

AMERICAN INDIAN

Living

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REASONS

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a Plant-based Diet

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pg. 2



Just Imagine
Living to a

Healthy
100

Letter from the Publisher



Life for American Indians has changed dramatically in the last 50 years. There has always been a disparity in health. We all know that the mortality rate for American Indians living on or near nation territories is much higher than the general population in North America. Worldwide, the Seventh-day Adventist Church is known for its health message which has provided for its membership and those practicing its teachings to live longer than the average population in any part of the world.

This magazine is not an evangelistic effort. It is an effort to share health teachings accepted by both Seventh-day Adventists and Native America. No culture is more spiritual than the American Indian culture. Mental health has much to do with being in touch with the spiritual side of Creation. Many American Indians, including tribal leaders, have been able to put their Type II Diabetes in remission by using the teachings in the Adventist health system. Seventh-day Adventist health principles are very closely aligned with the true traditional way of living for North American indigenous peoples.

American Indian Living magazine is a partnership between the National Congress of American Indians and the Native Ministries Department of the Seventh-day Adventist Church. Our goal is to make life for American Indians much better, to share success stories, and to be inclusive all good things that bring healing to our people. Your sharing of information, ideas, and needs for your communities is very important to the success of this publication. This publication is designed to not only speak to tribal health leaders in North America, but also health administrators, educators, and the general population of Indian country.

Thank you for spending time with *American Indian Living* and participating in this partnership.

Peace be with you always.

Oná

Robert Burnette
Publisher

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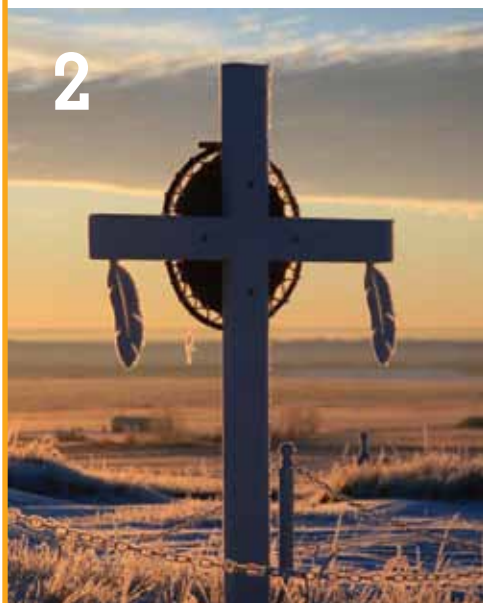
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This article was first printed in the Volume 2, Issue 1 of American Indian Living, and is being shared again by special request.

INDIAN CULTURE AND SPIRITUALITY

BY FRED L. ROGERS

In our last issue we agreed to discuss the similarities of our ancestors and that of Old Israel. To many people it has been a surprise to discover that the native People of this country were so civilized and advanced in their culture. But, these misconceptions are not surprising, due to the history that has been presented concerning our people, and the suppression of the truth. Why would the truth be suppressed? Let me sidetrack for a moment.

We have already discussed that the Native People were totally misrepresented by the invaders of their lands. We have pointed out how they (Natives) were represented as savages and less than human, even though they had the form of humans. We also

discovered the reason this was done was to justify, via international and religious law, taking the Indians' land.

Before we make the connection of our ancestors with the children of Israel, let's first look at what honest visitors had to say about the Natives of this land. There are numerous references we could cite, but we will only use a few. John James lived with

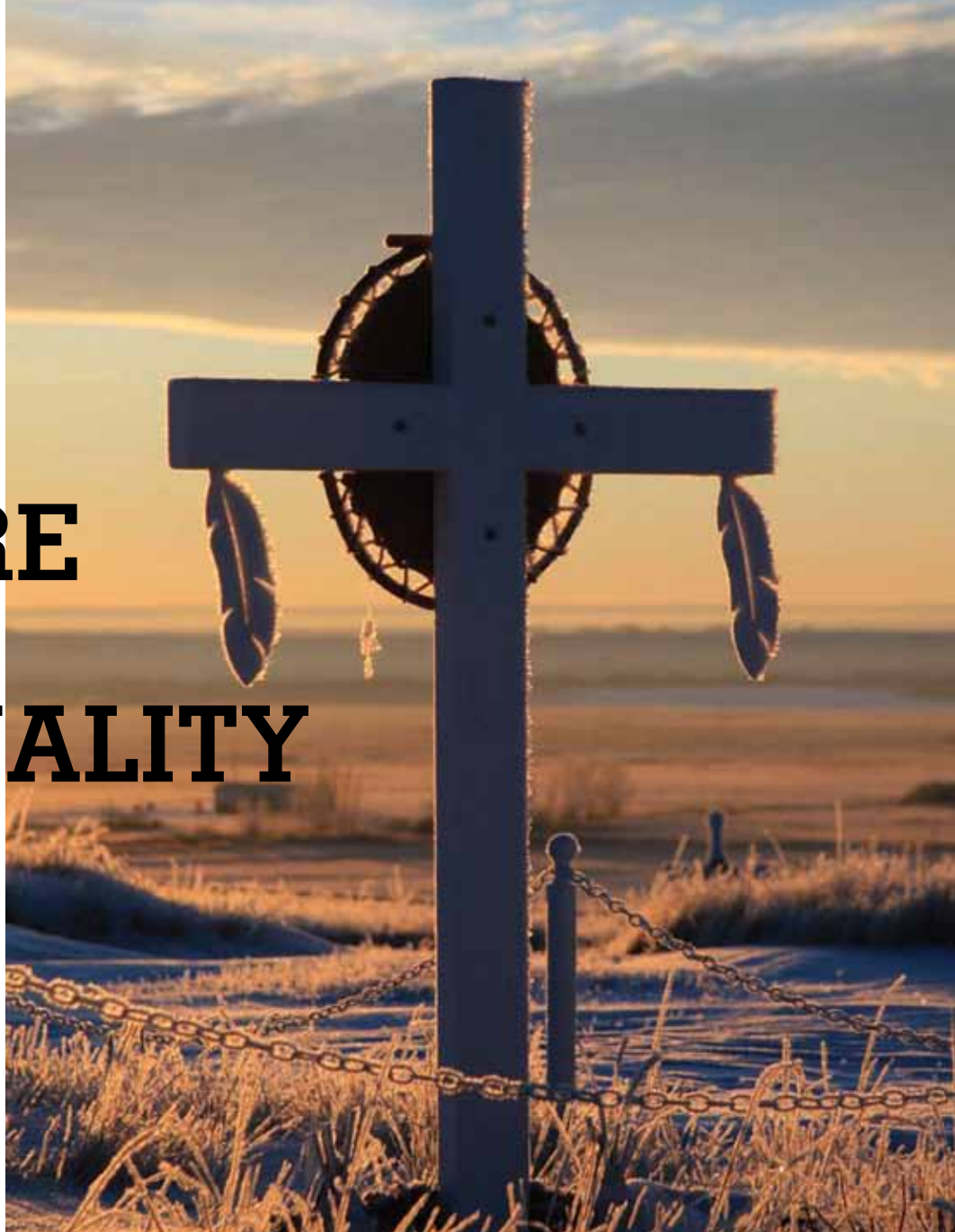
the Choctaw Indians of Texas for some 60 years and had this to say of their religion.

