



Healthy and Happy Seminar 6



Beat High Blood Pressure! It's David and Goliath!

As Goliath, the nine-foot Philistine giant challenged and taunted the Israelites, the boy David advanced with a sling and stones! And wonder of wonders! The boy killed the giant! Today, High Blood Pressure, also called Hypertension, stands over many of us like a giant! Tall! Big! Strong! And taunting! But just as David defeated the giant, we can beat Hypertension!

1. What really is High Blood Pressure?

- Blood Pressure is the force of the blood being pushed by the heart against the walls of the arteries as blood is pumped through the body.
- The standard blood pressure reading for an adult is 120/80.
- Whenever it is above 140/90, hypertension is present.
- About 33% of persons who are hypertensive don't even know it!

2. What do these numbers mean? Choose: *relaxes, systolic, diastolic*.

- (a) The upper number is the _____. It tells the force of the blood as it leaves the heart when the heart beats.
- (b) Then for a moment the heart _____ to allow more blood to enter.
- (c) The lower number is the _____. This tells the force of the blood as it enters the heart when the heart is at rest.



**3. As David prepared to conquer Goliath, he gathered five stones!
The first stone to defeat Hypertension is the D.A.S.H. Diet.**

- T F 1. D.A.S.H. stands for Dietary Approaches to Stop Hypertension.
- T F 2. Saturated fats block blood vessels. So stay away from red meat.
- T F 3. Eat an abundance of fresh raw foods: fruits and vegetables.
- T F 4. Use more whole grains. They are low on fat and low on fiber.
- T F 5. Use low fat or non-fat dairy. This reduces saturated fats.
- T F 6. Limit salt intake to no more than two level teaspoons per day.

**4. Stone number two to destroy Goliath is: Less Stress.
Choose the right word for each space: diaphragm, time, rises, laughter.**

- (a) Under stress, muscles tighten, heart beats faster, blood pressure _____.
- (b) To lower stress, manage your _____. Avoid rush and hurry!
- (c) Learn to relax. Listen to music. Breathe deeply from the _____.
- (d) Get good belly _____. This relieves stress and lowers blood pressure.

5. The third stone to defeat High Blood Pressure is Aerobic Exercise.

- T F 1. Each extra pound of body fat has an extra mile of blood vessels!
- T F 2. Aerobic exercise burns calories and helps us combat obesity.
- T F 3. Examples of aerobics are pushups, swimming, running, walking.
- T F 4. Walking is the safest, the least expensive, and the best.
- T F 5. Recommended amount is 20 minutes a day, 5 days per week.

**6. Stone four to combat Hypertension is Low Cholesterol.
Choose the right words: saturated, narrow, high.**

- (a) Plaques of cholesterol _____ blood vessels and impede blood flow.
- (b) Pushing blood through narrowed vessels causes _____ blood pressure.
- (c) To avoid the build up of cholesterol plaque, avoid _____ fats.

**7. The fifth stone is Spiritual Meditation – one hour a day, and one day a week.
When did our Creator institute weekly meditation?**

Genesis 2:3. _____.

8. But today, Sabbath Worship, just like the boy David, seems small! And Sunday Worship, like the giant Goliath, looms tall! How did this happen? Some think it occurred at Christ's Crucifixion.

Colossians 2:14-17 tells us that some Sabbaths were nailed to the cross! They were a _____ of things to come. They foreshadowed _____.

9. So what was this "shadow" of Christ?

Leviticus 4 32, 33; 23:27, 32. True or False?

1. Before Calvary Christ's shadow was the system of animal sacrifices.
2. This system had holidays or holy days like Passover and Day of Atonement.
3. They occurred twice a year like our Easter and Christmas.
4. These annual holy days were called Sabbaths.

10. When Jesus died, that system came to an end! Nailed to the Cross!

John 19:30. He said, "It is finished!" Choose: Lamb, Light, heaven.

(a) No more candlesticks, for Christ is the _____ of the world!

(b) No more earthly priest, for Jesus is our High Priest in _____!

(c) No more lamb for sacrifice, for Christ is the _____ of God!

So at Christ's Crucifixion, Goliath did not conquer David!

11. Others believe that the change from Sabbath to Sunday occurred at Christ's Resurrection. Three texts are used. Let's check them out!

John 20:19. Why had the disciples assembled?

For "fear of the Jews."

1 Corinthians 16:1, 2. Was this a church service?

Of course not!

Acts 20:7. This was a farewell meeting.

