

Power On A Plate: Overcoming Learning Barriers Through Diet

Chris & Tara Bailey, CHANGEministry.org

NAD Teachers Convention 2018

OUR FOCUS

- CHILD(REN)
- NUTRITIONAL NEUROLOGY
- BRAIN FOODS
- PEACE FOODS
- STRESS, AGGRESSION, & FEAR
- THE MOST DANGEROUS DRUG IN THE WORLD
- LIFESTYLE PATH LIVING VS. PHARMACEUTICAL SHORTCUTS
- LEADING BY LIVING IT - HOW TO GO VEGAN

JOHN 17:3

And this is life eternal, that
they might know Thee the
only true God, and Jesus
Christ, Whom Thou hast sent.

WHAT CHILD(REN) NEED

REST EXERCISE NUTRITION

CHILD(REN) NEED

R – rest

E – exercise

N – nutrition

CHILD(REN)

○ Rest

- **School age children (6-13):** 9-11 hours
- **Teenagers (14-17):** 8-10 hours
- **Younger adults (18-25):** 7-9 hours
- **Adults (26-64):** 7-9 hours
- **AVERAGE: 8.75 HOURS**

- National Sleep Foundation

CHILD(REN)

○ Exercise

- Children and adolescents age 6 and older need at least an 1 hour a day of physical activity.
- Most of the hour should be either moderate or vigorous aerobic activity – elevated heart rate.

- Department of Health and Human Services

CHILD(REN)

 NUTRITION

NUTRITIONAL NEUROLOGY

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. – GENESIS 1:29

(GENESIS 1:11-12; GENESIS 2:9; LUKE 4:4; MATTHEW 4:4)

A vibrant still life of various fruits. In the foreground, there are several ripe yellow bananas, a slice of cantaloupe with its orange flesh and green rind, and a large triangular slice of watermelon with bright red flesh and green rind. Below these, there are clusters of dark purple grapes and a small bunch of blueberries. The fruits are arranged in a blue bowl, which is partially visible at the bottom. The background is a plain, light color.

GENESIS 1:29

And God said, Behold, I have given you **every herb bearing seed**, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; **to you it shall be for meat.**

NUTRITIONAL NEUROLOGY

If we drained the fluid from our brain, what remains:

1. Fats (Lipids)
2. Amino Acids
3. Micronutrients
4. Glucose
5. Blood sugar for energy

NUTRITIONAL NEUROLOGY

1. Fats (Lipids)
 - Essential fatty acids to prevent brain degeneration
 - Create & maintain cell membranes
2. Amino Acids
 - Contain the precursors to neurotransmitters
 - Regulate brain hormones that regulate mood
3. Proteins
 - Contain the precursors to neurotransmitters
 - Regulate brain hormones that regulate mood
4. Micronutrients
 - Contain antioxidants that fight free radicals that destroy brain cells
5. Glucose
 - Blood sugar for energy

BRAIN FOODS AS FAITH FOODS

ROMANS 12:2

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ROMANS 12:2

And be not conformed to this world:
but be ye transformed by the
renewing of your mind, that ye may
prove what is that good, and
acceptable, and perfect, will of God.

BRAIN FOODS

- COLORFUL FRUITS
 - Improve memory
- COLORFUL VEGGIES
 - Improve memory
- NUTS & SEEDS
 - Contain vitamins that reduce free radicals



protect the brain
from oxidative stress



contribute to greater vascular flexibility,
less clotting, and better blood flow.



fight inflammation of
the neurons



protect the brain from the
damage of free radicals



potassium and magnesium,
bananas give the brain energy



have monounsaturated fat which
contributes to healthy blood flow



excellent source
of glucose



high levels of vitamin K
and choline



slows mental deterioration



polysaccharides act as
natural anti-inflammatories



improve your cognitive health
due to vitamins & minerals

PEACE FOODS

ROMANS 2 KINGS 4:34; ISAIAH 35:4-5; PSALM 119:65



PROVERBS 3:17

[Wisdom's] ways are
ways of pleasantness,
and all her paths are
peace.



PEACE FOODS


- **Beans:** Dried small red, Pinto, black, red kidney
- **Fruits:** Apples (Gala, Granny Smith, Red Delicious), prunes, sweet cherries, plums, black plums
- **Berries:** Blackberries, strawberries, cranberries, raspberries, blueberries
- **Nuts:** Walnuts, pecans
- **Vegetables:** Artichokes, kale, spinach, beets, broccoli
- Spices with antioxidant & anti-anxiety properties: turmeric, ginger, & more

STRESS, AGGRESSION, & FEAR

1 JOHN 4:18

1 JOHN 4:18

There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.



