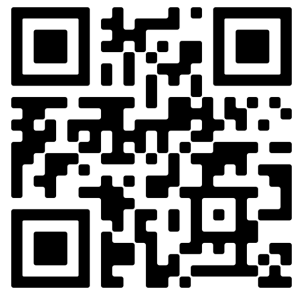


Building a Healthy Family
in an Unhealthy World—
Therapeutic Life Changes

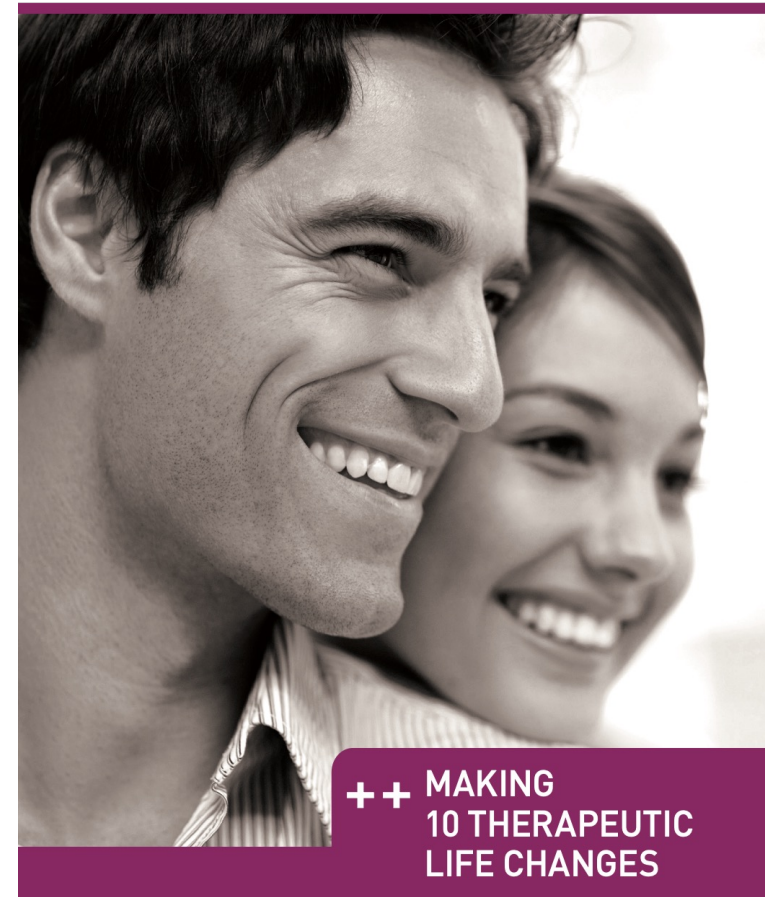
Edward E. Moody, Jr., Ph.D.
emoody@nafwb.org



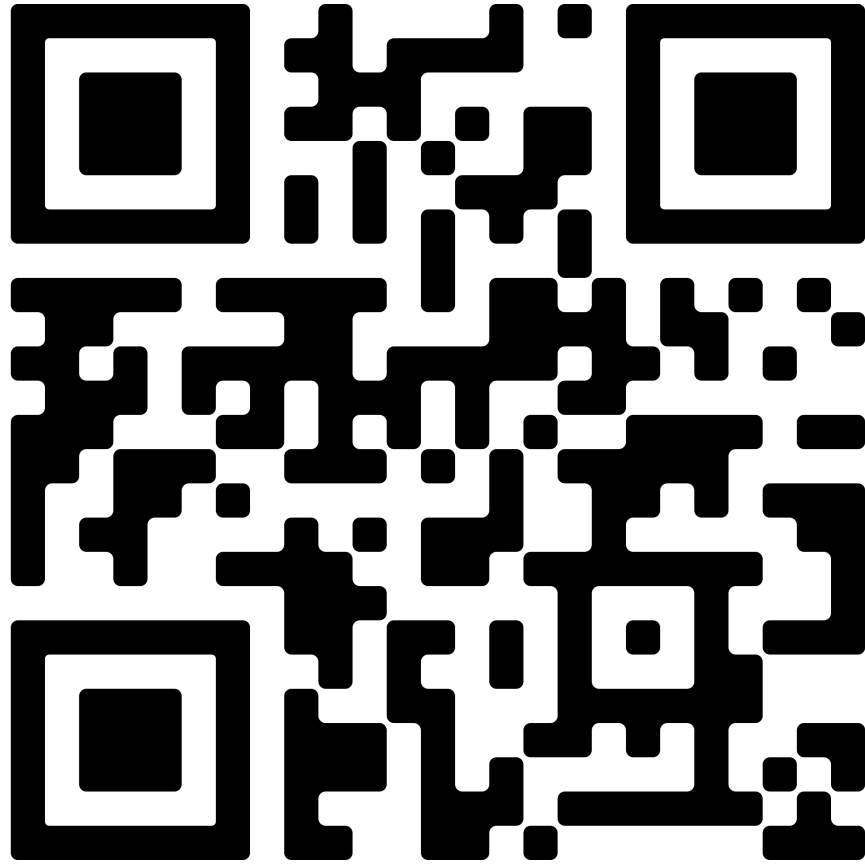
FIRST AID
for **YOUR** Health



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**++ MAKING
10 THERAPEUTIC
LIFE CHANGES**

