Roles of Food and Nutrition on The Health of The 21st Century Pastors In Nigeria

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Abstract
The study examined the roles of food and nutrition on the health of the 21st Century Pastors in Nigeria. Food primarily is essential for existence. Food, just like air, water, shelter and clothes is necessary for life. But food is not only good when eaten by people, but it is also one of the greatest pleasures of life. However, it is not merely a source of physical sustenance and pleasure; also it is fundamental to many other aspects of lives. The ministry of a pastor is a very sensitive one that involves wholeness in every aspect of life. Therefore, in order to achieve the set goal, historical and sociological methods were adopted and data were gathered through primary, secondary and internet sources. This paper found out that a large number of individuals suffering from diseases relating to unhealthy lifestyles of sedentary and poor nutritional habit such as dehydration, peptic ulcer and diabetes mellitus which are brought to the body through malnutrition and nutritional deficiency which revolve round foods as such, Foods Pastors eat therefore serve as their medicine. They play important roles in their maintenance of good health thereby enhancing the physical, spiritual, psychological and biological development of pastors.
Key words: Food, Health, Nutrition, Pastor, Role of Nutrition,Nigeria

Introduction

Diet is a subject that interests everyone, and many people are interested in knowing whether diet is providing good nutrition. Much of the concern stems from evidence that diet has significant effects on health and on susceptibility to various chronic diseases, including heart disease and cancer. This has resulted in a great renaissance in the science of nutrition in recent years. The increased emphasis on research in nutrition has encompassed nearly every component of the diet, including macronutrients (protein, carbohydrate and fat), the micronutrients (vitamins and minerals) and non-nutritive dietary components such as fibre. Nutrition and the pastor

are fundamentally entwined. Without a regular supply of food and water, no pastor can hope, or expect to successfully prevail in its principal role: shepherding the flock. Appropriate food, in terms of both quality and quantity, and adequate hydration are required to ensure that the physical capacity and mental performance of a pastor remain at optimal levels. Nutrition is a major contributor to the wound healing process in those who are injured, as well as influencing their subsequent recovery and rehabilitation. Therefore, food is essential and the activities involved in obtaining, preparing, and enjoying it are closely related to basic human concerns: happiness and sadness (psychological), want and plenty (financial), life (spiritual) and death (spiritual) as spelt out in the biblical literature. The petition, "Give us each day our daily bread," in the Lord's Prayer (Lk. 11: 3) puts food as sustenance in the context of worship and relates it to God's action. In both Old and New Testaments, God is the clear source of food. The paper initially evaluates the roles of foods and nutrition on the health of the 21st century pastors thereby opening their understanding to the roles the foods they eat have on them, and also recommend balanced meal to live a healthy life;

Concept of Food, Health and Nutrition

Food

Beach sees food as a term that is applied to whatever is taken into the system and nourishes or warms the body. In a general sense, it includes air and water, but is confined usually to whatever is carried into the stomach and undergoes the process of digestion. In accordance with that food is any substance consumed to provide nutritional support to the body. It is usually of plant or animal origin, and contains

essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals. The substance is ingested by an organism and assimilated by the organism's cells in an effort to produce energy, maintain life, or stimulate growth. However, foods must contain about fifteen (15) elements, however among the most important are oxygen, hydrogen, nitrogen, carbon, sulphur, potassium, calcium, sodium and iron. The body cannot be nourished by these in their elementary condition, but uses them as they are found combined in food. The most perfect food, therefore is that which contains the most of these elements. Beach (1895) in relation with his definition divides food into those which produce heat, called hydro-carbon and those which form flesh called nitrogen. Thus, almost all foods produce heat and nearly all contain some nitrogen.[1]

In the biblical literature, food is always referred to as "bread". Food is also seen in the Bible times as a pleasurable thing; God does not only provide for His creatures, but He does so abundantly and provides an immense varieties of pleasurable flavours, textiles, colours, shapes and smells, all of which indicate the joy and delight of the Creator with His creation.[3] Nathan MacDonald says in his book, "Too often the Bible has only been read for its profound intellectual and spiritual ideas but physical appetite have been overlooked. But for the ancient Israelites most of their lives were spent in growing and processing food. As a result different foods and the acts of eating and feasting became some of the most important symbols in the Bible.[4]

There are six (6) classifications of food that can be derived from macronutrients, micronutrients and water. These are: carbohydrate, protein, fat and oil, vitamin, mineral and water.