"I claim for the North American Indian, the purest religion, and the loftiest conception of the Great Creator, of any non-Christian religion that has ever been known to this old world..." Gospel of Redman, Ernest Thompson Seton p. 2.

Questions could be raised about the truthfulness of the above statement if this was the only testimony, but they are numerous, and come from all corners of our land. This is one of the tests that I

Their purity of purpose and observance of the rites of their religion are remarkable.

—Cpt. Bonneville



The most surprising fact relating to the North America Indians, which until lately had not been realized, is that they habitually lived in and by religion to a degree comparable with that of the old Israelites. –Garrick Mallery (1886)

apply to truthfulness of what was written about the history of our people. If many different people from different parts of the country are saying the same thing, I can place confidence in what is being said.

So let's cite a few more statements concerning the religion of our ancestors.

Washington Irving, in *The Adventures of Captain Bonneville* (1837, p. 171), quotes Bonneville after his visit to the Flatheads, Nez Perce, in 1834. This was before contact had been made by white traders or missionaries. Bonneville stated flatly: "Simply to call these people religious would convey but a faint idea of the deep hue of piety and devotion which pervades their whole conduct. Their honesty is immaculate, and their purity of purpose and their observance of the rites of their religion are most uniform and remarkable. They are certainly more like a nation of saints than a horde of savages."

Ernest Seton, employed as a guide in 1912-14 a man by the name of Tom Newcomb. Newcomb had served as a scout of the Miles campaign, and had lived with the Lakota People in the early 1870s. Seton quoted Newcomb as saying: "I tell you I never saw more kindness or real Christianity anywhere. The poor, the sick, the aged, the widows, and the orphans were always looked after first. After every hunt, a good sized chunk of meat was dropped at each door where it was most needed. I was treated like a brother; and I tell you I have never seen any community of church people that was as really truly Christian as that band of Indians" *Gospel of the Redman*, Seton p. 3.

I will share one more account given to us by Seton about a Jesuit missionary that he became acquainted with at Standing Rock, Fort Yates, North Dakota, the

summer of 1912. A.M. Beede had gone to North Dakota with visions of converting the Native People to his particular form of religion. Even though he was young and enthusiastic concerning the task that lay before him, he was honest and sincere. We know this by the approach that he pursued.

He devoted time to learning the language and studying the culture of the people that he wanted to reach. Into his studies he ceased to call the Native People "benighted heathens," and was admitting they were a noble race with high standards of religion and ethics. He also admitted that the medicine lodge was a true church of God.

Some years later, Seton once again visited missionary Beede, but discovered he was now a lawyer. Beede told Seton the following: "I realized that the Lakota were worshippers of the one true God,

and their religion was one of truth and kindness. They do not need a missionary, but they do need a lawyer to defend them in the courts. So I abandoned my role as missionary and studied law. After some years, I was admitted to the bar of North Dakota, and now I am their permanent official advocate in all cases involving Indians that come into court. Of course the missionaries have unfrocked me, and the Indian agents hate me..." *Gospel of the Redman*, Seton, p. 37-38.

But, were the early Native Americans really similar to the Children of Israel? Again we will seek the testimony of different people from different corners of America. First we learn from a Cherokee by the name of Dr. Emmett Starr, who wrote *The History of the Cherokees* (1921).

Starr was born in 1870 in Indian Territory and died in 1930 in St. Louis.





Being a Cherokee in that era makes him a credible source to gather the information that we seek. Starr had the following to say concerning our point: “When the early missionaries came among the Cherokees, they were astonished at the similarity of the religious traditions of the Cherokees to the biblical accounts” p. 23. Although Starr did not say “Israel,” it becomes obvious to what he is referring.

Now we must consider what others had to say on the subject. James Adair was a man that devoted his life to recording the history of the Native People living in the Southeastern area of our country. Adair plainly states, “From the most exact observation I could make in the long time I traded among the Indian Americans, I was forced to believe them literally descended from the Israelites, either while they were a maritime power, or soon after the general captivity; the latter, however, is the most probable. This descent I shall endeavor to prove from their religious rites, civil and marital customs, their marriages, funeral ceremonies, manners, language, traditions, and a variety of particulars,” *Cherokee Beliefs and Practices*, James Adair, p. 14-15.

We will look at one last reference on this point. Garrick Mallery was born in 1831 and wrote several books on Native Americans. He stated in his book, *Picture Writing of the American Indians* (1886), the following: “The most surprising fact relating to the North America Indians, which until lately had not been realized, is that they habitually lived in and by religion to a degree comparable with that of the Old Israelites under the theocracy. This was sometimes ignored, and sometimes denied in terms, by many of the early missionaries and explorers. The aboriginal religion was not their (missionaries’) religion and therefore was not recognized to have an existence or was pronounced to be satanic.”

Preceding articles of this issue, show that the Native Americans’ religion was ignored, denied, and pronounced to be satanic. The hatred that was created between the Native population and the newcomers was intense.

This hatred had spread by those who thought they were doing the will of God by exterminating Indians.

How ironic that His name should be “love.”

The plan apparently was to denigrate the Native American people so that everyone would believe they should be exterminated and that it was the will of God. This rational would satisfy the requirement of international law and the unfounded belief of the Church, which said that you could dispossess a people of their land if they were heathens and savages. But, had the truth been presented as Mallery alludes to in the above statement, the invasion would have been illegal.

We do not have space to list the comparison between our ancestors and Old Israel in this article. That will have to wait until the next issue, but I will leave you with just one to ponder. In the Bible, God told the Children of Israel to establish six cities of refuge (Numbers 35: 6-15). We shall discover that the Native Americans also had cities of refuge. We will cover this in more detail in our next issue. ■



“Indian Culture and Spirituality” deals with myths promoted over the years about the American Indian people. Any comments or questions may be directed to fllcrogers@msn.com.

This article is one of a four-part series. If you would like to read more, please visit the Native American Living archives at SouthernUnion.com/AmericanIndianLiving, or email us at AmericanIndianLiving@southernunion.com.



A TIP ABOUT
SECONDHAND
SMOKE

NO ONE CHOOSES TO TAKE UP SECONDHAND SMOKING.

Nathan, Age 54
Oglala Sioux
Idaho

Secondhand smoke at work triggered Nathan's severe asthma attacks and caused infections and lung damage. If you or someone you know wants free help to quit smoking, call **1-800-QUIT-NOW**.

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You Don't Have to Break a Record: **JUST DO IT!**

BY TYLER AND AMY BOWER



photography by
Jessica Lozano

On February 24, 2013, my wife, Amy, and I successfully completed the Cowtown Marathon in Fort Worth, Texas. It was my first marathon and number nine for Amy. To say that we “ran” the marathon is a bit of an overstatement. We prefer to stick with the vague, yet accurate, description that we “finished” the marathon. It was 26.2 miles of running, walking, and — I’m not going to lie — the occasional shuffle. I knew we weren’t running at a world record pace, but I still felt pretty good about our performance. Unfortunately, that bubble was burst in the last half mile when I glanced to the side and noticed a woman on the sidewalk pushing a baby stroller, slowly passing us. Not to be outdone by a mother on an afternoon stroll, I knew it was time to dig deep, push past the pain, and sprint (i.e., shuffle-walk) to the finish line.



