



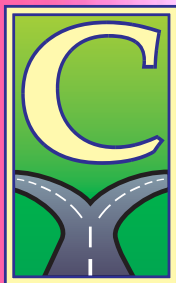
Fill Your Life With
CELEBRATIONS![®]

Celebrations! They mark the high points of your life—birthdays, graduations, marriage, anniversaries, and holidays. Special occasions are marked with delicious food, entertainment, and gifts. But why wait? Fill every day with the gifts and **CELEBRATIONS!**[®] that are always available to you.

Have you ever made a list of the gifts you receive daily that deserve to be celebrated? No doubt you would include the people you love most. But what about the good health that empowers you to live and enjoy their company? If lost, you would have a new appreciation of its value. Most people recognize eyesight as a marvelous gift, but what about the ability to breathe in air and digest food? Life depends on millions of unseen chemical and physical interactions that can malfunction.

Consider the father who thanked the Lord each time he was able to pass waste. His son thought this was excessive and unnecessary until an injury hindered his own control of bodily functions. When months of therapy finally returned this ability, the son acknowledged his father's wisdom in not taking any part of health for granted.

Like the son in this story, you may not always recognize and accept the gifts of health gratefully. But you can enjoy maximum benefit from a gift when you acknowledge it with thanks and appropriate it to your life. The acronym **CELEBRATIONS!**[®] can help you remember the gifts of health that support vitality, energy, and abundant life and guard against malfunction.



is for **CHOICES**—*the cradle of your destiny.*

You may not always see the end from the beginning, but your choices always determine your destiny. Healthy choices bring positive effects to the individual, family, and community. Unhealthy choices drain vitality from the entire populace. No person is an island. Celebrate the freedom to make healthy choices—it is your tool to open all the other good gifts of health.



is for **EXERCISE**—*the elixir of your energy.*

There are many more gifts within this one—such as energy, endurance, flexibility, strength, firm body, glowing complexion, mental health, self-confidence, and enhanced immunity. In addition, exercise decreases risk of anxiety, cancer, depression, diabetes, heart disease, hypertension, obesity, osteoporosis, stress, and other diseases. Experts now recommend 30 minutes of continuous aerobic exercise each day, although two 15-minute sessions are almost as good. Vigorous exercise delivers a pleasurable, harmless, natural high. Celebrate with this stimulating gift of exercise to improve your health, productivity, and life expectancy.



is for **LIQUIDS**—*the lubricant of your functionality.*

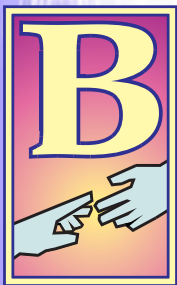
Every body cell, tissue, and organ needs water to function. Water helps regulate body temperature, transport nutrients and oxygen to the cells, remove waste, soften stools to prevent constipation, moisten tissues, cushion joints, and keep blood flowing. When we do not drink sufficient water, the blood concentrates. With a hematocrit value higher than 50, cardiovascular events double in men and increase fourfold in women. Drink more water than your thirst demands—at least six to eight glasses a day. Milk and juicy fruits and vegetables contribute to hydration, but coffee, tea, and alcohol increase fluid loss. Pure, sparkling water reflects like diamonds, but it is far more valuable. Start your day with an invigorating splash of cool water. Pamper yourself with a warm bath for cleanliness, relaxation, and healing every day. Celebrate with this luxuriant gift of water!



is for **ENVIRONMENT**—*the empowerment of your community.*

Throughout history, civilizations could flourish only where there was a habitable climate, rich soil, and pure water. The physical, chemical, and biotic factors that surround us (such as air, climate, soil, sun, plants, trees, and water) determine potential health and even our survival. Let this need for a sound and healthy

environment focus your mind on issues that will determine the quality of life for years to come. Just as prevention is the best policy for personal health, so it is with the environment. It's not easy to restore polluted water, denuded forests, toxic air, and contaminated soils to their pristine quality. But without clean air, atmosphere, soil, and water, the human race cannot survive. Celebrate the gift of a life-giving environment and do all you can to restore and protect it.



is for **BELIEF**—*the basis of your spirituality.*

All great civilizations have been founded on a belief in God and values leading to an orderly society. Belief in spiritual values is a strong motivator to treat others well and to develop peaceful human relationships. History demonstrates that faithless and amoral societies become so corrupt they cannot survive. Belief is characteristic of science as well as religion. Just as faith in a scientific principle is verified when tests

show that its application leads to correct conclusions, so faith in God is validated when it brings satisfying results. Studies indicate that those with regular spiritual practices who meet with a faith community live longer, live better, and are far less likely to have a stroke or heart attack. Faith can empower you to overcome stress and destructive habits. Belief can give you peace of mind and enable you to reach your full potential through positive choices. Celebrate belief—the gift that sustains!



is for **REST**—*the restorer of your resiliency.*

The need to relax is greatest when there doesn't seem to be time for it! Without rest and relaxation you will soon become ineffective. Throughout the day, take periodic short breaks for relaxation, breathing, or calisthenic exercises. Try to get eight to nine hours of sleep every night. To sleep soundly and restoratively, eat a light evening meal; avoid late-night snacks, work, and TV; and retire at a regular time after a warm bath.

