



# DESIGNED healthy living

**Annette Reeder** BS Nutrition and Biblical Studies

**Your Tour Guide to Biblical Health**

# Raising Daniels & Esthers in the 21<sup>st</sup> Century



Why Nutrition Matters





# Oh, The Temptation

## THE MARSHMALLOW TEST



# Is Your Child Healthy Enough to Lead

- 70% of children have hardening of the arteries by the time they're 12 years old

*"If something is not done in the next 10 years we will see 16 and 17 year olds dying of heart disease." Dr. Katz*

- Asthma, Allergies, Autism and Autoimmune Diseases continue to increase exponentially
- **Childhood** Cancer hospitalizations are increasing by over 9% per year.
- *"More children are harmed by poor diet, drugs, alcohol, tobacco combined."*

Dr. Katz – head of Preventative Medicine  
at Yale University



## Problem Foods Cause:

- Difficulty falling asleep or staying asleep
- Difficulty concentrating
- Low grades in school
- Allergies
- Frequent headaches
- Hyperactive or listless
- Overweight
- Many dental fillings
- Cannot go for more than four hours without eating
- Colds or bacterial infections more than once a year

\* Immune dysfunction and broken brains\*



## Problem Foods Cause:

Flushing, redness  
Headache  
Seeing Spots  
Becoming withdrawn  
Lose Interest  
Feeling forgetful  
Burning feeling/skin  
Unexplained crying  
Shaking  
Feeling Faint  
Anxiety  
Panic Attacks  
Rash or itching

- Swelling
- Blisters or welts
- Nausea
- Stomach cramps
- Dry heaves
- Bloated abdomen
- Diarrhea
- Vomiting
- Pain
- Moodiness
- Seizures





## Practice 1. Eliminate Pretend Foods

- Whites: flour, sugar, salt, vinegar, and rice.
- Colorings
- Pesticides
- Preservatives
- GMO
- Fake foods - artificial
- Unnecessary medications

All of these eliminations will  
**improve** thinking and behavior.

Pretend foods: Any food that takes more nutrients from the body to process/ metabolize than it contributes.  
i.e. Trojan Foods



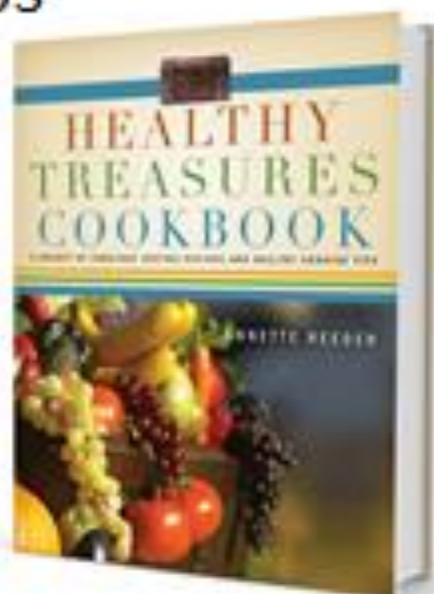


## Healthy Chicken Nuggets Recipe



3 chicken breasts – cooked and cut into strips  
½ teaspoon seasoned salt  
2/3 cup wheat germ or bread crumbs  
¼ cup garlic powder  
½ cup water  
1 egg

**= 6 ingredients**



## CHICKEN MCNUGGETS: 59 Calories Each ---- 38 ingredients

Ingredients: White Boneless Chicken, Water, Food Starch-Modified, Salt, Seasoning (**Autolyzed Yeast Extract**, Salt, Wheat Starch, **Natural Flavoring** [Botanical Source], Safflower Oil, Dextrose, Citric Acid), Sodium Phosphates, Natural Flavor (Botanical Source). Battered and Breaded with: Water, Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), **Yellow Corn Flour**, Bleached Wheat Flour, **Food Starch-Modified**, Salt, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate, Calcium Lactate), Spices, Wheat Starch, Dextrose, Corn Starch.

### CONTAINS: WHEAT

**Prepared in Vegetable Oil (Canola Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean Oil with TBHQ and Citric Acid added to preserve freshness).**

Dimethylpolysiloxane added as an antifoaming agent. Prepared in vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with TBHQ and citric acid added to preserve freshness). Dimethylpolysiloxane added as an antifoaming agent.

**Dimethylpolysiloxane - - causes cancer and reproductive defects**

**TBHQ – butane – lighter fluid – govt. allows 0.02% because 5.0 will kill you!**





# Practice 2: Ease-Up Play Foods



PLAY FOODS –  
not as healthy;  
ice cream, sweetened yogurt



# Practice 3: Emphasize Power Foods

<sup>7</sup> ... discipline yourself for the purpose of godliness; <sup>8</sup> for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and *also* for the *life* to come.

**1 Timothy 4:7-8**

**POWER FOODS** — fresh healthy — Mediterranean diet





# POWER FOODS — fresh healthy — Mediterranean diet

## POWER 5 SALAD

## DANIEL FOODS

**Daniel 1:8,** <sup>8</sup> But Daniel made up his mind that he would not defile himself with the king's choice food or with the wine which he drank; so he sought *permission* from the commander of the officials that he might not defile himself.

**Esther 4:16** <sup>16</sup> “Go, assemble all the Jews who are found in Susa, and fast for me; do not eat or drink for three days, night or day. I and my maidens also will fast in the same way. And thus I will go in to the king, which is not according to the law; and if I perish, I perish.”



