

WHAT REALLY HAPPENED to Jim Fixx, the legendary runner of the 1980s? He completed 20 marathons; he ran an average of 60 miles a week, racking up a total of 37,000 miles. Then he dropped dead of a heart attack at 52 years of age. An autopsy revealed that his coronary arteries were almost blocked, and he had scar tissue from two previous heart attacks. Why?

The reason can be summed up in one word: moderation, or rather, lack of it. Thinking his intense running schedule would keep him fit, he paid no attention to his diet. Ultra-marathon runner Stan Cottrell once said he saw Fixx stuff himself with four donuts before speaking at a conference, giving the excuse, "I didn't have time for breakfast."

God gave us bodies that can tolerate almost anything—in small amounts. But even good things can be bad if overdone. Health demands that

we avoid extremes! Long-lived people observe the principle of moderation in their lives. They generally eat smaller, simpler meals. Many exercise extensively, but they walk rather than run. They live at a slightly slower pace, yet they feel they accomplish what they need to do. They are flexible people who accept the joys and disappointments in life as expressions of the will of God.

Dr. Robert Samp at the University of Wisconsin confirmed that almost all long-lived people have a conservative, middle-of-the-road outlook and personality. They take prudent risks but no unnecessary or hazardous ones.

Dr. Dean Ornish has stated that most degenerative diseases are diseases of excess, caused by eating an overabundance of food or dietary fat; indulging in alcohol, caffeine, or cigarettes; exercising excessively; or developing an extremely stressful response to life events.

You can go to extremes, even in health reform. You can be absolutely correct and rigidly adhere to diet and exercise—and still be miserable. It's been found that those who hate exercise do not gain as much of the benefit!

Moderation preserves your health, helps you maintain your energy level, gives you a sense of having control over your desires, postpones the occurrence of disease, provides a "safety" mechanism when you erroneously adopt bad health practices, and introduces balance into your life.

*Lord, help me to live a balanced life—spiritually, physically, emotionally, and socially.*

*JAN W. KUZMA and CECIL MURPHEY*

Victory in Christ is our goal -  
Health of body, mind, and soul.

**Come and travel with us.**

## Natural Remedies

1. Pure air—open up your home and breath deeply
2. Sunlight—has a healing effect on body and home; a dark home breeds disease
3. Moderation—in all things
4. Rest—with regularity of times to rise and go to bed
5. Exercise—regularly but with moderation
6. Proper diet—wide variety of natural foods prepared simply, with few condiments
7. Water—is the best beverage. It should replace most other drinks.
8. Trust in Divine Power—brings peace and health

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# HEALTH TIPS!

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## Take It Easy

*Let your moderation be known unto all men. The Lord is at hand. Phil, 4:5. .*