

HEALTHY LIFESTYLES: A NEW HABIT OF THINKING

If we can agree that we need a regenerative lifestyle, then we must also agree that there must be a degenerative lifestyle. Degeneration whether spiritual, moral or physical manifests itself in a mindset and behavior that is anti-life, resulting in perversion, violence, crime, sickness, disease and death. We must be able to identify the lifestyles (daily behaviors, bad choices, harmful practices and decadent culture) that cause degeneration. If we cannot challenge it, we cannot defeat it.

In a nutshell, the message of the Healthy Lifestyles module of the Regenerative Health and Nutrition Program (RHNP) is that everything matters where our health is concerned...everything! Most have heard the warnings and advice that usually accompanies this kind of instructional training. But truthfully, what more can be said about the need to wash our hands, to put screens on our dwellings or to remove stagnant water from our environs?

Have we ever considered why post-independent life expectancies in Ghana (and Africa generally) have actually declined as we have “progressed”? Progressed to where?! And at what cost?! With that in mind, we begin with the need for a new way of thinking about health. After all, nothing comes into being except that it has been preceded by thought. If thought truly precedes all substance, then a healthy body is a product of a healthy mind and an unhealthy body is the product of an unhealthy mind.

We must learn to conceptualize perfect health: the human body is a perfect mechanism, created to give us a lifetime of pleasure and joy (within the bounds and limits of proper righteous use). Who has purchased a vehicle or garment and not paid attention to the instructions for care that will insure a “lifetime” of enjoyment? Why do we feel, that where our bodies are concerned, we can treat them with reckless abandon without regard for the proper fuel or maintenance?!

The body is constantly renewing itself, and therefore is capable of healing itself. Remarkably most degenerative diseases, including diabetes, heart disease and cancer can be reversed and healed over time when a regenerative lifestyle is part of a corrective course of action. We only need to assist the healing process. No one can take credit for healing the body; they can only help the body to heal itself.

Once we have the understanding that we bear the responsibility for our own health and well-being, we are then inspired to search out and most importantly, to apply the formula for good health...if, that is we desire to live! The objective is to cause the participant to think differently about their adopted lifestyles and how they impact upon their health:

- We will think about what we put in and on our bodies: the wearing of certain styles of clothing constricts blood flow, and high heels can cause numerous health problems.
 - We will think about how we relate to others around us: other people's actions (cigarette smoking for example) can literally make us sick, while shared joy and laughter can heal.
 - We will think about how our behavior impacts on our environment and whether that impact is positive (life-enhancing) or negative (disease-inducing). We will think about how our environment impacts upon us and whether or not it is clean (life-enhancing) or dirty (disease-inducing).

Thinking differently will cause you to act and respond differently (to make changes in

accordance with your new thinking). A change in our behavior will bring about different results. It would be appropriate at this time to be reminded of the popular definition of a “fool”: one who does the same thing over and over again while expecting a different result. So why wait for the doctor to tell you to adopt a regenerative lifestyle eating less fat, sugar and salt, taking time out for more rest, exercise regularly, etc. when you can make such practices part of your life today!

The benefits will far outweigh the increased cost for proper meals or the initial inconvenience of establishing a regular exercise regimen. You can pay now... or pay later (in the form of medications, doctors' fees, and hospitalization costs)! Wouldn't you rather pay now? Consider it an investment in your health! You can stop and take a moment to rest now...or rest (“In Peace”) later!

What is needed, now more than ever where our health is concerned, is a new habit of thinking!

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