

DISCOVERY CHRISTIAN CENTER

# Health Education 101

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*In accordance with Christian principles*

*Lecture & Laboratory (DVD Included)*

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*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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## DISCLAIMER

The material herein is not intended to diagnose or treat any sickness or disease. Individuals experiencing any and all health issues should pray to Almighty God for guidance—and consult with their trusted healthcare & wellness resources before making any changes to current healthcare practices or beginning any new healthcare initiatives, plans, or programs.

## SCRIPTURE QUOTATIONS

1. THE HOLY BIBLE, Old and New Testaments, in the King James Version, Translated out of The Original Tongues and with Previous Translations Diligently Compared and Revised, Copyright 1976 by Thomas Nelson, Inc. Nashville, Tennessee.
2. "Scripture taken from the NEW AMERICAN STANDARD BIBLE, Copyright 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission. [www.Lockman.org](http://www.Lockman.org)"

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## WELCOME

Welcome to the rest of your life—both now and throughout eternity!

Discovery Christian Center (DCC) is a faith-based educational services business dedicated to helping individuals “discover” themselves a new—through the living & abiding Word of God—The Lord Jesus Christ.

*The fear of The LORD is the beginning of wisdom,  
And the knowledge of the Holy One is understanding.  
Proverbs 9:10 (NASB)*

## HOW TO USE THIS MATERIAL

1. View the “Health Ed 101” DVD Lecture-Presentation—Presentation may also be viewed online at [www.dccvision.com](http://www.dccvision.com) or [www.dcceducation.com](http://www.dcceducation.com).
2. Accompany DVD with Lecture Outline—“Section 1: Lecture-Health Ed 101”
3. Take notes as needed to ensure your understanding of Section 1: Lecture prior to Section 2: Laboratory. Pages are single-side printed for ease of note taking.
4. Read & Study “Section 2: Laboratory-Health Ed 101” exercises & begin your journey towards positive lifestyle changes.
5. Coaching or consultation is available through DCC—Contact DCC for Terms & Conditions & Pricing at “[dhite@dccvision.com](mailto:dhite@dccvision.com)”. There are no charges for an initial consultation.

*Begin with prayer and consult with your trusted healthcare & wellness resources before making any changes to current healthcare practices—or beginning any new healthcare initiatives, plans, or programs.*

## DEDICATION

Health Education 101 is dedicated to all individuals seeking optimum health & wellness in accordance with Christian principles. Christian principles focus on The Only Source of success—The Lord Jesus Christ! Therefore, if you have been unsuccessful and unhappy with your health & wellness pursuits—including failed weight management plans, there is still hope for the child of God. I pray that you will: *"Seek the Lord while He may be found; Call upon Him while He is near."* Isaiah 55:6 (NASB)

*"Delight thyself also in The LORD;  
And He shall give thee the desires of thine heart.  
Commit thy way unto The LORD;  
Trust also in Him; and He shall bring it to pass."  
Psalm 37:4-5 (KJV)*

## ACKNOWLEDGEMENT

*This I recall to my mind, therefore I have hope. It is of The LORD'S mercies that we are not consumed, because His compassions fail not. They are new every morning: great is Thy faithfulness. Lamentations 3:21-23 (KJV)*

## PREFACE

Optimum health—spirit-soul-body—is available for the people of God!

This statement in no way implies that—as children of God—we will never experience sickness, disease, or other afflictions during our lifetime here on the earth—for we are fallen people in a fallen world (Genesis 3; Romans 8:18-23; 1 John 2:15-17). Optimum health does suggest that through any and all afflictions we possess the opportunity to trust in God Almighty and The Lord Jesus Christ and Their purpose for allowing all trials (James 1:1-12).

Job said, "Shall we indeed accept good from God and not accept adversity?"  
Job 2:10 (NASB)

God's goal for His children is to conform us into the likeness of His Son—The Lord Jesus Christ (Romans 8:29). Therefore, The Lord decides through His mercy and grace when to afflict us Himself or to allow other entities to plague us for a season. Our spiritual response—for "understanding" optimum health—is to trust that God knows best & to obey His sovereign will—no matter what the outcome (Romans 12:2). Optimum Health means:

- Learning to trust in Jesus & obey Him for your Diet Plan
- Learning to trust in Jesus & obey Him for your Exercise Plan
- Learning to trust in Jesus & obey Him for your Sleep Plan
- Learning to trust in Jesus & obey Him for your Bible Study Plan
- Learning to trust in Jesus & obey Him for all things! (Proverbs 3)

My heart's desire & my prayer to God for you all is that you may experience optimum health in the land of the living (Psalm 27:13)—a consistent lifestyle of trust and obedience to the will of our Lord and Savior—Jesus Christ.

Health Ed-101 (Lecture & Lab) is not a formula for good health; it is simply my understanding & testimony of how Jesus Christ has produced a peace and passion in my heart—that I cannot fully explain—regarding a consistent and ongoing lifestyle of improvements & disciplines in diet-exercise-sleep-Bible study.