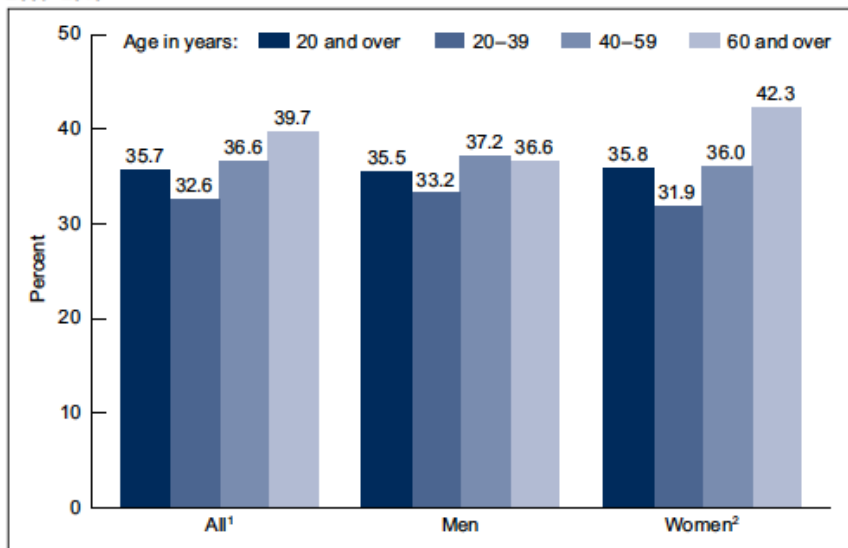


There is a perfect storm brewing

The Impact in the United States

- Heart disease is the leading cause of death (accounting for 35% of all deaths), around 7.6% of the population suffer from coronary heart disease, and 82% of people who die from coronary heart disease are 65 or older.
- Cancer is the second leading cause of death, accounting for 25% of all deaths.² Cancer is the leading cause of death for women aged 40 to 79 years, and men aged 60 to 79 years. The lifetime probability of being diagnosed with cancer is 45% for men and 38% for women. The most common types of cancer are lung, breast, and colon in women, and lung, prostate, and colon in men.³
- Stroke is the third leading cause of death, afflicting nearly seven million Americans. This affects 2.7% of men and 2.5% of women. States with the highest stroke rates are Arkansas, Oklahoma, South Carolina, North Carolina, and Oregon.⁴

Figure 1. Prevalence of obesity among adults aged 20 and over, by sex and age: United States, 2009–2010



¹Significant increasing linear trend by age ($p < 0.01$).

²Significant increasing linear trend by age ($p < 0.001$).

NOTE: Estimates were age adjusted by the direct method to the 2000 U.S. Census population using the age groups 20–39, 40–59, and 60 and over.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, 2009–2010.

A Looming U.S. Doctor Shortage

By Alex Wayne

September 27, 2012

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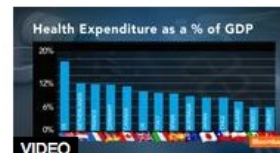


The Many Dangers Posed by Burned-Out Doctors



VIDEO

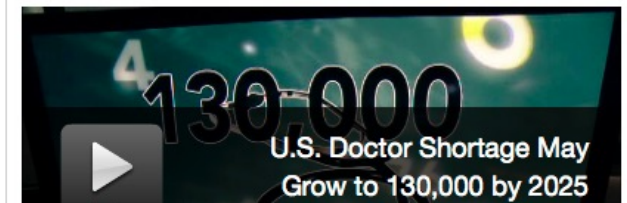
Alter: 100 Years, 7 Presidents Tried Health Care



VIDEO

When the Affordable Care Act's insurance mandate takes effect in 2014, some 30 million newly covered patients—people generally treated in emergency rooms now—will be shopping for doctors. That's a problem because the U.S. has 15,230 fewer primary-care physicians than it needs, according to the U.S. Department of Health and Human Services.

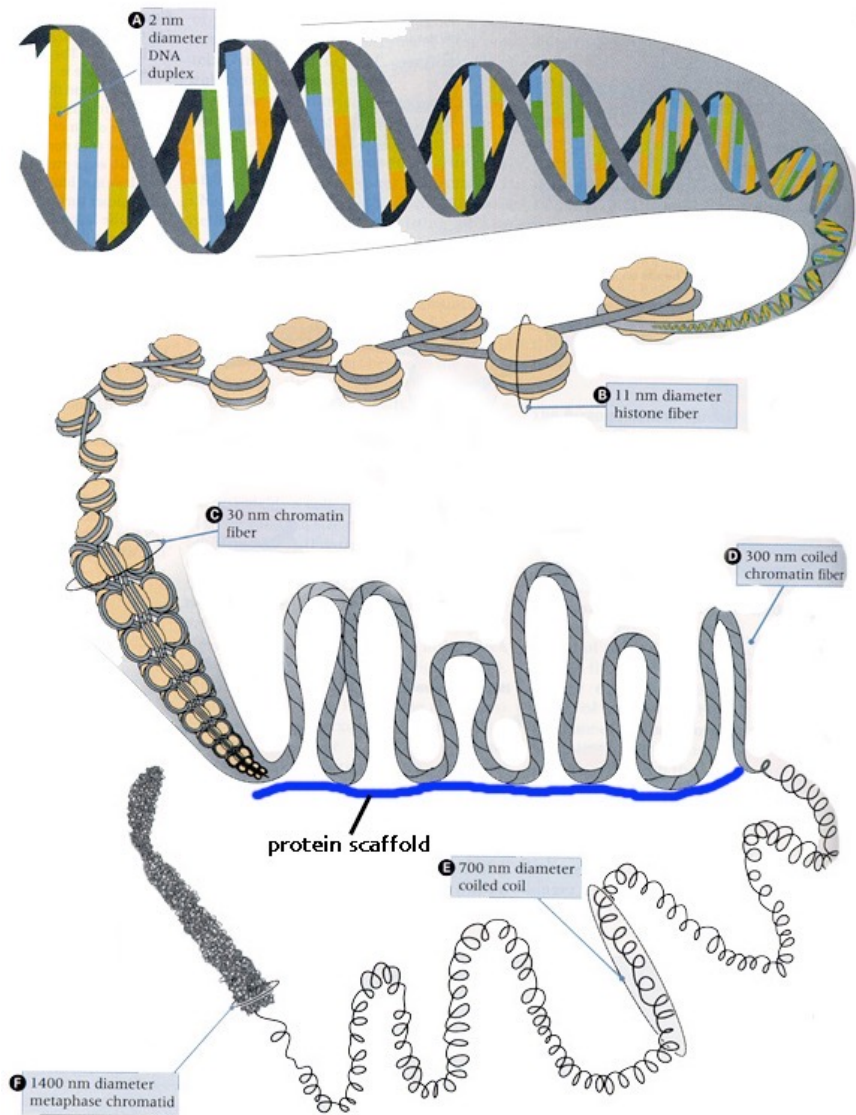
Yet teaching hospitals aren't rushing to fill the void. The federal government foots most of the bill for residency programs—and Congress has capped enrollment at about 85,000 students for the last 15 years. "We're actually already later than we should be in addressing the issue," says Tom Price, a Republican congressman from Georgia who's also an orthopedic surgeon.



