

THE GENESIS PLAN

DESIGNER'S PLAN FOR GLOWING HEALTH!

"Beloved, I wish above all things that thou mayest prosper and be in health as thy soul prospereth."

3John 2

For glowing health, follow your Designer's hand-book- The BIBLE!

Gen.1.29

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.

Gen.3.18

...and thou shalt eat the herb of the field;

"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope." Jer. 29:11

1 INTRODUCING- THE 8 LAWS OF HEALTH!



Report on an exciting experiment done on 3 distinct groups of Rats- Rats fairly accurately reflect the dietary effects as in humans as they will eat anything people will.

1st group fed natural, raw food diet of fruit, veggies, nuts, seeds etc.

2nd group fed SAD diet (Standard American Diet)

3rd group- we'll discuss later.

1st group rats grew into healthy specimens and never suffered any diseases. They grew rapidly but never got fat, their temperament was gentle, affectionate, playful and they lived together happily. They mated with enthusiasm and produced healthy offspring.

At what would be equivalent in humans of 80 years old, they were sacrificed and autopsied and found to be entirely free from aging, disease or degeneration in any organ or tissue.

2nd group- fed white bread, cooked food, meat, cakes, candy, soft drinks, vitamins and medicines for their ailments-etc.

During their life became fat- from earliest age contracted colds, pneumonia, arthritis, diabetes, heart disease, cancer and most common American health problems. Most died prematurely at early ages. Their temperament was vicious, fighting with one-another, stealing one-another's food, they had to be kept separated to prevent destruction of the entire group!

Offspring were all sick and exhibited the same general characteristics of the parents. As these rats died one by one or in epidemics or of vicious diseases, they were autopsied and showed extensive degenerative disorders in every part of their bodies. The few who survived until the end of the study were physical and nervous wrecks and when autopsied showed disease all through their bodies.

Group 3 was fed the SAD diet until the equivalent age of 40 and showed the same problems, and characteristics as group 2- but then they were put on a water fast for a few days, then changed to the

natural, raw diet of group 1, alternating with short fasts for 1 month. The exciting thing is that after 1 month they never suffered any more illness. Their temperament became gently, playful, friendly creatures that lived together in harmony.

Rats sacrificed and autopsied at the end of first part of program showed same degeneration and disease as group 2. But when the rest lived out their lives and were autopsied at end of 80 years equivalency- they showed no sign of aging, disease or degeneration! The disease evident in 1st part of their lives was reversed and perfect health restored!

Good News!-It's not too late! We can change our diet and our ways & disease can be eliminated!!!

“Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.”

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in Divine Power,- these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well.

Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.”

Ministry of Healing p.127

POOR HEALTH DOESN'T "JUST HAPPEN"!
WE CAN CHANGE IT!

Pro.26.2

As the bird by wandering, as the swallow by flying, so the curse causeless shall not come.

Gal.6.7

Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

Exo.15.26

And said, 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, which I have brought upon the Egyptians: for I am the LORD that healeth thee.

- ◇ **NUTRITION**
- ◇ **EXERCISE**
- ◇ **WATER**
- ◇ **SUNSHINE**
- ◇ **TEMPERANCE**
- ◇ **AIR**
- ◇ **REST**
- ◇ **TRUST IN GOD**

“Beloved, I wish above all things that thou mayest prosper and be in health as thy soul prospereth.”

3John 2

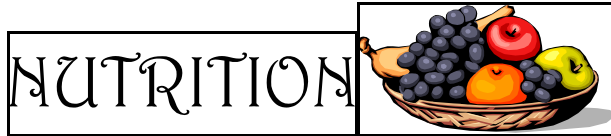
HOW DO WE KNOW THAT THIS IS GOD'S ONLY HEALTH PLAN?

Well, any plan for health that God would have would have to fill these following specifications-

- 1 It would have to have been available to all generations since creation**
- 2 It could not be available only to people in the 20th century or only in developed countries.**
- 3 It could not involve any high technology.**
- 4 It would have to be able to be done at home.**
- 5 It would have to be able to be understood by all, educated or not educated.**

- 6 It must be 100% natural.
- 7 Inexpensive
- 8 It would cause absolutely no harm to the body.
- 9 Would not require skilled personnel to administer it.
- 10 Would be available to all.

There is no other plan out there that meets all these requirements– This IS God's health program and He throws it out to you as a life-ring! Grab it and be blessed!



THE HEALTHY DIET-Avoids all refined foods; Uses fruits, vegetables, nuts and seeds, legumes and grains, as fresh & simple as possible. Fresh is best, Frozen next best, dried is OK also. Eat as much as possible fresh & raw. Sprouts are very good! Reduce oil and fat, including margarine and vegetable oils and things made with them! Especially Canola! (Read Labels!)

Use no sugar or Aspartame - replace with honey & use this lightly.

Avoid 'salt bombs' such as cheezies, chips, pretzels and party snacks. Most cheese is extremely high in fat & salt and should be limited.

Use no deep fried foods.

Don't mix fruits and vegetables at the same meal.

Avoid 'hot' spices and vinegar.

Cook in Glass, stainless steel, or enamel, not aluminum! (or better still eat it raw!) If you can, get organically grown foods.

Avoid microwaved, and irradiated produce.

A good rule is-

IF IT GROWS-EAT IT; & EAT IT IN AS NATURAL A STATE AS POSSIBLE.

The more man does with a food the less nutritional value it has left when he is finished!



Begin a program of walking . Walk as far as is comfortable, gradually working up to 4 or 5 miles a day.

Take a walking stick for stability. Work up to a minimum of 20-30 minutes at least every other day. If

muscles are weak , every other day is better, as it takes 48 hrs. recovery time.

Can't go out? A rebounder, (mini trampoline) is good. Organic Gardening is also great for health!

(and the side effect is yummy vegetables!)

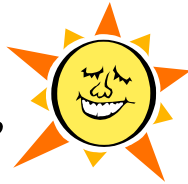


Your body is about 75% water! Lots of water is needed for optimal function! Every process in your body depends on the presence of adequate water.

Drink lots of pure, soft water daily. Distilled water is best. Juice, tea or soft drinks do NOT take the place of water! Your weight. ÷ 2= minimum number of oz. of water to drink daily. Adequate fluid intake will increase your endurance and energy levels! Studies show DEHYDRATION at the cellular level to be the root cause of many diseases! Carry a supply with you at work and on walks etc.

On arising squeeze a fresh lemon into two glasses room temperature or warm water and drink it. Drink between meals. 2 hours after to 1/2 hour before- not with meals. Taking 2 glasses 1/2 hour before each meal, prevents mealtime thirst, aids digestion and prevents ulcers. Shower daily with cool or tepid water using a bath brush or good rough washcloth to rub your skin all over. This improves circulation and gets toxins out.

SUNSHINE



Sunshine has several benefits to the body. It furnishes the natural Vit.D and helps to lower cholesterol. Sunlight increases the volume of oxygen in the blood. Start with 10-15 minutes daily to face and hands and work up to 30-45 minutes daily. The best time for sunbathing is 9-10 am and 4-6 PM. Avoid burning. To lessen skin cancer risk, reduce the fat intake, such as animal fats, oils, margarine - (& foods containing refined, processed oils)

TEMPERANCE



Temperance is not only concerned with drinking booze; good health requires moderation and wise choices in all aspects of life. Over-eating, over-playing, over-working, and over-indulgence of the marriage privilege can all contribute to poor health. Abstain from all harmful indulgences; Tobacco, alcohol coffee, tea, (except herbal tea) colas and soft drinks. The bit of pleasure they might give is not worth the misery they cause in the long run!

AIR



Pure fresh air is very important! That means good air with lots of oxygen. Walking in forests and nature is great! Do deep breathing exercises daily, in the morning. Even in winter have windows open a little and air rooms daily. Avoid smoke, chemicals, sprays and aerosols..

REST



Get adequate restful sleep! an early, light supper, well before bedtime and no eating before bed will help. A relaxing warm bath may help you unwind, avoid stressful and stimulating activities before bedtime. Regular times for going to bed and rising will also help. The best time to go to bed is between 9 and 10 PM. This sounds strange, because in our culture, it almost seems in bad taste to sleep! 100 years ago the *average* person got 9 or more hours sleep! Now it is more like 4 or 5! Exercise during the day also helps set the stage for restful sleep. Avoid using drugs for sleep as these are harmful and sleep thus attained is of little benefit to your body. Lack of restful sleep is for many the root of the 'enervation' that brings disease. For healing and cleansing to occur much rest and sleep is needed as these actions are done only while asleep!

TRUST IN GOD



An abiding faith in our loving God will help you! He has made every provision to forgive and cleanse all our past mistakes. He will give power to break harmful addictions and help us overcome bitter and angry attitudes that 'eat us up' inside. If we are 'Willing to be made willing' He will work with us, take away our love for sinning and make us free in Him. **Ask Him!**

Have you ever really read the Bible?

Oh, I don't mean just looking up a text at church— really read it as a letter of love from God to you— personally?

Well, when you do, you will find it full of precious promises— each one meant for you just as much as anybody else!

