

CEREBROVASCULAR AND CARDIOVASCULAR DISEASE PREVENTION

**PREVENTION
IS THE BEST
TREATMENT**

Krystal Coffman, DNP, ACNP-BC
NeuroScience Program Director
Spring Valley Hospital



SPRING VALLEY HOSPITAL

MEDICAL CENTER

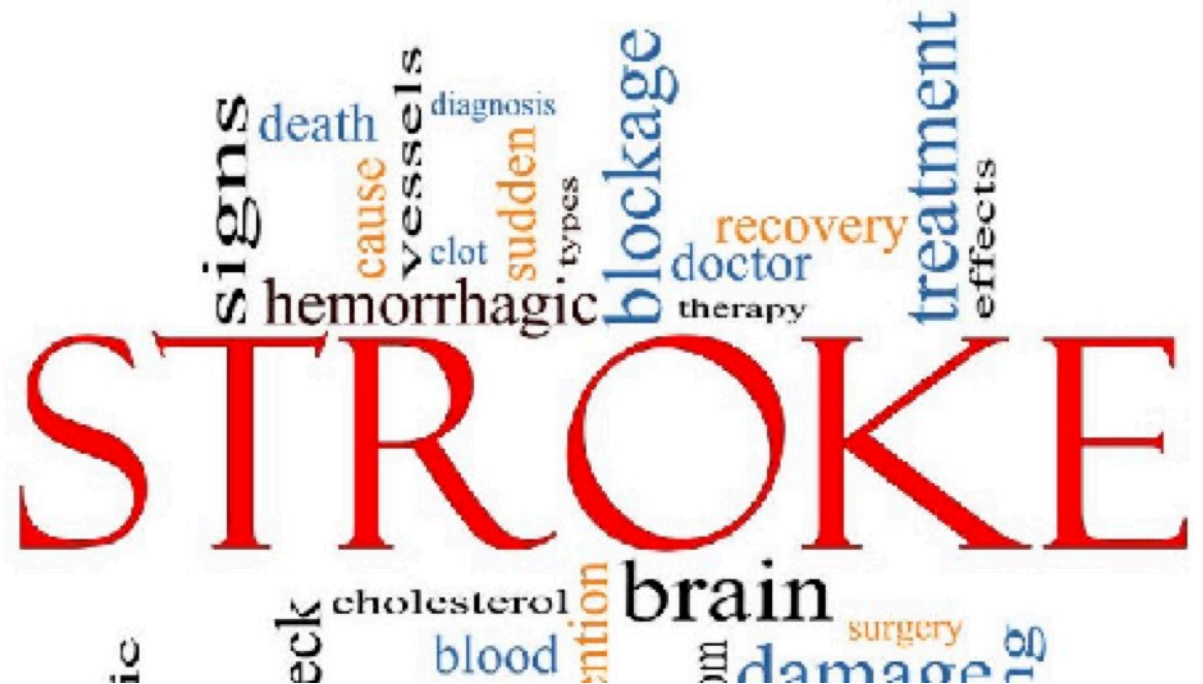
A Member of The Valley Health System

What is Heart Disease?

- Condition that affects the functioning of the heart and/or circulatory system
- Coronary artery disease
 - ▣ 16.5 million American adults
 - MI 7.9 million
 - Chest pain 8.7 million
- Heart Failure
 - ▣ 6.5 million
- Hypertension (high blood pressure)

What is a Stroke?

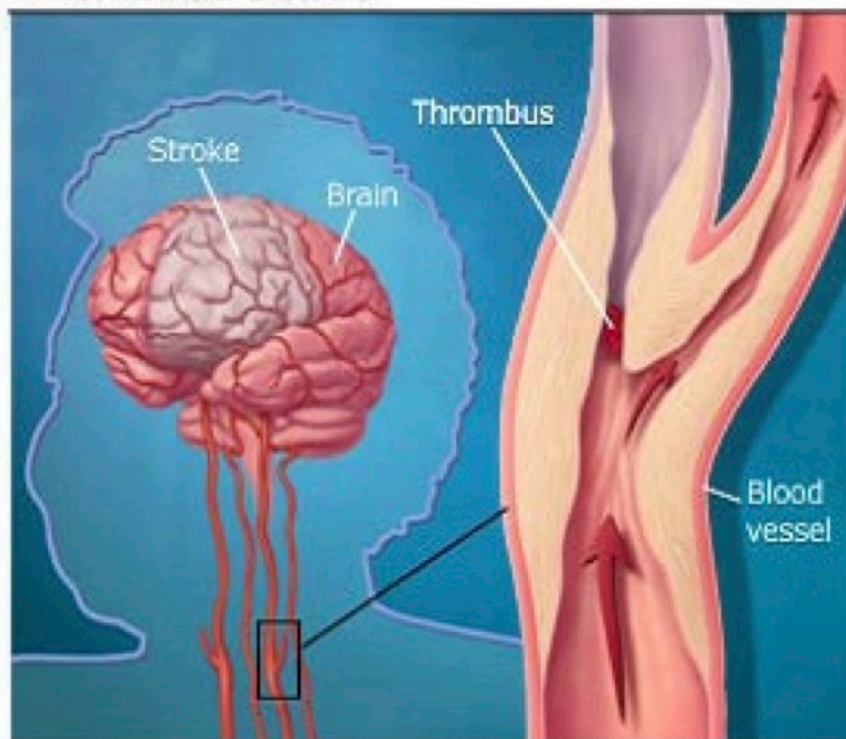
- Sudden death of brain cells in an area due to inadequate blood flow
 - ▣ Ischemic
 - ▣ Hemorrhagic
 - ▣ Lacunar
 - ▣ Cryptogenic



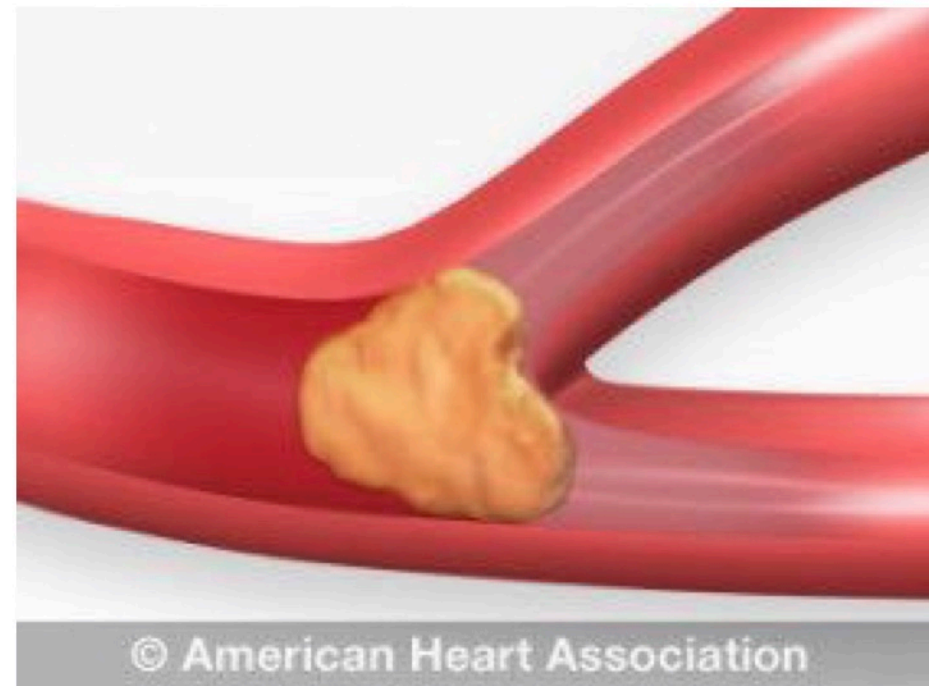
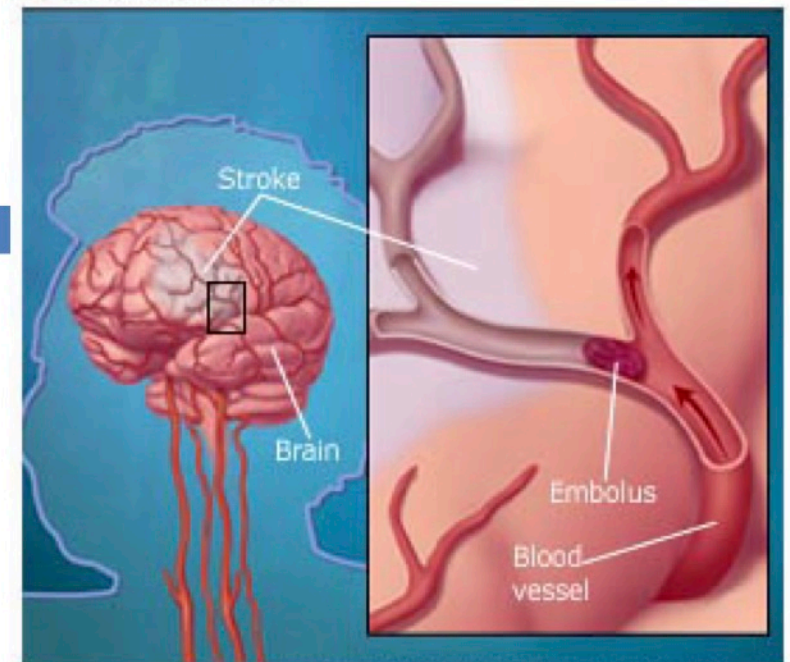
Types of Stroke

