

HOW TO OBTAIN HEALING?

To understand the concepts of healing, we first need to know:

Why do we get sick?

Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.

What does this mean?

1. The symptoms of disease (e.g. pain, fever, and inflammation) are nature's effort to get better.
2. Disease comes because we are violating God's physical laws.

How can symptoms of disease be our body's effort to recover?

Disease is not a negative condition which should be combated and suppressed ('cured'), but a self-defensive, protective effort of the body to restore health. Pain is our body's way of telling us that something is wrong. Inflammation is a re-constructive process and should not be suppressed. Every acute disease is an effort of nature to cleanse and heal. When suppressed, it becomes sub-acute, and then, with time, chronic and degenerative.

How is disease the result of violating God's physical laws?

Medicine suggests that we are victims of sickness, attacked by a bad organism, having a bad organ, cursed by bad genes, etc. In reality, illness is most often a result of our own choices not dependent on uncontrollable factors. Disease-causing organisms are scavengers; they cannot find a home in a healthy body with a strong immune system. Bacteria, virus, or parasitic infection is not the primary cause of disease but rather its result. Even the father of the germ theory, Pasteur, began to understand the true relationship of germs to disease late in his life, when he stated: "The germ is nothing, the soil [the condition of the body] is everything," meaning that a germ can only thrive in a suitable environment.

God's law is written by His own finger upon every nerve, every muscle, and every faculty which has been entrusted to man. God in His wisdom has established natural laws for the proper control of dress, appetites, and passions, and He requires of us obedience in every particular; this determines the condition of our health. All our enjoyment or suffering may be traced to obedience or to transgression of natural law.

God loves His creatures with a love that is both tender and strong. He has established the laws of nature; but His laws are not arbitrary exactions. Every "Thou shalt not," whether in physical or moral law, contains or implies a promise. If it is obeyed, blessings will attend our steps; if it is disobeyed, the result is danger and unhappiness. The transgression of the physical law is transgression of God's law. As sin is the transgression of the moral law, disease is the transgression of the physical law.

Florence Nightingale once said, "There are no specific diseases only specific disease conditions." Disease is merely a departure from normal health. A careful conformity to the laws which God has implanted in our being will insure health, and there will not be a breaking down of the constitution. God has pledged Himself to keep this machinery in healthful action if the human agent will obey His laws, and co-operate with him. "If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee... for I am the LORD that healeth thee." *Exodus 15:26*.

When we realize that disease is the result of transgression of God's physical laws, the cure for it is found in identifying the cause. Remove the cause and we have found the cure.

So what should I do when I get sick?

The greatest cause of human suffering is ignorance on the subject of how to treat our own bodies. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, and wrong habits corrected. Then, nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.

Please explain.

When the abuse of health is carried so far that sickness results, we can often do what no one else can do for ourselves:

1. First find out what is causing the disease, because disease never comes without a cause. Reason with yourself, "What could I have done to become sick?" In the beginning reasoning from cause to effect may be challenging to ascertain but with practice and conscious awareness it will become easy. And then you will be able to say like David, "I understand more than the ancients, because I keep Thy precepts." *Psalms 119:100*.
2. Remove the cause; stop doing the things that made you sick.
3. Assist the body's efforts to expel impurities by using natural remedies and trusting in God.
4. Lastly, do not endeavor to adjust the difficulties by adding a burden of poisonous medicines.

How can I obtain Heaven's healing?

There are many ways of practicing the healing art; but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, proper diet, purity of life, and a firm trust in God, these are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises, are within the reach of all, with but little expense; but drugs are expensive, both in the outlay of means, and the effect produced upon the system.

God is greatly dishonored by the way in which man treats his organism, and He will not work a miracle to counteract a perverse violation of the laws of life and health. The Lord has made it a part of His plan that man's reaping shall be according to his sowing.

However, it is a safe proposition that after a person has done all in his power to search out and put away the cause of his disease, and it is found to be after all, that the cause is beyond all human effort to remove. Then, if the one sole aim of his healing is the glory of God and the keeping of the commandments of God, he may with perfect confidence and full assurance of faith ask the Lord to heal him.

Still, while presenting our petitions with earnestness, we should say, "Nevertheless not my will, but Thine, be done." *Luke 22:42*. We do not know whether the blessing we desire will be best for us or not. Therefore, our prayers should include this thought: "Lord if it is for Thy glory that my health be restored, I ask, in the name of Jesus. If it be not Thy will give me Thy grace to comfort and Thy presence to sustain me."

8 HABITS TO PERFECT HEALTH

So what is the only method of obtaining healing that heaven approves of?

If your doctor were to inform you that to get better you would only have to take eight different pills a day, and he gave them to you for free, would you try them? The likelihood is you would. Today, the Greatest

Physician in the universe is offering us eight remedies that one can take everyday and get better and stay well. Moreover they are so simple. Will we accept His offer?

God often uses the simplest means to accomplish the greatest results. Goliath the giant was killed by a small pebble. The power did not come from the pebble, but from David's faith and obedience to God. Naaman the leper was healed by washing in the river of Jordan, because by obeying he expressed trust and obedience to God. Today, "Jesus Christ the same yesterday, and today, and forever" (*Hebrews 13:8*), the only true Physician, would like to share with us eight remedies to prevent illness and obtain His healing.

These remedies are better than the orthodox medicines that the world gives because, firstly, they are free; secondly, they work for all; and lastly, they have no bad side-effects (only good ones like more energy, greater endurance, sharper memory, younger-looking skin, loss of extra weight, etc).

How is it possible that the same eight remedies work for all?

Although externally we may look different, internally our bodies are governed by the same physical laws of nature. That is why the same plan works for everyone.

Okay, so what are these eight remedies that Jesus wants to share with us?

Permit me to introduce these remedies one at a time:

1. OUR FREEST VITAMIN SUPPLY

"Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun." *Ecclesiastes 11:7*. Have you ever stopped to think that without sunlight there would be no life on this earth? – Not a leaf or fruit could grow nor a flower bloom. The life of every created being is the more perfect the more the creature enjoys the influence of light. Let a plant or an animal be deprived of light, notwithstanding every nourishment, care, and cultivation, it will first lose its color, then its strength, and at last will utterly decay.

God made man to live largely outdoors where the body could receive abundant sunshine. In fact, man was created and placed in the garden so that the sun would shine upon his entire body.

A miracle factory is at work just beneath our skin; when the ultraviolet rays of the sun touch the skin, the factory sets to work. There are tiny oil glands just beneath the skin called sterols. As sunshine strikes them, substances within them, called ergosterols, are irradiated and transformed into vitamin D. Red corpuscles constantly flowing through the very small blood vessels throughout every part of the 3,000 square inches of our skin transport the vitamin throughout the body.

Vitamin D is unique in that it is the only vitamin that humans produce intrinsically after exposure to ultraviolet B light from the sun. It takes a fair-skinned person only 15 minutes or less to generate 10,000 to 20,000 IU of vitamin D on a sunny day.

Vitamin D generated by sunlight on the skin is different from other vitamins in that it influences the entire body. Receptors that respond to this vitamin have been found in almost every type of human cell, from the brain to the bones.

All of the sunlight's vitamin D's health-effects are not yet known, but it is clear that the vitamin is a "blockbuster" nutrient capable of many things, including the following:

Vitamin D –

- Strengthens the immune system. Exposure to sunlight increases the number of the immune system's white blood cells in the body. Moreover, sunlight increases the number of lymphocytes, the most powerful germ killers of white blood cells.
- Provides pain relief.
- Elevates the mood.
- Improves mental function. One study revealed that after exposing participants to 20 minutes of bright white light in the morning, they became more alert. The brain images showed that regions of the brain involved with alertness and some cognitive processes became more active.
- Increases muscle tone. In turn, it burns up more calories.
- Helps in weight loss. Sunlight increases the body's metabolism by stimulating thyroid gland function. Resting Metabolic Rate is thus increased and more calories are burned.
- Lowers cholesterol. Because there is so much cholesterol just underneath the skin, when it is changed by sunlight to vitamin D, cholesterol from the blood is sent to take its place. Two hours after a sunbath, an average of 13% reduction in human blood cholesterol, takes place.
- Aids in calcium assimilation and strengthens bones and teeth. Dentists have observed that people living in cloudy areas, where there is not much sun, have worse dental decay than those who live in the tropics, where the sun beats down on them many hours a day.
- Increases the volume of oxygen in the blood. Sunlight increases the capacity of the blood to carry more oxygen and take it to our body tissues. Even a single exposure to ultraviolet light in the sun will greatly increase the oxygen content in our blood. Bronchial asthmatics, who could hardly breathe, were able to inhale freely after a sunbath.
- Discourages growth of cancer.
- Has an insulin-like effect on the body – stabilizes blood sugar. Simultaneously, sunlight helps to elevate the blood sugar that is too low (in hypoglycemic persons), while lowering the blood sugar that is too high (in diabetics).
- Prevents type 1 diabetes, multiple sclerosis and schizophrenia.
- Improves liver function – helps the body to eliminate toxic chemicals and environmental pollutants.
- Balances hormones. Sunlight reaches the pineal gland through the eyes and affects the pituitary gland, which controls the hormone production of the other endocrine glands in a beneficial way.

