

SOME THINGS THAT LET ME KNOW IF I MIGHT BE GETTING SICK

1. Check for signs of wellness that you can see/measure and symptoms you can feel or sense that do not go away when I meet my basic needs.
 - A. Feel really sad, confused, droopy, grumpy, dislike what I did, thought, saw, felt or said
 - B. Hear or see things that are not there
 - C. Itching, stinging, burning, aching, or shaking anywhere
 - D. Redness, swelling, bad odor or feeling hot to touch anywhere
 - E. Excessive sweating, bleeding or yellow/brown/green drainage or clots not seen before
 - F. Pale, blue, cold feet, hands or lips
 - G. Loose, rough, painful, chipping or discolored teeth
 - H. Pale, white, bleeding, discolored gums or tongue
 - I. Urine is dark orange, brown, red and in larger or smaller amounts, cloudy, foul odor
 - J. Bowel movements change color, texture, size, amount, frequency- become red, black, green, chalky, mucus, ribbon thin, larger, hard, small little balls, ~~4~~ or more a day or none in three days or more
 - K. Clear yellow, red, raised, pale, brown, rough, white, soft, hard bumps or blisters
 - L. One hip, shoulder, hand shorter than the other with or without lower back pain
 - M. Increased gas/belching, nausea, vomiting, abdominal pain or burning, discomfort before and after eating or drinking anything
 - N. Dizziness, blurred, bright, dull, flashy vision or ringing/pulling of the ears
 - O. Deep, rattling, tight, aching cough or difficult breathing
 - P. Body temperature higher than 3 degrees above normal
 - Q. Body temperature of 96 F or below
 - R. Tightness or pain in the chest radiating to neck, left arm or back
 - S. Dull, dry, split hair with flaking or moving creatures on hairs
 - T. Clumsiness, poor muscle tone, poor posture, bone out of alignment or stiffness/numbness
 - U. Loss of energy/cannot finish daily activities or care
 - V. Cannot adapt to change or cannot think well
 - W. Lost or gained more than 10 pounds in less than 1 month
2. Remember what happened 15-30 minutes before these negative changes occurred
 - A. Took medicine/drugs such as BP medicine, penicillin, decongestant, tobacco, alcohol, cocaine
 - B. Ate or drank something new, different
 - C. Was in smoke or fumes
 - D. Used something new or different such as soap, glue, hairspray or clothes
 - E. Hit, stung or touched by something new
 - F. Was with someone who was sick 1-14 days ago
3. Get help, tell a parent, teacher or health care provider how severe the changes are, when they started and what happened before they started.

Hebrews 12:10, For they verily for a few days chastened us for their own pleasure, but our heavenly Father for our profit, that we might be partakers of his holiness.

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Daily lifestyle keys to Increase Wellness



Increase the following:

- ❖ Fresh fruits and vegetables, dried peas and beans (70-90% of the diet)
- ❖ Variety in diet- hot/cold, bland/fiber
- ❖ Natural sweeteners-herbs, honey
- ❖ Natural/fresh foods from your garden, nat dyes, deodorant
- ❖ Exercise 5 mins/ day, up to 60 mins walking, swimming, sit-ups
- ❖ Sleep for 8-10 hours without a break
- ❖ Water, fruit, herbal drinks, 8-12 eight oz glasses
- ❖ Natural estrogens- soy, red clover, ginger
- ❖ Fresh air to 30 mins
- ❖ Contact with earth and plants/ God's creations-
- ❖ Quiet/Peace- praise/worship music tapes, Bible, fellowship/Lord
- ❖ Joy- laughing/good, forgiving, kindness, blessing others/ love
- ❖ Encouraging, speaking the truth in love with Jesus in your heart
- ❖ Putting others first/considering others better than yourself
- ❖ Natural pests and weed control-salt
- ❖ Healing herbs found in the garden
- ❖ Vitamins, spring water
- ❖ Loving children, family



Daily lifestyle keys to Decrease Illness



Reduce the following:

- ❖ Fats/ margarine/red meats
- ❖ Monotony in diet-canned /pre-prepared foods
- ❖ Processed white sugars, nutra-sweet
- ❖ Artificial foods, colorings, preservatives, hair dyes, anti-perspirant
- ❖ Sitting, lying, TV/computers, weegie boards
- ❖ Sporadic naps of 1-3 hours
- ❖ Alcoholic, caffeine, soda drinks
- ❖ Pill, estrogens/androgens
- ❖ Smoke/pollution/sunlamps
- ❖ Pavement/artificial plants/man's creation
- ❖ Agitation/stress-cursing/evil, grudges, rudeness, hate, hard rock
- ❖ Sadness- crying, complaining, fussing, cursing others, violent reading
- ❖ Discouraging, lying, putting others down
- ❖ Putting others last/ they're no good, big "I", "ME", "MINE"
- ❖ Pesticides, herbicides, sprays
- ❖ Pharmaceutical/ magic bullets, decongestants
- ❖ Chlorine
- ❖ Provoking your children/family to anger

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COLOSSIANS 3 for HOLY FAMILY LIVING < BE A BLESSING TILL JESUS COMES

Romans 12:1

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