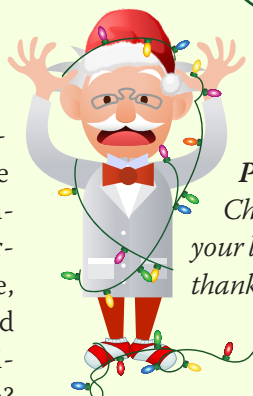


Give Thanks

During the hustle, bustle and frenzy of this holiday season focus on the simple and clear counsel of Scripture "in everything give thanks."⁴ As you contemplate the past year, your current situation and the future, find things to thank God and others for. Have you experienced trials and heartache? Seek to focus more on your blessings!



PositiveTip:
Choose to live
your life so others can
thank God for you!



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3. John 3:16 NLT
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The Gift of a Good Influence

By Fred Hardinge, DrPH, RD

We all intuitively recognize relationships at home form the basis of successful and positive outcomes in life. Alina Baltazar and colleagues from Andrews University examined the dynamics of relationships between adolescents and their parents and the risk of using inhalants.¹

Inhalants are volatile substances whose chemical vapors can be deliberately inhaled for the purpose of a psychoactive effect or "high." Too often this kind of substance abuse can be fatal the first time, and is often under-reported.

Parents have powerful influences over their children's behavior. The quality of the relationship between parents and children influences many choices, including children's use of alcohol, smoking and illicit substances.

In 2008, 570 students in grades 7–9 in rural Idaho were surveyed. The majority of these were ages 13–14 and in the seventh and eighth

grades.

In this group, 13.3% reported they had used inhalants at least once in their lifetime, and 5.6% stated they were regular users. Researchers found a generally

consistent and significant statistical correlation between adolescent–parent relationships and inhalant use. Four categories of variables were examined:

1. *Household rules:* Household rules had a small but significant impact on lifetime inhalant use.

When families determine household rules and make them known to the children it discourages substance abuse.

2. *Parental approval and bonding:* Children whose parents approved of their achievements were less likely to use inhalants than those who did not feel approved by mom and dad.

3. *Parental monitoring of the rules:*
See "Influence" on Page 3



The Wonder of Love

By Jay Sloop, MD

When a woman is 'with child,' she is often willing to adjust many aspects of her life. While pregnant, women will stop smoking, eat more fruits and vegetables, cut out alcohol, and even exercise!

Why are so many women willing to pursue a healthier lifestyle during pregnancy but not after surviving breast cancer—even though a better lifestyle has been shown to decrease the risk of cancer recurrence? What about survivors of heart attacks? Considering that they have only one heart, it seems they would be motivated to develop healthier habits—but this is seldom the case.

There are good reasons why pro-life supporters want mothers to see a real-time sonogram of their baby before scheduling an abortion. As soon as a

woman knows for sure that she is pregnant, she begins falling in love with her baby. While there are exceptions, this is the rule.

Love has three major components. During pregnancy, two of these three ingredients are already present—irreversible commitment and mutual dependence.

The third element, communication, comes more gradually.

Suddenly, a pregnant lady sees cigarettes as an enemy of her baby! Yesterday they may have been her best friend, but today they threaten the "love of her life." Love for her baby deepens even more when she feels the fetus kick. Now she is continually aware of this other person, strangely separate, yet very much a part of her own person.

See "Wonder" on Page 3

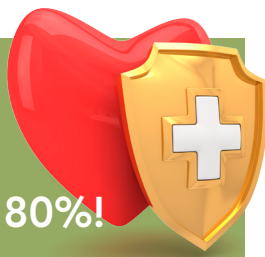


BY THE NUMBERS

What percentage of heart disease, stroke and diabetes can be prevented?

- a. 100%
- b. 25%
- c. 80%

Answer: 80%!



Ref: <http://www.who.int/gho/ncd/en/index.html>

"Influence" from Page 1

Children whose parents monitored their activities were much less likely to use inhalants than those who were not monitored. While clarity of rules is important, knowing the rules are being monitored seems to significantly improve compliance.

4. *Aggressive verbal interactions:* Verbal aggression in the household was found to have a very significant impact on inhalant use—stronger than any of the others. When children reported verbally aggressive interactions within their families,

they were much more likely to use inhalants. Arguing over the same issues, serious arguments, and insulting and yelling at each other all increased the likelihood of inhalant use.

Family interactions can be destructive or helpful to fostering a child's sense of worth and well-being. This holiday season give your family the precious gift of soft answers. Solomon, the wisest man who ever lived wisely said: "A gentle answer deflects anger, but harsh words make tempers flare."²



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"Wonder" from Page 2

I remember a patient who was a wonderful music teacher. Teaching was her life! Every year her schedule was so packed that students had to be turned away. One day I had the privilege of confirming her pregnancy test. She and her husband were elated until their elation turned to devastation when she miscarried.

A few months later she became pregnant again. This time, she told her music students she was no longer teaching, as she was doing everything possible to avoid the risk of a repeated

disappointment. Nothing would have tempted her to a change in her teaching routine before. Now it was different.

I have watched this story occur countless times. I am convinced that a real love relationship will motivate us to improve our lifestyles when almost nothing else can. The things we do because of a love relationship with someone else are amazing! "For God loved the world so much that he gave his one and only Son."³ Accepting that gift will change your life for the better!