How can I enjoy the benefits of sunlight without the risk of skin cancer or premature aging?

Start with 10-15 minutes exposure to the face, arms and legs daily or the diseased area of the body. Build up to 20-30 minutes daily. The body stores the vitamin D readily for over a week. Avoid sun burning. Do not use sun block or suntan lotion.

To avoid the risk of skin cancer, reduce free fats, such as oils, and eliminate bad fats, (this includes all animal fats, margarine, hydrogenated fats, fried foods. Also avoid sautéed food, and vegetable oils that have been heated in processing (this includes almost all refined vegetable oils). Suitable oils to use are extra-virgin, cold-pressed coconut oil and extra-virgin, cold-pressed olive oil. Always add them to the food just before serving – do not cook with oils. When not available eat the oil as it is found in the food, e.g. raw nuts and seeds, avocados, olives, corn, etc.

2. THE INVISIBLE DISEASE REMOVER

Do you remember the first thing you did when you were born? Breathe for air. Man may live 5-6 weeks without food, a few days without water, but only a few minutes without air. Our body's most important nutritional requirement is not protein, carbohydrates, fats – it is oxygen! Just as fire in a furnace cannot be kept up without enough air which would supply the necessary amount of oxygen to the flames, so the fires of life in the body cannot be maintained without an abundance of oxygen in the body. The way we breathe can substantially affect how we look, feel, resist disease, and even how long we live.

In order to have good blood, we must breathe well. Full, deep inspirations of pure air fill the lungs with oxygen; purify the blood, sending it – a life-giving current – to every part of the body. Good respiration soothes the nerves; stimulates the appetite; renders digestion more perfect; and induces sound, refreshing sleep.

Fresh air will prove far more beneficial to sick persons than medicine, and is far more essential to them than their food. They will do better, and will recover sooner, when deprived of food, than when deprived of fresh air. An outdoor life amid natural surroundings would work wonders for many a helpless and almost hopeless invalid. Some diseases can be cured most of all through proper air. The most successful cure for tuberculosis of the lungs requires an unusually large amount of fresh air for the patient day and night. Sleeping porches should be provided and such patients should be allowed indoors for only meals and other duties. Thousands have died for want of pure water and air who might have lived.

Does the way I stand and sit affect my breathing?

The lungs can expand properly only when a person sits and stands straight because otherwise the sacs in the lungs that take in the air will be compressed. If lungs do not get enough air, the blood does not get enough oxygen; in turn, everything does not function as efficiently as it should. Practice how to sit and stand straight – head high, back straight.

How can I make sure I am getting enough air?

On the surface, it would appear that when you take a breath, the air goes in and immediately bounces back. Actually, only about 1/7 of the air in the air cells of the lungs is replaced with each breath. It is important to do deep breathing exercise daily (three times a day is best). Be sure to do this in the morning before breakfast. Take a deep breath to full expansion, hold, then exhale slowly and completely, and hold that. Repeat this, say, 20 times. This helps the circulation and gets toxins out of the system.

One of the best ways to learn deep breathing (normal breathing) is to lie flat on one's back and place your hand on your stomach. As you breathe in deeply your hand should rise. This exercise should be practiced until your abdominal muscles automatically rise each time you breathe, all the time. This indicates that the entire lung is expanding, with emphasis on the lower portion of the lung and abdominal area.

Be outdoors as much as possible. Always exercise outdoors. In the home it is important to secure thorough ventilation and plenty of sunlight. Keep proper ventilation in mind wherever you are (home, work, school, etc.). Air must be in constant circulation to be kept free from poisons.

Breathe fresh air while sleeping – open the windows. Even on cold winter nights, double the blankets but always keep the windows open. Air the bedrooms daily with the windows open. When we sleep in an ill-ventilated room we will awake feeling feverish and exhausted. This is because the vital air was excluded, and our entire system suffers in consequence.

Do not smoke tobacco; avoid second-hand smoke too. Our skin breathes; try to wear only natural material (100% cotton, linen, silk or wool) on everything that touches the body so that it can breathe without impediments. Avoid smog and all chemicals, cleaning solutions, solvents, paint removers, insect sprays, and deodorants. The best air is at beaches, oceans, waterfalls, thunderstorms, forests, and in sunshine; all these natural environments electrically charge oxygen molecules to negative ions which are health-giving. However, air from air conditioners is not the best, because it is positively ionized.

What should I do if the air is too cold?

When cold, try not to wear too much. If you add clothing, let it be but little, and exercise, if possible, to regain the heat you need. If you positively cannot engage in active exercise, warm yourself by the heater; but as soon as you are warm, lay off your extra clothing and remove from the fire. If those who can would

engage in some active employment to take the mind off themselves, they would generally forget that they felt the chill, and would not receive harm. You should lower the room temperature as soon as you have regained your natural warmth. For invalids who have feeble lungs, nothing can be worse than an overheated atmosphere. The heated oppressed atmosphere deprives the vitality, benumbs the sensitive brain, and causes the lungs to shrink and the liver to become inactive.

What happens if I do not breathe right?

If an insufficient supply of oxygen is received through shallow breathing, the blood moves sluggishly. The waste, poisonous matter, which should be thrown off in exhalations from the lungs, is retained and the blood becomes impure. Not only the lungs, but the stomach, liver and brain are affected. The skin becomes sallow and digestion is retarded. Oxygen deficiency in the cells is known to cause cancer. Experiments have proven that cancer cells cannot live in blood that is well oxygenated.

Air should not be regarded as an enemy, but a precious blessing. Many labor under the mistaken idea that when they have a cold, they must carefully exclude the outside air, and increase the temperature of their room until it is excessively hot. The system becomes deranged and the pores closed by waste matter. And the internal organs suffer more or less inflammation, because the blood has been chilled back from the surface and thrown upon them. At this time, of all others, the lungs should not be deprived of pure, fresh air. If pure air is ever necessary, it is when any part of the system, as the lungs or stomach, is diseased.

Many families suffer with sore throat, lung disorders and liver complaints, brought upon them by their own course of action. They breathe the same air over and over again, until it becomes impregnated with poisonous impurities. Those who thus abuse their health must suffer disease.

3. THE BEST THING TO DO TO STAY YOUNG ALWAYS

Have you ever experienced days when you felt that you did not have the energy to do what you needed to do? You look at your children, see how active they are and wish you had half their energy. Wouldn't you like it if your doctor could prescribe you something inexpensive and simple that will have the following side effects: –

- Give you all the energy you need for each day.
- Saturate your blood and all the cells of your body with fresh oxygen and nutrients and thereby prevent aging.
- Assist your body's healing and health-restoring processes.
- Accelerate metabolism and digestion, so that you will be able to eat the same amount of food and yet lose weight, or eat more and enjoy a good digestion.
- Stimulate your mental powers by increasing your concentration and improve your memory.
- Assist your elimination organs in detoxification through the lungs, skin and intestines.
- Stimulate your glands to secrete more hormones.
- Moreover, it will put you in good spirits and make you feel happy.

Man used to have to work to grow and harvest his food, and to feed his animals. Modern living has eliminated 90% of the motion and exercise our bodies require to function optimally. Manual labor is no longer needed to obtain food; we simply go to the market. The level of oxygen absorption is determined by the level of physical exertion.

Our sedentary life has led to chronic oxygen starvation. Our organs, muscles, brain, nerves, are now forced to struggle with their tasks in spite of the chronic undersupply of this most important nutrient. The consequences are obvious: physical and mental deterioration and a growing number and intensity of degenerative diseases – the result of this new mechanized lifestyle, with pollution.

“Many of the things we call biomarkers of aging might actually be biomarkers of inactivity.” *Williams*

Evans Ph.D., The Human Nutrition Research Center on Aging.

Perfect health requires a perfect circulation. The more we exercise the better will be the circulation of the blood. Also, exercise produces brain substances (endorphins) that make us feel good like a medicine. We can get all the nutrition into our blood but if we do not get the nourished blood to where it needs to go through exercise we will not benefit.

How much exercise should I get?