The Truth
Your Reality
Our Culture
The Tradition

A Lie
Your Reality
Our Culture
The Tradition



* The figures quoted have been checked and certified to by LYBRAND, ROSS BROS AND MONTGOMERY, Accountants and Auditors.

20,679* Physicians
say **“LUCKIES**
are *less irritating*”

“It’s toasted”

Your Throat Protection against irritation against cough

A TIP FROM A
**FORMER
SMOKER**



**RECORD YOUR
VOICE FOR LOVED
ONES WHILE
YOU STILL CAN.**

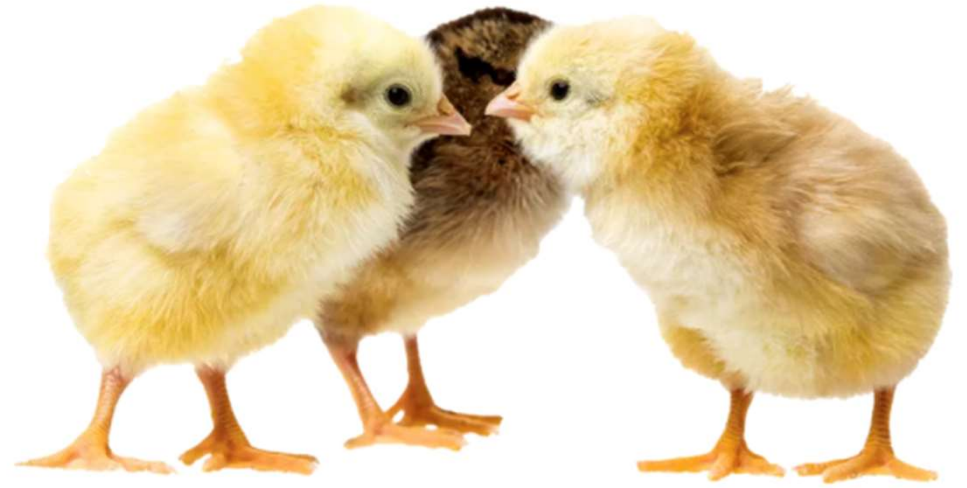
Terrie, Age 52
North Carolina

Smoking causes immediate damage to your body.
For Terrie, it gave her throat cancer. You can quit.
For free help, call 1-800-QUIT-NOW.

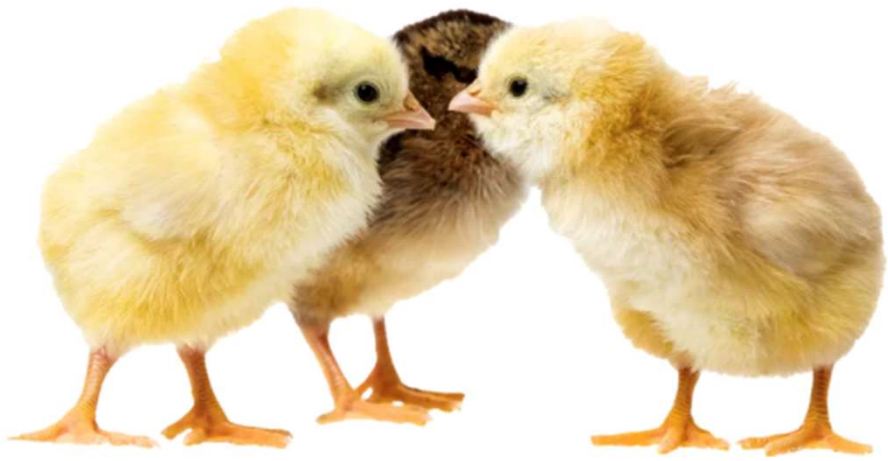


U.S. Department of
Health and Human Services
Centers for Disease Control and Prevention

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Lie
Reality
Culture
Tradition











STRESS

- Hormones
 - There are 4 anabolic steroids (hormones) commonly used in promoting the growth of animals:
 - estradiol & progesterone (naturally occurring)
 - zeranol & trenbolone (synthetics)
- Genetic Manipulation
 - Federal regulations allow hormones to be used on cattle and sheep, but not on poultry or hogs
 - The increased size of chicken breasts is a result of advancements in genetics, feed and other production practices.
- Stress
 - Regardless of enhancements or lack thereof, all meat is stress meat!