Do you know what 'Faith' is? Well, it is simply taking God at His word— in other words, believing that He means what He says in His Word, the Bible. If you take time every day to read God's Word as personal to you and talk to Him about His promises— your life will blossom as you have never dreamed!

The Other Side of the Germ Theory

From infancy, we are educated to look upon disease and health according to the prevailing medical outlook of our culture. Mark Twain once wrote- "It is not what we don't know that is a problem, it is what we know- that isn't so!" There are many things that we are taught in our culture that 'are not so.' Notice this quote from health-educator and healthful-living pioneer, Norman Walker-

"We look on sickness and disease as something mysterious and dreadful and we blame germs and bacteria. As a matter of fact germs and bacteria are the scavengers of nature and are everywhere. When we breathe, we inhale millions of these little natural scavengers and it is their function to keep the debris in our body Neutralized and to stir it up so that it can be eliminated from the body. It is our job, however, to keep our body in such condition that this elimination can be completed to perfection.

Due to the excessive quantity of inorganic food that we eat, food in which the life principal has been destroyed by cooking, canning, and other processes, this debris, or end-product of the digestion of this food, in the body, accumulates faster than we and these natural scavengers can remove it. The result is that germs and bacteria find a feeding ground within us in which to propagate. In this process of their propagation the sewage of their colonies is added to the debris and the result is what we call sickness or disease.

Whenever germs and bacteria enter a body that is thoroughly clean and healthy, within and without, they find no feeding ground of waste or morbid matter therein on which to colonize and therefore pass out of the system in the natural course of events.

Likewise, when all debris and accumulated morbid matter is removed from a sick or diseased body, then only is established the first step toward a recovery to a normal chemical balance." Dr. Norman Walker.

One of the most devastating lies ever promulgated is that drugs, when administered, have some kind of healing effect upon the body. This is absolutely not true and has NO scientific foundation whatsoever. In fact, there is not a drug on planet earth that can heal anyone of anything, ever!

ALL drugs are dead, lifeless, toxic, chemical substances, and when they are introduced into the body any cessation of the symptom is merely the body reacting to the drug (poison), not the body healing. In addition, these drugs have serious side-effects, as evidenced by the Physicians Desk Reference which contains over 3,000 pages of potential adverse reactions, including death, that can occur in those who take these drugs.

In fact, the American Medical Association's own medical journal acknowledges that over 106,000 Americans die every year from adverse reactions to these doctor-prescribed drugs, while over 2,000,000 people have to be hospitalized for the same reason. Just last evening Peter Jennings on ABC television news said that 140,000 Americans die every year from these doctor-prescribed drugs. Other publications put the figure as high as 200,000.

In addition to these acknowledged deaths by the medical community, the figures do not reflect all the people who die as a result of the drugs they are taking, but whose death certificate states they died from the disease for which they were being treated.

I have said for a long time that I do not believe it was the cancer that ultimately killed my own mother, but the chemotherapy administered by the medical community. I believe that a great percentage of the deaths being attributed to cancer today are not cancer deaths at all, but deaths caused by the prescribed chemotherapy.

Many doctors and nurses who work with cancer patients have confirmed this in conversations with me. If chemotherapy did not involve such lucrative drugs (over \$100,000,000,000 annually) it would have been banned a long, long time ago. Imagine drugs so potent that they can actually CAUSE cancer in a healthy person, yet they are used to treat cancer in a sick person! Why has there NEVER been a double-blind study to prove the safety of chemotherapy?

I would love to see a double-blind study done on two groups of similar cancer patients: give one group the Standard American Diet along with chemotherapy, and give the other group the Hallelujah Diet along with a placebo and WITHOUT ANY CHEMOTHERAPY. The results should be announced via every news medium.

If you will closely pay attention to the news you will find that drugs are constantly being taken off the market because the adverse effects became so devastating. More people die from the drug or its serious side effects than the scientists and drug manufacturers anticipated, so they have to eliminate its use. If you start paying attention to these revelations, you will be amazed, shocked, and outraged that they would use humans to test their drugs—and it is all legal.

Just recently this news release came off the Associated Press wire: "Eli Lilly & Co. said it no longer plans to pursue a version of its hypertension drug to treat congestive heart failure after a study earlier this year yielded poor results. In the study, there were nearly twice as many deaths among patients taking the drug as there were among those given a dummy medicine, the pharmaceutical company said. The study was halted after 53 patients on the medication died in the first six months."

More drugs are being prescribed today than at any other time in history, and the use of drugs and their cost is increasing dramatically with each passing year. HMOs have turned medical doctors into 'drug pushers' because the doctor can no longer afford to take the time to talk with a patient; instead, after a very brief examination, the doctor simply writes a prescription for a drug and goes on to the next patient. Doctors are frustrated, patients are frustrated, doctors are making less money, and the cost of healthcare in America continues to rise dramatically. It is currently over 1.2 trillion dollars annually.

What is the solution? Almost all physical problems are merely a toxic body reacting to improper diet and lifestyle with a weakened immune system. We suggest that rather than further weakening the immune system with toxic chemicals (drugs), burning the body with radiation, or cutting out the lump with surgery, a far better approach is to stop putting into the body the toxic foods and drugs that created the physical problem in the first place. Why not rebuild the immune system with concentrated living nutrients and then let the body do what God designed it to do—HEAL ITSELF!

"THE NATURAL HEALING FORCE WITHIN US IS THE GREATEST FORCE FOR GETTING WELL." —Hippocrates, Father of Medicine— Article by GEORGE MALKMUS, Hallelujah Acres.

THE GENESIS PLAN

DESIGNER 'S PLAN FOR GLOWING HEALTH!

"Beloved, I wish above all things that thou mayest prosper and be in health as thy soul prospereth." 3John 2

For glowing health, follow your Designer's hand-book- The BIBLE!

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. Gen.1.29

...and thou shalt eat the herb of the field; Gen.3.18

"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope." Jer. 29:11

2

NUTRITION

THE HEALTHY DIET-Avoids all refined foods; Uses fruits, vegetables, nuts and seeds, legumes and grains, as fresh & simple as possible. Fresh is best, Frozen next best, dried is OK also. Eat as much as possible fresh & raw. Sprouts are very good! Reduce oil and fat, including margarine and vegetable oils and things made with them! Especially Canola! (Read Labels!)

Use no sugar or Aspartame - replace with honey & use this lightly. Satisfy 'sweet-tooth' with fruit such as ripe bananas.

Avoid 'salt bombs' such as cheezies, chips, pretzels and party snacks. Most cheese is extremely high in fat & salt and should be limited.

Use no deep fried foods.

Don't mix fruits and vegetables at the same meal.

Avoid 'hot' spices and vinegar.

Cook in Glass, stainless steel, or enamel, not aluminum! (or better still eat it raw!)

If you can, get organically grown foods.

Avoid microwaved, and irradiated produce.

A good rule is-

IF IT GROWS-EAT IT; & EAT IT IN AS NATURAL A STATE AS POSSIBLE.

The more man does with a food the less nutritional value it has left when he is finished!

"In the beginning God created the heaven and the earth" Gen 1:1

Gen.1:27

God created man. When formed, Adam and Eve were given "noble TRAITS of character" and "High intellectual powers," yet they were to develop character by the CHOICES they made. Therefore, "at the very beginning of man's existence a check was placed upon the desire for self-indulgence," and "the tree of knowledge [food]...was to be a TEST of obedience, faith, and love of our first parents."

Gen. 2:17 Gen. 3:6;

Death is mostly E-A-T. And Satan "overcame Adam and Eve upon appetite." For through "indulgence of appetite" Satan can control our "minds and being." If a person conquers appetite he will have the "moral power to gain the victory over EVERY other temptation of Satan". Inasmuch as "food" is a constant temptation right from birth, appetite is a very wonderful training tool. The baby's mother should present only a strict vegetarian diet (other than actual breast feeding), training the child to continually exercise self-control, remembering that it's character is formed and it's destiny determined by the CHOICES it makes.

Genesis 1:29,30-

The first chapters of the Bible, reveal that both man and animal were created to be strict vegetarians. (The only exception, apparently, was the nursing of offspring on its mother's milk, until weaning.) In other words, man was to exist upon natural foods, without even the use of dairy or egg products.

Blood and Fat

About 1700 years later, after the Flood had torn up the vegetation, God allowed (not commanded) men to eat flesh. But if they did, they would pay price, having their life span reduced by the very animals they ate. (Of the hundreds of animal diseases, it is known that more than half can be passed from animal to man.) The average life span of man before the Flood was about 909 years. But after animal and animal products were introduced into the diet, the next 10 generations lost an average of 73 years of life per generation, down to Abraham's age of 175 years. (And today, despite modern medicines, we are still down 70-75 years, which still does not recommend this type of diet.)

Several hundred years later, when God led His chosen people out of Egyptian slavery, He immediately switched them over to vegetarian manna. But they preferred flesh and eventually were allowed such, with regulations.