And it was held on Saturday night!

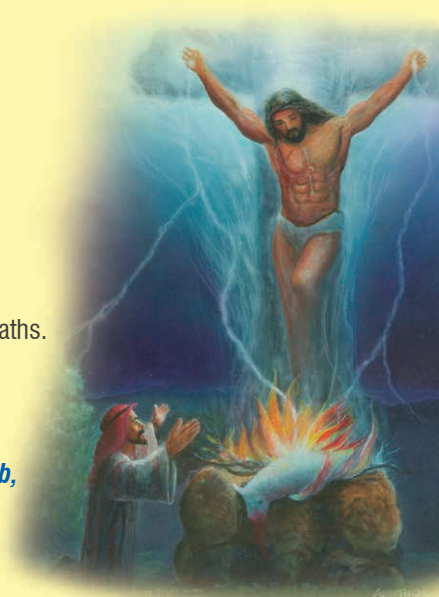
12. Group Activity. While the New Testament records only one "first day" meeting, it records dozens of Sabbath services! How many?

Acts 13:14, 44 _____ . Acts 17:2 _____ .

Acts 18:4, 11 _____ . Total _____ .

Sabbath services!

So at Christ's Resurrection, Goliath did not conquer David!



13. The sanctity of Sunday is not found in Scripture! What's its origin?

It was Constantine, Emperor of Rome, who issued the first Sunday law. The date is March 7, 321 AD.

14. Later on, the Church of Rome perpetuated Sunday Worship.

“Q. Which is the Sabbath day?”

“A. Saturday is the Sabbath day.”

“Q. Why do we observe Sunday instead of Saturday?”

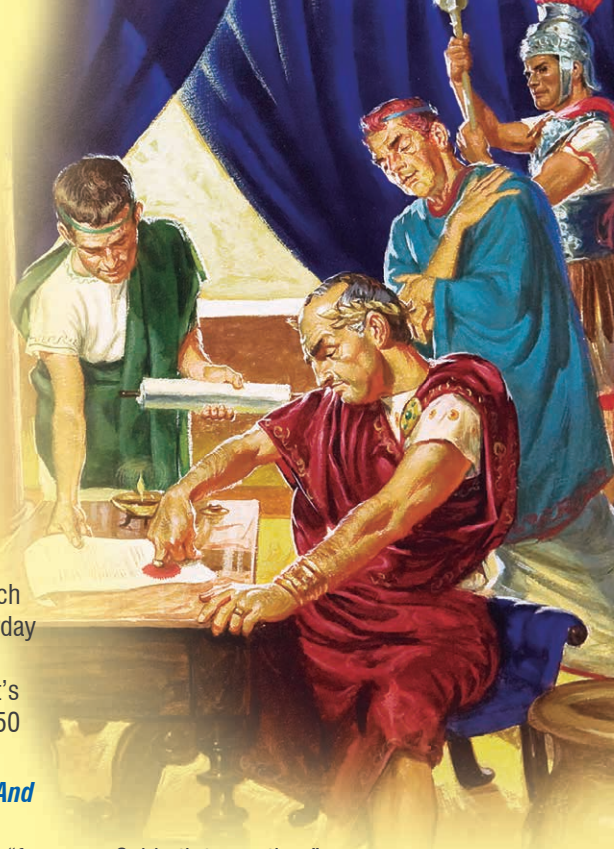
“A. We observe Sunday instead of Saturday because the Catholic Church transferred the solemnity from Saturday to Sunday.”

- Rev. Peter Geiermann, The convert's Catechism of Catholic Doctrine, p. 50

15. Soon, Jesus is coming again! And Sabbath worship will last forever!

Isaiah 66:23. We shall worship Him “from one Sabbath to another.”

We will see Him face to face! What's His name? **Jesus, Son of David!**



My Choice.

- I will use the five stones to defeat the Goliath of Hypertension.
- I see it! Sunday worship came from Rome; Sabbath worship from Jesus.
- I choose to stand on the side of Jesus, the Son of David.

Check Your Answers. 2. (a) systolic, (c) diastolic. **3.** 1T, 2T, 3T, 4F [high fiber], 5T, 6F [one]. **5.** 1T, 2T, 3F [not pushups], 4T, 5F [30]. **9.** 1T, 2T, 3F [once], 4T. **12.** 2 + 3 + 52 + 26 = 83.

Attention! The information in this seminar is for health education only. It is not designed to be a substitute for the medical care of your physician.

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