- Ischemic (Clot)
 - ▣ Thrombotic
 - ▣ Embolic

Thrombotic Stroke



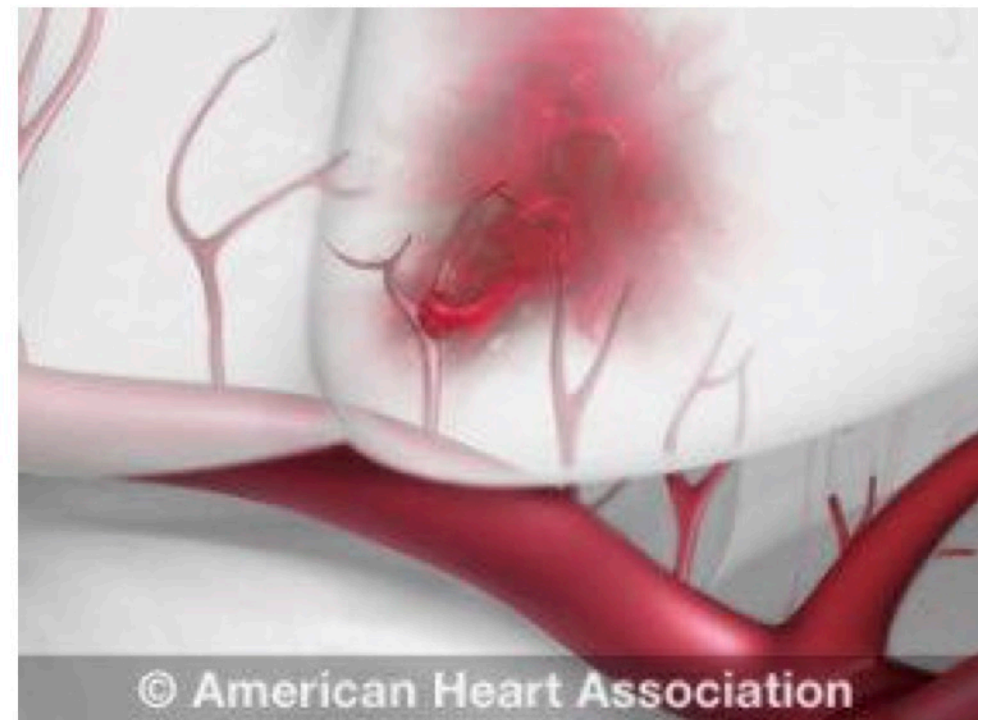
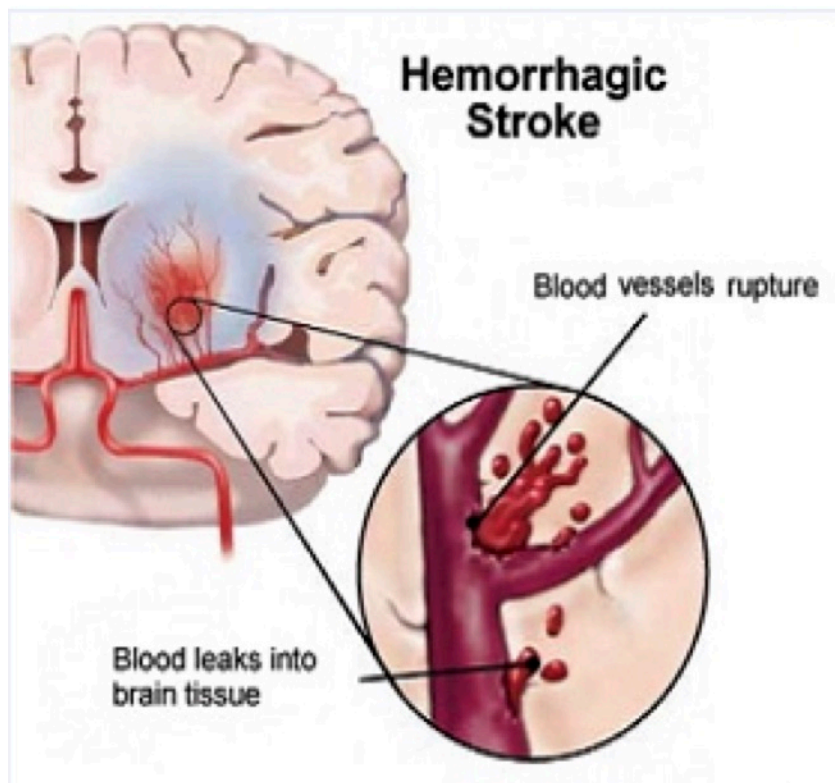
Embolic Stroke



© American Heart Association

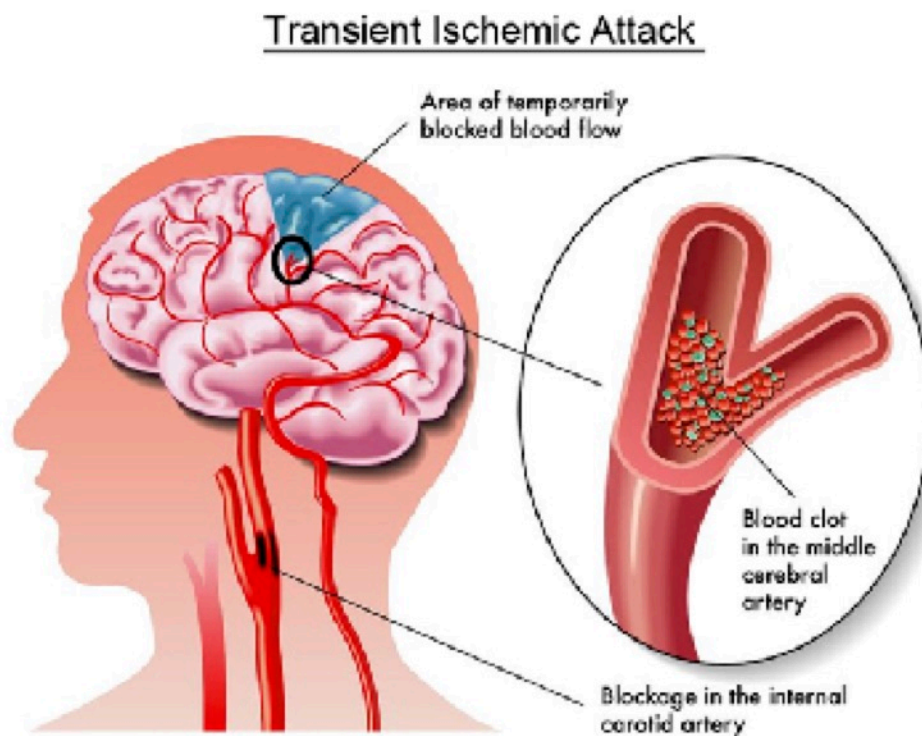
Types of Stroke

- Hemorrhagic (bleed)



Types of Stroke

- Transient Ischemic Attack (TIA)
 - ▣ Symptoms resolve completely
 - ▣ No damage on imaging

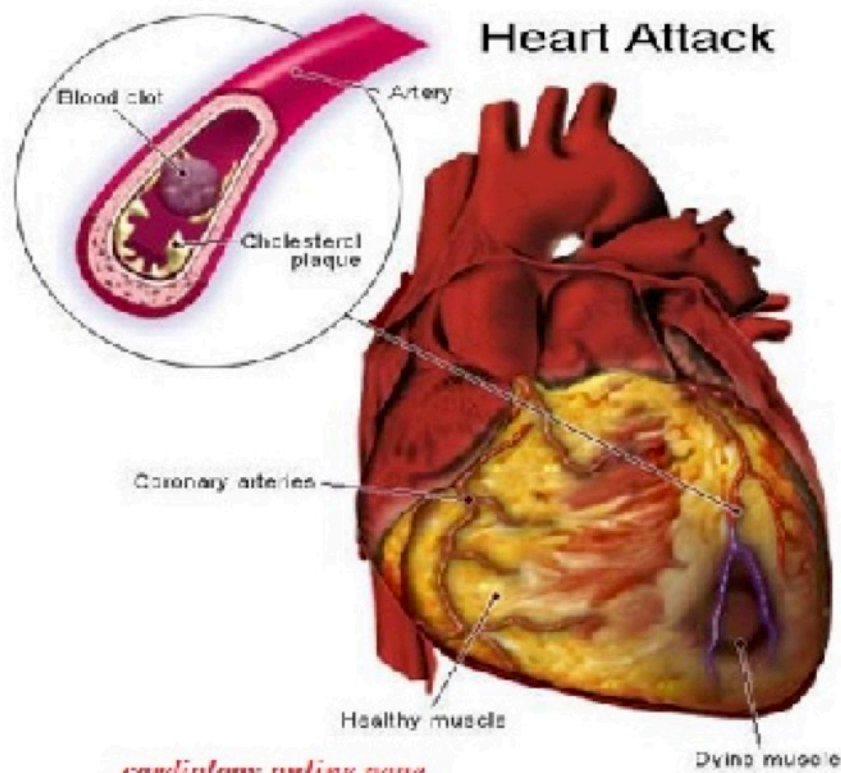


What is a Heart Attack?

- Damage to heart cells in an area due to inadequate blood flow
- If there is no damage, this can be referred to as angina

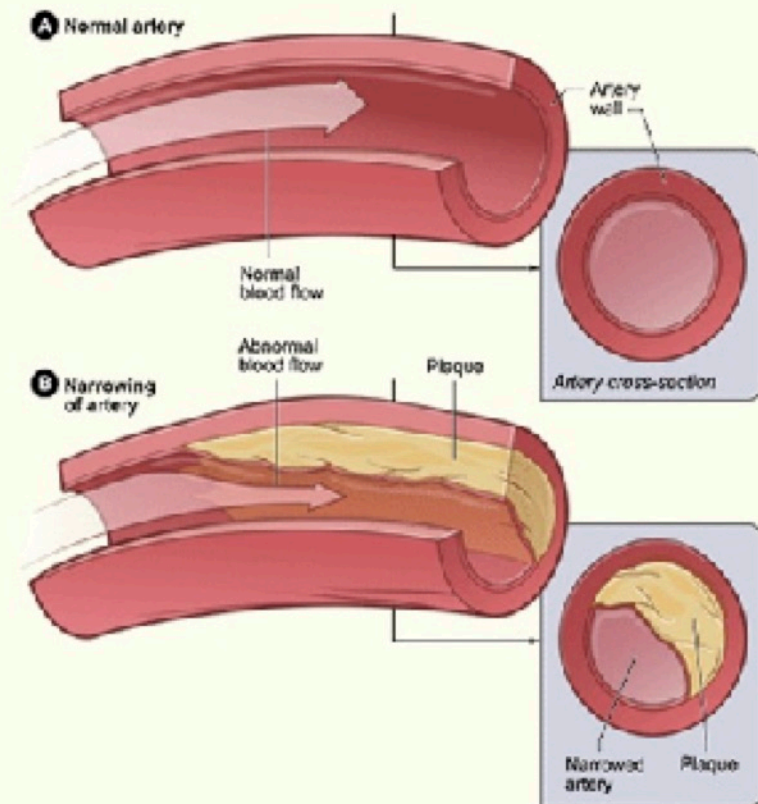


What is a Heart Attack?



cardiology online page

www.afghanheart.wordpress.com



Why does it matter?