Carbohydrates are organic compounds with the general formula $C_m(H_2O)_n$, that is, consists only of carbon, hydrogen and oxygen, the last two in the 2:1 atom ratio.[5] Carbohydrate is one of the major macronutrients required by the body,[6] which is usually produced by plants through a process known as photosynthesis. Animals, including man obtain carbohydrates by consuming those produced by and stored in the plants.[7]

Proteins are complex organic compounds. The basic structure of protein is a chain of amino acids.[8] When proteins are digested, amino acids are left. The human body needs a number of amino acids to break down food. Amino acids need to be eaten in large enough amounts for optimal health. Amino acids are found in animal sources such as meats, milk, fish, soya, and eggs, as well as in plant sources such as beans, legumes, and nut butters. One do not need to eat animal products to get all the protein needed in one's diet.[9] Protein is a nutrient needed by the human body for growth and maintenance.[10]

Fats consist of a wide group of compounds that are generally soluble in organic solvents and generally insoluble in water. Vitamins A, D, E, and K are fat-soluble, meaning they can only be digested, absorbed, and transported in conjunction with fats. Fats are also sources of essential fatty acids, an important dietary requirement. Fats play a vital role in maintaining healthy skin and hair, insulating body organs against shock, maintaining body temperature, and promoting healthy cell function. Fats also serve as energy stores for the body, containing about 37.8 kilojoules (9 calories) per gram of fat.[11]

Minerals

Just like vitamins, minerals help the body grow, develop, and stay healthy. The body uses minerals to perform many different functions — from building strong bones to transmitting nerve impulses. Some minerals are even used to make hormones or maintain a normal heartbeat.[12]

Water is a chemical substance with the chemical formula, H_2O. A water molecule contains one oxygen and two hydrogen atoms connected by covalent bonds. Water is a liquid at ambient conditions, but it often co-exists on earth with its solid state, ice, and gaseous state (water vapor or steam). Water also exist in a liquid crystal state near hydrophilic surfaces.[13] Water has a wide variety of functions in living cells. Water is an important medium for life, in the light of this therefore; it is not regarded simply as a nutrient, water makes up 65-70% of the total body weight. The importance of water is clear from the fact that a human deprived of water will live for only a few days, whereas it is possible to survive for more than 60 days without food.[14]

Health

Bedworth defines health as the quality of physical psychological and social functioning that enable man to deal adequately with oneself in a variety of situations. Thus, health as a whole involves physical, spiritual, psychological and economical well-being[15]. A truly healthy pastor is sound in mind, soul, spirit and body. Health is therefore related to every aspect of a Pastor's life. Health means complete fitness of body soundness of mind and wholesomeness of emotions which make it possible for us to live effectively and serve our family and society. It is important a pastor remembers that good health enables every organ of the body to perform its functions

well

The English word, "health" comes from the Old English word, “hale”, meaning "wholeness, a being whole, sound or well". Hale comes from the Proto-Indo-European root, kailo meaning "whole, uninjured, of good omen". Kailo comes from the Proto-Germanic root khalbas, meaning "something divided". Medilexicon's Medical Dictionary has three definitions for health, the first being "The state of the organism when it functions optimally without evidence of disease or abnormality". The second being, “A state of dynamic balance in which an individual's or a group's capacity to cope with all the circumstances of living is at an optimal level.” And the third, “A state characterized by anatomic, physiologic, and psychological integrity, ability to perform personally valued family, work and community roles; ability to deal with physical, biologic, psychological, and social stress; a feeling of well-being, and freedom from the risk of disease and untimely death.”[16]

Health is wealth as thus, it is defined by the World Health Organization (WHO) in 1946 as ‘a state of complete physical, mental and social well-being and not merely the absence of diseases or infirmity.’[17] It is the state of been mentally and physically healthy, thus a condition of one’s body or mind.[18] Health is the level of functional or metabolic efficiency of a living being. In humans, it is the general condition of a person's mind, body and spirit, usually meaning to be free from illness, injury or pain as in “good health” or “healthy”.[19] Health is a resource for everyday life, not the object of living. It is a positive concept emphasizing social and personal resources as well as physical capabilities.[20]

Nutrition

This is the process through which living things receive the food necessary for them to grow and be healthy. It is also known as the action of providing or state of being provided with food; or the scientific study of how food is used by the body.[21] Good nutrition has sometimes been described as the key to health. It follows that the opposite, namely malnutrition, can cause ill-health, or disease.[22]

