

DISCOVERY CHRISTIAN CENTER

Health Education 101

In accordance with Christian principles

Lecture & Laboratory (DVD Included)

David Hite Jr., M.Ed.

8/22/2013

*Now may the God of peace Himself sanctify you entirely ;
And may your spirit and soul and body be preserved complete, without blame
At the coming of our Lord Jesus Christ.
1 Thessalonians 5 :23 (NASB)*



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David Hite, Jr., M.Ed. ■ Phone: 319.431.4752 ■ www.dcceducation.com

EEA Health Education 101: Lecture

In accordance with Christian Principles

"Where there is no vision, the people are unrestrained..."

Proverbs 29:18 (NASB)

Introduction

Sickness and death in America are at an all-time high! Consider the following 2010 data from the Centers for Disease Control and Prevention—Number of deaths for leading causes of death:

- Heart disease: 597,689
- Cancer: 574,743
- Chronic lower respiratory diseases: 138,080
- Stroke: 129,476

-Years of scientific research and billions of dollars later—Americans are still sick.

-Billions of dollars of government spending & intervention—Americans are still sick.

-Abundance of new drugs—some with severe side-effects—Americans are still sick.

Although drugs may be necessary at times for relieving serious symptoms—health treatment can never claim to be complete until we “know the cause.” Knowing the cause produces opportunities to prevent & treat illnesses in the right way.

“Know The Cause” is a television talk show hosted by Doug Kaufmann and dedicated to educating the public on “The Fungus Link” to many diseases and ailments in humans. Doug hosts many health professionals on his talk show including MDs, PhDs, pharmacists, nutritionists, clinicians, and research scientists. His show is complete with testimonials, healthy cooking ideas, and business owners committed to producing some of the highest quality health care products and nutritional supplements in the world.

Is it possible to restore health & well-being in the United States and abroad?

"...With people this is impossible, but with God all things are possible."

Matthew 19:26 (NASB), Ref. Genesis 18:14

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The entrance of Thy words giveth light;

It giveth understanding unto the simple.

Psalm 119:130 (KJV)

An Individual—Integrated—& Intentional Approach!

- Individual – Personalized & Tailored (take ownership!) (*Proverbs 23:7*)
- Integrated – Multifaceted & Multiple Resources (*Proverbs 15:22*)
- Intentional – Purpose & Passion (knowledge, wisdom, & courage)

*Many are the plans in a man's heart, but the counsel of the LORD,
it will stand.*

Proverbs 19:21(NASB) Ref. Proverbs 1:7 & 9:10

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- I. **Diet Plan**– definition: A regulated selection of food and drink, especially one followed for medical or hygienic reasons. (“for the purpose of good health”)
- a. Increase the good (Adopt good habits: 30-60-90-180 days)
 - 1. Greens/Vegetables – carrots, broccoli, kale, spinach, celery...
 - 2. Fruits – apples (Granny Smith), lemons, avocado, grapefruit...
 - 3. Berries – blue berries, black berries, raspberries...
 - 4. Nuts – walnuts, almonds, pecans, cashews...
 - 5. Seeds – flax, pumpkin, sunflower, chia...
 - 6. Spices – oregano, garlic, cinnamon, Himalayan salt, pepper...
 - 7. Oils – extra virgin olive oil, extra virgin—unrefined coconut oil...
 - 8. Beverages – filtered water, coconut milk, almond milk...
 - 9. Meats – wild caught fish, free range poultry, grass fed beef...
 - b. Decrease/Eliminate the bad (Break bad habits as fast as possible)
 - 1. Refined Sugar
 - 2. Alcohol
 - 3. Processed Foods
 - c. Plan your meals & stick to the plan/list as much as possible
 - 1. What are you going to purchase?
 - 2. How are you going to prepare meals (be creative)?
 - 3. When will you prepare meals?
 - 4. Include snack foods
 - 5. Prepare food/snack travel bag for the day
 - 6. Read labels—know/understand what you are putting into your mouth!
 - 7. Avoid negative influences from others regarding your diet

*“...the kingdom of God is not eating and drinking,
But righteousness and peace and joy in the Holy Spirit.”*
Romans 14:17 (NASB)

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II. **Exercise Plan** (4 Health related aspects of physical fitness)

- a. Cardiovascular endurance – Heart—ability to sustain work/stress
- b. Muscular endurance – Muscles—ability to sustain work/stress
- c. Strength – Strong—ability to demonstrate power
- d. Flexibility – Pliable—ability to stretch muscles easily
- e. Build a personalized exercise program that fits you/your lifestyle

1Corinthians 6:19-20 ...glorify God in your body.

III. **Sleep Plan** (Stress Reduction) Matthew 6:24-34; Philippians 4:4-9

- a. Identify what calms you down
- b. Capture sleep patterns
- c. Set action plan to calm down
- d. Implement sleep plan
- e. Allow time to change sleep patterns

Philippians 4:6 ...Be anxious for nothing...

