

Welcome parents & students to our spring semester at ICAP & to our Health Class!

My goal in this class is to introduce your students to the principles of a healthful lifestyle. We will be discussing the physical, spiritual, mental & social components of total health. I will be giving out handouts & sending emails that will explore various ideas in the health community, from a healthy diet to exercise to different toxins that present challenges to our bodies to the choices we have as consumers in directing our healthcare. My desire is to present information and encourage further research that can be used throughout your lifetime to be smart shoppers for all things relating to your health and that of your family.

**Disclaimer:** Some folks consider my views somewhat on the radical side on health. This may or may not be true but I will be clear in saying that I will direct you NOT to believe everything I say but to search it out for yourself and commit all things to prayer as this should be the true goal; to be following Jesus Christ and seeking Him for all things regarding your lives and well being. I will continually point you to this as I share information about health choices that you may not have heard before.

As we seek to obtain better health we must always remember that our only goal in doing so is to be better equipped to serve our Lord and not for good health to be an end in of itself. For what does a man profit if he gains the whole world and loses his soul.

For those of you who need a supplemental text book for your high school curriculum I suggest **Total Health** by Susan Boe. It is a Christ centered text that covers lots of things in a standard textbook format. I will be assigning homework for this class (not from that book) but if you need more this book has 16 chapters for a chapter a week. The book, **Prescription for Nutritional Healing** by Phyllis Balch is highly recommended & will help for some assignments. This is not mandatory, however.

The April 14<sup>th</sup> class will deal with health issues as it relates to marriage & childbearing & child raising. I will not be exploring anatomy in that context, but will discuss Christians & birth control (*such as the pill & other forms of birth control cause abortions as many people do not know this*), health care in pregnancy, childbirth choices, breastfeeding & child raising health issues. If you feel you would like your student to be excused from class that day they will not be marked down.

I would like the students to watch The Biggest Loser this season. It is on NBC at 8 pm Tues nights or on knbc.com. There are some swear words occasionally during workouts & interviews, and some of the host & trainer clothing would not meet ICAP modesty standards (PG-14 rating). This is not a requirement for grading, it is just supplemental to see what can happen when we get out of balance in our lives & will help for our Family Night skit of "The Biggest Snoozer".

We will also be sampling foods & making smoothies, juicing, etc. Please warn me if any of your students have allergies.

I am looking forward to an exciting semester as we journey through all things health related!