- Heart Disease is the #1 cause of death in the U.S.
 - ▣ 614,348 deaths in 2014
- Stroke is the 5th leading cause of death
 - ▣ About 795,000 Americans suffer stroke every year
 - 185,000 are recurrent strokes
 - Averages to 1 stroke every 40 seconds
 - ▣ 130,000 deaths per year
 - 1 in 20 deaths
- \$316.1 Billion spent on CV related costs and lost work per year
 - ▣ Expected to reach \$818 Billion per year by 2030
 - ▣ \$34 Billion dollars spent on stroke-related costs and lost work per year

Why does it matter?

- 27.6 million American Adults with diagnosed heart disease
 - ▣ 11.5% of the population
 - ▣ Expected to be 43.9% by 2030

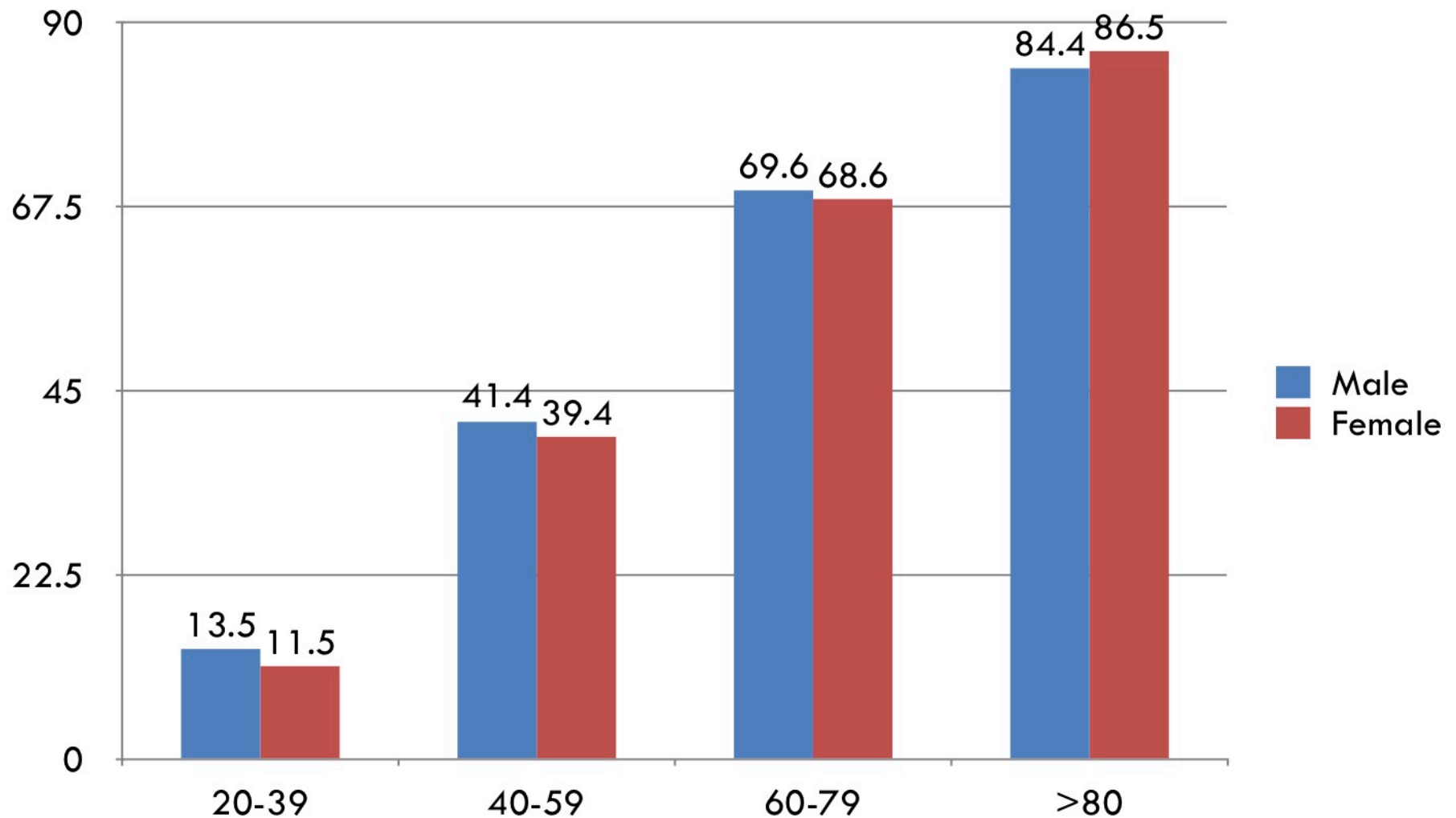


Why does it matter?

- Stroke is the #1 leading cause of disability
 - ▣ Of stroke survivors over age 65
 - 1/2 of have hemiparesis
 - 30% need help to walk
 - 46% have cognitive deficits
 - 20% had trouble speaking
 - 35% have depression symptoms
 - 1/4 were in dependent in daily activities
 - 1/4 were in nursing facilities



Prevalence of CV disease by age and gender, includes CAD, HF, Stroke, HTN



Stroke Risk Factors



□ Non-Modifiable

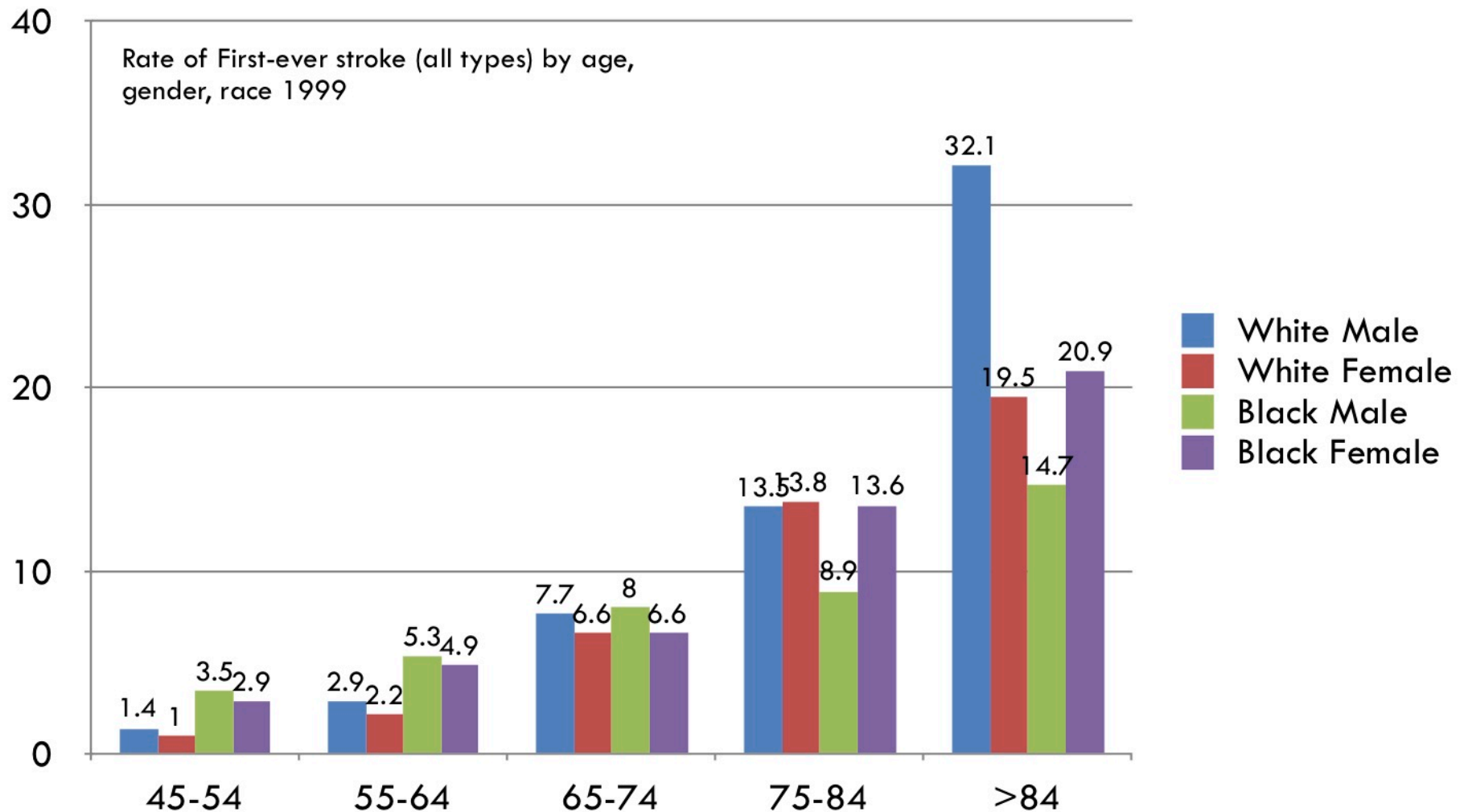
▣ Gender

- Men in each age group have more strokes
- Women are more likely to die from their stroke