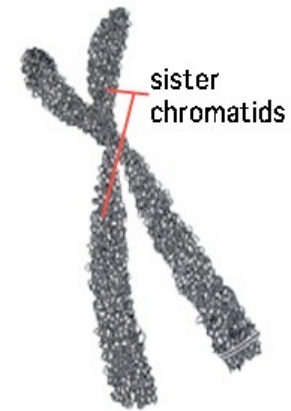
What determines your health?



“Bad genes” have only a modest impact on the lifespan of most people (20 to 30%).
Most genetic influence is exerted in a person’s older ages.



Chromosomes depicted in this X-shaped form

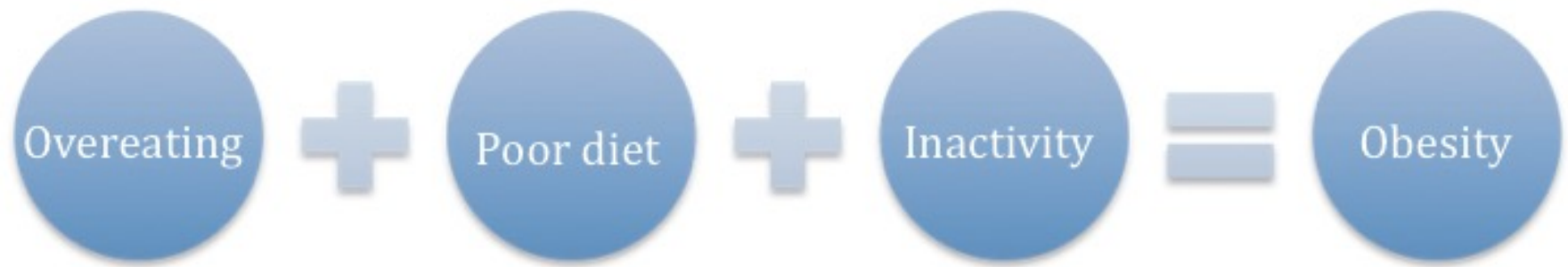


...have already been duplicated in preparation for mitosis (or meiosis).

The two identical copies (sister chromatids) are connected at the centromere.













***They have sharpened their tongues like a serpent; adders' poison is under their lips.
Selah.***

Psalm 140:3





19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

1 Corinthians 6:19-20

19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

1 Corinthians 6:19-20

TLCs

- Target disease with the greatest morbidity and mortality
- Very potent
- No side effects

The Road to Better Health

1. Really go to church

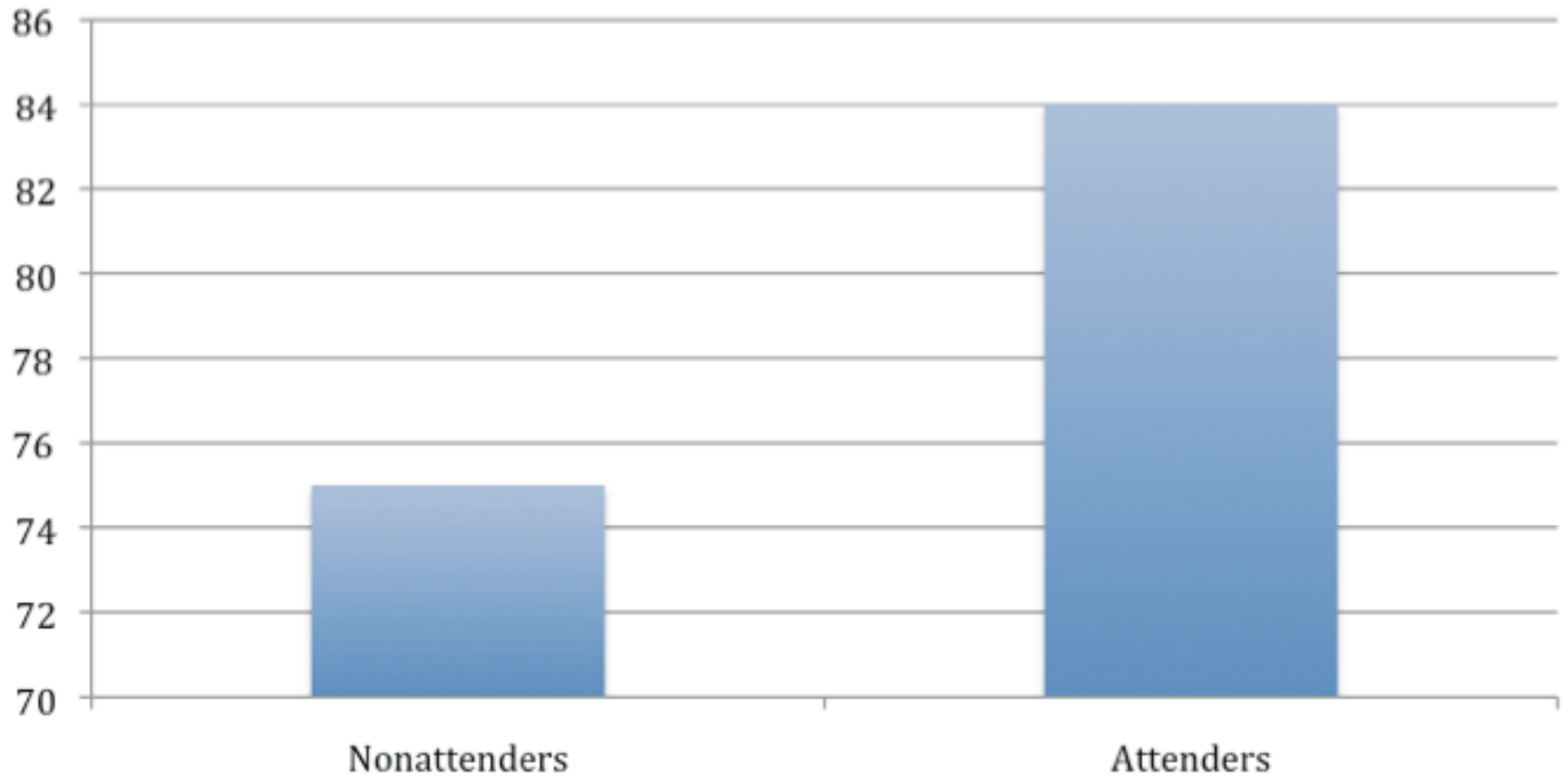
***24 And let us consider one another
to provoke unto love and to good
works:***

