



The Year of H.O.P.E.

HEALING. OUTREACH. PRAISE & WORSHIP. EMPOWERMENT

“Slow Down: Experiencing Physical, Emotional and Spiritual Healing” Part IV

Your Life Depends On It

Introduction: “The reason they call it soul food is because no food will separate your soul from your body quicker than soul food.” - The Reverend Doctor Lawrence Edward Carter, Sr., *Dean of the Martin Luther King, Jr. International Chapel at Morehouse College*

“It is no measure of health to be well adjusted to a profoundly sick society.” - Jiddu Krishnamurti

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

3 John 1:2

Troubling Statistics: National Center of Health Statistics-Health of Black or African- American Population

Obesity:

- Percent of men 20 years and over with obesity: **37.6%** (2011-2014)
- Percent of women 20 years and over with obesity: **56.9%** (2011-2014)

Hypertension:

- Percent of men 20 years and over with hypertension: **40.9%** (2011-2014)
- Percent of women 20 years and over with hypertension: **44.8%** (2011-2014)

Leading Causes of Death:

1. **Heart Disease**
2. **Cancer**
3. **Stroke**

THE HOUSE OF HOPE MACON

AIDS: We are **12%** of the U.S. population but Blacks make up almost **37%** of all AIDS cases reported in this country. Check: www.netwellness.org/healthtopics/aahealth/introduction.cfm

www.cdc.gov/nchs/fastats/blackhealth.htm

Essential Question: Do you want to get better? If your answer is no, then you are dismissed. If your answer is yes, then stay on the ride. It's about to get bumpy.....

1. **Eliminate** all excuses **John 5:5-9**
2. **Participate** in the process **Luke 17:14**
3. **Control** your cravings **Daniel 1: 3-17**
4. **Take** precautions with your temple **1 Corinthians 6:19-20; 1 Corinthians 10:31**

Top 20 Dangerous Foods You Absolutely Must Avoid:

1. Anything from Fast Food Restaurants
2. Foods with Fat-Free/Low Fat Labels
3. Mechanically produced Hamburgers
4. Ranch dressing
5. Packaged cereals
6. Ketchup
7. Salty snacks
8. Sodas
9. Frozen pizza
10. Packaged cookies
11. Sprouts
12. Coleslaw
13. Non-organic strawberries
14. Packaged sandwiches
15. Frosting
16. Tomato Sauce
17. Anything with artificial sweeteners
18. Pancakes from Pancake Mix
19. Stick Margarine
20. Microwave Popcorn