

# **Some Benefits of Laughter:**



**Relaxes the whole body.**

A good hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.



**Boosts the immune system.**

Laughter decreases stress hormones  
and increases immune cells.

Laughter also increases infection-  
fighting antibodies, thus improving  
your resistance to disease.



**Triggers the release of endorphins.**

These are the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.



## **Protects the heart.**

Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.





Looking at ways to stay healthy



# Laws Of Health





Health Law #1

**Fresh Air**



*“And God called the firmament  
Heaven.” Genesis 1:8*



# The Most essential element to sustain life is oxygen.

Without food you will die in a few weeks, without water in a few days and without air in a few minutes. The reason being is that blood and cells are dependent upon oxygen. Fresh air invigorates the vital organs and aids the system in ridding itself of accumulated impurities. Fresh air brings life to the skin and has a decided influence on the mind. Besides the lungs, the skin is also a breathing organ. Since over one pound of waste is discharged through the skin daily, it is important to keep the millions of pores clean and unclogged by frequent bathing. The lack of fresh air causes specific problems such as fevers, colds, and lung diseases. Since fresh air is so critical for a healthy body and a happy disposition, we must look for ways to breathe deeply of these two blessings.



1. Get daily exercise outside in the open air. Walking, in all cases where it is possible, is the best exercise, because it can be engaged in by most anyone and all the organs of the body are brought into use. Exercise in the open air will promote good circulation.



2. Learn to breathe deeply, inhaling through the nose, exhaling through the mouth. Do it until it becomes natural.



3. Keep a fresh current of air flowing through your house at all times, especially in the bedroom at night; even in the winter. The little extra it may cost to heat the house will more than be made up for in fewer visits to the doctor and less medication as a result of respiratory problems.



4. When you get out of bed in the morning, don't make the bed first thing. Let it air out for at least an hour or so first.



5. Houseplants are an excellent way to improve your indoor air quality. One healthy potted plant per 100 square feet of floor space can clean the air by absorbing airborne toxins and returning health-invigorating oxygen.





# Health Law #2

## Sunshine



*“And God made two great lights; the  
greater light to rule the day.” Genesis 1:16*



Every living thing in our world is dependent on sunlight. Without sunlight nothing would live. The following discoveries show the benefits derived from the sun:



It lowers blood sugar and blood pressure; it lowers cholesterol by converting it to vitamin D; it utilizes calcium and phosphorus; it increases red blood cells; it increases white blood cells; it strengthens the immune system; it calms the nerves and increases adrenaline; it destroys germs on the skin; it reverses jaundice; it increases circulation; and it helps eliminate pesticides and other chemicals from the system.



“Pure air, good water, sunshine, the beautiful surroundings of nature...these are God’s means for restoring the sick to health.”



“Dispense with heavy curtains, open the windows and blinds, allow no vines, however beautiful, to shade the windows, and permit no trees to stand so near the house as to shut out the sunshine.”



Start the day with exposing your face and  
body to the sun for 10-15 minutes.  
Gradually increase your time to 30-45  
minutes daily. DO NOT GET A  
SUNBURN! At all times we must  
remember that exposure to sunshine must  
be gradual and moderate.



“As the flower turns to the sun, that the bright beams may aid in perfecting its beauty and symmetry, so should we turn to the Sun of Righteousness, that Heaven’s light may shine upon us, that our character may be developed in to the likeness of Christ.”





# Health Law #3

## Temperance



*“Out of the ground made the Lord God to  
grow every tree that is...good for  
food.” Genesis 2:9*



True temperance teaches us to dispense  
entirely with everything harmful and to  
use judiciously that which is healthful.



Avoid anything that is harmful to your body. This includes liquor, drugs, tobacco, overeating, eating between meals, sugar-laden foods, strong condiments and spices, all caffeinated foods and beverages. Caffeine is an addictive drug which raises cholesterol and taxes the adrenal glands. This stimulant causes the body to excrete calcium in the urine, contributing to calcium loss in the bones; it stimulates and irritates the nerves, brain and heart. Caffeine can be found in (chocolates, sodas, coffee and tea).



We also need to dispense with large combinations of foods, grease and fat, excess salt, and animal foods. Avoid eating animal protein and fat found in all animal-based foods (meat, eggs, cheese and dairy). Animal protein is the cause of nearly all diseases and cancers known to mankind.



*“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” Romans 12:1-2*



Our very bodies are not our own, they belong to God who created them. *For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's. (1 Corinth 6:20)* We are not to eat and drink as we please, to gratify a perverted appetite, weakening our system and ultimately leading to sickness and disease making it impossible to render to God perfect service.



We have a responsibility in keeping ourselves in health. Our habits should be to secure the preservation of physical, mental, and moral health – true principles of sanctification in the everyday life. It is our duty, to God and to ourselves, to do all that we can to prevent sickness and disease by healthful living, through diet and lifestyle.





Health Law #4

Rest



*“He rested on the seventh day from all His work which He had made.” Genesis 2:2*



The greatest remedy for being tired is SLEEP. The body requires plenty of rest to heal and sleep is the greatest rejuvenator; it restores strength to muscles, nerves, and brain. During sleep the body repairs, re-energizes, and prepares for renewed activity.

Did you know that every hour of sleep before midnight is equal to 2 hours of sleep after midnight?



During a day of work and activity, toxins build up in our system which cannot immediately be thrown off. These toxins produce fatigue—that well-known weariness at the end of the day. Sleep gives the body time to expel wastes and to make repairs.



“The stomach, when we lie down to rest, should have its work done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours.”



Rest is not synonymous with sleep. There  
are other types of rest:

Physical Rest—sitting, lying down, or relaxing.

Sensory Rest—quietness and refraining from using the eyes.

Emotional Rest—a withdrawing from the ups and downs  
caused by personal interaction.

Mental Rest—giving your brain a break.



Your Prescription: First, get the sleep your body needs, 8 hours a day and several hours before midnight.

Studies have shown that less than 6 hours and more than 9 hours of sleep tends to shorten life. Children and youth however need more sleep than do adults, with babies requiring as much as 20 hours of sleep within a 24-hour period. Second, do not neglect that important rest we need, such as taking morning walks, sitting in a jacuzzi or by a mountainside, looking at a forest or lake, going to the ocean, or reading the Scriptures.



Too much sleep however may be an indication of emotional problems, physical problems, depression or just plain boredom with life that one may use as an escape. This is not a healthy condition and some lifestyle changes may be in order. The cause of sleeplessness can be a complex issue, as much as too much sleep, but is most often caused by anxiety and emotional conflicts.



# Here are a few things that may help:

Be regular in your hours of sleep. Make sure you have a circulation of fresh air in the room. Get on a regular exercise program (minimum 5 days a week). Go to bed early and get up early. Studies show that the deepest part of sleep occurs between the hours of 9pm-12am (midnight). During this time the greatest amount of recuperation will take place from the day's activities.

Take a warm soak in the tub just before retiring.



**DO NOT** take sleeping pills or alcoholic beverages to help you sleep. They may keep you asleep through the night, but you will miss the healing benefits of normal rapid eye movement sleep. **DO NOT** eat before going to bed, your digestive track needs a rest, too. Your stomach needs to retire before you do. An evening walk is much more relaxing than the evening news.



End of part one