When you're in the middle of an event like a marathon, it's easy to forget all the good reasons that led to signing up for it in the first place. Exhaustion has a way of driving rational thought right out of your head, and you end up just trying to put one foot in front of the next. But looking at it objectively and from a distance, there are a host of great benefits to regular exercise. You don't have to run a marathon or half-marathon to experience these benefits, but it does take dedication, consistency, and time to realize the full blessings that come from exercise.

We know that vigorous exercise releases "feel-good" chemicals in our brain, God's built-in antidepressants. I can't count the number of times I've gone to the gym feeling drained and weary, only to leave feeling strong and renewed. Exercise is also a great way to reduce stress, clear your mind, and give you fresh motivation to tackle life's challenges. A plan for regular exercise, in conjunction with a healthy diet, is an absolute necessity for anyone trying to lose weight, stay in good health, and remain strong as the years tick by. Despite all the benefits of exercise, many of us have a hard time making it a part of our regular

schedule. It's easy to let other things take priority and put our exercise plans on the back burner. I'd like to suggest a few tips that have helped my wife and me make exercise a regular part of our routine.

Sign up for an event.

I have to admit that I never would have gotten up early for Sunday morning runs if I hadn't signed up for the marathon. When you sign up for an event, whether it be a 5k or a marathon, it gives you a solid goal to work for. It's a little extra motivation to get out there and work hard.

Keep an exercise journal. I like to keep track of my workouts every time I go to the gym. I record how much weight I lift and how many reps I do. This allows me to monitor my progress from week to week. Sometimes it doesn't feel like I'm making much progress, but then I can always look back on my journal to see how far I've come. It's always encouraging to see real evidence that the hard work is paying off.

Join a group. If you're trying to develop a habit of exercise, it's sometimes hard to hold yourself accountable. But, if you join a group, you have others to help motivate you. I've been a part of running groups and

cycling groups, and I can't even guess the number of times that I dragged myself out of bed simply because someone else was counting on me being there. Find a group that is doing the kind of exercise that you enjoy, and become a part of it. Use peer pressure to your advantage.

After Amy and I finished the marathon, we met up with the rest of our church group who had also run that day. We all stood around eating our victory ice cream, sharing war stories, and comparing joint aches and muscle cramps. We hugged, congratulated each other, and shared in the agreed-upon lie that "we should totally do this again next year." At the time, running another marathon was the last thing in the world that I wanted to do. I was glad I had done it, glad that I finished, and perfectly content to cross it off my bucket list. But now that several months have passed and my legs have healed, I'm starting to think that maybe I should give it another shot. Maybe this time I'll train a little bit harder; maybe I'll be able to run a little more and shuffle a little less. I don't think I'll break any world records, but with a little luck and a lot of hard work, I just might be able to outpace the lady with the baby stroller. ■



Tyler Bower is pastor of the Fort Worth First Adventist church in Fort Worth, Texas.

GET IN THE GAME

"We do not inherit the Earth
from our Ancestors; we borrow
it from our Children"

- Native American Proverb



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whole family, visit HealthCare.gov/tribal



FREEDOM FROM CAPTIVITY

BY FARZAD NOURIAN

On any given day I come across people who spend a lot of time worrying about anything and everything. They worry about bills, the economy, changes in health care, mortgages, shrinking budgets, unemployment, first impressions, identity theft, etc. Of course, I'm not immune to worry myself. In fact, I do a better job telling others to relax than practicing it myself.

I have learned that one can waste hours, days, and even months by worrying. I'm not talking about concern that identifies problems and helps resolve them. I'm talking about excessive worry that can hold us captive. Are you captive to your worries, or are you truly free? Are you addicted to worry like some people are addicted to alcohol and drugs? Do you believe worry is just a natural component of living?

Worry is negative meditation that forces your focus in the wrong direction. Prayer keeps the focus on our Creator, bringing peace that

transcends all understanding. Worry pulls us down like a magnet. Our Creator wants us to turn over worries and concerns to Him because He cares. Worry is the opposite of trust. Ask yourself if you truly trust your Creator to take care of your problems, or if you have decided to do it on your own. Trust Him. He is always ready and waiting to hear from you.

In a world of uncertainty, are you truly free of worry, or have you chosen to be a prisoner?

I pray and hope that today you will choose to cast your worries on your Creator and allow Him to free you and provide the peace that surpasses all understanding. ■

“Worry weighs a person down; an encouraging word cheers a person up.”



*This excerpt is from the Creation Health Devotional (Orlando, Florida: Florida Hospital Publishing, 2011).
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4

reasons

Why I Prescribe a Plant-based Diet

CARLOS JAPAS, M.D.

When I think about the most important elements of a healthy lifestyle, the first thing that comes to mind is diet. And, the latest scientific evidence indicates that there's no better option than a plant-based diet. Here are four ways in which a plant-based diet promotes optimum health:

1. Plants are high in dietary fiber

Fiber-containing foods occupy large spaces in the gastrointestinal tract. This contributes to the feeling of fullness and provides a steady stream of energy to the body, helping to equalize glucose and insulin. Dietary fibers also help maintain the health of the colon and the intestines. They do so by acting as “sweepers,” cleansing them of waste products and absorbing moisture. Moreover, the presence of fiber in the gastrointestinal tract helps reduce the amount of time that bile acids are exposed to the walls of the intestine, lessening the potential for erosion and ulceration. Inflammation and ulceration can lead to a change in DNA that can show up later as pre-cancerous lesions and malignancy.

A plant-based diet also helps decrease cholesterol. The good news is that plant foods don't contain cholesterol to begin with, and they are rich in many of the nutrients that help lower cholesterol levels. Remember, animal foods contain no dietary fiber and are rich in cholesterol. Think of it this way: If it comes from a plant food with roots, it contains fiber; if it has a momma with a face and legs, it does not. This includes all meats and dairy products. Whole grains, fruits, legumes, vegetables, and nuts provide a balanced and healthy diet without the harmful effects of animal products.

2. Plants are rich in vitamins and minerals

A plant-based diet provides a variety of vitamins and minerals that are essential for the absorption of nutrients into the cells. To get the most benefit, choose a wide variety of brightly-colored fruits and vegetables. Iron, a mineral sometimes considered deficient in vegetarians, is found in abundance in spinach, lentils, almonds, and chia seeds. Whole grains and nuts (in moderation) are also an important part of a healthy plant-based diet. Green vegetables and legumes, such as beans, peas, and lentils, are a good source of folate, an important nutrient that helps to prevent birth defects, depression, and dementia. Vitamin B12, which is often recommended to those who don't consume meat or eggs, can be obtained through supplements and fortified foods.

