

Health Redemption 2012 – Winter Teaching Series by Sr. Pastor A. A. Jackson,
Realm of Agape Christian Church, Inc., Patchogue, NY
16 VITAL PRINCIPLES TO LIVE BY FOR OPTIMAL HEALTH¹



1. Avoid eating if you feel stressed or anxious.
2. Listen to your body – don't eat if you're not hungry, and conversely, don't put up with hunger pains. Stop eating once you begin to feel full and no longer have an appetite.
3. Drink 8 to 12 glasses of filtered water daily. Avoid large amounts of fluid with meals.
4. Avoid eating large amounts of sugar – especially refined sugar.
5. Avoid caffeine.
6. Avoid foods you may be allergic to.
7. Chew your food slowly.
8. Limit your intake of, and if possible avoid, packaged and processed foods containing artificial chemicals such as preservatives, colorings, flavorings and synthetic sweeteners.
9. Try to eat organically grown fresh produce, free of pesticides and herbicides.
10. Try to eat organically-reared animal products; stay clear of reheated meats and always buy free-range eggs.
11. Obtain your protein from diverse sources (including legumes) not just from animal products such as meat, eggs and fish – you can obtain first-class protein by combining in one meal any three of the four following foods – grain (wheat, buckwheat, rice, barley, rye, oats, millet, etc.), nuts, seeds and legumes.
12. Choose your breads wisely – it is important to eat only good quality breads, which provide fiber, minerals and the B and E vitamin complexes. Most bread you find today is made by mass production methods using ingredients like hydrogenated vegetable oils, monoacetyltartaric acid, disodium dihydrogen diphosphate, and other artificial chemicals.
13. Avoid constipation – eat plenty of raw fruits and vegetables and drink plenty of water during the day. Supplement with a whole food based gastrointestinal purification product.
14. Avoid excessive saturated or hydrogenated fats and incorporate essential fatty acid oil blends into your diet as a replacement. Recommended oils include cold pressed organic hemp seed oil, flaxseed oil, and Essential Oil Balance by Omega.
15. Help someone out, no matter how small or grand the task, each day.
16. Smile...Laugh.

¹ South coast medical center for new medicine, inc. 14642 Newport Avenue, Suite 200, Tustin, California 92780 (714) 669-4446.
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