***25 Not forsaking the assembling of
ourselves together, as the manner
of some is; but exhorting one
another: and so much the more, as
ye see the day approaching.***

Hebrews 10:24-25



Years Lived Based on Church Attendance⁵⁵



The Road to Better Health

1. Really go to church

Focus on God

***But seek ye first the kingdom of God, and his
righteousness; and all these things shall be added unto
you.***

Matthew 6:33



36/46



Koenig on Healthy Involvement in Church
by Edward Moody

37



Harold Koenig on the Health of Pastors
by Edward Moody

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Melvin Worthington LeadershipP3.m4v
by Edward Moody

39



Melvin WorthingtonP2
by Edward Moody

40



Melvin Worthington LeadershipP1
by Edward Moody

41



Melvin Worthington on Retirement

0:03 / 2:31



Analytics

Video Manager

The Road to Better Health

1. Really go to church

Focus on God

Focus on the Service

*I will praise thee, O Lord my
God, with all my heart: and I
will glorify thy name for
evermore.
Psalm 86:12*

The Road to Better Health

- 1. Really go to church

Focus on God

Focus on the Service

Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world.

James 1:27

Even so faith, if it hath not works, is dead, being alone.

James 2:17

The Road to Better Health

2. Have a *daily quiet time* of Scripture Reading and Prayer



“I think I can safely say that the Judeo-Christian Bible is a self-help book that probably enabled more people to make more extensive and intensive personality and behavior changes than all professional therapists combined.”

Albert Ellis⁶⁷

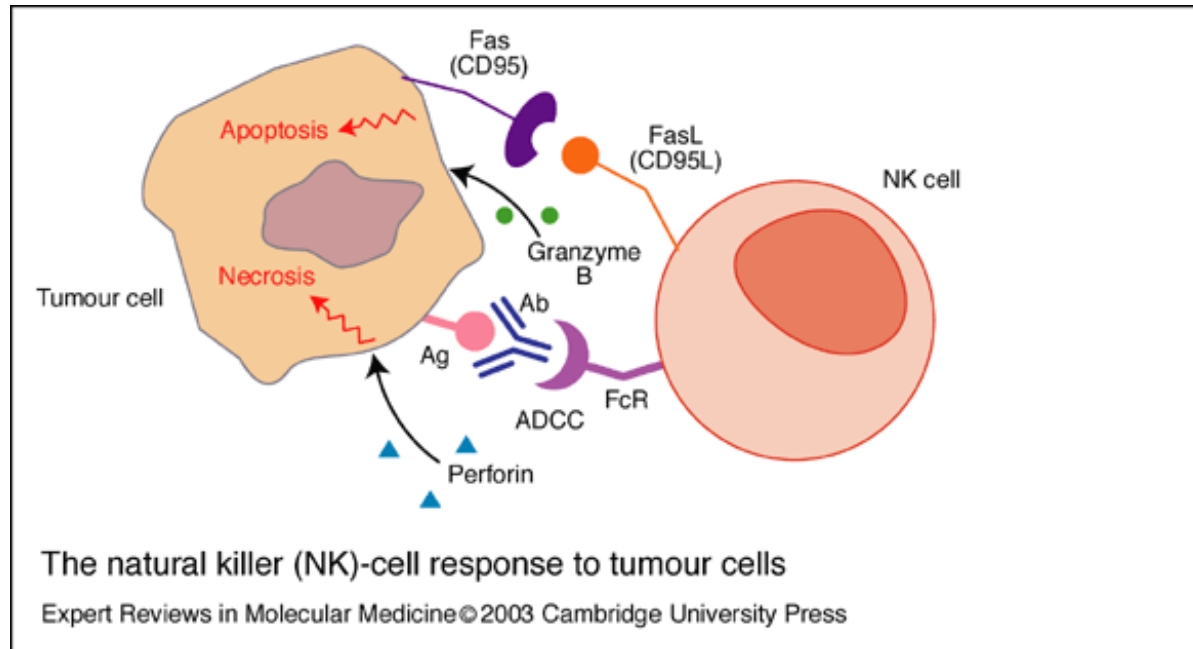
Sense of Coherence

The sense that the world is predictable and comprehensible, that one has the ability to meet the demands of one's environment, and that challenges have meaning and purpose.⁷¹

NK or Natural Killer cells strengthen the immune system in the body. When they are weakened one is at greater risk for cancer and other health problems.