3. Plants are a great source of protein

Proteins promote growth and help maintain a variety of body functions. When confronted with the myth that plant-based diets do not contain essential amino acids, I am compelled to mention mammals, many of which constitute the largest creatures on earth. I am impressed by their muscle size and strength, and am reminded that they obtain their nutrients from plant sources. Remember, the best way to obtain protein is to get it



BREAKFAST MUESLI

- 1 can crushed pineapple (in its own juice)
- 1/2 teaspoon salt
- 1 1/2 teaspoon vanilla
- 1 medium grated apple
- 2 cups old-fashioned rolled oats
- 1/4 cup grated coconut
- 1/4 cup raisins
- 1/4 cup slivered almonds

Mix well first four ingredients, add next three ingredients, and refrigerate covered overnight. When ready to serve, add almonds. Keeps well several days if refrigerated. Can substitute pineapple for other juicy fruit like mango. If mango is too dry, you can add the juice of one orange. Also, the almonds can be substituted with your favorite nut.

SERVES 4-6

COCONUT FLAN

- 2 cans of coconut milk, standard size
- 1/2 cup cornstarch, pressed down
- 1/2 cup sugar of choice
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla

Mix above ingredients in the blender. Heat to thicken, stirring while cooking to prevent lumps. Place cooked mixture on rectangular baking tray. Refrigerate overnight. Serve squares garnished with a piece of fruit of your choice.

SERVES 12

Always strive for the best, and move toward the ideal established by our loving God who desires our joy on earth as well as in heaven.

Health | Diet

firsthand — from plants. Animal foods provide second-hand proteins, which have already been processed by another living being.

For many generations, vegans in India have abstained from animal foods, and consumed a variety of vegetables, fruits, grains, and nuts, and show no evidence of physical or mental impairment. Similarly, researchers have shown that there is a lower incidence of colon cancer among the Bengali population (who are largely vegans) compared to those in Western civilizations.

4. Plants are the best source of antioxidants

Fruits and vegetables are best known for their antioxidant properties. Antioxidants are buffers (acid neutralizers) that interact with free radicals (acids) that come into our systems through food. If the body is not able to react to such acids, inflammatory processes that lead to chronic illnesses, such as cancer, will follow. With disease, the normal balance of the electrically charged particles (homeostasis) is disrupted. All of the highest sources of antioxidants come from fruits and vegetables. For example, the American Heart Association stated that “three or more servings of blueberries and strawberries per week may slash a woman’s risk of a heart attack by as much as 33 percent. The researchers

attributed these benefits to the berries’ high anthocyanin content, which may help dilate arteries, counter the buildup of plaque, and provide other cardiovascular benefits.”

A wealth of studies show that many chronic diseases such as diabetes mellitus; cancers of the colon, breast, and prostate; osteoarthritis; hypertension; atherosclerosis; heart disease; obesity; and anxiety and depression, among others, are related to eating animal foods and their by-products. Adopting a healthy lifestyle that includes a plant-based diet can prevent many of these diseases.

Allow me to end with a most authoritative statement: “Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart strength, a power of endurance, and vigor of intellect that is not afforded by a more complex and stimulating diet,”
The Ministry of Healing, p. 296. ■

Carlos Japas, M.D., is an internal medicine specialist in private practice at Texas Health Huguley Medical Center in Fort Worth, Texas.

GARBANZO BEAN SALAD

- 2 cans garbanzo beans, drained and rinsed

- 1 can chopped black olives
- 1 sweet red pepper, chopped OR 1 cup grape tomatoes, halved
- 1/2 white onion, chopped
- 3 cloves garlic, minced

- 1 to 2 tablespoons olive oil
- 1/4 cup fresh lemon juice
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 2 tablespoons chopped parsley
- 1/4 teaspoon cayenne pepper

- 3 large avocados, diced

Mix all the ingredients except the avocados. Gently incorporate diced avocados to keep their shape.

SERVES 6-8





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Would you like to experience life at its very best and find new energy and peace? Perhaps that would turn your whole life upside down—for the better?

The Secrets of OPTIMAL HEALTH

BY DES CUMMINGS JR., Ph.D. (WITH MONICA REED, M.D.)

SUCCESS STEPS

► CALCULATE YOUR LIKELY LONGEVITY:

Visit the website *Healthy100.org* and complete the longevity calculator. This will give you a starting point to better understand your health future should you continue with your current lifestyle.

► ANALYSIS:

Do a “gap analysis” on the results between where you are and where you want to be. Become a Healthy100 member and receive added support to advance your health.

► LEARN:

Study the eight principles for healthy living as expressed by the CREATION Health acronym. You can learn more about these principles by going to the website *CreationHealth.com*.

► PLAN:

Create your own plan based on the CREATION Health principles. Your plan should include areas in which you can make positive lifestyle choices to change your health future. With this new plan you'll be on your way to imagining a Healthy 100.

Well, the keys to a transformation like this is not to go on a broccoli-only diet, or to run 12 miles each day, or to start taking 10-minute “power-naps” each hour.

It would be nice if the secret of optimal health is eating an ice cream bar every afternoon, but in reality it's about learning a new way to think about your life.

Sound simple? It is — and it isn't. The concept is simple; learn about and practice eight easy-to-remember steps to a new life. Of course, like everything good, the process calls for commitment, energy, and time. Yet making these changes will yield rewards far beyond your expectations.

Just imagine. You can have a better life! The best life!

Go find a mirror and say this to yourself, out loud: “I can have a better life. I can have the best life!”

What would a better life look like to you? Perhaps you're living a pretty good life already, and you may be wondering, “Why do I need more health advice? I'm in decent shape. I eat pretty well. I sleep okay. How can this information help me?”

No matter what level of health you may have, the secrets of optimal health can take you even higher.

You'll have more energy, vitality, and a brighter sparkle in your eye. They can even add new certainty to a teenager's step. For those entering their 50s or 60s or 70s (or better!), the secrets can help make every day a better day. And, should you not be satisfied with your present health, those same secrets can get you feeling and looking great.

For most people, the goal will simply be to start feeling better every day — to quit getting sick as often, to lose some weight, to sleep better at night, to get the heart rate down, and ratchet the outlook-on-life meter up a few more notches. These are great goals, but there's more to all of this than simply making your own day better.

For example, you've got to live longer for the sake of the generations to come. Whether it's your children or grandchildren, people on this earth need what you can offer—yourself and the wisdom you've gained through the years. If you don't do what you can to live better and live longer, then all of the significant people you love in your life, may miss out on years of joy you could have spent encouraging and loving them. So, desiring a better life isn't just about helping make you into a better

you, it's about being around to leave the legacy you want to leave.

If these goals sound good to you, read on and you'll discover a realistic and doable model of what life ought to be. For CREATION Health is far more than another “health” program. It's not about one group's religious practices, though if you practice the principles “religiously,” you will do well. The “secrets” aren't hidden in some code that only those with special formulas or knowledge can decipher. And none of it is a fad of any kind.

The principles of CREATION Health are as old as time, straight from the Maker's Manual, so they are as universal as He is. The “program” is, in reality, a way of living that anyone can adopt. And when they do, people's lives change, improving in many ways, and bringing new energy and personal peace.

