

# STEPS TO *Health*



Simple  
Changes  
for *Life*



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**STEPS**  
**TO**  
*Health*

# Norman's Miracle

On a Tuesday afternoon in October, I was bustling around my apartment getting ready for work when I received a text notification. I glanced down at the screen and read: "*Afia...the specialist told me I have lymphoma cells in my throat.*" The story of that text, of its sender, and of what happens next, is a powerful, living example of why the message of this magazine is important. But the story begins in an unlikely place - a law office six years earlier.

I was a brand new employee working in a small law office. On my first day my boss handed me a large box filled from top to bottom with files and told me to have at it. That was my introduction to the practice of law, and when I was called to the bar a year later, my work responsibilities expanded.

As part of those responsibilities, I began working from time to time with a client named Norman. As I got to know him, we would often talk about a number of things, including faith and health. But as the years passed and my responsibilities and role in the office changed, I saw Norman less and less until I lost sight of him entirely. It was with immense shock then, that years later I saw Norman, wide-eyed and haggard, making his slow and painful way toward the front door of our office.

Little by little I learned, first from others, then from Norman himself, of the serious health challenges he had been facing. Then one morning, Norman said something to me that took me completely by surprise. "Afia, I want you to help me."

I sat down with Norman one early morning with a pen and a questionnaire. Aside from my work as a lawyer I had volunteered for a few years with iHeal, an organization that made it a mission to teach the principles of healthy living. iHeal had created a questionnaire that sought to bring out, in detail, the state of a person's health habits. So for nearly two hours I went through the questions with Norman. As we talked, a terrible picture of his health challenges emerged. He suffered from extreme anxiety,

depression, confusion, multiple strokes, high blood pressure, sciatica, elevated PSA levels, severe, crippling back pain, throat constriction and chronic severe insomnia. I was almost breathless with the scope of problems and wondered how one body could contain them all.

But as I turned to the section of the questionnaire that dealt with lifestyle practices, I uncovered many things that concerned me. Norman drank very little water, ate out frequently, ate very few fruits and vegetables, consumed high amounts of dairy, and in general knew very little about how to take care of his health. But he was eager to learn.

I went home with the checklist and sat down to think. Then, I made a decision. Calling Norman I said, "Norman, I'm going to cook for you."

Hippocrates once declared, "Let food be thy medicine and medicine be thy food." I believe that this statement, reveals an important truth about an important, daily aspect of our lives. In the face of Norman's challenges, I felt a desire to put that statement to a real life test. Norman was willing, so we made plans and stepped forward to see where this journey would take us.

We began with a modified fast. For several days, Norman drank fresh vegetable juice three times a day. On the first day of the fast, he fell asleep for several hours during the day. The second day, he fell asleep before 10pm, something unheard of for him, and slept through the night. By the third day, Norman was calling the juice "magic juice." The swelling in his body, especially his legs, had disappeared. He said his body felt light like a cloud, and he could think more clearly and concentrate better. Even the pain in his sciatic nerve had lessened.

When the fast ended, we moved on to phase two. I prepared and packaged various plant based foods including steel-cut oats with cashew milk, homemade multigrain flax bread, soups filled with beans and vegetables, homemade soy milk, and homemade granola. I prepared a menu and labelled the containers

so things could be as easy for Norman as possible. All he needed to do was warm up the food and add fresh fruits and vegetables.

Before our eyes, we began to see a transformation. Norman lost weight steadily and reported with amazement that while he now ate less, he felt full for much longer periods of time. His blood pressure dropped and other medical markers began to improve. Even better, he loved the food he was eating and his former cravings for animal products completely disappeared.

One of the things Norman had especially suffered from was severe, overwhelming back pain. Persistent and even extreme medical interventions hadn't helped, and he had come to the place where he was considering physician-assisted suicide to end his suffering. But five days into the fast I learned that another acquaintance of mine, Norwill, had suffered from similar problems and had found an unconventional solution – an herb called “comfrey.”

I had always been suspicious about such claims, but I called Norwill and he told me his story. Then I began to do research myself. I found a study posted on the website for the National Institutes of Health in the United States which affirmed comfrey's effectiveness in reducing back pain. I figured it couldn't hurt to try, and it might even help. So after getting Norman's consent, Norwill made a comfrey oil preparation for him and helped him to apply it topically nearly every evening. In three weeks, Norman's pain was gone. His unsteady movements, his sudden falls, his suffering, all were gone. In three weeks, he was a new, healthy, lively person.

It was October, two months into the start of our experiment, that I received the text from Norman saying he had Lymphoma. Norman explained that earlier that year, his doctors had done some tests and discovered the disease, but for whatever reason, the results had been overlooked and he was never told. Now the doctors, fearing the cancer had spread all

over his body, urgently scheduled further testing and treatment.