For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

Hebrews 4:12



***Which of you by taking thought can add one cubit unto his stature?
Matthew 6:27***

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.
Joshua 1:8

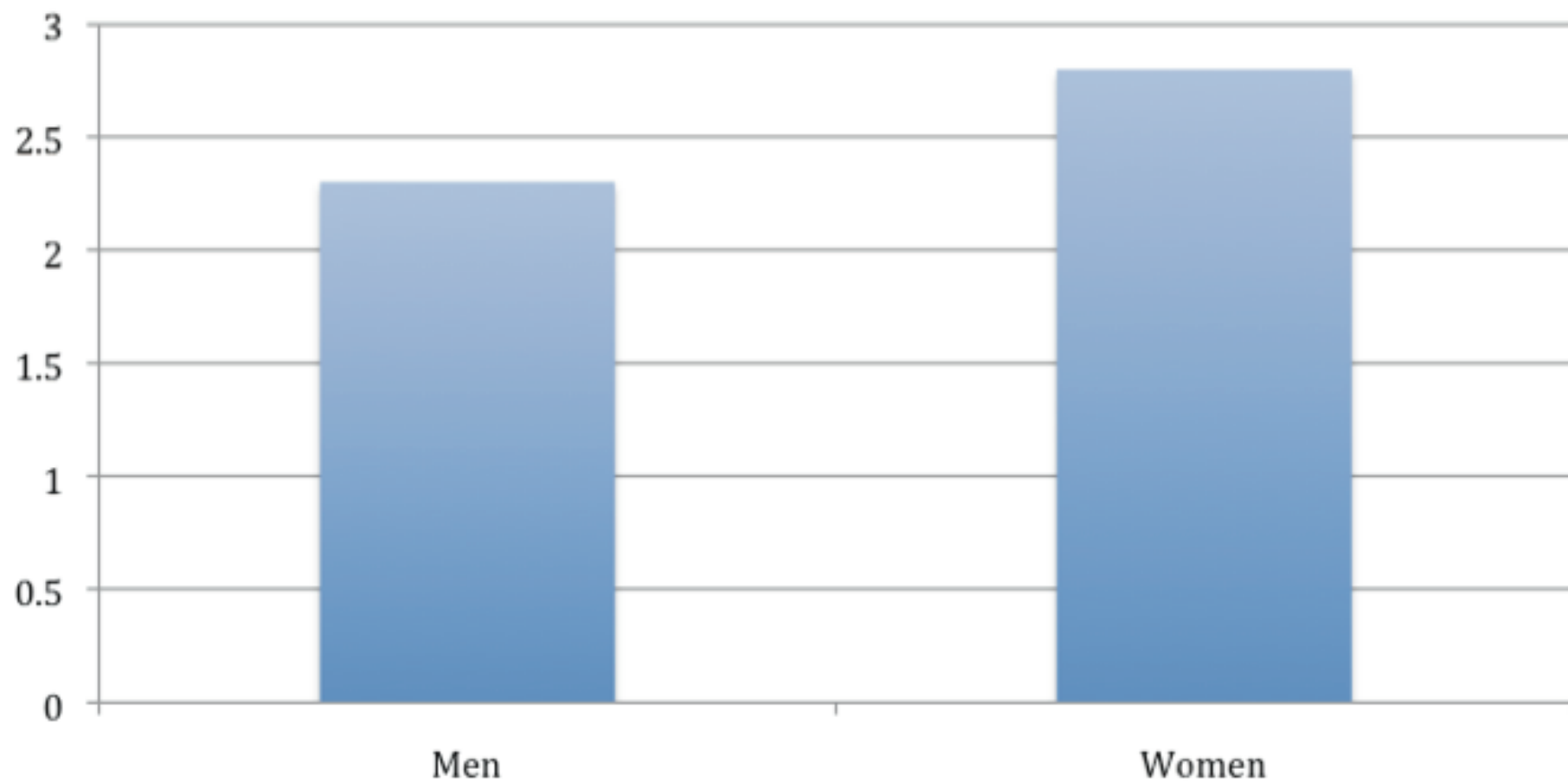
10 Take, my brethren, the prophets, who have spoken in the name of the Lord, for an example of suffering affliction, and of patience.
11 Behold, we count them happy which endure. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy.
James 5:10-11

The Road to Better Health

1. Really go to church
2. Have a daily quiet time of Scripture Reading and Prayer
3. Develop Real Relationships

***And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.
Mark 12:31***

Social Ties Impact on Mortality



Through desire a man, having separated himself, seeketh and intermeddleth with all wisdom.

Proverbs 18:1

Loneliness



Decreased NK Cell
Activity

9 Two are better than one; because they have a good reward for their labour.

10 For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.

11 Again, if two lie together, then they have heat: but how can one be warm alone?

Ecclesiastes 4:9-11





***A righteous
man regardeth
the life of his
beast: but the
tender mercies
of the wicked
are cruel.
Proverbs 12:10***

The Road to Better Health

1. Really go to church
2. Have a daily quiet time of Scripture Reading and Prayer
3. Develop Real Relationships
4. Practice Forgiveness

***14 For if ye forgive men their trespasses, your heavenly Father will also forgive you:
15 But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.***

Matthew 6:14-15

Forgive to Live: Forgiveness, Health, and Longevity

Loren L. Toussaint · Amy D. Owen · Alyssa Cheadle

Received: June 7, 2010 / Accepted: June 9, 2011
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Abstract This study examined multiple types of forgiveness as predictors of mortality and potential psychosocial, spiritual, and health mechanisms of the effects of forgiveness on longevity. Data from a nationally representative sample of United States adults ages 66 and older assessed forgiveness, health, religiousness/spirituality, and socio-demographics ($N = 1,232$). God's unconditional forgiveness and conditional forgiveness of others initially emerged as statistically significant predictors of mortality

Introduction

Forgiveness has been linked to a number of health outcomes, health conditions, and psychosocial and psychophysiological factors known to be associated with mortality/longevity (Worthington et al., 2007). However, we have not identified any studies linking forgiveness to mortality per se, and little is known about the extent to which the effect of forgiveness on mental and physical

Don't keep score

But if ye bite and devour one another, take heed that ye be not consumed one of another.

Galatians 5:15

Look for the good

***But as for you, ye thought evil against me;
but God meant it unto good, to bring to
pass, as it is this day, to save much people
alive.***

Genesis 50:20

Move on

***Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.
2 Corinthians 10:5***

Think about how you have been forgiven

Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.

Colossians 3:13

The Road to Better Health

1. Really go to church
2. Have a daily quiet time of Scripture Reading and Prayer
3. Develop Real Relationships
4. Practice Forgiveness
5. Practice Joy and Contentment

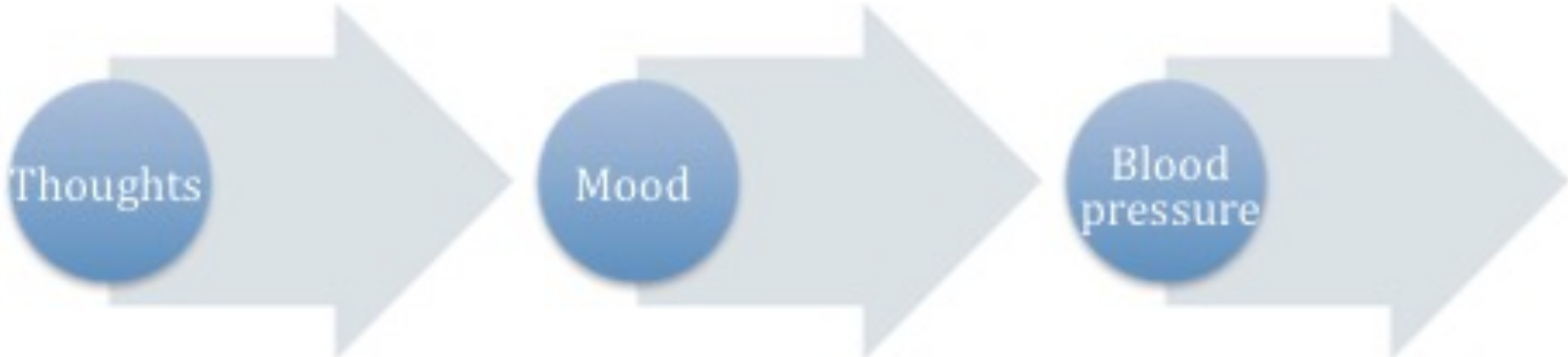
11 Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.