Exercise at least 30 minutes daily. Brisk walking is good. On the first day, begin a program of walking as far as is comfortable, and gradually work up to five miles per day. Outdoor labor, in any useful activity, is an excellent source of exercise.

In health, exercise will more adequately help the body to cope with dietary abuses and other debilitating factors of a bad lifestyle. The worse the diet, the more important it is to exercise, although it should be realized that only partial protection can be achieved.

Exercise is very important even if you are very sick. At this time it is especially important to rest, but make sure to walk, and do breathing exercises daily. If you are unable to exercise, use a trampoline. Massage can help as it is passive exercise. A whole range of motion exercises are beneficial.

4. OUR NEGLECTED BATH

“Cleanse first that which is within...that the outside...may be clean also.” *Matthew 23:26*. Toxic waste builds up in the body when we do not drink enough water.

The body of a new-born infant contains more than 80% water. The amount of water in the tissues lessens with advancing age. More than 60% of our body is made up of water.

Humans have lived 81 days without food, but they will die in 5 days without water. If a person loses just 5% of his total water, he will start to hallucinate, become disoriented, and experience twitching muscles. If he loses 15% of his total water, his life is endangered. A loss greater than 15% of body fluids may result in death. Yet, the body has no water storage system to depend on in times of need.

The parts of the body that suffer most from dehydration are those without direct vascular circulation, such as the joint cartilages in fingers, knees, and vertebrae. Chronic pains are

often indicators of chronic dehydration. When any of your joints begin to signal aching pains that come and go, the first thought that should occur to you is “My body is severely short of water.” Often, though, when the signs of water deficiency in joint cartilages are not recognized for what they indicate, painkillers are prescribed, frequently resulting in a dependence on addictive medication, and possible permanent results could be permanent damage to cartilage separation of the joint bones.

According to Dr. Fereydoon Batmanghelidj dehydration can cause disease. “Dry mouth is not the only sign of dehydration and waiting to get thirsty is wrong. Pain in the body is a crisis call of the body for water. Thirst should be prevented. When [the] body does not receive enough water and you have pain that, is a sign of dehydration.”

Dr. Batmanghelidj also explained, “Chronic pain of the body which cannot easily be explained as injuries or infection, should first and foremost be interpreted as signal of chronic water shortage in the area where the pain is registered. These pain signals should first be considered and excluded as primary indicators for dehydration of the body before any other complicated procedures are forced on the patient.”

How much water should I drink and how do I know if I am drinking enough water?

Contrary to popular belief, thirst is not a good indicator. By the time you are thirsty, it means your body has already lost more than 3% of its water. If your urine is bright yellow, you are drinking too little water. Ideally, your urine should be as light as possible, almost colorless. Regular intake of water throughout the day is important because when a huge amount of water is ingested, it is practically completely eliminated by the kidneys in the succeeding few hours. That is why, to meet your daily ration of water intake, a lot of water all at once is not the solution. Drink one to two glasses of water every waking hour or so throughout the day.

Drink more if you sweat much or the weather is hot. This will help your endurance. Carry a supply with you. Upon rising, drink two glasses at room temperature with a freshly squeezed lemon in it.

How about daily showers?

A burned victim who has had over 50% of the skin function destroyed, has a lower chance for survival, and his kidneys are placed under a terrific load because of the loss of eliminative assistance by the skin. The skin is considered to play the role of a third kidney. The average healthy person eliminates about 1 kg of waste material daily through the pores of the skin! People who engage in rigorous physical activity eliminate an even greater amount. It is important to keep the pores open and clean by daily bathing.

Persons in health should on no account neglect daily bathing. More so, those who are not in good health have impurities in the blood. The multitude of pores, or little mouths, through which the body breathes, become clogged and filled with waste matter, and the skin is not in a healthy condition. The skin needs to be carefully and thoroughly cleansed, that the pores may do their work in freeing the body from impurities. Feeble persons who are diseased surely need the advantages and blessings of bathing daily.

Whether a person is sick or well, respiration is more free and easy if bathing is practiced. By it, the muscles become more flexible, the mind and body are alike invigorated, the intellect is made brighter, and every faculty becomes livelier. The bath is a soother of the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion, and instead of the system being weakened, it is strengthened.

Instead of increasing the liability of cold, a bath, properly taken, fortifies against cold, because the circulation is improved, and the uterine organs, which are more or less congested are relieved, for the blood is brought to the surface, and an easier and regular flow of the blood through all the blood vessels is obtained. Remember to always end your bath or shower with cold water, as this strengthens the body whereas ending with warm or hot water weakens the body.

Should I use hydrotherapy (water treatments) when I am sick? How effective is it?

The things of nature are God's blessings, provided to give health to the body, mind, and soul. They are given to the healthy to keep them healthy and to the sick to make them healthy. Natural remedies with water treatment are more effective in restoring health than all the drug medication in the world.

Take one hot bath a day, remain in the bath for 20 minutes; the temperature of the water should be 110 degrees F, followed by a cold shower for 1-3 minutes. Before each shower or bath, dry brush the skin with a stiff brush until the skin is rosy and warmed. Brush stroking towards the heart region.

Having steam bath at home is excellent. Have a steam bath daily, or twice daily in serious sicknesses, until you are recovered. Sit on a small stool, covered with a blanket, from the neck to the feet. Place a basin of boiling water between your feet. Replace the water as it cools, with more hot water. Maintain this position for twenty minutes; end with a cold shower for 1-2 minutes.

5. MOST IMPORTANT SECRET FOR LIVING TO BE 100

2000 centurions were studied – nothing was found in common with them other than the *moderation* in quantity of food. Observations on 2000 centurions showed that, for attainment of long life, the amount of food was more critical than the type of food that was consumed.

The Bible speaks of true temperance in everything concerning life, not just food. Bible temperance teaches us to dispense entirely with everything harmful, and to use judiciously that which is healthful. That means we should avoid all things that do not promote health and enjoy moderately those that do. True temperance does not refer only to eating and drinking. It includes all things in life: moderation in sleep, work, and play, also avoidance of stress, bad thoughts, anger, etc. Prolong your life by careful supervision of yourself.

When it comes to diet, nothing should be put into the human system that will leave a baleful influence behind. True temperance in diet involves abstaining from all stimulants including: drugs; tobacco; alcohol; caffeine drinks – i.e. colas and soft drinks; tea and coffee; and chocolate. Avoiding all animal meat (beef, cow, fish, fowl...). If ever meat eating was safe, it is definitely not safe now. The liability to take disease is increased tenfold by meat-eating. Cancers, tumors, and all inflammatory diseases are largely caused by meat-eating.

It also includes avoiding the following unhealthful ingredients:

- Cheese should never be introduced into the stomach as it is unfit as food.
- Sugar: brown sugar, artificial sweeteners or products containing them. Replace them with moderate amounts of honey, molasses, or dates. The free use of sugar in any form tends to clog the system, and is frequently a cause of disease.
- Baking soda or baking powder (even if they have had the aluminum removed) and products containing them. Such compounds are unfit to enter the stomach. Eat breads raised with yeast or unleavened bread. Yeast-leavened bread which is two or three days old is more healthful than new bread. Bread dried in the oven is one of the most wholesome articles of diet.
- Vinegar and products containing vinegar (pickles, ketchup, mayonnaise, mustard, salad dressing, etc.)
- Spices and spicy foods (herbs are fine); irritating peppers (black pepper, hot peppers, chili sauce). Cayenne pepper can be used medicinally.
- Milk, dairy products, and eggs.

Be moderate even in the good things. Do not overeat of even healthful foods. Any food in excess becomes a poison. It is sin to be intemperate in the quantity of food eaten, even if the quality is unobjectionable. Overeating is the sin of this age. Many persons of excellent natural ability do not accomplish half of what they might if they were temperate in all things.

Drugs include the use of over-the-counter medications and prescription drugs. Drugs are expensive, both in the outlay of means, and the effect produced upon the system. Drugs never cure; instead, they place in the system seeds which bear a very bitter harvest. Those who make a practice of taking drugs, sin against their intelligence and endanger their whole after-life. Medicine has done more harm to our world, killing more than helping or curing people.

Drug therapy is preventable. For example, a significant number of patients currently on high blood pressure medication could be cured without drugs. However, the very life of some may totally depend on these drugs. Again the cause of this dependency is ignoring or improperly treating the first signs of high blood pressure, and not being willing to change the diet and lifestyle that causes high blood pressure.

Nearly any infection anywhere in the body can develop to the point that the use of antibiotics is a wise course of action. This, however, usually occurs only if the earliest signs of infection are ignored, or if the

individual's vital energy and immunological resistance are so depressed by poor diet or other factors that the body is no longer capable of self-cure rapidly enough.