THE MOST DANGEROUS DRUG IN THE WORLD

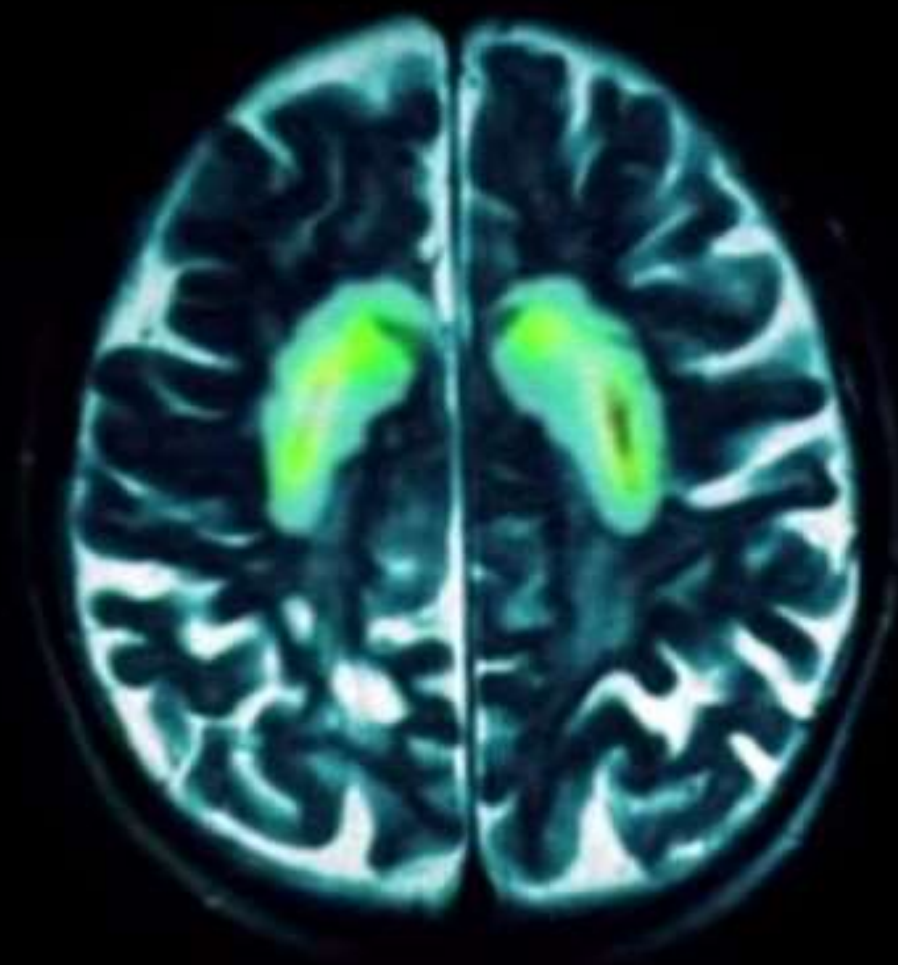
For to be carnally minded is death; but to be spiritually minded is life and peace.

