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NEWSLETTER

Olympic Laws of Health

There had been a great deal of focus in the world regarding the winter Olympics. For some, watching them was a source of motivation. Becoming an elite athlete with amazing skills is not something that one acquires overnight, but with dedication and perseverance, one can achieve a fine tuned body. This can be accomplished when one practices the 8 Laws of health. By practicing these laws we can slowly “train our bodies” to achieve what one would consider “Olympic gold” status, because of how good we feel when we perform! **Below are the 8 Laws of “Olympic” health that we can practice daily.**

Nutrition

It is said that Olympians maintain a strict diet, on and off training season. With such diets, it allows them to maintain a healthy body all year round. In other words, we too should live a life as an Olympian. We should take into consideration our nutritional needs, while applying it to our occupation to ensure that we can “get the job done”. After selecting a meal plan that suits your schedule, job, and body, you should notice increased productivity and energy, which are the results of this positive change.

Exercise

We all know that exercise is an excellent way to stay healthy. It’s good to focus our goals to include daily exercise, not just for our physical bodies but also for our mental well being. Create a workout routine that is balanced with both fun and challenging activities. Increasing strength and mobility can help with a host of ailments, from being productive to severe depression. Our bodies were made for movement, so participating in some form of physical activity can have you feeling like a champion.

Water

While staying hydrated is an essential part of a healthy lifestyle, water is good for more than just drinking. The use of water internally and externally can have amazing benefits on your entire body. Many athletes incorporate the use of hydrotherapy into their routine to help with aching muscles and building endurance. While you may not have a membership to a health spa, the use of water from your shower alone can have amazing benefits.

Temperance

While striving to be your best physically, mentally and spiritually, it’s good to remember to avoid over-exertion. We should abstain from that which is bad for us and be temperate in even the good things. In addition, intemperance can diminish your “gold medal” attitude. While working hard is important, continuous over-exertion of ones mental and physical well-being may provide an environment that may lead to various health challenges. It is important to do all things in moderation.

Trust In God

With everything you do, it should be your constant thought that you can achieve anything with God’s help. He has created you in His image and through His help, you can achieve your goals. Trusting in God’s divine promises and following where He leads you can boost every aspect of life. We should be confident in God’s power to keep us mentally and physically healthy. Knowing that He is in control is our reassuring hope.





Rest

Rest is a crucial part of having a healthy lifestyle. Unfortunately, not enough focus is given to this area. It is very important to keep a consistent routine when it comes to your sleep schedule, as this has a greater effect on health than many care to realize. The body with all its magnificent organisms and functions operates similarly to that of a machine. Adequate amounts of sleep and down time varies from person to person, but what is most important is ensuring the body gets the proper amount of **full rest** in order to be energized. Overworking and not resting enough can lead to disease. Our body's natural "clock" requires us to know how best to help it function optimally. Don't underestimate the power of a nap, it has proven to be extremely beneficial to health. Just like an athlete plays hard and works hard, they also know the importance of rest and relaxation.



Sunshine

The power of the sun has amazing rejuvenating effects on the human body. While the time spent in the sun varies from person to person, it is a general rule that everybody needs some personal time in the sun. Sunshine can increase the brain's release of the hormone serotonin. This will boost your mood and help you feel calm and focused.



Air

Breath control and deep breathing are essential for every form of physical activity. The air we breathe supports our entire system. Knowing this, we should take full, deep breaths of air, filling our lungs to capacity and then fully releasing. It's good to take time away from our daily routine and go outside and escape to the countryside where we can get fresh, clean air from the non-polluted environment.

**God has provided everything we need to maintain a healthy, vibrant and meaningful life.
After all, God knows best!**

VEGAN BROCCOLI SALAD WITH RAISINS

This simple, vegan broccoli salad is a healthy twist on classic broccoli salad with raisins. The sweet, tangy and extra creamy dressing is oil-free and sugar-free and pairs perfectly with broccoli, raisins, red onion and chopped almonds. This salad can be made a few days ahead and stored in the fridge for healthy meals all week.

Yields:

4 large servings or
6 smaller servings.

INGREDIENTS

SALAD

8 cups finely chopped broccoli
1 cup raisins
1 3/4 cup diced red onion
1/2 cup chopped almonds

DRESSING

1 package soft tofu
4 cloves garlic, minced
3 tablespoons lemon juice
Sweeten to taste with agave, maple syrup, dates or organic stevia etc. (equal to approximately 6 tsp of sugar)
Pinch of unrefined sea salt

INSTRUCTIONS

Add the salad ingredients to a large mixing bowl.
Blend the dressing ingredients until smooth and creamy.
Add to the salad and mix well to combine.