The decision to use surgery, drugs, or antibiotics must be made as the last resort, or if no other alternative exists. All processes of disease have their origin long before drugs and surgery are required. We continually push the body toward catastrophe by ignoring or suppressing acute disease beginning in early childhood. If the language of disease had been heard and treated properly in its beginning there would be no need for drugs or, in most cases, surgery in our lives.

The main cause of fatigue is improper diet, irregular meals, and a lack of physical exercise. Furthermore, irregular hours for eating and sleeping sap the brain forces. To have good health and be successful in reaching a high standard of godliness, you must be temperate in all things.

There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them.

“And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.” *1 Corinthians 9:25-27*

God requires us to be temperate in all things. Unless we practice true temperance, we will not, we cannot, be susceptible to the sanctifying influence of the truth. Erroneous eating and drinking habits result in erroneous thinking and acting. Unless we are free from the bondage of every bad habit, we cannot be true, obedient servants of Christ.

6. THE PERFECT DIET

Awareness is increasing that surrounded, as we are, with increasing toxicity in our food and environment, eating a pure and healthful diet is more important than ever.

In order to know what the best foods are, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food: vegetables, fruits, grains, and nuts constitute the diet chosen for us by our Creator. “And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.” *Genesis 1:29*

“The three major killers in modern society – Coronary Heart Disease, Cancer and Strokes – can all be linked to what people eat and drink.” *Dr B. Hetzel, Chief of the CSIRO Division of Human Nutrition and Foundation, Professor of Social and Preventive Medicine, Monash University.*

According to National Academy of Science, 60% of all cancers in women, and 40% in men are due to dietary and nutritional factors.

God gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no death in Eden. The fruit of the trees in the garden was the food man's wants required. A benevolent Creator had given them evidences of His goodness and love in providing them with fruits, vegetables, grains, and nuts, and in causing to grow out of the ground every variety of trees for usefulness and beauty. It is only after sin that animals started to eat animals and man began to eat animals contrary to God's will.

God gave man no permission to eat animal food until after the flood. Everything had been destroyed upon which man could subsist. The Lord permitted Noah to eat of the clean animals which he had taken with him

into the ark. But animal food was not the healthiest article of food. Notably, with the introduction of meat into the diet, the recorded life-span of man drastically decreased after the flood. The average length of life before the flood was 912 years, whilst after, only 350 years. Successive generations after the flood degenerated more rapidly. Furthermore, God had given definite commands that any meat that was to be eaten was to be eaten without any fat and without any of the blood (*Leviticus 3:17*). This is the tastiest part of the meat!

When God brought the Israelites out of Egypt after 400 years of bondage, He gave them a vegan diet: “And the children of Israel did eat manna forty years, until they came to a land inhabited; they did eat manna, until they came unto the borders of the land of Canaan.” *Exodus 16:35*. Have you ever stopped to think how God could have easily provided them with flesh as with manna, but a restriction was placed upon them for their good. It was His purpose to supply them with food better suited to their need than that to which they had become accustomed to in Egypt. The perverted appetite was to be educated into a more healthy state, that they might enjoy the food originally provided for man – the fruits of the earth. It was for this reason that the Israelites were deprived, in a great measure, of animal food.

Eat plenty of vegetables (especially dark green leafy vegetables); fruits; whole-grains; nuts and seeds; legumes, beans, and peas in as fresh a state as possible. Fresh fruits and vegetables are to be preferred.

- Avoid all foods that have artificial colors, flavors and preservatives.
- Avoid all foods that contain refined sugar.
- Avoid refined grains: all products that contain white flour; white rice; pasta.
- Avoid all processed foods and canned foods. Read ingredients in the package you purchase, choose the foods that are the least processed with the fewest additives. The ingredient-list should always be short.
- Eat frozen foods or drinks only occasionally.
- Cook in stainless steel or glass. Use no aluminum cookware. Cook on the stove or in the oven. Avoid using microwave.
- Eliminate margarine and all other foods that contain hydrogenated oil. Reduce the oil or fat consumption, and avoid cooking with oil as this generates destructive free radicals that cause havoc in the body. Never fry any foods. Avoid using oil in cooking. Best oils are, cold-pressed extra-virgin: olive oil, coconut oil or flaxseed oil. When not available, best eat the fats in the food in their natural state: raw nuts and seeds, nut and seed butters, olives, avocados, corn.

Meal Suggestions:

Vegetable-based meal can include: – A large raw salad (with cabbage, leaf lettuce, celery, carrot, radish, green peppers, tomatoes, onions). Salad dressing can include lemon juice, nut or seed butters, olive oil and/or herbs of preference. Some like lemon juice with honey. It is preferable to eat the things that are easiest to digest first, such as salads and soups, ending with the denser foods. This is because the first thing that is eaten is the first thing that gets digested. Include cooked vegetables, like green leafy vegetables or sea vegetables daily. The more colorful the vegetables, the better: the color comes from chemicals called antioxidants which are powerful free-radical scavengers. Have baked or boiled roots (potatoes, sweet potatoes, yams, cassava, etc); beans (white beans, kidney beans, garbanzo beans, pinto beans... there are an endless variety of beans to choose from); grains (brown rice, whole-wheat bread, corn, whole grain pasta, etc).

Meal with fruits can include: Cooked whole grains (brown rice, whole-rolled oats, whole wheat bread, buckwheat, barley, millet, rye, sorghum, amaranth, corn meal, etc); one or two kinds of fruit; raw nuts (almonds, Brazil nuts, walnuts, pecans, pistachios, macadamia, cashew, chestnuts, hazel nuts, peanuts, etc); and/or raw seeds (ground flaxseeds, sunflower, pumpkin, sesame seeds, etc).

When the brain is constantly taxed, and there is lack of physical exercise, even plain food should be eaten

sparingly. A fruit diet for a few days has often brought great relief to brain workers.

If dinner is still desired, it should be the lightest meal of the day and can consist of a fruit smoothie or some fruit with bread.

How Can I Change My Eating Habits?

Some people may recoil at the idea of so great a limitation of the dietary. Put a person who has suffered from chronic disease, taking lots of medicine with no long-term benefit, suffering pain and sickness, will be quite willing to undergo almost any sort of degree of gustatory discipline if assured that the sacrifice will secure the desired result.

Persons who have indulged their appetite in the eating of meat, highly seasoned foods, and sweets, cannot immediately relish a plain, wholesome, and nutritious diet. Their taste is so perverted that they have no appetite for a whole-foods vegan diet. If they cannot at first enjoy plain food, they should fast until they can. The fast will prove to them of greater benefit than medicine, for the abused stomach will find that rest which it has long needed, and real hunger can be satisfied with a plain diet. "The full soul loatheth an honeycomb; but to the hungry soul every bitter thing is sweet." *Proverbs 27:7*.

It will take time for the taste to recover from the abuses which it has received and to gain its natural tone. But perseverance in a self-denying course of eating and drinking will soon make plain, wholesome food palatable, and it will soon be eaten with greater relish than the epicure enjoys over his rich dainties. In all cases, educate the conscience, enlist the will, supply good, wholesome food, and the change will be readily made, and the demand for flesh will soon cease.

Do not bring temptation in the house. Keep all animal products and junk foods out of the house. "Make not provision for the flesh, to fulfil the lusts thereof." *Romans 13:14*. Temporarily at least, if not permanently, minimize association with friends and family who encourage unhealthy eating. "He that walketh with wise men shall be wise: but a companion of fools shall be destroyed." *Proverbs 13:20*. If you know you are going out with certain friends who tempt you to smoke, or going to a certain family's home tempts you to eat meat; do not go. Put on the brakes, hold your appetite under strict charge, and then leave yourself in the hands of God. The walls of self-control and self-restriction should not in a single instance be weakened and broken down.

Many favorite dishes can be altered to become healthy. Keep meals simple. Have your favorites often; many people do not mind having their favorite dishes several times a week. If your family is not vegan, do not cook two meals; have meat and dairy products on the side, e.g. brown rice with vegetables, served with meat. Dishes should be prepared that will invite the appetite, and will be pleasing to the sight.

Before you go to bed, choose what you will eat the next day and prepare beforehand as much as you can. If you fail to plan, you plan to fail! Plan your meals and shopping list for three to four days or even a week ahead.

Cook for several days. Double the recipes and freeze half the quantity (beans, soups, patties, and tomato sauces do excellent this way.) Always make food easily available; leave pre-cut fruit and vegetables ready to eat in the fridge. Let fruit be placed on the table in abundance. Keep your kitchen well stocked with healthy food options.

