

## Whole Man Ministries Health Focus - February 2016

### WHAT IS CLEAN EATING?

When you eat clean you eat unprocessed, whole foods that are prepared or cooked in ways that don't add extra chemicals and toxins: Fresh fruits, fresh vegetables, lean meats, meat substitutes like tofu, soy, whole grains, lots of water, healthy dairy and fresh juice. **Avoid fried food, fast food, junk food, bleached white flour, artificial ingredients, soda, commercial juice and sugary drinks, processed sugar (white sugar, corn syrup), and foods with preservatives, toxins, dyes, saturated fat, and trans fat.** We don't have to be perfect, just make healthier choices.

### Tips for Eating Clean (see websites below for more information)

#### 1. Limit Processed Foods

Look at the ingredient list on packaged foods. If the list is long or includes lots of ingredients that you can't pronounce, try to stay away from it.

#### 2. Eat more Vegetables and Fruits

They are full of vitamins, high in heart-healthy fiber, and are low in calories. Try for fresh, but if using frozen or canned, double-check the ingredient list to check for additives (salt and sugar). Look for vegetables and fruits canned in water, or fruit canned in its own juice.

#### 3. Cut down on saturated fat

Examples of foods high in saturated fat: fatty beef, lamb, pork, poultry with skin, lard and cream, butter, cheese and other dairy products made from whole milk.

#### 4. Eliminate Alcohol Intake

Alcohol dehydrates you and adds excess calories to your diet.

#### 5. Limit Sugar

Limit sweets like soda, candy and baked goods. Also keep an eye on sugars added to foods we think are healthy such as yogurt, tomato sauce and cereal. Look for foods without sugar as an ingredient, or make sure it's listed towards the bottom, which means less of it is used in the food.

#### 6. Watch the Salt

Cutting back on processed foods will help you reduce your salt intake, as most packaged foods contain more sodium than homemade versions. To help minimize salt while you cook, flavor your food with herbs and spices, citrus and vinegar.

#### 7. Choose Whole Grains

Whole grains include more nutrients than refined grains because the bran and germ are not removed. Look for the word "whole" with the first ingredient in breads and pastas—for example, make sure it says "whole wheat," not just "wheat."

#### 8. Eat Less Meat

Eating clean doesn't mean giving up on meat entirely, but eating less meat can help eliminate extra saturated fat from your diet. **Use skinless meats and instead of frying – grill, bake, broil.**

**Also processed meats – bacon, sausage, lunchmeats, hotdogs, etc. should be eliminated.**

#### 9. Say no to refined grains

Skip the packaged refined carbs like cookies, crackers and cakes altogether and also swap white rice, white bread and white pasta for brown rice and whole wheat bread and pasta.

[www.blackweightlosssuccess.com/ebook-clean-eating-for-wellness-and-weight-loss](http://www.blackweightlosssuccess.com/ebook-clean-eating-for-wellness-and-weight-loss) [www.eatingwell.com](http://www.eatingwell.com)  
[www.heart.org](http://www.heart.org)

### Know what the Word of God says and Fight!

<b>Genesis 1:31</b>	Then God saw everything that He had made, and indeed <i>it was</i> very good.
<b>Exodus 23:25</b>	So you shall serve the LORD your God, and He will bless your bread and your water. And I will take sickness away from the midst of you.
<b>Psalms 103:2&amp;3</b>	Bless the LORD, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases
<b>Proverbs 3:1&amp;2</b>	My son, do not forget my law, But let your heart keep my commands; For length of days and long life and peace they will add to you.
<b>Isaiah 58:11</b>	The LORD will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail.
<b>Matthew 4:4</b>	But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'"
<b>Matthew 8:16&amp;17</b>	When evening had come, they brought to Him many who were demon-possessed. And He cast out the spirits with a word, and healed all who were sick, that it might be fulfilled which was spoken by Isaiah the prophet, saying: "He Himself took our infirmities And bore our sicknesses."
<b>Romans 12:1&amp;2</b>	I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, <i>which is</i> your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what <i>is</i> that good and acceptable and perfect will of God.
<b>1 Corinthians 6:12</b>	All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any.
<b>1 Corinthians 10:13</b>	No temptation has overtaken you except such as is common to man; but God <i>is</i> faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear <i>it</i> .
<b>1 Corinthians 10:31</b>	Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.
<b>1 John 4:4</b>	You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.
<b>3 John 1:2</b>	Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

*Nehemiah 4:14 And I looked, and arose and said to the nobles, to the leaders, and to the rest of the people, "Do not be afraid of them. Remember the Lord, great and awesome, and fight for your brethren, your sons, your daughters, your wives, and your houses."*

We are at war and the devil is looking for any opportunity to attack. A major way he is attacking God's children is by attacking our health. Anything he can throw at us to take our minds off of serving God, he will do. If we are spending time worrying about our health – high blood pressure, diabetes, arthritis, how much we weigh – our mind is not on staying on the Lord.

NOW is the time to FIGHT for our health! Yes we will have naysayers, people telling us what we can't do. Just as in the book of Nehemiah, the Jews were told they could not rebuild the wall of Jerusalem. We will have people reminding us of all the times in the past we tried to lose weight or we tried to exercise or we been eating this way all our life, why change now. But NOW is the time to FIGHT!

If not for ourselves – for our sons, our daughters, our wives, our husbands, our homes. But most importantly because we have been commanded to love the Lord our God with all our heart, soul, strength, and mind (Luke 10:27).

So we need to FIGHT to give God our all!

And praise be to God, because we are His children, we do not have to fight on our own! We do not have to fight in our own power and strength. But, usually we tell our families and friends what we are going through and ask them for their help and support. That's fine, but sometimes we never ask God. Yet He has promised that if we ask anything according to His will, He hears us (1 John 5:14). And Jesus told us to pray and not faint (Luke 18:1)

We pray to show our faith in God that He will do just like He said He would; exceedingly, abundantly above all that we ask or think according to His power that works in us (Ephesians 3:20)

While rebuilding the wall of Jerusalem, Nehemiah had the Jews to be prepared for the attacks of their enemies by having a brick in one hand and a weapon in the other.

Just as we are rebuilding our health, our bricks are the physical things we do – eating properly, exercising, resting and drinking plenty of water. Our weapon - our sword is the Word of God! So we will physically rebuild while clinging to the Word! Know what the Word of God says and FIGHT!

Don't give up, don't be afraid to try. There will always be people trying to stop us from rebuilding our lives. The devil doesn't want us to do better. So we have to FIGHT!

