



UNDERSTANDING Prevention, Physiology & Public Health

IMPORTANCE IN DISEASE AND PREVENTION OF DISEASE

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Why Do We Need Prevention?

- ▶ According to the Center for Disease Control, seven out of the ten leading causes of death are chronic diseases—preventable diseases developed by poor lifestyle choices—which account for 81% of hospital admissions, 91% of all prescriptions filled, and 76% of all physician visits leading to approximately 86% of all health care costs. (Taylor University Website)

Importance in Understanding Disease & Prevention

- ▶ **Distinction between Prevention and Cure has not been appreciated enough**
- ▶ **People need to be taught it is better to keep well than to cure disease**

Importance in Understanding Disease & Prevention

- ▶ **Physicians, pastors and all health ministry persons should be wise educators**
- ▶ **People need to be taught and know that abstinence from things God has prohibited is the only way to PREVENT problems in both the body & mind.**

Importance in Understanding Disease & Prevention

- ▶ **God created the living machinery of our bodies**
- ▶ **Every function is wonderfully & wisely made**
- ▶ **God has pledged to keep the human machinery in healthful action if the human will obey God's health laws**

Importance in Understanding Disease & Prevention

- ▶ **Every law governing the body is to be considered of divine origin**
- ▶ **If we neglect to care for the body, it is a violation of God's law**

Importance in Understanding Disease & Prevention

- ▶ **Children should be taught from an early age the importance of physiology in regard to health**

Importance in Understanding Disease & Prevention

- ▶ **The first labor of physicians should be to educate the sick & suffering in the course they need to pursue to prevent disease.**

Importance in Understanding Disease & Prevention

- ▶ **Everyone involved in health ministry
should be involved in teaching**

PHYSIOLOGY – Importance in Understanding Disease & Prevention

- ▶ **We can admire all God's work in Nature but the human body is the most wonderful**

PHYSIOLOGY – Importance in Understanding Disease & Prevention

- ▶ If the cause for disease is removed, there will be much less need for medicines
- ▶ If we could trace the effect to the cause, we would see that much of illness is the sure result of flesh-eating.

PHYSIOLOGY – Importance in Understanding Disease & Prevention

- ▶ Diseases of every stripe and type have been brought upon human beings by the use of tea and coffee and the narcotics, opium, and tobacco.

CAFFEINE ☕ EFFECT ON THE HUMAN BRAIN



JUST ONE ☕ CUTS
BLOOD

FLOOD TO THE BRAIN BY 40%

PHYSIOLOGY – Importance in Understanding Disease & Prevention

- ▶ **Keeping the home clean and well ventilated is also a means to keep excellent health as it helps not only lung function but also good circulation of the blood**
- ▶ **Having the rooms either too cold or too hot and moist can contribute to illness**

PHYSIOLOGY – Importance in Understanding Disease & Prevention

- ▶ **Exercise is one of the most important ways to prevent and reverse chronic diseases**
- ▶ **The more we learn about the causes of diseases and how our body responds to lack of activity, the more we will learn the ways to prevent illness**

PHYSIOLOGY – Importance in Understanding Disease & Prevention

- ▶ If we had to choose one thing above everything else that would help us to keep our health for the longest period of time and avoid chronic diseases, it would be to eat a well-balanced, nutritious completely plant-based diet