Do not be deceived if in the beginning you have less energy. Lower quality food and drinks containing, meat, caffeine, sugar, spices, and excess salt, tend to be more stimulating than higher quality foods. Consequently, the withdrawal of these stimulating foods produces a slower resting phase for the heart which registers in the mind as a decrease in energy.

All We Need to Know on Eating

To eat is a necessity, but to eat intelligently is an art. If not more important, just as important as what we eat, is how and when we eat. Below are the basic principles to perfect eating habits:

Importance of Chewing

It has been said that you must chew your drink and drink your food! The benefit derived from food does not depend so much on the quantity eaten, as on its thorough digestion; nor the gratification of taste so much on the amount of food swallowed, as on the length of time it remains in the mouth. Digestion starts in the mouth; thorough chewing allows digestive enzymes in saliva to thoroughly mix with food, an essential first step for optimal digestion.

In order to secure healthy digestion, food should be eaten slowly. Those who wish to avoid dyspepsia, and those who realize their obligation to keep all their powers in a condition which will enable them to render the best service to God, will do well to remember this. If our time to eat is limited, we should not bolt down our food, rather we should eat less, and masticate slowly. Those who are excited, anxious, or in a hurry, would do well not to eat until they have found rest or relief, because the vital powers, already severely taxed, cannot supply the necessary digestive fluids.

Chewing gum is also a 'no-no' as this over-works the salivary glands since the mouth continues to produce saliva whilst chewing.

Eat a Good Breakfast

It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day.

Two Meals Better Than Three

“And the ravens brought him bread and flesh in the morning, and bread and flesh in the evening; and he drank of the brook.” *1 Kings 17:6*

The practice of eating but two meals a day is generally found to be a benefit to health. Those who are changing from three meals a day to two, will at first be troubled more or less with faintness, especially about the time they have been in the habit of eating their third meal. But if they persevere for a short time, this faintness will disappear.

Yet under some circumstances, some persons may require a third meal. However, this should, if taken at all, be very light, and of food most easily digested. A fresh fruit smoothie or toasted bread with fruit is the food best suited for the evening meal.

Five to Six Hours between Meals

A second meal should never be eaten until the stomach has had time to recover from the labor of digesting the preceding meal. At least five or six hours should intervene between the meals; and most persons who give the plan a trial, will find that two meals a day are better than three.

No Eating Before Sleeping

We are not nocturnal animals; when we sleep our entire metabolism slows down. The reclining position causes the weight of the internal organs to press against the very large nerve trunks on each side of the spinal column and shuts off the mechanism that keeps the gastro-intestinal tract active. Even around 2:00-

3:00 a.m., our body temperature drops and our energy falls.

When we lie down at night, the stomach should have its work all done, that it, as well as other portions of the body, may enjoy rest. But if more food is forced upon it, the digestive organs are put in motion again, to perform the same round of labor through the sleeping hours. The sleep of such is often disturbed with unpleasant dreams, and in the morning they awake un-refreshed.

Many indulge in the pernicious habit of eating just before retiring. They may have taken their regular meals, yet because they feel a sense of faintness, they think they must have supper. By indulging this wrong practice, it becomes a habit, and they feel as though they could not sleep without food. In many cases this faintness comes because the digestive organs have been too severely taxed through the day in disposing of the great quantities of food forced upon them. These organs need a period of entire rest from labor, to recover their exhausted energies.

When eating food before sleeping becomes a habit, the digestive organs lose their natural vigor, and the person finds himself a miserable dyspeptic. And not only does the transgression of nature's laws affect the transgressing one unfavorably, but others suffer more or less with him. Let any one take a course that irritates him in any way, and see how quickly he manifests impatience!

If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten.

Eat at Regular Times

“To every thing there is a season, and a time to every purpose under the heaven.” *Ecclesiastes 3:1*

Having your meals the same time everyday regulates and controls the internal signals of satiety, appetite and hunger. You injure your health greatly by overeating and by eating at improper times. This diminishes the blood to the brain. The mind becomes confused, and you have not the proper control of yourself – “Feed me with food convenient for me: lest I be full, and deny Thee.” *Proverbs 30:8b, 9a*

In one research, test subjects were given regular meals for 2 weeks and then irregular meals for 2 weeks. Below are some of the advantages found when people ate regular meals versus irregular meal times:

- A lower energy intake for the day.
- More calories burned following their meal (thermogenesis).
- Lower total and LDL cholesterol levels.
- Lower peak insulin levels and lower overall insulin response.
- All of these benefits can effortlessly help us maintain a healthy weight, improve cholesterol levels, and improve insulin levels, which will have a positive impact on our health.

If we would form habits of regularity and order, we would improve in health, in mental attitude, in memory, and in disposition. It is our duty to observe strict rules in all our habits of life. This is for our own good, both physically and morally.

Snacking Between Meals

A king who cannot rule his diet will hardly rule his realm in peace and quiet. “Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!” *Ecclesiastes 10:17*. Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness.

Three meals a day and nothing between meals – not even an apple – should be the utmost limit of

indulgence. Those who go further violate nature's laws and will suffer the penalty.

“He that keepeth his mouth, keepeth his life: but he that openeth wide his lips shall have destruction.”

Proverbs 13:3

More Variety in Diet but Less Variety in Each Meal

There should not be many kinds of food at any one meal, but all meals should not be composed of the same kinds of food without variation. Food should be prepared with simplicity, yet with a nicety which will invite the appetite. The simpler our diet, the better it will be for us.

There is much evidence to the effect that the simpler our diet and the fewer foods we mix at the same meal, the better our digestion and assimilation will be, and in return the stronger will our health be. Every food requires a different digestive enzyme combination and mixing too many at one time results in less efficient digestion.

Most people hold the misconception that a wide variety of foods is necessary for good health. When describing the excellent health and youthful appearance of the Native Americans, Benjamin Rush wrote in 1776, “...the old proverb may well be verified: *Natura paucis contenta*—nature is satisfied with little...” All mixed and complicated foods are injurious to the health of human beings. Dumb animals would never eat such a mixture as is often placed in the human stomach.

It is the variety and mixture of meat, vegetables, fruit, wines, tea, coffee, sweet cakes, and rich pies that ruin the stomach, and place human beings in a position where they become invalids with all the disagreeable effects of sickness upon the disposition. Puddings, custards, sweet cake, and vegetables, all served at the same meal, will cause a disturbance in the stomach. The serving of a great variety of dishes absorbs time, money, and taxing labor, without accomplishing any good. It may be fashionable to have half a dozen courses at a meal, but the custom is ruinous to health. It is a fashion that sensible men and women should condemn, by both precept and example.

The excessive amount of food eaten, or the improper combination, does its injurious work. In vain do disagreeable premonitions give warning. Suffering is the consequence. Disease takes the place of health.

Do not have too great a variety at a meal; three or four dishes are a plenty. If your work is sedentary, take exercise every day, and at each meal eat only two or three kinds of simple food, taking no more of these than will satisfy the demands of hunger.

Proper Food Combining

Knowledge in regard to proper food combinations is of great worth, and is to be received as wisdom from God. There is a way of combining and preparing food that will make it both wholesome and nourishing. Those cooking should understand how to do this. The matter should be treated from a Bible standpoint. There is such a thing as robbing the body of nutrition. The preparation of the food in the best manner possible is to become a science. It is important that the food should be prepared with care, that the appetite, when not perverted, can relish it. Because from principle we discard the use of all animal products and processed foods that destroy health, the idea should never be entertained that it is of but little consequence what we eat.

- *Do Not Mix Fruits With Vegetables*

It is not well to eat fruit and vegetables at the same meal. Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of the blood results and the mind is not clear because the digestion is imperfect. If the digestion is feeble, the use of both together will often cause distress and inability to put forth mental effort. It is better to have the fruit at one meal, and the vegetables at another.

- *Do Not Have Fruits After Meals*

Fruit is especially recommended as a health-giving agency, but it should not be eaten after a full meal of other foods. Fruit digests quickly, and when eaten after a full meal it causes fermentation in the stomach.

- *Balance Between Raw and Cooked Food, Alkaline and Acid Food*

Because nutrients respond differently to cooking, a diet rich in a variety of cooked and uncooked produce is the best.

To preserve health and increase strength avoid a large amount of cooking that has filled the world with chronic invalids. The food which God gave Adam in his sinless state is the best for man's use as he seeks to regain that sinless state. Food should be so simple that its preparation will not absorb all the time of the mother. The large amount of cooking done is not at all necessary. Neither should there be any poverty-stricken diet either in quality or quantity.