Webster's New Twentieth Century Dictionary also defines nutrition as an act of nourishing or being nourished; especially in sense of processes by which an organism takes in and assimilates food for promoting growth and replacing worn or injured tissues. It can also be said to be the science or study of proper, balanced diet to promote health, especially in human beings.[23] According to Merriam Webster it is the act or process of nourishing or being nourished or a process by which a living being takes in and uses nutrients.[24]

Nutrition can also be called nourishment or aliment and it is the provision, to cells and organisms, of the materials necessary (in the form of food) to support life.[25] No single food is rich in all the nutrients so variety of food should be included to fulfill all the requirements of the body as far as nutrients are concerned. When the food consumed does not fulfill the requirements of nutrients, it leads to malnutrition or under nutrition.

Pastor's and His Health

A lot of illnesses nowadays are actually threatening the health of the 21st century ministers which are actually bent at making them not enjoy sound health.

These threats are many and also common but for the sake of this research work, three out of them will be properly discussed; dehydration, ulcer and diabetes.

Dehydration

Water is a critical element of the body, and adequate hydration is a must to allow the body to function. Up to 75% of the body's weight is made up of water. Most of the water is found within the cells of the body (intracellular space). The rest is found in the extracellular space, which consists of the blood vessels (intravascular space) and the spaces between cells (interstitial space). Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in. The body is very dynamic and always changing. This is especially true with water in the body.

We lose water routinely when we breathe and humidified air leaves the body (this can be seen on a cold day (the breath you see in the air is water that has been exhaled); sweat to cool the body; and eliminate waste by urinating or having a bowel movement. In a normal day, a person has to drink a significant amount of water to replace this routine loss.

Peptic Ulcer

A peptic ulcer, also known as PUD or peptic ulcer disease, is the most common ulcer of an area of the gastrointestinal tract that is usually acidic and thus extremely painful. It is defined as mucosal erosions equal to or greater than 0.5 cm. As many as 70–90% of such ulcers are associated with Helicobacter pylori, a spiral-shaped bacterium that lives in the acidic environment of the stomach; however, only 40% of those cases go to a doctor. Ulcers can also be caused or worsened by drugs such as aspirin, plavix (clopidogrel), ibuprofen, and other NSAIDs.[26]

Causes of Peptic Ulcer

Fasting: Breakfast is the most important meal of the day. By skipping breakfast the body assumes that there is fasting and as a result it responds by slowing down its metabolism.[27] Pastors are prone to fasting and praying to enable them perform their spiritual responsibilities and it is through fasting and prayers shall we overcome it.[28]

Stress: 90% of the diseases of the Pastors in this present day is stress related as a result of the nature of their work. Researchers also continue to look at stress as a possible cause, or at least complication, in the development of ulcers. There are four (4) distinct ways at which stress can crop in into the lives of Pastors:

Bio-ecological factors related to poor diet (too much caffeine, refined white sugar, processed flour, salt etc.) and poor exercise habits. They also include noise and air pollution. Vocational factors include career uncertainty; role ambiguity (a lack of clearly defined and mutually-agreed ministry functions); role conflict (between church expectations and personal or family needs); role overload (too many real or imagined expectations); time management frustrations - and many more. Psychological factors relate principally to the great life-change stressors - from the most stressful (such as the loss of a spouse), through divorce, death of a close family member, personal injury or illness, all the way to getting ready for Christmas or being handed a speeding fine! Spiritual causes of stress may include temptations of all kinds (sexual, despair if the church isn't growing, jealousy of the success of others, anxiety over financial problems, anger - 'close to a professional vice in the contemporary

ministry' says Henri Nouwen - and any other way the devil can get at them). Even prayer can be stressful accordingly.[29]

Diabetes Mellitus

Diabetes Mellitus (DM) is a set of related diseases in which the body cannot regulate the amount of sugar (specifically, glucose) in the blood. The blood delivers glucose to provide the body with energy to perform all of a person's daily activities. The liver converts the food a person eats into glucose. The glucose is then released into the bloodstream. In a healthy person, the blood glucose level is regulated by several hormones, primarily insulin. Insulin is produced by the pancreas, a small organ between the stomach and liver. The pancreas also makes other important enzymes released directly into the gut that helps digest food. In diabetes, glucose in the blood cannot move efficiently into cells, so blood glucose levels remain high. This not only starves all the cells that need the glucose for fuel, but also harms certain organs and tissues exposed to the high glucose levels.[30]