Public Health – Importance in Disease Recognition & Prevention

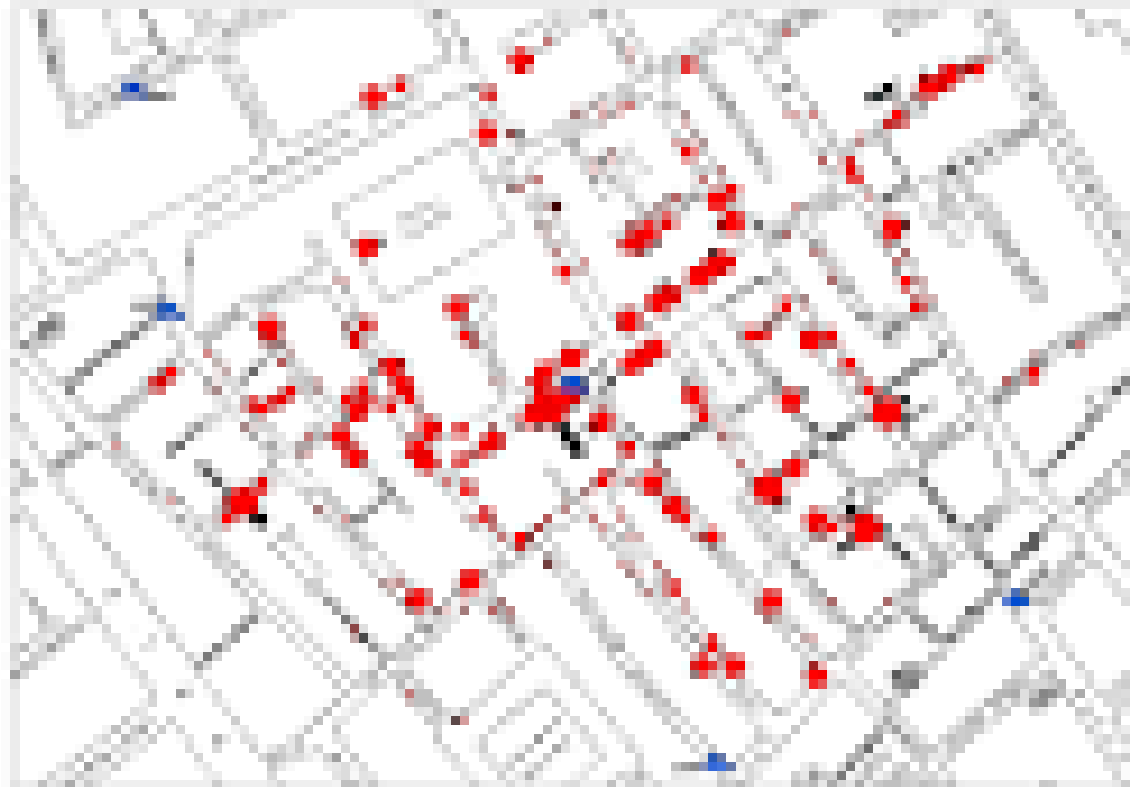
- ▶ God gave the first instructions through the Bible about how to prevent many of the chronic diseases
- ▶ These were incorporated into most cultures throughout the centuries, but many nations either forgot or abandoned them and marked shortness of life and serious disease burden resulted

Public Health – Importance in Disease Recognition & Prevention

- ▶ **With the renewal of some Public Health Practices approximately 150 years ago especially in cities or where large populations existed, health began to improve**

Public Health – Importance in Disease Recognition & Prevention

- ▶ John Snow's Map of London, 1854 during Cholera Epidemic- 13 water pumps



Public Health – Importance in Disease Recognition & Prevention

- ▶ In the 1800's The biggest health issues causing death were infections
- ▶ If it were not for public health initiatives it might still be the leading cause of illness and death

Public Health – Importance in Disease Recognition & Prevention

- ▶ The list of top health issues today are conditions for which obesity is a risk factor, such as diabetes, cardiovascular disease, hypertension and high cholesterol.
- ▶ Also at the top of the list are mental health issues, alcohol/substance abuse and poor oral health.

Public Health – Importance in Disease Recognition & Prevention

- ▶ **The fact that people are living longer because of better public health, hygiene, and control of infectious diseases and better medical care unfortunately contributes to more chronic conditions that are now much more frequent**

Public Health – Importance in Disease Recognition & Prevention

- ▶ **The aging population is actually about to cause one of the biggest health crisis in our country**
- ▶ **Dementia has become a major health crisis**



Natural Methods of Healing

WHAT ARE THE PRINCIPLES ELLEN WHITE WAS SHOWN? WHAT SHOULD WE AVOID?

Principles of Health

- ▶ Nature is God's physician. Pure air, water, sunshine, outdoor exercise, if you use these wisely, you will often completely regain your health.

10 Principles of Disease

- ▶ 1. Disease never comes without a cause-
May be physical, Mental, Spiritual

10 Principles of Disease

- ▶ 2. Disregarding the Laws of Health often invites disease – Especially chronic ones like Diabetes, Heart Disease, High Blood Pressure, Inflammatory Diseases



10 Principles of Disease

- 3. Many become ill because of mistakes or habits of their parents. While they are not responsible for what their parents have done, it is *nevertheless important to find out just what went wrong and try to correct the problem.*
- If they can, they should try to correct the bad habits and place themselves in better circumstances

10 Principles of Disease

- ▶ 4. Most people, however, become ill because of their own wrong course of action. They disregard the principles of health by their habits of:
 - ▶ 1. *Eating*
 - ▶ 2. *Drinking*
 - ▶ 3. *Dressing*
 - ▶ 4. *Working*