"Upon their settlement in Canaan, the Israelites were permitted the use of animal food, but under careful restrictions, which tended to lessen the evil results. The use of swine's flesh was prohibited, as also of other animals and of birds and fish whose flesh was pronounced unclean. Of the meats permitted, the eating of the fat and the blood was strictly forbidden." Testimony on Diets & Food 63

Lev.3:17

"The Israelites were forbidden to eat the fat or the blood. 'It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood This law not only related to beasts for sacrifice, but to all cattle which were used for food. This law was to impress upon them the important fact that if there had been no sin there would have been no shedding of blood..."

"The blood of the Son of God was symbolized by the blood of the slain victim, and God would have clear and definite ideas preserved between the sacred and the common. Blood was sacred, inasmuch as through the shedding of the blood of the Son of God alone could there be atonement for sin. Blood was also used to cleanse the sanctuary from the sins of the people, thus typifying the blood of Christ which alone can cleanse from sin. The fat was to be used in sacrificial offerings with the beasts, but in no case was it a suitable article of food. If used, disease would be the sure result." ST 7/15/1880

Lev 7:25-27

"For whosoever eateth the fat of the beast, of which men offer an offering made by fire unto the Lord, even the soul that eateth it shall be cut off from his people. Moreover ye shall eat no manner of blood, whether it be of fowl or of beast, in any of your dwellings. Whatsoever soul it be that eateth any manner of blood, even that soul shall be cut off from his people."

Isa. 11:6-9; 65:21-25.

Again, through Isaiah, God pointed toward complete vegetarianism (Compare with Dan. 1:8-16).

John the Baptist was a vegetarian picture of what God's people are to become in these last days (Mark 1:6,7)

"Locusts" are pods of the Locust or Carob tree, and the Spirit of Prophecy confirms that John's diet was "purely vegetable"

Rev. 21:4

Likewise, John the Revelator spoke of a time when there would be "no more" pain or death

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).'"

Proverbs 21:9 [It is] better to dwell in a corner of the housetop, than with a brawling woman in a wide house.

Solomon recognized the effects of emotional stress on our well-being-

Our attitude while eating is important. If we are nervous or in a hurry or upset about something, the digestive process is impaired. It is better not to eat at all, unless we can do so in a positive frame of mind and take our time. Hurried eating tends to overeating. Since digestion begins in the mouth, it is important to chew your food well.

In 1956 the USDA began heralding meat in their basic food grouping plan. In 1991, they brought about a change by dropping the meat. Wonder why we don't hear more about it? Here it is:

Vegetables

3 or more servings a day

Vegetables are packed with nutrients; they provide vitamin C, beta-carotene, riboflavin, iron, calcium, fiber, and other nutrients. Dark green leafy vegetables such as broccoli, collards, kale, mustard and turnip greens, chicory, or bok choy are especially good sources of these important nutrients. Dark yellow and orange vegetables such as carrots, winter squash, sweet potatoes, and pumpkin provide extra beta-carotene. Include generous portions of a variety of vegetables in your diet.

Serving size: 1 cup raw vegetables; ½ cup cooked vegetables

Whole Grains

5 or more servings a day

This group includes bread, rice, pasta, hot or cold cereal, corn, millet, barley, bulgur, buckwheat groats, and tortillas. Build each of your meals around a hearty grain dish--grains are rich in fiber and other complex carbohydrates, as well as protein, B vitamins and zinc.

Serving size: ½ cup hot cereal; 1 ounce dry cereal; 1 slice bread

Fruit

3 or more servings a day

Fruits are rich in fiber, vitamin C, and beta-carotene. Be sure to include at least one serving each day of fruits that are high in vitamin C- citrus fruits, melons, and strawberries are all good choices. Choose whole fruit over fruit juices, which do not contain very much fiber.

Serving size: 1 medium piece of fruit; ½ cup cooked fruit; 4 ounces juice

Legumes

2 or more servings a day

Legumes--which is another name for beans, peas, and lentils--are all good sources of fiber, protein, iron, calcium, zinc, and B vitamins. This group also includes chickpeas, baked and refried beans, soy milk, tempeh, and texturized vegetable protein.

Serving size: ½ cup cooked beans; 4 ounces tofu or tempeh; 8 ounces soy milk

Be sure to include a good source of vitamin B₁₂, such as fortified cereals or vitamin supplements.

Many of us grew up with the USDA's old Basic Four food groups, first introduced in 1956. The passage of time has seen an increase in our knowledge about the importance of fiber, the health risks of cholesterol and fats, and the disease-preventive power of many nutrients found exclusively in plant-based foods. We also have discovered that the plant kingdom provides excellent sources of the nutrients once only associated with meat and dairy products--namely, protein and calcium.

The USDA revised its recommendations with the Food Guide Pyramid, a food grouping plan that reduced the serving suggestions for animal products and vegetable fats. PCRM, determining that regular consumption of such foods--even in lower quantities--poses serious, unnecessary health risks, developed the New Four Food Groups in 1991. This no-cholesterol, low-fat plan supplies all of an average adult's daily nutritional requirements, including substantial amounts of fiber.

The major killers of Americans--heart disease, cancer, and stroke--have a dramatically lower incidence among people consuming primarily plant-based diets. Weight problems--a contributor to a host of health problems--can also be brought under control by following the New Four Food Group recommendations.

Isn't it just amazing that the closer we look at God's Plan, the better it gets!

Sugar

Diabetes is a disease which can be caused by sugar consumption as well as a high fat diet. Diabetes is caused by the failure of the pancreas to produce adequate insulin when the blood sugar rises. A concentrated amount of sugar introduced into the system sends the body into shock from the rapid rise in the blood sugar level. The pancreas eventually wears out from overwork.

Hypoglycemia occurs when the pancreas overreacts to the large amount of sugar in the blood and releases too much insulin leaving one feeling "tired" as the blood sugar level becomes lower than it should be.

Another serious problem with sugar consumption that is now coming to the forefront is the various levels of mental problems. Our brains are very sensitive and react to quick chemical changes within the body. As sugar is consumed, our cells are robbed of the B vitamins, which destroys them, and insulin production is inhibited.

Low insulin production means a high sugar (glucose) level in the bloodstream which leads to a confused mental state or unsound mind, and has also been linked to juvenile criminal behavior. In his book *Diet, Crime and Delinquency*, Dr. Alexander G. Schauss addresses this solemn fact and maintains that many mental ward and prison inmates are "sugarholics" and erratic emotional outbreaks often follow a sugar binge.

And it is any wonder? Dr. David Reuben, author of *Everything You Always Wanted to Know About Nutrition* says "...white refined sugar—is not a food. It is a pure chemical extracted from plant sources, purer in fact than cocaine, which it resembles in many ways. Its true name is sucrose and its chemical formula is C₁₂ H₂₂ O₁₁ . It has 12 carbon atoms, 22 hydrogen atoms, 11 oxygen atoms and absolutely nothing else to offer."

Incidentally, the chemical formula for cocaine is C₁₇ H₂₁ NO₄ and sugar's formula is C₁₂ H₂₂ O₁₁ . For all practical purposes, the difference is that sugar is missing the "N" or nitrogen atom.

Sweets which will cooperate healthfully with our bodies can be selected from sources such as fresh fruits, honey, dried fruits such as dates, figs, raisins, etc. Honey cannot be classed as a refined sugar as it is entirely a different sweet and will not cause the system to react as it does to refined sugar. It will not ferment in the stomach, and larger quantities than refined sugar can be eaten without harm to the digestive system because of its quick absorption. Honey is the best natural sweet for all cooking purposes.

In complete agreement with secular authorities on this subject, Ellen White, in *Counsels on Health* makes these statements: "*The free use of sugar in any form tends to clog the system and is not infrequently a cause of disease*" (Pg. 154). "*Sugar clogs the system. It hinders the working of the living machine*" (Pg. 149). God has given sufficient counsel regarding the care we should give our bodies which He created in His image. Our decisions today determine where we will spend our tomorrows.

The Bible is full of references to honey and the honeycomb.

Proverbs 24:13; "My son, eat thou honey, because it is good; and the honeycomb which is sweet to thy taste"

Proverbs 25:16,27 "Hast thou found honey? eat so much as is sufficient for thee"

Proverbs 25:27 "It is not good to eat much honey"

Proverbs 16:24 "Pleasant words are as a honeycomb, sweet to the soul and health to the bones"

Protein

In the past, some people believed one could never get too much protein. In the early 1900s, Americans were told to eat well over 100 grams of protein a day. And as recently as the 1950s, health-conscious people were encouraged to boost their protein intake.

Recommended protein intake for men is 63 grams. The average protein consumed by a non-vegetarian man is 103 grams. The average protein consumed by a vegetarian man is 105 grams.

For women, the recommended protein intake for women is 50 grams. The average protein consumed by a non-vegetarian woman is 74 grams. And the average protein consumed by a vegetarian woman is 65 grams.

Obviously, there is no problem with vegetarians getting enough protein. If any problem exists, it is the other way around. Excess protein consumption has been linked to many diseases.

Today, some fad diets encourage high-protein intake for weight loss, though Americans tend to take in nearly twice the amount of protein they need anyway. And while individuals following such a diet have had short-term success in losing weight, they are often unaware of the health risks associated with a high-protein diet. Excess protein has been linked with osteoporosis, kidney disease, calcium stones in the urinary tract, and some cancers.