Norman was extremely worried. He had every right to be. But I reminded him that he had, for two months, been on a very different path. He had been making better dietary choices and he felt better. Maybe, just maybe, things had improved.

Norman went in for testing and then we waited for the results. Two weeks later, he sent me the following:

*Hi Afia, I know you could be busy but can't wait to tell you. My lungs, my abdominals, and my bladder are completely clear. They only found swelling in my lower throat/esophagus. They don't know where the lymphoma cells went. They cancelled my chemotherapy treatment for now to do further tests to find out where the lymphoma cells found by the biopsy went. Praise God. Praise God. Praise God. I got new life.*

Norman's story, while remarkable, is not isolated. There is something about good food that makes a tangible impact on health. It is true that not everyone will experience the dramatic and rapid changes Norman experienced. It is also true that dietary changes alone are not always enough. Traditional medicine plays an important role in supporting the health of a community. Still, the fact remains that Hippocrates was right. Good food, combined with other healthy lifestyle choices, can be like medicine to the body. It can help the body to achieve and maintain good health. This magazine seeks to help you understand why. - *Afia Donkor*







# It Begins With Eight

Laws play a critical role in ordered, healthy societies. They identify things we should or should not do to maintain the safety and happiness of all. Laws govern how we drive, how we educate and how we keep the peace. They determine food safety, water quality, environmental health and societal integrity. Without laws, society would be at risk and would disintegrate into mass confusion.

Our bodies are like small societies. The cells that make up our various organs grow, reproduce and carry out various tasks. They act as busy workers, performing functions that keep us alive. So how do we keep them healthy? Fortunately, the answer is simple, and it begins with eight.

There are eight laws that form the building blocks of a healthy body. These laws are simple, practical, and available to all. Even better, if you put them into practice, they will help ensure that your body runs as smoothly as possible, for as long as possible.

These eight laws are not only useful to maintain good health, but they have often proven themselves to be effective in restoring the body from sickness. As you go through this magazine, you will notice that the principles presented are universal and applicable for all. However, because of the devastating impact that cancer currently has in our society, we have provided additional emphasis on how these eight building blocks can provide better health and healing for this illness.



# Nutrition

Our cells are the building blocks of our bodies. They are also the foundational centers of the many biological processes we depend on from day to day. They need fuel to do their work, and that fuel comes from the food we eat. Nutrition is all about eating foods that promote health and avoiding foods that are harmful. The quality of the food is important because it dictates the health of our cells and ultimately, of our bodies. Just as a car needs the right kind of fuel to perform at its best, we need the right kind of fuel to perform at our best.

## Timing Is Everything

It is said that we should eat breakfast like a king, lunch like a queen, and dinner like a pauper. As it happens, research finds strong support for this idea. Our bodies are ordered and regulated through the activities of “clocks” scattered throughout our various cells. Our adrenal glands have clocks. Our lungs have clocks. Our spleens have clocks. Even our pancreas has a clock. And all these clocks set ideal times for ideal functions. When we respect these times, we help our bodies to function normally. When we disregard them, whether by irregular eating or sleeping, we promote dysfunction and disease.

Our bodies work best when we follow the king-queen-pauper recommendation. One of the many benefits we experience is weight loss. One study found that individuals who eat most of their calories in the morning and afternoon lose *significantly more weight* than those who eat most of their calories in the evening<sup>1</sup>, *even when the same amount of calories are consumed*.<sup>2</sup> Why is this important for cancer? Because approximately 20% of all cancer cases are attributable to weight gain and obesity.<sup>3</sup> One study has said that “overeating may be the largest avoidable cause of cancer in non-smokers.”<sup>4</sup> If we eat at appropriate times, our bodies can better help us lose excess weight. This in turn helps reduce our cancer risk.

Consistently eating at regular times is also important. One study found that those who ate their meals at regular times experienced:

- Improved metabolism,
- Lower cholesterol levels,
- Improved insulin response.<sup>5</sup>

On the other hand, eating at irregular times causes a number of problems. These include insulin resistance, which increases the risk of cardiovascular disease.<sup>6</sup>

So what is the take away? When it comes to nutrition, **when** you eat is just as important as **what** you eat. Eat most of your calories in the morning and afternoon, and reduce or eliminate evening calorie consumption. Additionally, be consistent with your meal times. Once you have come up with a meal schedule that fits your needs, do everything possible to stick to it.



When it comes to nutrition, when you eat is just as important as what you eat.