10 Principles of Disease

- ▶ 5. When people do not follow nature's laws, negative results follow, even if it takes time, and when sickness comes upon them, many do not credit their illness to the true cause

10 Principles of Disease

- ▶ 6. No one but yourself is responsible for the illnesses that follows disregard of natural law

10 Principles of Disease

- ▶ 7. All the organs of the body work together and are related by the nervous and blood systems. What affects one organ frequently affects others as well

10 Principles of Disease

- ▶ 8. If we carefully take care of the delicate balance of the body and its systems, the result is health



10 Principles of Disease

- ▶ 9. If we overwork or mistreat our body in any way, such as a lack of sleep, the nervous system “borrows” from its resources of strength and when one organ is injured, all are affected



10 Principles of Disease

- 10. Nature bears much abuse without apparent resistance; she then arouses and makes a determined effort to remove the effects of the ill-treatment
- The effort to correct these conditions is often manifested in fever and other forms of illness

7 Principles of “Rational” Natural Remedies

- ▶ 1 If you are sick, often you can do for yourself what no one else can do for you

7 Principles of “Rational” Natural Remedies

- ▶ 2. The first thing to do is to find out what the cause of the illness is and then go to work intelligently to remove that cause



7 Principles of “Rational” Natural Remedies

- ▶ 3. If the system has become unbalanced by overwork, overeating or other irregularities, don't first try to adjust the difficulties by adding a burden of medicines that might cause more harm than good

7 Principles of “Rational” Natural Remedies

- ▶ 4. Overeating or intemperate eating is often the cause of illness and what the body most needs is to be relieved of the undue burden that has been placed upon it

7 Principles of “Rational” Natural Remedies

- ▶ 5. In many cases of illness, the very best remedy is for the person to fast for a meal or two, so the overworked organs of digestion may have an opportunity to rest

7 Principles of “Rational” Natural Remedies

- ▶ 6. A fruit diet for a few days has often brought great relief for people who primarily are “brain” workers and do not get much exercise



7 Principles of “Rational” Natural Remedies

- ▶ 7. Many times a short period of entire abstinence from food followed by simple moderate eating, has led to recovery through the body's own recuperative effort



“Rational” Natural Remedies - Nutrition

- ▶ Nutrition is a widely recognized and vital part of health promotion. Most people would benefit greatly from a better understanding of the ways nutrition helps or hurts in the cure and cause of disease

“Rational” Natural Remedies - REST

- ▶ 1. Some make themselves sick by overwork. For those people, rest, freedom from stress, and a simple diet, are essential to recovering their health



“Rational” Natural Remedies - REST

- ▶ 2. Vacations in the countryside where a person can for a short time live a simple stress-free life, coming in close contact with the things of nature, can be most helpful



“Rational” Natural Remedies - REST

- ▶ 3. Walking through the fields and the woods, looking at beautiful flowers, listening to the songs of the birds, may do far more than any other type of treatment toward recovery

“Rational” Natural Remedies - Water

- ▶ 1. In health and illness, water is one of the most amazing and cheapest preventive and curative of the natural remedies



“Rational” Natural Remedies - Water

- ▶ 2. It is the best beverage for health. Far better to drink plain water than all the current substitutes that claim to “enhance” your health

“Rational” Natural Remedies - Water

- ▶ 3. Drinking plenty of water helps to supply the best circulation to the system and assists nature to resist disease



“Rational” Natural Remedies - Water

- ▶ 4. The external application of water is also one of the easiest and most satisfactory ways of regulating the circulation of the blood



“Rational” Natural Remedies - Water

- ▶ 5. A cold or cool bath is excellent for energizing the body after a warm or hot shower or bath



“Rational” Natural Remedies - Water

- ▶ 6. Warm baths aid in the elimination of impurities and are very soothing

“Rational” Natural Remedies - Water

- ▶ 7. Both warm and neutral baths soothe the nerves and equalize the circulation

“Rational” Natural Remedies - Water

- ▶ 8. Many have never learned by experience the beneficial effects of the proper use of water in the simple treatment of common ailments



“Rational” Natural Remedies - Water

- ▶ 9. Water treatments are not often used as they used to be, and to apply them skillfully requires study and work that many are unaware of or are unwilling to learn or perform.



“Rational” Natural Remedies - Water

- ▶ 10. There are many ways in which water can be applied to relieve pain and check disease. You can learn to use water in simple home treatments.