We know this because so many people have told us how CREATION Health has transformed their lives, including the following:

- A chaplain who has turned his life around through becoming physically active
- A man who learned to slow down, and in the process found his family

Health | Success

- A cancer researcher who got cancer himself, and then beat it with the support of his network of close relationships
- A hospital employee who lost nearly 140 pounds and is keeping it off thanks to a changed lifestyle that involves a better diet, more exercise, and an inner commitment to living “life to the full”
- A person whose close encounter with death from heart disease forced a total makeover, including dietary changes, changes in attitudes, how they felt about their purpose for living, and a decision to lifelong learning about healthy living in general

These are people like you. Though you may not share the exact same situations, challenges, limitations, abilities, or disabilities, you do share the same opportunity to live life to the full. There is no doubt that when people decide to alter their lives, when they make personal commitments to make wiser choices, to eat healthier, to exercise more, to enjoy adequate rest, to celebrate the best in their environment, and more - amazing things happen.



You Don't Have to Settle for “Good Enough”

If there is a difference between these people and many others it is that at some point they decided that, in terms of their health, “good enough” was not good enough, and that they wanted to experience complete health — mentally, physically, spiritually, and socially — another word for which is “wholeness.”

Like everyone else, you want to live without sickness, to have healthy legs, sharp eyes, and a quick mind. You want to be healed from everything unhealthy, and you would prefer not having to worry about cancer, accidents, and aging...for your own sake, and the sake of those you love. Desiring to be healthy is good.

But CREATION Health is about wellness, and wellness is more than health, and far more than the mere absence of disease. Wellness is being mentally fit, physically robust, spiritually vital, and socially comfortable. It is being able to face accidents, aging, and illness with a positive outlook and real hope.

Most of all, it is trusting that your Creator has a better idea for living, and that He is eager to help you experience wellness in every way.

Yes, CREATION Health is the Creator's secret formula for living well — a secret that He's always wanted you to know and practice because He loves you and is eager for you to experience life to the full. ■

ACRONYM



Choice

Choice is the first step toward improved health because people who believe they are in control over their own lives are healthier and live longer.



Rest

Rest is good sleep and also taking time to relax. Relaxation lowers blood pressure and reduces stress.



Environment

Environment is our external world but also affects what happens within us for the better or worst.



Activity

Activity includes physical and mental conditioning. Our goal is to be active in mind, body and spirit.



Trust

Trust in God speaks to the relationship between spirituality and healing. A link exists between faith and wellness.



Interpersonal Relationships

Interpersonal relationships strengthen our well being. Social connection fortifies our resolve and improves our health.



Outlook

Outlook creates our reality. Our mind influences our body and our attitude impacts our health.



Nutrition

Nutrition is the fuel that drives the whole system. Small improvements and strategic substitutions produce profound results.

This article is based on information in CREATION Health Discovery, by Des Cummings Jr., Ph.D., with Monica Reed, M.D. (Orlando, Florida: Florida Hospital Publishing, 2011). Used by permission. All rights reserved.

American Indian Living **Radio:**

FEATURING CURRENT HEALTH TOPICS THROUGHOUT INDIAN COUNTRY

H Heard on some 100 stations across the U.S. and into Canada, American Indian Living addresses a broad range of health issues, viewed in a holistic manner consistent with traditional Native American values. This 60-minute, weekly radio show provides practical material throughout Indian Country using a lively interview format. Special attention is given to topics of current interest. Examples

include the following: applying traditional First Nation health practices today, diabetes treatment (as well as preventing diabetes among Native American youth), new hope for addictions, cultivating mental health in the face of difficulties, the health implications of preserving Native languages, environmental health, and the value of tribal communities in health promotion.



Indian | Radio

American Indian Living also provides a voice for tribal leaders and medical experts to share health information across Indian Country. Examples of tribal leaders and/or health experts who have been featured on the show (with their affiliation at the time of our broadcast) appear below.

- Ronny A. Bell, Ph.D., M.S. (Lumbee), Maya Angelou Research Center on Minority Health, Wake Forest University School of Medicine, Winston-Salem, North Carolina
- Thomas Dardar Jr., Principal Chief, United Houma Nation, Louisiana
- Jerry Freddie, Health and Social Services Committee Member, Navajo Nation Council
- Leonard M. Harjo, Principal Chief, Seminole Nation of Oklahoma
- Jeffrey A. Henderson, M.D., M.P.H. (Lakota), President of Black Hills Center for American Indian Health
- Ivan M. Ivan, Sr., Chief, Akiak Native Community (IRA), past multi-term Alaska Congressman, Akiak, Alaska
- Rex Lee Jim, Vice President, Navajo Nation
- Jillene Joseph (Gros Ventre, Fort Belknap, Montana), Executive Director, Native Wellness Institute
- Judith Kaur, M.D. (Choctaw, Cherokee); Oncologist; Medical Director for Native American Programs, Mayo Clinic, Rochester, Minnesota
- Charles Locust, Assistant Chief, United Keetoowah Band of Cherokee Indians
- Richard Milanovich, Tribal Council Chairman, Agua Caliente Band of Cahuilla Indians, Palm Springs, California
- Randy Noka, Councilman, Narragansett Indian Tribe
- Alma Ransom, Past Chief, St. Regis Mohawk Tribe
- James Ransom, Tribal Chief, St. Regis Mohawk Tribe
- Donald Warne, M.D., M.P.H. (Oglala Lakota), Executive Director, Aberdeen Area Tribal Chairmen's Health Board
- Mike Williams, Council Member, Akiak Native Community, Akiak, Alaska

American Indian Living is hosted by David DeRose, M.D., a board-certified specialist in both internal medicine and preventive medicine. DeRose also holds a master of public health degree with an emphasis in health promotion and health education. He has worked closely with many Native Americans, including tribal leaders, to help address health problems in Indian Country. His treatment strategies are based on natural therapies that provide new hope for conditions like diabetes, heart disease, high blood pressure, and obesity. DeRose's research has been published in peer-reviewed medical journals, including the *Journal of the American Medical Association*, the *Annals of Epidemiology*, and *Preventive Medicine*.

American Indian Living can be heard on some 100 stations throughout the country, as well as on Internet live

streams hosted by LifeTalk Radio and Native Voice One. The show is also carried on a third network, Family First Radio. To see if a radio station in your area is an affiliate of one of these three networks, you can check these links: <http://www.lifetalk.net/article/4/stations>, <http://www.nv1.org/stations.html> and <http://familyfirstradio.com/about/stations/>.

If a station in your area does not carry the show, you can listen to the live stream on Tuesdays from 5 to 6 p.m. Eastern Time at LifeTalk Radio (www.lifetalk.net) or on Native Voice One (www.NV1.org). Native Voice One airs each weekly-produced show eight times per week on a schedule that can be accessed here: <http://www.publicbroadcasting.net/nv1/guide>.

Just Imagine Living to a Healthy 100

BY DES CUMMINGS JR., Ph.D.