## Snack Attack

Eating frequent meals throughout the day is often promoted as a strategy for managing weight loss. But one study done in 2015 made a remarkable observation:

*At present, there is still a perception within the general community, and amongst some nutritionists, that eating multiple small meals spaced throughout the day is beneficial for weight control and metabolic health. However, **intervention trials do not generally support the epidemiological evidence**, and data is emerging to suggest that **increasing the fasting period between meals may beneficially impact body weight and metabolic health.***<sup>7</sup>

A number of studies have found that snacking actually *hinders* weight loss because it hijacks mechanisms within our bodies that control the storage and burning of fat. For example, studies have shown that:

- Snacking promotes the storage of fat cells. This is because when you constantly eat, your body keeps your insulin levels elevated, and insulin causes fat to be stored.<sup>8</sup>
- Patients who eat two meals a day, early in the day, have better health outcomes than those who eat six meals, *even though both groups eat the same amount of calories*. In the study, one group of patients with Type 2 diabetes was given two meals a day, breakfast and lunch. The other group received six meals. The group that ate two meals reduced their weight, liver fat content and fasting glucose levels more than those who ate six meals. This was true even though both groups ate the same amount of calories.<sup>9</sup>

As mentioned above, snacking keeps the level of insulin in your blood constantly elevated. This causes other problems including hypertension and cardiovascular issues. This is because elevated insulin promotes the production of LDL (bad) cholesterol.<sup>10</sup> Insulin is also atherogenic. This means it promotes the transportation and deposit of cholesterol onto the walls of our arteries.<sup>11</sup> So the more insulin is in our blood stream, the more cholesterol is being deposited into our arteries, and this leads to cardiovascular problems.

While constant snacking causes a number of problems, allowing extended periods of rest between meals does good things for the body. It helps improve mental function<sup>12</sup>, cardiovascular health, diabetes management, longevity, and overall health.<sup>13</sup> This is because these rest periods reduce damage to our cells from free radicals and increase our cells' ability to fight stress.<sup>14</sup>

Eating the right things at the right time maximizes our bodies' natural functions and minimizes strain. This brings a world of benefits, including weight loss. So when it comes to snacking, the best advice is to refrain. The saying goes, "eat breakfast like a king, lunch like a queen, and supper like a pauper." There is no mention of snacks, and that may be very much the point.

When it comes to snacking, the best advice is to refrain. The saying goes, "eat breakfast like a king, lunch like a queen, and supper like a pauper." There is no mention of snacks, and that may be very much the point.



## Walk It Off

It may seem strange to find information about walking in a section about nutrition, but research has found that walking is not just about exercise. It also has a part to play in good digestion. Studies show that taking a short, easy walk after a meal:

- Regulates blood sugar after eating carbohydrates and prevents a blood sugar spike.<sup>15</sup>

- Helps the stomach empty its contents more quickly<sup>16</sup>, improving digestion.
- Helps to prevent heartburn that is connected with delayed emptying of stomach contents.<sup>17</sup>

So if you want to make the most of your food, take 15 minutes after each meal to walk off sugar spikes, heartburn and other forms of indigestion.

## RECOMMENDATIONS:

- Eat a diet rich in fruits, vegetables and whole grains.
- Get plenty of fiber in your diet. Good sources are beans, whole grains, fruits and vegetables.
- Eat healthy fats like those found in nuts, seeds, olives and avocados.
- Avoid overeating.
- Minimize or avoid the use of animal products such as meats and dairy.
- Use salt and added sugar sparingly.
- Minimize or avoid spicy foods and condiments.
- Eat at regular times, and allow your stomach to rest for at least 5 hours between mealtimes.
- Follow the king-queen-pauper meal plan. For maximum health, skip the evening meal altogether. If you must eat it, eat early and eat light.
- Take a short, fifteen minute walk after each meal to control blood sugar and improve digestion.



# Exercise

Our bodies were designed to move. From bones to muscles to the brain that controls it all, our bodies were built to be active. So when we exercise, our bodies stay healthy and happy.

Our bones and muscles, including our heart muscle, need exercise to gain strength. When we exercise, our hearts grow stronger and pump blood more efficiently. This keeps our cells clean and well fed because the blood delivers oxygen and nutrients and removes waste. Exercise also helps ensure our cells live longer by reducing cellular stress, which shortens the life of a cell.<sup>18</sup>

When we exercise, our brains release chemicals that improve our mood and combat stress. Exercise also helps our brains grow and develop new neurological connections. This in turn improves memory and brain function.<sup>19</sup>

## Exercise In Cancer Prevention and Treatment+

Exercise plays an important role in cancer prevention and treatment as demonstrated in the following studies:

- Individuals who are more physically active reduce their risk of colon cancer by 24% compared with those who are less physically active.<sup>20</sup>
- Women who engage in physical activity reduce their risk of breast cancer by 25-30%<sup>21</sup>, and African American women who engage in two or more hours a week of vigorous physical activity experience a 64% reduced risk of breast cancer compared with those who do not engage in any physical activity.<sup>22</sup>
- Men who exercise reduce their risk of prostate cancer by 10-30%.<sup>23</sup>
- Women who have breast cancer and engage in regular physical activity reduce their risk of death or breast cancer recurrence.<sup>24</sup>
- Men who have prostate cancer and are physically active reduce their risk of dying from the cancer.<sup>25</sup>