Calcium in Plant-Based Diets

Many people choose to avoid milk because it contains fat, cholesterol, allergenic proteins, lactose sugar, and frequent traces of contamination, not to mention the health risks and the fact that 70% of dairy cows worldwide HAVE leukemia. Milk is also linked to juvenile-onset diabetes and other serious conditions.

The dairy industry has brain-washed us into thinking that we have to drink milk in order to get enough calcium. Happily, there are plenty of other good sources of calcium.

Keeping your bones strong depends more on preventing the loss of calcium from your body than on boosting your calcium intake. Some cultures consume no dairy products and typically ingest only 175 to 475 milligrams of calcium per day.

However, these people generally have low rates of osteoporosis. Many scientists believe exercise and other factors have more to do with osteoporosis than calcium intake does.

Calcium in the Body

Almost all of the calcium in the body is in the bones. There is a tiny amount in the blood stream which is responsible for important functions such as muscle contraction, maintenance of the heartbeat, and transmission of nerve impulses.

We constantly lose calcium from our bloodstream through urine, sweat, and feces. It is renewed with calcium from bone. In this process, bones continuously lose calcium. This bone calcium must be replaced from food.

Calcium needs change throughout life. Up until the age of 30 or so, we consume more calcium than we lose. Adequate calcium intake during childhood and adolescence is especially important. Later, the body begins to slip into "negative calcium balance," and the bones start to lose more calcium than they take up. The loss of too much calcium can lead to soft bones or osteoporosis.

How rapidly calcium is lost depends, in part, on the kind and amount of protein you eat as well as other diet and lifestyle choices.

Reducing Calcium Loss

A number of factors affect calcium loss from the body:

- Diets that are high in protein cause more calcium to be lost through the urine. Protein from animal products is much more likely to cause calcium loss than protein from plant foods. This may be one reason that vegetarians tend to have stronger bones than meat eaters.
- Caffeine increases the rate at which calcium is lost through urine.
- Drinking soda pop is reported to leech calcium from the body.
- Diets high in sodium increase calcium losses in the urine.
- Alcohol inhibits calcium absorption.
- The mineral boron may slow the loss of calcium from bones.
- Exercise slows bone loss and is one of the most important factors in maintaining bone health.

Cooking without Eggs

Many people choose not to use eggs in their diet. About 70 percent of the calories in eggs are from fat, and a big portion of that fat is saturated. They are also loaded with cholesterol -- about 213 milligrams for an average-sized egg. Because egg shells are fragile and porous and conditions on egg farms are crowded, eggs are the perfect host to salmonella-the bacteria that is the leading cause of food poisoning in this country.

Eggs are often used in baked products because of their binding and leavening properties. But smart cooks have found good substitutes for eggs. Try one of the following the next time you prepare a recipe that calls for eggs:

If a recipe calls for just one or two eggs, you can often skip them. Add a couple of extra tablespoons of water for each egg eliminated to balance out the moisture content of the product.

Eggless egg replacers are available in many natural food stores. These are different from reduced-cholesterol egg products which do contain eggs. Egg replacers are egg-free and are usually in a powdered form. Replace eggs in baking with a mixture of the powdered egg replacer and water according to package directions.

- Use 1 heaping tablespoon of soy flour or cornstarch plus 2 table-spoons of water to replace each egg in a baked product.
- Use 1 ounce of mashed tofu in place of an egg.

- In muffins and cookies, half of a mashed banana can be used instead of an egg, although it will change the flavor of the recipe somewhat.
- For vegetarian loaves and burgers, use any of the following to bind ingredients together: tomato paste, mashed potato, moistened bread crumbs, or rolled oats.

A good variety of plain, unrefined plant food is more nutritionally balanced than the animal products and man-made processed foods. Whole grains, fruits, vegetables, beans, peas, nuts and seeds contain high quality protein, a better fatty-acid profile (thus decreasing the risk of heart disease and cancer), no cholesterol, plenty of complex carbohydrates and fiber, and are rich in vitamins and minerals and water.

Animal products and man-made foods are often high in fat, cholesterol, sugar, salt, and harmful additives, and are lacking in fiber.

The chief concern then should be "What are the *best* sources available to me to get the nutrients I need?" We now know the answer to that question, "A well-balanced vegetarian diet that includes a variety of fruits, vegetables, whole grains, legumes, nuts, and seeds."

Vit B12 is often sighted as a problem in vegetarian diets but there are, contrary to popular opinion, many sources of non-animal B12. Sea vegetables, spirulina and other algae, turnip greens, tempeh, and sprouts for example. Also B12 is carefully hoarded by the body and a small supply last for many years. Pernicious anemia is, in most cases, caused by problems of absorption not supply and is found in meat eaters more often than vegetarians.

Also, any grain eaten with any legume gives you complete protein building blocks and so is very simple to use.

As serious disease in animals is rapidly increasing and has been shown to be passed to humans in the food chain, the safety of using any animal product is to be seriously questioned. Most of us know at least bits and pieces of the mad-cow saga still dragging on in England. There is strong evidence that the British practice of feeding rendered scrapie-infected sheep to cows was the cause. With such recycling so commonplace in the United States, widespread concern is mounting.

VINEGAR, PEPPER & SPICES-

These items should be eliminated from a healthful diet. Vinegar and Pepper both contribute to sclerosis of the liver and are worse even than alcohol to cause this problem. Even as little as 1/4 of a teaspoon of vinegar, interferes with digestion of a meal, causing food to ferment and foul the blood-stream with toxic waste products. Healthy, raw foods can be rendered useless to the body by addition of such things. Spices irritate digestive tract and cause nervousness and irritability. Salt should not be eliminated but used with great moderation. All of these things are addictive and can be a battle to stop but learning to relish simple foods prepared without harmful condiments is worth the effort.

FAT FACTS-

This statement from the World Health Organization's Executive Board in 1969 is very revealing: Coronary heart disease (CHD) has reached enormous proportions, striking more and more at younger subjects. It will result in coming years in the greatest epidemic mankind has faced unless we are able to reverse the trend by concentrated research into its cause and prevention.

What are the greatest risk factors in CHD?

- diet high in saturated (solid) fats
- high blood lipids (cholesterol and triglycerides)
- family history of CHD in early life (prior to age 50)
- high blood pressure
- cigarette smoking
- obesity
- diabetes mellitus
- sedentary living

As God designed, in nature there is an abundance of natural fats available in nuts, seeds, avocado, vegetables and grains. Our bodies were designed to subsist on a low fat diet. When extra fats and free oils are added to the diet, not unlike other highly specialized machinery, the system begins to clog up.

Digestion of free oils and fats takes much longer than the digestion of other foods. A raw salad can be digested within two to three hours. When salad oils, such as corn, sesame, peanut, or other vegetable free fats are added to the salad, digestion is delayed for another two or three hours. When our food is coated with free oils the natural digestive processes are inhibited by preventing digestive juices access to these foods until the oils are digested -- consequently, by the time the fats and oils are digested, the elementary carbohydrates or proteins in the vegetables have begun to ferment.

*"The salads are prepared with oil and vinegar, fermentation takes place in the stomach, and the food does not digest, but decays or putrefies; as a consequence, the blood is not nourished, but becomes filled with impurities, and liver and kidney difficulties appear."*CDF 345

Ecclesiastes 10:17

"Blessed art thou, O land, when . . . thy princes eat in due season, for strength, and not for drunkenness!"

Psalms 103:2-5

"Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good [things; so that] thy youth is renewed like the eagle's."

Diet Facts in the U.S.

62% of Americans are overweight.

44 million Americans are considered clinically obese.

Over half the nation is dieting or has dieted.

In 1982, 15 billion dollars were spent on weight-loss schemes.

Diets do not work. If they did, why is obesity increasing and new diets constantly being developed?

Statistics on Diet and Disease

1961--*Journal of American Medical Association* reported that **a vegetarian diet can prevent 90-97% of heart disease.**

1977--In the Senate Report on Nutrition and Human Needs, Dr. Mark Hegsted of the Harvard School of Public Health said: "I wish to stress that there is a great deal of evidence, and it continues to accumulate, which strongly implicates, and in some instances, proves that **the major causes of death and disability in the United States are related to the diet we eat.** I include coronary artery disease, which accounts for nearly half of the deaths in the United States, several of the most important forms of cancer, hypertension, diabetes, and obesity, as well as other chronic diseases."

1982--At the National Cancer Institute, doctors said, "**Changing the way we eat could offer some protection against cancer.**" NCI has now made diet its number one area of research in cancer prevention.

1983--American Cancer Society stated its belief that **"a greater use of fruit and vegetables can significantly reduce a person's risk of developing cancer."**

Animal Disease Is On the Increase

Over 100 million chickens die per year of chicken leukemia. About 235 million chickens die each year from all causes - many of which are transmittable to humans. *Yearbook of Agriculture*, pp. 466-474.

Approximately 2 1/2 million beef livers are rejected annually by federal meat inspectors because they have cancer, abscesses or parasitic worms. The rest of the carcass is, however, allowed to be sold for human food. *Yearbook of Agriculture*, p. 11.

