



2014 Michigan Women's Ministry Retreat

UNDER CONSTRUCTION

IN THIS ISSUE

We are all Under Construction

by Cassandra McNulty

Not too long ago I was driving home after a long day at work when I noticed the anti-lock brake light in my car was illuminated. This was not great news considering we were still in the middle of the worst winter I have ever experienced in my life and roads were continually icy. Not to mention that winter brought out the worst in our cars this year, leading to higher bills than normal, and obviously now there was a mechanical problem somewhere in the vehicle.

As I stared at the light, my mind raced with thoughts of my safety while driving the car the rest of the way home as well as the impending repair bill that would undoubtedly accompany the light. To put it mildly, my reaction in the car that day was less than Christ-like; as my worries and frustrations boiled over and I reacted in the flesh. Following my mini-tirade (luckily witnessed only by God and maybe the driver next to me), I immediately realized how inappropriate my behavior and thoughts had become.

At times like these, I am reminded of a couple of things. First, I am reminded how far I have come since I began my walk with Christ. It was not that long ago when outbursts like this one were so common for me that I would not have given them a second thought. I did not think twice about how my reactions to stress, worry,

and frustration impacted others or myself. I did not examine my life and care about the things I did and said that were displeasing to God. More importantly, I recall how far I have yet to go. I am reminded that no matter how far I have come, I am still a project under construction.

We are all still under construction. When we are faced with this reality, we can find comfort in Philippians 1:3-11. In this chapter, Paul is expressing his thanksgiving for the church in Philippi. In verse 6, he gives all of us hope as he says, *"He who began a good work in you will carry it on to completion until the day of Christ Jesus."* No matter how far along each of us are in our walks with Jesus, we are all still under construction. We all have times of failure. We all have times of reacting to things in the flesh instead of the Spirit.

We can be confident, though, that God is not finished with His work. He has been working for all of us since the beginning of time. He worked for us when He created the world, and He worked for us when Christ died on the cross. He began His work in each of us when we first came to Him and surrendered our lives to Jesus. By the power of the Holy Spirit living inside of us, He will continue His work in us throughout our lives until Christ returns.



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Creative Ways to Bless Others

- ✘ Pay for the meal of the car behind you at the fast food drive through
- ✘ Bring a family meal to a sick friend
- ✘ Mow your neighbor's yard or shovel it, depending on the season!
- ✘ Bring some goodies to share at work
- ✘ Send a thank you note to your child's teacher
- ✘ Drive an elderly or handicapped person to the grocery store
- ✘ Leave a bouquet of flowers on someone's doorstep
- ✘ Offer to help a parent load their groceries in their car while they load up their kids
- ✘ Offer a genuine compliment to a stranger
- ✘ Give up your seat for someone
- ✘ Give up that great parking space!
- ✘ Visit your local animal shelter and offer to walk some of the dogs
- ✘ Hold the door open for someone
- ✘ Smile and thank a cashier or waiter
- ✘ Donate your gently used professional clothes to an organization that helps people get



- ✘ back into the workforce
- ✘ Listen to and pray with someone who is going through a tough time
- ✘ Give an inspiring or sharing book to a friend in need
- ✘ Share your umbrella with someone who does not have one
- ✘ Surprise your spouse with breakfast in bed
- ✘ Write a note to a family member or friend telling them why they are special
- ✘ Have a food or clothing drive for a local shelter or community services ministry
- ✘ Buy or donate books to a daycare center
- ✘ Volunteer at a senior center or shelter
- ✘ Cut coupons and leave them by the items at the store

- ✘ Drop off a toy or game at the hospital
- ✘ Give your friends photos you have taken that include them
- ✘ Invite someone who lives alone over for dinner
- ✘ Put a quarter in an expired parking meter
- ✘ Tell someone special in your life that you love them
- ✘ Listen to your friends/family when they talk about what interests them and give gifts and time based on those interests
- ✘ Open your home for Sabbath lunch and invite people from church you do not know well

PHILIPPIANS 2: 3-4

Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.

