

# Body Soul & Spirit

I WILL PRAISE YOU FOR I AM FEARFULLY AND WONDERFULLY MADE. PSALM 139:14



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For I am fearfully and wonderfully made. Psalm 139:14

**WDG BIBLE STUDY 2007**

**SERIES: THE PURPOSE AND FUNCTION OF THE BODY**

***Lesson #5 "HELP FOR THE SALT SHAKERS"***

Presented by, Terri McFaddin Solomon, M.A.

Scripture: *Do not be wicked and do not be foolish; why should you die before your time? Ecclesiastes 7:17*

## **OPENING STATEMENT:**

Are you a salt shaker? Find out by answering the following questions: Do you “shake” salt on your food, even before you taste it? When you cook, do you always “shake” in extra salt? Do you crave salty treats that make you “shake” with joy? If the answer is yes to any of these questions, you could be a SALT SHAKER. Salt can be a blessing and it is a gift from God if it is used correctly. The body cannot function without the sodium that is found in salt. Most food labels refer to salt as sodium. But too much sodium can have negative consequences on the body. Excessive salt (or sodium) causes the body to retain fluids, which increases your body weight and raises the blood pressure. Once you lower your salt intake the fluids are released and the body weight and bloating will decrease.

[Genesis 19](#), tells the story of a woman who didn't want to let go of her “good things” even though it would end her life. I am referring to the story of Lot's wife? In Genesis 19, two angels came to destroy the cities of Sodom... sorry I meant Sodom and Gomorrah. God chose to destroy these cities because the people were rebellious and abusive and filled with wickedness. Lot and his family were given a chance to escape. They were given two simple instructions: “Run for your life and don't look back!” Unfortunately Lot's wife looked back and was immediately turned to a PILLAR OF SALT. ([Genesis 19:26](#)).

This woman was given a chance to escape from a city where everyone would be killed, yet she refused to obey the two simple steps that would keep her alive.

So what about you? People around you (both young and old) are dying everyday from strokes, heart attacks, kidney failure and obesity because they are living in the city of Salt. But you can escape if you are obedient to a few simple instructions: *God is faithful, who will not allow you to be tempted beyond what you are able...but with the temptation will make a way of escape, that you may be able to bear it.*([1 Corinthians 10:13](#))

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By applying three simple steps you can change your future for the better and preserve your life:

1. Stay away from fast foods because they are high in sodium (salt). Pack a lunch!
2. Read labels for salt content on packaged meats, cans, and boxes before you buy.
3. Put the salt shaker down (look for substitute food seasonings).

### **SALT SHAKERS AND HYPERTENSION:**

Hypertension is diagnosed when blood pressure readings are 140/90 or higher. Although hypertension may not produce symptoms, it plays a part in some 500,000 deaths per year in America alone. Japan and India also have a high rate of hypertension because of the high sodium diet. Foods that are high in sodium (salt) are considered a major contributor to hypertension. Excessive weight, stress, lack of exercise, and poor diet also contribute to hypertension. Excessive salt causes a fluid build up in the blood vessels. This puts a strain on the heart and kidneys which can lead to strokes, heart disease, kidney failure and blindness. At least 65 million Americans will develop hypertension as they begin to age. Thirty-five percent of African Americans suffer from this disease and twenty percent of all deaths from hypertension are among African Americans. Twenty-five percent of all Hispanics also suffer from hypertension.

### **HOW MUCH SALT IS SAFE:**

The average American consumes 4,000 milligrams of sodium per day. It is even higher in India and Japan. Until recently, strokes were the leading cause of death in Japan. Most doctors recommend no more than a teaspoon of salt per day, which contains roughly 2,400 milligrams of sodium. On a daily basis, Americans take in 3 to 5 times more salt than needed. If you suffer from hypertension, your sodium intake should be reduced to no more than 1,500 mg of sodium per day.

### **SALT AND ADDITIVES IN FOOD:**

Additional salt is also hidden in processed foods as chemical additives such as sodium nitrate, sodium benzoate and monosodium glutamate (msg).

**POP QUIZ:** Read the following labels and tell me which of these two packaged products you would feed to your family or yourself.

