



From the Parish Nurse

8 Ways to Live 8 Years Longer

based on a book called "Creation Health Discovery"
written by Dr. Des Cummings and Dr. Monica Reed

Using the acronym **CREATION**:

C - Choice - *"Choose my instruction instead of silver, knowledge rather than choice gold." Proverbs 8:10*

When it comes to health, decisions make a difference. Certain conditions such as heart disease, hypertension, obesity, diabetes and certain cancers are the direct result of lifestyle choices.

R - Rest - *Jesus said, "Come to me all you who are weary and burdened, and I will give you rest." Mathew 11:28*

A lack of sleep can lead to bad health, poor performance in work and school, increased drug and alcohol use, and a higher rate of automobile accidents. Our bodies aren't made to run 24/7.

E - Environment - *"He makes me to lie down in green pastures. He leads me beside the still waters. He restores my soul." Psalm 23:2,3* Your environment, all that lies outside your body that affects your senses:light, sound, smell, touch - can affect your mood and your health.

A - Activity - *"Dear friend, I am praying that all is well with you and that your body is as health as I know your soul is." III John 1:2*

Three 20-minute sessions a week of vigorous activity can benefit your heart, muscles, joints, and mind. Eventually you'll feel better, look better and sleep better.

T - Trust in Divine Power - *"People will come and go. Friends sometimes let us down. But Scripture tells us of a Friend Who will never leave you. Matthew 28:20*

A study showed that students with a faith in God were less likely to exhibit at-risk behavior like alcohol or other drug use.

I - Interpersonal Relationships - *"Love one another deeply, from the heart." 1 Peter 1:22*

A collaborative study conducted by psychologists, physicians, and insurance companies found that men who kiss their wives every morning have fewer automobile accidents than men who omit the morning kiss. It also showed that the kissers miss less work because of sickness and earn 30% more money than non-kissers.

O - Outlook - *"For as he thinks in his heart, so is he." Proverbs 23:7*

Our thought play a major role in shaping our lives. William James said, "The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind."

N - Nutrition - *"Do you not know that your body is a temple of the Holy Spirit, Who is in you, Whom you have received from God? You are not your own; You were bought at a price. Therefore, honor God with your body."*

1 Corinthians 6:19, 20

Respect that temple and give your body what it needs: the right amount of water each day, a good night's sleep, regular exercise and healthy eating habits.



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These 8 principles (**CREATION**) of health have been studied and shown to add eight years to your life, and bring about a significant reduction in the risk of diseases such as cancer, stroke and heart disease.

Blood Pressure Screening: Sunday, Nov. 18 at 9:00 a.m.