

Habits can be both convenient and a hindrance, once we have them we don't have to deliberate about every little thing we do, however, habits can be hard to break.

It is easier to learn good habits than to unlearn bad ones. Every time we do or think something, a nerve pathway is activated in the brain. These pathways become fixed in the brain and are reinforced the more they are activated.

In breaking a habit we need to deactivate the nerve pathway. This can be done by saying 'NO' to the habit which will eventually weaken the strength of the habit and by substituting something else in place of the old habit so that a new pathway is formed.

To break a habit, we need to be decisive, starve the old habit and begin feeding a new one. Concentrate on a positive substitute, for instance substitute deep breathing, exercising or water drinking for the old habit.



Remember, our minds have the power of choice, choose today to break that habit. Strengthening positive lifestyle habits tends to weaken the negative ones. When trying to kick a habit, anticipate trouble. Be prepared, you are likely to experience that old habit screaming for attention. Plan ahead, rehearse in your mind how you will successfully overcome and try to avoid situations where the habit will be aroused.

Most importantly, genuine self-control is a gift from God;

Jesus said

...you cannot do anything without me...

John 15:5.

Christ gives me the strength to face anything...

Philippians 4:13

Doctor Moderation Maintains the Balance



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Doctor Moderation Maintains the Balance



Do you have a habit you wish that you could break or sometimes wish you could exercise more self control or what used to be commonly called temperance?

The dictionary describes temperance as the practice of moderation, and self control as the control or restraint of oneself or one's actions, feelings, etc.

Are you familiar with the saying, '**moderation in all things?**



A precise definition might be moderation in those things that are good, and avoiding those things that are harmful. We need self control in order to build a lifestyle that is in balance spiritually, physically, mentally and socially. Without self-control we cannot put into practice the knowledge that we have. For example we know that:

- **Overeating** can contribute towards indigestion and obesity.
Under eating leads to malnutrition or starvation.
- **Overwork** leads to exhaustion or possible injury.
Under work leads to apathy and weakness.
- **Over-rest** leads to weakness and laziness.
Under-rest breeds mental confusion and exhaustion.
- We also need a balanced intake of air, water, and sunlight-not too much and not too little.

Good Intentions

No matter what our knowledge or good intentions, unless we have the power to put our knowledge into practice or carry out our good intentions, they are not of much use.

Self control should influence not only our physical health habits, but the mental and social aspects of our lives as well. Too much of anything not properly controlled can affect our minds and possibly lead to failure somewhere in the body.

Anything carried out to excess can be intoxicating. Have you ever sat in front of the TV and been glued to the 'box'? Are you a sports fan(atic)? These are examples of how easy it is for our lives to become unbalanced and our minds intoxicated by over stimulation



There are many substances that can cause over stimulation, for instance; alcohol, tobacco, drugs and caffeine are common substances that can not only be habit forming or addictive but have consistently been linked to contributing to, or causing harmful side effects



Harmful effect:

These include amongst others; degenerative diseases, atherosclerosis, cancer, diabetes, hypertension, obesity and osteoporosis. Stimulating substances can alter the mind or perception to a large degree and contribute towards violent or inappropriate behaviour.

There is often an inability to control their use because of dependency. Aside from the physical harm done, this dependency is detrimental mentally and socially, as this subconsciously hinders the user from developing everyday coping and problem solving skills, instead using the chemical crutch as a substitute. To test this, just try to stop the habit.



These issues do not affect me you might say, how then about other areas? Food for instance, can you cut out or even cut down on the amount of sugars, sweets, fat, cholesterol, salt. Try replacing these with more fruits, vegetables and starches.
Not so easy now... or is it?