- ROMANS 8:6

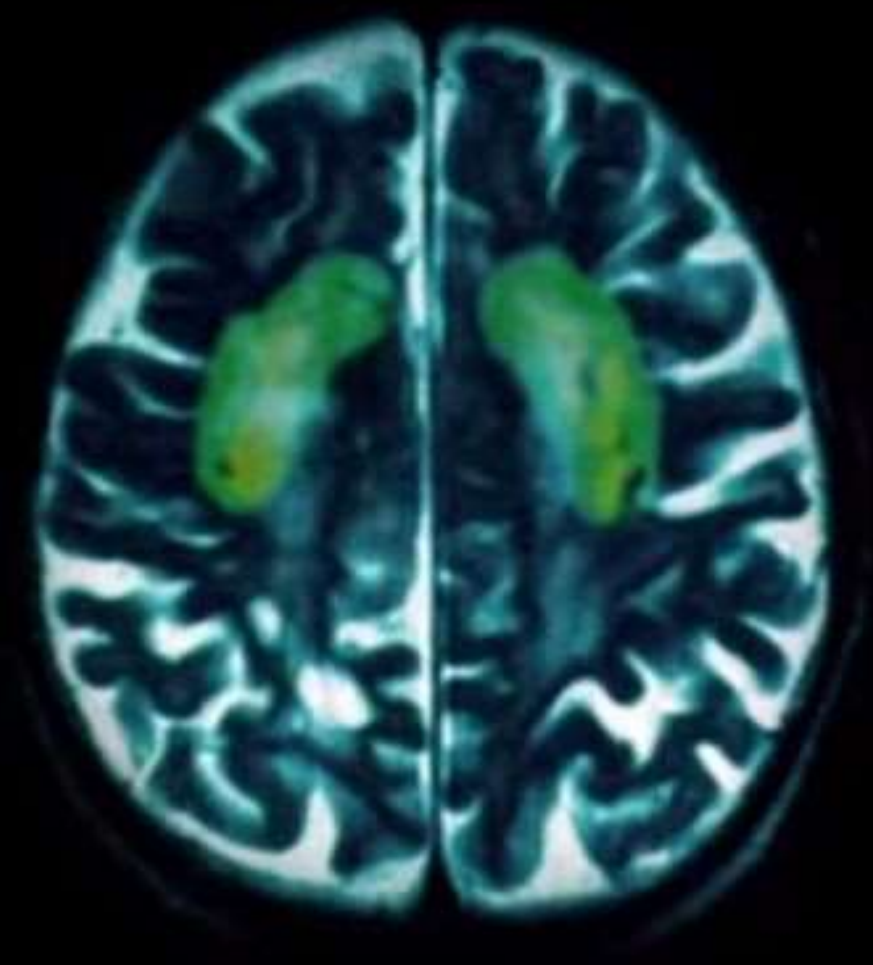
A photograph of a forest path with sunlight filtering through the trees. The text is overlaid on a semi-transparent dark grey rectangle.

ROMANS 8:6

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is death; but to be
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and peace.

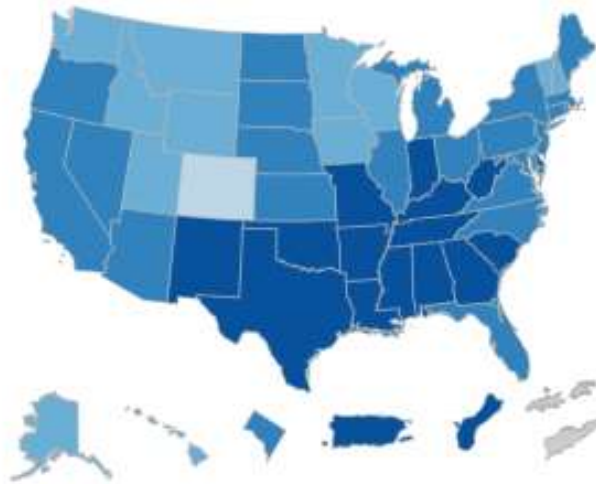


SUGAR



COCAINE

Diagnosed Diabetes,
Age-Adjusted Percentage, Adults with Diabetes - Total, 2015



Major changes to the survey methods in 2011

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THE MOST DANGEROUS DRUG IN THE WORLD

- Too much fructose in added sugar can damage your liver just like too much alcohol.
- 31% of American adults & 13% of children have non-alcoholic fatty liver disease (NAFLD).
- Beverages comprise 36% of Americans added sugar intake.
- 1 can of soda per day can increase your risk of dying from heart disease by nearly 1/3.
- There are at least 61 different names for sugar.
- Sugar can affect the brain much like cocaine and alcohol.
- The only taste humans are born craving is sugar.
- The average American consumes 3 lbs of sugar each week/3,550 lbs in an entire lifetime.

PHARMACEUTICAL SHORTCUTS VS. LIFESTYLE PATH LIVING

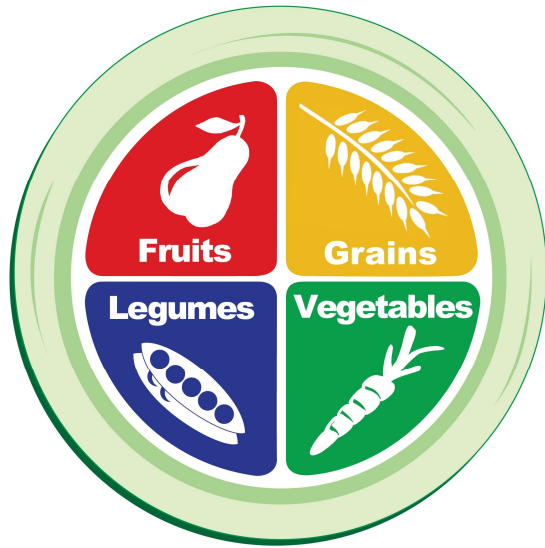
19 My fruit is better than gold, yea, than fine gold; and my revenue than choice silver. 20 I lead in the way of righteousness, in the midst of the paths of judgment: 21 That I may cause those that love me to inherit substance; and I will fill their treasures.

