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# Valder Beebe Show.com BeeBe's Smart Living

INSPIRATION\*INFORMATION 'FOR WOMEN -- BY WOMEN'

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Joan Rivers's is her Mom! Melissa Rivers talks to Valder about the underinsured American

## Valder Beebe Show MORE THAN JUST GIRLFRIENDS

### Commitment to Self

Next to GOD, commitment to self is the highest commitment to honor. Whenever I board an airplane, the instructions for the oxygen is for me first, then my child. As you honor your commitment to GOD, then to self, all other commitments will fall into a place for you to spiritually observe and make wise decisions. Being committed to self means wanting the best for you; not just material best, but spiritual and bodily best. Making the best decisions for self includes self-care of the spiritual needs and the physical needs. Self-care is saying wonderful accolades to self, without waiting for someone else to say them. Commitment to self is stated in the book of Acts: "In all states be content." As so stated in Philippians 4:11-13: "I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength." Commitments are also a form of power. <sup>18</sup> Valder Beebe, Editorial Director photographybyames.com



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◀Martha Plimpton, star of FOX's Raising Hope was nominated for an 2011 Emmy Award for Outstanding Lead Actress in a Comedy. Plimpton talks to Valder about her career which has included appearances in Law and Order SVU (Emmy Nomination for Outstanding Guest Actress in a Drama Series), Grey's Anatomy, Fringe, The Good Wife and How to Make it in America.



◀Candice DeLong former FBI criminal profiler and host of Discovery Investigation "Deadly Women," answers questions from Valder about current cases in the news and talks about the motivations behind some of the most unusual crimes of our time committed by women.

### What is Christian Health and Wellness?

By Rhonda Jones



Wellness refers to the condition of good physical and mental health, especially when maintained by proper diet, exercise, and habits. Nutrition refers to the nurturing of our body and our ability to provide it with all the necessary food, vitamins, and minerals so that we continue to thrive in our daily life processes. But do we know if we are really well? How do we tell? The first place to start would be with the examination of your eating habits. Since we are a product of what we eat, if our eating habits are unhealthy or do not provide for the nutrition we need, we're not going to be healthy individuals at the end of the process.

Do you take in more calories than your body needs? Are you supplementing your vitamins and minerals to make sure you are getting your recommended daily allowances? If you're not making the most basic of efforts to take care of your nutritional needs, you aren't a well individual. You may not look sick, you may not have any noticeable symptoms of ill health, but you're not the well individual you could be.

Next, you might want to look at your exercise habits, if there are any. If there aren't any exercise routines to examine, no wellness. Everyone, no matter what age, benefits from exercise. It keeps our bodies conditioned, our mental sharpness working at top speed, and thanks to the physical aspect, we get a boost to our cardio health, extra calorie burn, and more oxygen to those cells!

What about the stress levels in your life? Do you work in an environment with high levels of stress? Is your personal life a source of comfort, or does it add to your stress level? Do you engage in some form of stress-relieving activity? Stress is the number one contributor to heart attacks and strokes, since they manage to speed up the affect of the real culprits. Stress is basically an out-of-control situation for most adults today. We manage to schedule every moment of our free time and leave ourselves with no time for quiet reflection or time to deal with life's unexpected emergencies. There are so many occasions to stop and question our efforts at maintaining optimal health, that we usually don't even take the time to begin the examination. But it is beneficial to our overall health, the quality and quantity of our life, to make every effort to be well, healthy individuals. <sup>18</sup>

Blessing, thechristianmeditator.com

Rhonda Jones

Rhonda Jones is the author of over 23 Christian Meditation CD's and serves as the meditation consultant to Valder Beebe.

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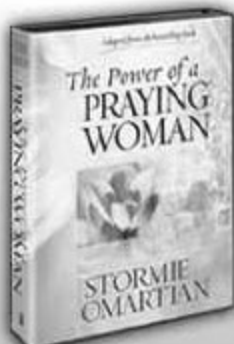


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Valder will talk with Chef Duran, entertainer and host of Food Network shows on the topic: A Tasty Look At What We are Eating. His first cookbook is "Take This Dish and Twist It." >

◀Valder talks to Phil Lempert world renowned Supermarket Guru who is famous for predicting consumer trends almost before the stores open takes a look at A Tasty Look At What We are Eating. Interview Sponsored by: Marie Callendar

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