## RECOMMENDATIONS:

- Try 15-20 minutes of physical activity every day, and build up from there. Even as little as 15 minutes a day of physical activity provides health benefits, and is a great place to start.
- Work up to 30 minutes a day, 5 days or more a week, of moderate exercise. Walking is a good option.
- For optimal health and cancer fighting benefits, engage in 30 to 60 minutes of moderate to vigorous physical activity every day.
- Consult your healthcare provider before starting any intense exercise program.



Our bodies were designed to move. From bones to muscles to the brain that controls it all, our bodies were built to be active. So when we exercise, our bodies stay healthy and happy.

# Water



Men who drink six or more cups of water a day reduce their risk of bladder cancer by 51% compared with those who drink less than one cup each day.

As much as 60% of the adult human body is composed of water, and water makes up 73% of our brain and heart and 83% of our lungs.<sup>26</sup> The sheer volume of water in the human body gives some indication of just how important it is to health. Humans can survive for weeks without food, but without water, we would die in a matter of days. We need water to dissolve waste and remove it from the body, and to help our cells engage in important chemical reactions.<sup>27</sup> We need water for digestion, temperature regulation, and lubrication.<sup>28</sup> Because of the vital role water plays in the health of our bodies, inadequate water intake causes a number of problems. These include headaches, poor heart function, blood pressure complications, poor kidney function, constipation, delirium, depression, reduction in cognitive performance, and fatigue.<sup>29</sup>

A number of studies have linked water intake to reduced cancer risk:

- Men who drink six or more cups of water a day reduce their risk of bladder cancer by 51% compared with those who drink less than one cup each day.<sup>30</sup>
- Water intake alone reduces the risk of colon cancer among women.<sup>31</sup>

Hydrotherapy, which uses water to treat certain medical conditions, has been used to bring relief to people suffering from pain and conditions like burns and arthritis.<sup>32</sup> A number of studies have also looked into its potential benefits in cancer treatment.

Hyperthermia is the carefully controlled use of heat, whether through heated water (hydrotherapy) or other heat sources. It has been found to weaken cancer cells and make them more vulnerable to radiation and chemotherapy.<sup>33</sup> Additionally, tolerable levels of hyperthermia applied to specific regions of the body have helped delay tumor growth and promote tumor regression.<sup>34</sup>



## RECOMMENDATIONS:

- Drink at least eight to ten glasses of pure water every day (8-ounces per glass).
- Avoid soft drinks and caffeinated beverages.
- Speak with your healthcare provider about the benefits and risks of hydrotherapy in cancer treatment.





# Sunlight

Our bodies were made to interact with the outside world. One evidence of this is our need of sunlight for our health and survival. The moment our skin comes into contact with the sun, our bodies begin to produce an important hormone called vitamin D. This hormone has a variety of health benefits that go beyond strong bones and teeth. It has been linked to a reduction in the incidence of heart disease<sup>35</sup> and the prevention of diabetes and multiple sclerosis.<sup>36</sup> Sunlight, together with exercise, can also improve mood and help stave off depression by boosting serotonin levels.<sup>37</sup> Additionally, it is an important component to our sleep/wake cycle and promotes quality sleep.<sup>38</sup>

## Sunlight and Cancer

A number of studies have highlighted the importance of adequate sunlight in cancer prevention. Some of these studies have found that:

- Individuals who live at higher altitudes and, as a result, have reduced exposure to sunlight have a higher risk of both colon and breast cancer than those living in lower, sunlight-abundant altitudes.<sup>39</sup>
- A lack of UVB radiation from sunlight accounts for about 25% of breast cancer mortality rates.<sup>40</sup>

While the benefits of sunlight in health and cancer prevention are clear, over-exposure increases the risk of skin cancer. So be sure to exercise caution when exposing yourself to the sun.

## RECOMMENDATIONS:

- Aim for 15 minutes a day of sun exposure if you have lighter skin tone. Those with a darker complexion should aim for 30 minutes a day.
- Sun exposure is safest in the morning before 10 a.m. or in the afternoon, after 2 p.m.
- If you will be out in the sun for longer periods of time, use protective clothing like hats and long sleeves and keep yourself well hydrated.

# Temperance

You have heard it before: Everything in moderation. For the most part, this is true. After all, too much of even a good thing can be bad. Eat too much of the healthiest food and you will gain weight and experience many health problems. Sit too long in the sun and you will increase your risk of skin cancer. Drink too much water or get too much sleep, and you will disrupt normal body function and put yourself at risk. But if you want the best health possible, “everything in moderation” is just not enough. That’s because while many things can be safely used in moderation, some things are best avoided altogether.

