The Ten “Hit” Categories

1. Genetic
2. Developmental
3. Lifestyle
4. Circadian Rhythm
5. Addiction
6. Nutrition
7. Toxic
8. Social/Complicated Stress or Grief
9. Medical Condition
10. Frontal Lobe

Stress Control
- Healthy adaptation
- Healthy lifestyle, including good nutrition and exercise
- Commitment to an honorable cause that helps others and is morally sound
- Proper planning and organization
- Don’t worry about results
- Dwell on the good
- Meditation and Prayer
- Trust God

Examples in Stress Control

24 Five times received I forty stripes save one.
25 Thrice was I beaten with rods, once was I stoned, twice I suffered shipwreck, a night and a day I have been in the deep;
26 In journeying often, in perils of waters, in perils of robbers, in perils by mine own countrymen, in perils by the heathen, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren;
27 In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness.

• 2 Cor 11

Trust in God

“We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed.”

2 Corinthians 4:8,9

How to Overcome Loss
Definitions

*Grief*: an emotional reaction that follows the loss of someone or something of great value.

*Mourning*: the psychological process that occurs when you experience loss.

Types of Losses

- Loss of social status.
- Loss of a body part.
- Loss of the ability to maintain a physical function.
- Loss of a job.
- Loss of a home.
- Loss of a loved one.
- Death of a vision

Cognitive Distortions

- Some beliefs are legitimate and *will* lead to negative feelings — for instance…

  - “I'm losing an important part of my life.”
  - “My world has ended.”
  - “I can't live without her.”

  Trigger thoughts of self-pity and hopelessness. These thoughts are based on distortions and will defeat you.

Reality vs. Distortions

- “I will miss the companionship and love that we shared.”
- Tender, realistic, desirable, will enhance your humanity and add depth to the meaning of life.
- “I will never again be happy because she (or he) died. It's unfair.”

The grieving process is required for healing.
Grief Vs. Depression

Stages of Grief

Stage 1—Shock & Disbelief:
- Events seem unreal.
- Feeling of numbness.
- Denial of the loss.
- Crying.
- Anger.
- Screaming.

Stage 2—Developing Awareness:
- Duration of 3 to 12 months.
- Preoccupation with the loss.
- Anxiety.
- Restlessness.
- Difficulty Sleeping.

Possible Characteristics of Stage 2:
- Loss of appetite.
- Digestive problems.
- Fatigue.
- Anger.
- Guilt.

Identification with the lost loved one.
A depressive response on the anniversary of the loss.
A clearer awareness of the loss.
Recognition of the consequences of the loss.
Mood swings.

The Good News about Stage 2
Although long in duration, you should gradually feel better month by month.
Stages of Grief

Stage 3—Resolution:
- From 3 to 12 months after the loss.
- Incorporation of new habits.
- Lifestyle changes.
- Making wise plans for the future.

The Good News about Stage 3
You gradually take charge of your life and resolve the loss, through activity, readjustment, and education.

Healthy Grieving
Time does not always heal “wounds,” but working through them over time can.

In the full light of day, and in hearing of the music of other voices, the caged bird will not sing the song that his master seeks to teach him. He learns a snatch of this, a trill of that, but never a separate and entire melody. But the master covers the cage, and places it where the bird will listen to the one song he is to sing. In the dark, he tries and tries again to sing that song until it is learned, and he breaks forth in perfect melody. Then the bird is brought forth, and ever after he can sing that song in the light. Thus God deals with His children. He has a song to teach us, and when we have learned it amid the shadows of affliction we can sing it ever afterward.

Ministry of Healing 472

Grief Vs. Depression

Grief Complicated by Major Depression
- Feelings of worthlessness.
- Suicidal ideation.
- Grossly impaired functioning.
- Prolonged bereavement.

9. Common Medical Hits
- Hepatitis C
- Recent head injury
- Stroke
- Terminal Cancer
- Parkinson’s
- Uncontrolled diabetes
- Lupus
- Congestive Heart Failure
- Postpartum severe stress
- Premenstrual Tension Syndrome
- Inadequately treated thyroid disease
- Inadequately treated adrenal gland disease
10. Frontal Lobe Hits

- Scientific studies show the frontal lobe is the seat of:
  - Spirituality
  - Morality
  - The Will
  - Reason
  - Personality

"Ye shall know the truth, and the truth shall make you free."
John 8:32

"The truth that makes men free is for the most part the truth which men prefer not to hear."
--Herbert Agar, Pulitzer Prize-winning author

"...as much as two thirds of all disability and death up to age sixty-five would be preventable in total or in part if we were to apply what we now know about the effects of a hazardous lifestyle on premature illness and death."

