

Handout 1—Class 10**Nine Principles of Good Health**

**A. Call for the Elders (seek anointing from a minister)**

**B. Manage Your Stress**

How To Manage Your Stress Effectively:

- *Keep things in perspective*
- *Trust God to get you through it!*
- *Get adequate sleep*
- *Eat right*
- *Get adequate physical activity*
- *Take time to relax*
- *Effectively manage your TIME*

**C. Use Alcohol in Moderation**

**D. Use Caffeine in Moderation**

**E. Develop and Maintain a Healthy Diet**

General Principles of Diet:

- *Eat a variety of foods*
- *Do not eat too much!*
- *Avoid pre-packaged, processed and ‘fast’ foods*
- *Make your food the primary source of vitamins*
- *Drink plenty of water*

**F. Stay/Become Physically Active**

**G. Get Adequate Sleep**

**H. Do Not Share Your Illnesses**

**I. Be Careful About “Alternative” Therapies**

The following are claims of alternative therapies or medicines to be wary of:

- Practitioners, therapies or medicines that claim to be able to heal “just about everything.”
- Practitioners who recommend against seeking “other advice” or input from a “doctor.”
- Practitioners who recommend taking supplements available “only through them.”
- Products that claim to “cure” ailments like cancer, or other conditions. It is against the law in most western countries for products to make claims that have no scientific backing.
- Promises of drastic change in a very short period of time—claims that sound too good to be true.