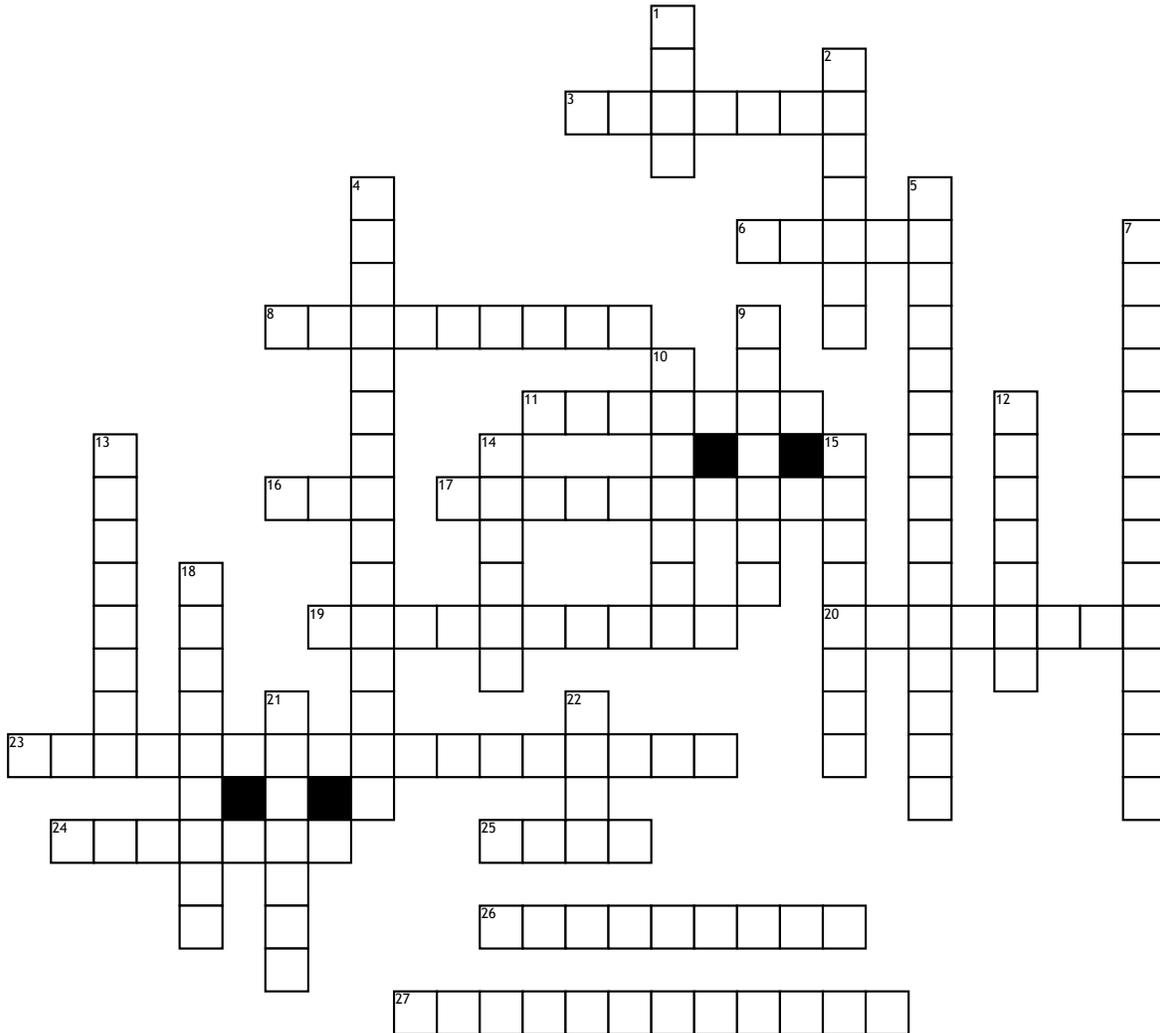


My Body is a Temple



Across

3. An eating disorder characterized by bingeing and purging
 6. It is encouraged you get 8 hours of this every night to rest and energize your body
 8. The process of providing or obtaining the food necessary for health and growth.
 11. A drink containing ethanol that alters your mind, body and can result in dependency
 16. A drink containing dry, crushed leaves in water. Eg. black or green
 17. The avoidance of excess or extremes
 19. A mental illness characterized by hopelessness, loss in motivation and affects the way you think and act
 20. Activity requiring physical activity; releases healthy endorphins
 23. Substances that can be given by a doctor, but used inappropriately
 24. A feeling of worry, nervousness or unease

25. A feeling of euphoria, often attained from consuming drugs/substances

26. A drug that has recently been legalized; aka cannabis

27. This gospel principle was made to promote the health of one's body, mind and spirit by avoiding certain substances/behaviours

Down

1. "Cease to be ____ "; avoiding work or doing nothing
 2. An emotional pain associated with helplessness, loss and despair
 4. A state of well-being where you feel in control of your thoughts, feelings and behaviour
 5. A state of well-being regarding religion, faith, morals, beliefs and principles
 7. A state of well-being that includes lifestyle behavior choices to ensure health, avoid preventable diseases and conditions, and to live in a balanced state of body, mind, and spirit

9. The habit of inhaling and exhaling a substance

10. A nicotine-rich product often found in cigarettes or cigars

12. The act of maintaining an equal amount of healthy food, sleep and exercise

13. The most widely consumed psychoactive drug; a stimulant; known to reduce bone mass

14. A drink containing caffeine, made from a bean and is highly addictive

15. An eating disorder in which one desires to be thin, resulting in food restriction

18. A condition where one becomes dependent on a substance/condition

21. The practice of eating food in a regulated and supervised fashion

22. A medicine or substance which has a physiological effect when introduced to the body