



Optimal Health for the 21st Century Woman

Introduction and Objectives

Friday, February 5, 7:00-7:30 pm



Seminar Description

21st Century living is often described as fast and stressful. Women as professionals and mothers need expertise in multi-tasking. They need resource information at their finger tips to make wise decisions.

Class presentation and discussion will provide information to address issues like maintaining mother's health, nutrients of concern, digestive disturbances, insulin resistance as PCOS or metabolic syndrome, and health and nutrition during all stages of life.

Curriculum includes making good decisions, being a good home economizer and managing a family, including meal time, worship and spiritual growth.

Dr. McEndree will weave in her story of a challenging childhood, teen-age decisions, and college experiences with learning to completely depend on Jesus.



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



Credentials

- Lenore S. Hodges, PhD, RD, CSO, LD
 - M. D. Anderson Cancer Center Orlando
 - Private Practice – NutritionSense Co.
 - Specialist in Oncology and Renal Dietetics
 - Past Asst Professor in Home Economics, Union College, Lincoln, NE

- Terri L. McEndree, M.D., FACOG
 - OB/GYN Physician, Zephyrhills
 - Women's Health Specialist
 - Chief of Obstetrics at Florida Hospital, Zephyrhills



CREATION Model

from Florida Hospital

- **C – Choice**
- **R – Rest and Relaxation**
- **E – Environment**
- **A – Activity**
- **T – Trust in God**
- **I – Interpersonal Relationships**
- **O – Optimism and positive Outlook**
- **N - Nutrition**



Making the Right Choice

- **C HOICE** - the 1st letter
- Why is CHOICE first
- Better decision making
 - Gather Data, Review Priorities, Choose, Evaluate / Live with Action
- Quality Improvement in industry



Making the Right Choice

- **R EST + RELAXATION**
- Rest is truly as a necessary ingredient for a healthy life
- Sabbath Rest
- Sleep
- Relaxation technique



Making the Right Choice

- **E NVIRONMENT**

- Our environment can have a profound impact on our health
- Sight
- Sound
- Touch
- Taste
- Smell



Making the Right Choice

- **A CTIVITY**

- God created the human body for movement
- Everyday activities
- Aerobic exercises
- Strength training
- Stretching



Making the Right Choice

- **T RUST IN GOD**

- Trust in Devine Power brings health and healing to the soul
- Together time
- Quiet place
- Bible, Prayer, Devotional
- Spiritual people



Making the Right Choice

- **I NTERPERSONAL
RELATIONSHIPS**

- Family – usually the strongest support system
- Friends, Neighbors
- Organizations
- Church
- Work



Making the Right Choice

- **O UTLOOK ON LIFE**

- Glass half full or half empty
- Self-talk
- Distraction Techniques
- Trust in Devine Power



Making the Right Choice

- **NUTRITION**

- Optimal nutrition needed for optimal health
- Food Guide Pyramid, AICR Guidelines
- Meal Planning
- Variety



Plans for Tomorrow

For Saturday, February 6, 2010

- Meet 8:30 am to 11:30 am
- 11:30 – 12:30 – Church Service for Group
- 12:30 – 2:00 – Lunch
- Meet again at 2:00 am to 5:00 pm

- If you have a story to share about how you gained control, and determined to go on, we will have 10 minutes each for those who want to share.



Your Stories

- **Story about Choices or Decisions:
Good or Bad**
- **Success from Right Choices**
- **How you Gained Control**
- **Model for Decision Making?**