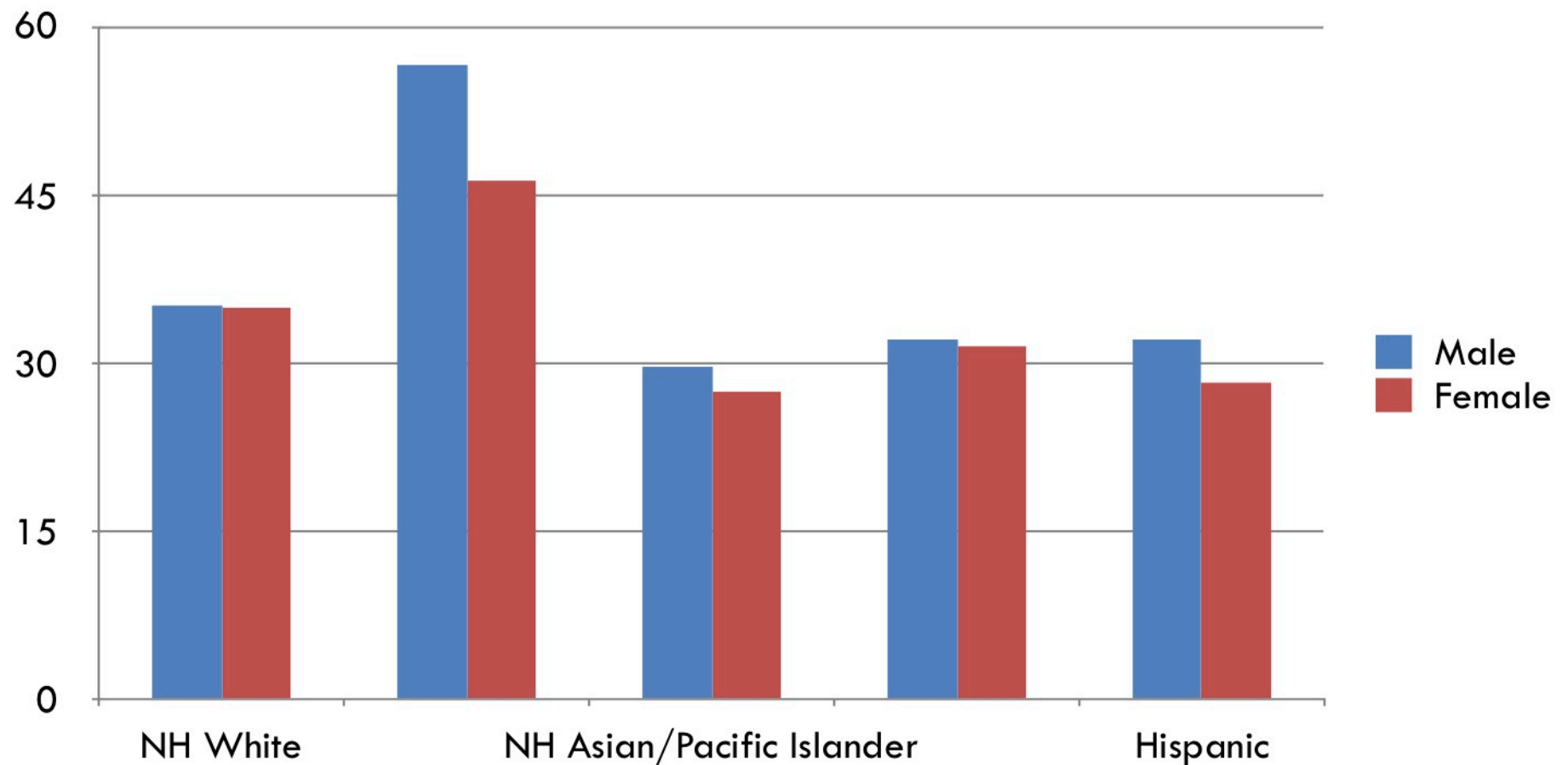
▣ Race

- American Indians, Alaskan Natives, African-Americans have highest stroke rates
- Non-hispanic whites and Asians have lowest
- Hispanics fall between
- AA more likely to die from their stroke
- Hispanics have strokes at younger ages

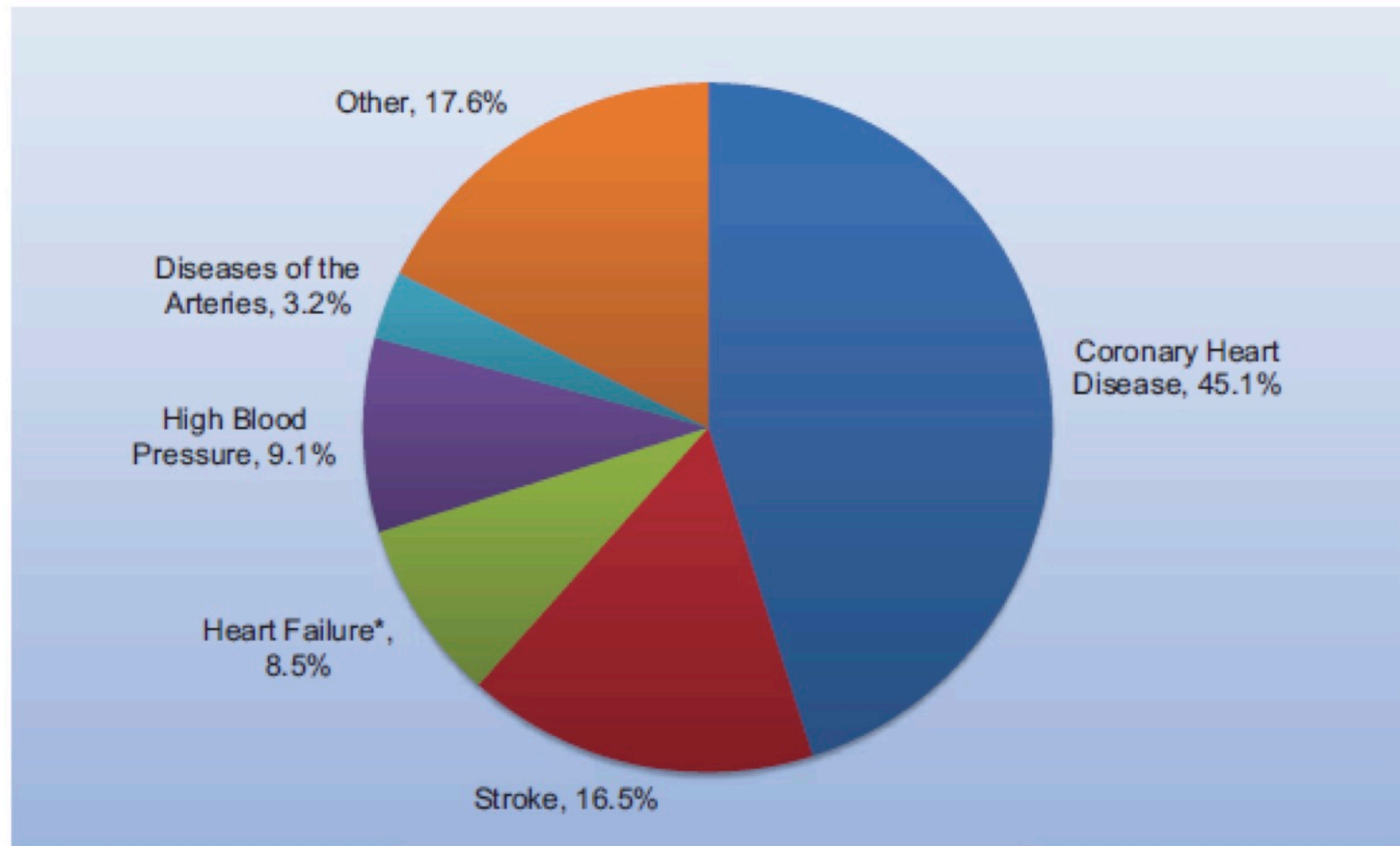
Stroke Risk by Age, Race, Gender



Age-adjusted Stroke Death rates by Gender, Race/Ethnicity 2014



CV Deaths in 2014



CV Risk Factors



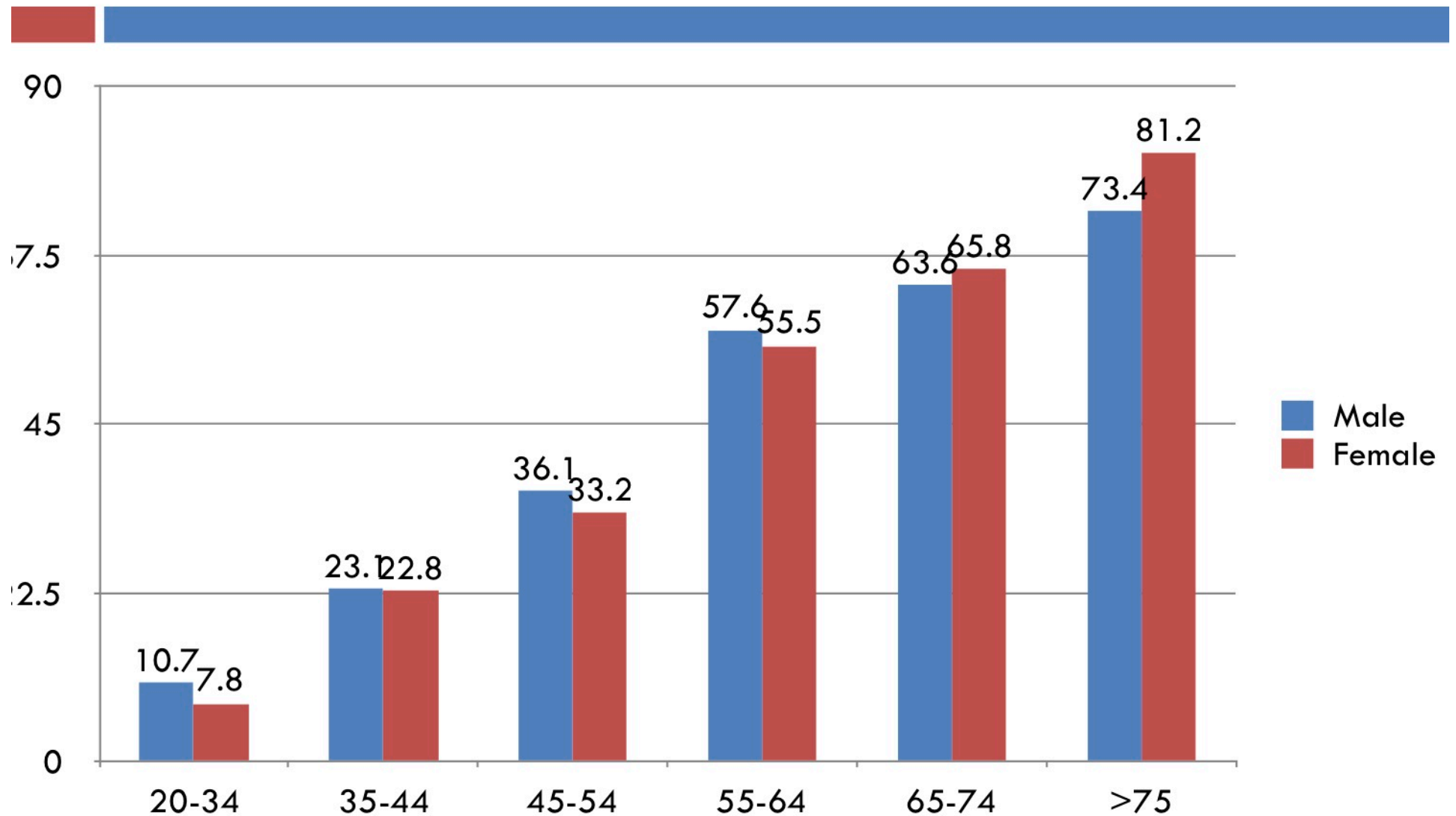
- 9 out of 10 people who die from CAD had at least 1 of the 3 major risk factors
 - High blood pressure
 - High Cholesterol
 - Smoking