Causes of Diabetes

Hereditary: If it is known to run in the family for many years then heredity plays a major role in development of diabetes. People who belong to family background having history of diabetes are 25% more prone to develop diabetes. In case of twins either one twin may have diabetes and the other remains free from the disease or both may have diabetes. But the care must be taken to control the diabetes, by maintaining blood glucose level normal of the expectant mother, so that the diabetes is not passed into her child. Family history of diabetes mellitus is present in about 5.5% to 11.6% of the patients suffering from the disease.[31]

Diet: Eating too much of Carbohydrates, fats, proteins, are all harmful to the body. Our body in general needs a balanced diet to produce energy for performing vital functions. Too much of food, hampers the pancreas from performing its function of insulin secretion. Hence, with insufficient insulin secretion, the blood sugar level rises, leading to diabetes mellitus. Normally, people are in habit of eating foods rich in refined carbohydrates, like biscuits, bread, cakes, chocolate, ice creams, pudding, etc. So, the incidences of diabetes are increased in such persons.[32]

Obesity: This is also one of the major factors causing diabetes. Excessive body weight as compared to the height of an individual, serves as a predisposing factor for diabetes mellitus. It is commonly seen in patients at 40 years of age suffering from Type 2 Non-Insulin dependent diabetes mellitus. Due to extra amount of fat in the body, the insulin does not function properly in the body. Normally, the main function of Insulin is to allow the sugar present in the blood to enter the muscle and tissue cells. But due to increased fat in the body, the muscle and tissue cells become resistant to insulin, leading to high blood sugar level in blood (hyperglycemia) and finally diabetes. Thereby, the best way to improve blood sugar level is by losing weight, in case of overweight people. Even a small weight reduction with the help of food and exercise would show wonderful effects.[33]

Emotional stress: This also lead to diabetes. Nowadays, Pastors have highly stressed life and are busy. Pancreatic insufficiency is counsel due to irregular and chaotic life style which deeply influences the metabolism of the body. Even anxiety concerning the church members, pastoral responsibilities, stressful programmes that

overlap each other, like marriage, funeral, naming, deliverance of the church members, etc. of Pastors can alter the blood sugar level and lead to this disease.[34]

Roles of Food and Nutrition on The Health of The 21st Century Pastors

Just as the spiritual food which is the word of God must be taken by anyone who desires to grow spiritually, so also physical food is required for anyone who wishes to grow in every area. However, to grow and maintain physical health there is need to eat variety of food which must be balanced, activities like fasting, praying and so on will not be effectively carried out, if such a person is not well fed.

Physical health .

Another term for physical health is "physical wellbeing". Physical wellbeing is defined as something a person can achieve by developing all health-related components of his/her lifestyle. Fitness reflects a person's cardiorespiratory endurance, muscular strength, flexibility, and body composition. Other contributors to physical wellbeing may include proper nutrition, bodyweight management, abstaining from drug abuse, avoiding alcohol abuse, responsible sexual behavior (sexual health), hygiene, and getting the right amount of sleep.[35]

The need for nourishing food cannot be over stressed. The human body like many other living things is made up of cells. To keep these cells in good condition and repair them, they need regular intake of proteins, carbohydrates, vitamins, e.t.c. This is because when the diet is balanced and varied the organs will function properly.

The 21st century Pastors require energy both for the ministerial responsibilities and to keep the automatic processes going-the heart, brain, arteries, glands, nerves and lungs. Energy is needed for every activities of the pastor as discussed in the previous

page and also to walk from place to place, to study at night, to pray for people, to prepare for sermons, e.t.c. energy is necessary for the growth and repair of cells and for general body maintenances such as temperature control, muscle movement, blood circulation amidst many others. All energy comes from the sun. This energy is stored in plants as potential energy. Plants are therefore needed because it is the nutrients supplied from them that provide the energy needed, as the pastoral responsibilities demand and sap energy. Also internal organs such as the heart, brain, lungs, liver and kidneys are regulated as a result of the food taken.[36]

The congregation today like to see their pastors hale and hearty and able to jump up and down; helter and shelter, it shows dynamism and it further boosts the interest of the youths in such particular church, also the workers work relentlessly seeing fully well that their role model; their pastor is not lazy at all. Every food eaten has a role it plays in the body and everything combines together makes man healthy. The bones become developed; the eyes see sharply, body becomes energized and so on, hence allowing the expression of charisma and improvement in his activities. However, to function well and to resist infection thereby boosting the immune system of the pastor, he needs a good, balanced diet for essential body growth, it must not be a strict vegetarian diet, and it must not be less in vegetables.