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- IV. Bible Study Plan** (Scripture based health plan) 2Timothy 2:15
- a. "Seek first His kingdom and His righteousness..." (Matthew 6:33)
 - b. Prayer – Ask, Seek, Knock (Matthew 7:7-8)
 - c. Understand that you are spirit and soul and body (1 Thess 5:23)
 - d. Spiritual growth is the foundation of good health (1 Peter 2:2)
 - e. The Word of God produces life (Matthew 4:4)
 - f. Set your mind on the Spirit (Romans 8:6)
 - g. Warning #1: Sins of Commission-visible (1 John 3:4)
 - h. Warning #2: Sins of Omission-invisible (James 4:17)
 - i. Warning #3: Deception (Galatians 6:7-8)
- V. **Plan of Action!** ("...be courageous and act.") 1Chronicles 28:9-10
- a. "Let there be light..." (Genesis 1:3)
 - b. "The light shines in the darkness..." (John 1:1-18)
 - c. "God is light..." (1 John 1:5)
 - d. "...Let your light shine..." (Matthew 5:16)
 - e. "...Glorify God in your body." (1 Corinthians 6:19-20)

Is it possible to restore and maintain your health & well-being?

*"...With people this is impossible, but with God all things are possible."
Matthew 19:26 (NASB); Ref. Genesis 18:14*

"BE COURAGEOUS AND ACT!"

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EEA Health Education 101: Laboratory (Diet)

In accordance with Christian Principles

Instructions

Diet Plan

- A. List the foods, drinks, sweets, and snacks associated with breakfast, lunch, and dinner that you consume on a daily basis. You may make copies of the spreadsheet or use a side sheet to capture your complete diet for at least 30 days.

Note: As you make positive changes to your diet, you may want to consider the 30-60-90-180 day approach. That is, to set 30 day milestones—where you evaluate what is working in your new diet and make adjustments as needed to ensure success. I would suggest that—typically we do not allow enough time to gain the full benefit of nutritional changes in our diet. Remember, one of the fruits of the Holy Spirit is “patience” (Galatians 5:22)! The Holy Scriptures teach that the testing of your faith produces endurance—James 1:3.

- B. Record the taste you associate with each item—O.K. (OK); Good (G); Very Good (VG); Favorite (FAV): This is very important because a major hindrance to diet changes is taste. I understand that human taste buds will adapt to new foods over approximately a two-week period—changing taste takes time!
- C. Estimate the cost of each item—it is generally believed that a healthy diet is much more expensive than the Standard American Diet (SAD) filled with processed foods, chemicals, and large amounts of refined sugar. As you begin to consume foods on the phase 1 or phase 2 diet (designed by Doug Kaufmann of the “Know The Cause” television show—www.knowthecause.com), I believe you will realize the health and cost benefits of prioritizing the nutritional value of the foods you consume—over convenience, quick preparation, and taste.

“...the kingdom of God is not eating and drinking,

But righteousness and peace and joy in the Holy Spirit.” Romans 14:17 (NASB)

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EEA Health Education 101: Laboratory (Diet)

In accordance with Christian Principles

Diet Plan– definition: A regulated selection of food and drink, especially one followed for medical or hygienic reasons. (“for the purpose of good health”)

DATA SHEET

Diet Plan/ Meals	Current Food	Current Taste	Current Cost (est.)	Phase 1 or 2 Food	Phase 1 or 2 Taste	Phase 1 or 2 Cost
Breakfast						
Drink						
Sweets						
Snack-1						
Lunch						
Drink						
Sweets						
Snack-2						
Dinner						
Drink						
Sweets						
Snack-3						
Snack-4						
Snack-5						

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But righteousness and peace and joy in the Holy Spirit.” Romans 14:17 (NASB)

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EEA Health Education 101: Laboratory (Exercise)

In accordance with Christian Principles

Instructions

Exercise Plan (4 Health related aspects of physical fitness) Matthew 7:7-12

The goal is to allow the Lord Jesus Christ to develop a personalized exercise program that fits you and your lifestyle: including enough interest and variety to keep you motivated, engaged, and consistent. Your exercise program will be designed in accordance with your specific & personal health needs and desires and will include measurable goals:

It's what you plan to do (activity/type)!

When you plan to do it (regularity/how often)!

How you plan to do it (details/steps)!

How you plan to measure success!

- Begin with prayer & supplication—with thanksgiving (*Philippians 4:6*)
- Choose exercises based on your three levels: slow—moderate—intense
- Start slow and build on your stamina & endurance (be patient)
- Exercise your entire body: upper body—core/middle body—lower body
- Engage your total personality: spirit—soul (mind-will-emotions)—body
- Record your exercise accomplishments & issues—adjust accordingly
- Employ each aspect of physical fitness weekly:
 - a. Cardiovascular endurance – Heart, ability to sustain work/stress
 - b. Muscular endurance – Muscles, ability to sustain work/stress
 - c. Strength – Strong, ability to demonstrate power
 - d. Flexibility – Pliable, ability to stretch muscles easily

Build a personalized exercise program that fits you/your lifestyle: we are all individuals; and while we should glean and learn from each other—ultimately, it is an individualized, integrated, and intentional exercise plan that is very specific and based on your faith and trust in the Lord Jesus Christ. (*Proverbs 3:5-6*)

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EEA Health Education 101: Laboratory (Exercise)

In accordance with Christian Principles

DAILY EXERCISE RECORD

NAME: _____

DATE: _____

Day/Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
7:00 A							
8:00 A							
9:00 A							
10:00 A							
11:00 A							
12:00 P							
1:00 P							
2:00 P							
3:00 P							
4:00 P							
5:00 P							
6:00 P							
7:00 P							
8:00 P							

ST=Start; SP=Stop

"WHERE THERE IS NO VISION, THE PEOPLE ARE UNRESTRAINED..."