- PROVERBS 8:19-21



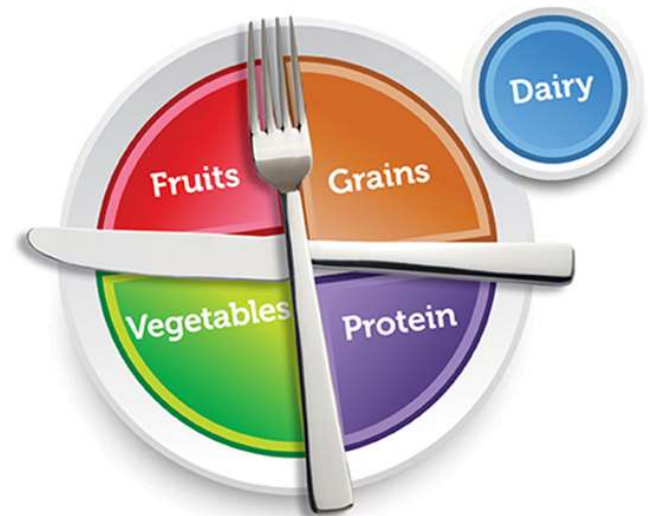
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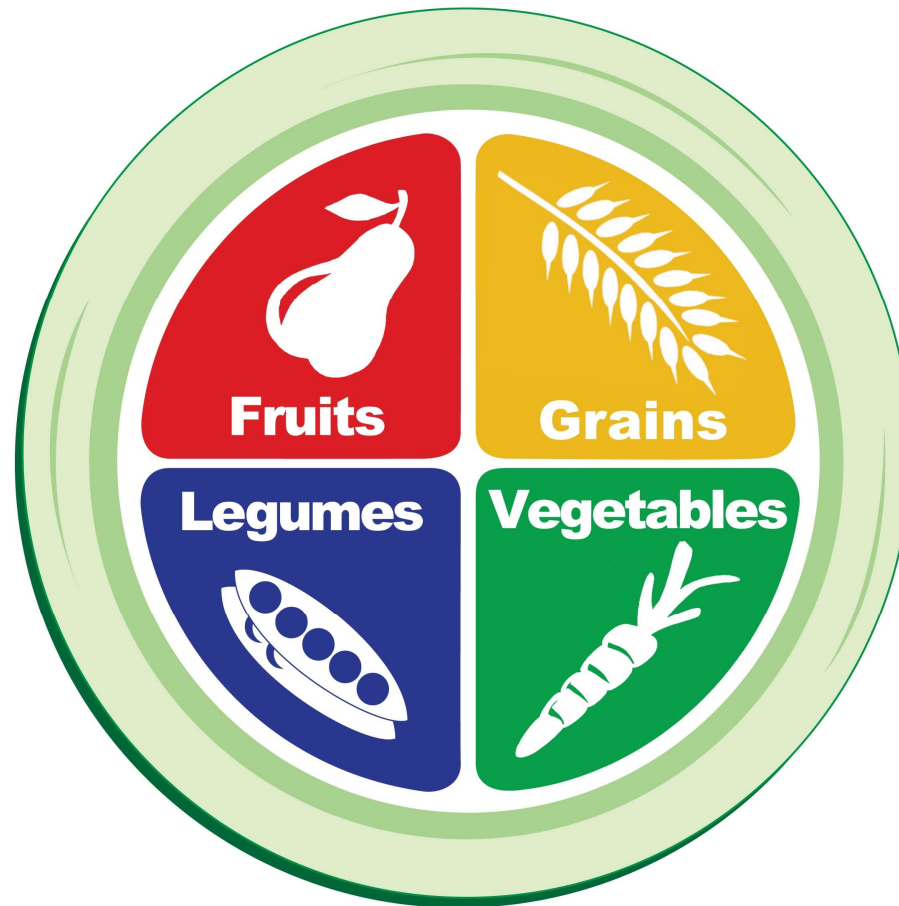