Psychological

Mental health refers to people's cognitive and emotional well-being. A person who enjoys good mental health does not have a mental disorder. According to WHO, mental health is "a state of well-being in which the individual realizes his or her own

abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".[37]

No matter how many definitions people try to come up with regarding mental health, its assessment is still a subjective one. People have always found it easier to explain what mental illness is, rather than mental health. Most people agree that mental health refers to the "absence of mental illness". For some, this definition is not enough. They argue that if you pick 100 people who do not suffer from any mental disorder or illness that could be diagnosed by a psychiatrist, some people within those 100 will be mentally healthier than others. Most people also agree that mental health includes the ability to enjoy life, the ability to bounce back from adversity, the ability to achieve balance (moderation), the ability to be flexible and adapt, the ability to feel safe and secure, and self-actualization (making the best of what you have).[38]

Recovery of brain and other medical systems requires balanced nutrition, often at higher calorie levels than usual. For a pastor to meaningfully fulfill his ministerial work which is the ministry of prayer and the ministration of the work, it is a work of psychological development. If the psyche of a Pastor is not properly functioning and underdeveloped became of malnutrition, it becomes very difficult for him to comprehend and meaningfully carry along the sheep God has placed in his care.

When a Pastor is malnourished, he becomes psychologically defective and even when taken to the hospital, the meal will be the first question that he would be asked, psychotherapy is ineffective without balanced meal. The researcher has discovered that majority of mad people are being released to eat anything that is majorly contaminated and this does not help the psychoanalysis of their brain. Hence,

it can be extracted that a mad man who is left alone to eat contaminated foods stays longer in his madness than another mad man that is kept at home, nourished well and well taken care of. No matter how devoted a Pastor is in carrying out his responsibilities, his diet also plays a very significant role in how he feels. A heavy, chemical-ladened diet can actually make even the lightest spirit feel heavy. Furthermore, a shepherding work needs sound intellectual and emotional alacrity .

Spiritual

With the hectic pace of everyday pastoral responsibilities and lifestyle, people do not tend to understand the spiritual roles of good nutrition and thereby lose the spiritual connection to food. A Pastor's optimal health depends not only on what he eats, but also on how he eats. A pastor's schedule is always very tight and as a result, little concentrations are bound to be given to food. But it is very important to note that what a Pastor eats is not the focus of this research writing alone but how he eats also affects his health and well-being. Spiritual role of good nutrition acknowledges the interdependence and connection among plants, animals, human beings, and the mystery of life, and connecting to this life force. The way to access and derive the spiritual health benefits is to implement the three spiritual healing secrets of nutrition: mindfulness, appreciation, and love, each time food is eaten.[39]

Another spiritual role of food is the change it brings to food fad and fallacy. A 'Fad' is a style or custom that many people are interested in for a short time which may be nutritionally right or wrong. Food fallacies are wrong opinions about the role of certain nutrients in the body. Fallacies about food are contributive to the high rate

of malnutrition, especially among Pastors as a result of ignorantly trying to eat meals that have connection with the Bible.[40]

Conclusion

Dehydration, diabetes, peptic ulcer and diabetes mellitus are brought to the body through malnutrition and nutritional deficiency which revolve round foods as such, these health hazards can be eradicated completely and safely through the same medium (food). Foods Pastors eat serve as their medicine. They play important roles in their maintenance of good health thereby enhancing the physical, spiritual, psychological and economic development of pastors. Pastors are expected to shy away from the food fallacy, one of which is that God created man as vegetarians and thus he expected man to live by vegetables alone. This is not overruling the fact that vegetables are good and serve as good vitamin nutrients to the body and are medicinal in curing some diseases, but a diet based on this alone will create havoc to the body as other four essential classes of food will be unswervingly neglected. Furthermore the other four classes should not be taken as more important than the last two nutrients; vitamins and minerals. The six are essential to the body and before a diet can be referred to as balanced; it must contain all the six nutrients. Pastors who are well fed have more resistance to diseases than those who are poorly nourished, or those who capitalize on some nutrients as more important to another. Also, there will be less incidence of sickness and therefore lesser amounts will be expended on maintaining good health which will promote the economic standard of such pastor and will grant him better savings. Many diseases prevalent in this 21st century are caused by poor nutrition and thus can only be cured by good nutrition. No matter, how busy a pastor

is for the gospel, he must always remember that his health matters so much to God, and that God will not be responsible for anything that happens to him as a result of neglecting his health.

