

8-Laws of Health on STEROIDS GODS PLAN

***Disclaimer:**

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Godly Trust

- **Preface:** What is Godly trust? Why should we desire it?
 - Godly trust or faith is the mechanism of salvation (2 Timothy 3:15; 1 Peter 1:5,9; Psalms 46:10; etc.). It is the vehicle for righteousness (Romans 3; 2 Timothy 2:22; Hebrews 11). Obtaining such faith is a primary objective.
 - Having Christ's righteousness means denying your own. Having your righteousness not only means doing good works in your own power. Self righteousness also means doing ungodly works (Nehemiah 9:35; Revelation 22:15; etc.).
 - Thus we seek to practice faith consistently.
 - Practicing the faith of Jesus in perpetuity yields predictable outcomes.
 1. It leads to Christ's righteousness.
 2. It guarantees salvation.
 3. It vindicates God's character.
- **Beginners:** Learn everything you can about how Jesus lived. Learn about His thoughts, feelings, and character. Study His interactions with family, friends, enemies and Father. Become obsessed with studying Jesus' life. Practice until you're thinking about His personality and life every waking hour. Write notes. Reflect on every detail. Do this daily.

- **Intermediate:**

- Allow God to identify your weaknesses. Pray for the power He promises to choose His will over your will. When circumstances reveal your weaknesses, practice reflecting Christ's character instead of exercising your own. Act like Jesus. Mirror Him. Ask God to identify other ungodly tendencies.
- Your weaknesses are opportunities to draw even closer to God!

- **Advanced:**

- Practice complete dependance on Christ in all things.
- Practice believing Jesus is who he says he is and will do what he says he will do.
- Commune with Him through prayer and Bible study. Take special note of His character as demonstrated in Jesus' life. Ask Him to grant you His desires. Give your desires to Him.
- Ask Him to reveal your imperfections. Give those motivations, thoughts, and traits to your Lord and Savior.
- "And he that keepeth his commandments dwelleth in him, and he in him. And hereby we know that he abideth in us, by the Spirit which he hath given us." 1 John 3:24

Open Air*

- **Beginners:** Diaphragmatic Breathing

- Deep breathing increases oxygen into the lungs and support the parasympathetic nervous system by stimulating or toning the vagus nerve (Cranial nerve 10). Vagal toning promotes healthy digestion, lowers cortisol and response to stress.
- Deep Breathing Exercise:
 - Breath in for 4-7sec, Hold for 5 secs
 - Breath out for 7sec
 - Repeat for 7 times

- **Intermediate:**

- A monthly trip in nature can modulate immune function, increase levels of intracellular anti-cancer proteins and lower the inflammatory response.

- **Advanced:***

- The use of oxygen enhancing therapies such as Ozone, High dose Vitamin C (HDIVC) and Hyperbaric Oxygen therapy improves energy production, antioxidant capacity and cancer fighting ability of the cell. These therapies force oxygen into the tissues and helps to reduce oxidative damage and cell injury.

Daily Exercise*

- **Beginners:**

- Walking 5,000 steps per day in the morning.
- Rebounding for 20+ mins/day to improve blood and lymphatic circulation (600-700 lymph nodes and tons of lymphatic vessels are supported by rebounding).

- **Intermediate:**

- Walking 75,000-10,000 steps per day
- Kettle Bell swings (50 or more)
- Body Weight Exercise:
 - Push-ups
 - Sit-ups
 - Squats
 - Pull-ups

- **Advanced:**

- Progressive and targeted strength and cardio training
- Example exercises:
 - Barbell/Dumbbell
 - Deadlift

- Squat
- Bench press
- High Intensity Interval Training
 - Get heart rate up for 20 seconds and rest 30 seconds. Repeat for 4 mins.
 - Eg. Mountain climbers; 20s Sprint; Jump rope; Burpees
- Exercise is best in the AM to match cortisol rhythm. Naturally, cortisol levels are higher in the morning to provide energy to get the day going. This is called the Cortisol Awakening Response (CAR).
- Exercise has the below protective benefits:
 - Increase brain neuroplasticity
 - Increase learning and memory
 - Increase Brain Derive Neurotrophic factor (BDNF)
 - Modulation of angiogenesis

Proper Rest*

- **Beginners:** Obtain 8-9hrs of rest per night before 12am.
- **Intermediate:**
 - Space meals 5hrs apart to support gastric emptying and gut motility. This 5hrs rest allows adequate time for digestion.
 - Avoid eating 3-4hrs before bed. Ideally, avoid eating after 7pm.
- **Advanced:**
 - Fasting (Activates autophagy or **a cellular cleansing process** that occurs at 36-48hrs of fasting)
 - Example Fasts:
 - Intermittent Fasting types:
 - Alternate Day Fasting
 - 5:2 day cycles
 - Time Restricted Feeding