Research has demonstrated that smoking is damaging to health, promoting asthma and increasing cancer risk. Recreational drugs like marijuana, cocaine, and LSD have mood and perception altering qualities that are damaging to both physical and mental health. Alcohol consumption, even at low levels, increases cancer risk. Consumed at higher levels, it is implicated in everything from domestic abuse to car accidents.

Temperance is summed up in two important principles: moderately use the things that promote the health of body, mind and spirit and avoid things that are harmful. Because of this, it is best to avoid these substances altogether to enjoy maximum health.



Temperance is summed up in two important principles: moderately use the things that promote the health of body, mind and spirit and avoid things that are harmful.

## RECOMMENDATIONS:

- Be moderate and reasonable in diet, exercise and other aspects of good health.
- Completely avoid substances and practices that compromise health, mental function, and positive social relationships. These include tobacco products, illicit drugs and alcohol.



Did you know that adults breathe an average of 3,000 gallons of air every day? Air plays such a vital role in health that without it, we would die in minutes.<sup>41</sup> When we breathe out, we expel carbon dioxide, a waste product our bodies produce. When we breathe in, we take in oxygen, an element vital to cellular respiration, which is the process by which our bodies convert food into energy. Breathing fresh air helps to:

- Clear the mind
- Relax the body
- Induce sound sleep
- Reduce the risk of respiratory infections

Just as the quality of the food we eat is important to good health, the quality of the air we breathe is also critically important. The World Health Organization estimates that worldwide, 7 million people die prematurely each year because of polluted air.<sup>42</sup> However, fresh air that is breathed in a natural environment provides many benefits for good health. For example, one study showed that walking in the forest, as compared to walking in the city, reduced blood pressure and controlled the stress hormone cortisol.<sup>43</sup>

Fresh air, particularly in a natural setting, has been shown to have beneficial effects when it comes to cancer prevention

## Fresh Air and Cancer

Fresh air, particularly in a natural setting, has benefits when it comes to cancer prevention. Two studies showed that forest walks increased the levels of anti-cancer proteins in human participants. This benefit was not seen when subjects walked in cities.<sup>44</sup>

## RECOMMENDATIONS:

- Breathe through your nose to protect your lungs from “unfiltered” air that may be cold, dry or full of viruses and bacteria.
- Breathe from your abdomen by using your diaphragm to get the maximum benefit from each breath of air you take.
- Exercise outdoors whenever possible and seek natural surroundings.
- Go out for a breath of fresh air first thing in the morning.
- Throughout the day, take short breaks and go outside to get some fresh air.
- Keep your bedroom window open slightly when you sleep to let in fresh air.
- Avoid tight clothing and try to maintain good posture.





# Rest

Sleep is not just for beauty. Rest in general and sleep in particular are critical to good overall health. In 2013, scientists learned that as we sleep, the brain clears out a neurotoxin called beta-amyloid at a faster rate than when we are awake.<sup>45</sup> This is significant because beta-amyloid is a toxin that accumulates in the brains of individuals with Alzheimer's disease. The "cleaning" function of sleep may contribute to sleep's ability to help us think more clearly and function at a higher level. But that isn't all:

- Sleep promotes normal growth in children and teenagers
- Facilitates the repair of heart and blood vessels
- Boosts the immune system
- Helps to regulate hormones like insulin<sup>46</sup>

Lack of sleep has been linked to depression, heart disease, diabetes, high blood pressure, stroke and obesity.<sup>47</sup> It has even been linked to greater sensitivity to pain<sup>48</sup> and significantly increased risk of mortality.<sup>49</sup>

## Sleep and Cancer

A number of studies have found a link between sleep disturbances and increased cancer risk:

- Women who are awake during the period of night when melatonin production is at its peak have higher incidences of breast cancer, as do graveyard shift workers and women who sleep in bright rooms.<sup>50</sup>
- Men who do rotating shift work are at a higher risk of developing prostate cancer.<sup>51</sup>
- Men who work at night are 1.76 times more likely to develop lung cancer, 2.03 times more likely to get colon cancer, and 1.74 times more likely to develop bladder cancer.<sup>52</sup>

Scientists believe sleep is connected with cancer risk because of a hormone called melatonin. Melatonin helps to regulate our sleep/wake cycle and takes its cue from the sun. The body begins to secrete the hormone a couple of hours before bed time, and at night melatonin levels peak and then level off as morning light approaches.

Melatonin is *highly sensitive to light*. Its production is *suppressed* by light, whether from the sun or from artificial sources like light bulbs, computers and electronic devices. Melatonin suppression increases the release of estrogen by the ovaries, and increased estrogen is linked to increased breast cancer risk.<sup>53</sup> The mechanisms behind increased cancer risk for men who work night shifts are not clear. Scientists suspect that it too has to do with the suppression of melatonin levels.