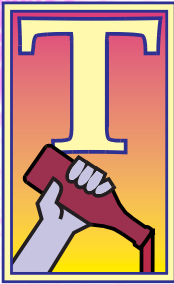
During the French and Russian Revolutions and World War II, attempts to increase productivity by extending the work week beyond six days failed miserably. These experiments indicate there is a physiological requirement for one day of rest after every six days of work, so take one day off every week. Rest comes in several different packages—periodic breaks, a restful night's sleep, a weekly day of rest, and an annual vacation. For peak efficiency, mental health, and abundant energy, don't skip any of them! Celebrate the refreshing gift of rest.



is for **AIR**—*the activator of your vitality.*

For mental and physical activity, the cells in the brain and body must have abundant oxygen. Diaphragmatic breathing is the best method of respiration. If you are deprived of oxygen, the brain suffers first. If the deprivation is slight, you will be irritable and less alert. If oxygen is absent for even a few minutes, you will become unconscious and die. So, when air quality allows, open your windows or go outside to enjoy

energizing early morning walks. Avoid cigarette smoke and other air pollutants. Receive the invigorating gift of the freshest air in the countryside, at the seashore, or on the mountains as often as possible. Have fun! Celebrate life in the fresh air!



is for **TEMPERANCE**—*the temple of your purity.*

Self-control is necessary to avoid health-destroying behaviors. Alcohol, tobacco, and other drugs are enticing because they are promoted as fun, stimulating, and a release from stress and pain. Even many innocent-appearing popular beverages contain drugs. Theophylline lurks in tea, and caffeine is hidden in most coffee and colas. Fruit-flavored wine coolers contain alcohol.

Using alcohol, tobacco, and other drugs in any amount is hazardous because they may lead to addiction and harm. Some prescription drugs can be addictive, and they must be used with great caution and only when necessary. Drugs destroy purity of mind when they cause addiction; drugs destroy purity of soul when intoxication leads to abuse, inappropriate sex, or violent behavior. Drugs destroy purity of body when they cause disease and even death. Instead of artificial stimulants with a subsequent crash, get your highs from exercise. In place of chemical depressants and stimulants, get your relaxation from sunlight, water, and rest. Celebrate temperance as a safeguard of purity, and toast your drug-free life with bubbly fruit juices, herb teas, or cereal coffee.



is for **INTEGRITY**—*the incorruptibility of your honesty.*

It's easy to rationalize and deny the harm of health-destroying behaviors—even obvious signs of drug-related problems. We need to learn to be honest with ourselves in order to avoid such self-defeating denial. We must also be honest with others to gain their trust and develop good interpersonal relationships. Those who maintain close relationships with a spouse, friends, and social groups live longer and healthier lives. Add more people to your life, and spend more time with family, friends, community, and God to reduce anxiety, depression, and many diseases. Celebrate integrity and social connections for their contribution to your mental, physical and spiritual health.



is for **OPTIMISM**—*the operant of your sanity.*

Two look out through the same bars—one sees the mud, and one sees the stars. Optimism is built on hope and trust that things will work out for the best. Faith finds its outlet in optimism. Optimism is the face of faith that brightens the life of others by helping them celebrate the silver lining in dark

clouds. The glass is half full in the eyes of the optimist, while the pessimist under a canopy of despair perceives the glass is half empty. An optimistic outlook allows us to laugh, and laughter is a powerful medicine. No wonder the Breslow-Belloc study of nearly 7,000 adults discovered that unhappy people had a death rate 57 percent higher than happy individuals. Celebrations encourage joy and laughter, which promote hope and optimism. Celebrate each day to preserve your sanity and life!



is for **NUTRITION**—*the nourishment of your body.*

Food is the center of most special-occasion celebrations. Why? Because its delicious and pleasurable! In every meal, you can celebrate the cornucopia of nutrient-dense, whole-grain, crusty breads and cereals and phytochemically rich, colorful fruits and vegetables. Enjoy the essential fatty acids in crunchy nuts and

seeds, the bone-building calcium in a refreshing glass of cold low-fat milk or fortified soymilk, and the fiber-rich, satisfying legumes (beans, peas, and lentils) seasoned with exotic fresh herbs and small amounts of vegetable oils, sugar, and salt. Choose these energizing, body-building foods in the quantities indicated on the Vegetarian Food Pyramid to reduce the risk of cancer, coronary heart disease, diabetes, hypertension, intestinal disease, obesity, and osteoporosis. At every meal, think festival! Think carnival! Think celebration!



is for **SOCIAL SUPPORT AND SERVICE**—
the social side of your health.

Research has shown that people who maintain close relationships and who serve others are healthier and happier. In order to be a good caretaker of our own health, the environment, and the health of others, we must learn to give and receive. People who say, "It's my body, so it's nobody's business but mine how I use it," or "I don't care what happens to other people," fail

to recognize that the entire society pays a price for every person's poor health choices or unmet health needs.

The amazing human body is worthy of preservation. Invest in a healthy future for yourself and others by accepting the twelve gifts represented with the acronym **CELEBRATIONS!**[®]

Choices
Exercise
Liquids
Environment
Belief
Rest
Air
Temperance
Integrity
Optimism
Nutrition
Social Support and Service

Fill your life with CELEBRATIONS so you can enjoy better health and well being!

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