

HEALTH RESOURCES

Health Programs

CREATION Health – www.creationhealth.com

Newstart Lifestyle Program – www.NEWSTART.com or call 800.525.9192. This is an 18 day health recovery program designed to prevent and reverse disease naturally. Reverse diabetes, restore heart health, relieve arthritis, renew immune systems, shed pounds, lower cholesterol, increase energy, lower blood pressure!

Eight Weeks to Wellness – An Introduction to Healthy Living from Wellsource.

(Includes coordinator's guide, DVD, and printed materials.)

Week 1: Developing a Healthy Lifestyle

Week 2: Becoming More Physically Active

Week 3: Choosing Healthy Fats

Week 4: Choosing Healthy Carbohydrates

Week 5: Achieving/Maintaining a Healthy Weight

Week 6: Enhancing the Mind-Body Connection

Week 7: Coping with Stress

Week 8: Getting Preventative Health Checks

Creation Kids on the Go – Mission Trip Leader Guide. This 3-day mission program teaches kids about Jesus' love and healthy habits. It could be used on an actual mission trip or in your local church as a children's church program, community health outreach program, weekend VBS program, to teach certain Adventurer awards, or any other time you can teach kids through stories, crafts, and games! (Includes posters, resources CD-ROM, audio CD, sheet music, and leader's guide.)

Books

Super Sized Kids: How to Rescue Your Child From the Obesity Threat. Walt Larimore, MD, Sherri Flynt, MPH, RD, LD, with Steve Halliday. (See www.supersizedkids.com)

SuperFit Family Challenge Leader's Guide: How to Rescue America's Kids (and Yours) From the Obesity Threat. (Available for loan from the Carolina Conference.)

Raising Fit Kids in a Fat World, by Judy Halliday RN and Joani Jack, MD. (See www.GospelLight.com)

The Full Plate Diet, by Stuart A. Seale MD, Teresa Sherard MD, and Diana Fleming PhD, LDN. (This book was on the New York Times Bestseller List.)

60 Ways to energize Your Life, compiled by Jan W. Kuzma, Kay Kuzma, and DeWitt S. Williams.

Superfood Smoothies, by Julie Morris (author of *Superfood Kitchen*). 100 delicious, energizing & nutrient-dense recipes!

Websites

The following websites have various resources and teaching aids related to health, nutrition, smoking, drugs, and alcohol. They offer DVDs, posters, games, models, puppets, visuals, kits, etc.

Creation Health – www.creationhealth.com

Amazing Health – www.amazinghealth.com

Nasco Nutrition Teaching Aids – www.eNasco.com/nutrition

Learning Zone Xpress – www.learningzoneexpress.com

www.SuperSizedKids.com

www.americanhealth.org – Great fitness information for families and teachers about Jump Rope for Health, a program supported by the American Health Association.

www.nhlbi.nih.gov – WE CAN! Is an acronym for Ways to Enhance Children’s Activity & Nutrition. Great information that supports what is shared in Super Sized Kids book.

www.letsmove.gov – Program initiated by Michelle Obama to help families with their health through four main components: Making Health Choices; Healthier Food in schools; Access to Healthy, Affordable Foods; and Increased Physical Education.

Dr. Roman Pawlak – <http://www.drromanpawlak.com/>

Magazines

Vibrant Life – www.vibrantlife.com

Amazing Health! – 8 Bible secrets for a Longer & Stronger Life! – www.AmazingHealth.com

Newsletters

Health Unlimited – www.nadhealthministries.org, click “newsletters”

Nutrition Action Health Letter – www.cspinet.org

DVDs (Rentals from Carolina Conference)

Healthy Living Series, presented by Don Hall, DrPH, CHES.

1. “Enhancing the Mind/Body Connections”: How the thoughts we think can either help or hurt our health; how social support and interaction contribute to good health and increased longevity; how the physical, mental, social and spiritual dimensions all work together for total health and improved quality of life; how a positive mental outlook and happiness contribute to a longer life; how physical activity can help prevent or combat depression and improve mental health; how to recognize dependencies that can harm your health and well-being
2. “Coping with Stress”: You can’t eliminate all stress from your life, but you can manage it and keep it from overwhelming you. Learn 10 practical techniques for relieving stress and improving the quality of your life.
3. “Increasing your Physical Activity”: Physical activity is one of the best ways to build good health. Find out how much exercise you need and how it can protect against disease such as heart disease, diabetes, osteoporosis, colon cancer, and depression.