More Than Skin Deep

Beauty Tips for Every Christian Woman

Tip #1: Purify Your Heart

The primary aspect of a Christian woman's beauty is a heart that loves Jesus. We must not only love Jesus but also choose to give our hearts and live completely for Him. To be pure in heart is to have a singular focus on Christ. We can do this by committing to do His will and removing anything that separates us from Him. We must ask God if there is anything in our life that is displeasing and outside His will.

Blessed are the pure in heart, for they shall see God –Matthew 5:8

Doing the will of God starts with prayer and studying the Bible. Removal of things that separate you from Christ may require you to

stand alone in the flesh, but you must know that you are never alone in Christ. A pure heart provides an opportunity for you to have a deep and intimate relationship with your Savior like you have never experienced before. Nothing between!

And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness -2 Corinthians 12:9-10

Tip #2: Consider Your Thoughts

Do you ever think about what you think about? Our thought life can get us into trouble and reveal ugliness instead of beauty. I'm sure none of us would like all of our innermost thoughts to be displayed on a big



screen for all to see. I know I would not. The truth is, "for as a [woman] thinks in [her] heart, so is [she]." (Proverbs 23:7) If who I am is what I think about, I do not know about you, but I want to be a woman after God's heart! Sin begins with our thoughts, so we must conquer our thoughts by meditating on the Word of God.

Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is of good report, if there is anything worthy of praise, think about these things. –Philippians 4:8-9

God would never ask us to do anything He would not also enable us to do. So bring your thoughts into the captivity of Jesus Christ (1 Corinthians 10:5). Think about what you think about, because your thoughts become your words and actions.

Let this mind be in you which was also in Christ Jesus –Philippians 2:5

Tip #3: Speak Words of Life

While it is true beauty is only skin deep, it is even truer that our words cut deeper than we can imagine. As Christian women, we must learn to speak words that edify others, not tear them down. If our heart loves Jesus, how can we speak negativity against His creation and those He loves?

James tells us the tongue is a powerful member that no one can tame, so we must pray and ask God to guard our tongue (James 3).

Set a guard over my mouth, Lord; keep watch over the door of my lips. –Psalm 141:3

Just as a grapevine cannot at the same time produce figs, James warns neither shall our mouths speak both blessings unto God and curse others. (James 3:11-12) We should let Christ be our example and speak words that bring life to others.

For out of the abundance of the heart, the mouth speaks –Matthew 12:34

Tip #4: Control Your Attitude

Remember the old saying, "Your attitude determines your altitude?" Well it is true; attitude is everything because it drives your behavior. Chuck Swindoll said it best when he wrote, *The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important...than the past, the education, the money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill.*

It will make or break a company... a church... a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% of how I react to it. And so it is with you... we are in charge of our attitudes."

You cannot control the actions of anyone else, but you can control your attitude in response to others' actions.

Do all things without grumbling or questioning, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world. –Philippians 2:14-15

Tip #5: Smile!

Have you ever noticed that a smile is universal? No matter what language a person speaks, everyone understands a smile. It requires absolutely no interpretation, and nothing is more of a gateway to someone's inner beauty than her smile.

Although quite simple, a smile has a powerful impact. A smile conveys happiness or joy or even acceptance. Your smile and interaction with others conveys who is King of your life. If Jesus is King, why would we be sad or angry? Our interactions with others should convey our joy!

A cheerful look brings joy to the heart, and good news gives health to the bones – Proverbs 15:30

It is hard to believe such a small action can have such a big impact. But just think, your smile could be the very thing that makes someone else's day. It does not cost you anything, but it gives so much to others.

So go ahead and SMILE!

Let your light so shine before men, that they may see your good deeds and glorify your Father in heaven. –Matthew 5:16

Tip #6: Use Your Hands for Good

We use our hands for so many things in life. Sometimes to finish a duty at work, cook our family a meal, console our child, or hug our spouse. But as women of God, we must not

forget to use our hands to reach out to others.

