



OPTIMAL HEALTH

N
U
T
R
I
T
I
O
N

E
X
E
R
C
I
S
E

W
A
T
E
R

S
U
N
S
H
I
N
E

T
E
M
P
E
R
A
N
C
E

A
I
R

R
E
S
T

T
R
U
S
T
I
N
G
O
D

N

E

W

S

T

A

R

T

TEMPERANCE

1. Moderation or self restraint in action, statement, etc.; self-control.
2. Habitual moderation in the indulgence of the appetites or passions
3. Abstinence from alcoholic or other addictive substances.

NEW START PRINCIPLES

Moderation:

In the use of healthy substances

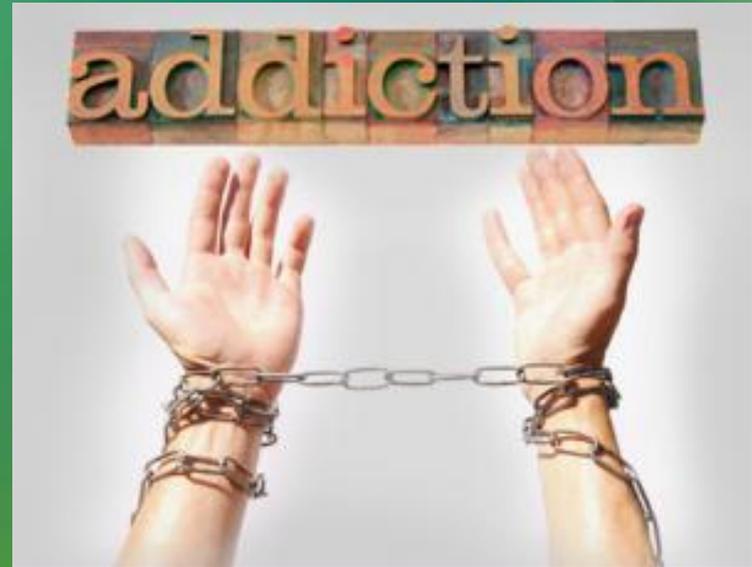
Abstinence: (Complete)

From the use of unhealthy substances

Reason over appetite, not appetite over reason

But Why Complete Abstinence?

