

Volume 2, Issue 5

# MOTIVATED

THE MAGAZINE THAT MOVES YOU!

## LESS IS MORE

Eat to live, don't live to eat

### Food or Poison

The question today

### The Truth about Tobacco

And how to kick the habit



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# FROM THE EDITOR

Staying healthy doesn't happen automatically; it is hard work and something we have to invest in throughout our lives. It requires effort and sacrifice, but investing in long-term health and strength is well worth the cost.

Physical health and strength are things that we are building up or tearing down daily in the little things that we choose to do every day.—And these little things make a difference not only in our current health, but in our long-term strength and resistance as well.

In this day and age, staying healthy is becoming more and more difficult. Previous generations may have been able to live healthier lives without putting much time or thought into it, as in many respects the world used to be a much healthier place. Nowadays we have to think and plan toward health, and be active in combating the debilitating influence of the increasingly polluted world we live in.

Thankfully, there are some pretty straightforward rules for staying physically healthy. These can be placed in three main categories: spiritual, emotional, and physical. The spiritual and emotional aspects include maintaining a trusting, faith-filled, positive attitude, and eliminating stress, worry, fear, and any other negative emotions from our life. The physical aspect can be pretty much summed up in eat right, live right, and exercise right. All of these are fundamental principles that should be respected and followed in order to ensure the blessing of good health.

Of course, this issue of *Motivated* is not intended to be a medical manual, and the information provided should be applied wisely. But we hope these articles will be useful and helpful, and when put into practice, will result in a better, healthier, and ultimately happier quality of life..

Christina Lane  
For *Motivated*



# I Was Here First

— By Jorge Soló

**M**y three year old son Manuel was playing an educational game on the computer when his six-year old sister Alondra demanded that he let her have a turn. Manuel's response was typical. "I was here first!" I don't know where Manuel picked that up, but it got me thinking. It's a generally accepted principle of human society that those who "get there first" have more rights than those who get there after them.

The first one to find a pearl in the sea, or strike gold or oil, may claim it as his own. The first one to make a scientific discovery or invention may patent his find and claim any profits that may result. The first one to sit at a restaurant table has more right to it than the fellow who arrives later. The first one to settle in on a particular spot on the beach becomes the owner of that spot for the day.

In my children's case, if one of them has been playing for half an hour at the computer, I tell him or her that it's time to let the other one have a turn. Most other parents probably do something similar.

But if we applied that principle to every aspect of society, there would be absolute chaos. Can you imagine a landowner saying, "I've had this plot of land for quite a while, so it's time

to let someone else enjoy it"? Or can you imagine a man who has a good job giving it to someone else who is out of work and short of money?

Those examples are rather extreme, but what about little acts of selflessness? How often do you see people who have a seat on the bus or subway offering it to able-bodied others who have just boarded, simply because they look like they'd appreciate a chance to rest their weary feet? Are little sacrifices like that too much to expect?—Or do we fail to make them simply because we don't see anyone else making them and no one really expects us to do so either?

It's a matter of selfishness, when you get right down to it, and selfishness is part of our human nature. But with God's help we can break out of that mold, overcome our selfish "me-first" reactions, swim against the tide, and do the loving thing. If we give to him who asks of us, and if we don't turn away from those in need, we will surely find that as we give, we will receive. Those are certainly revolutionary concepts in this day and age.

If we would practice this kind of love, and teach our children to do the same, so many problems would disappear. The world would be a different place. ✨



# Less Is **More**

## Eat to live, don't live to eat

By Curtis Peter van Gorder

One day I was out and saw a new electronic scale that would not only measure your weight and height, but also plot the results on a graph to find out if you are underweight, the correct weight, overweight, or obese.

The people selling the scale were eager for me to try it. I was hesitant. Getting on a scale is a bit like looking in a mirror—can be scary.

I decided to give it a go and to my horror, the heartless thing registered me as obese! *What? Obese?* The word echoed in my mind. Not me! I had a picture in my mind of what that word meant and I didn't fit it.—Or did I? The slim and trim operators of the scale began to snicker. What were they laughing at?

