

Stewardship of the Body

“I give you thanks that I am fearfully, wonderfully made” (Ps. 139)

Test your health knowledge with some “Body-Quotient” Questions from *You: The Owner's Manual* by Michael Roizen, MD and Mehmet Oz, MD.

1. What is the ideal blood pressure?
 - a. 115/76
 - b. Anything less than 140/90
 - c. Whatever made George Burns live to 100
 - d. Depends on your family history
2. What is the greatest threat to your arteries?
 - a. An elevated blood pressure of 160/90
 - b. An elevated LDL (bad) cholesterol of 200
 - c. An elevated helping of fried zucchini sticks
 - d. An elevated amount of time spent on the couch
3. Which of the following is the best advice about diets?
 - a. The less you eat, the more weight you'll lose
 - b. The best diet is one you can follow forever
 - c. A good weight-loss diet includes foods with little or no fat
 - d. Would somebody please pass the bacon?
4. Which of the following conditions is not primarily caused by the deterioration of arteries?
 - a. Strokes
 - b. Wrinkles
 - c. Diabetes
 - d. Impotence
5. Which trick has been shown scientifically to help you eat less at a meal?
 - a. Eating a lot at your previous meal
 - b. Eating fat at the start of every meal
 - c. Duct tape
 - d. Drinking a non-diet soft drink before your meal



(Answers on back)



Answers:

1. a. The ideal blood pressure is 115/76, established in 56 studies and 52 countries and over 20 million people.
2. a. Blood pressure of 160/90 is more than three times more of a threat to your arteries than any of the others.
3. b. The key to a diet is loving it and being able to stay on it. Eating too little will slow your metabolism.
4. c. Diabetes makes disease of the arteries worse, but is primarily a genetic disease made more evident by obesity in adults.
5. b. Eating a little fat at the start of every meal slows the emptying of your stomach; you feel full sooner and stay full longer, so you don't want to eat as much.