Approximately 40 million hogs and piglets die of disease on our farms each year and never (we hope) reach the meat market. About 3 1/4 million that do reach the slaughter house are rejected in part or total by meat inspectors. *Life and Health*, Oct. 1969, p. 31.

Over 71 thousand cattle were sold for human food in 1967 after malignant eye tumors were discovered. (Only the eye itself was condemned). *Life and Health*, Oct. 1969, p. 31.

Thousands of chickens contaminated or stained with feces are shipped every day instead of being condemned, 81 federal testified. *The Atlanta Constitution*, May 26, 1991.

In January 1993, contaminated hamburgers were the cause of the biggest outbreak ever of the deadly bacteria, E. Coli 0157:H7. The outbreak killed four children and hospitalized 500 people. *The Spokesman Review*, January 23, 1993.

In 1993 the USDA temporarily closed 30 beef slaughterhouses after inspections revealed contaminated carcasses at dozens of plants. *The Tallahassee Democrat*, May 28, 1993, p. 31.

Two cattle diseases, Bovine Immuno-deficiency Virus (cow AIDS) and Bovine Leukemia Virus have been discovered in the U.S. - BIV and BLV are widespread and suspected of being transmitted to humans through the ingestion pathway. *Beyond Beef*, Jeremy Rifkin, p. 143.

Animal Agriculture and Environmental Damage

Nearly 40% of the world's grain and nearly 70% of U.S. grain are fed to livestock.

Almost 1/2 of the energy used in American agriculture goes into livestock production. It takes the equivalent of 50 gallons of gasoline to produce the red meat and poultry eaten by the typical American each year - and twice that much to process, package, transport, sell, store and cook it.

Livestock agriculture takes nearly 1/3 of California irrigation water, which amounts to about 190 gallons of water per meat-eating American per day - twice the daily water usage in the average American home.

Half of the continental United States is used for feedstock, pasture, and range. Half of U.S. cropland grows animal feed and hay. This land is eroding quickly. For each pound of red meat, poultry, eggs and milk, farm fields lose five pounds of prime topsoil.

270 million acres of public land in the western United States are leased to ranchers for grazing. Already, 10% of this land has been turned into desert by livestock; 70% is severely degraded.

Livestock produces 158 million tons of waste per year, some of which contaminates underground water tables with nitrates.

Animal waste and feed fertilizers account for 40% of the phosphorous released into American rivers, lakes and streams.

The Vegetarian Times, Oct. 1991, p. 68.

THE GENESIS PLAN

DESIGNER'S PLAN FOR GLOWING HEALTH!

"Beloved, I wish above all things that thou mayest prosper and be in health as thy soul prospereth." 3John 2

**For glowing health, follow your
Designer's hand-book-- The BIBLE!**

Gen.1.29

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.

Gen.3.18

...and thou shalt eat the herb of the field;

"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope." Jer. 29:11

3 EXERCISE WATER

EXERCISE

AND the LORD God took the man (Adam), and put him into the garden of Eden to dress it and to keep it."

Genesis 2:15.

God's original plan was for people to be active. Physical activity is necessary to maintain all our functional body units and to keep a reserve physical capacity to handle emergency situations.

"God designed that the living machinery should be in daily activity. For in this activity or motion is its preserving power.... The more we exercise, the better will be the circulation of the blood." -- Ellen G. White, *Healthful Living*, pp. 131-132

"There is no exercise that can take the place of walking. by it the circulation of the blood is greatly improved. Walking, in all cases where it is possible, is the best remedy for the diseased bodies, because in this, all of the organs of the body are brought into use." -- Ellen G. White, *Testimonies*, Vol. 3, p. 78

"Moderate exercise every day will impart strength to the muscles, which without exercise become flabby and enfeebled." -- Ellen G. White, *Testimonies*, Vol. 2, p. 533

"Exercise will aid in the work of digestion. Take a walk after a meal; but no violent exercise after a full meal." -- Ellen G. White, *Testimonies*, Vol. 2, p. 530

"Morning exercise, walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is the surest safeguard against colds, coughs, congestion of the brain, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases." -- Ellen G. White, *Healthful Living*, p. 176-177

"If physical exercise were combined with mental exertion, the blood would be quickened in its circulation, the action of the heart would be more perfect, impure matter would be thrown off, and new life and vigor would be experienced in every part of the body." -- Ellen G. White, *Counsels on Health*, p. 572

"Those who thus exercise the Christian graces will grow and will become strong to work for God. They will have a clear spiritual perceptions, a steady growing faith, and an increased power in prayer.... Strength comes by exercise. Activity is the very condition of life. Those who endeavor to maintain a Christian life by passively accepting the blessing that come through the means of grace, and doing nothing for Christ, are simply trying to live by eating without working.... A man who would refuse to exercise his limbs would soon lose all power to use them. Thus the Christian who will not exercise his God-given powers, not only fails to grow up into Christ, but he loses the strength that he already had." -- Ellen G. White, *Steps to Christ*, p. 80

Leviticus 17:11

"The life of the flesh is in the blood." What is in the blood constitutes life; and if there is life in the blood, but bad circulation, the entire system cannot receive the life it needs. Each cell in the body requires nourishment and cleansing from its own wastes to be healthy. Nutrients are delivered to each cell through the blood stream, and, in turn, the wastes are

picked up and deposited in the eliminating organs. Thus we can understand the statement, "Perfect health depends upon perfect circulation." (2T 531).

"The more active the circulation, the more free from obstructions and impurities will be the blood." (*Healthful Living*, p. 178).

The very best exercise is walking briskly outdoors.

"There is NO exercise that can take the place of walking. By it the circulation of the blood is greatly improved. Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use." (3T 78).

"There is no exercise that will prove as beneficial to every part of the body as walking." (*Healthful Living*, p. 130).

I will praise thee; for I am fearfully and wonderfully made; marvelous are thy works; and that my soul knoweth right well." Psalms 139:14

Cells need four essential things to live and function properly:

OXYGEN: Without oxygen, cells die within three minutes; pure air brings life to the skin; for a lack of air the skin nearly dies;

WATER: Without water, the cells die in a few days;

NUTRITION: Without nutrients they die in a few weeks;

CLEANSING: Their own wastes must be removed promptly or death will result in a matter of minutes, or at the most a matter of hours

"The studied habit of shunning the air and avoiding exercise, closes the pores, -the little mouths through which the body breathes, -making it impossible to throw off impurities through that channel. The burden of labor is throne upon the lungs, kidneys, etc., and these internal organs are compelled to do the work of the skin." 2T 524

1Timothy 4:8 *"For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come."*

In this text we would almost think the apostle is telling us not to exercise but that is not what is being said. He is telling us that developing our bodies is not to be more important to us than learning to follow and obey God. You see, Paul lived at the time when the Greek Olympic contests were considered so important. The Pagans worshiped the human body and often put everything into athletic training. It was there idol, so to speak. And so we must be careful because it is easy to make sports, athletics, games of skill, or physical training an idol, to the neglect of our souls and the service of God.

Genesis 3:17- 19 *"And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed [is] the ground for thy sake; in sorrow shalt thou eat [of] it all the days of thy life; Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou [art], and unto dust shalt thou return."*

It is often said- Oh how terrible that God cursed the earth, but you will notice it said- 'for your sake' God wasn't 'getting even' as it were, He was making things so that man would have to work hard to live as that is the only way he would stay strong and well in a sinful world! God's plan for mans physical prosperity is not sports and games, but rather practical, worthwhile work. God's blessing is on those who follow His wise plan and they get more pleasure and satisfaction from life than the idle person ever does.

Proverbs 13:4 *"The soul of the sluggard desireth, and [hath] nothing: but the soul of the diligent shall be made fat."*

Proverbs 20:4 *"The sluggard will not plow by reason of the cold; [therefore] shall he beg in harvest, and [have] nothing."*

Proverbs 6:9 *"How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep?"*

Proverbs 22:29 *"Seest thou a man diligent in his business? he shall stand before kings; he shall not stand before mean [men]"*.

Proverbs 22:29 *"Seest thou a man diligent in his business? he shall stand before kings; he shall not stand before mean [men]."*

Ecclesiastes 5:12 *"The sleep of a labouring man [is] sweet, whether he eat little or much: but the abundance of the rich will not suffer him to sleep."*

Yes, God means us to use the physical abilities He has given us and also use simple exercise to stay fit, but Sports and Athletics can be a snare and become an Idol and are not God's way. These things lead to PRIDE, and take our minds from heavenly things it is no help to have a strong body and loose your own soul.

Matthew 16:26 *"For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?"*

Working, outdoors especially, and walking in nature are two excellent ways to stay in shape as they allow us to contemplate the works of God and meditate on Him, they do not cost a lot to do them, and they do not engender pride and competitive attitudes.



WATER

Genesis 2:10

"And a river went out of Eden and watered the garden."

John 4:14

"But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life."

Notice Jesus equates Himself and His truth with Water; the water of life!

John 6:35

"And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst."

Jesus is the one who cleanses us from sin within and without.- another function of water! And just as it is necessary to our physical life for each cell to be washed clean of impurities, so it is necessary if we are to have eternal life that every part of our minds and hearts must be surrendered to Jesus to be cleansed of sin by His blood.

