

Proper Rest

"Come unto me, all ye that labour and are heavy laden and I will give you rest." *Matthew 11:28*
 "He rested on the seventh day from all His work which He had made." *Genesis 2:2*

Lack of sleep can compromise immune system effectiveness, which can lead to various forms of health problems. Some experts believe that lack of sleep can make the body become resistant to insulin, a hormone which helps carry glucose from bloodstream to cells. Other problems resulting from lack of sleep includes lack of mental clarity, memory problems, moody disposition, and higher stress level. Get an adequate amount of Rest. It is best to get to bed by 10:00 p.m. It is important to sleep in full darkness without any disruptions such as radio or TV. Try to sleep until after 2:00 a.m. before waking.

Lots of water.

Water carries elements of life and has the ability to transmit and maintain them. Our body is made up of about 75% water and about 3/4 of our planet's surface is covered with water with a vast amount of life forms. Every single cell is made up of water including the cells in our own body. The body requires water constantly. Most of this water is recycled within the body itself. However, it must have a replacement of eight glasses of water per day. Cleansing of waste material is a daily task for the body, not only from its own wastes, but from the constant bombardment of germs and viruses, and in today's society, from chemicals and drugs. If the body is not thoroughly cleansed, it is forced to break down. Water is the best liquid possible to cleanse the tissues.

Hydrotherapy (water applied externally to the body) followed by massage enhances the circulation and immune system in wonderful ways. Bathing with water twice daily washes away germs from your skin. Water is critical for the life and functioning of cells, tissues, and organs in our body.

Drink water thirty minutes before eating or one to two hours after eating. This is best for digestion of the food eaten.



Always Temperate

In order rightly to understand the subject of temperance, we must consider it from a Bible standpoint; and nowhere can we find a more comprehensive and forcible illustration of true temperance and its attendant blessings, than is afforded by the history of the prophet Daniel and his Hebrew associates in the court of Babylon. . . . *Dan. 1:8 "But Daniel purposed in his heart that he would not defile himself with the portion of the King's meat or with the wine which he drank..."*

You need to exercise temperance in all things. Cultivate the higher powers of the mind, and there will be less strength of growth of the animal. It is impossible for you to increase in spiritual strength while your appetite and passions are not under perfect control. It's important to remember, "total abstinence from substances that are harmful and moderate use of substances can cause disease such as the following: protein, sunlight, sugar, fat.



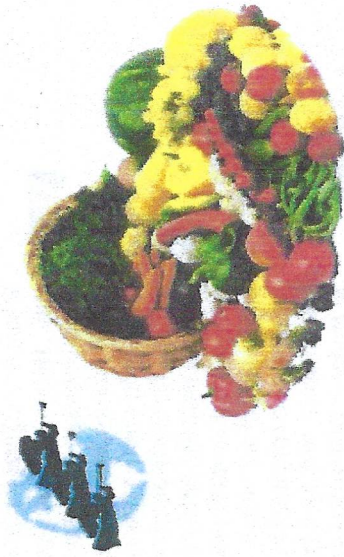
Nutrition

Proper nutrition is the foundation of good health and recovery. We are literally what we eat. What we eat plays a significant role in the functioning of our body, health, and well-being. What you decide to eat and how you decide to prepare it will impact your health in more ways than we give thought to. *Genesis 1:29 "And God said, Behold, I have given you every herb bearing seed...and every tree in the which is the fruit of a tree yielding seed; to you it shall be for meat (food)."*

Proper nutrition is vital to good health. Food that is devitalized cannot supply the vitamins and minerals you lack. Therefore, it is of utmost importance that we choose wisely the food that goes on our table. Vegetables and fruits should make-up the greater proportion of our meals, along with whole grains, beans, legumes, and seeds. From our food, we will obtain all the elements essential for good health: vitamins, minerals, water, carbohydrates, protein, fats, and fiber.

God wants you to prosper and be in good health. (3John 2:1)

GOD'S PLAN



for Health

**Health is a lifestyle by choice
not by chance!**

Happiness is found in enjoying health. Health and happiness go hand in hand. Never has it been more important to understand the physical and spiritual laws of health than today when stress, mental illness, heart disease, AIDS, and cancer are ravaging our society.