Ideally 75% of diet should consist of alkaline food. But if you have any ailments, your diet should be at least 90% alkaline base-forming foods. Eating too many acid forming foods brings disease, while alkaline foods overcome disease and help prevent it. Most fruits and vegetables are alkaline. Most grains, beans, nuts and seeds are quite acidic. All animal protein including seafood, meat and dairy, is very acidic. Cancer and several other diseases only thrive in an acidic environment.

Drinking Between Meals

Stop drinking about thirty minutes before a meal and wait about one hour after a meal. Food should not be washed down. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest for the liquid must first be absorbed. The less we drink with our meals the better. The dryness of our food furnishes the necessary stimulus to the secretion of saliva and of gastric and intestinal juices. An abundance of liquid in the digestive tract interferes with the action of the secreting glands. It dilutes the secretions and thereby weakens their digestive qualities.

To improve digestion by thickening the lining of the stomach, it is recommended to drink 1-2 glasses of tepid water half an hour before each meal.

- *Avoid Salty Foods*

Do not eat largely of salt; give up spiced pickles; keep fiery food out of the stomach. Have fruit meals, and the irritation that calls for so much drink will cease to exist.

If anything is needed to quench thirst, pure water is all that nature requires. Never take alcohol, tea, coffee, sodas, or sugared fruit juices.

Not Too Hot; Not Too Cold

Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold paralyzes the stomach. The vitality must be drawn from the system to warm the food until it becomes of the same temperature as the stomach before the work of digestion can be carried on. The colder the water, the greater the injury caused to the stomach. Ice-water or ice-lemonade, taken with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again.

Heat debilitates the stomach and creates acidity. Hot drinks are not required, except as a medicine. The stomach is greatly injured by a large quantity of hot food and hot drink. Thus the throat and digestive organs, and through them the other organs of the body, are enfeebled. Heat relaxes and paralyzes. Hot food and drinks weaken the digestive tract muscles. The practice of eating food as hot as it can be swallowed, and especially of taking hot drinks with or after meals is an active cause of constipation.

Enjoy Your Food

Because it is wrong to eat merely to gratify a perverted taste, it does not follow that we should be indifferent in regard to our food. It is a matter of the highest importance. There is a class who seem to think that whatever is eaten is lost, that anything tossed into the stomach to fill it, will do as well as food prepared with intelligence and care. But it is important that we relish the food we eat. If we cannot, and have to eat mechanically, we fail to receive the proper nourishment.

For food to be properly digested, each enzyme and digestive juice must be secreted in the right amount, at the right time. If we are not hungry, have no appetite, or if the food does not taste good, the digestive juices will not flow properly, and the food will be poorly digested.

Food prepared and served with love is more nutritious, because it is not what we eat, but what we assimilate that counts. Assimilation is enhanced if we enjoy the meal. "Better is a dinner of herbs where love is, than a stalled ox and hatred therewith." *Proverbs 15:17*

Ask the Lord's Blessings, Then Eat with a Grateful Heart

At mealtime we are to cast off care and anxious thought; and not to feel hurried, but eat slowly and with cheerfulness, with our heart filled with gratitude to God for all His blessings.

The most desirable foods in the world may rot in the stomach of one who is mentally perturbed. The body-mind relationship cannot be separated. These depressing emotions are a great injury to them health-wise, for by hindering the process of digestion they interfere with nutrition.

Neurophysiologists have found that people who eat with a grateful heart experience more efficient and complete digestion than those who are distracted when they eat. Being thankful for the food increases gastro-intestinal mobility, digestive enzyme and acid production. Eating with a grateful heart does not only entail saying grace before the meal and then eating while watching TV, reading a magazine, or having an intense discussion with a companion. It means being grateful for our food one mouthful at a time.

So what is the summary of perfect table manners?

- Importance of chewing
- Eat a good breakfast
- Two meals better than three
- Five to six hours between meals
- Avoid eating before sleeping
- Eat at regular times
- No snacking between meals
- More variety in diet but less variety in each meal
- Proper food combining.
 - Do not mix fruits with vegetables
 - Do not have fruits after the meal
 - Balance between raw and cooked food, alkaline and acid food
- Drink between meals
- Not too hot; not too cold

- Enjoy your food
- Ask for the Lord's blessings, then eat with a grateful heart

7. THE SECRETS OF REST

You have a deadline to finish. You decide to stifle the yawn and push through the night. Sure it is already late, but you drink some coffee and keep going. Your body, of course, is fighting you every step of the way. Whether you realize it or not, your brain has already started to check out for the night. After about 18 hours without sleep, your reaction time begins to slow from ¼ of a second to ½ a second and then longer.

When our body calls for fluid, we have a thirst, a natural craving for a drink; and when we are hungry we have an appetite, a natural craving for food. But when we become tired, we do not recognize this as a signal that we should rest. We carry on working and abuse our body to the point of exhaustion. This factor is one of the greatest hindrances to recovery.

Rest is one of the most basic healers known to mankind. When we become sick, what is the thing we want most to do? To lie down. Nature will restore vigor and strength during sleep hours, if her laws are not violated.

Institute of Medicine issued a report that confirmed definite links between sleep deprivation and increased risks of hypertension, diabetes, obesity, depression, heart attack, and stroke. A groundbreaking 1999 study showed that after six days on only four hours of sleep, healthy volunteers would fall into a pre-diabetic state. Sleep also gives the heart a chance to slow down, and those who sleep less than six hours a night have as much as a 66% greater prevalence of hypertension.

How well we sleep can seriously alter the balance of hormones in our body. This can then disrupt our sleep/wake cycle, also called the circadian rhythm. A disrupted circadian rhythm may influence cancer progression through shifts in hormones like melatonin, which the brain makes during sleep.

How much sleep should I get?

The largest study of sleep duration and mortality was followed over one million participants for six years. Those who slept about seven hours had the highest survival rate, and those who slept less than 4.5 hours had the worst. Nine hours of sleep or more each night was also associated with a higher mortality risk.

In general, a good night's sleep seems to be as important to good health as a nutritious diet and regular exercise. Experts tend to agree that the majority of people require about eight hours of sleep each night.

But do not tip the balance; excessive indulgence in eating, drinking, *and* sleeping, is sin. "Love not sleep, lest thou come to poverty; open thine eyes, and thou shalt be satisfied with bread." *Proverbs 20:13*

Since the work of building up the body takes place during the hours of rest, it is essential, especially in youth, that sleep should be regular and abundant. For students, remember that brain actually continues to learn when asleep. That is why no sleep means, no learning. A good night's sleep can improve the memory by 30%. When sleeping, the brain deconstructs memory and connects it to related things, so performance is faster and more accurate after having a good night's sleep.

How can I sleep better?

"The sleep of a laboring man is sweet, whether he eat little or much: but the abundance of the rich will not suffer him to sleep." *Ecclesiastes 5:12*. Rather than taking a harmful sleeping pill, make sure to do strenuous outdoor physical labor everyday.

Abstain from all stimulants (caffeine, alcohol, smoking, spicy foods).

A relaxing soak in warm water will help you unwind enough after a stressful day. Have a cup or two of your preferred choice of a calming herbal tea.

Avoid before-bed snacks, particularly grains and sugars. This will raise blood sugar and inhibit sleep. Later, when blood sugar drops too low (hypoglycemia), you might wake up and not be able to fall back to sleep.

Regular times for going to bed and rising are very helpful. Get to bed as early as possible. The best time to go to bed is between 8.00 PM and 9.00 PM. The deepest sleep is between 9.00 PM to 12.00 AM. Our systems, particularly the adrenals, do a majority of their recharging or recovering during the hours of 11.00 PM and 1.00 AM.

Sleep in complete darkness or as close as possible. If there is even the tiniest bit of light in the room it can disrupt your circadian rhythm and your pineal gland's production of melatonin and serotonin.

Rest Includes More Than a Good Night's Sleep

It is important to take time away from work. "Come ye yourselves apart... and rest a while." *Mark 6:31*. Do not waste your time in amusement, spend it in recreation. All true recreation is re-creative; it refreshes and draws us closer to God. Recreation is needful to those who are engaged in physical labor and is still more essential for those whose labor is principally mental. You need to take periods of rest, periods of recreation, and periods for contemplation. The principles of temperance have a wider range than many think. Spending time outdoors in nature with some physical exercise is an excellent form of recreation, e.g. hiking, picnicking, swimming, etc. Recreation that benefits those around you is most beneficial.

The Sabbath

God also designated a day for us to rest and to consecrate it to Him. After God completed creation of the earth in six days, He rested to give us an example: "And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made." *Genesis 2:2, 3*

"Six days shalt thou labour, and do all thy work: But the seventh day is the Sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates." *Exodus 20:9, 10*.