Physician's Committee For
Responsible Medicine, 2009

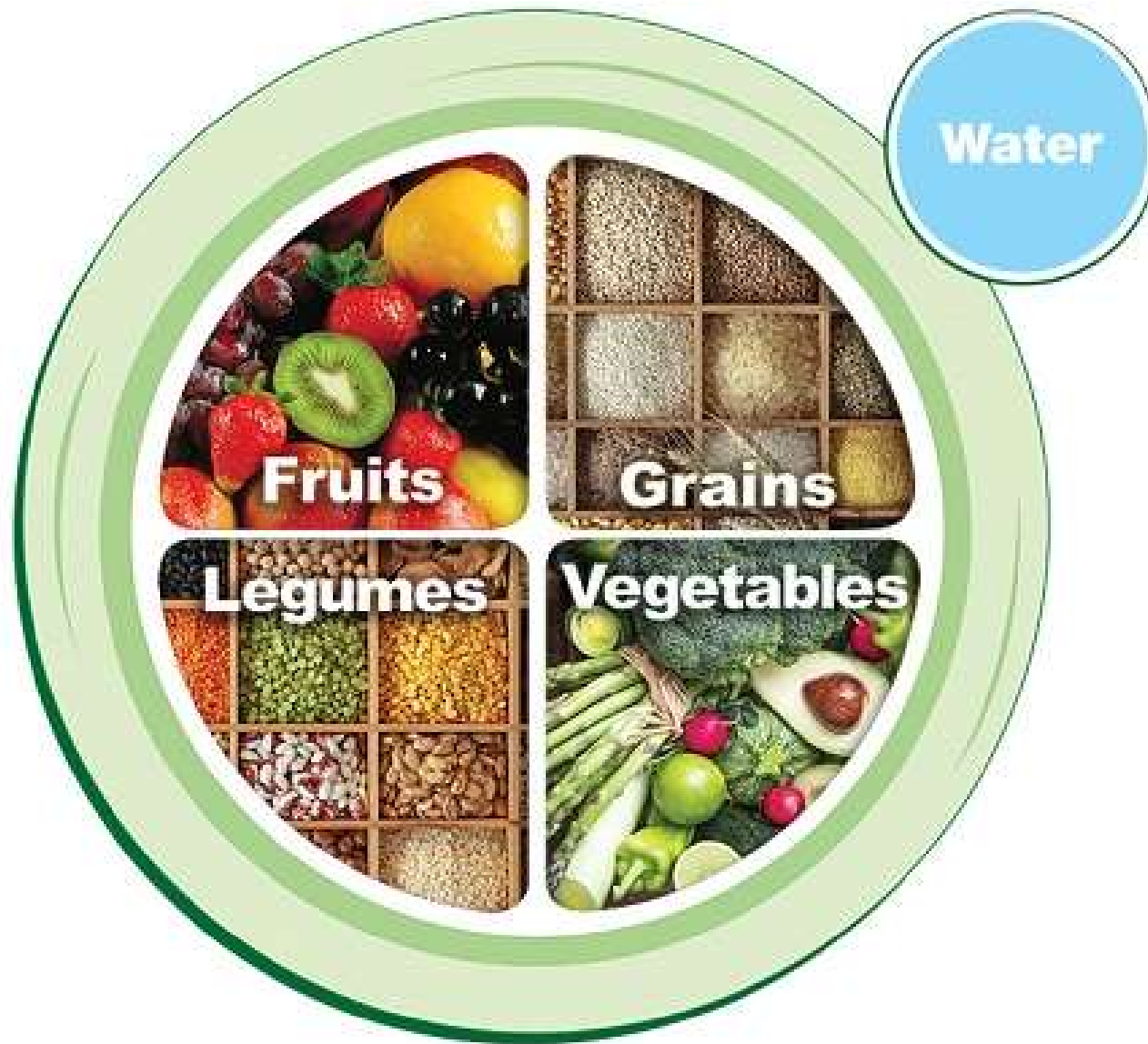
**SUED
2011**



United States Dairy
Association, 2011



Physician's Committee For
Responsible Medicine, 2009



LEADING BY LIVING IT HOW TO GO VEGAN

PSALM 32:8

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A close-up photograph of fresh vegetables. On the left, there are green artichokes. In the center and right, there are several bright red tomatoes, some with green stems. To the right, there are slices of a green avocado. The background is a soft, out-of-focus white.

PSALM 32:8

I will instruct thee and
teach thee in the way
which thou shalt go: I will
guide thee with mine eye.