CV Risk Factors: Blood Pressure

- High Blood Pressure (SBP >130, DBP>90)
 - ▣ 85.7 million people
 - ▣ Only 1/2 of them are controlled
 - ▣ Good control cuts lifetime stroke risk in 1/2
 - Good control for stroke means <120/80
- “Silent Killer”
 - ▣ Damages kidneys
 - ▣ Causes inflammation in small vessels in brain
 - ▣ Most common reason for Hemorrhagic Strokes

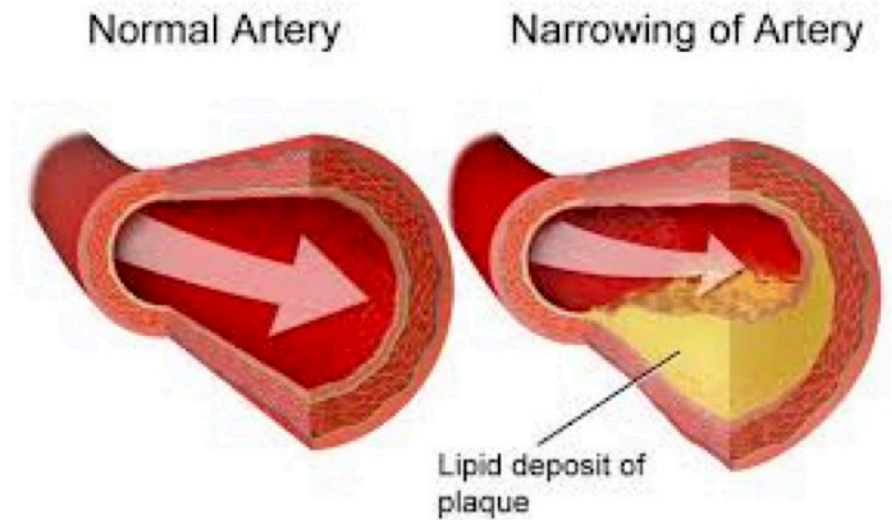


CV Risk Factors: Blood Pressure



CV Risk Factors: Cholesterol

- High cholesterol
 - ▣ 71 million Americans
 - ▣ Only 1/3 are controlled

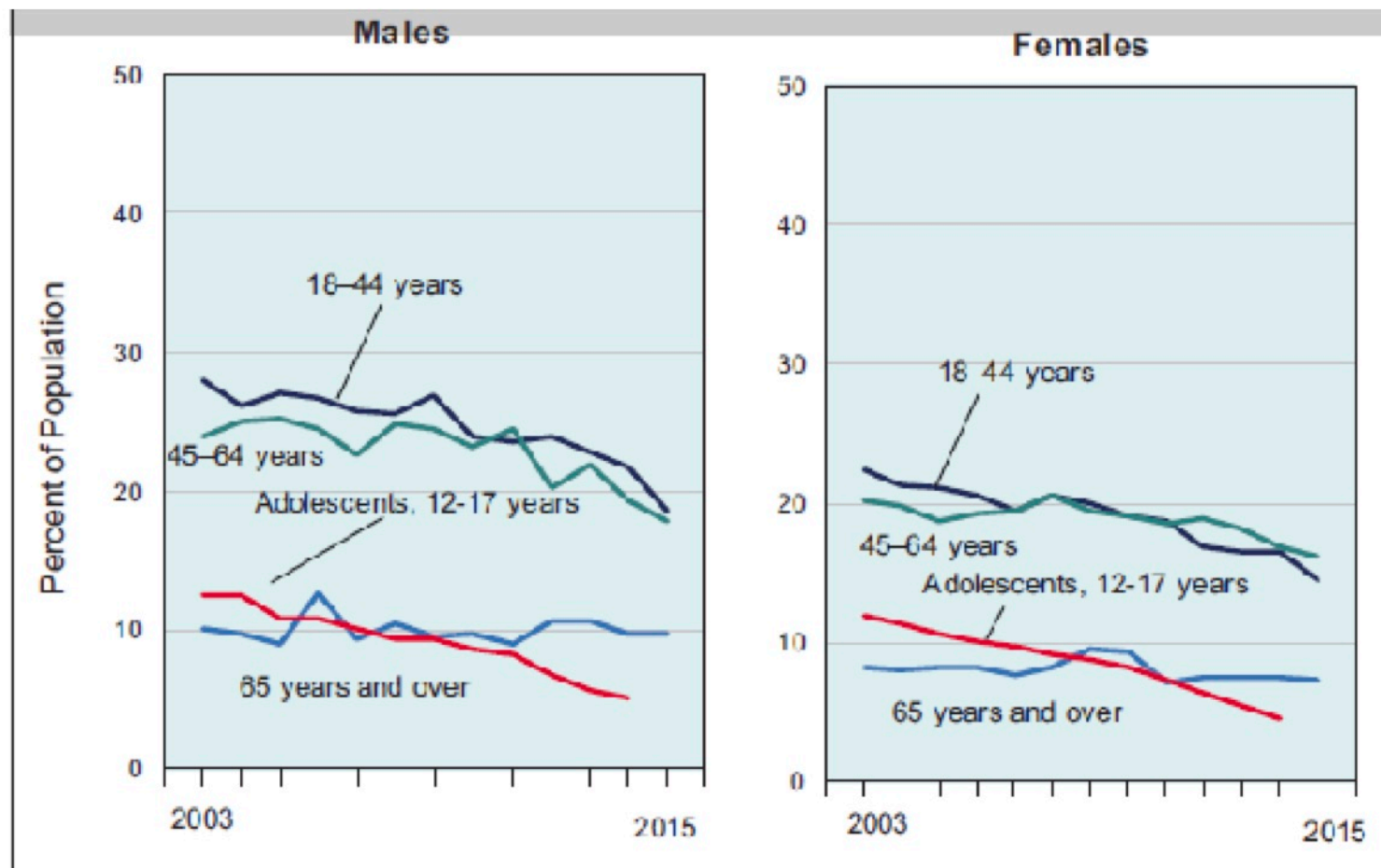


CV Risk Factors: Smoking



□ Smoking/Tobacco

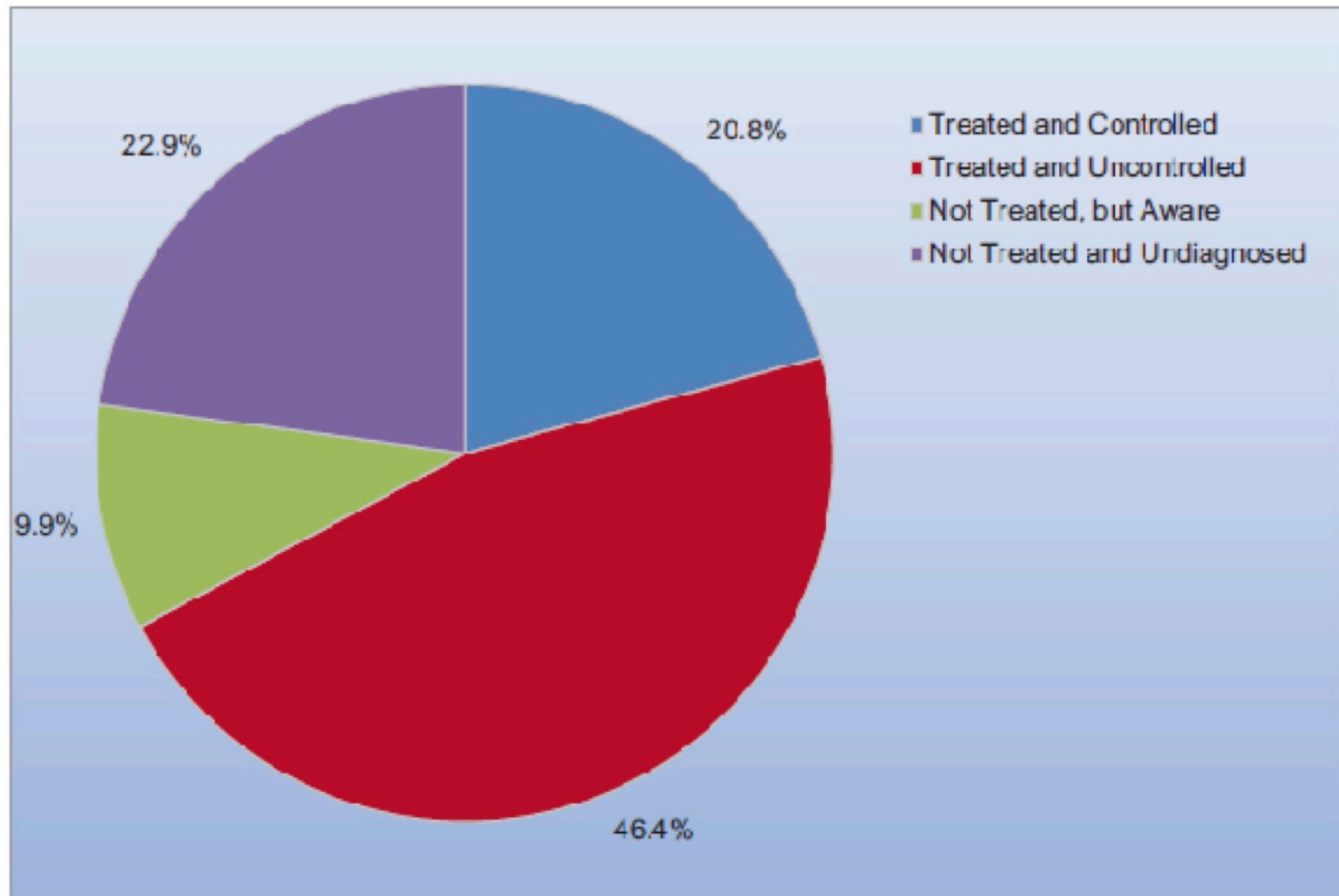
- ▣ 2 to 4x higher stroke risk than nonsmokers or quit >10 years