12 I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need.

Philippians 4:11-12

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Philippians 4:8



Thoughts

Mood

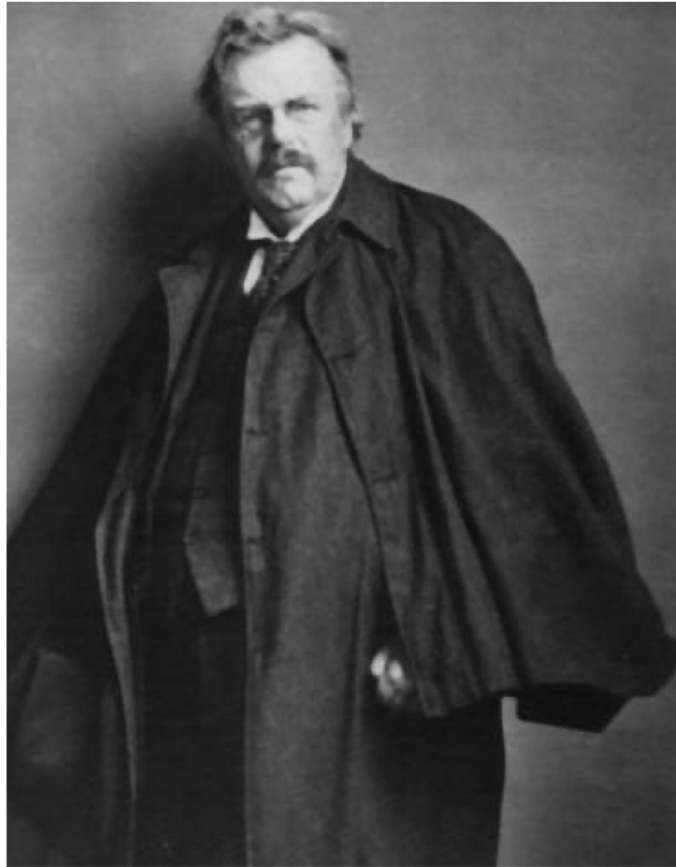
Blood
pressure

The Road to Better Health

1. Really go to church
2. Have a daily quiet time of Scripture Reading and Prayer
3. Develop Real Relationships
4. Practice Forgiveness
5. Practice Joy and Contentment
6. Develop an Attitude of Gratitude and Giving

“I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder.”

G.K. Chesterson



I have been blessed by . . .

- 1.**
- 2.**
- 3.**

I am thankful for . . .

- 1.**
- 2.**
- 3.**

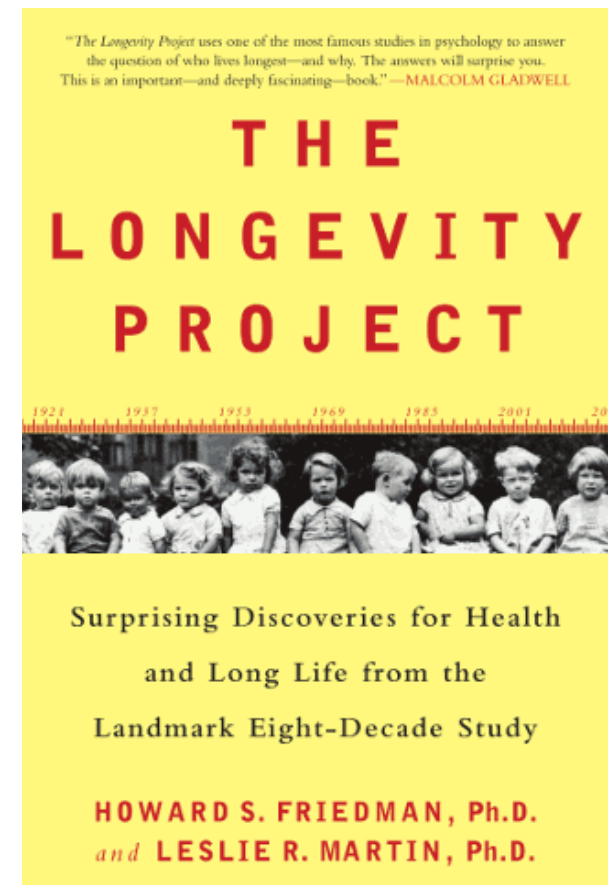
- *70% percent of all volunteering is done in a religious setting.
- *Those who attend religious services are most likely to volunteer.
- *Regular church attendees account for 80% of all charitable giving.¹³⁶

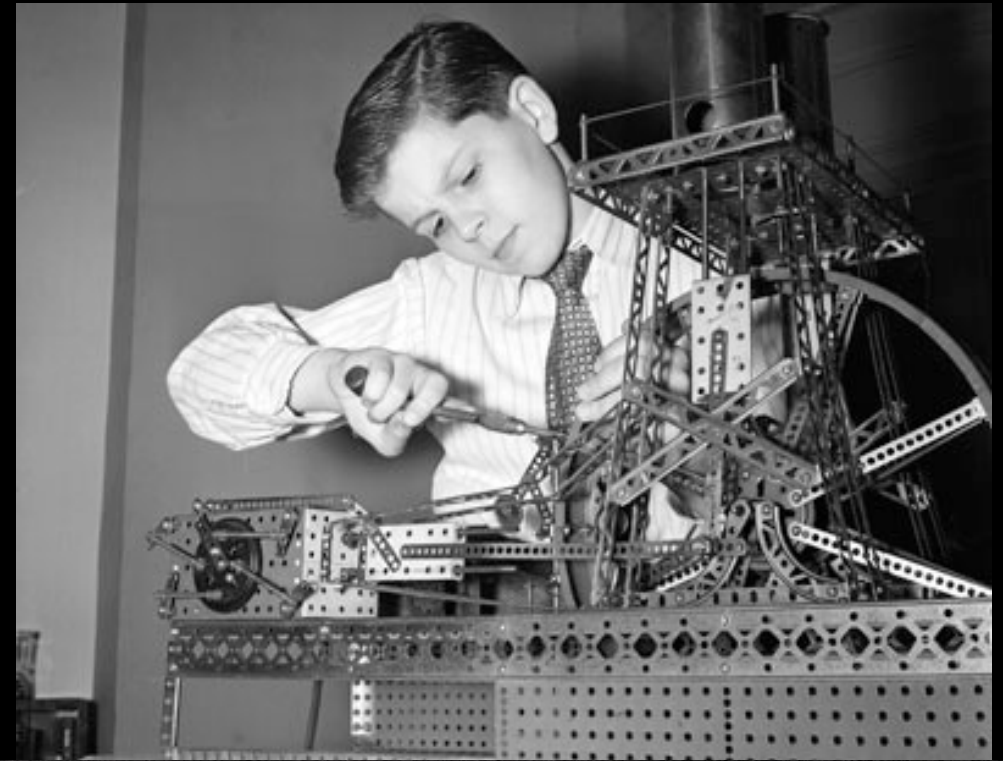
The Road to Better Health . . .