If I had a pill that could extend life by 11 years, it would be considered a wonder drug and would be sought after by millions. I would feel as if I needed to make this pill available to you, your family, and the world so that everyone could enjoy the benefits of a longer, healthier life. While I do not have such a pill, I do know a lifestyle that could add an average of 11 years to your life.

This lifestyle has been researched, documented, and verified over more than 50 years. In a special edition of *National Geographic* entitled “The Secrets of Living Longer,” author Dan Buettner highlighted three major lifestyles: Okinawans in Japan, Sardinians in Italy, and Adventists in Loma Linda, California. This latter group he identified as the *All-Stars of Longevity* in

America. While all three groups produce longevity all-stars, the Adventist lifestyle is unique because it is the most universally transferable of the three.

This lifestyle is worthy of your serious consideration because:

- ▶ In many ways it’s better than a pill because it has no adverse side effects.
- ▶ The results have been repeated in populations around the world.
- ▶ The results do not rely on genetics, or inherited traits, and can transfer across races and ethnic groups.
- ▶ It has produced more people who have reached 100 years of age than any other lifestyle in America — a remarkable achievement in a culture moving in the opposite health direction today.



As a result of the research findings, Adventists are receiving increasing attention in the mainstream media. For example, a *US News* article said, “Americans who define themselves as Seventh Day Adventists have an average life expectancy of 89, about a decade longer than the average American. One of the basic tenets of the religion is that it’s important to cherish the body that’s on loan from God, which means no smoking, alcohol abuse, or overindulging in sweets. Followers typically stick to a vegetarian diet based on fruits, vegetables, beans, and nuts, and get plenty of exercise. They’re also very focused on family and community.”

This lifestyle has its roots in the “clean living” movement that emerged in America during the 1800s. In that era some practices that are now known to cause illness were actually thought by physicians to be beneficial for various ailments, including smoking tobacco. By contrast, various groups led by health advocates promoted the value of fresh air, water, sunshine, exercise, and a plant-based diet.

Clearly, history has shown that these early leaders of clean living were onto

something. And that “something” has become the foundation of what we call the “Healthy 100 Movement,” which is based upon eight principles that, when practiced, can help any person who can imagine living healthier — and therefore longer — to actually do so.

Imagining the Healthiest City in America

A few years ago, I received this phone call: “Congratulations! Florida Hospital has been chosen to be the healthcare provider for the new Disney city of Celebration.” The words I had hoped to hear for the past year rang in my ears as excitement engulfed me. A year of creative planning and prayer by an elite team of health leaders had rewarded. Our proposal had been chosen!

The city of Celebration was designed to be the fulfillment of Walt Disney’s original dream for EPCOT (the Experimental Prototype Community of Tomorrow). Michael Eisner, the CEO of Disney at the time, had begun a huge planning and research effort that involved world-famous architects, community planners, and the renowned

Nobody can be in good health if he does not have all the time fresh air, sunshine, and good water.

*—Chief Flying Hawk,
Oglala Sioux
(1852-1931)*



Disney Imagineers in designing “America’s new home town.”

Florida Hospital, along with other nationally leading health organizations, was invited to submit a proposal for creating the “healthiest city in America.” Our vision for health could be stated in one sentence: *“Our goal is to create the healthiest city in America, based on the secrets of the healthiest people in America.”* Our team had focused on answering a vital question: *What are the keys to advancing health in the twenty-first century?* And we had been chosen, in part, because of our long history with promoting health while also treating disease.

Armed with our rich history and the health principles of our past, we began planning health into Celebration and designing the hospital of the future. As our team studied both our history and the principles in question, it soon became clear that the basic health values of our pioneers could be traced to one source — the biblical story of creation. Over and over these health reformers had grounded their advice in the pattern of living that was portrayed in the Garden of Eden — from a vegetarian diet, pure water, physical activity, fresh air, smoke- and drug-free living, to one day a week set aside for time with God and family.

Convinced that the Eden story contained the original model of health, our team set out to translate it into a lifestyle. One biblical creation perspective that was the base of the pioneers’ philosophy was the belief that true health depends on vitality of the body, mind, and spirit. All of these have great influence for advancing health or for developing disease. This is why we seek to provide health and healing to the whole person.

Finally, our health design team devoted hours of research to summarizing the principles of health in the creation story. The result was eight principles of health from the seven days of creation that summarized the major elements of Adventist health philosophy. These eight principles are expressed in an acronym that spells the word CREATION. They form the eight secrets of a Healthy 100:



C - Choice:

The first step toward improved health is making consistent healthy choices, which turn into habits and lead to lifestyle improvement.



R - Rest:

More than getting a good night’s sleep, healing rest means making space in your day to relax, and taking a day once a week for restoration.



E - Environment:

We were made for a garden, but we live in a jungle. Environment is the space outside of us that affects what happens inside of us.



A - Activity:

There are three kinds of physical activity and three dimensions to physical activity. Combine them, and you’re on your way to good health.



T - Trust:

Our faith, beliefs, and hopes affect our health. A trusting relationship with the Creator empowers and enriches every aspect of life.



I - Interpersonal:

Positive relationships contribute to good health, while toxic relationships can destroy it. So, seek to give and receive unconditional love.



O - Outlook:

Outlook not only colors how you look at life, but research suggests attitude can influence your health and even impact the progression of disease.



N - Nutrition:

Food is the fuel that drives your whole system. Eat for energy, eat for mental clearness, eat for long life. After all, your health is worth it.



Your best route to living to a healthy 100 is to embrace and practice these principles, day by day, moment by moment, keeping in mind that full health is more than the absence of disease and its symptoms. It's a realization that the Creator desires each of his children — people like you and me whom He loves and cares about — to have the best that this life can offer. It is trusting that there is a purpose for your life.

The CREATION Health Lifestyle has a long, proven history of wellness and longevity — worldwide! People just like you are making a few simple changes in their lives and living longer, fuller lives. They are getting healthy, staying healthy, and are able to do the things they love, well into their later years. Now is the time to join them by transforming your habits into a healthy lifestyle. ■



If you would like to learn more about the many resources available, visit CREATIONHealth.com.



If you would like to learn more about how to live to a healthy 100, visit Healthy100.org.

*This article is based on information in *8 Secrets of a Healthy 100*, by Des Cummings Jr., Ph.D. (Orlando, Florida: Florida Hospital Publishing, 2012). Used by permission. All rights reserved.*

1. Deborah Kotz, "10 Health Habits That Will Help You Live to 100," *US News and World Report*: <http://health.usnews.com/health-news/family-health/articles/2009/02/20/10-health-habits-that-will-help-you-live-to-100> (posted February 20, 2009). Accessed 07/05/11.

THE WISDOM OF THE AGES

BY DR. DAVID B. BIEBEL

Imagine this. You're attending a powwow, and the dancing and the drumming and the singing are over. Everyone is happy; everyone feels connected; everyone feels blessed. But then it gets even better. As you know, the word "powwow" comes from the Narragansett word "pawwaw," and means "spiritual leader." For the next four hours, you will hear from a variety of spiritual leaders, telling and retelling stories and sharing many valuable insights and much wisdom. One of these elders is Oglala Sioux, and a major part of his presentation is taken from a book published in 1936, entitled: *Chief Flying Hawk's Tales – The True Story of Custer's Last Fight*, which tells of Crazy Horse, Kicking Bear, Sitting Bull, Lame Deer, Spotted Eagle, and Two Moon.