• Knowledge does not change behavior!
WHO - FACTS

- Cardiovascular diseases are the leading causes of death in the world.
- At least 80% of premature deaths from cardiovascular heart disease and strokes could be prevented through a healthy diet, regular physical activity and avoiding the use of tobacco.
- [link](http://www.who.int/features/factfiles/global_burden/facts/en/index1.html)

The Struggle

- Learning what to do.
- Getting ready to do it.
- Doing it.

CHANGE

Stages of Change

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance

Four Stages of Change

- Unconsciously Incompetent
- Consciously Incompetent
- Consciously Competent
- Unconsciously Competent

Anatomy of a Habit
Anya Bateman

1. Flossing her teeth
2. Eating too many sweets
3. Stopped criticizing husband
4. Praising her kids

Results published in Readers Digest – September 1983 “Three Weeks to a Better Me.”

3. Lifestyle Hits
- Not on a regular exercise program
- Not regularly being exposed to daylight at least 30 minutes a day
- Rarely breathing fresh air

Taking Long Walks
- Physical Activity Does Not Have to Involve Elaborate Equipment
- Taking long brisk walks are very beneficial in reducing depression
- Hour long walks are the best
- 7 days minimum for positive results in most cases

Physical Activity…
- Cuts your risk of high blood pressure
- Reduces risk of heart disease by 50%
- Reduces your risk of diabetes by 60%
- Improves mood and decreases risk of depression and anxiety
- Builds stronger bones preventing fractures
- Improves immunity
- Gives you more energy
- Helps with weight control
- Enabling you live a longer, fuller, happier life
  www.instepforlife.com

Exercise and Depression
- Study of 156 sedentary, clinically depressed persons
- They were randomly divided into groups:
  - One group received medication therapy.
  - Another group ran at a moderate pace ½ hour daily but took no medication
- After 16 weeks their depression was reevaluated
  - Exercisers improved as much as those on medication
  - But, only exercisers showed improvement in mental abilities such as concentration, planning, and organization

“Exercise is Medicine”
- Harvard Medical School’s Institute of Lifestyle Medicine, the American College of Preventive Medicine, and the American College of Sports Medicine announced the publication of “Exercise is Medicine: A Clinician’s Guide to Exercise Prescription.”
- http://www.exerciseismedicine.org/
Inspired Counsel Given to the SDA Church Over 100 Years Ago…

“All who can possibly do so ought to walk in the open air every day, summer and winter. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe.”

E.G. White, Counsels on Health, 52

Bright Light Therapy

- Light needed for adequate serotonin production
- Possibly best within 10 minutes after awakening
- Works best for those that also are fatigued or have disordered sleep, or winter depression.
- Effective for partum and post-partum depression
- 10,000 lux light boxes 30-60 minutes/day, or 2500 lux light boxes 1-2 hours/day.

Researchers found that men who were exposed to an hour of bright light first in the morning experienced an increase in luteinizing hormone (LH).
- LH influences reproductive hormones in both men and women. Increases in LH in men drive up testosterone levels, while the hormone triggers ovulation in women.
- Studies have shown that it may help with depression. It can improve libido. And there may be a muscle-building and strengthening effect.
- When women with long and irregular menstrual

Exercise Outdoors in Daylight

Breathing Exercises Improve Mood

Low blood oxygen levels
- Impairs Muscle Function
- Impairs Metabolic Function
- Leads to Muscle Atrophy
- Leads to Exercise Intolerance

Breathing Exercises Improve Fitness

Breathing exercises encouraging slow deep breathing of 6 breaths per minute for one hour a day improves blood oxygen levels throughout the day and improves exercise tolerance in cardiac patients. This improvement is additive to other forms of treatment.


Deep Breathing

“The one who sits and stands erect is more likely than others to breathe properly. But the teacher should impress upon his pupils the importance of deep breathing. Show how the healthy action of the respiratory organs, assisting the circulation of the blood, invigorates the whole system, excites the appetite, promotes digestion, and induces sound, sweet sleep, thus not only refreshing the body, but soothing and tranquillizing the mind. And while the importance of deep breathing is shown, the practice should be insisted upon. Let exercises be given which will promote this, and see that the habit becomes established.”


9 out of 10 Cases

- Physicians frequently advise invalids to visit foreign countries, to go to the springs, or to ride upon the ocean, in order to regain health; when, in nine cases out of ten, if they would eat temperately and engage in healthful exercise with a cheerful spirit, they would regain health and save time and money.

Free Rx for Health

- Exercise, and a free and abundant use of the air and sunlight,—blessings which Heaven has freely bestowed upon all,—would give life and strength to the emaciated invalid.

Women

- A large class of women are content to hover over the stove, breathing impure air for one half or three fourths of the time, until the brain is heated and half benumbed. (made inactive or unable to feel)
- They should go out and exercise every day, even though some things indoors have to be neglected. They need the cool air to quiet their distracted brains. They need not go to their neighbors to gossip, but should make it their object to do some good, working to the end of benefiting others.