“Rational” Natural Remedies - Exercise

- ▶ 1. Action is one of the “laws” of the body



“Rational” Natural Remedies - Exercise

- ▶ 2. Regular exercise of all the muscles gives strength and vigor, while being sedentary brings weakness



“Rational” Natural Remedies - Exercise

- ▶ 3. Inactivity produces the same effect upon the whole muscular system. Inactivity is a major cause of many disorders



“Rational” Natural Remedies - Exercise

- ▶ 4. Exercise dramatically helps the circulation of the blood, but when sedentary, the blood does not circulate nearly as well, and the chemical changes, so necessary to life and health do not take place



“Rational” Natural Remedies - Exercise

- ▶ 5. The skin, too, has many problems related to a lack of exercise. It is also often the first organ to develop problems with allergies and immune system disorders



“Rational” Natural Remedies - Exercise

- ▶ 6. Invalids should not be encouraged to inactivity. When there has been serious over-taxation in any direction entire rest for a time will sometimes ward off serious illness; but in the case of confirmed invalids, it is seldom necessary to suspend all activity



“Rational” Natural Remedies - Exercise

- ▶ 7. Teachers, students, and other brain workers often suffer from illness as the result of severe mental taxation, unrelieved by physical exercise.



“Rational” Natural Remedies - Exercise

- ▶ 8. Those who have overtaxed their physical powers should not be encouraged to give up manual labor entirely.



“Rational” Natural Remedies - Exercise

- ▶ 9. Outdoor exercise is the best. It should be so planned as to strengthen the body



“Rational” Natural Remedies - Exercise

- ▶ 10. In all these cases well-directed physical exercise would prove an effective remedial agent. In some cases it is indispensable to the recovery of health.



“Rational” Natural Remedies - Exercise

- ▶ 11. Inactivity is the greatest curse that could come upon people who are ill



“Rational” Natural Remedies - Exercise

- 12. Those whose habits are sedentary should, when the weather will permit, exercise in the open air every day, summer or winter



“Rational” Natural Remedies - Exercise

- ▶ 13. Such exercise would in many cases be better for the health than medicine.



“Rational” Natural Remedies - Sunshine

- ▶ 1. Cleanliness, plenty of sunlight, careful attention to sanitation in every detail of the home, are essential to freedom from illness

Quotes from Well Known Persons

- The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease." - Thomas Edison

Quotes from Well Known Persons

- ▶ "The physician is nature's assistant." - Claudius Galen

Quotes from Well Known Persons

- The first step in natural healing is responsibility. Natural healing is about taking control of your life and being responsible for everything that goes in and out of your body, mind and spirit." - Richard Schulze

Quotes from Well Known Persons

- ▶ "The main function of the body is to repair and heal itself." - Richard Schulze

Quotes from Well Known Persons

- ▶ Nature, time and patience are three great physicians." - H.G. Bohn

Quotes from Well Known Persons

- ▶ The best six doctors anywhere And no one can deny it Are sunshine, water, rest, and air, exercise and diet. These six will gladly you attend, If only you are willing. Your mind they'll ease, your will they'll mend, and charge you not a shilling. ~Nursery rhyme

Quotes from Well Known Persons

10 Guidelines for Effective Weight Control

- 1. Follow this simple rule: reduce your girth
And your life will be long upon the earth
- 2. Avoid all those between-meal snacks
Or soon you' ll need some bigger slacks
- 3. Avoid eating too much food
Or else your tummy will protrude

Quotes from Well Known Persons

10 Guidelines for Effective Weight Control

- 4. You shouldn't skip the breakfast meal
And eat light at night, if you're for real
- 5. You should not plunge into the deep
And raid the fridge before you sleep
- 6. And beware of the empty calorie meal
And the quick-loss diet, it's not a deal

Quotes from Well Known Persons

10 Guidelines for Effective Weight Control

- 7. Watch out for all that ice cream and cake
And those “seconds” you feel you want to take
- 8. High fiber meals are clearly okay
New eating habits must be here to stay
- 9. Eat your meals without any haste
With peace of mind – you’ ll have better taste

Quotes from Well Known Persons

10 Guidelines for Effective Weight Control

- 10. Take time to swim, cycle, walk or run
But whatever you do, make it fun –
Author unknown

Quotes from Well Known Persons

- ▶ If I'd known I was going to live so long, I'd have taken better care of myself.

~Leon Eldred