"Water is the best liquid possible to cleanse the tissues.... Drink some, a little time before or after a meal." -- Ellen G. White, *Healthful Living*, p. 226

Thought- how far would you get if you tried to wash your dirty clothes in pop? Or other drinks?

"The bath soothes the nerves. It promotes general perspiration, quickens the circulation, overcomes obstruction in the system, and acts beneficially on the kidneys and the 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...and a more easy and regular flow of the blood through all the blood vessels is obtained." -- Ellen G. White, *Counsels on Health*, p. 104

"Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter....and if the garments worn are not frequently cleansed...the pores of the skin absorb again the waste matter thrown off. The impurities of the body... are taken back into the blood, and forced upon the internal organs." -- Ellen G. White, *Healthful Living*, p. 143

"God is the source of life and light and joy to the universe. Like rays of light from the sun, like the streams of living water bursting from a living spring, blessings flow out from Him to all His creatures. And wherever the life of God is in the hearts of men, it will flow out to others in love and blessing." -- Ellen G. White, *Steps to Christ*, p. 77

Exodus 19:10

"And the LORD said unto Moses, Go unto the people, and sanctify them to day and to tomorrow, and let them wash their clothes,"

The saying, 'Cleanliness is next to godliness' is not in the Bible, but if you read the careful instruction given to the children of Israel by the Lord in regard to cleanliness of person, clothing, and surroundings, you will clearly see that hygienic practices of cleanliness and order will truly be followed by anyone who is obedient to God. To appear before God in dirty garments or with dirty bodies is an offense also when we realize that we have the holy angels with us when we belong to Jesus, and they come from heaven where all is clean and orderly, we will want to do our best to have this in our own surroundings as well.

Revelation 22:1

"And he showed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb."

Can you even imagine what that water is going to be like? None of us have any idea how wonderful it will be. I once read about when the first white explorers found the Great Lakes that the water was crystal clear and you could see down to great depths in it, we can't even imagine That let alone what water in heaven and the New Earth will be like!

SOME OTHER SPIRITUAL LESSONS FROM WATER-

Jesus likens Himself to the 'Water of Life'. There are many things we can learn from this comparison. Water is cleansing; Jesus cleanses us from sin. Water is essential to life; Jesus is essential for eternal life. Water always seeks the lowest place; it cheerfully and without complaint, quickly goes to the 'lowest room'. Jesus is the meek and lowly One; He is the humble God, who came down to the very depths to reach His fallen children.

Philippians 2:8 *"And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross."* When we are imbued with His spirit, we will never be found seeking the highest place, but like the water, singing with joy we will seek the way of lowly service.

If you have ever sat beside a sparkling, splashing stream, you have seen another spiritual lesson from water. When flowing over rocks and rough places, water sings joyously. So may we rejoice in tribulations, and as water surely wears away and smoothes rough and jagged rocks, so does Jesus' grace in our lives smooth the path we must travel with peace and joy. When you are near flowing water in a falls or fountain, this singing, joyous water seeking the lowest place, imparts an invigorating, refreshing atmosphere to all around it. So the life of Jesus, and his true children filled with His Spirit, has a heavenly and refreshing effect on all around that do not harden their hearts to this blessing.

Your body is about 75% water! Lots of water is needed for optimal function! Every process in your body depends on the presence of adequate water.

Drink lots of pure, soft water daily. Distilled water is best. Juice, tea or soft drinks do NOT take the place of water! Your weight ÷ 2 = minimum number of oz. of water to drink daily. Adequate fluid intake will increase your endurance and energy levels! Studies show DEHYDRATION at the cellular level to be the root cause of many diseases! Carry a supply with you at work and on walks etc.

On arising squeeze a fresh lemon into two glasses room temperature or hot water and drink it. A couple large glasses of hot water first thing in the morning will assist your bowels in elimination.

Drink between meals. 2 hours after to 1/2 hour before- not with meals. Taking 2 glasses 1/2 hour before each meal, prevents mealtime thirst, aids digestion and prevents ulcers. Shower daily with cool or tepid water using a bath brush or good rough washcloth to rub your skin all over. This improves circulation and gets toxins out. Food should not be washed down, and no drink is needed with meals. Many make a mistake in drinking cold water with their meals. Taken with meals, water diminishes the flow of the salivary glands, and the colder the water, the greater the injury to the stomach. Eat slowly and allow the saliva to mingle with the food. 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.

Other benefits of water are hydrotherapy, hot and cold fomentation, enemas, etc.

There are a lot of opinions on the go about what water is best for our health. The authorities fill our water with poisonous chemicals and assure us it is healthy to drink, mineral water sellers hold up their product and say it is best, Water bottlers sell us spring water. Well, we will give you some facts that I am sure will solve the problem for you and start you on your way to better health.

COMMON SENSE REASONS WHY YOU SHOULD DRINK PURE, DISTILLED WATER!

- ◆ There are over 12,000 chemicals on the market today, 500 more being added yearly. Regardless of where you live, in the city or on the farm, some of these chemicals are getting into your drinking water.
- ◆ No one on the face of the earth today, knows what effect these chemicals can have, as they go into thousands of different combinations. It is like mixing colors, one drop can change the whole shade.
- ◆ There has not been equipment designed to detect many of these chemicals.
- ◆ The body is made of 65% water. Therefore, don't you think you should be particular about the kind of water you drink?
- ◆ The Navy has been drinking distilled water for several generations.
- ◆ Distilled water is chemical and mineral free. Distillation removes the chemicals and impurities from water that are possible to remove, and if distillation doesn't remove them, there is no known method that will.
- ◆ Our body does need minerals. **HOWEVER- our body can only use organic minerals! That is minerals from plant or animal source. We cannot use inorganic minerals- only plants can use inorganic minerals!** All those nice sounding minerals listed on your mineral water bottle are only able to be used by plants! That's right- they are totally unavailable to your body. What do they do in there? They clog it up, making deposits in joints, stones in kidneys and gallbladders, rock-like plaque lining our arteries, making them hard and easy to break, leading to strokes and senility. Want your minerals? Dump your mineral water on your plants and then eat their fruit- its the only way you get it!
- ◆ Distilled water is used for intravenous feedings, inhalation therapy, prescriptions, and baby formulas. Doesn't it make sense that it is good for everyone?
- ◆ Thousands of distillers have been sold to individuals, families, doctors, clinics, hospitals, government agencies and nursing homes. And these informed and alert consumers are helping protect their health, by using pure distilled water.
- ◆ With all of the pollutants and impurities in our water, doesn't it only make sense to clean up the water you drink, the inexpensive way, through distillation- Nature's way of purifying water.

Inorganic minerals do nothing but harm in our bodies. People who live in areas where the water contains high levels of minerals find their arteries and veins get hard like cement as they age.

Chlorine and fluorine are two deadly poisons that the authorities see fit to lace our water with on a regular basis. Both these have been shown to contribute to cancer and disease!



I would like to urge each one of my students, to obtain and read Dr. Batmanghelidj's book as titled above. Although it is a fact that Distilled water is best for the body and he does not acknowledge this, the other facts he brings out about chronic dehydration and its affect on our bodies and the chronic diseases that it brings on is truly fascinating!

I will give an address where it can be obtained or your local health store or book seller may be able to get it for you.

Global Health Solutions

Box 3189

Falls Church,VA, 22043

USA

1-800-759-3999 or-

1-800-574-2437

The author of this above mentioned book was thrown into prison by the revolutionary government of Iran. He was to be shot but as he was useful to his captors to care for the prisoners, he was kept on.

One day he had a man in agony with a stomach ulcer attack. Having no medicine at all to give him, he prescribed a glass of water every 20 minutes. Imagine his amazement when after 3 glasses of water the man's pain was relived and as he kept up drinking an appropriate amount of water daily, the problem never returned!

This started 'Dr. Batman' on 25 months of intensive research on the effects of water on the human body, during which he was released by the judge to continue his research. He found that many disease syndromes that modern medicine treats unsuccessfully with drugs, and which are considered of unknown cause, are actually the body's various efforts to deal with life-threatening, chronic dehydration.

Especially in the more well to do nations, the habit of drinking other things rather than water to deal with thirst is a very destructive one. Starting in the bottle-fed infant, whose formulas contain sugar, and are more highly concentrated than natural breast-milk, the child is educated into chronic thirst.

Flavored drinks, pop, cow's milk, juice in the child later becomes tea, coffee, alcohol in the adult. The natural thirst mechanism becomes perverted and finally many of the thirst signals are misinterpreted as hunger. This is a leading cause of overeating and overweight.

All drinks, such as tea, coffee, alcohol, sugared drinks, and pop, ***take more water out of the body than they put in*** as the body must use water to flush out the chemicals. Therefore they are dehydrating agents. One of the best things anyone can do for the health of himself and family, is to dispense with all other drinks and drink 2 to 2 1/2 quarts of distilled water daily- following the schedule of drinking half-hour before meals and 2 1/2 hour after and on rising and before bed. You may need to drink much more than this if you already have a serious disease- you may be years behind in your water drinking!