PROVERBS 29:18 (NASB)

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EEA Health Education 101: Laboratory (Sleep)

In accordance with Christian Principles

"Thou wilt keep him in perfect peace, whose mind is stayed on Thee." (Isaiah 26:3)

Introduction

Sleep Plan (Stress Reduction) Matthew 6:34; Philippians 4:4-9; Isaiah 26:3

Sleep provides rest & repair for our spirit, soul (mind-will-emotions), and bodies. Sleep is a gift from God and is critical for our health and well-being. Sleep by its very essence "reduces stress"—it produces a state of relaxation in us that is incomparable to any other form of rest. It is believed that each of us need 8 to 10 hours of restful sleep every night in order to awaken fully refreshed the next day. Although some individuals claim to function better on less sleep—we all agree that "we need adequate sleep." Our physiological system performs a multitude of beneficial complex operations (spiritually-mentally-physically) when our bodies are at rest—sleep. This is why it is important to calm down prior to bedtime and avoid negative influences, activity, and distractions that may hinder your restful sleep.

Because sleep is such a natural phenomenon for us; there is usually little motivation for prioritizing it as a regular part of a health plan. However, when sleep is identified as a broad category for "stress reduction" it gains much needed notoriety with regards to a successful health plan. The following are some of the benefits of Peaceful—Restful—Sleep:

- Improving Spiritual Discernment & Mental Clarity
- Stress Reduction & Renewed Energy
- Repairing the Physical Body & Healing Sicknesses
- Building Muscle & Weight Loss

Stress has been linked to a number of sicknesses & diseases in humans and can be greatly reduced through restful sleep. Sleep—Stress Reduction—can be accomplished through an individual-integrated-intentional sleep plan:

- Begin with prayer & supplication—with thanksgiving (*Philippians 4:6*)
- Choose a bedtime that allows 8 to 10 hours of sleep each night
- Identify & put aside activity & distractions that keep you up at night
- Identify & employ activity & practices that calm you down at night
- By the grace of God—set your spirit, soul, and body for restful sleep
- Be consistent & allow time to change your sleep patterns
- Record your sleep accomplishments & issues—adjust your plan accordingly

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EEA Health Education 101: Laboratory (Sleep)

In accordance with Christian Principles

DAILY SLEEP RECORD

NAME: _____

DATE: _____

Day/Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
7:00 A							
8:00 A							
9:00 A							
10:00 A							
11:00 A							
12:00 P							
1:00 P							
2:00 P							
3:00 P							
4:00 P							
5:00 P							
6:00 P							
7:00 P							
8:00 P							
9:00 P							

BT=Bedtime; AW=Awake time; NT=Nap time

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EEA Health Education 101: Laboratory (Bible Study)

In accordance with Christian Principles

Introduction

Bible Study Plan (Scripture based health plan) John 15:5

- j. "Seek first His kingdom and His righteousness..." (Matthew 6:33)
- k. Prayer – Ask, Seek, Knock (Matthew 7:7-8)
- l. Understand that you are spirit and soul and body (1 Thess 5:23)
- m. Spiritual growth is the foundation of good health (1 Peter 2:2)
- n. The Word of God produces life (Matthew 4:4)
- o. Set your mind on the Spirit (Romans 8:6)
- p. Warning #1: Sins of Commission-visible (1 John 3:4)
- q. Warning #2: Sins of Omission-invisible (James 4:17)
- r. Warning #3: Deception (Galatians 6:7-8)

Plan of Action! ("...be courageous and act.") 1Chron 28:9-10

- f. "Let there be light..." (Genesis 1:3)
- g. "The light shines in the darkness..." (John 1:1-18)
- h. "God is light..." (1 John 1:5)
- i. "...Let your light shine..." (Matthew 5:16)
- j. "...Glorify God in your body." (1 Corinthians 6:19-20)

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EEA Health Education 101: Laboratory (Bible Study)

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DAILY BIBLE STUDY RECORD

NAME: _____

DATE: _____

Day/Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
7:00 A							
8:00 A							
9:00 A							
10:00 A							
11:00 A							
12:00 P							
1:00 P							
2:00 P							
3:00 P							
4:00 P							
5:00 P							
6:00 P							
7:00 P							
8:00 P							
9:00 P							

BR=Bible Reading; BS=Bible Study; PR=Prayer

“WHERE THERE IS NO VISION, THE PEOPLE ARE UNRESTRAINED...”

PROVERBS 29:18 (NASB)