- Early Time Restricted Feeding
 - Fasting Mimicking diet
 - Extended water fasting >24hrs
- Sleep has the below protective benefits:
 - Activates the Glymphatic system, a network of vessels that clear waste from the central nervous system (CNS) during sleep.
 - The sleep hormone Melatonin is a potent antioxidant, stimulates apoptosis (cell death) and inhibits angiogenesis (blood vessel development) and metastasis of cancer.
 - E.g-High dose Melatonin (20mg) exerts anti-proliferative effects and induces cell death in Breast, Ovarian, and Prostate Cancers. It's used as an adjuvant of cancer therapy.

Sunshine*

- **Beginners:**
 - Correcting Vitamin D Insufficiency or Deficiency
- **Intermediate:**
 - Get sunlight before 10am to help regulate circadian rhythm via activation of Suprachiasmatic Nucleus of the Hypothalamus (a region of the brain) that controls the circadian rhythm or biological clock of all biochemical and physiological processes of the body.
- **Advanced:**
 - **Far Infrared (FIR) Light Therapy**
 - Mechanism
 - Activate Heat Shock Proteins (HSPs) for modulating immune responses.
 - Increase Nitric Oxide production>support vascular protection.

- **Day-Light Bright Light Therapy Lamp-10,000 LUX**
 - Mechanism:
 - Synchronizes circadian rhythm
 - Improves energy levels and depression when sunlight is not available.
 - Dosage:
 - 10,000 lux for 30 minutes in mornings before 9am (to support and balance circadian rhythm)
 - Alternative Treatment: 2,500 lux for 1–2 hours
 - Avoid using light therapy in the evening
 - Effects felt within 2 weeks of consistent use
 - Suggested brand: <https://www.day-lights.com/>

Lots of Water*

- **Beginners:** Increase daily water intake
 - Drink 1/2 body weight in ounces of water
- **Intermediate:**
 - Increase water intake to 1gal per day
 - Use Water Filters (Home faucets and showers)
 - Invest in a Berkey Water Filter for drinking water
- **Advanced:**
 - Contrast Showers
 - Colon Irrigation/Hydrotherapy
 - Constitutional Hydrotherapy (Hot/Cold towel treatments)
 - Wet Sheet Wraps

Always Temperate

- **Beginners:** Abstaining from unhealthy practices in diet, dress and lifestyle
 - Eg: Abstaining from drugs/smoking and alcohol consumption (wine/liquor/beer).

- **Intermediate:**

- Develop an appreciation and preference for Christ like character traits and lifestyle habits
 - Eg: Practice simplicity in diet, “entertainment” and dress by guarding the senses.

- **Advanced:**

- Practicing daily dying to self
 - Eg:
 - Yielding to God and serving others
 - Breaking away from any influence that would lead us from God.
- Achieving the mind of Christ
 - **2 Corinthians 10:5**- Cast down all imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.
- Appreciating the body God has given you
 - **1 Corinthians 6:19**-What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

Nutrition*

- **Beginners:** The consumption of plant-based transition foods to move away from animal-based products to a plant based diet.
- **Intermediate:**
 - The consumption of a 70% unprocessed whole food diet.
 - Practice meal spacing (space meals 5hrs apart) to aid digestion and gastric emptying.

- Avoid drinking with meals to avoid interfering with the act of digestion. Liquids with meals dilute digestive enzymes of the mouth and stomach.
- Colder or warmer than body temperature liquids have an inhibitory effect on gastric emptying so avoid them. Cooler liquids empty faster from the stomach and therefore are not given adequate time to digest.
- **Advanced:**
 - **100% whole food diet.** Food eaten in its most natural state.
 - The food you consume should match the ingredient list.
 - Eg.



Nutrition Facts	
Valeur nutritive	
Serving Size 8 Baby Carrots (80 g)	
Portion 8 Carottes (80 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 30	
Fat / Lipides 0.1 g	1 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %

Ingredients: Carrots

- Nutrient density improves **Heart Rate Variability (HRV)**. A powerful metric for measuring overall health and performance. The higher the HRV the more robust the body is at modulating stress responses.
- Targeted nutrition therapy
 - Utilizing therapeutic diets that target specific conditions
 - Eg. Ketogenic diet for Epilepsy or Cancer treatment
- Increase Phytonutrient density and diversity
 - Consumption of **10+ cups of fruits and vegetables** daily
 - **4 cups Green leafy vegetables**
 - **3 cups Cruciferous vegetables**
 - **3 cups Colored fruits/vegetables**

- Consumption of **30 plants per week** has been shown to lower inflammatory markers produced by the immune system.