7. Be *Diligent*

Flossing adds 6.4 years to your life.¹⁴¹

***He shall die without instruction; and
in the greatness of his folly he shall
go astray.
Proverbs 5:23***





Rough or Approximate Comparability of Scales for the Measurement of Natural Intelligence.

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	XIII	XIV	XV	XVI	XVII
<i>General Description U.S. Army Grade</i>	<i>U.S. Army Letter Grade</i>	<i>Mental Age in Years for Adults, i.e. above 16 years</i>	<i>IQ (primarily for children, Intelligence Quotient (Mental Age divided by the</i>	<i>Point Scale for Adults, i.e. those above 16 years of age</i>	<i>Point Scale of Intellectual Ability Score Norm.</i>	<i>Alpha α Score Weighted U.S. Army.</i>	<i>Beta β Score Weighted U.S. Army.</i>	<i>Combined Scale U.S. Army.</i>	<i>Percent Distribution by Letter Grade - Col. II.</i>					<i>Approximate Military Value.</i>	<i>Approximate Progress in Formal Education under Average</i>	<i>Approximate Adaptability in the General Social Scheme For Adults during the Productive Span so far as such Fitting depends upon General Native Intellig</i>
									<i>White Draft (Sample) 93,973 cases</i>	<i>Native White Draft (Sample)</i>	<i>Foreign-born Draft (Sample)</i>	<i>White Officers 15,000</i>	<i>Negro Draft (Sample)</i>			



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Treatment adherence and risk of death after a myocardial infarction

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Abstract

The relation of treatment adherence to mortality after a myocardial infarction was investigated among 2175 participants in the Beta Blocker Heart Attack Trial, which had data for measures of treatment adherence, clinical severity, and the psychological and social features that may influence post-infarction mortality. Overall, patients who did not adhere well to treatment regimen (ie, who took $\leq 75\%$ of prescribed medication) were 2.6 times more likely than good adherers to die within a year of follow-up (95% confidence interval, 1.2, 5.6). Poor adherers had an increased risk of death whether they were on propranolol (OR=3.1) or placebo (OR=2.5). Furthermore, this increased risk of death for poor adherers was not accounted for by measures of the severity of myocardial infarction, sociodemographic features (eg, race, marital status, education), smoking, or psychological characteristics

The Road to Better Health . . .