She opens her arms to the poor and extends her hands to the needy. –Proverbs 31:20

There is no greater beauty than a woman who gives of herself to bless those around her. In our busy lives, we can easily become busy about ourselves but not make room for others. I am reminded of Jesus and the woman with the issue of blood. (Matthew 9:18-26) Though Jesus was busy and on his way to Jairus' house to resurrect his daughter, he took the time to stop when a woman with both a great need and great faith touched his garment. Do we stop and take the time to bless others in need?

For the ministry of this service is not only supplying the needs of the saints but is also overflowing in many thanksgivings to God. - 2 Corinthians 9:12

Tip #7: Stand Firm in Your Faith

In the world, there are so many things people put their faith in and try to stand upon: money, careers, relationships, or political ideologies to name a few. However, scripture tells us that only those who put their faith in God will stand firm forever.

When the storm has swept by, the wicked are gone, but the righteous stand firm forever. –Proverbs 10:25

Satan desires nothing more than to shake our faith in our Savior. "[We] can stand only in God. In order to endure the trial before [us], [we] must understand the will of God as revealed in His word; [we] can honor Him only as [we] have a right conception of His character, government, and purposes, and act in accordance with them...Are our feet planted on the rock of God's immutable word?" [DD 36.2]

Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith...-1Peter 5:8-9



HEADING 4



7 Seconds

That is how long it takes each of us to draw concrete conclusions about someone we see. These conclusions are drawn from a thousand questions our brain asks about the person when we first see them: Are they someone to approach or avoid? Do they have status or authority? Are they trustworthy or dangerous? 7 seconds - appearance matters.



WHEN SOMEONE MEETS US...

7%

of their impression is based on what we say,

38%

is based on how we say it and our manner,

55%

is based on our appearance.

*Research published by Albert Mehrabian, a sociolinguist

Does Our Appearance Really Matter?

I know this can be a touchy subject for some of you, especially since there can be such strong and polarized views among believers. The purpose of this article is not to put weight or emphasis on frivolity, fashion and pride of looks. Nor is it to bring support for the mindset that appearance and looks do not matter, only the heart matters. Both, I believe, are wrong and perpetuate error. Both the Bible and the writings of Ellen White support the need to establish an importance of appearance in our homes and lives because of what it reveals about us and our hearts, what it communicates to the world about the God we serve, and how it impacts our ministry to others. ***"While we are to guard against needless adornment and display, we are in no case to be careless and indifferent in regard to outward appearance. All about our persons and our homes is to be neat and attractive."***

Our appearance impacts first impressions of us and the God we serve:

In **1 Samuel 16:7**, God says to Samuel ***"for God sees not as man sees, for man looks at the outward appearance, but the LORD looks at the heart."*** This is an incredible comfort to us as believers. While our peers can misconstrue our outward appearance and actions, God knows our heart and intentions. However, this does not negate the very important fact that has been true since the fall of man: humans judge each other. We draw conclusions and act according to what we see and experience.

A very interesting study was conducted at New York University where psychologists recruited various people in society that we typically consider untrustworthy or unreliable because of appearances. This included people with unkempt facial hair, facial piercings, tattoos, and baggy or unkempt clothing. They used two different panels of people, all varying in age, ethnicity, and socioeconomic status to assess first impressions. They showed the first panel pictures of the recruited subjects and recorded their immediate first impressions of the "untrustworthy appearances." Then they changed the subjects' clothes into business attire or apparel of respected professions, took out their piercings and/or shaved their

facial hair. The pictures of the subjects after their garment change were then revealed to the second panel. First impressions were recorded. The results were very telling. All of the first impressions of the unkempt individuals were negative (untrustworthy, unreliable, dangerous, lazy, etc). The first impressions of the individuals after their outward transformation were resoundingly positive (respectable, educated, trustworthy, hard working, etc). The pictures at the left are examples of subjects from this study.

Of course this does not mean that a wolf in sheep's clothing is anything but a wolf. A new wardrobe will not make a man or woman more loving, godly, or trustworthy. But the study does reveal the impact of appearance on first impressions. If we as Christians are to ***"abstain from all appearances of evil" (1Thess 5:22)***, then is it not important to ensure our wardrobe and appearance communicates self-control, cleanliness, constancy and godliness?