#### **Product #1**

**List of Ingredients:** Chicken, chicken livers, chicken broth, ground rice, carrots, lamb meal, ground wheat, dried whole eggs, Brewer's dried yeast, minerals, vitamin A, Vitamin E, niacin, calcium, Vitamin B-12, riboflavin supplement, wheat germ meal, sodium (200 mg).

#### **Product #2**

**List of Ingredients:** Turkey, turkey ingredients, water, pork, corn syrup (1 mg), sodium lactate, sodium (650mg), potassium chloride, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite, extractives of paprika, calcium 6% and iron 4%.

If you selected product #1 you would be eating **Petco Dog Food**. If you selected product #2, you would be eating a **Farmer John turkey hot dog**. It's sad to say that some dog foods are healthier to eat than processed foods for people.

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The following are some other labels that should be “food for thought.” PLEASE START READING PACKAGE LABELS WHEN YOU SHOP FOR FOOD. IT COULD SAVE YOUR LIFE!

### Kraft shells and Cheese

1 cup: 360 Calories

1 cup: **940** mg. sodium

Chemical Additives: Sodium Tripolyphosphate, sorbic acid, yellow 6, enzymes

### Best Kosher Super Beef Franks

1 hot dog: 330 Calories per

1 hot dog: **1080** mg. sodium

Chemical Additives: Sodium nitrite, potassium lactate

### Oscar Mayer Turkey Breast Lunch meat

1 slice: 30 calories

1 slice: **310** mg. sodium (3 slices of turkey lunch meat = **930** mg. of salt)

Chemical Additives: Sodium Nitrite, sodium phosphates, Sodium diacetate, Sodium erythorbate, sodium lactate.

### HOW TO MINISTER HEALTH TO YOUR BODY:

1. Eat fresh fruits and vegetables daily (organic if possible).
2. Avoid processed \*\*meats and processed foods (especially high sodium products).
3. Drink lots of water.
4. Take a power nap each day (a least 10 minutes)
5. Exercise (walk, run, or take up dance, golf, etc.)
6. Worship and praise the stress away.
7. Pray for self-discipline.

Note: \*\*Purchase fresh turkey or chicken (free range if possible). Cook them at home and make sandwiches that are sodium free.

### OBSERVATIONS AND PERSONALIZATON:

**Preserve:** To protect; To keep in perfect condition; To prevent decay or spoilage.

1. Psalm 25:21 – Let integrity and uprightness **preserve** me. How does uprightness preserve you?
2. Psalm 40:11b – Your truth continually **preserves** me. How does truth help to preserve you?
3. Psalm 2:11 – Discretion will **preserve** you; Understanding will keep you. How does discretion and understanding help to preserve and keep you?
4. Proverbs – Get wisdom! Get understanding! Do not forsake her, and she will **preserve** you. How does wisdom help to preserve you?

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Dear Terri:

My father was a diabetic and passed away from pancreatic cancer. This makes me very much aware of my sugar intake. My brother was very healthy and athletic, but also died at an early age from pancreatic cancer. I have used artificial sweeteners for many years; and recently I have looked into natural sugar substitutes rather than artificial. Your bible study lesson made me keenly aware of the necessity to do so a.s.a.p.

In spite of our family history my sister has raised her children on processed junk foods, sweets and fast foods. They presently suffer problems with excessive weight and allergies. This really concerns me because our mother didn't raise us this way. She was extremely health conscious and fed us a lot of fruits and veggies. In light of our family history of diabetes and cancer, how can I approach my sister regarding the subject of feeding her children a healthier diet?

Dear Sister:

First of all pray, and ask the Lord to make your sister receptive to what you have to say. Instead of making speeches perhaps you can go to the library or online and find some information that links childhood diabetes and obesity to poor diet. Try going to [www.betterfoodchoices.com](http://www.betterfoodchoices.com). There is a section entitled "Healthy Food Choices for Kids." This site also offers a cookbook and CD entitled: "Are Your Kids Running on Empty?" Your sister may not respond immediately, but keep praying and hopefully she will follow up on your recommendations.

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