7. Be *Diligent*

8. Sleep *well*

***Major Disasters Documented to be a
result of sleep problems***

***Exxon Valdez disaster**

***Challenger space shuttle explosion**

***Three Mile Island nuclear accident**

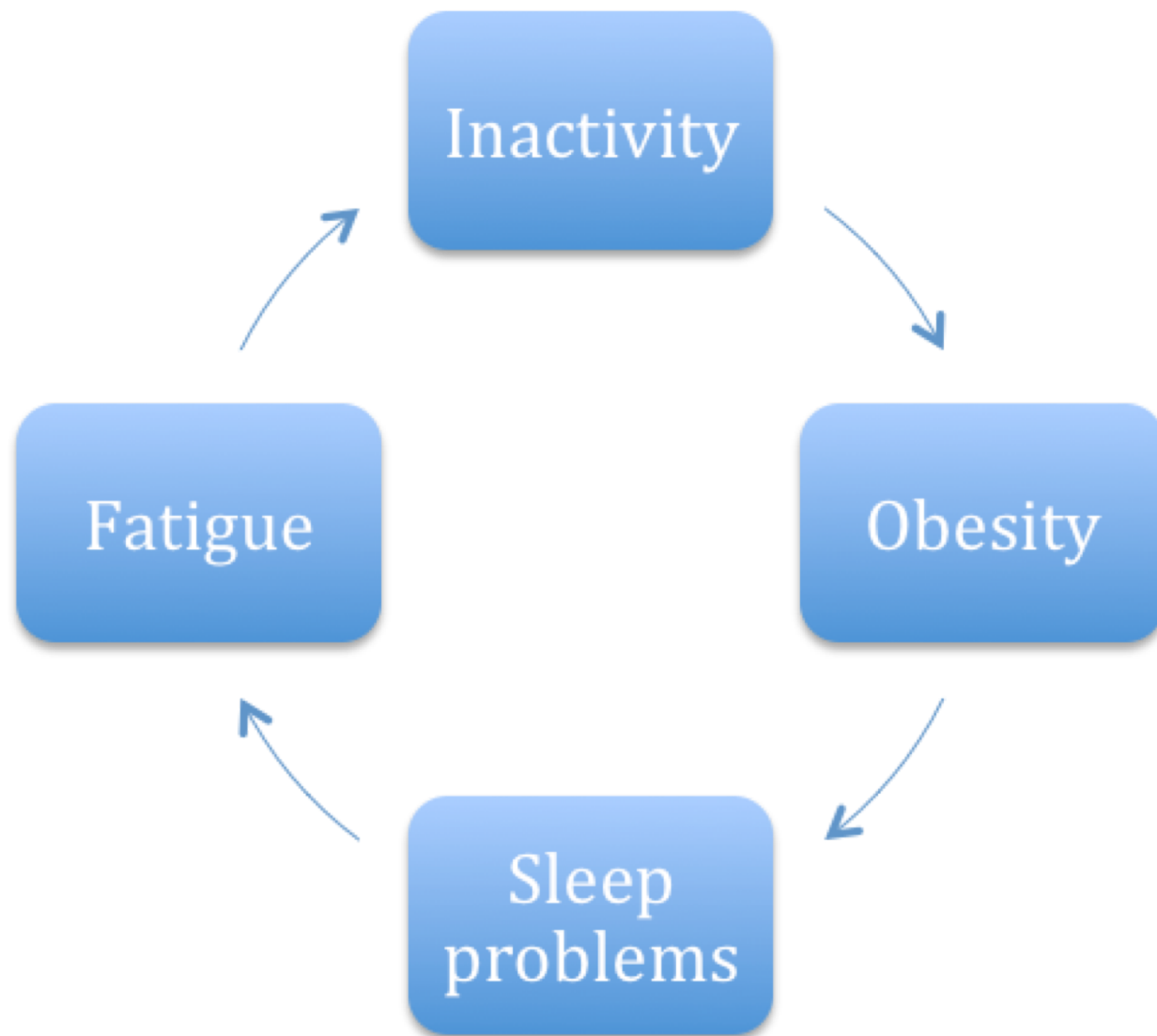
***Chernobyl explosion¹⁵⁷**

***In thoughts from the visions of the night, when deep sleep
falleth on men.***

Job 4:13

“Rule of thumb” Guide

<i>Age</i>	<i>Sleep Needs</i>
School-aged children (5 to 12 years)	10.0 to 11.0 hours
Teens (13 to 17 years)	8.5 to 9.25 hours
Adults	7.0 to 9.0 hours
Older Adults	7.0 to 9.0 hours



The Road to Better Health . . .

7. Be Diligent
8. Sleep well
9. Be Physically Active

***For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.
1 Timothy 4:8***

Regular physical activity:

Reduces the risk of dying prematurely.

Reduces the risk of dying prematurely from heart disease.

Reduces the risk of developing diabetes.

Reduces the risk of developing high blood pressure.

Reduces the risk of developing colon cancers.

Reduces feelings of depression and anxiety.

Helps control weight.

Helps reduce blood pressure in people who already have high blood pressure.

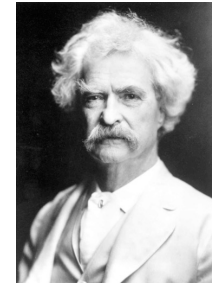
Helps build and maintain healthy bones, muscles, and joints.

Helps older adults become strong and better able to move about without falling.

Promotes psychological well-being.¹⁷⁷

"I desire now to repeat and emphasize that maxim:
We can't reach old age by another's road. My habits
protect my life, but they would assassinate you."

Mark Twain



Weekly Activity Log

	<i>Ran</i>	<i>Walked</i>	<i>Biked</i>	<i>Swam</i>	<i>Tennis</i>	<i>Mowed</i>	<i>Gardened</i>	<i>Other</i>
S								
M	20							
T								Basketball-60
W		25						
Th		20						
F						60		
SA			120				60	

* of minutes

The Road to Better Health . . .

7. Be Diligent

9. Be Physically Active

8. Sleep well

10. Eat a proper diet



Breakfast

Lunch

Dinner

Snacks

S

M

T

W

TH

F

SA

Goal:

*Daily: Fruit, nuts, nonfried vegetables (not including potatoes)

**Weekly: Fish (nonfried) salmon, tuna preferred



For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags.

Proverbs 23:21

It is not good to eat much honey: so for men to search their own glory is not glory.

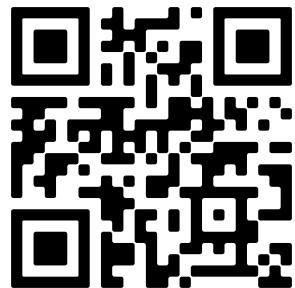
Proverbs 25:27

And put a knife to thy throat, if thou be a man given to appetite.

Proverbs 23:2

Building a Healthy Family
in an Unhealthy World—
Therapeutic Life Changes

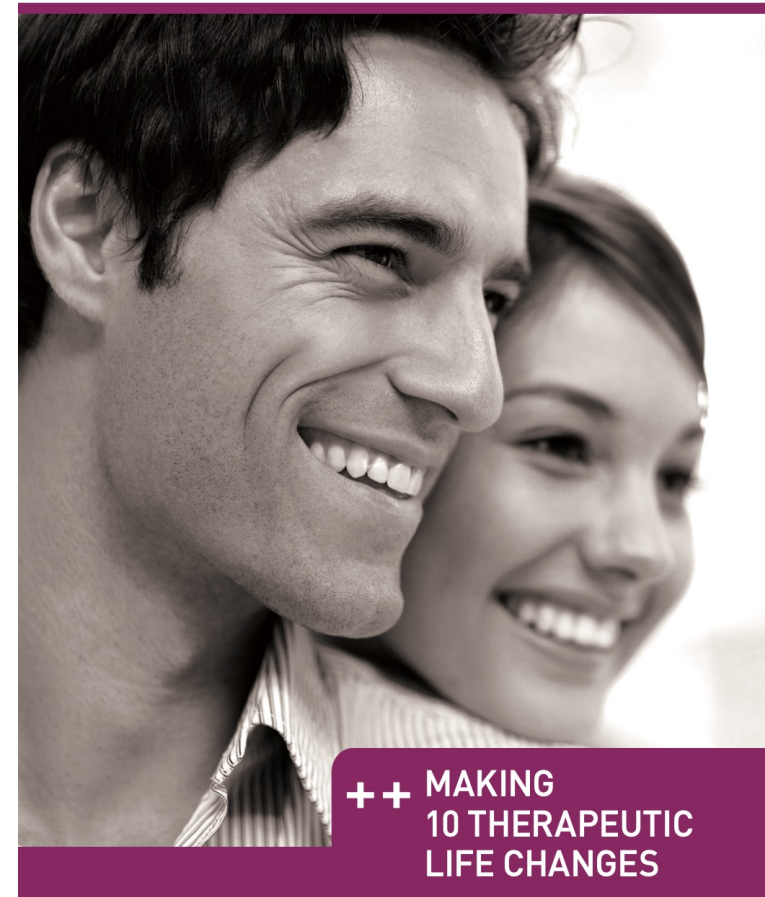
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emoody@nafwb.org



FIRST AID
for **YOUR** Health



Edward E. Moody, Jr., Ph.D.



**++ MAKING
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LIFE CHANGES**