As the cells struggle to survive under the chronic dehydration and poisoning caused by failure to intake sufficient water and instead substituting poisonous drinks which the body has to try and remove from its cells, finally we reach the stage of chronic pain, and various disease symptoms. The patient is then 'treated' with poisonous drugs that cause more confusion and problems for the body's struggling metabolism.

It is recommended that a person start on a regime of increasing their water intake. This must be done gradually if you are elderly or in very poor health. Use distilled water and start with 1 glass on rising and one before each meal and in evening. If urination increases accordingly, then add one glass 2 1/2 hours after each meal, bring your intake up to- your weight ÷ 2 = # of oz. per day. This is minimum requirement of water.

It will take a while for the body to recognize that it is going to receive adequate water and to cease its water rationing efforts and allow the cells to become rehydrated. It is recommended to try putting a pinch of sea salt on the tip of the tongue following each glass of water which seems to signal the cells to take in water.

It will also take time for the natural thirst mechanism to activate so that the body again will signal its needs- indeed in some cases that will never be wholly dependable so water should be taken on schedule and in planned amounts.

The major cause of fatigue and exhaustion when working-out and in athletic activities is dehydration so water should be carried and used freely when exercising.

Many of the body's cries for water become chronic pain problems. Any kind of chronic pain including migraines and gastric pain, should be treated by several days of increased water intake of at least 2 1/2 quarts a day and see if the pain is not relived. If it is not, then further treatment can be sought, but in most cases it will be gone. This is especially true of severe pain that does not respond to medication.

Gastric pain-

The stomach has a protective mechanism to prevent acid used in digestion from harming the walls of the stomach. If water is drank 1/2 hour before eating, it passes into the small intestine and is absorbed and in 1/2 hour is secreted back into the stomach through the walls, thus plumping up the cells and washing debris and old mucous from underneath and putting a fresh, abundant layer of mucous in place so the stomach is ready to receive food and acid. If the water is not there- the wall is not protected and pain and ulcers result.

Hiatus Hernia-

The stomach has valves that prevent the acid contents from going up into the esophagus. It also has a valve at the lower end that prevents the acid contents from dumping into the small intestine until that organ is ready to receive it.

It is made ready by the pancreas excreting a large amount of watery, bicarbonate solution into the upper part of the small intestine to be ready to neutralize the acid. Then the valve is signaled and it opens and the stomach is emptied.

If there is not water available for the pancreas to do this, the valve shuts tighter and tighter, and the upper valves get looser and looser. Thus the acid begins to regurgitate into the esophagus, and heartburn occurs. Vomiting may also occur. This is the cause of bulimia. Also, after a while the stomach itself can intrude up through the opening in the diaphragm, causing pressure and pain.

If 2 glasses of water are drank before meals, this condition will gradually reverse itself. The medical treatment is to use drugs to force the lower valve to open and dump the acid contents into the unprepared small intestine. It does not take a genius to realize this is not a good idea!

Constipation-

This is a condition largely based on dehydration as well. Drinking two large glasses of warm water on rising will stimulate the production of motilin and encourage the bowels to move. Also the presence of adequate water will make stool softer and more easily evacuated. Extra fiber also helps but fiber without the extra water will only make the condition worse.

It is an interesting thought, completely in harmony with latest research in physiology, that when a patient is taking a pill with a glass of water, it may be the water that helps and not the pill!

Nervous System Disorders-

Brain and nerve disorders can be a symptom of lack of water as the brain is over 85% water, and the nervous system uses little canal-tubules to send minute chemical messages throughout the system. Also, hydro-electricity is generated as adequate water passes through the cell walls, and this energy is used by the nervous system. Memory problems occur when brain has not proper hydration. Panic attacks, long thought to be psychological, have been show to be relieved by drinking three glasses of water followed in 20 minutes by three more. The panic sensation is the nervous system's alarm bells for severe dehydration. Also when a person who is already dehydrated eats concentrated and stimulating foods such a meat and chemical rich items, the body reacts by sending out panic stress hormones causing a fight or flight reaction– this of course is very stressful and the source of aggravated nervous problems.

Arthritis, inflammatory diseases and auto immune disorders-

Again chronic dehydration can express itself in these seeming diseases as lubrication for bones and joints fail when water is low, also the immune system becomes weak and disordered and cannot function normally.

Little micro-tubules become blocked and inoperative and systems fail.

Asthma, allergies etc.

You will be surprised to find out that HISTAMINE is the body's main water regulator, and any time there is a shortage of needed water it takes over the rationing of it to promote survival of the body through caring for the needs of the most vital organs. Thus the choking and wheezing of asthma and the stuffiness of hay-fever and allergies can be an effort to prevent further water loss through the breathing system.

I have seen it proven that a couple glasses of warm water can ease off an asthma attack. These facts also make an intelligent person greatly question the wisdom of using any anti-histamine drugs!

I urge all studying this material, to take action on this cutting-edge information. You've got nothing to loose but your ill heath! Don't make the mistake of talking it over with your health professionals as they have not as yet acknowledged this latest research. You see, this knowledge requires them to completely change the way they look at the body, disease and treatment. They are a group that does not take kindly to change. Knowledge like this would hit the pocket-book of some of the most lucrative industries in the world. But It is your right to learn and take care of your own health in the best way. Put it to the test for several weeks. You will find a difference, maybe small or maybe almost miraculous! Don't just say- "Water cure disease? Nonsense!!" Remember the terrible diseases that happened in the past because of lack of a certain vitamin. The only cure is to replace the missing ingredient. Water is the second most important nutrient in the body! (Oxygen is #1) Every process and action in the entire body is dependent on sufficient water to work properly! Is this not at least worthy of intelligent thought and a several weeks testing period??

THE GENESIS PLAN

DESIGNER'S PLAN FOR GLOWING HEALTH!

"Beloved, I wish above all things that thou mayest prosper and be in health as thy soul prospereth."

3John 2

For glowing health, follow your Designer's hand-book-- The BIBLE!

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. Gen.1.29

...and thou shalt eat the herb of the field; Gen.3.18

"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope." Jer. 29:11

4 SUNSHINE TEMPERANCE SUNSHINE

AND God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years: and let them be for lights in the firmament of the heaven to give light upon the earth: and it was so. And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also. And God set them in the firmament of the heaven to give light upon the earth, and to rule over the day and over the night, and to divide the light from the darkness: and God saw that it was good. And the evening and the morning were the fourth day." Genesis 1:14-19

Every living thing in our world is dependent on sunlight. Without sunlight nothing would live. the following discoveries show the benefits derived from the sun: It lowers blood sugar and blood pressure; it lowers cholesterol by converting it to vitamin D; it utilizes calcium and phosphorus; it increases red blood cells; it increases white blood cells; it strengthens the immune system; it calms the nerves and increases adrenaline; it destroys germs on the skin; it reverses jaundice; it increases circulation; and it helps eliminate pesticides and other chemicals from the system.

Ecclesiastes 11:7 *"Truly the light is sweet, and it is pleasant for the eyes to behold the sun"*

"Pure air, good water, sunshine, the beautiful surroundings of nature...these are God's means for restoring the sick to health." -- Ellen G. White, Testimonies, Vol. 7, p. 85

"As the flower turns to the sun, that the bright beams may aid in perfecting its beauty and symmetry, so should we turn to the Sun of Righteousness, that Heaven's light may shine upon us, that our character may be developed in to the likeness of Christ." -- Ellen G. White, Steps to Christ, p. 68

Almost all of the food we eat depends upon sunlight to grow. In fact, the energy our bodies receive from the food we eat is, in a sense, solar energy that the plant has stored in the form of fats, carbohydrates, and proteins.

The ultraviolet rays are antiseptic and are capable of killing bacteria, viruses, fungi, yeasts, molds, and mites in air and water, and on surfaces. Even reflected light from north windows can destroy bacteria in the dust on window sills and floors. Since most window glass filters about 95 per cent of the ultraviolet rays, it would be well if they could be opened and the curtains pulled back for a period of time each day.

Ultraviolet light also kills germs on our skin. This makes sunbathing a useful treatment for many skin diseases, such as diaper rash, athlete's foot, psoriasis, acne, boils, or impetigo.

Sunlight also toughens and thickens the skin, making it less susceptible to injury and infection. Regular, controlled, moderate exposure to sunlight, instead of damaging the skin and aging it, actually protects the skin by building up a natural resistance to the harmful effects of ultraviolet light, while giving it a nice velvety texture. Later on we will discuss some precautions, but first, more benefits.

Ultraviolet light converts cholesterol in the skin to vitamin D. This vitamin is essential for the proper handling of calcium in the body and thus in the prevention of rickets and adult osteomalacia. Vitamin D is also added to some of the food we eat. It might be possible to get too much of the vitamin this way; but not

when we get it from sunlight, since the body makes only what we need. Getting out in the sun, therefore, is a good way to lower cholesterol levels in our bodies. If we expose six square inches of our skin to direct sunlight for one hour per day, we will obtain our minimum daily requirement for vitamin D.