Our appearance reveals our heart:

The outside appearance is an index to the heart...A modest, godly woman will dress modestly. A refined, cultured mind will be revealed in the choice of simple and appropriate attire. (CTBH 93.1)

This is true on so many levels. How we look on the outside reveals to others and ourselves what is in our hearts. From our hygiene, hair, and skin to our fit and style of clothing, we communicate where our heart and treasure lies. God cares about our heart and what we communicate to the world through our appearance.

In the tabernacle service, God specified every detail concerning the garments of those who ministered before Him. Thus we are taught that He has a preference in regard to the dress of those who serve Him. Very specific were the directions given in regard to Aaron's robes, for his dress was symbolic. So the dress of Christ's followers should be symbolic. In all things we are to be representatives of Him. Our appearance in every respect should be characterized by neatness, modesty, and purity. (CCh 180.2)

Though we are told ***"do not let your adornment be merely outward-arranging***

the hair, wearing gold or putting on fine apparel—rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit (1Peter 3:3-4), it is important that those around us sense the incorruptible beauty of our spirit and heart by how we appear.

Our appearance impacts ministry:

Even Ellen White experienced the harsh truth in this fallen world, that our appearance makes a difference in how people treat and accept us (CET 14.4). Our influence over others in a large part has to do with how we look and present ourselves. Though character, grace, confidence, and intellect have a lot to do with perceptions, appearance has a large part to play in first impressions and thus has everything to do

with ministry and how we can impact the lives of others.

Anecdotally, we know this to be true. It is difficult to accept information about healthy eating and lifestyle, for instance, when it is offered by someone who is obese or a smoker. What they are saying and how they look and live do not line up. Similarly, we may try to share the beautiful truths in scripture about the sacrifice of Jesus Christ and His power to save and change all who accept and follow Him. However, if we are dressed immodestly or with dirty, torn or unfitted clothing the assumption will be that Christ's power was not strong enough change us.

We cannot afford to be careless in something that can impact God's kingdom building work. Ellen White wrote about the importance of our dress and appearance, especially when ministering to others.

The loss of some souls at last will be traced to the untidiness of the minister. The first appearance affected the people unfavorably, because they could not in any way link his appearance with the truths he presented. His dress was given was that the people whom he represented were a careless set who cared nothing about their dress, and his hearers did not want against him; and the impression anything to do with such a class of people (EV 671.2).

We labor for Jesus' kingdom as a result of our burden for souls. That labor should not be thwarted by carelessness or indifference toward the witness our appearance is communicating to the world. God's transforming power, His grace, order, and peace, should all be displayed on our persons as we go to share the gospel with others.

Natural Beauty

Tips to wearing natural-looking make-up to enhance what God has blessed you with

Tip #1: Start by Perfecting Your Skin

So that your makeup blends in easily, first wash with a cleanser and a cloth to gently exfoliate your face. Use an exfoliating scrub once a week to slough off dead skin cells. Remove any stray hairs from your eyebrows or face.

Tip #2: Moisturize and Prime

Never skip this step. Always moisturize with a product that has sunscreen included to protect your skin from the sun's harmful rays. Use a primer to prepare your skin. If you do not have oily skin and do not plan to use foundation, you can use a tinted moisturizer to give your skin a sheer glow.

Tip #3: Conceal Any Flaws

Concealer can make you look more rested and cover any breakouts you do not want visible. I recommend using a pigment rich liquid concealer with a wand applicator.

These applicators ensure you do not use too much and accidentally accentuate your problem areas. To cover blemishes, dab, blend and build up coverage in thin layers. For dark circles, swipe the wand under your eyes, then pat with a finger to blend.

Tip #4: Use a Foundation that Matches Your Skin Tone

Foundation should not be noticeable, but natural looking. For liquid, match your foundation well by applying some to your jaw-line, blending, and ensuring there are no streaks. Apply with a blending sponge. Make sure you clean your sponge or replace it regularly so you do not reapply bacteria to your face. Those with oily skin tend to prefer

powder foundations with oil-absorbing matte finishes. Apply using a brush and a circular motion; this leaves an undetectable veil of cover-up instead of a powdery look.

