

Unwanted Illness:

“Did you know that a single dietary indulgence can result in unwanted illness? Many feel that it is not what you eat some of the time, but rather most of the time that counts.

Unfortunately, this could not be farther from the truth. Habitual behavior is cultivated by yielding to cravings for those foods that are detrimental to a healthy diet. Since most Americans now suffer from food addiction – thanks to the chemical additives, flavorings, sugars, and clever marketing ploys used strategically by food manufacturers, caving in to an urge to eat something unhealthy (much like yielding to alcohol or drugs), will only further the addictive process. And certain foods can quite frankly be just as harmful as illegal drugs, even in small quantities . . .”

“ . . . Consider the example of a person who is allergic to peanuts. Consuming just one peanut can lead to an emergency room visit. While one may argue that this allergic response is quite different from simply eating unhealthy foods, we must not forget about the dangers of GMOs and various chemical additives such as MSG (monosodium glutamate), BPA (bisphenol A), and BGH (bovine growth hormone). Any of these can cause serious health issues, even when consumed in small quantities. . . ”

“ . . . So, if you think that you can do ‘treats’ in moderation – think again. The food manufacturers want you to believe this. If you are not likely to smoke even one cigarette, then why dabble with foods that you know up front to be harmful to your health.”



Looking at ways to stay healthy

Laws Of Health



Health Law #5

Exercise

“The Lord God put him into the garden of Eden to dress it and to keep it.” Genesis 2:15

Exercise increases the efficiency of the heart to pump more blood with each beat as it grows stronger, lowers the resting heart rate and blood pressure, improves digestion and bowel action, relieves nervousness, helps prevent disease, burns up excess fat, lowers cholesterol, increases the capacity and efficiency of the lungs, increases the circulation and intake of oxygen, improves muscle tone and increases the size and number of blood vessels, risk of heart attack reduced by 20%, eliminates impurities from the system through perspiration, increases bone mass, increases our ability to fight infection by increasing white blood cell count. Studies are also finding that exercise is an important factor in the fight against cancer.

“God designed that the living machinery should be in daily activity. For in this activity or motion is its preserving power.... The more we exercise, the better will be the circulation of the blood.”

“Moderate exercise every day will impart strength to the muscles, which without exercise become flabby and enfeebled.”

“Exercise will aid in the work of digestion. Take a walk after a meal; but no violent exercise after a full meal.”

Exercise and physical activity are good for just about everyone, including older adults. No matter your health and physical abilities, you can gain a lot by staying active. In fact, studies show that “taking it easy” is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

“There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved. Walking, in all cases where it is possible, is the best remedy for the diseased bodies, because in this, all of the organs of the body are brought into use.”



Health Law #6

Water

“And a river went out of Eden and watered the garden.” Genesis 2:10

“The body requires water constantly. Most of this water is recycled within the body itself. It must however have a replacement of eight glasses of water per day. Cleansing of waste material is a daily task for the body, not only from its own wastes, but from the constant bombardment of germs and viruses, and in today’s society, from chemicals and drugs. If the body is not thoroughly cleansed, it is forced to break down. “Water is the best liquid possible to cleanse the tissues.”

1. It lubricates the joints

Cartilage, found in joints and the disks of the spine, contains around 80 percent water. Long-term dehydration can reduce the joints' shock-absorbing ability, leading to joint pain.

2. It forms saliva and mucus

Saliva helps us digest our food and keeps the mouth, nose, and eyes moist. This prevents friction and damage. Drinking water also keeps the mouth clean. Consumed instead of sweetened beverages, it can also reduce tooth decay.

3. It delivers oxygen throughout the body

Blood is more than 90 percent water,
and blood carries oxygen to different
parts of the body.

4. It cushions the brain, spinal cord, and other sensitive tissues

Dehydration can affect brain structure and function. It is also involved in the production of hormones and neurotransmitters.

Prolonged dehydration can lead to problems with thinking and reasoning.

5. The digestive system depends on it

The bowel needs water to work properly.

Dehydration can lead to digestive problems, constipation, and an overly acidic stomach. This increases the risk of heartburn and stomach ulcers.

6. It flushes body waste

Water is needed in the processes of sweating and removal of urine and feces.

7. It helps maintain blood pressure

A lack of water can cause blood
to become thicker,
increasing blood pressure.

8. The airways need it

When dehydrated, airways are restricted by the body in an effort to minimize water loss. This can make asthma and allergies worse.

9. It makes minerals and nutrients accessible

These dissolve in water, which
makes it possible for them to
reach different parts of the body

10. It prevents kidney damage

The kidneys regulate fluid in the body. Insufficient water can lead to kidney stones and other problems.

Hot Foot Baths:

“Did you know that something as simple as a hot foot bath can help alleviate a variety of symptoms and conditions? The hot foot bath is a simple home treatment or remedy that, up until the latter part of the 20th century, was used to successfully help manage numerous medical conditions. By simply soaking your feet in a bucket of hot water while wrapped in a blanket, you can help eliminate headaches, sinus congestion, pelvic cramps and prostate disorders, and fatigue. Hot foot baths can also be used to help lower blood pressure, stop nosebleeds, and shorten colds or flu.

Hydrotherapy:

Using water to do hot and cold treatments increases blood circulation, boosts the immune system, and helps speed healing. Learn how to fight disease with simple, safe water treatments that can be done at home. Hot and cold therapy is the most common type of non-addictive and non-invasive pain relief therapies for injuries.



