

*Michigan Conference SDA*  
**HEALTH MINISTRIES**  
**LIFESTYLE MATTERS**  
*RESOURCE INFORMATION*



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# **Lifestyle Matters Products**

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## **Living Free ~ Hope-TV Series Finding Freedom from Habits that Hurt**

**FREE!!** The Hope TV Living Free! Finding Freedom from Habits that Hurt is a thirteen-session lifestyle program designed to help individuals overcome addictions—*for good!* It combines educational, inspirational, and motivational elements along with an aggressive lifestyle approach to cleansing, rebuilding, and sustaining a healthy recovery from habits that hurt.

[CLICK TO VIEW HOPE-TV EPISODES!](#)

The *Hope TV Living Free! Finding Freedom from Habits that Hurt* program contains a Facilitator Guide, plus the following items for each of the 13 sessions:

- A Hope TV Living Free episode you can access for each session.
- Printable Summary & Discussion Guides for presenters and participants.
- Printable Handouts for participants specific to each session.
- We strongly encourage you to use the printed, 4-color 5" x 8" Balanced Living Tracts for in-person seminars when possible. Purchase here: [Lifestyle Matters Store](#)

We also provide PDF versions of the 26 Balanced Living Tracts. These can be especially useful for emailing participants of online programs.

**BONUS OPTION:** Visit the [Lifestyle Matters Store](#) if you are interested in purchasing the 13 scripted PowerPoints that can be used to present your own series.

### **Session Titles:**

- 1: Engineered for Success**
- 2: Freedom Keys**
- 3: Your External Environment: Lifestyle**
- 4: Your Internal Environment: Attitude**
- 5: Up in Smoke**
- 6: You Can Quit**
- 7: Creating a Lifestyle: Nutrition**
- 8: Creating a Lifestyle: Exercise and Sleep**
- 9: Caffeine and Alcohol**
- 10: Depression: Lifestyle Links for Beating the Blues**
- 11: Stress and the Entertainment Trap**
- 12: Creating Connections: Why Relationships Matter**
- 13: Habits that Last and Situational Awareness**



## Living Free ~ Hope-TV Series *Mind/Body Health Connections*

**FREE!** Brain/body systems are connected—this is especially true with your brain and gut. Together, they work as a “relay team” that powerfully affect mood, depression, and anxiety, as well as energy, weight, immune health, and addictions. Discover “keystone” brain-gut strategies for building solid mental, physical, and spiritual health—for good!

[CLICK TO VIEW HOPE-TV EPISODES!](#)

The *Hope TV Living Free! Mind/Body Health Connection* program contains a Facilitator Guide, plus the following items for each of the 13 sessions:

- A Hope TV Living Free episode you can access for each session.
- Printable Summary & Discussion Guides for presenters and participants.
- Printable Handouts for participants specific to each session.
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### Session Titles:

- 1: Brain/Body Health Connections**
- 2: Hearts on Fire**
- 3: New Heart, New You!**
- 4: Engineered for Success**
- 5: Time for an Oil Change**
- 6: From Wanting to Winning**
- 7: Mindset Matters**
- 8: Depression: Lifestyle Keys for Beating the Blues**
- 9: Your Fabulous Forgotten Friend, Fiber**
- 10: Strength Through the Storm**
- 11: Thank You Power**
- 12: Finding Peace in Your Crazy Busy World**
- 13: Finishing Strong: Ascent to Excellence**



## Living Free: Finding Freedom from Habits that Hurt

The **Living Free** seminar is a **six-session lifestyle program** that provides powerful tools for overcoming bad habits and addictions and building a better brain, better habits, and a better life—for good. We use a comprehensive mind/body/spirit approach to help participants achieve, maintain, and grow in physical and mental health, spiritual strength, and positive relationships. This is a lifestyle series and does NOT take the place of necessary medical, clinical, or psychological care by individual providers. **Available in Spanish.**

The **Living Free** six-session seminar series includes:

- Six scripted, editable **PowerPoints**
- **Session Guides** for summary and discussion
- **Handouts** for additional study
- **Recipes** for better living
- **Balanced Living Tracts** for additional handouts (e-tracts or purchase)
- Suggested readings from the book **Living Free: Finding Freedom from Habits that Hurt** (suggested for purchase for facilitators and participants)
- **Session Titles:**
- **Session 1: The Addicted and Learning Brain.**
- **Session 2: Freedom Keys.**
- **Session 3: Your External Environment: Lifestyle.**
- **Session 4: Your Internal Environment: Attitude.**
- **Session 5: Connections and Situational Awareness.**
- **Session 6: Habits that Last.**

## Living Free Quit Nicotine...for Good!



- **10-session program** includes:
- Step-by-step printable **Facilitator's Manual**
- **12 Balanced Living Tracts** 4-color sample set included\*
- One-hour sessions
- Personal, practical, interactive
- Can be conducted in large or small groups, or one-on-one

These beautiful PowerPoint presentations, available in download, are designed to use with Balanced Living Tracts. Tracts available from [AdventSource.org](http://AdventSource.org) in two separate sizes; 8.5x 5.5". Ideal for short health presentations. **Available in Spanish.**

## Balanced Living PowerPoints



The **Balanced Living PowerPoint Series** is designed to empower and equip you to reach your community with practical tools that will energize your own life, revive your church, win souls for Christ, and bring healing to hurting lives.