## RECOMMENDATIONS:

- Go to bed and wake up at the same time each day. Aim to sleep at least 7-8 hours per night.
- Go to bed at least a couple of hours before midnight for the best quality sleep.
- Avoid electronic devices like TV, cell phones, and computers at least two hours before bed. The light these devices emit disrupts the secretion of melatonin.
- If you eat supper, make it light and eat early in the evening.
- Exercise daily to improve sleep quality.

# Trust

It is easy to dismiss concepts such as “trust” and “faith” as irrelevant to health and well-being. Increasingly, however, scientists are discovering that these play an undeniable role in disease prevention and recovery. Studies have found that:

- Individuals who regularly attend religious services have lower mortality rates than those who do not.<sup>54</sup>
- People with end-stage liver disease who are classified as “seeking God’s help, having faith in God, trusting in God, and trying to discern God’s will even in the disease” have improved survival rates.<sup>55</sup>
- Brain scans of people praying and meditating reveal physical changes in brain activity during times of prayer and meditation.<sup>56</sup> These changes may be linked to the improved health outcomes like lower stress and blood pressure often associated with praying.<sup>57</sup>



Those who maintain trust in a higher power experience many health benefits overall.

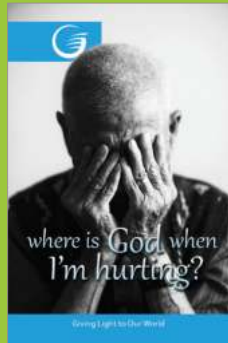
For participants of addiction relief organizations like Alcoholics Anonymous and Narcotics Anonymous, trust in a “higher power” is a hallmark of the 12 step recovery program.<sup>58</sup> But why turn outward to deal with problems that seem internal?

There’s a saying that goes, “A joyful heart is good medicine, but a broken spirit dries up the bones.”<sup>59</sup> This is because there is an undeniable connection between the state of the mind and the health of the body. Indeed, at the root of many physical and mental ailments may be a heart that is burdened with anxiety and guilt. But those who look to help outside of themselves find in a Higher Power reconciliation for the guilt of the past, strength to meet the challenges of the present, and hope and purpose for their future.

I don’t know what your experience with faith has been. Sadly, the face of religion has been too often marred by the failings of imperfect people. Yet many who have chosen to look past the negativity have discovered something unexpected, beautiful, and liberating. They have found the very thing their souls were seeking.

The next page features additional resources for those who are interested in taking a closer look. From the question of suffering to the problem of addictions, you will find in these materials information to challenge and inspire; information that will help you experience health of body, mind, and soul.





**If God exists, why is there suffering?**



**How can one combat depression?**



**How can one find inner peace?**



**Worn out? Discover the gift of weekly rest.**



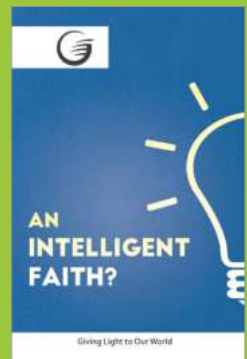
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**Find a reason to believe.**

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Deal

## Your Turn

We have spent some time learning about the eight laws that help contribute to good health. Now, it is time to go from theory to practice. On the next page you will find a health assessment that will give you a snapshot view of your personal health habits. Are there areas in which you are doing well? Are there areas in which you can improve? Sometimes the first step on the journey to health is to figure out just where you are along the road. Once you have done that, then you can figure out where you want to go.