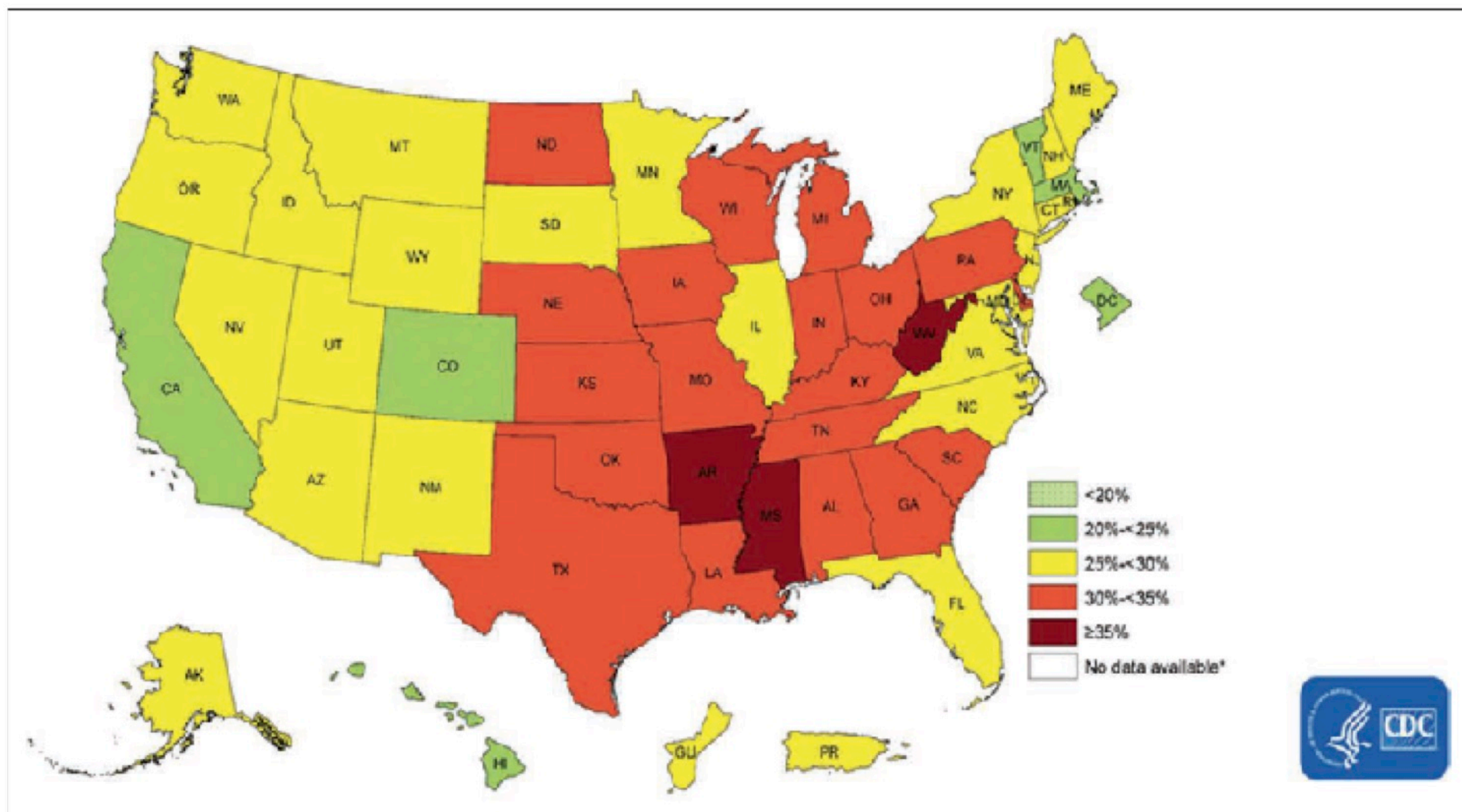
CV Risk Factors: Diabetes

- 29 million Americans
 - ▣ 9.3% of the population
 - ▣ Estimated 27.8% are undiagnosed (8.1 million)
 - ▣ 1.4 million Americans diagnosed every year
- 7th leading cause of death as of 2010
- Diabetes is independent risk factor for:
 - ▣ 1.5 times higher rate of Stroke (more ages >65)
 - ▣ 1.7 times higher rate of CVD death
 - ▣ 1.8 times higher rate of Heart Attack
 - ▣ 71% have high blood pressure
 - ▣ 65% have high cholesterol
 - ▣ Primary cause of kidney failure 44% of the time

CV Risk Factors: Diabetes



CV Risk Factors: Obesity 2014



Heart Attack Warning Signs

Typical

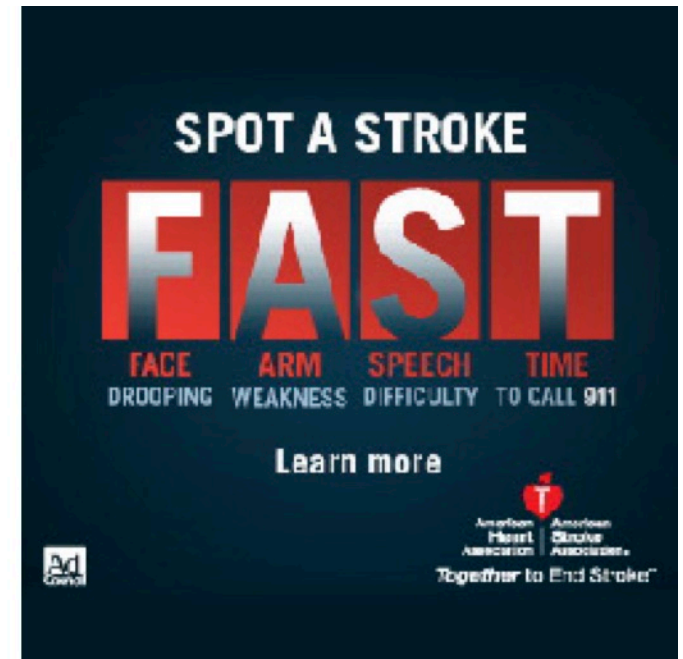
- Left sided chest pain or pressure
- Pain into left arm and/or jaw
- Shortness of breath
- Sweating
- Nausea/Vomiting

Atypical

- Pain/pressure may be in center of chest and/or back
- Vague chest discomfort
- Indigestion
- Fatigue

Stroke Warning Signs

- Acute Onset of:
 - ▣ Numbness and/or weakness
 - Of the face, arm or leg
 - Especially on one side of the body
 - ▣ Confusion
 - ▣ Trouble speaking or understanding
 - ▣ Trouble seeing in one or both eyes
 - ▣ Trouble walking
 - ▣ Dizziness
 - ▣ Loss of balance or coordination
 - ▣ Severe headache with no known cause
 - ▣ Nausea or Vomiting



What can I do???

- See your doctor regularly and be a part of your own care
- Take your medications as instructed
- Know your numbers:
 - ▣ Blood pressure
 - ▣ Blood sugar
 - ▣ Cholesterol
- Be active

What do you do?



- If you think you, or someone you know is having symptoms of a heart attack or stroke:
 - ▣ Call 911 immediately
 - ▣ Note the time the symptoms started
 - ▣ Gather your medications or med list
 - ▣ Come to the hospital with EMS, even if your symptoms have improved

Questions?



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Health &
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3 John 2

Current Series w/Pastor D

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Series OJB:
The “Theological”
Applications & Infrastructure
to “Health & Wholeness!”

NCOMERS COLLECTIVE WEIGHT: 28,544.9



**NCOMERS ACTUAL TARGET
WEIGHT ELIMINATION:**

“OBESITY” ... IN AMERICA!

- ➡ **35% - Adults, 20/Up - Obese!**
- ➡ **33.35% - Adults, 20/Up - Overweight!**
- ➡ **7 in 10 Adults - Overweight & Obese!**
- ➡ **18% - Children, 6 – 11 - Obese!**
- ➡ **18% - Youth, 12 – 19 - Obese!**

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HEALTH COMPLICATIONS... IN AMERICA

Due to Obesity & Over-Weight:

- ➡ Type II Diabetes!
- ➡ Cardio Vascular Disease!
- ➡ Reduced Respiratory Function!
- ➡ Reduced Physical/Sexual Function!
- ➡ Reduced Quality of Life!
- ➡ 75% of All Monies Spent on Health Care; Due to Lifestyle Choices!

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“FITNESS” ... IN AMERICA!

- ➡ **\$40 Billion Spent Annually!**
- ➡ **40 Million Americans - Purchase Fitness Membership Annually!**
- ➡ **80% - Americans DON'T USE Their Fitness Memberships!**
 - \$20 Millions Dollars Wasted - Annually**

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WHY IS AMERICA "OBESE!" ...



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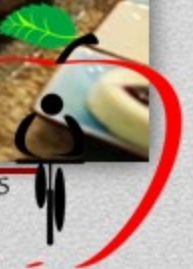


WHY IS AMERICA "OBESE!" ...

