

## HEALTH STEWARDSHIP

by Rev. Thomas Soltis, SELC Stewardship Director

### GOD OWNS YOUR BODY

You don't own yourself. God does. Your body is His property. God owns us by right of creation and redemption. "It is He who made us and we are His." (Ps. 100:3) "You are not your own; you were bought at a price. Therefore honor God with your body." (1 Cor. 6:19-20) One way to honor God with your body is to take good care of it. Christian stewardship involves being a good caretaker of your health. A Slovak saying states: "Ked mas zdravie, mas co je najlepsie." (If you have health, you have what is best) Good health enables activity - a source of happiness and well being. If you take care of your body, it will take care of you. Abuse it and you lose it.

### SEVEN BODILY ABUSES

1. Gluttony & Overweight
2. Improper Diet & Junk Food
3. Harmful Substances & Activities
4. Alcoholism
5. Overwork or Oversleep
6. Lack of Exercise
7. Worry & Stress

### PREVENTIVE MEASURES

Physicians and hospitals are currently promoting measures to prevent illnesses. The Cleveland Clinic in Cleveland, Ohio, for example, has removed artery-clogging trans-fats from every patient meal, cafeteria, vending machine and pharmacy in the hospital system. In addition it has refused to HIRE smokers and initiated programs to help smokers quit the deadly habit. Another innovation planned is a "farmer's market" near the hospital campus to promote fresh fruits and vegetables for good health.

### SIX HEALTH TIPS

Dr. Michael Roizen and Dr. Mehmet Oz, in a book "Your Staying Young" offer six tips to live healthier:

1. **Learn to Laugh** - Laughing improves the immune system. Humor is valuable to memory.
2. **Get Soaked** - A good sweat from exercise improves heart health.
3. **De-stress** - When tense, stop; take deep breaths and rest briefly. Break big projects into little pieces and track accomplishments.

4. **Take Aspirin** - One or two baby aspirins a day (with doctor's permission) can decrease the risk of some cancers, strokes and heart attacks.

5. **Quit Smoking** and stay away from smokers. (One hour of second hand smoke equals smoking four cigarettes)

6. **Eat Healthy** - Fruits, vegetables, fish and whole-grain foods prevent lung and other aging-related diseases. Avoid junk food.

### OBESITY

Recent medical reports for the United States indicate that obesity has surpassed smoking in hindering health and hastening death. Many fraudulent weight loss products are being marketed. The Federal Trade Commission warns against fads such as diet supplements, skin patches, creams, wraps and weight-loss earrings.

### LOSE WEIGHT SENSIBLY

1. Be selective about food quantity & quality
2. Limit fat, salt, sugar, carbohydrates
3. Eat when hungry
4. Eat less and more often
5. Exercise

### HEALTH STEWARDSHIP PRAYER

Lord God, heavenly Father, I did not create myself. My body is your gift to me. Enable me to be a good steward of it by pursuing the essentials of good health. May good health enable me to use myself to your glory, for the welfare of others and my own good. I pray in the Name of Jesus, the Divine Healer and Helper. Amen.

### RESOURCE

For a safe, simple diet call 440-582-6140 or [tomas1231@sbcglobal.net](mailto:tomas1231@sbcglobal.net)

