

# WHOLENESS



## ***How I Spell Health & Fitness by Nutritionist Linda Clayville***

*Healthy living has been a passion for most of my adult life. True health and fitness require treating the body, mind and soul as a whole unit. The acronym “WHOLENESS” outlines the basic principles that I have learned in my formal studies in nutrition and have observed in truly healthy people. Thinking about wholeness can help keep us on track when enthusiasm for taking care of ourselves wanes.*

### **W= Water**

Drink water like a camel! Since the human body is more than 70% water, not drinking enough of it can dehydrate every bodily system. But half your body weight in ounces everyday can protect your joints, brain, heart, pancreas, and skin. It will help control false hunger pangs, aid in elimination, and stave off premature aging.

### **H= Healthy Habits**

Establish a regular, healthy circadian rhythm. The body is programmed to work optimally on a 24-hour circadian cycle. Eating, sleeping and exercising at regular times each day supports health and fitness and can prolong life! Many people who live to be 100+ say that they followed regular routines in their lives.

### **O= Outside Air**

Go outdoors and breathe deeply every day. Diseases, including the dreaded cancers, thrive when there is a lack of oxygen. So does brain fog. Getting outside for a breath of fresh air can clear the mental cobwebs. Filling your lungs and life with fresh outside air will help keep you physically fit and mentally sharp.

### **L= Love**

Cultivate a love of God, love of others and a lifestyle of forgiveness. Don't hesitate to actively seek help in coming to terms with present pain or with old issues. Nine out of ten illnesses originate in the mind. Worry, bitterness and unresolved anger can wreak havoc on every system in the body. On the other hand, love, trust, and forgiveness are life giving and health preserving.

### **E= Exercise & Elimination**

Get moving and make sure to keep your colon moving, as well. Walk, swim, or rebound, etc. 30+ minutes daily and rotate resistance exercises every other day for bone health. *S-T-R-E-T-C-H* like a cat upon arising and right before you exercise. Exercise is good for mood, circulation, digestion, respiration and elimination. Just like exercise, regular elimination is a key to wholeness. Nutrition and natural aids can help regularity, if you struggle in that area.

### **N= Nutrition**

Eat a fibrous, unprocessed “rainbow.” The fiber in grains, beans, nuts and seeds help keep your colon swept out. Five to nine servings of dark, bright colored fruits and vegetables every day provides your body with very powerful antioxidants and enzymes it needs for both function and repair. To preserve valuable nutrients, look for food grown organically without much processing. Eat some raw food with every meal to insure proper digestion.

### **E= Endorphins**

Tickle your funny bone and avoid “stinking thinking.” Laughter and positive attitudes release endorphins. Endorphins are the “feel good” hormones that help keep your body healthy. Laughter is good medicine, and a happy heart can strengthen the bones! Make a point to laugh every day and go out of your way to interact with people who support positive thinking.

### **S= Sunshine**

Soak up sunshine for 15-30 minutes every day. Exposing just your face to sunlight for that short amount of time, whatever the season, causes the body to produce Vitamin D. Vitamin D helps strengthen bones, improve mood, keep your immune system healthy and prevent cancer. Sunlight also can lift the mood and help to prevent seasonal affective disorder. Take precautions against sunburn, but don't fear the sun.

### **S= Sleep**

Don't burn the midnight oil. Go to bed early and get seven to nine hours of sleep every night. Because the body is programmed to heal and repair itself during sleep, going to bed too late and/or not getting enough rest can short circuit physical and emotional health. Conversely, regular, adequate rest can support health and lead to a longer, healthier life.

## A TRIBUTE TO LINDA CLAYVILLE

Linda and Dennis opened Nature's Pantry 38 years ago on July 1, 1986. This was after they had sold a much more lucrative nursing home business. In the nursing home business, Linda had been witnessing the poor quality of life that poor health choices led to. She had developed a passion for leading people to vibrant health naturally in large part because of a book she read called the Ministry of Healing. Eventually, she decided it would be more beneficial to help people earlier in their lives. After some thought and prayer, Linda and Dennis decided they were willing to sell the nursing home, but they wanted to be sure it was God's will, so they told God that they would sell if He would send them a buyer. Not long later, a hospital administrator from the west side came inquiring if they were interested in selling. After some conversations and an agreement that the new owners would not fire the long-standing employees to hire younger, cheaper workers, a deal was made and Nature's Pantry was born. It started as a tiny, little vitamin shop and in those early years they didn't take much income, if any. Slowly, over time, they added grocery and produce items and the rest is history.