Because of the addictive nature of unhealthy substances



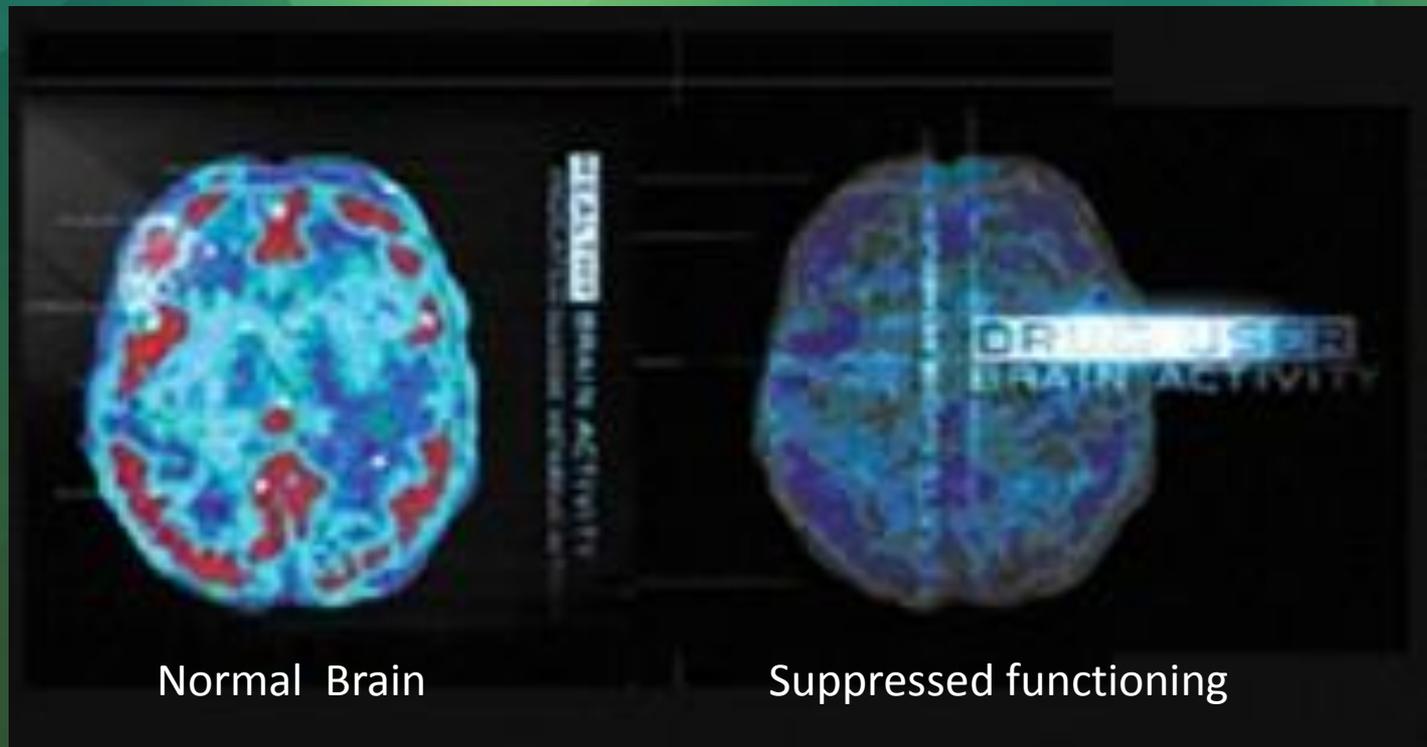
Common Characteristics of Addiction

- Overwhelming compulsion to continually use
- Need for increased amounts
- Dependence (Withdrawal)
- High tendency to relapse
- Detrimental effect on individual and society

Addiction is a Brain Disease

Addiction is characterized by:

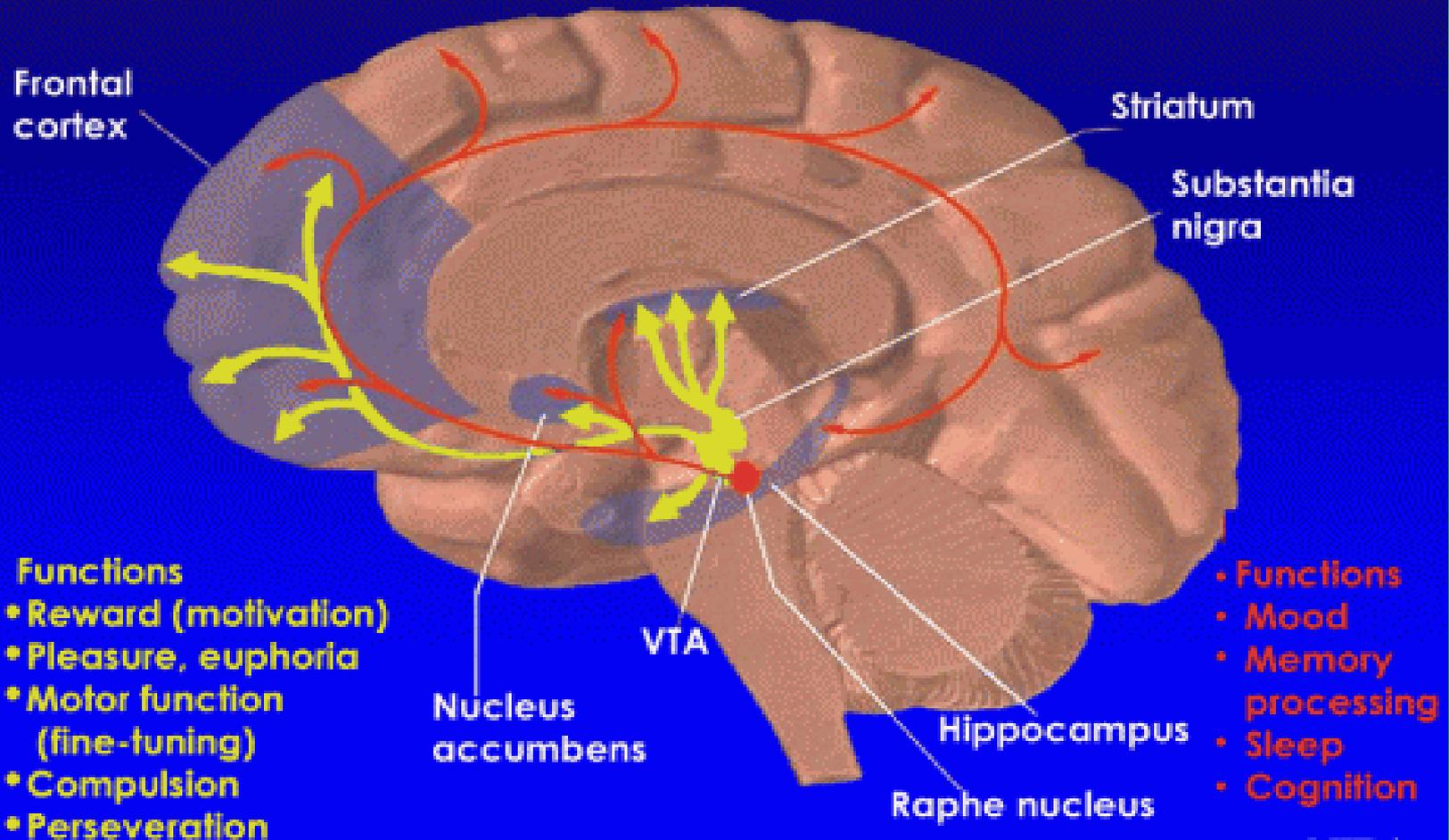
- Compulsive behavior
- Continued abuse of drugs despite negative consequences
- Persistent changes in the brain's structure and function



