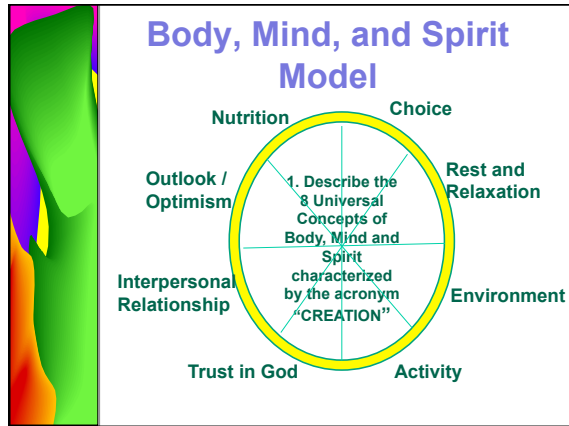


## Summary of Important Concepts

Lenore S. Hodges, PhD, RD, CSO, LD  
General Conference Nutrition Council



### Objectives for Weekend

At the end of the class, the participant should be able to:

1. Describe the eight universal concepts of Body, Mind and Spirit characterized by the acronym "CREATION"
2. Explain the steps to making good decisions
3. Examine concepts of family bonding and spiritual growth
4. Identify health issues of the teen-ager including menses, self esteem, sexuality, medical needs

### Objectives for Weekend

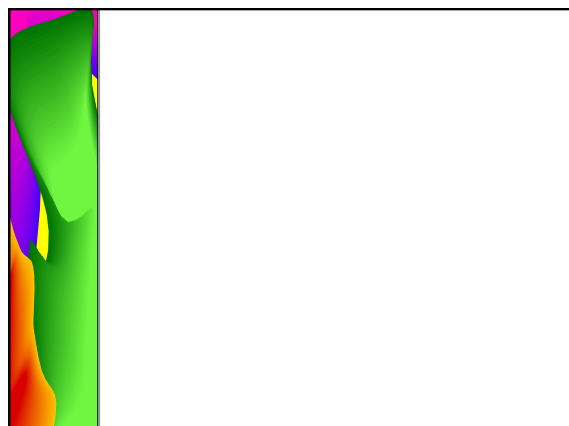
At the end of the class, the participant should be able to:

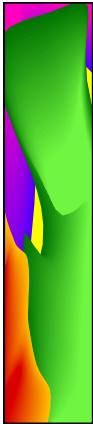
5. Recall current concepts of insulin resistance, metabolic syndrome and diabetes and identify the best recognized treatment protocol
6. Describe the development of osteoporosis and osteopenia, and the lifestyle, foods and medications to strengthen the body
7. Name three major medical problems related to a insufficiency of vitamin D in the blood

### Objectives for Weekend

At the end of the class, the participant should be able to:

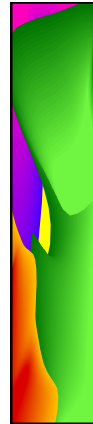
8. Discuss the organs of the digestive tract, some of the medical conditions and foods used for treatment
10. Identify ways to get better value for your dollar, while staying within your budget
11. Name 10 Important Concepts from this seminar to share with home church members





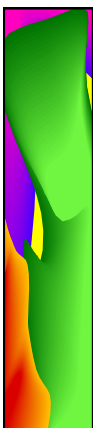
**Steps in Making Decisions**

2. Explain the steps to making good decisions



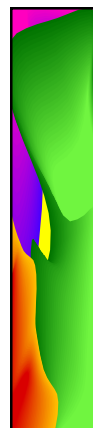
**Family Bonding & Spiritual Growth**

3. Examine concepts of family bonding and spiritual growth



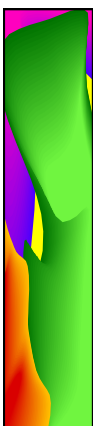
**Teen Age Health**

4. Identify health issues of the teenager including menses, self esteem, sexuality, medical needs



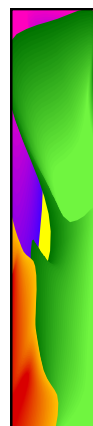
**Insulin Resistance and Obesity**

5. Recall current concepts of insulin resistance, metabolic syndrome and diabetes and identify the best recognized treatment protocol



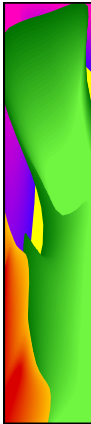
**Lifestyle & Osteopenia/ Osteoporosis**

6. Describe the development of osteoporosis and osteopenia, and the lifestyle, foods and medications to strengthen the body



**Vitamin D: the Newest Need**

7. Name three major medical problems related to a insufficiency of vitamin D in the blood



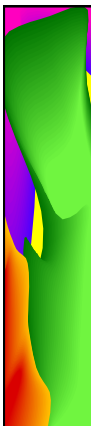
### Diseases of the Digestive Tract

8. Discuss the organs of the digestive tract, some of the medical conditions and foods used for treatment



### Shopping Hints for Value

9. Identify ways to get better value for your dollar, while staying within your budget



### Objectives for Weekend

10. Name 10 important principles from this seminar to share with home church members

11. List factors to evaluate family health status and when to seek medical assistance