Health Law #7

Nutrition

“And God said, ‘Behold, I have given you every herb bearing seed...and every tree in the which is the fruit of a tree yielding seed; to you it shall be for meat (food).’” Genesis

1:29

Proper nutrition is vital to good health. Food that is devitalized cannot supply the vitamins and minerals it lacks. It is of utmost importance that we choose wisely the food that goes on our table, choosing organic and non-GMO foods as much as possible. Vegetables and fruits should be making the greater proportion of our meals, along with whole grains, beans, legumes, and seeds. Nuts can be included in small amounts. From our food, we will obtain all the elements essential for good health: vitamins, minerals, water, carbohydrates, protein, fats, and fiber.

Foods should be prepared with simplicity and variation, perhaps only three or four dishes at a meal, and properly cooked. Food should be carefully chosen and prepared with intelligence and skill. Avoid the use of grease in foods. Lard, butter, and hydrogenated vegetable fats may be classified as grease. If using oil, use natural oils sparingly, such as olive, coconut, etc.

Eat raw vegetable salads or raw fruits before the main course. This will stimulate and assist digestion, and help avoid overeating of cooked foods. Eat sparingly—for strength and not for drunkenness. The benefit you derive from your food does not depend so much upon the amount eaten, as upon its proper combination and thorough digestion. Neither does gratification of taste depend so much upon the amount of food swallowed as upon the length of time it remains in the mouth.

Overeating clogs the machinery and weakens the moral power to resist other passions so eat at regular intervals, allowing 5-6 hours to elapse between meals. When hungry between meals, drink a large glass of cool water. Do not eat before going to bed.

The stomach must not be constantly at work, but have periods of rest.

Take time to eat and enjoy mealtimes. Avoid eating compulsively or when emotionally upset, in pain, or overtired. The practice of eating a little or no breakfast and a heavy supper may be conducive to putting on unwanted pounds. Two meals a day are better than three; but if a third meal is eaten at all, it should be light, and eaten several hours before going to bed. Example: two meals—9 AM and 3 PM or three meals—6 AM, 12 PM, and 6 PM.

In grains, fruits, vegetables, nuts, and seeds are found all the food elements to make good blood. REMEMBER, include in the diet a wide variety of fruits and vegetables, dark leafy greens, more raw foods, whole grain cereals and breads, vegetable proteins from sources such as dry beans, peas, and other legume, tofu, nuts, seeds, or rice milk. Reduce the fats, oils, salt, and sugars in the diet and avoid high cholesterol foods such as eggs, cheese, butter, and meats. All animal foods contain cholesterol, and that includes chicken and fish.

Food is to be our medicine. Plant-based foods are good medicine that can prevent, reverse, and cure disease. Flesh meat, dairy, eggs and processed foods are bad medicine and will make the body sick and diseased. Animal-based foods cannot make good blood in our systems. If we stop eating the bad food and start eating the good food, a wonderful healing process takes place within our body, because the body was designed to heal itself.

*Whether therefore ye eat, or drink, or whatsoever
ye do, do all to the glory of God.*

1 Corinthians 10:31



Health Law #8

Trust in Divine Power

“And the rib, which the Lord God had taken from man, made He a woman, and brought her unto the man.” Genesis 2:22

What is His desire for your life?

“Beloved, I wish above all things that you may prosper and be in health, even as your soul prospereth.” 3 John 2

Does He want our complete restoration?

“And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.” 1

Thessalonians 5:23

Remember, worry, stress, and depression bring decay, disease, and death. The immune system is strengthened by trusting God. The foundation of all health is in the acceptance of the blessings which the Creator has provided for us. Foremost of these is the privilege we have of choosing our Saviour to be our Guide as well as our Great Physician. In fact, the divine purpose of our physical healing is to make us more inclined to accept the spiritual healing Christ longs to perform upon our hearts.

There is an inexpressible peace that comes to one who has learned to trust in God and to lay all things in His hands. In *Matthew 11:28* Jesus says, “*Come unto Me... and I will give you rest.*” Rest from sorrow, rest from fear, and rest from insecurity. But first we must come to Him as our Great Physician. We must trust Him before we can understand and practice His profession or reveal His wisdom and love. Then let us resign ourselves to do His will, and endeavor faithfully to follow every instruction He gives for when we come to God, we must be willing to acknowledge and accept His ways as best for us, and follow them, regardless of our own personal preference and prejudices.

There may be times when we may not discern His wisdom in certain events, but it is on these occasions that we especially honor Him by our faith. By being obedient to Him in those things which He asks of us—be it in the physical or spiritual realm—we shall discover that He is guiding us on our way to complete healing.

Health is a major determining factor in the capacity to understand and respond to the Word of God. When the mind and body is kept healthy, our senses, our discernment and judgement is much sharper. Jesus healed people of their infirmities so they could better understand His words, and walk in the light of His truth.

Many ask God for health and healing, expecting Him to keep them from sickness and disease when there is no particular effort on their part. God will not work a miracle to keep us from sickness and disease if we have no care for ourselves or if we choose to live and eat and drink as we please. When, however, we do all that we can on our part to obey God, we may have confidence that God will cooperate with us in keeping our bodies in health, and we can experience peace, happiness and health.

Lifestyle is a very important part of health. How we live, what we eat, drink, how much sleep or rest, exercise, get fresh air or sunshine, whether we abstain from harmful habits and how we handle everyday stress in our lives, all play an important role in our health. By incorporating these health principles into our lifestyles, we will experience improved healthy outcomes.

End of part two