CHILD(REN) IDEAS

- Class naps
- Brain breaks
- Communion with foot washing
- Prayer walks
- Class warm-ups & cool downs

CHILD(REN) IDEAS

○ Exercise

- Brisk walk for 10 minutes, 3 times a week
- Brisk walk for 15 minutes, 3 times the next week
- Brisk walk for 20 minutes, 3 times the following week
- Continue to increase 5 minutes a week until you reach a brisk walk for 40 MINUTES, 3 TIMES A WEEK

- University of Illinois

CHANGEMINISTRY.ORG

Whole Food Plant Based Diet Pyramid

LEAFY GREENS

SPINACH, BROCCOLI
KALE, LETTUCE
(2-3 SERVINGS
DAILY)

GRAINS

WHOLE WHEAT BREAD
OATS, BROWN RICE
PASTA, WHOLE WHEAT
TORTILLA, GRANOLA
QUINOA, BARLEY
(5 SERVINGS
DAILY)

FRUIT

PINEAPPLE, GRAPES
BERRIES, TOMATO
BANANA, APPLE
PEARS, ORANGES
GRAPEFRUIT
(3-4 SERVINGS
DAILY)

FATS AND OILS

ALMONDS, PECANS
WALNUTS, AVOCADO
OLIVE OIL
(IN MODERATION)

LEGUMES

BLACK BEANS
CHICKPEAS, EDAMAME
FLAX SEEDS, CHIA
SEEDS, SUNFLOWER
SEEDS, LENTILS
(2-3 SERVINGS
DAILY)

VEGETABLES

CAULIFLOWER, SWEET
POTATO, MUSHROOMS
SQUASH, BRUSSELS
SPROUTS, ASPARAGUS
CUCUMBERS, CORN
CARROTS, CELERY
BELL PEPPERS
(UNLIMITED
AMOUNT DAILY)



ΔThisIsMyYear

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Water: 8 cups (more if active). All servings are daily.

Vegan Food Pyramid

VeganFoodPyramid.com

Fats, Sweets
Use Sparingly
(choose liquid oils)

Fortified Dairy
Substitutes
1 - 2 cups

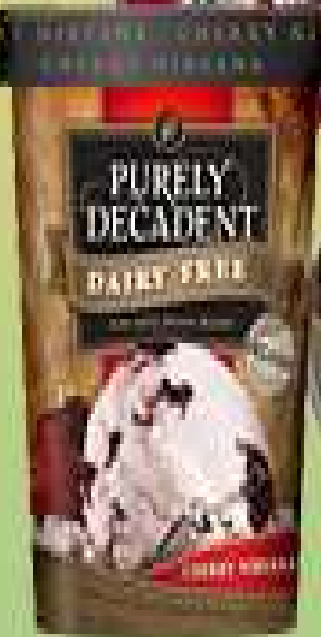
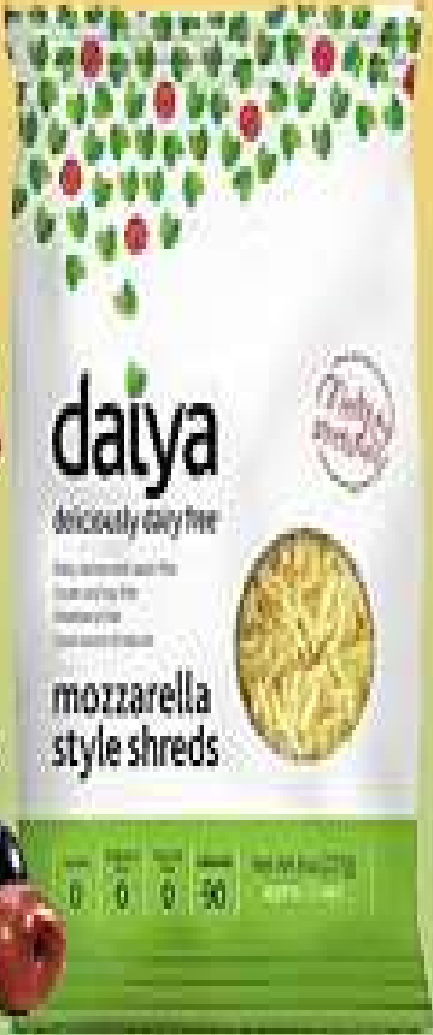
Beans, Seeds
1 - 2 cups
Nuts: 1-2 oz