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4. Circadian Rhythm Hits
- Regular insomnia
- Sleeping more than 9 hours a day routinely
- Sleeping less than 6 hours a day routinely
- “Shift” Work
- Not having regular hours for sleeping and eating

Depression and Insomnia
- Ironically, the depression seems to clear and the energy level improves as the person stays awake.
- Going to bed late or “sleep deprivation” is a temporary treatment for “circadian rhythm” depression.
- Once sleep occurs, the depression returns causing the person to not want to get up or be a “zombie” in the morning.

Treatment
- Awaken with the sun, or be exposed to at least 30 minutes of bright light starting within 10 minutes of awakening.
- Regular hours for sleeping, eating, and exercise.
- Requires an alarm clock at first.
- Sleep’s Three Factor
  - No noise
  - Be still
  - Eyes closed

Pineal Anatomy
- Pineal gland
- Pituitary gland

Pineal Gland Secretions
- Epithalamin
  - Protein thought to increase learning capacity and slow down aging
- Serotonin
  - Elevates mood and has influence on sleep and pain
- Arginine Vasotocin
  - Potent protein capable of rapidly inducing deep sleep
- Melatonin
  - The “fix and rejuvenate” night-time hormone

Fall in Melatonin Levels through Life
- Chart showing decline in melatonin levels with age
**Probable Effects of Melatonin**
- Protects against free radical damage from certain carcinogens, herbicides, and radiation
- Prevents or helps fight tumors
- Delays some effects of aging
- Immune enhancer

**Probable Effects of Melatonin**
- Assists in coping with stress
- Increases the ability to experience pleasure
- Lowers cholesterol, blood pressure, and risk of heart rhythm problems
- Lowers risk of osteoporosis

**Melatonin Level Variations Throughout the Day**
- Sleep is Better Before Midnight
  - “Sleep is worth far more before than after midnight. Two hours’ good sleep before twelve o’clock is worth more than four hours after twelve o’clock…”

**Steps in the Production of Melatonin**
- 1. The pineal gland draws tryptophan, an amino acid, from the blood.
- 2. Tryptophan is converted to serotonin in the gland. This reaction is light-dependant.
Natural Light is Best for Melatonin Production

Sunlight – Nature’s Wonderful Healing Agent

“Invalids too often deprive themselves of sunlight. This is one of nature’s most healing agents. It is very simple, therefore not a fashionable remedy, to enjoy the rays of God’s sunlight and beautify our homes with its presence.” 2T 527

Older People Need More

“Vigor declines as years advance, leaving less vitality with which to resist unhealthful influences; hence the greater necessity for the aged to have plenty of sunlight and fresh, pure air.” MI 275

Steps in the Production of Melatonin

1. The pineal gland draws tryptophan, an amino acid, from the blood.
2. Tryptophan is converted to serotonin in the gland. This reaction is light-dependent.
3. Serotonin is converted to melatonin.
4. Step 3 requires darkness, sufficient calcium, and Vitamin B-6

Foods High in Melatonin (pico-grams/gram of food)

Barley
Banana
Tomatoes
Ginger
Rice
Corn
Oats

0 500 1000 1500 2000

Lifestyle Factors that Reduce the Melatonin Peak

- Stress
  - Caffeine
    - Cuts melatonin production in half for 6 hours
- Alcohol
  - Up to 41 percent reduction
- Tobacco
Examples of Stressors

- Deadlines
- Pollution
- Heat
- Overload
- Illness
- Death
- Family Relationships
- Finances

Examples of Stressors

- Heat
- Overload
- Illness
- Death

Drugs and Supplements that Reduce Melatonin

- Non-steroidal anti-inflammatory drugs
- Beta & Calcium Channel Blockers
- Anti-anxiety drugs & sleep aids
- Vitamin B₁₂ (3 mg a day)
- Anti-depressants

Habits that Increase Melatonin Production

- Increase exposure to natural light and minimize exposure to artificial light.
- Sleep in complete darkness.
- Eat foods rich in melatonin, tryptophan, and vitamin B₆.
- Avoid a calcium deficiency.
- Restrict food intake in general.
- Practice fasting, especially in evening hours.

Avoid Pessimism

“While the ‘power on positive thinking’ is encouraged as a way to improve health and well being, this study shows it is more important to avoid negative thinking.”

Dwell on the Good

- Avoid pessimism
- Not permitted to say anything critical about anyone or anything for 14 consecutive days (2 weeks).
- Once something critical is said, begin the 14 days over again.

The Top Priority in Healthful Living

“Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise.”
MH 251

Take Control of Your Life

- By improving your lifestyle

Spirit, Soul and Body

Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. He who calls you is faithful, who also will do it.

1 Thessalonicens 5:23,24