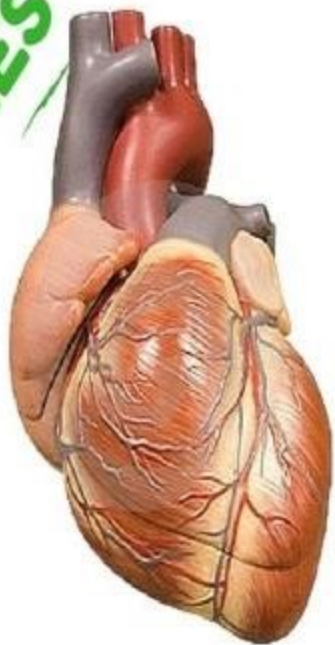


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REMEDIES



SEDENTARY

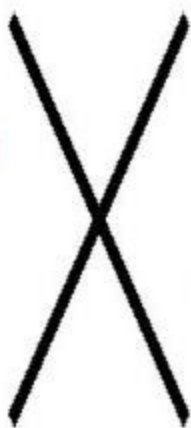


LIFESTYLE



CAUSES

SILENT



KILLER



FOUNDATION SCRIPTURES ... THIS SERIES

3 John 2

Beloved, I Pray Above all things that You
May Prosper and be in **Good Health** as
You Strong in Spirit!

Philippians 2: 13

For God is Working in You the **Desire &
Power** to do What Pleases Him!

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Corinthians 6: 19 - 20

Don't You Know – Your Body is the
Temple (Sanctuary) of the Holy Spirit
Who lives in You, Whom you Received as
a Gift from God? You are Not Your Own,
You were Bought with a Price! So then,
Honor God – Bring Glory to Him in
Your Body!

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Corinthians 3: 16

“Don’t You Know – You are **God's Temple (Sanctuary)** and that **God's Spirit Dwells** in You? If Anyone Destroys **God's Temple**, God Will Destroy Him. For **God's Temple is Holy**, and You Are that **Temple!**”

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Corinthians 6: 13

Food was Made for the **Stomach** and the **Stomach** for Food; God Will **Destroy** Them Both & Bring Them to **Nothing!**

Galatians 5: 12

You Were Called to **Freedom**; Only Do Not Use **Your Freedom** as an Opportunity for the **Flesh!**

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Corinthians 6: 12

Everything is **Permissible** for me – but
NOT Everything is **Beneficial**;

Everything is Permissible – but **I Will**
Not Be Mastered or
Enslaved by Anything!

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Timothy 4: 7

**Discipline Yourself for the Purpose of
Godliness!**

Ecclesiastes 4: 9 - 10

**Two People are Better Than one, Because
They Can Get More Done by Working
Together! If One Person Falls, the Other
Can Help Him Up!**

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“TEACHINGS” ... THIS SERIES



The “Theological” Applications & Infrastructure To Health & Wholeness!

- ✗ **Genesis - Man a “Well-Ordered System!”**
- ✗ **Desires (Appetites) Have Consequences
Origin & Sin of “Gluttony!”**
- ✗ **Biblical Applications - “Pre & Post-Fall
Dietary Eating!” (Parts I & II)**





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“TEACHINGS” ... THIS SERIES



The “Theological” Applications & Infrastructure To Health & Wholeness!

-  **Personal Pleasures & Indulgences - Is the “Fruit of the Vine” a Strong Drink?**
-  **He That Lives in Me - “Kingdom FIT!”**



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PREVIOUS TEACHING... WEEK I

- I. Genesis - Man, Well-Ordered System!
 - a. Vertical Composition... **Wholeness!**
 - i. Three Parts - **Body, Soul & Spirit!**
 - ii. Original Diet Plan - **Eat to Live/
Food for Health!**
 - b. Then Came Death/Man's Horizontal Composition... **Wages of SIN & Thorns & Thistles!**

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PREVIOUS TEACHING ... WEEK III

I. Desires (Appetites) Have Consequences!

a. The First Desire ... **SIN of Gluttony!**

i. Gluttony's Fruit - **Colors & Shades!**

b. Desire & Gluttony ... **SIN Condition of the Heart; Are You Self-Indulgent?**

c. Spiritual Answers to Gluttony ...

Second Adam, Jesus Christ; (4) Ways to Live Self Controlled!

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GLUTTONY'S FRUIT ... COLORS & SHADES

Biblical Term . . . Gluttony

People Who Are Over-Weight or
Obese . . . Does Not Mean They're
Gluttons of Food!

A 100-Pound Person Can be a
Glutton & Unhealthy!

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GLUTTONY'S FRUIT ... COLORS & SHADES

Gluttony is Anything that Takes the **Primary** and/or **Preeminent** Place of God in Your Life!

Philippians 3: 19

Their god is Their **Belly (Appetite)**; Their Minds Set on **Earthly Things**! They Are Governed by **Desires**!

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GLUTTONY'S FRUIT ... COLORS & SHADES

Biblical Term . . . Gluttony

WORSHIP . . . Desires or Appetites
of **Anything** – That Competes for
or Takes the Place of God!

The **Desire – Cravings** for Food;
Person or Material Things!

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COLORS & SHADES TO ... DESIRE

- ✂ SLAVE to FOOD - Excessive Eating!
- ✂ SLAVE to LUST - Man or Woman!
- ✂ SLAVE to THINGs – Love of Money!
- ✂ SLAVE to ADDICTIONs - King Solomon!

Desires Are Obsessive & Must be Made
Subordinate to God; If You Cannot **Control**
Your **Appetites** ... If You Can't Say
NO, You're a **SLAVE!**

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TODAY'S TEACHING ... OBJ'S

Are You a Slave to Your **Desires**?

Pay Close Attention to Your **Desires**!

Your **Desires (Appetites)** Have a
Consequences!

When You Become a Slave to Your
Desires (Appetites) ... Behavior
Begets Outcome!

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GLUTTONY'S FRUIT ... COLORS & SHADES

Biblical Term . . . Desire

Strong's H2530 – “Khä·mad”

Lust After; Covet; Want Greatly!

To Crave . . . Cravings

Intense Desire; to Yearn for
or Long for Greatly!

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GLUTTONY'S FRUIT ... COLORS & SHADES

When You **Desire** Anything
(Food, Person or Material Things)
MORE Than You **Desire God** ...
You've Become a Slave & a Glutton!

Mark 4: 19

Cares & Desires of the World Choke
Out the **Word**!

LISTEN TO YOUR **BODY**!



GLUTTONY'S FRUIT ... COLORS & SHADES

Biblical Term . . . Self-Indulgence

Feeding & Fulfilling the **WANTs** of
Desire (Flesh).

Matthew 23: 25

Woe to you, Scribes and Pharisees,
Hypocrites! You Clean the **Outside of**
the Cup & Plate, but the Inside is Full of
Greed & Self-Indulgence.

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FOUNDATION SCRIPTURES ... THIS SERIES

1 Corinthians 6: 12

Everything is **Permissible** for me – but
NOT Everything is **Beneficial**;

Everything is Permissible – but **I Will**
Not Be Mastered or
Enslaved by Anything!

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SPIRITUAL ANSWER... GLUTTONY

(4) Ways – Self Control

- ✎ Choose/Decide to be - **Self-Controlled!**
Self-Control is a Spiritual Discipline
It's God Who Works in You (**Phil 2: 13**)
- ✎ You Have the Spirit of - **Self-Control!**
(**Galatians 5: 23**)

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SPIRITUAL ANSWER... GLUTTONY

(4) Ways – Self Control

- ✗ Discipline Yourself - Spiritual Fasting!
 - Deepen - DESIRE for God!
 - Spiritual Clarity - Romans 12: 2
 - Strengthen; Help Overcome Struggles (Strongholds) – (Isaiah 58: 6)

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SPIRITUAL ANSWER... GLUTTONY

(4) Ways – Self Control

✍ **Desire God - Be Gluttonous for Jesus!**

- Desire the Word - 1 Peter 2: 2
- Draw Near to God - James 4: 8
- Put God First - Matthew 6: 33
- Be Actively Dead to Sin & Alive to Christ Jesus - Romans 6: 11

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TODAY'S TEACHING ... WEEK IV

I. Biblical Apps - Pre & Post Fall Eating!

a. Man (Adam/Eve) . . . **PRE-Fall Diet!**

i. Plant Foods - **Veggies, Fruits/Nuts!**

ii. God - **Care-Taker of Health!**

b. Effects of Sin . . . **POST-Fall Diet**

i. Food, Cursed Enemy - **Origin of Meat!**

ii. God's Dietary Restrictions - **Israel's Health & Separation!**

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TODAY'S TEACHING ... OBJ'S

Does God Care About What
You Eat?

Are Your Dietary (Eating Choices)
Slowly Destroying You?