The **Balanced Living PowerPoint series** consists of 26 exciting wellness topics that are designed to use with the large-size **Balanced Living Tracts**. Each download comes with 26

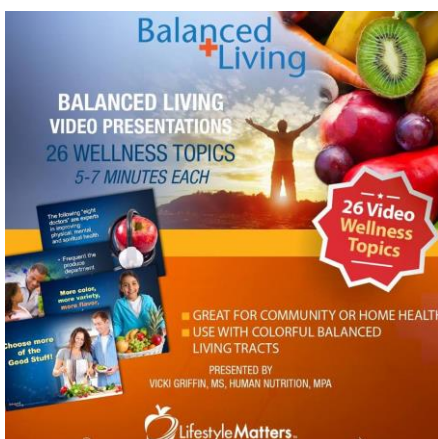
editable PowerPoint topics, in a long (30 minute) and a short (5-7 minute) version, which are fully scripted. Also included is a PDF of the corresponding **Balanced Living Tract**. These programs are ideal for short health presentations which can be shared in evangelistic meetings, supper clubs, wellness programs, or at home. **Available in Spanish.**

- Program materials are captivating and attractive.
- Use the presentation as a series or choose any topic as a stand-alone.
- The content is current, credible, on the cutting edge of science—and we live up to our name—**Balanced!**
- Participants appreciate and enjoy the colorful large-size tract handouts, which are also available in a smaller sharing size. Tracts can be purchased from [AdventSource Store](https://www.adventsource.com).

## Balanced Living FREE Videos

The **Balanced Living PowerPoint Series** is now available in a graphic-rich, professionally produced, short downloadable version at <https://www.lifestylematters.com/balanced-living-videos>. **FREE!**

- Each 5-7 minute presentation is filled with practical, powerful, and compelling information designed to reach the heart as well as the intellect.
- Biblical, inspiring, truth-filled, and motivational.
- Perfect for evangelistic meetings or personal use
- Use with Balanced Living Tracts



## Revelation's Overcomers: Keys to Victorious Living



**Two fully scripted PowerPoints**—can be divided into 2, 3, or 4 fully editable presentations. **Available in Spanish.**

These presentations are in 4 sections that cover:

- God's creative, drawing love
  - Fruitful living and Christian standards
  - Staying the course in trials
  - Growing steadfast in faith
- Ideal to incorporate into your evangelistic series.
  - Can be used as part of health meetings.
  - Great for use in home or support groups.
  - Excellent bridge from health to deeper studies.
  - Perfect sermon material to encourage the church.

## Lifestyle Matters Books



**Living Free: Finding Freedom from Habits that Hurt** covers the addicted brain and how to break free from crippling bad habits. It covers food addictions, obesity, substance addictions, and behavioral addictions such as internet addiction, pornography, and gambling. This compelling book reveals how attitude and lifestyle have a major shaping effect on the brain. Discover powerful spiritual, social, emotional, and lifestyle tools to help you live free—for good!



**Simple Solutions: Diet and Stress** covers the relationship between nutrition and stress sensitivity, depression, and immune function. There is also a section on lowering stress during the holidays, finding balance in the business of life, the mental health benefits of exercise and rest, and the importance of spiritual connectedness.



**Foods for Thought** shows nutrition's link to mood, memory, learning, and behavior. We examine the link between lifestyle diseases and mental function, including risk for dementia. It is filled with practical tips on how to make your mental engine "purr" instead of "ping." Children's health and the learning brain are covered, as well as spiritual and lifestyle tools that can help build a better brain.

## Balance Magazines



**Balance** magazine is 16 pages filled with cutting edge articles on health, disease prevention, and practical living. The short, powerful, practical articles are written by experts in their field. **Balance** is filled with special features on mental, physical and spiritual health, recipes, and articles that target a different health topic in each issue. **Balance** is inexpensive, ideal for office use, or personal outreach. Buy in sets or bulk! All issues available in set of 4: Cancer, SuperSized Kids, Hearts on Fire & Pain are also available in 50-packs)

## Balanced Living Tracts



**Balanced Living Tracts** are 26 vital health topics which can be used separately as a sharing tool. Each tract can be used in conjunction with companion **Balanced Living** PowerPoints which are available for download or on Flash Drive. Use the PowerPoints and Tracts together for a powerful witnessing and teaching tool. They are great for supper clubs, health nuggets before an evangelistic series, in-home study, personal sharing, handouts, bulk distribution in doctor's offices or health fairs, in churches and other community venues. There are unlimited uses for these tracts and PowerPoints in your home, church, school or workplace! Tracts are available in large - 25/pk, 8.5" x 5.5".

You will find many **FREE RESOURCES** at [LifestyleMatters.com](http://LifestyleMatters.com)