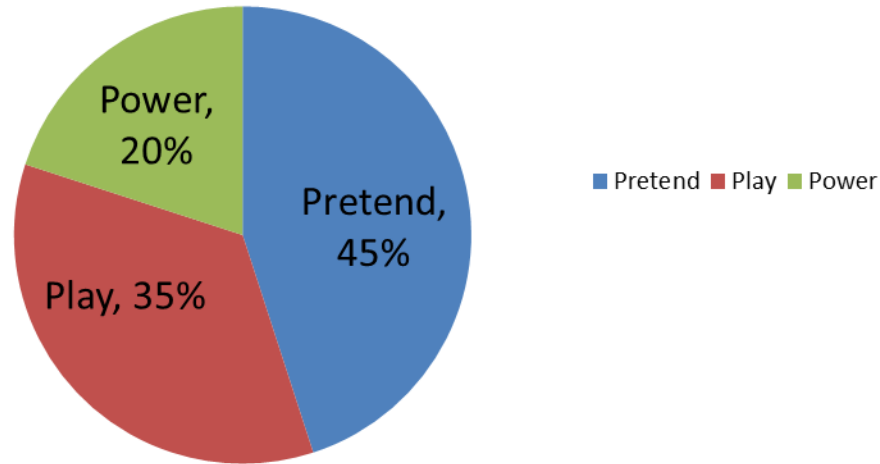


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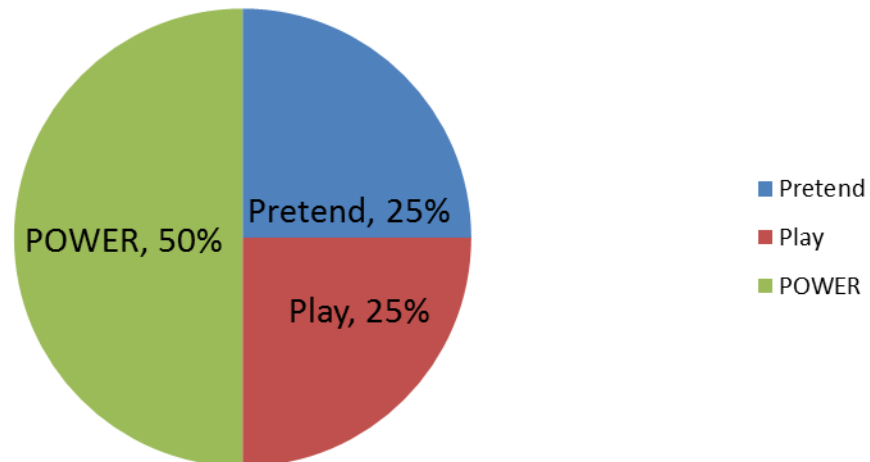
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In a full color  
Recipe Collection**



## Diet

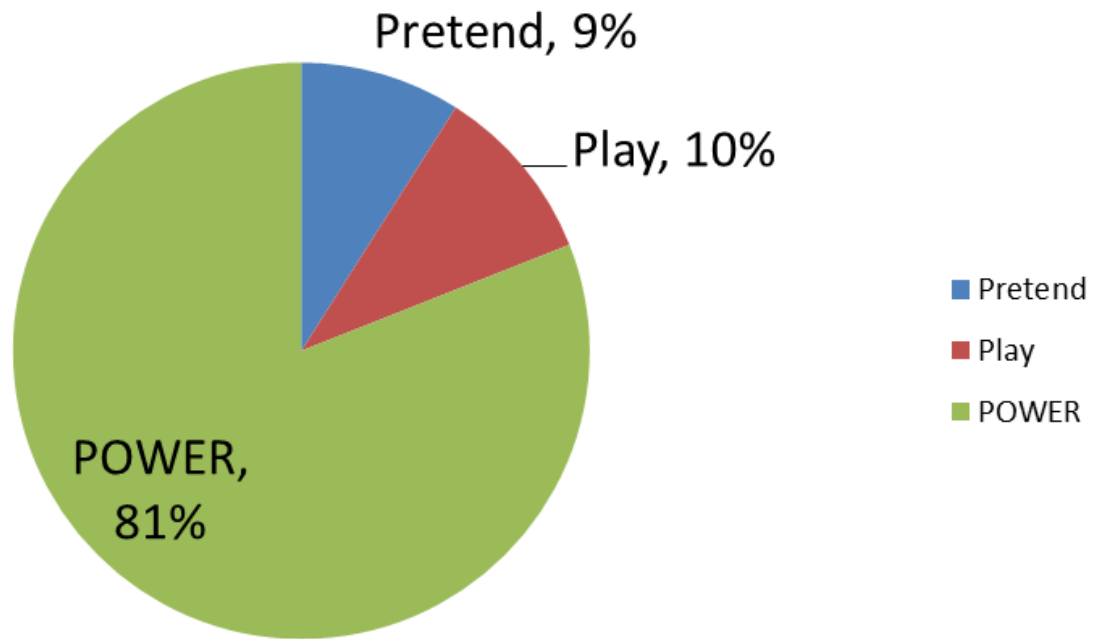


## Diet





## Diet






## Practice 4 Exemplify God's Favor

- God loves you
- He designed you,
- He designed your body
- He designed your food.
- Love how God will stretch your budget
- Love tasting new foods
- Love spending time in the kitchen
- Love using meal time to enjoy God's plan

Delight yourself in the Lord and He will give you the desires of your heart. **Psalms 119**





“People are more likely to  
choose life – enhancing  
behaviors rather than  
self-destructive ones  
when they feel  
loved and cared for.”

Dr. Gary Smalley,  
*Food and Love*



**Eliminate Pretend Foods**

**Ease-Up Play Foods**

**Emphasize Power Foods**

**Exemplify God's Favor**





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