Whole Grains
3 - 5½ cups

Veggies
2 - 4 cups

Fruit
1½ - 2½ cups



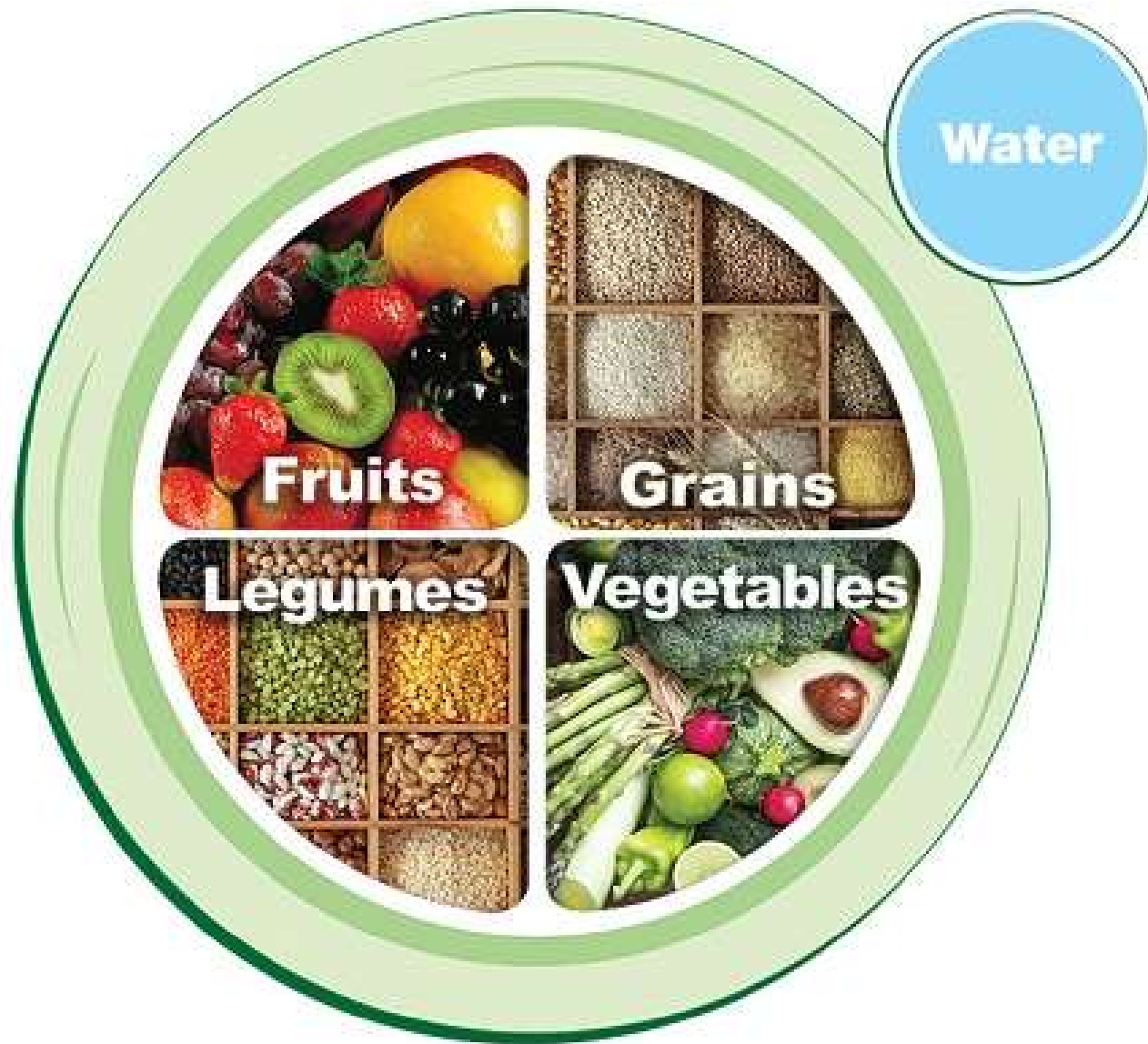






CHILD(REN) IDEAS

- Host a hot lunch 1x, 2x a month
- Education Sabbaths with Sabbath lunch
- Class potlucks (breakfast, lunch, dinner, snacks)
- Agape feasts
- Fruit fests (foreign fruits, color themes, letter themes)
- VBS on health
- Health Sabbath School
- Health class
- Project: foods from the Bible
- Grocery store field trip



Water

Fruits

Grains

Legumes

Vegetables

CHANGEministry

- Website: changeministry.org
- Email: chrisandtara@changeministry.org
- YouTube: [changeministry](https://www.youtube.com/changeministry)

...for more information, answers, & encouragement

...to schedule CHANGEministry to share at your school, church, or organization

...for additional resources on: "Power On A Plate"