Tip #5: Use a Warm Cheek Color

On the apples of your cheeks and where the sun hits (top of forehead, temples, chin, and jawline), apply a bronzer or warm color to give a sun-kissed glow. Do not overdue it; apply a small amount and layer as needed.

Tip #6: Define Your Eyes and Lips

Swipe a natural color on your eyelids if you wish. For a natural look, do not use more than two colors from the natural category. Apply mascara to your eyelashes. Ensure there are no clumps; mascara should just define and look natural. Put a natural color gloss or tint on your lips, and you are done!



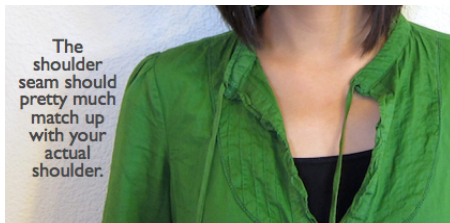
Modestly Classy

Practical fashion tips to well-fitting, flattering, but modest clothing

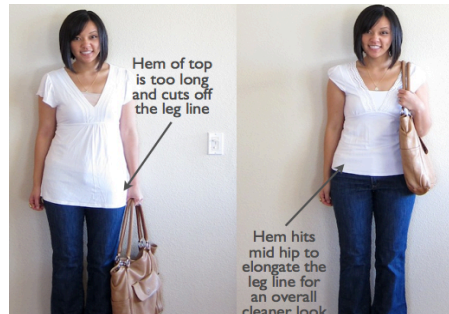
Fitting and Tailoring

Sometimes we can feel as though we are surrounded by extremes. On one side, we see many women wearing clothing too tight and revealing; they are not leaving much to the imagination. On the other side we see women wearing clothing multiple sizes too big for them, leaving onlookers wondering whether they have a body under there at all. The truth is, neither one is appealing or attractive. Furthermore, in my experience, both can be immodest. If your pants are too big, your waist will gap and reveal your undergarments when bending down. If your dress or shirt is too big, others will be able to see down your gaping neckline to the front of your body when you bend over. This should not happen. We can have tailored, well-fitting clothing that is attractive as well as modest. Here is how:

Shoulder seams on shirts should more or less match where your real shoulder is, even for shirts that have a looser and more flowy fit. If the seam goes too far past your shoulder it will awkwardly broaden your shoulders and make you look like you're swimming in your clothes or a football player, which you do not want. If the seam is closer to the middle of your collar bone, your shirt will look too tight and will probably be uncomfortable.



Waist hems of the shirt for most people (with the exception of super tall people with really long legs) should end around mid-hip; not too far past the crotch of your pants and not any shorter than your hip bone. No matter what current fashion trends say, a cropped or midriff shirt is never in style. An appropriate fit elongates the leg line and creates an attractive silhouette. Wearing really long tops to hide your midsection will actually create a weird silhouette and accentuate your midsection instead.



Pant hem guidelines differ depending on the cut of the pants and whether or not you are wearing the pants with heels or flats. Your pant leg should not be so long that it drags on the ground; this will ruin your pants and actually pull eyes downward giving an overall appearance of droopiness rather than polished.



Your pants should not be too short lest you look like you are in the middle of an awkward teenage growth spurt. Lastly, your pants should not be so tight that they have a pulled-fabric look in the hips or legs or cause a "muffin-top" at your hips. Good-fitting pants should fit snug but comfortably at the waist, should not droop in the seat, and should either drape your leg or fit your leg comfortably. If you have a problem with your waist band cutting off your waist and/or causing unattractive bumps or rolls, try a mid to high waist cut. They tend to be much more flattering, especially on women with curves.

Sleeves on blazers, jackets and blouses should fit a little past your wrist.



Button-fronts should close without gaping. This is true for a button-up top, a cardigan, and a jacket. If the garment gapes when buttoned, no matter what bust size you are, it is too small. Though you do not want the top to be too small, a woman should never wear a button down top that is unfitted. Unfitted button tops on women look like the garment was borrowed from a brother or husband.