# Step 1. How Healthy is Your Lifestyle?

SCORE

1.	<b>Physical Activity</b> 30+ min of vigorous physical activity	Little or no regular physical activity <input type="checkbox"/> 0	2-3 days/week <input type="checkbox"/> 5	4+ days/week <input type="checkbox"/> 10	
2.	<b>Sleep</b> Average hours/night	Less than 6 hours/night <input type="checkbox"/> 0	At least 7 hours/night and usually feel rested <input type="checkbox"/> 5	7-8+ hours/night and always feel rested <input type="checkbox"/> 10	
3.	<b>Fruits &amp; Vegetables</b> Servings per day (1 serving = 1 medium fruit or ½ cup cooked)	0-2 Servings/day <input type="checkbox"/> 0	5-6 servings/day <input type="checkbox"/> 5	7+ servings/day <input type="checkbox"/> 10	
4.	<b>Whole Grains</b> Breads & cereals	Eat mostly white bread and refined cereals <input type="checkbox"/> 0	Eat about half refined and half whole grains <input type="checkbox"/> 5	Eat mostly whole grain breads and cereals <input type="checkbox"/> 10	
5.	<b>Animal Fat/High Cholesterol Foods</b>	Eat regularly high fat meats and dairy products <input type="checkbox"/> 0	Eat only low fat meats and dairy products <input type="checkbox"/> 5	Seldom or never eat meat or dairy products <input type="checkbox"/> 10	
6.	<b>Social Support &amp; Interaction</b>	<ul style="list-style-type: none"> <li>• I don't feel that I can count on help from family/friends if needed</li> <li>• Very little contact with them</li> </ul> <input type="checkbox"/> 0	<ul style="list-style-type: none"> <li>• I have some support from family/friends if needed</li> <li>• I make occasional contact</li> </ul> <input type="checkbox"/> 5	<ul style="list-style-type: none"> <li>• I have very good support from family/friends</li> <li>• I am always in contact with them</li> </ul> <input type="checkbox"/> 10	
7.	<b>Body Weight</b>	20+ excess pounds <input type="checkbox"/> 0	10 -15 pounds over or under-weight <input type="checkbox"/> 5	Very close to my ideal weight <input type="checkbox"/> 10	
8.	<b>Blood Pressure</b>	140/90+ <input type="checkbox"/> 0	120/80 to 139/89 <input type="checkbox"/> 5	Less than 120/80 <input type="checkbox"/> 10	
9.	<b>Breakfast</b>	Seldom eat breakfast <input type="checkbox"/> 0	Eat breakfast most of the time <input type="checkbox"/> 5	Eat a good breakfast everyday <input type="checkbox"/> 10	
10.	<b>Happiness</b>	<ul style="list-style-type: none"> <li>• Not very happy or satisfied</li> <li>• Feel depressed at times</li> </ul> <input type="checkbox"/> 0	Pretty happy and satisfied <input type="checkbox"/> 5	Very happy and satisfied with my life <input type="checkbox"/> 10	
11.	<b>Time Outdoors</b>	Less than 15 minutes per day <input type="checkbox"/> 0	15 - 45 minutes per day <input type="checkbox"/> 5	Over one hour/day <input type="checkbox"/> 10	
12.	<b>Spiritual Connection</b>	<ul style="list-style-type: none"> <li>• Unsure of or have no spiritual or religious beliefs</li> <li>• Seldom or never participate in spiritual/religious groups</li> </ul> <input type="checkbox"/> 0	<ul style="list-style-type: none"> <li>• Learning to have faith</li> <li>• Developing spiritual values</li> <li>• Meet occasionally with others of similar beliefs</li> </ul> <input type="checkbox"/> 5	<ul style="list-style-type: none"> <li>• Have faith</li> <li>• Life is directed by spiritual values</li> <li>• Meet regularly with others of similar beliefs</li> </ul> <input type="checkbox"/> 10	
13.	<b>Water</b>	Drink less than 6 cups/day <input type="checkbox"/> 0	Drink around 7 cups/day <input type="checkbox"/> 5	Drink 8+ cups/day <input type="checkbox"/> 10	

**Total Healthy Lifestyle Score.** Subtract 25 points if you are a smoker and/or drink alcohol more than once/day

**0 - 45**  
**VERY HIGH RISK**

**50 - 85**  
**INCREASED RISK**

**90 - 115**  
**GOOD**

**120 - 130**  
**EXCELLENT**

DISCLAIMER: By completing this assessment, I understand that all information and results I see is for general informational purposes only and is not intended to replace medical advice or treatment. I agree that I will take no action or inaction based solely on a product or suggestions made. I understand that lifestyle changes and/or questions about my health should be addressed directly to my licensed health.

## Step 2. Personal Goals

Place a check mark next to the following lifestyle practices you would like to begin in order to improve your health.

- |   |  |
|---|--|
| <input type="checkbox"/> Eat 7+ servings of fruits & vegetables/day                             | <input type="checkbox"/> Achieve & maintain a healthy weight                                     |
| <input type="checkbox"/> Eat a good daily breakfast and eat mostly whole grains                 | <input type="checkbox"/> Stop smoking  |
| <input type="checkbox"/> Limit intake of animal fats and high cholesterol foods                 | <input type="checkbox"/> Spend at least 45 min./day outdoors                                     |
| <input type="checkbox"/> Avoid alcoholic beverages  | <input type="checkbox"/> Get at least 7-8 hours/night of sleep and take time to relax            |
| <input type="checkbox"/> Get 30+ minutes of intense physical activity at least 3 times per week | <input type="checkbox"/> Reconcile with friends and family, and nurture supportive relationships |

## Step 3. My Commitment

It is my intent to improve my health by seeking to implement the changes listed above. Since studies show that it takes a few weeks to establish a habit, I commit to take the necessary steps to achieve better health and healing within the next 8 weeks.

