Stewardship of the Temple

- Wisdom, Science,

and the Vital Choice of Life

–Presented by Chaoqun(Jean) CAI | Vital Life Choice LTD

Good morning, dear parish family and friends. My name is Jean from Vital Life Choice, and also a member of our church. I appreciate very much that Reverend Sally and our church are giving me this opportunity to share health promotion knowledge during Women's Health Week. Welcome everyone to our discussion on the **stewardship of the temple**.

Before we start, please allow me to briefly introduce Vital Life Choice Limited, shortened by VLC. We are an Adelaide-based, **not-for-profit health promotion charity** approved by the ACNC and recognized by the ATO for DGR, which means all donations are 100% tax-deductible. We are dedicated to **upstream prevention** through science to prevent and control diabetes, focusing on pre-diabetes, T2D, and chronic diseases.

We appreciate everyone's presence as we strive for a healthier future and acknowledge the traditional custodians of the land, respecting their holistic health wisdom. Let's embrace stewardship on our journey to better health, as we simplify complex scientific concepts into easily understandable and actionable knowledge. Today's information is derived from the scientific papers illustrated here. If you would like to read these papers to know more about this information, I'm happy to share them with you. This information is for sharing and based on peer-reviewed research. **Always consult your GP for personalized medical advice.**

Through our reading today, we know our **body is a temple of the Holy Spirit**, which emphasizes the need for **stewardship of our physical selves**. We should treat our bodies with care and respect as sacred gifts. Women often juggle many responsibilities, and it's **crucial to prioritize personal health**. This mindset encourages health-focused decisions that enhance vitality and well-being. Stewardship is both personal and communal, and we should support each other in this journey with wisdom and care.

Firstly, let's talk about diabetes. This is one of the single biggest health challenges on the planet. Diabetes is a significant global health crisis, with **537 million adults affected and the number will increase to 800M in 2045**. In Australia alone, **1.9 million people live with diabetes**, and over 300 are diagnosed daily. Behind these huge numbers, there's a very real, very human cost. Look at this: **"Negative 14 years."** What does that mean? Based on this research, it said that if people get diagnosed with diabetes at just 30 years old, that could translate to **losing 14 years of life**. This has a huge direct impact on millions of individual lives.

Well, what's the root cause? It's often a modern greed for taste and convenience, leading to unhealthy eating habits.

Let's explore the **"96-hour warning."** Research indicates that **high-sugar and high-fat diets can negatively impact the brain in just four days**. This can impair hippocampal function, declining by up to 15.7%, leading to brain fog, memory loss, and **disrupting our natural satiety signals**, causing us to crave more food than we actually need. Understanding these effects underscores the importance of mindful eating and the long-term consequences of our dietary habits.

As we said, high sugar intake breaks the brain-stomach connection. Your brain stops hearing when you're full, making overeating automatic and robbing you of control over your own appetite. This damages your brain's ability to sense fullness, making you crave even more sugar to feel satisfied, starting the cycle again.

There is, however, hope. **Type 2 diabetes is not a one-way street; it's important to note that this condition is reversible.** The DIRECT trial revealed an **86% remission rate** for individuals who lost 15 kg or more through intensive lifestyle changes after diagnosis. The journey to reversal starts with a single step, and with determination, it is achievable.

So, what does that action actually look like? Well, this leads us to this really powerful idea called **"upstream prevention."** It's all about getting ahead of the problem, stopping the disease before it can ever really grab hold. The **VLC four-pillar playbook** presents a holistic approach to managing and potentially reversing Type 2 diabetes, blood sugar levels and chronic inflammation through four key pillars:

- **Sugar Control:** Limit added sugar intake to below 25 grams to maintain blood sugar levels. We know our body treats carbs the same as sugar.
- **Healthy Diet:** Adopt a nutrient-dense diet like the Mediterranean or DASH, rich in vegetables, fruits, whole grains, and healthy fats.
- **Weight Management:** Aim to lose 5 to 15% of body weight to improve insulin sensitivity and overall health if you are over the normal level of BMI-(18-24).
- **Joyful Movement:** Engage in at least 150 minutes of moderate aerobic exercise weekly.

We know that cutting back on sugar dramatically lowers our risk of heart disease and even protects our brain. That's the playbook. And these are not just suggestions; these actions get real, powerful, and predictable results. We saw the Diabetes Prevention Program trial results: how **lifestyle changes can cut diabetes risk by 58%**, compared to 31% with medication. Small, conscious decisions greatly impact long-term health.

Your vital life choice begins with your mental decisions. By prioritizing your health as an active goal, you can design your physical reality. Every choice and action impacts our physical state, and embracing scientific wisdom helps you. Practicing conscious health stewardship enhances vitality and strength. We believe in science over suffering, and wisdom promotes health. Let's act in daily life and physical choices that bring praise and glory to God.

Let us walk in health and strength by committing to the mindful stewardship of our bodies today to honor the Holy Spirit.
Scan the QR code to join our Facebook community to start your journey toward improved well-being and resonate together.

We offer some healthy refreshment prepared by Chef Bond for morning tea after our service. If you would like to share something on your health experience, we would like to have a chat later on.

Thank you.

[1]Reference details please search the website below.

[1] https://vitallifechoice.org.au/research-resource