mental functions.

None of us knows, of course, how long we'll live. But I don't know of anyone who hopes to fade away in a hospital or nursing home bed oblivious to his or her surroundings. Yet a troubling number of people experience just that in the last few years of their lives. So can you do anything to prevent this from happening?

I may not live to be 100, and most people reading these words probably won't either. But all of us can extend the *quality* of our lives. And that's why I practice proven health principles.

If you want a peaceful life, it's important that you understand and live in harmony with the laws of your state and your country. And if you want a long, useful life, it's important that you understand the laws that govern your health.

And so I invite you to join me in the quest to live a long, happy, and productive life. Unlock the eight secrets and practice what you learn!



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