Toward the end of his presentation, this elder pauses, looks slowly around the crowd, until he seems to be looking directly at you. He clears his throat, then shares some wisdom of his own, “Despite their many wounds and adversity, the Great Chiefs we hold in such high esteem often lived longer than many of our people are living today. Our own doctors, medicine men and women, say this is because of the way we live now, the things we eat and drink, and other things that we choose to do or not do that can make us healthy or make us sick. Life in the days of Chief Flying Hawk was harder in many ways, but it was simpler, too, and we are wise when we learn from his words about health: ‘Nobody can be in good health if he does not have all the time fresh air, sunshine, and good water.’”

The Way of Wisdom

Native Americans are much like many other groups in that for much of their history, the wisdom of one generation has been communicated to the next



Surely, the point is clear enough. Elders are obligated to share what they have learned; younger folks will do best when they are wise enough to listen. This is true regardless of whether the subject is related to our bodies, souls, spirits, or our relationships. Another way to say this is that we should listen and learn because it is “healthy” to do so.

Dr. Des Cummings, Jr., an “elder” in a group known as the Seventh-day Adventists, wrote in his book, *8 Secrets of a Healthy 100* (with more than 750,000 copies in circulation):

generation through stories. This was true in biblical times, too, when fathers were exhorted to diligently teach the way of wisdom to their sons using a variety of means: “You shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. You shall bind them as a sign on your hand and they shall be as frontals on your forehead. You shall write them on the doorposts of your house and on your gates” (Deuteronomy 6:7-9, NASB).

“If I possessed a pill that could extend life by eleven years it would be considered a wonder drug and would be sought after by millions. I would feel obligated to make this pill available to you, your family, and the world so that everyone could enjoy the benefits of a longer, healthier life. While I do not have such a pill, I do know a lifestyle that could add an average of eleven years to your life.”

ELEVEN years! Think of that in terms of family time – with about 8,766 hours in a year, you could add

over 96,000 hours to your life. Do you think you could make good use of that time? Most of us can think of many things we might like to add to our “bucket list” if we knew “the bucket” was that far off. Yet how sobering it is to remember that you, or your family members, or your friends might not have all that extra time due to health issues that shorten their lives. And this news would seem all the more relevant for Native Americans, whose life expectancy is already significantly lower than

other Americans.

It's Never too Late to Change

While no one can guarantee that lifestyle change will add a particular number of years to anyone's life, the lifestyle we're describing has been researched, documented, and verified over more than fifty years.

In fact, this lifestyle has its roots in the “clean living” movement that emerged in America during the 1800s. In that era some practices that are now known to cause illness were actually

thought by physicians to be beneficial for various ailments, including smoking tobacco. By contrast, various groups led by health advocates and reformers promoted the value of fresh air, water, sunshine, exercise, and a plant-based diet. Sounds a lot like Chief Flying Hawk, doesn't it!

More recently, a team of creative thinkers at Florida Hospital (an Adventist ministry) set out to answer a vital question: *What are the keys to advancing health in the twenty-first century?* Armed with a knowledge of

the rich history and health-enhancing principles of the Adventist movement, this hand-picked group determined that the essential concepts of health promoted by the denomination's pioneers could be traced to one source—the biblical story of creation. Over and over these health reformers had grounded their advice in the pattern of living that was portrayed in the Garden of Eden— from a vegetarian diet, pure water, physical activity, fresh air, smoke- and drug-free living, to one day a week set aside for time for rest.

Convinced that the Eden story contained the original model of health, the team set out to translate it into a lifestyle. One biblical creation perspective that was foundational to the pioneers' philosophy was the conviction that true health was dependent on vitality of the body, mind, and spirit. All of these have profound influence for advancing health or for developing disease. This is why we seek to provide health and healing to the whole person.

Finally, the team devoted hours of research to summarizing the principles of health in the creation story. The result was eight principles of health from the seven days of creation that summarized the major elements of what can be called the Adventist health philosophy. These eight principles are expressed in an acronym that spells the word CREATION. They form the eight pillars of the Healthy 100 Movement:



C - Choice:

The first step toward improved health is making consistent healthy choices, which turn into habits and lead to lifestyle improvement.



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Food is the fuel that drives your whole system. Eat for energy, eat for mental clearness, eat for long life. After all, your health is worth it.

Your best route to improving your health and increasing your longevity is to embrace and practice these principles, day-by-day, moment-by-moment, keeping in mind that full health is more than the absence of disease and its symptoms. It's a realization that the Creator desires each of his children—people like you and me whom he loves and cares about—to have the best that this life can offer. Trusting the Creator for this is trusting that there actually is a purpose for your life.

The CREATION Health Lifestyle is helping people experience wellness—worldwide! People just like you are making a few simple changes and, as a result, living longer, fuller lives. They are getting healthy, staying healthy, and are able to do the things they love, well into their later years. Now is the time to join them by transforming your habits into a healthy lifestyle. If you do, you'll be able to measure your portion of those 96,000 potential added hours not in minutes but in hugs! ■



If you would like to learn more about the many resources available, visit CREATIONHealth.com. If you would like to learn more about how to live to a Healthy 100, visit Healthy100.org.

Dr. David B. Biebel has been a minister since 1974. He has authored or co-authored nineteen books. He is the managing editor of Florida Hospital Publishing in Orlando, Florida, and a contributing editor to American Indian Living.

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Is Anger *Killing You?*

BY DR. DICK TIBBITS

Anger is that deeply intense emotion that has affected or impacted our lives at some point along the way. We have either expressed it ourselves or felt our skin heat up when that statement is made that rubs us the wrong way. Maybe we have been angered by observing or witnessing something that triggers this feeling of strong displeasure.

However we have come to be acquainted with anger we know it when we feel it, we know how it feels when it is directed towards us and we know how it makes us feel when we see it displayed around us by others. But what you may not know is that anger kills, and it does so in many ways.

As many newspaper headlines attest, anger often leads to murder. In fact, whether the killing is intentional or not, anger is involved in most

murders. Road rage kills on the freeways just as surely as an out-of-control argument can escalate into murder at home.

If strong enough, anger can also lead to the death of a friendship and severe emotional damage. Yes, anger can cause both physical and emotional harm.

But, did you know that your anger can also destroy you? Many well-designed research studies have shown that anger kills the one who harbors it. And modern medicine warns that too many of us get angry more often — and stay angry longer — than is healthy.

In fact, Dr. Redford Williams



“A person who is most prone to anger is three times more likely to have a heart attack than someone who is least prone to anger.”

at Duke University has chillingly demonstrated that anger kills people who won't let it go. In one study, he reviewed the anger scores of 225 physicians who had graduated 25 years earlier from medical school. When they first began their medical training, each student had to take a psychological test, part of which measured anger. Dr. Williams arranged these old anger scores from the highest to the lowest, and then sent the physicians a questionnaire about their current health.

