



RILEY'S RAINFOREST

"Send down... from the clouds of Thy mercy the rains of Thy healing..." —Bahá'u'lláh

Moderation Is Magic

Have you ever liked a food so much that you kept eating, even after you were full? Overeating can make you feel uncomfortable, sluggish, and even ill. Moderation in food, exercise, and sleep is essential for feeling your best.

In many ways, Earth is like a human body, with built-in systems that keep it balanced and healthy. Plants and trees act like lungs, cleaning and recycling our air. Oceans and rivers flow continuously, like blood circulates through the body. The ozone layer, a shield of gas in Earth's upper atmosphere, protects us from the sun's intense rays—much like skin protects our inner organs.

Just as moderation is important for your body's health, it's also vital to the health of our planet. When we use too many resources and produce too much waste, it upsets Earth's balance. The result is major environmental problems—including water shortages,



pollution, and global warming—which affect all living things.

To help our planet stay in balance, we have to make choices that are **sustainable**. That means they meet our needs while keeping in mind the needs of future generations. We must conserve energy, water, and other precious resources. We can also reuse and recycle items to reduce garbage in landfills. By using only our fair share, we can help create a healthy environment for all to enjoy—now and in the future.

Canopy of Questions

What do you want to know about staying healthy and happy? Health can involve your body, mind, emotions, and spirit. Send your questions to brilliant@usbnc.org. Responses are given by a health professional.

“How is your spirit affected by the health of your body?”

—Sydney, age 10

Dear Sydney,

Our spirit is definitely challenged by the body's illnesses. Though your true spirit or soul isn't harmed when you're sick, it's difficult to remain optimistic and enthusiastic when you do not feel well. Stress increases the level of the hormone cortisol in the body. In small amounts, this can be helpful, but when you have too much cortisol for too long, it can lead to serious health problems.

Our spirit also affects the body. The way you think and feel about things affects your health. If you are pessimistic, you will not recover as quickly from illnesses. If you see difficulties as a chance to train your spirit to be patient, you can grow stronger and healthier.

*Wishing you health and happiness,
Mary K. Radpour
Licensed Family Counselor*

Explore and Soar: Be a Green Shopper

If you get an allowance, do you save some money, donate some, then buy something you need? Are you a green shopper who spends wisely to help save Earth's resources? Grab your reusable shopping bag, then ask:

☐ Do I *really* need this item? Do I already have something similar that I can use instead?

☐ Is it recyclable or made from recycled materials?

☐ Is there a more earth-friendly version, such as one with less packaging?

☐ Could I find a used version at a thrift store?

☐ Is it just a fad? Or will I use it for a long time?