Recommendations

It is undeniable that the study of the roles of foods and nutrition cannot be over-emphasized especially on the health of the 21st century pastors. The following recommendations are made. The study of foods and nutrition should be recommended as compulsory courses in seminaries and religious institutions. Every pastor before and after any ministration should make sure he checks his blood pressure and eat balanced diet and of course drink plenty of water. Pastors during ministration should always be provided with clean table water, and takes it every 15 minutes to refresh the body, moisture the tongue and to dilute the saliva to prevent dehydration and other things that may crop up.

It is recommended that Pastors should eat a lot of fruits and vegetables but not to the point of neglecting other foods. They must be balanced; meat, fish, rice, e.t.c. from all the rest four classes of food. It also recommended that Pastors check their weights frequently to work on their body size. The researcher also recommends the need for pastors to eat nourishing foods. The pastor's body like any other human beings is made up of cells. To keep these cells in good condition and repair them, they need regular intake of proteins, carbohydrates, vitamins and so on. When the diet of a pastor is balanced then the organs will function properly and he will be able to further disseminate his responsibilities.

Pastors require energy both to work and to keep the automatic processes going-the heart, brain, arteries, glands, nerves and lungs. Energy is needed for everything one does-to walk from place to place, to lift Bibles, commentaries, and other theological materials, e.t.c. Energy is necessary for the growth and repair of cells and for general body maintenances such as temperature control, muscle movement, blood circulation, e.t.c.

Pastors need regular exercise in order to be strong and in order to cause the food that has been eaten to digest properly. This cause the muscles used to receive enriched blood supply and strength end. Exercise also enhances fast beating of the heart which tones up the cardiac muscles (muscles of the heart) to circulate more blood helping the health of the pastor.

Pastors need to take as much water as possible (hydrotherapy) before, during (depending on the audience) and after ministrations as well as take plenty of fruits during meals and for relaxation. It is also essential for the pastor to take bath constantly to freshen up. He must wash regularly and often with water, sponge and soap. The alkaline in soap readily combines with sebum to form an emulsion (thick fluid). Therefore, washing the skin with soap removes dirt. Under hot conditions, some sweat is retained in the skin thus, combining with oil and dirt to block some sweat pores thereby causing pimples, acne and blisters. Sweat may even leak out into the skin to cause inflammation and itching. A combination of sweat, seburn, germs and impurities from the external environment cause unpleasant and offensive body odour. Therefore, the researcher recommends bath at least two times daily with clean water (with antiseptic), sponge and soap.

Also, it is advisably to get enough sleep every day. With the nature of the work, it is advisable to always rest their eyes more often. This can only be done by relaxing and shutting the eyes without necessarily falling asleep. The eyes must be protected from dust, sun glare and any other light that is too bright. However, when reading and writing, the researcher recommends lighting which is of adequate brightness. For right handed writers, the light should come from over the left shoulder and slightly behind to avoid shadows on the book. For left handed pastors who write the light should come from over the right shoulder. Reading should not be done in fast moving vehicles no matter how impromptu the message could be. She recommends that pastors don't sleep very close to television sets when watching television programmes or computer sets.[41]

Pastors should always eat every day especially on Sunday mornings to ensure sound health and energy before, during and after ministrations. Pastors must always shower with soap and water before and after mounting the pulpit, this is to refresh their body and ease off stress.[42] In addition, pastors going through spiritual exercises should ensure water is not far from them, both for drinking and bathing.

Generally, junks that are always easy to buy and are everywhere are not listed in this research work but should be permanently avoided and there should be increase in the rate of consumption of natural foods and its produce. Finally, there should be proper cognizance of nutritional awareness also known as consumer education going on, on television, radio, in newspapers and so on, so as to get the latest information about the foods intake and those to run away from and as a result fight against ignorance which can lead to unhealthiness and health vulnerabilities.

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