*"Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. For My yoke is easy and My burden is light."*  
*Matthew 11:28-30 (NASB)*

# HOLY SCRIPTURES

## Lecture-Selected Scriptures

1. 2 Corinthians 12:7 -there was given to me a thorn in the flesh
2. 1 Thessalonians 5:23 -your spirit and soul and body
3. 2 Corinthians 3:6 - the Spirit gives life
4. 2 Corinthians 5:17 -if anyone is in Christ, he is a new creature
5. 1 John 2:27 -His anointing teaches you about all things
6. John 14:16 -He (Holy Spirit) may be with you forever
7. John 17:17 -Your word is truth
8. John 1:5 -The Light shines in the darkness
9. Genesis 1:3 -God said, "Let there be light"
10. Genesis 1:2 -darkness was over the surface of the deep
11. 2 Corinthians 11:3 -simplicity and purity of devotion to Christ
12. Psalm 119:130 -The entrance of Thy words giveth light
13. Romans 14:5 -must be fully convinced in his own mind
14. Proverbs 11:14 -in abundance of counselors there is victory
15. John 3:16 -For God so loved the world
16. Matthew 7:7 -"Ask, and it will be given to you"
17. 1 Chronicles 28:19 -"The Lord made me understand"
18. John 1:14 -full of grace and truth
19. Galatians 6:1 -Brethren, even if anyone is caught in any trespass
20. Matthew 19:26 -with God all things are possible
21. Genesis 18:14 -Is anything too difficult for the LORD?
22. 1 Corinthians 6:20 -glorify God in your body
23. John 5:23 -He who does not honor the Son
24. John 14:6 -"I am the way, and the truth, and the life"
25. Isaiah 46:10 -Declaring the end from the beginning
26. Jeremiah 29:11 -"I know the plans that I have for you"
27. Romans 3:4 -let God be found true
28. John 16:33 -In the world you have tribulation
29. James 4:17 -to him that knoweth to do good, and doeth it not
30. Proverbs 19:21 -the counsel of the LORD will stand
31. Hebrews 7:25 -He ever liveth to make intercession for them
32. Revelation 12:10 -the accuser of our brethren is cast down
33. Galatians 6:7 -whatsoever a man soweth, that shall he also reap.
34. Ephesians 4:29 -only such a word as is good for edification
35. John 3:30 -He must increase, but I must decrease
36. 1 John 1:7 -if we walk in the light
37. Matthew 4:23 -healing every kind of disease
38. Luke 5:13 -"I am willing; be cleansed."
39. Mark 6:4 -"A prophet is not without honor except
40. Genesis 3 -Now the serpent was more crafty

- |                         |   |
|-------------------------|---|
| 41. Romans 6,7,8        | -Present yourselves to God—righteousness          |
| 42. Romans 7:24         | -Wretched man that I am!                          |
| 43. Romans 8:1          | -the law of the Spirit of life in Christ Jesus    |
| 44. Proverbs 6:1        | -if you have become surety                        |
| 45. Ephesians 6:12      | -our struggle is not against flesh and blood      |
| 46. Matthew 18:22       | -up to seventy times seven                        |
| 47. 1 Peter 4:10        | -each one has received a special gift             |
| 48. James 3:8           | -no one can tame the tongue                       |
| 49. Proverbs 29:18      | -Where there is no vision                         |
| 50. Genesis 2:16        | -the LORD God commanded the man                   |
| 51. 1 Corinthians 15:33 | -“Bad company corrupts good morals.”              |
| 52. Proverbs 1:7        | -The fear of the LORD—knowledge                   |
| 53. Proverbs 9:10       | -The fear of the LORD—wisdom                      |
| 54. 1 John 1:5          | -God is light—in Him there is no darkness at all. |
| 55. Luke 24:45          | -He opened their minds to understand              |
| 56. James 4:2           | -You have not, because you ask not                |
| 57. Matthew 6:33        | -seek ye first the kingdom of God                 |
| 58. 2 Peter 3:9         | -not willing that any should perish               |
| 59. Matthew 7:22        | -Many will say to Me on that day                  |
| 60. Mark 8:34           | -Whosoever will come after Me                     |
| 61. Joshua 24:15        | -choose you this day, whom ye will serve          |
| 62. Proverbs 4:23       | -out of it (heart) come the issues of life        |
| 63. Matthew 4:4         | -“MAN SHALL NOT LIVE ON BREAD ALONE”              |
| 64. Romans 8:6          | -the mind set on the Spirit is life and peace     |
| 65. 1 John 3:4          | -sin is lawlessness                               |
| 66. John 14:27          | -Peace I leave with you                           |
| 67. 2 Corinthians 13:5  | -Examine yourselves                               |
| 68. 1 Chronicles 28:10  | -be courageous and act                            |
| 69. James 1:22          | -be ye doers of the word                          |
| 70. James 2:18          | -I will show you my faith by my works             |
| 71. Romans 12:18        | -be at peace with all men                         |
| 72. Matthew 5:16        | -Let your light shine before men                  |
| 73. John 5:19           | -whatever the Father does—the Son does            |
| 74. Matthew 11:28       | -“Come to Me, all who are weary”                  |
| 75. 2 Timothy 2:15      | -Study to show thyself approved unto God          |

# **SECTION 1: LECTURE – HEALTH ED 101**

## LECTURE: INTRODUCTION

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

*Proverbs 29:18 (NASB)*

### Introduction (Health Education 101: Lecture)

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 healthcare 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*

## LECTURE: I<sup>3</sup> APPROACH

*In accordance with Christian Principles*

*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 (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*

# LECTURE: HITE'S HEALTH PLAN HIERARCHY

*In accordance with Christian Principles*

## Individual-Integrated-Intentional



*"...Seek ye first the kingdom of God, and His  
righteousness;  
and all these things shall be added unto you."  
Matthew 6:33 (KJV)*