Necklines: There are many flattering necklines available. I have personal favorites of what I feel comfortable in, but there is not one best neckline. It is important to know, though, that certain necklines can make some body types look wider (crew neck) while others can make the same type look thinner (boat neck). Using principles of modesty (when you bend forward and look in the mirror, can you see down your shirt? If you can, someone else will), try on different styles and discover what you like.

To Tuck or Not to Tuck

This is a question that plagues women on a regular basis. I know I have to decide multiple times a week what is best. This is an important question, because leaving a shirt untucked with some outfits can make you look unkempt, unprofessional, or as though your clothes do not fit you well. Additionally, tucking in the right situation can make you look slimmer. I have found a few general rules that are helpful in wading through this decision:

In almost every situation, you need to tuck your shirt into your skirt. The only exception is if your blouse is fitted and falls right at the waistline of your skirt. If the shirt falls well below your waistline (to your hips or below), you need to tuck it.



Pants are a little more difficult to decide. This goes mainly on looks and modesty. For dress pants, if you are wearing a fitted blazer or cardigan, you can wear your blouse tucked or untucked as long as the shirt hem hits at or above where the blazer ends (similar to the picture above)

Typically, you do not need to tuck in shirts with casual pants (denim, khaki, etc.). This decision is up to your own personal style and preference.

Fabrics

Our culture and world are turning more casual with time. Workplaces, dining establishments, and churches among others are open to casual attire such as denim or khaki wear. As a result, it is easy for the lines to blur on what is appropriate attire for events we attend.

The difference between “casual” and “dressy” has to do with two main factors: fabric and cut. To help explain fabrics, here is a table.

Casual	Less Dressy	Dressy
Khaki	Jersey	Silk
Twill	Knit	Worsted Wool
Denim	Tweed	Satin
Corduroy	Linen	Poly Blends
Poplin	Cotton	Cashmere
Flannel	Broadcloth	Crepe

The casual column is just that, casual. These fabrics typically make up our everyday wear

or the clothes we wear around the house, out to the store, and to work in our yards. These fabrics are unique in that even if a dressier type of garment is created out of them, it is still casual. For instance, a flannel button down shirt, denim dress, or khaki skirt are all casual garments and are not considered appropriate for activities that call for dressier or business dress. Some examples of dressier occasions include positions at certain workplaces, job interviews, traditional church services, or dinner at five-star restaurants.

The reason for this is that casual fabrics have historically comprised the garments of those who did extreme manual labor. This is why they are more durable and warmer than many other fabrics. However, their purpose also restricts their wear in some settings.



Even Ellen White wrote about the topic of appropriate fabric and dress, especially wearing casual clothes to Sabbath worship.

“Many need instruction as to how they should appear in the assembly for worship on the Sabbath. They are not to enter the presence of God in the common clothing worn during the week. All should have a special Sabbath suit, to be worn when attending service in God’s house” [CCh 181.8] (See also, CG 427.4-428.2)

Dressy and less dressy fabrics are usually reserved for special occasions and high business attire. However, mixing dressy and less dressy fabrics can produce outfits fit for many types of occasions. For instance, a cotton dress with a cashmere cardigan would be perfectly appropriate for most restaurants and church services. Likewise, a cotton button-down shirt with a worsted-wool skirt is a beautiful combination for any business or dress occasion. Be careful, though, casual fabrics and dressy fabrics should never be worn together. Denim or khaki and silk just do not mix. It is almost like wearing work boots with a suit to an interview!

So there you have it! Not exhaustive by any means, but hopefully helpful. The last piece of advice I can give is to fill the majority of your closet with classic pieces that do not go out of style and fit you well. You will save money because you are not always purchasing the latest fashions and you will always look classy and polished!

Let’s Get Crafty!

Our BEAUTIFUL craft comes from the Pages From Home blog: Twine Pears (Light Bulbs Wrapped in Twine). This is seriously easy and after creating 10-15 of them, you will have a beautiful repurposed centerpiece or home accent!