I had a hard look in the mirror when I got back home and examined the stark evidence staring back at me. All of my pants had become unpleasantly tight on me. When I sat down, I had to unloosen my buckle, which was sometimes

embarrassing when I got up. Maybe I could make the waist bigger or go shopping for a larger size. I went to the store but when I found out they didn't carry my size, it was time for a reality check.

I took some time to think about it and it dawned on me that I could use a bit of remodeling.

From what I read on the subject, the solution seemed pretty straightforward: If you want to lose weight, eat less and exercise more. Easier said than done. I liked food, and as everyone knows, it is hard to give up something you like. In the “reality check” department, I realized that even though I had now reached middle age, my food servings were still as large as a growing teen's were.

It also dawned on me that I had a few wrong attitudes. I realized that before I could make any progress in my weight loss, I would have to change some mistaken mindsets that I had adopted. I

found it helpful to cling to a few slogans that helped me to keep focused on my goal of losing 25 kilos to become “normal” weight.

Some of these were: “If you eat normal portions, you will start to look normal.” “Overweight luggage costs.” “Eat to live, don’t live to eat.” “It’s only food.” “Less is more.” “It’s okay to be hungry.” This last one was very helpful as I had developed the wrong idea that I should eat every time my stomach began to growl.

To keep the weight off once I lost it would require a long-term commitment: “Diet means lifestyle change.” All of these slogans helped to keep me focused on eating smaller portions. To begin with, I had my wife serve my “normal” plate. Later I could trust myself to make my own servings.

Once that battle was won, it was time to fight the next giant—exercise more. I took up tennis and made it a point to do some kind of exercise daily. Although sometimes it was hard to get started, I found getting out and moving my body was fun, and I looked forward to that time of the day. I started to believe what I had read: Scientists have found that hormones that give you a feeling of pleasure called endorphins are released in your body during exercise.

I am still a work in progress, but now a few months down the line, I don’t have to enlarge my waistline in my pants—in fact some became too baggy. I feel so much better carrying around less “luggage”. So far I have lost 15 kilos and I am still working on losing the next 10. It also helps when others encourage me by remarking at how much better I look.

Of course, my story pales in the light of some other dramatic stories of people who conquered obesity. But it is interesting to note that they discovered some of the same things I did:

“I changed how I felt about food and what it meant to me. Instead of giving in to the temptation or convenience of calorie-laden or fatty foods such as cheeseburgers from the drive-through, I started to ask myself, ‘What do I really want to eat?’ Or, ‘What does my body really want right now?’”

— Kelly Pless weighed 100 kilos at her heaviest. She lost 43 kilos through diet and exercise.

Like I said, I am a work in progress. Hopefully, my story will inspire someone who needs it. Losing weight is hard work, but I found you just have to take it one day at a time. Yesterday, I had an urge for ice cream but I bought a mango instead—and it was so good! ✨

**// The real magic of new disciplines is that they will cause us to amend our thinking. If we were to start today to try harder, and in every way make a conscious and consistent effort to change subtle and deadly errors into constructive and rewarding disciplines, we would never again settle for a life of existence —not once we have tasted the fruits of a life of substance! //**

Author Unknown



# Food or POISON?



Excerpted and edited from writings by Maria Fontaine

## The question today...

**N**utrition can be a controversial topic, with many differing opinions. The main problem, however, in most cases is that we have “good” reasons or “excuses” for not maintaining a high personal nutritional standard, such as a lack of time or motivation to do the extra work of finding the kind of food that is healthful and appropriate. Processed or prepared foods and even junk food are often more readily available and cheaper, and they are also often faster to prepare than the natural or “whole” version would be. Canned vegetables are easier to prepare than fresh ones, and there are lots of “instant” foods available. Maybe we don’t want to go to the extra trouble of preparing food from scratch, or we feel we don’t know how, or maybe we legitimately are very busy and don’t have extra time.

