

Celebrating CREATION

In many parts of the world, people are looking back to their “roots” – looking for some wisdom from their past to help them live more successfully in the today’s world. They are finding that reclaiming certain cultural and spiritual traditions can indeed bring a freshened sense of place and even better health. A few ancient health principles for health can be highlighted in the acronym **C.R.E.A.T.I.O.N.** Both common sense and modern science are affirming that these principles for living are also valuable for us to adopt today.

Companionship & Community – Cultivating loving and trusting relationships with others (humans, pets, nature, God) has been shown to have a powerful impact on one’s immune system and overall life satisfaction. We need each other.

Rest and Re-creation – In our time pressured society, making time for adequate sleep and “breaks” from the pressures of daily life can help restore mental, emotional, spiritual and physical balance to our lives. What activities re-charge your batteries?

Environment – Taking in deep breaths of untainted fresh air, drinking pure water, enjoying the warm rays of the sun and surrounding ourselves with the sights, sounds and aromas of nature –all are powerful healing elements in any personal health plan.

Activity – Engaging in regular, moderate physical activity that enlists the main muscle groups helps strengthen the heart, enhances the figure, combats stress, and bolsters the body’s defenses against many diseases. Meaningful physical activity serving others is also FUN!

Temperance – Avoiding harmful products and behaviors that can tear down our health and our relationships may be tough at times, but help is available if we ask. Seek a healthy balance that promotes mental, emotional, physical, spiritual and relational well-being.

Inspiration – Having a clear sense of purpose and our place in the world can help provide the inspiration to take care of our incredible bodies and to do great things with our lives. The stories of past and present heroes can also help encourage us along the way.

Outlook – Each day we are confronted with choices about how we are going to view what is going on in our world. Looking for Providence’s gracious hand in our affairs and giving thanks are keys to joy and peace. This power to choose is a special gift, and we are invited to “choose life.”

Nutrition – The natural plant foods all around us have an incredible supply of nutrients and phytochemicals that have miraculous powers to fight disease, and restore health. These foods are much more preferable than the common fare of today which often relies heavily on animal products and highly refined or processed foods.

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