You Are the **Care-Taker** of Your
Body; Do You **Understand**,
Everything You **Consume** Can
Produce **Life or Death!**

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GOD'S PRE-FALL DIET ... HEALTH

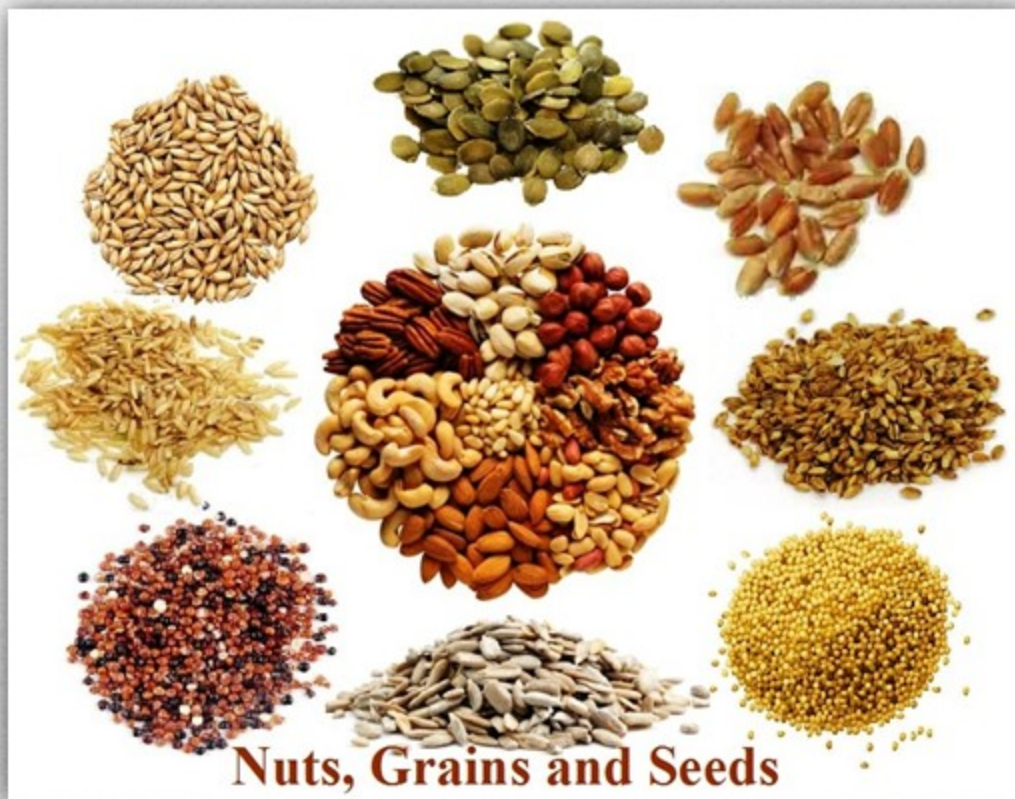


(Unprocessed) Genesis 1: 29 - 30



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GOD'S PRE-FALL DIET ... HEALTH



(Unprocessed) Genesis 1: 29 - 30



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GOD'S PRE-FALL DIET ... HEALTH

Food for Thought!

- ☞ Veggies & Fruits - Main Source of VITs, MINs, Anti-Inflams & Anti-Oxidants!
- ☞ Veggies & Fruits - Contain the Most Detoxifying Chemical (Glucosinolates)



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GOD'S PRE-FALL DIET ... HEALTH

Food for Thought!

Man Lived Longer!

- ➡ **Adam** - 930 Years!
- ➡ **Seth** - 912 Years!
- ➡ **Enosh** - 905 Years!
- ➡ **Methuselah** - 969 Years!

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GOD'S PRE-FALL DIET ... HEALTH

Food for Thought!

- ➡ **Vegetarians** - Lower Incidence of Heart Disease & Cancer!
- ➡ **Vegetarians** - Under Age 65 ... 45% Less Likely to Suffer Heart Attack!
- ➡ **Men** – Eat Little or No **Meat**, Showed Increased Longevity of Life

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GOD'S PRE-FALL DIET ... HEALTH

Food for Thought!

☞ **Men** - Eat Little or No **Meat**, Showed Increased Longevity of Life of **7.8** Years and **4.42** Years in Women!

Daniel 1: 8

But Daniel Resolved that He Would Not **Defile Himself** with the King's Food, or with the Wine he Drank.

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GOD'S PRE-FALL ... WARNING

Genesis 2: 17

“You Shall Surely Die!”

Wages of SIN

“Deterioration” Mind & Body That’s
Progressively Moving Towards
Death!

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THE POST-FALL DIET ... DEATH

Genesis 9: 1 - 4

Origin - Meat in the Diet!

After the Flood . . . No Plant Life
(Vegetation, Fruit & Herbs) Were
Available!

Noah's Instructions:

"Every Moving Thing That Lives Shall
Be **"Food"** for You!"

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THE POST-FALL DIET ... DEATH

Wages of SIN!

Man Became **Care-Taker** - His Body!

- ☞ **Food** - Choice Weapon of satan!
- ☞ **Wrongful Desire** - (Gluttony) Born!
- ☞ **Disease** - All Forms of Sickiness!
- ☞ **Foods & Meats** - Contaminated (**Bad Fats;**
(Whites; Processed; Life Stage)

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THE POST-FALL DIET ... DEATH

Wages of SIN!

(3) Hormones - Create Trouble:

- ✗ **Insulin** - Responds to Sugars/Starch; Creates Fat/Craving for Sugar (Brain)!
- ✗ **Ghrelin** - Produced in the Stomach; Bad Food Choices Causes Hunger to Increase!
- ✗ **Cortisol** - Causes Hunger; Stores Belly Fat & Loss of Muscle!

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THE POST-FALL DIET ... DEATH

Wages of SIN!

Man's Life-Span Shorter!

➡ **Abraham** - 175 Years!

➡ **Sarah** - 127 Years!

➡ **Isaac** - 180 Years!

➡ **Jacob** - 147 Years!

➡ **Moses** - 120 Years!

LISTEN TO YOUR **BODY!**



THE POST-FALL DIET ... DEATH

Wages of SIN!

**1,000 Years After Noah, God Gave
Moses Dietary Restrictions (Clean &
Unclean) for "Israel's" Health &
Separation!**

**(Leviticus Chap's 3 & 11; Deuteronomy
Chaps 12 & 14)**

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DIETARY PLAN ... 21ST CENTURY CHURCH

Jesus & Grace!

1 Corinthians 8: 8

Food Will Not Bring us Closer (make us **acceptable**) to God. Refusing to Eat Does Not Make us Less Pleasing to God and **Eating Does Not Make** us Any Better in God's Sight!

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DIETARY PLAN ... 21ST CENTURY CHURCH

Jesus & Grace!

Did Jesus Give the 21st Century
Church Age ... **Restrictions**
from Eating Any Foods?

Did Jesus Present an Argument
in the “NT” for **Clean &
Unclean** Dietary Eating?

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GOD'S PRE-FALL DIET ... HEALTH

Food for Thought!

Why Do You **Eat** What
You **Eat**? Why Do You **Eat** the Way
You **Eat**?

Are Your **Dietary Food Choices**
Decided & Made According to
Knowledge & Wisdom?

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TODAY'S TEACHING..POWERPOINT

We Identify & Label Our Bad Habits as
... **"That's Just Way I Am!"**

We Make Excuses for Bad Habits &
Behaviors (Eating, Drinking, Dishonesty,
Smoking or _____).

There's Nothing Going on in Your Life –
You Haven't Chosen ... **"You Know
Exactly Who You Are!"**

LISTEN TO YOUR **BODY!**



NCOM HEALTH & WHOLENESS... PRIORITIES

- ✍ “What” I Want to Accomplish ...
Weight Elimination (Pounds to lose)
- ✍ Know the “Why” ... Why I Want/Need
Physical Wholeness!
- ✍ “How” to Transform ... Eliminate Poor
Food Choices; Exercise & Work in
Community!”

LISTEN TO YOUR **BODY!**



REASON'S – PHYSICAL WHOLENESS...



- Mandated by a Holy God!
- Witness/Testimony to the World?
- Too Many Members in the Body of Christ Are Ignoring their Health & Wholeness!

LISTEN TO YOUR **BODY!**



RATE YOUR PHYSICAL WHOLENESS ...



- Do You Know Your Cholesterol, Blood Pressure & Sugar Levels?
- Do You Get Annual Physical Exam?
- Do You Get Sufficient Sleep?
- Are You Overweight?
- Do You Exercise 3 X's a Week?

NCOMers
Health &
Wellness



LISTEN TO YOUR BODY!

NCOM HEALTH & FITNESS TEAM...

- ✍ Weekly Exercise Group (**Sats @ 7:AM**)!
 - ✍ NCOMers - Weigh-in (Bi-Weekly)!
 - Pound Elimination Celebrations!
(5, 10, 15, 20, & Up) “Club”
 - ✍ Nutritional Meal Planning, Daily Devotions & Encouragement!
- facebook.com/groups/KingdomFitNCOM

LISTEN TO YOUR **BODY!**



TEACHING "OBJ'S" ... THIS SERIES



What is the Current State of Your
Health? Should You Feel Better?
Are You LISTENING to Your BODY?

There's a **Spiritual Path** to Health &
Wholeness . . . You Cannot **Break**
God's Disciplines w/o
Consequences!



LISTEN TO YOUR **BODY!**

TEACHING "OBJ'S" ... THIS SERIES



Over the Years, How Have You
Changed Physically? Embrace the
Importance of the Stewardship of
Your **Health, Diet & Exercise!**

Know Your (5)!
Weight! Waist Size! Blood Sugar!
Blood Pressure! Cholesterol!



LISTEN TO YOUR **BODY!**

TEACHING "OBJ'S" ... THIS SERIES Results

Are You a Slave to Your Stomach?
Repent & Rededicate Your Body to
Christ in Service to Him & the
Ministry of the Church!

Identify & Eliminate **Bad Eating &**
Health Habits! Lose the Weight
w/New Habits & Choices!

NCOMers
Health &
Wellness



LISTEN TO YOUR **BODY!**

POWERPOINTS... THIS SERIES



What You
Eat Matters!
Our Appetites
Have
Consequences!



LISTEN TO YOUR **BODY!**



POWERPOINTS... THIS SERIES

Everyone Wants to be Healthy but
Few **“Choose”** to be Healthy!

Physical Health is the **“Force”**
Behind **Spiritual, Mental &**
Emotional Wholeness in Life!

LISTEN TO YOUR **BODY!**



POWERPOINTS... THIS SERIES



Food is a **Powerful Drug/Medicine** to the Body; it Can Either be a Force of **Healing & Strength** . . . or Food Can be a Force to **Destroy & Kill!**

Hebrews 11: 25

There is **Pleasure in SIN** for a Short While!

LISTEN TO YOUR **BODY!**



POWERPOINTS... THIS SERIES results

What You **“Think”** Determines the
Way You Feel . . . What You Feel
Determines the Way You Act – Your
Choices!

Proverbs 4: 23

Be Careful What You **“Think”**
Because Your **“Thoughts”** Run
Your Life!

LISTEN TO YOUR **BODY!**



POWERPOINTS... THIS SERIES results

God Uses Failure to **Teach & Train**
You . . . **Sanctification &**
Transformation Occurs in Steps!

**“I Didn’t Fail 1,000 Times – the Light
Bulb Was an Invention with 1000
Steps!” – Thomas Edison**

Don’t Be Afraid to Fail!

LISTEN TO YOUR **BODY!**