4. “Developing a Healthy Lifestyle”: Find out what the latest scientific research reveals about healthy living and how to look and feel your best. Learn the top five predictors of a healthy lifestyle and how to take small steps for big rewards in your health.
5. “Choosing Healthy Fats”: Some fats can benefit your health! Scientific research shows that healthy fats from plant sources lower the risk for heart disease. In contrast, saturated fats and trans fats increase a person’s risk for heart disease and some cancers. Learn what the best fats are and how much fat to eat.
6. “Getting Preventive Health Checks”: Even if you do “everything right” you can still develop a serious disease. Find out what preventive tests you should get regularly to detect conditions early while they can still be treated. Become prevention minded!
7. “Choosing Healthy Carbohydrates”: What have you heard lately about carbs? Some say they increase the risk for obesity, diabetes, and heart disease. Others recommend eating unrefined carbs for good health. Discover what scientific research reveals – it may surprise you.
8. “Maintaining a Healthy Weight”: Excess weight increases the risk for heart disease, diabetes, high blood pressure, certain cancers, arthritis, and a host of other diseases. Learn how you can prevent or lose unwanted weight safely while improving your health. Emphasis is on lifelong weight control!

Life Science Seminars International, by Dr. Raymond Obomsawin MSc and PhD

1. “*Meat, Milk, and Human Diseases*”: Learn of the Creator’s original dietary prescription for the human family. What kinds of modern flesh foods pose the greatest health dangers? What diseases are linked to a flesh food diet?
2. “*Extreme Danger: Genetically Modified Foods*”: Explore the connection between GMOs and health issues in humans. What does the food we eat have to do with allergies, immune reactions, liver, and other organs?
3. “*The Creator’s Healing Vision for the End Time*”: Death by modern medicine? Discover the facts on music and health, the unique holism of the Judeo-Christian scripture, and the ancient origins of modern allopathic medicine.

Amazing Health: Healthy from the Inside Out, by Doctors Rudy & Jeanie Davis

1. “*An incredible diet*”: The brilliance and healing potential of the foods given to Adam and Eve in the Garden explodes into practical principles that can change the way you eat, and think, forever.
2. “*What you do not know can hurt you!*” In the foods grown and produced today, the potential for damage to the human body is greater than ever before. Learn what is out there and how you can protect yourself and your loved ones from these dangers.
3. “*Great Things Grow in Small Packages!*”: Good news- there is a wonder-world of fresh grown foods awaiting those who do not have the space to grow a garden.
4. “*Raw Recipes*”: Including kale chips, carrot cake with frosting, oat burgers, vegetable sprouter, and much more!

By bestselling author, Jeffrey, M. Smith, who is the executive director of the Institute for Responsible Technology, a world leader in GMO education:

1. *GMO, Food Allergies & Gluten Sensitivity*. J. Smith reveals the truth about GMOs and their shocking effects on health that the biotech industry tries to cover up.
2. *Genetic Roulette, The Gamble of our Lives*: This film shines a bright light of hope that we can reclaim

our health and our food systems. Meticulously documented, this is more than an adventure story, with an intense drama and high stakes. It is one of the most important stories ever told.

“Reversing Diabetes: The Grundy County Initiative”: This is an educational program that brought together the latest scientific findings with the best practices in lifestyle for reversing diabetes. Registered nurses, Steve & Karen Wickham, along with Seth Ferrell, developed this much needed curriculum that was simple enough for nonmedical people to understand.

GLOW tracts – Vibrant Life

1. *Is Alcohol Really Good for You?*
2. *Little Tips to Lose Lots of Weight.*
3. *Forgiveness: A Key to Better Health.*
4. *What you Need to Know about High Blood Pressure.*
5. *Tired of Being Tired?*
6. *The Healing Power of Prayer.*
7. *You CAN Stop Smoking.*
8. *Walking: Miracle Medicine.*
9. *16 Ways to Reduce Stress During the Workday.*

Handouts

Blaylock Wellness Reports, edited by Russell L Blaylock, MD, include the following broad topics, with many handouts/sub-topics in each category:

- *GMOs*: Genetically Modified Food; Destructive effects of Grain on the Brain; 5 Breakthrough Medical Updates You Need to Know, etc.
- *Cancer*: Excess Iron & Cancer; The Real Cause of Deadly Cancers; Colon Cancer-The Hidden Dangers, etc.
- *Immune System Detoxification*: Strategies to Stay Healthy To Your 80s, 90s, and Beyond