Frontal Lobe Health

Dopamine Pathways

Serotonin Pathways



Frontal Lobe Health

Here are a few tips to maximize your frontal lobe function:

Avoid automatic pilot: Thoughtful, deep and effortful processing achieved by your frontal brain regions are key ingredients to building brain health. A brain on automatic pilot is a bored brain. Keep your brain actively curious and challenge yourself to stretch your thinking every day.

Decrease information exposure: Too much information freezes your brain's dynamic frontal lobe capacity to engage in clear thinking and discerning decision-making. You and your brain get overwhelmed by too much information.

Move beyond memory: Most individuals are concerned with loss of memory as their chief brain concern; while important, memory appears to work independently of strategic frontal lobe functions. Trying to remember too many details counteracts the high efficiency of frontal lobe thinking. Take Einstein - the icon of brilliance - he constantly pointed out what a terrible memory he had, but no one would question his inventive thinking performance.

Addicted Brain Facts

Substance use disorder, commonly referred to as addiction, is a chronic disease of the brain.

PET Scan and MRI data corroborate that when a person with an addiction is in a state of craving or withdrawal, their frontal lobe is asleep.

Addiction profoundly affects the pleasure pathways in the brain. The pleasure pathways are essentially “hijacked” by all types of addiction resulting in frontal lobe dysfunction.

When the pleasure pathway is firing—when a person is in a state of craving and is in most need of a their brain’s executive functioning—the frontal lobe is asleep.

These changes to brain structure and function are why people cannot “just quit” their drug of choice and why comprehensive treatment and support is essential to recovery.

Addicted Brain Facts

Over time and with treatment, the brain does recover becoming more like the brain of a non-addicted person.

No one chooses to become addicted. Addiction is a combination of a heritable genetic predisposition to addiction, coupled with repeated exposure to drugs or alcohol. That exposure leads to the brain changes seen in people with addictions.

Because the brain never fully returns to normal, once a person develops an addiction, they cannot eventually learn to moderate their drug and alcohol use. Repeated re-exposure to addictive substances rekindles the frontal lobe dysfunction, often rapidly leading to loss of control and relapse.

There is hope. While addiction is a complex illness, recovery is possible!!!

Choosing Healthy Pleasures

If we reward ourselves with a bad habit periodically we undermine our ability to develop enjoyment for a lifestyle that is free from that agent.



What about once a month?

This will keep the desire active and alive, if the direction of our thoughts are in the direction of being free from the addiction, the addiction will soon not be missed and overcome.



What are Our Addictions?

Examples of addictions that lead to health problems

- Alcohol
- Narcotics
- Cocaine
- Amphetamines
- Junk food
- Excess sugar
- Chocolate
- Media
- Techno Addictions
- Facebook
- Gambling
- Sports
- Music
- Porn
- Cutting

What's the Bible Say?

Proverbs 20:1 Wine *is* a mocker, Strong drink *is* a brawler, and whoever is led astray by it is not wise.

Isa. 5:11 Woe to those who rise early in the morning, *that* they may follow intoxicating drink; Who continue until night, *till* wine inflames them!

Rom. 6:16 Do you not know that to whom you present yourselves slaves to obey, you are that one's slaves whom you obey, whether of sin *leading* to death, or of obedience *leading* to righteousness?

Rom.13:14 But put on the Lord Jesus Christ, and make no provision for the flesh, to *fulfill its* lusts.

1 Cor. 10:13 No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*.

John 8:36 Therefore if the Son makes you free, *you shall be free indeed.*

3 John 2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.





STARTING ANEW