Is there a better way to live?

Does God have a plan for the health and happiness of the human family?

Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases. *Psalms 103:2-3*

God's People Value Their Health

"...Our physical health has a direct bearing on our mental health, which in turn directly affects our spiritual health."

Christ's Way to Spiritual Growth" p. 171

Godly Trust



Open Air



Daily Exercise



Sunlight



Proper Rest



Lots of Water



Always Temperate



Nutrition



Whatever injures the health not only lessens physical vigor but tends to weaken the mental and moral powers. Indulgence in any unhealthy practice makes it more difficult for one to discriminate between right and wrong and hence more difficult to resist evil. Our bodies are not our own, to treat as we please, to cripple by habits that lead to decay, making it impossible to render to God perfect service. Our lives and all our faculties belong to Him. He is caring for us every moment; He keeps the living machinery in action... We are absolutely dependent upon God.

TSDF 33.9.

The transgression of physical law is transgression of God's law... The human being who is careless and reckless of the habits and practices that concern his physical life and health, sins against God. God is not revered, respected, or recognized.

True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful... Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies--

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12/12/1909

Godly Trust



is directly linked to physical health it is a gift leading to right choices.

(Proverbs 3:5-6) Trust in the Lord with all thine heart, and lean not unto thine own understanding ...it shall be health to thy navel, and marrow to thy bones."

Stress affects us in a variety of ways. We may feel tired and unmotivated to do anything. We may feel fearful, weak, moody, or find it difficult to concentrate. Jesus taught us that we must learn to relax and trust in God. "Peace I leave with you, my peace I give unto you.... Let not your heart be troubled, neither let it be afraid."

(Matt. 6:25) (John 14:27), God is our Great Physician: "But without faith it is impossible to please Him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek Him." *Heb. 11:6*

Open Air:



The body's most essential resource is air. More important than food or water, proper breathing and pure air are fundamental to good health. The air we breathe plays an essential part in our health and functioning. Long-term exposure to toxic or polluted air can compromise the health and functioning of the cells and organs of our body leading to increase susceptibility to infections and various forms of disease. Some long-term effects of polluted air include: Lung cancer, heart disease, chronic respiratory disease, and even damage to parts of the brain, nerves, liver, or kidneys. The most essential element to sustain life is oxygen. Fresh air invigorates the vital organs and aids the system in ridding itself of accumulated impurities. Fresh air also brings life to the skin and has a decided influence on the mind. Fresh air contains negative ions which help the immune system fight disease. The lack of fresh air causes specific problems such as fevers, colds, and lung disease.



Daily exercise has a host of health benefits. Some of the benefits include, reduced risk of developing diabetes, control of type II diabetes, reduce risk for high blood pressure, reduce level of current high blood pressure, control weight gain, build healthy and strong bones, muscles and joints, improve blood flow throughout the body, improves the body's capacity to use calories, and reduces both mental and physical stress. Keeping in good physical health contributes to good mental health. Exercise can make a difference in the way you feel about yourself, in the way you face your problems, and in your general well-being. It relieves you of tension because the heart and other muscles are strengthened when they work harder. Your bones become stronger, your blood pressure goes down, your mood goes up, and you sleep better at night. Briak walking for twenty minutes daily will do a world of good to your health.

Sunlight :



Every living thing in our world is dependent on sunlight. The sun is the established energy source ordained by God to sustain the cycle of life on this planet. Sunlight is supremely important for the body's metabolism and hormonal balance. The Sun provides the basis for all life on earth. It is the source of energy for all life form including plants, animals and humans. The following discoveries show the benefits derived from the sun: lowers blood sugar and blood pressure; lower cholesterol by converting it to Vitamin D; utilizes calcium and phosphorus; increases red blood cells; increases white blood cells; strengthens the immune system; calms the nerves and increases adrenaline; destroys germs on the skin; reverses jaundice; increases circulation.

Just as the sun is the energy source of life so too do we need the "SON" to sustain us. *Then spake Jesus again...I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life. John 8:12*