

HEALTH & BEAUTY

Health from a different perspective

*By Jaci Black
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Health has become a frequent topic of conversation among most people. If it is not a person's general health or insurance issues, it may be the health care plan that is being debated on Capitol Hill. Everywhere people are talking about health. As the population increases in both numbers and age, and chronic disease is spiraling out of control, more and more money is invested in health, with very little to show.

The development of immunization and antibiotics has resulted in a decrease in deaths from infectious disease. Advances in technology have resulted in an increase in earlier diagnosis, intervention and treatment of disease. While deaths from chronic disease have decreased, the number of people with chronic disease is increasing. Chronic diseases that were once seen only in adults are now seen in children. The top six leading causes of death in the United States are 1) heart disease, 2) cancer, 3) stroke, 4) chronic lower respiratory diseases (lungs), 5) accidents and 6) diabetes. Of this six, five are chronic conditions and all six have



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causes that relate to an individual's behavior.

So what is health? The World Health Organization defines health as: "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Using this definition an individual striving to improve their health must consider all factors in their life that affects their health. Research supports the idea that there are many elements of a person's day to day life that affects health. An individual's health is affected not only by the way a person lives, but also by the conditions that they live under. Conditions that influence health include education, money, personal

growth, social well being, physical environment, career and relationships with family and friends. These influences are not traditionally seen as a part of health, yet they are a very important part.

Over the past thirty-five years, the American society has experienced a vast number of changes in community behavior and culture.

Increase in income and urbanization has resulted in lifestyle changes that increase the risks for chronic diseases. For example, the number of meals eaten outside of the home has more than doubled in the past 35 years. In addition the portion sizes of foods have increased dramatically over the past 20 years. There is approximately 400 more calories in today's Chicken Caesar Salad than 20 years ago. Just this one small change in lifestyle, when added to other changes, can make a healthy weight much more difficult to maintain. Another influence on today's health is chronic stress. The present economic problems has increased the amount of stress a person experiences and long term chronic stress can have negative effects on a person's health.

In approaching behavior changes to improve health,

whether it is changing eating habits, increasing physical activity or halting negative behaviors there are additional areas of one's life which must be looked at. The next time you look at changing a behavior, check to see what other areas of your life is influencing the behavior and addresses these areas also. This can make the difference between a successful or an unsuccessful attempt to make a change in your life. The World Health Organization stresses the importance of not only treating people, but also changing what makes them sick.

For more info on Portion Distortion: hp2010.nhlbihin.net/oei_ss/menu.htm#sl2

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heaven for us to live the good life so while we live on the earth we must build Godly character. It is imperative for us to be fortified we must begin with our minds. Hebrews 12 tells us that we can experience real transformation by the renewing of our minds. The old thoughts, the 'stinkin thinkin' has to be banished from our minds. It is an act of our will through the fortified empowering of the Holy Spirit. We are to delete old thoughts, habits and ideas, everything that has exalted itself above the knowledge of God. We then cast down these perverted thoughts and fortify our minds for what is ahead. It is impossible to receive sound doctrine with cloudy thoughts. We must first purge our minds of old, antiquated, untruthful ideas and fortify our minds through the Holy Spirit with God like Character. Fortifying our minds produces sound thoughts in every believer who will submit to the authority of the Holy Spirit to receive God's Word.

Secondly to produce God-like character in our spirits and souls we must be open to the job the Holy Spirit was sent to perform. This job or process is called sanctification. He wants to sanctify us wholly. This revival is to teach the undiluted Word of God in making total life changes. Yes we are looking for miracles and healings in this meeting. But if we yell, shout and dance and no one is effectively and permanently changed we have accomplished nothing.

This revival is about an inward fight the battleground of your mind. The Bible teaches us that the weapons are not carnal, fleshly, worldly or common, but they are mighty through God to the pulling down of strongholds, which are issues, problems, illnesses, depressions, hurt and harm.

The awesome and anointed Woman of God, Evangelist Marsha Jordan will be teaming up with Pastor Sonya Cheltenham speaking during this high time in the Lord. This great event will be held during the week of March 14-18, 2010. We are expecting God to do great exploits. There will be featured singers and a mighty word from God. Don't miss this week of blessings, deliverance and freedom in the Lord. To set the stage for this event God has called us into fasting and prayer preparing for his mighty move. He has orchestrated "The Freedom Fast" it is a 40-day fast to free those who participate in their body, soul, and spirit. We are taking God at his Word and looking for signs and wonders. It is a must that you join us. Please call (702) 644-7373 for directions and also for a copy of this great and anointed fast. See you there.



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