Jesus said: "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil. For verily I say unto you, till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled." *Matthew 5:17, 18*.

"There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his." *Hebrews 4:9, 10*.

Our health is blessed when we rest on God's Sabbath day: "My son, forget not my law; but let thine heart keep my commandments: For length of days, and long life, and peace, shall they add to thee." *Proverbs 3:1, 2*. It is impossible to obtain perfect health if you are not keeping the Lord's Sabbath.

8. TRUST IN GOD

The body is not designed to deal with the internal chemicals that stress releases during an emergency for more than short periods, such as a "fight or flight" situation. The continual release of internal chemicals from chronic stress destroys your immune system. One chemical is adrenaline. Every drop of adrenaline

that is unduly pumped is a poison to the body and can cause arthritis, skin problems, allergies... Adrenaline is worse than caffeine. Adrenaline produces natural cortisone. Stress is a large part in contributing to disease, but other factors must be there first – the disobedience of natural laws of health will cause stress to trigger the disease.

Cortisol hormone is made by the adrenal glands. When a person is under stress, physical, mental or emotional, the hypothalamus stimulates pituitary gland to release hormones ACTH. ACTH circulates through the body to the adrenals and causes them to secrete cortisol. Cortisol is responsible for increasing blood sugar for short term. Long term it weakens the muscles, thins the bones, and suppresses the immune system.

Stress is caused by fear and worry. This is because we do not trust in our Creator. All that God requires is simple trust – to drop into His arms with all our weaknesses, and brokenness, and imperfection. Jesus will help the helpless, and strengthen and build up those who feel that they are very weakness itself. Not a sigh is breathed, not a pain felt, not a grief pierces the soul, but the throb vibrates to the Father's heart. The hour of man's necessity is God's opportunity.

God desires that you should feel your dependence upon Him and trust in that Hand that can save to the uttermost, that Heart that throbs in response to the appeals of suffering humanity. We must not trust in man or make flesh our arm. Our trust must be placed in a Hand that is warm with life and a Heart that throbs with love for the helpless.

If we would walk without fear, we must know that the hand of Jesus Christ holds our own firmly. And we can only know this by searching the Word of the living God and obeying His word. Take time to pray, and as you pray, believe that God hears you. Mix your prayers with faith. You may not at all times feel the immediate answer; but it is then that your faith is tried. You are proved to see whether you will trust in God, whether you do have a living and abiding faith. “Faithful is He that calleth you, who also will do it.” *1 Thessalonians 5:24*. Walk the narrow plank of faith. Trust all on the promises of the Lord. Trust God in darkness. That is the time to have faith. But you often let feeling govern you. You look for worthiness in yourself when you do not feel comforted by the Spirit of God, and despair because you cannot find it. You do not trust enough in Jesus, precious Jesus.

We are not to trust in our faith, but in the promises of God. When we repent of our past transgressions of His law, and resolve to render obedience in the future, we should believe that God for Christ's sake accepts us, and forgives our sins.

Not a sigh is breathed, not a pain felt, not a grief pierces the soul, but the throb vibrates to the Father's heart. The hour of man's necessity is God's opportunity.

“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.” *Matthew 11:28-30*

“With men it is impossible, but not with God: for with God all things are possible.” *Mark 10:27*

“Behold, I am the LORD, the God of all flesh: is there anything too hard for me?” *Jeremiah 32:27*

“**If** thou wilt diligently hearken to the voice of the LORD thy God... and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee... for I am the LORD that healeth thee.” *Exodus 15:26*

“If ye hearken to these judgments...the LORD will take away from thee all sickness.” *Deuteronomy 7:12, 15*

Jesus said: “If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.” *John 15:7*

“And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight.” *1 John 3:22*

God's healing power runs all through nature. If a tree is cut, if a human being is wounded or breaks a bone, nature begins at once to repair the injury. Even before the need exists, the healing agencies are in readiness; and as soon as a part is wounded, every energy is bent on the work of restoration. It is Christ's work “to heal the broken-hearted, to preach deliverance to the captives . . . to set at liberty them that are bruised.” *Luke 4:18.*

Through the agencies of nature, God is working, day by day, hour by hour, moment by moment, to keep us alive, to build up and restore us. When any part of the body sustains injury, a healing process is at once begun; nature's agencies are set at work to restore soundness. But the power working through these agencies is the power of God. All life-giving power is from Him. When one recovers from disease, it is God who restores him. Sickness, suffering, and death are works of an antagonistic power. Satan is the destroyer; God is the restorer.

Strictly temperate habits in eating and drinking, with firm trust in God, will improve your physical, mental, and moral health.

What is the summary of the eight habits to perfect health?

1. **Sunlight**
2. **Air**
3. **Water**
4. **Exercise**
5. **Temperance**
6. **Nutrition**
7. **Rest**
8. **Trust in God**

Most Effective Neglected Agency for Combating Disease

At this point, it would be futile to stop here without addressing the mental power of your mind for the restoration and maintenance of health. The power of your mind is the most effective agency for combating disease.

The mind needs to be controlled, for it has a most powerful influence upon the health. The electric power of the brain, promoted by mental activity, vitalizes the whole system, and thus is an invaluable aid in resisting disease.

To array a man's mind against his sickness, is the supreme art of medicine. Inspire in man courage and purpose, and the mind-power will cast out disease. Willpower is another name for life-force. Men with great will-power resist disease and combat disease when attacked. The imagination often misleads, and when indulged, brings severe forms of disease upon the afflicted.

Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here. Ninety percent of illnesses are mentally caused – mostly due to stress and guilt.

What is the best medicine for diseased bodies and minds?

1. CLEAR CONSCIENCE

There is health in obedience to God's law. The consciousness of right-doing is the best medicine for diseased bodies and minds. The special blessing of God resting upon the receiver is health and strength. A person whose mind is quiet and satisfied in God is in the pathway to health.

“My son, forget not my law; but let thine heart keep my commandments: For length of days, and long life, and peace, shall they add to thee... It shall be health to thy navel, and marrow to thy bones.” *Proverbs 3:1, 2, 8*. The immune system cells form in the bone marrow, so this means that a clear conscience will strengthen your immune system.

Remember that sin is the first cause of disease for, if there had never been any sin, there would have never been any disease. Accordingly in the Bible, forgiveness of sin is connected with the healing of disease. Therefore, the cause of disease is sin. All plans or means of getting rid of disease utterly miss the mark if they do not take into consideration the getting rid of sin as the principal object.

I will never forget my great auntie; she lived for food. Always ate the wrong food in the wrong quantity. Needless to say, she was diabetic and obese. She loved to travel but did not have much opportunity to do so. She never exercised in her life and avoided, like a plague, anything that was close to good health. She had two unhappy marriages. She broke ALL the health laws except one, and still lived to a ripe old age of 86. She was an obstinate optimist. I once asked her what her second husband was like. Answering as though viewing a delightful picture, she said, “He was lovely; he always used to take me out.”

Cheerfulness and a clear conscience are better than drugs and will be effective agents in your restoration to health.

2. HAPPY HEART

There is a physiological truth – truth that we need to consider – in the scripture: “A merry rejoicing heart doeth good like a medicine.” *Proverbs 17:22*.

Your thoughts is the *food* that your brain *feeds* on. You can eat foods that steal from your body, like sugar; and you can think thoughts that steal from your body, like anger. We can choose what we think, and in doing so, we choose between health and disease.

Redford Williams, M.D., author of the book *Anger Kills*, wrote: “Getting angry is like taking a small dose of some slow-acting poison every day of your life.” Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life-forces and to invite decay and death.

In his book, *Anatomy of an Illness*, Norman Cousins describes his recovery from ankylosing spondylitis, a disease of “unknown etiology” with a survival chance of one in 500. In a desperate bid to survive, Cousins rejected his drug therapy, hired a projector and amused himself watching old movie comedies. He was following a hunch he had acquired from reading Dr Selye's book *The Stress of Life*, and his changed state of mind, helped by laughter, improved diet and his own determination, was the turning point from which he recovered full health in a few months.

“All the days of the afflicted are evil: but he that is of a merry heart hath a continual feast.” *Proverbs 15:15*

I do not feel happy, how can I obtain happiness?

Prune off every decaying leaf and withered branch from your life and manifest only freshness and vigor. Cheerfulness is created by considering the great blessings we enjoy because we are the children of God. We gain happiness through the pleasure of blessing others.

What thoughts should I think of to promote health of body and soul?

“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.” *Philippians 4:8*

3. GRATITUDE & PRAISE

“Be careful for nothing [i.e. be anxious about nothing]; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.” *Philippians 4:6*

Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings – as much as it is a duty to pray.