Name \_\_\_\_\_

iHeal



# Step 4. One Week at a Time

One way to make simple changes for life is to adopt a new health habit each week. During the next 8 weeks, watch your health improve as you do your best to put into practise the recommendations mentioned for each law of health. Put a checkmark for each day you put forth effort in following the laws of health for that week. Each checkmark counts for 1 point. As you tally the points for each week, you want to strive for 4+ points for each law per week. Tell us how you did at the end of the 8 weeks! You can email us at [mail@lifestylecanada.org](mailto:mail@lifestylecanada.org), and request your free electronic copy of the book *Health & Wellness – Secrets That Will Change Your Life*. This is our little reward for you and it will assist you in having a more fulfilling life.

1	HEALTH LAW	RECOMMENDATIONS	SUN	MON	TUE	WED	THU	FRI	SAT	SCORE
	Nutrition	As per page 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2	HEALTH LAW	RECOMMENDATIONS	SUN	MON	TUE	WED	THU	FRI	SAT	SCORE
	Nutrition	As per page 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Exercise	As per page 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3	HEALTH LAW	RECOMMENDATIONS	SUN	MON	TUE	WED	THU	FRI	SAT	SCORE
	Nutrition	As per page 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Exercise	As per page 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Water	As per page 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	HEALTH LAW	RECOMMENDATIONS	SUN	MON	TUE	WED	THU	FRI	SAT	SCORE
	Nutrition	As per page 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Exercise	As per page 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Water	As per page 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Sunshine	As per page 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5	HEALTH LAW	RECOMMENDATIONS	SUN	MON	TUE	WED	THU	FRI	SAT	SCORE
	Nutrition	As per page 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Exercise	As per page 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Water	As per page 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Sunshine	As per page 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Temperance	As per page 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6	HEALTH LAW	RECOMMENDATIONS	SUN	MON	TUE	WED	THU	FRI	SAT	SCORE
	Nutrition	As per page 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Exercise	As per page 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Water	As per page 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Sunshine	As per page 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Temperance	As per page 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Air	As per page 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7	HEALTH LAW	RECOMMENDATIONS	SUN	MON	TUE	WED	THU	FRI	SAT	SCORE
	Nutrition	As per page 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Exercise	As per page 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Water	As per page 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Sunshine	As per page 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Temperance	As per page 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Air	As per page 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Rest	As per page 21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8	HEALTH LAW	RECOMMENDATIONS	SUN	MON	TUE	WED	THU	FRI	SAT	SCORE
	Nutrition	As per page 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Exercise	As per page 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Water	As per page 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Sunshine	As per page 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Temperance	As per page 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Air	As per page 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Rest	As per page 21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Trust	As per page 22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

# Endnotes

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59. Proverbs 17:22



# Hope for the Journey



1 in 2 Canadians will develop cancer in their lifetime\*



1 in 4 Canadians will die of cancer\*



Cancer is the #1 cause of death in Canada

\*CMAJ 2020 March 2;192:E199-205. doi: 10.1503/cmaj.191292

## WITH CANCER COMES QUESTIONS



What should I eat and what should I avoid?

How is my specific cancer formed?

What are my treatment options and my rights as a patient?



How will I get through this emotionally?

Is there anything my family can do to increase their chances of never going through this?

What if it comes back?

## SHARE YOUR STORY

At iHeal, we are working hard to develop resources that will bring comfort, hope and clarity for those going through this difficult journey. You can help by letting us know how you and/or your loved ones have been impacted by cancer. Help us remove confusion from cancer.

Fill out our brief 5-question **Cancer Impact Survey** today at **iHealCare.org**



Receive a FREE Wellness Wallet for your completed survey!



**iHealCare.org**  
Caring for Cancer



# iHeal Cancer Care

iHeal Cancer Care packages are designed to bring understanding by providing balanced information and hope for the journey. Resources are produced by health professionals and are based on 150+ research studies. Sponsor a package for a loved one or simply donate any amount towards providing packages for those in need.



Discover “foods that help” and “foods that hurt” for different cancers – including quick and easy recipes.



Learn how to have good mental health throughout the different stages of cancer to face the future with hope. Follow steps to overcome deep depression, anxiety, stress and guilt.



Understand the process of diagnosis, therapies used, and different treatment options – including traditional, alternative, and integrative.



Get informed on the side-effects, rights of a cancer patient and where to find support when needed.



Learn amazing principles of cancer prevention for the whole family.

Get helpful advice for extended cancer or for a recurrence.



Understand cancers more fully and learn how each one forms.



Follow optional free *Online Learning Guides* to assist in the journey.

## Sponsor

Give a loved one the gift of hope.

## iHealCare.org

*Caring for Cancer*

## Donate

Help a family through their cancer journey.



*Simple Changes for Life*



*Body*



*Mind*



*Spirit*