



Quenching the Fires of Heart Disease

Session Guide and Review Notes

Quenching the Fires of Heart Disease

5 min Welcome and Introduction

PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version

Summary: Quenching the Fires of Heart Disease

- Chronic inflammation is a major culprit in heart disease.
- Inflammation is aggravated and even caused by lifestyle factors such as poor diet & sleep, inactivity, and stress. Atherosclerosis is triggered by chronic inflammation.
- **Reduce Inflammation:**
 1. **Stop the smokes.** Get nicotine in all forms out of your life.
 2. **Ditch sugary drinks** and drink water between meals.
 3. **Shop defensively.** High fat and cholesterol animal products such as meat (esp. red, processed, and fried meats), butter, eggs, and hard cheese fan the flames of inflammation, including high blood pressure. Switching to plant foods (especially beans, greens, and fresh fruit) and healthy plant fats like olives, nuts, olive oil, and avocados dampen inflammation and help lower blood pressure. Enjoy healthy omega-3 fats in walnuts, chia seeds or ground flax seed.
 4. **Get in “D” sun.** Get Vitamin D. Know your levels and supplement if needed.
 5. **Move it and lose it.** Lack of physical exercise is the number 2 risk factor for heart disease. Daily exercise is linked to lower cholesterol levels, improved blood pressure, better blood sugar, better weight control and better mood!
 6. **Stack those “ZZZs”.** Develop a “sleep routine.” Don’t eat at night.
 7. **Watch your mouth.** Gum diseases are linked to heart disease and diabetes.
 8. **Mind your matters.** Control stress. Focus on solutions rather than problems!
- Always work with your health care provider when implementing diet and exercise programs. They will be able to help you adjust medications and exercise safely.

10 min Discussion Time 1: What are your thoughts?

- ✓ Why is chronic, metabolic inflammation harmful?
- ✓ Discuss ways to reduce this type of inflammation.

5 min Discussion Time 2: What is your story?

- ✓ You or someone in the group may have a “delivered story” that pertains to the session topic. Take a few minutes for you or a guest to share.

5 min Freedom Journey: Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** Exercise increases the energy and stamina and can be very beneficial in overcoming the habit or addiction to sugar and caffeine.
- **Recalculate:** The question is not: “Am I going to exercise”, but “When and where will I find time to exercise today?”
- **Reframe:** The areas of the brain linked to creativity and planning share the same areas of the brain that govern movement. Exercise brings joy and strength, not misery and weakness.
- **Remember:** Work with your healthcare provider or trainer to adopt a plan that works for you. Have a plan for every season!

10 min Discussion Time 3: What have you learned?

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

Lifestyle Links: Lifestyle links for building physical, mental, emotional, and spiritual strength.

Reboot and Rebound: Daily choices build a better brain, body, and habits.

- **Create a Lifestyle:** Walk briskly for 10 minutes after each meal for better blood sugar control. Exercise controls cravings and appetite.
- **Create an Environment:** Use a pedometer or your **Better Way Journal** to track progress. Challenge yourself to improve. Walk with a friend.
- **Create Connections:** Join a fitness club, exercise class, or create a neighborhood walking group. Play games, ride bikes, invite your friends.

10 min Discussion Time 4: What will you do?

- ✓ What is your reason for wanting better health?
- ✓ Which of the **Lifestyle Links** are your focus right now?
- ✓ What is your first step?

5 min Group Promise, Affirmation, and Prayer to Close Session

Pray and Say: Divine power and daily practice change the brain.

- **Prayer:** “Dear God, thank you that by your power and strength, I am Living Free!”
- **Promise:** “I can do all things through Christ who strengthens me.” Philippians 4:13.
- **Affirmation:** “Thank you God for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

Handout: Balanced Living Tract: Quenching the Fires of Heart Disease