Whatever the reasons or excuses we make for not eating right, here are some good points to consider:

▶ Everywhere we look—on the Internet, in the news, in magazines—health and nutrition is a huge subject, and one of much debate. We can find just about anything “out there” and there is a great variety of opinions, as well as controversy on health and nutrition matters. Disease and physical disorders are rampant. Obesity is also a growing concern in many countries, even at the same time that starvation plagues other parts of the world.

▶ It’s a fact that modern processed foods and poor nutrition can hurt us, dull our senses, sap our energy, and hinder our productivity. Imbibing inferior foods

and leading an unhealthy lifestyle can contribute to poor health, and even harm us. It goes beyond the obvious unhealthy habits, such as smoking cigarettes, drug abuse, or starving oneself to death. The “poison” of poor nutrition often comes in attractive packages, appealing to the eyes and pleasing to the taste. It tastes good, but not all that looks good or is pleasing to the taste is necessarily good for us.

▶ We are what we eat. If we eat harmful products, sooner or later it will catch up to us. There are rules and guidelines on health for a reason. The attitude of, “I’ve been eating this and I still feel fine” is a

deception. What we eat is what we will become, and it will catch up with us. Some of us may be young and full of energy, and free from health problems now, but what we put into our body today is determining our future.

► Others of us are middleaged, and because we generally feel fine, we wonder what the fuss is all about. Well, obvious problems are not the only problems. Until we eat right, rest right, and exercise right over an extended period of time, we may never know what we're missing. People often don't realize how tired they are, how dulled their thinking has become, how much better their reflexes could be, and the list goes on, until they do something to make a difference. If we want to sharpen our thinking skills, or improve our strength and stamina for sports, and other fun activities, or just for life in general, then we should give healthier living a try. Why settle for good when we can have the best?

► Think natural. Fresh and natural is always best when available. When we have a choice, we should choose the best, and we often do have the choice—not only with what foods we eat, but how we cook them and eat them. Even some of the good, healthy foods we use are often rendered nutritionally spoiled by the way they're cooked or what we put on them.

► We must take into account that convenience foods, processed foods, altered foods do spell problems. It's not a matter of *if* problems will crop up if we eat a steady diet of convenience and processed foods, but it's a matter of

*when*. We should minimize white sugar, white flour, processed foods, carbonated drinks, and other forms of junk food.

► The quickest and easiest is not necessarily the best. We are all busy, and our time and resources are limited. We want to invest our time in the things that really count, and some of us don't consider our health and food preparation to be in that category. But if we need to invest more time in food preparation, we should do it. Our health is so valuable and we have to do our part. We cannot enjoy the benefits of good health if we are not doing our part by following sensible health rules. So let's try our best to cook healthily and not opt for packaged or nutritionally inferior food. Let's invest in a natural cookbook and try to learn to cook the healthy way.

► The nutritional standard of the food we eat is one very important aspect of good health, but how are we doing in the other aspects of caring for our body? Are we getting regular vigorous exercise? Do we maintain a good health standard when we're out, or with a friend, as much as possible—or does every occasion become an “excuse” to eat a second piece of calorie rich chocolate cake? Are we keeping our drinking of caffeinated drinks to a healthy level, or have we allowed ourselves to develop unhealthy cravings and addictions?

► It's good to be open to making the needed changes. If we need to change our lifestyle a bit in the areas of health, food, and nutrition, it may take a little time to get used to it and be happy with it, but it will be well worth it! ✨

# SUGAR

## A killer and a thief



**Refined sugar is sweet, potentially addictive, and possibly responsible for a wide range of health problems.**

From *Country Living*, adapted

According to Maggy Howe in an article in *Country Living*, the more sugar you consume, the more you will crave.

This highly addictive substance can rob your body of essential nutrients, weaken your immune system, and wreak havoc on your central nervous system.

If you suffer from such nondescript health problems as unexplained headaches, take a good look at your sugar consumption, for many health experts agree that we are profoundly—and often negatively—affected by the amount of refined sugar in our diets.

Nancy Appleton, Ph.D., a clinical nutritionist and author of *Lick the Sugar Habit*, notes that Americans consume an average of 149 pounds of sugar per person each year. “Some teenagers eat twice that,” adds Appleton.