Interestingly, Linda did not inherit great genes or health habits from her family, and she had not been raised in a way that put much importance on a relationship with God. But because of important influences in her life, like her grandfather, Linda began to learn how important our choices and habits are for our health, and that our health was not just physical but also spiritual. Linda developed a love for God, a love for people, and a passion for teaching natural health principles that could improve our whole lives: body, mind and soul. Linda's life verse was 3 John 1:2: "Beloved, I pray that you may prosper in all things, and be in health, just as your soul prospers."

Linda was not perfect and those of us who knew her well, knew her quirks, but she had a desire to share the love of her perfect Heavenly Father with those whom her life touched. Many of us in this room knew this about her and were so blessed to have had her attention as she gave us instruction for our health, listened to our struggles, and counseled us with wisdom. Linda could be blunt but almost always had a loving countenance and an occasional wry smile. She had had a way of telling it to us straight whether we were a little overweight or just making bad choices. Somehow, she could do it while making us feel loved and not judged.

She taught us the natural principles of health and healing, she modeled to us how to love and serve well, and she showed us the character of our loving Heavenly Father. When it came to diet and healthy habits, Linda always told us to NOT focus on getting rid of all the bad things in the world, because we'll get overwhelmed and give up, but rather to focus on adding one good thing at a time. Then over time, a lot of the bad stuff just gets crowded out.

In our world today, we like fast food and quick fixes. We tend to overlook the basics of health and go right to the high-tech facility, or latest drug, or surgical procedure that cost thousands and requires high-end insurance. We focus on treating just the physical symptoms and we often don't look for the underlying causes. Linda was not opposed to medical advancement, but she believed in treating the whole person: body, mind and soul. She would agree with Plato who said that you ought not attempt to heal the body without treating also the soul. Linda would remind us that ultimately, our healing doesn't come from human hands, but that God is the healer of our souls. And, in regards to wholistic health, she taught us that some of the most powerful healing mechanisms that God has given us are FREE. Things like: deep breathing, sunshine, fresh air, water, sleep, exercise, stretching, herbs, plants, time in nature, self-control, fasting, solitude, social interaction, human touch, hugs, smiles, forgiveness, positive thinking, gratitude, prayer, generosity, charity, faith, hope, love and the gift of salvation.

And while these simple and powerful health principles are free, it does take effort and discipline on our part to reap the fruit from their practice. Isn't it ironic that we are in an era where we are having to relearn basic human health skills like breathing, walking, sleeping, loving, drinking clean water and eating real food? I've heard it said that HOPE is two things: the will to live and the way to live. And a will to live without the way to live is just a wish. Friends, Linda was in the business of hope. She reminded us of what it is to be human and she taught us HOW TO LIVE.

Linda would want us to learn how to live by these principles so that we could reach the full human potential and purpose that God made us for. She would want us to live in the present and love and serve well, but she would not want us to focus so much on our temporary bodies that we lose sight of things with eternal value. Linda would tell us that in this broken world, even a life lived well . . . is cut short. Yes, our health choices will very much affect our quality of life and how well we can execute our purpose, but in the end, even when we eat right, exercise, and answer the call God puts on our lives, we're still going to face death. Friends, this is why we need Jesus. There is no diet, there is no exercise, there is no medical advancement, there is no cure for sin and death. Nothing from our own hands, or our own works, or our own strength can save us . . . ONLY JESUS. The gift of salvation cannot be earned, it can only be accepted for it is by grace, through faith we are saved (Ephesians 2:8-9), and it is because God loves us so much that He sent His Son, JESUS to provide the way for us so that whoever believes in Him shall not perish but have eternal life. – John 3:16