He discovered that, 25 years later, those doctors who had the highest anger scores while in school also had the highest incidences of heart disease and early death. He concluded that a person's level of anger can accurately predict illness, particularly heart disease. His study soon convinced the American Heart Association to declare anger a risk factor for heart disease. And, the respected journal *Circulation* warned in 2000 that, “a person who is most prone to anger is three times more likely to have a heart attack than someone who is least prone to anger.”

People who choose to live in a world of anger and resentment also tend to suffer from such ailments as elevated blood pressure, chronic headaches, fatigue, lower back pain, and even irritable bowel syndrome. When you live with anger, you tie your stomach in knots — and while your tummy might welcome the occasional pretzel, it does not appreciate being turned into one.

While unresolved anger can lead directly to serious health problems, you can reverse its harmful effects by practicing forgiveness. Researcher Fred Luskin demonstrated that teaching people how to forgive can measurably reduce their anger. In another study, Charlotte Witvliet demonstrated that by simply asking people to imagine they had forgiven someone, their health began to improve.

In a study I did on forgiveness, participants with high blood pressure and elevated levels of anger were able to successfully reduce their blood pressure by practicing forgiveness. In addition to this obvious health benefit,

they also made comments like, “I now have a spiritual awakening in my life. My life now has greater direction and purpose. I feel as though I'm finally getting my life back on track.”

We are wisely advised in scripture, “If it be possible, as much as lieth in you, live peaceably with all men... Be not overcome of evil, but overcome evil with good.” Romans 12:18, 21 This text can be applied to situations that anger as well as when we get angry with one another. We can choose to allow anger to control us or we can choose to forgive and consult God for direction in our difficult situations.

There is far more benefit, physically, mentally and spiritually, to practice forgiveness and patience than there is to indulging in anger. The bottom line: Forgiveness saves lives. So, why not stop the anger before it kills ... you! ■

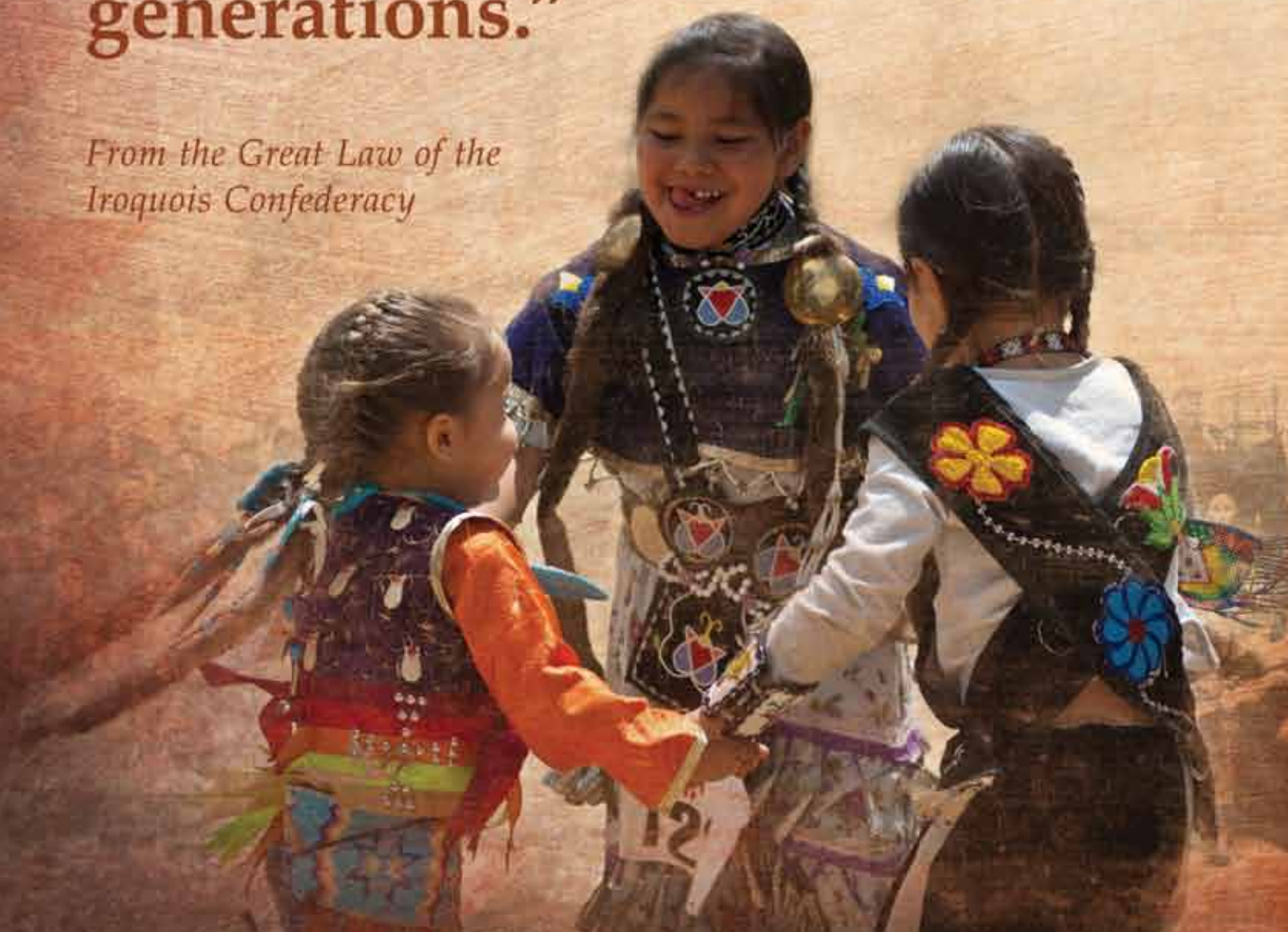


Editorial Note: Look for more health tips from Florida Hospital Publishing in future issues of this magazine, or visit www.healthy100.org.

*About the Author: Dr. Dick Tibbits is an ordained minister; a licensed professional mental health counselor; a certified ACPE supervisor; and an experienced hospital administrator. Dick is currently the chief people officer at Florida Hospital in Tampa. This article was adapted from his *Forgive to Live Devotional* (Orlando, Florida: Florida Hospital Publishing, 2007). Used by permission. All rights reserved.*

**"In our every deliberation
we must consider the
impact of our decisions
on the next seven
generations."**

*From the Great Law of the
Iroquois Confederacy*



Stand Together

Join the National Congress of American Indians



National
Congress of
American
Indians

In 1944, our founders had a vision – a commitment to our heritage, our culture, our children. To unite Native peoples together as one voice, with one common goal: to protect our rights, preserve our traditions, and improve our quality of life.

With the seventh generation always in mind, we have made much progress, but there is more work to be done.

Join us and lend your voice to the vision of a better future for our great-great-grandchildren and beyond.

*For our children.
For the seventh generation.*

ncai.org



Founders of the National Congress of American Indians at the first meeting in 1944.



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