“Every time you eat refined sugar,” says Appleton, “you throw off your entire body chemistry. Basically it

comes down to the fact that we simply do not have the enzymes needed to digest these highly processed sugars—and improperly digested sugars that get into the bloodstream can cause allergies and a whole host of other autoimmune disorders, which cause the immune system to mistakenly attack the body’s own tissues.”

Studies also show that refined sugar suppresses the body’s mineral balance and immune system. Furthermore, Dr. Appleton asserts that when the body is out of balance, owing to excessive sugar consumption, the following maladies can arise: chronic fatigue, obesity, mood swings and depression, blurred vision, insomnia, arthritis, asthma, hypoglycemia, hyperglycemia (diabetes), osteoporosis, migraines, PMS [premenstrual syndrome], inflammatory bowel disease, gallstones, and cancers of the breast, ovaries, prostate, rectum, colon, and gall bladder. ✨

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**The key to ending sugar cravings starts with a willingness to change your lifestyle, and to eat a whole-foods diet of fresh vegetables, fruits, and grains.**

# Exercise Right

## Depression vs. exercise

Many dedicated exercisers say they work out not just for their body, but also for their mind. “Exercise has a very positive effect on mental health,” says psychiatrist John Docherty. “We know exercise helps regulate biorhythms, which improves sleep, and it enhances energy level and vigor. Exercise is also very important in maintaining physical health and controlling weight, which impacts on self-esteem.”

A consensus is growing that physical activity may protect against the development of depression. In general, persons who are inactive are twice as likely to have symptoms of depression as are more active persons. In addition, regular exercisers are less likely to report symptoms of depression and anxiety than are people who do little or no physical activity.

Easy to administer, readily available, inexpensive, and low risk, exercise holds great promise for helping non-depressed people too, as they fight the daily battle of the bummers—such as ordinary life stresses, frustrations, and bad moods.

“With every aerobic exercise bout there is at least a temporary period of calmness lasting from two to four hours,” says Professor Jack Raglin, who has extensively studied the anxiety-relieving effect of exercise. “And the only side effect of exercise is improved fitness.”

Exercise also raises body temperature, which may relax muscles and calm body and mind. “Any kind of repetitive rhythmic stimulus applied to the brain stem—such as walking, swimming laps or cycling—can have a tranquilizing effect on the nervous system, like rocking a baby,” he says. Plus, exercise enhances sleep, allowing people to “recharge their batteries” more fully.

“Exercise doesn’t need to be strenuous to have mental health benefits,” says Norway’s Martinsen. Even easy activity, like a casual stroll, can help people feel better.

“Doing anything is better than doing nothing,” he says. “Being upright in a vertical position is preferable to always lying down.” ❁

# The Truth about Tobacco

Excerpted and adapted from articles  
by Patrick Reynolds

## And how to kick the habit

**W**e all know that smoking is very bad for our health. It not only can cause serious upper respiratory infections and lower our resistance to disease, but it can also cause lung, throat, or other kinds of cancer.

Smoking is extremely addicting.

How long does it take to form the habit? A September 2000 study showed that one quarter of people who smoked as few as two or three cigarettes a day became addicted in just two weeks. And many of the rest got addicted shortly after that.

Once hooked, the average smoker is unable to stop for seventeen years! And every year, they will spend \$1200 or more on tobacco products to maintain their habit.

Of course, the best way to avoid getting addicted to smoking is to never start. But what if you already have?

### You can do it!

If you have tried to quit smoking and failed before, take comfort in the fact that most smokers fail several times

before quitting successfully. Past failures are not a lesson that you are unable to quit. Instead, view them as part of the normal journey toward becoming a non-smoker.

The information below can ease your way and help insure that this is the last time—perhaps the only time—you will need to go through the painful process of quitting. You can do it!

### Tips on quitting

The most important step to take is the first step—admitting to yourself that you have an addiction and are “powerless over tobacco.” Making this admission may seem trivial to you, but for many it is a very significant part of completing the journey to becoming a non-smoker.