Supplies:

- ✘ Old (or new dollar store) light bulbs
- ✘ Twine of your choice (you can use twine, jute, sisal or thick, natural fiber too)
- ✘ Glue gun and sticks
- ✘ Twigs- about ¾” pieces of a 1/8” thickness

1. Begin by making a small tight knot in the end of your twine. Keeping your twine as tight as possible to avoid thin spots, begin wrapping the twine in a circular pattern around the knot until you have a quarter-sized “patch.”



2. Apply a circular spot of glue, about the size of your patch, to the big end of your light bulb.



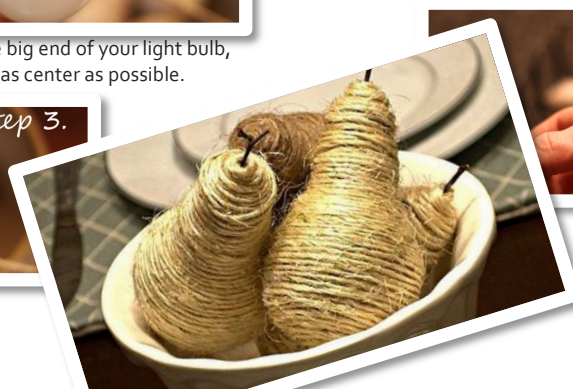
3. Glue this patch to the big end of your light bulb, keeping the placement as center as possible.



4. Working in small sections, apply glue to the light bulb and continue wrapping the twine snugly up the bulb until you reach the tip.



5. At the tip, wrap the twine until you are left with a small circular spot just large enough for your ‘stem.’ Hot glue the stem in, and use a small amount of glue around the edge to secure in place.



How Health Impacts Our Looks

Our physical appearance to a great extent is a reflection of how healthy we are in the inside. I argue that one cannot achieve beautiful skin, hair, and nails living a chronically unhealthy lifestyle.

Nutrition

Though there are a plethora of beauty products available, our daily nutrition is the greatest influence on healthy looking skin, hair, and nails available on the market. The vitamins and minerals we ingest affects the glow, shine, and health of our hair, skin, and nails.

Malnutrition is usually first identified by brittle hair, chipped nails, and irritated skin. Hair and nails usually react to nutritional imbalances after several months of any chronic imbalance. However, our skin reacts much more immediately. Our skin is the largest organ in our body and is responsible for eliminating a variety of toxins. As a result, our skin, as well as our hair and nails are good barometers of our health. So eat up your fruits and vegetables! It will make you even more beautiful than you already are!

Hydration

Most of us know that 65% of our body is comprised of water. Some systems in our bodies are comprised of even greater percentages. So it makes sense that our water intake would greatly impact our health and beauty. Water flushes out all of the unwanted and excess toxins, dead skin cells, and dirt that may otherwise aid in the development of acne, wrinkles, or other skin issues. Proper water intake keeps our fluids balanced, maintains our energy level, as well as moisturizes the skin and keeps it clean and clear. So drink up!

Stress

Our appearance also reveals biochemical imbalances in the body and brain. How we think and feel, and how well we are managing stresses in our life will also be revealed immediately in the skin, especially around the eyes and mouth. Blemishes and skin rashes are common when a person is experiencing chronic stress. Tension can make us look angry, tired, sad and certainly older. Identifying coping mechanisms like exercise and relaxation that work well for us can aid in managing stress and minimizing its effects on our bodies' health and looks.

Sleep

You've probably already noticed that when you skimp on sleep, it shows on your face. Tired skin sags, bags, and loses its luster. Lack of sleep causes blood vessels to dilate, causing the look of dark circles, and sleepily rubbing your eyes doesn't help those dark rings.

Your skin, and your whole body, goes into repair mode when you sleep. While you are sleeping, your skin renews itself; new skin cells grow and replace older cells. It is also a time when all sorts of hormonal and metabolic changes happen in the body. A lack of sleep can disrupt those processes. All good reasons to get your sleep back on track!

There are other important lifestyle factors that influence your health and beauty, including exercise, sun exposure, and tobacco and other drug use. It is important to remember that how we look and feel is greatly impacted by what we do. So let's do healthy things that will bring life and beauty to our bodies!

UNDER CONSTRUCTION

*Brought to you by the
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