

September 8, 2019

## Health and First Aid Supplies

### Keeping Your Body Healthy

Once I took a gardening class. I learned that the better cared for and the healthier plants are, the fewer problems you will have with disease and pests in your garden. It is the under-nourished and un-weeded garden that succumbs first to hot temperatures, insects, and plant diseases, producing puny results. The same is true of people. The better your body is cared for on a regular basis, the less chance you have of becoming ill, or having difficulty coping in a crisis.

In this situation, the old saying “an ounce of prevention is worth a pound of cure” is accurate. Health problems can be some of the hardest kinds of crises to deal with. While there will always be accidents and situations beyond our control, the daily choices we make can have a profound effect on what happens to us down the road. Just as plants need nutrients, light, and warmth; you need some basic things too. Since knowledge is power, and knowing what to do is part of provident living, the following are guidelines for helping your body be healthy.

**Food:** Did you know that the very most lucrative thing you can market on the web is diet, especially weight-loss plans? Is it any wonder that there is a plethora of information out there about what you should and should not eat? Whom to believe? I have even heard people who think the Word of Wisdom is outdated and should change. Last week on Church News the Word of Wisdom was reiterated as it is written. To many people it is

overwhelming and confusing to know what to eat. I mentioned to my husband that according to the “experts” I can tell you a reason why you shouldn’t eat absolutely any food you can name. That can’t be right. I have studied and researched food and nutrition for much of my life. Everyone has to make their own choices, but according to those who have doctoral degrees in nutrition and what the body needs to be healthy (not those who have a diet program, food product, or a line of supplements to sell) here is what you should be eating to get the nutrients, vitamins, and minerals you need on a daily basis.

- 2–4 servings of fruit
- 3–5 servings of vegetables
- 6–8 ounces of protein foods (vegetable or animal)
- 2–5 servings of whole grains
- 2–3 servings of calcium foods
- 2–3 Tbsp. healthy fats
- 6–8 cups of water

**Sleep:** Most experts agree that you need 7–9 hours of sleep out of 24 to stay healthy. Too much or too little sleep can affect you in many ways including your physiological health. There are some good on-line tips for getting a good night’s sleep, but the best one over a long period of time is to consistently stick to a sleep schedule. In other words, “You can’t hoot with the owls at night and soar with the eagles in the morning.”

Another important suggestion for quality sleep is to get enough physical activity during the day.

**Exercise:** Exercise is vital to circulation and even organ function. Moving and stretching provides blood flow and flexibility to all parts of your body including joints. I like the way the benefits of exercise were written up on Healthline.com. Here they are:

1. It can make you feel happier.
2. It can help with weight loss.
3. It is good for muscles and bones.
4. It can increase your energy levels.
5. It can reduce the risk of chronic disease.

6. It can help skin health.
7. It can help brain health and memory.
8. It can help relaxation and sleep quality.
9. It can reduce pain.
10. It can enhance marital relations.

\*For more detail on these 10 things see

<https://www.healthline.com/nutrition/10-benefits-of-exercise>.

**Dressing properly:** Today, most of us live and work in temperature-controlled environments. As a result, many people have lost the consciousness of dressing properly for the weather or temperature. Sometimes, especially in the spring, winter, and fall, people will go out in the cold with shorts, or without a coat or jacket because it is easier to be a little cold than to deal with extra clothing. While this can work out most of the time in regular situations it is probably not very responsible from a preparedness perspective. If there is a reason that the person ends up spending more time outside than they anticipated, their lack of proper protection can weaken their body by requiring it to focus on preserving heat rather than metabolizing food, fueling the immune system, or feeding cells. To really care for your body, you have to help it by not letting it get too cold or too hot. Clothing plays an important role in staying healthy.

While it is important not to over dress and become overheated in warm weather, there are times to wear light weight, light colored long sleeves and pants even in the summer. Clothes can protect you from over sun exposure, insects, and exposure to irritating vegetation. Even in the hot desert, Bedouins often wear loose-fitting, light-colored, long clothing with long sleeves.

**Emotional/social needs:** People need other people. They also need to feel needed, wanted, useful, and loved. While families and friends often provide these needs, there is an increasing deficit in this area. Sometimes health problems can be traced to these needs not being met.

**Regular Checks:** It is important to listen to your body and make sure that you are healthy and doing what you need to do to stay

that way. Part of that is working with healthcare professionals who can assist you to make sure you haven't missed anything that needs your attention.

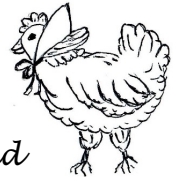
**Supplements:** Many professionals feel that with proper diet you should not need to supplement with vitamins. However, there may be times, especially when you are under stress or in the middle of a crisis, that your body will have a need for extra nutrients. It isn't a bad idea to have some of these on hand.

\*The Church Home Storage Centers actually carry a fruit drink mix just for this purpose that is fortified with the extra vitamins you might need in stressful times. It is a sugar-sweetened drink that is not considered a long-term storage item, but some families have found it helpful to keep this on hand. One mother said that she uses it regularly to keep her 8 children healthy during flu season.

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**Notes from Red Hen**

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Dear Aunt Bitty,

*I just have to report our progress. Red told us that when we were working to take care of ourselves that we would be happier and feel better. We have worked hard all summer since we arrived here, and I think she is right. I have never felt so good. We are all getting a lot done, and we are all getting along better than ever before.*

*With my warm thoughts for you,*

*— Silkey*