By telling smokers that smoking is a personal choice, the tobacco industry has helped to keep its customers in denial about the true extent of their addiction. If smoking is a choice, then what’s the rush to quit? The tobacco companies have used this spin to

help keep millions of customers buying their deadly products.

Admitting that you're smoking more out of addiction than choice will help motivate you to go on to the next steps—taking control of yourself and becoming a non-smoker.

This admission will further serve you by helping you stay smoke-free later. In the months and years after you quit, when temptations to smoke occasionally overpower you—and they will—remind yourself, “I have an addiction and I'm powerless over tobacco.” Saying this to yourself in overwhelmed moments of desire will help give you the strength to say no to “just one” cigarette. If you can make it for just five minutes without giving in, the urge to smoke will be gone.

In this way, with God's help and the support of those around you, you'll be able to stay smoke-free for life.

## Quitting with help

When quitting, the most successful people get help. Ask a relative, friend, counselor, teacher, or join a quit program.

You may think you don't need help or a program, but one recent study shows that without help or using a program, quitters have a 95% chance of failure! But by getting help, studies now prove that your chances of quitting successfully improve most dramatically. Don't be shy—your life is on the line. Talk to someone today!

## Staying smoke-free and not relapsing

After the urges to smoke have become more and more infrequent, overwhelming surprise attacks are sure to come a few weeks and months into your new smoke-free life.

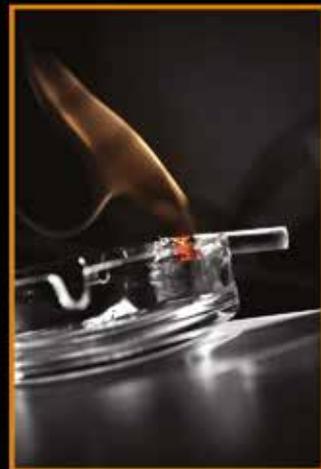
Out-of-control, very nearly irresistible urges to have “just one” are going to take you by surprise, like a sudden gale that seems to come from nowhere. This will happen one or more times in the months after you stop smoking. When these nearly out-of control urges come (and they engulf you in totally unexpected moments), if you can hold on for 5 minutes, seemingly by a miracle the urge will completely pass. I'm convinced that's the single most important secret to quitting, and the key to staying smoke-free. ✨

Aleida Huissen, 78, of Rotterdam, Netherlands, had been smoking for 50 years.—And for 50 years she had been trying to give up her harmful habit. But she had not been successful—that is, until recently. She has now given up cigarettes, cigars, and pipes.

The secret?

Leo Jansen, 79, proposed marriage last year, but refused to go through with the wedding until Aleida gave up smoking.

Says Aleida now: “Will power never was enough to get me off the tobacco habit. Love did it.”





# Happy and Healthy

Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.—Joseph Addison

Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work.  
—Ralph Marston

Good health is not something we can buy. However, it can be an extremely valuable savings account.  
—Anne Wilson Schaefer

To enjoy the glow of good health, you must exercise.—Gene Tunney

The greatest wealth is health.  
—Virgil

When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease.  
—Terri Guillemets

Health and cheerfulness naturally beget each other.—Joseph Addison

The best six doctors anywhere  
And no one can deny it  
Are sunshine, water, rest, and air  
Exercise and diet.

These six will gladly you attend  
If only you are willing  
Your mind they'll ease  
Your will they'll mend  
And charge you not a shilling.  
—Nursery rhyme quoted by Wayne Fields

A good laugh and a long sleep are the best cures in the doctor's book.  
—Irish Proverb

To live without love, compassion, or any other spiritual value creates a state of such severe imbalance that every cell yearns to correct it. Ultimately, that is what lies behind the onset of disease; the body is sending a message that something lacking in the present—an imbalance existing somewhere—has given rise to highly visible, unarguable, physical symptoms.—Deepak Chopra

Know, then, whatever cheerful and serene supports the mind, supports the body too.—John Armstrong

He who has health has hope; and he who has hope has everything.  
—Arabic Proverb