“In everything give thanks: for this is the will of God in Christ Jesus concerning you.” *1Thessalonians 5:18*. This command is an assurance that even the things which appear to be against us will work for our good. God would not bid us be thankful for that which would do us harm.

What will happen when I start to praise God?

“Delight thyself also in the LORD; and he shall give thee the desires of thine heart.” *Psalms 37:4*

4. POWER OF PRAYER & CLAIMING GOD’S PROMISES

Do not be stressed; instead take your problems to God in prayer. Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. “The Lord is very pitiful, and of tender mercy.” *James 5:11*. His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing, is too great for Him to bear, for He holds up worlds, He rules over all the affairs of the universe. Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no joy or cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest. “He healeth the broken in heart, and bindeth up their wounds.” *Psalms 147:3*. The relations between God and each soul are as distinct and full as though there were not another soul upon the earth to share His watch-care, not another soul for whom He gave His beloved Son.

Jesus promised: “And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.” *Matthew 21:22*

He also said: “If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.” *John 15:7*

“The prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.” *James 5:15*

Without believing in the power of prayer, how do I know prayer really works?

Larry Dossey, M.D., in his book *Healing Words*, described ‘one of the best kept secrets in medical science: benefits of prayer.’ Dr. Dossey defines prayerfulness as ‘a feeling of love, compassion and empathy toward another,’ and he explains that prayer is ‘a powerful and legitimate (if often overlooked) method of healing.’ Dossey uses an impressive array of evidence to show that prayer can have a positive effect on health. A 1988 study conducted in San Francisco investigated the effect of prayer on the cardiovascular health of 393 coronary-care patients. Unknown to the patient involved, one group was prayed for and the other was not. At the end of the ten-month study, the prayed-for group was five times less likely to require antibiotics and three times less likely to develop a condition in which the lungs get filled with fluid. Dr. Dossey’s research also found that prayer can have beneficial effects in various living cells and organisms, including mice, chicks, fungi, yeast, bacteria and enzymes.

In the October 2001 issue of *Journal of Reproductive Health*, researchers at Columbia University – expressing great surprise at their own profound findings – announced that when complete strangers prayed for women who went to a fertility clinic, the women had twice the pregnancy rate as women for whom prayers were not offered.

5. TO LOVE & HELP OTHERS

Giving love is a powerful healer. In *Love, Medicine and Miracles* Dr. Bernie Siegel says: “If I told patients to raise their blood levels of immune globins or killer T-cells, no one would know how. But if I teach them to love themselves and others fully, the same change happens automatically.”

When you love, your immune system is energized to fight against the disease. Love changes the chemical pathways of the brain, and this will affect your body's resistance. The love of God is all the more powerful.

The love which Christ diffuses through the whole being is a vitalizing power. Every vital part – the brain, the heart, and the nerves – is touched with healing. By it the highest energies of the being are roused to activity. It frees the soul from the guilt, sorrow, anxiety and care, which crush the life forces. With it comes serenity and composure. It implants in the soul – health-giving joy – that nothing earthly can destroy.

Doing good is an excellent remedy for disease. The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves and quickens the circulation of the blood and induces mental and physical health.

“Is not this the fast that I have chosen? To loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily.” *Isaiah 58:7, 8*

If the mind is free and happy, from a consciousness of right doing and a sense of satisfaction in causing happiness to others, it creates a cheerfulness that will react upon the whole system, causing a freer circulation of the blood and a toning up of the entire body. The blessing of God is a healing power, and those who are abundant in benefiting others will realize that wondrous blessing in both heart and life.

One of the surest hindrances to the recovery of the sick is the centering of attention upon themselves. Many invalids feel that everyone should give them sympathy and help, when what they need is to have their attention turned away from themselves, to think of and care for others.

To love and to labor is the sum of living, and yet how many think they live who neither labor nor love.

6. SWEET WORDS & WORDS OF FAITH

What is the importance of sweet words?

Gary Smalley and Rex Russell in their book *Food and Love* compiled the following research that was most revealing:

Medical research has studied the effect of chronic quarreling on a persons' health and have found that couples and roommates who frequently quarrel tend to have more illnesses than do the people in amicable relationships. Couples and roommates who have constant fights suffer a weakening of their immune systems and are generally less healthy than people who react amicable with friends and family.

Researchers of Ohio State University Medical Center brought 90 couples into a lab and asked them to resolve an issue of disagreement; continuous blood monitoring for 24 hours revealed that couples who had high levels of hostility displayed significant deterioration on eight measures of the immune system. The more hostile you are during a marital argument, the harder it is on your immune system.

Researchers at Cambridge University in England found that couples who had constant quarrels were 13 times as likely to develop a serious illness as couples who rarely fought.

A study of students at Yale University discovered that roommates who disliked each other had far more colds and flues and visits to physicians than did roommates who liked each other – and the greater the dislike – the higher the number of illnesses.

“A man's belly shall be satisfied with the fruit of his mouth; and with the increase of his lips shall he be filled. Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.”
Proverbs 18:20, 21

“Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.” *Proverbs 16:24*

“For the ear trieth words, as the mouth tasteth meat.” *Job 34:3*

It is best for every soul to closely investigate what mental food we serve for ourselves to eat. When those come to you who live to talk and who are all armed and equipped to say, "Report, and we will report it," stop and think if the conversation will give spiritual help, spiritual efficiency, that in spiritual communication you may eat of the flesh and drink the blood of the Son of God. We are not to be tattlers, or gossipers, or tale-bearers. We are forbidden by God to engage in trifling, foolish conversation, in jesting, joking, or speaking idle words. Then let us all speak words that will tend to edification. Allow no cheap, foolish talk or wrong principles to compose your Christian experience.

HOW TO CHANGE?

Address Your Health or It Will Address You

In Beijing in 2006, a Chinese man, wanted by police on gun charges, gave himself up after hiding in a cave constructed at the back of his house for eight years! The 35-year-old man had tunneled the cave out of a hill behind the bedroom of his house and had put a wardrobe in front of the entrance as a disguise. After eight years, in spite of the possibility of a death sentence, the man finally gave himself up to police after no longer being able to cope with the "psychological pressure."

The harvest of our lifestyle habits inevitably reaps itself in the condition of our health. If we choose not to change bad habits, we are as the man hiding in the cave pretending to be free when really in bondage to the inevitable.

Delay is the worst enemy for reform. Examine where you fail, and then commence the work of reform earnestly without delay. Efforts should be made to preserve carefully the remaining strength of the vital forces, by lifting off every transgression of God's physical and moral laws. The timing of your reform will tell in favor of your success; delay and neglect is more likely to result in failure.

Those who endeavor to live healthfully are rewarded for their efforts by enjoying happiness and good health. The only real difficulty lies in overcoming the inherited and acquired bad habits. However, after one has changed his habits by cooperating with the power of God, it is very rewarding.

Ask For the Grace of God

If you are sick and want to recover, the change must be complete. Ask in faith for the strength of character needed to make the reform and the Lord will give you the power to will and the power of self-control.

We need to learn that the blessings of obedience, in their fullness, can be ours only as we receive the grace of Christ. It is His grace that gives us power to obey the laws of God. It is this that enables us to break the bondage of evil habits. This is the only power that can make us and keep us steadfast in the right path.

Remember that an “all or nothing” mentality is the way to defeat. If you are unable to do everything always, do not fret. It is not the occasional too little exercise or too little sunlight or too little rest, and it is not the occasional big amount of exercise or salad that makes the difference. It is not the odd too much or too little of the right and wrong practices but the habitual tendency throughout your lifetime that determines good health. Every step you take towards health will do you good. If you slip, do not quit.

Good Health is a Habit, Not an Event

One of the differences between people and animals is the way they acquire behavior patterns. Animals follow instinct. This knowledge and behavior is inherited by the animal. In contrast, man has few instincts, although tendencies are inherited. Most of what we do, we do because we learnt it somewhere. Through various learning processes we acquire habits. Habits are convenient, since once we establish them, we don't have to deliberate about everything we do. The good news is, once we follow a healthy lifestyle for long enough, it will become a habit whereby the very habit will keep us in track, with much less effort and planning on our side.

WHAT IS THE SUMMARY?

8 Habits to Perfect Health:

1. Sunlight
2. Air
3. Water
4. Exercise
5. Temperance
6. Nutrition
7. Rest
8. Trust in God

6 Mental Steps to Perfect Health:

1. Clear conscience
2. Happy heart
3. Gratitude and praise
4. Power of prayer and claiming God's promises
5. To love and help others
6. Sweet words

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