

ONE DAY, INSTEAD OF serving the usual hot meal, the school cafeteria handed out peanut butter and jelly sandwiches. After lunch, a satisfied first grader marched out the door and complimented the cafeteria manager:

"Finally, you gave us a home-cooked meal!" Sad to say, home-cooked, around-the-table meals are now the exception in most American homes, often being replaced by engineered foods. More than half of today's high-school kids head off to fast-food eateries and snack machines instead of to school lunch rooms. And we are paying the price. American children are getting fatter faster than ever. Four to six million youngsters aged 6 to 11 have serious weight problems; the number of super-fat children has doubled during the past 15 years.

Being overweight predisposes a child to heart disease, gallstones, adult onset diabetes, hypertension, cancer,

and full-blown obesity later in life. Obese children have more orthopedic problems and upper respiratory diseases. And that is only one side of the story. They often suffer major social and psychological problems. The rapid increase of serious depression, eating disorders, drug use, and suicide among teenagers is frightening.

Genes do play a role in a person's weight, but they aren't the whole answer. Environment plays a critically important role—as shown by the fact that the percentage of obese Americans has increased steadily over the past 50 years. Our gene pool can't change that fast!

The major causes of obesity in children are the same as for adults—a sedentary lifestyle, TV viewing, the Internet, the snack-and-soda habit, and the popularity and availability of highly processed and concentrated foods. Many major medical centers are developing weight control programs for children that involve the

whole family. Proper eating and lifestyle habits are a family affair, and a youngster especially needs the support of the family. Even when the rest of the family is not overweight, everyone benefits from a healthier lifestyle.

Here is a spiritual analogy: Just as fast food and a sedentary lifestyle causes children to be more susceptible to obesity and other diseases; so fast devotions and a sedentary Christianity can make a person more susceptible to temptation.

*Lord, help me resist temptation and do what I know I should do.*

AILEEN LUDINGTON

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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## Childhood Obesity

*At the end of the 10 days, Daniel and his three friends looked healthier and better nourished than the youths who had been eating the food supplied by the king! Dan. 1:15, TLB.*