Sunlight helps to regulate almost all our bodily processes. Starting from the top (our minds) and working down, sunlight has been shown to increase our sense of well-being and to improve sleep. Ultraviolet light coming into our eyes stimulates the pineal gland, which helps to regulate our activity cycles. It has been said, "Dark nights and bright days will help keep the hormones in the body functioning properly." In one experiment hyperactivity in school children was decreased when the classroom's fluorescent lights were changed to full spectrum lighting. Thyroid function may improve. Hormone imbalances tend to level out. Resting heart rate, blood pressure, and respiration rates are all decreased after a sunbath. This result is especially true if any of them were high to begin with. Blood sugar levels can be stabilized. (Note: Diabetics must use extra caution in the sun, as they are at greater risk of permanent injury from sunburn.) Sunlight stimulates the production of more red blood cells, increasing the oxygen content of the blood, and thus increasing muscular endurance. It also stimulates production of more white blood cells and enhances oxygen utilization, which helps the body maintain its defense against disease. While certain skin cancers are associated with exposure to sunlight, the incidence of some of the more serious internal cancers seems to decrease.

Appetite may be improved, along with our assimilation, elimination, and metabolic processes. Poisonous chemicals and heavy metals are removed from the bloodstream faster, while levels of healthy trace minerals are actually increased in the blood. Muscular strength has been increased, even in those unable to exercise. Sunlight has even been found helpful in the treatment of stomach ulcers.

As with most good things, there are some precautions to consider. The main concern is that of burning the skin. Normally, invisible pigment in the inner layer of the skin is converted to melanin, a much darker pigment that tends to reflect the sun's rays. But this process takes time. Blue-eyed blondes and red-haired people are not as adept at this, and these are the very ones who tend to burn easiest. The amount of natural pigment in the skin is the most important factor.

For this reason Blacks have only about 20 percent as much skin cancer as Whites. For this same reason they also have more rickets, due to a lessened vitamin D production.

The amount of tan acquired from previous exposure is a factor, too. A good tan may screen out up to 90 percent of the burning rays. Also, there are persons who for some reason are supersensitive to even a brief exposure to the sun. Some drugs, deodorants, soaps, cosmetics, and beverage alcohol can sensitize the skin to sunlight, making it more sensitive.

FATS, OILS, AND SUNSHINE-

You have no doubt heard the propaganda that sunshine is harmful and can cause cancer. Well it is partly true- but if our diets were free from unnatural fats- we would find cancer of the skin to be very rare indeed. You see it is the action of the sun on all these TRANS fatty acids and hydrogenated fats in our skin that causes the mutations that lead to skin cancer.

Eliminate fried foods- (learn better ways to cook and you won't miss them) eliminate vegetable oils, and shortenings, margarine, and foods containing them. You will be surprised to find out that if you were a person who sunburns easily, after a while you will be no longer .

Toxic Oils- Cotton seed oil- due to high amount of pesticides present in the crop, but also contains toxic fatty acids.

Canola, Rape and Mustard seed oils contain toxic fatty acids and there is oil called bromilated oil used in bottled fruit juices to prevent 'ring around the collar'. These are not listed on the label and are very toxic. The use of these is outlawed in some countries and they are harmful to thyroid, heart, kidney and liver. Peanut oil is best avoided as well.

Saturated fats like butter are less harmful as the body can use them fairly easily for fuel but even they should be used sparingly. Animal fats have the additional problem of contamination with pesticide, disease factors and chemical residues from the animal. The actual fat on meat was always forbidden to be used for food in the Bible. When referring to animal fat- I mean butter.

If you use a lot of processed and pre-prepared foods, you will not be able to eliminate a lot of harmful fats and oils so it is better to learn to prepare simple, fresh foods yourself so you know what you are eating. Better yet, eat as much as you can raw. For 'Fast Foods' you can't beat raw fruit!

For details on this subject- read the book- 'Fats and Oils' by Udo Erasmus.

. An abundance of fruits, vegetables, and whole grains in the diet provides substances that help to prevent the formation of free radicals and protect against their harmful effects, and are thus important in order for the body to properly handle exposure to sunlight.

Overheating can lead to heat exhaustion or sunstroke. How can we best use sunlight to obtain the benefits while minimizing the risks? The first rule is tan, don't burn. Take into consideration the time of year and the hour of the day. As the sun moves more directly overhead, its intensity increases.

When sunbathing, unaccustomed persons should plan their exposures, keeping them short at first (2 minutes per side) and gradually increasing the duration and frequency of exposure. Any color change in the skin beyond the slightly pink stage is a sign you have overdone it. The therapeutic effects occur just below the level of turning red. Remember that it takes time for skin color to change. Get out of the sun before you turn pink. If you don't, it may be too late. Also the benefits are enhanced with shorter, more frequent exposures.

When you've decided that you have had enough sun, the best sunscreen to wear is clothing. Creams or oils are not necessary when sunbathing. Clean, dry skin is best for sunbathing. Opaque ointments like zinc oxide are the best for total blockage to susceptible areas like the nose, and they do not wash off in water like other screens that usually need to be reapplied.

A helpful motto to remember when sunbathing is "Not too much-as often as possible." Combine productive exercise in the fresh air and sunshine for a really healthful trio.

The Scriptures declare, "Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun." Ecclesiastes 11:7

Our Saviour, God's Son, can be compared with the sun and all of its benefits. As we see the sun in the sky above, let us also remember that "unto you that fear my name shall the Sun of righteousness arise with healing in his wings." Malachi 4:2

TEMPERANCE

Genesis 2:9

"Out of the ground made the Lord God to grow every tree that is...good for food."

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

Temperance is not only concerned with drinking booze; good health requires moderation and wise choices in all aspects of life. Over-eating, over-playing, over-working, and over-indulgence of the marriage privilege can all contribute to poor health. Abstain from all harmful indulgences! Tobacco, alcohol, colas and soft drinks, overeating, eating between meals, sugar-laden foods, strong condiments and spices, all caffeinated foods (chocolates and some sodas contain caffeine, as do coffee and tea), large combinations of foods, grease and fat, excess salt, and animal foods. The bit of pleasure they might give is not worth the misery they cause in the long run!

"Indulgence in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then diseases of various kinds occur." -- Review and Herald, September 5, 1899

"Abstemiousness in diet and control of the passions, will preserve the intellect and give mental and moral vigor, enabling men to bring all their propensities under the control of the higher powers, and to discern between right and wrong, the sacred and the common." -- Ellen G. White, Testimonies, Vol. 3, p. 491

Romans 12:1,2

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

1Cor.6.19,20

"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? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

AND the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat: but of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die." Genesis 2:16-17

The dictionary defines the strange word abstemiousness" (Temperance) as being sparing or moderate in eating and drinking. We have all heard the motto, "Moderation in all things." Usually it is understood that all "good things" are what is referred to. Surely we cannot endorse the moderate use of heroin, moderation in adultery or being moderately disposed to negative attitudes like hate, bigotry or deceit. A precise definition of abstemiousness would be "moderation (avoiding extremes) in those things that are good, and avoiding or totally abstaining from those things that are harmful."

In the introductory scripture God gives us the principle of abstemiousness upon which the right to enjoy eternal life is based. Adam and Eve were created in the image of God and had no disposition toward selfish self-gratification and so would naturally practice self-control or temperance. They had no tendencies

toward the extremes. They were to practice moderation in their free eating of every tree in the garden. But they were not to eat from one certain tree-the tree of the knowledge of good and evil.

God wanted them to experience only good. Satan suggested that they ought to find out what a little evil would be like, too. They distrusted God and ate of the forbidden fruit. They broke the health principle of abstemiousness and decided to go beyond the moderate use of those things that are good and also throw in a little of the bad. Their disregard caused a change to take place in their very natures. Once giving in to a selfish desire, they had now opened the floodgate of intemperance and eventual death. God had warned them, "In the day that thou eatest thereof thou shalt surely die."

If God in His great love and mercy had not intervened, their situation would have been hopeless. God had a plan already in store just in case such an emergency should arise. This plan to save not only Adam and Eve from eternal death, but also all their descendants as well, is the main theme of the entire Bible. It is God's way to restore to the human race perfect self-control, just as Adam and Eve had in the beginning. That way is Jesus Christ, the Son of God. "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." John 3:16. "And this is the record, that God hath given to us eternal life, and this life is in his Son. He that hath the Son hath life; and he that hath not the Son of God hath not life." 1 John 5:11-12. The evidence that a person has received the Spirit of God in Christ is described in Galatians 5:22-23, "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law."

We can summarize what has been said up to this point as follows:

1. Abstemiousness is the moderate use of those things that are good, while abstaining from those things that are harmful.

2. This abstention requires self-control or temperance.

3. Temperance is a gift from God that comes to us only as we receive Christ.

Temperance, then, is required in order to build a lifestyle that is in balance physically, mentally, socially, and spiritually. After all, without self-control we could not put into practice the knowledge that we have.

Unless we have the power to carry out all our good intentions, they are not of much use.

Once we have the power of God working in us, we can practice moderation in those things that are good.

We will avoid extremes-the "over/unders."

Overeating leads to stomach-upset and/or obesity. Under-eating leads to malnutrition or starvation.

Overwork leads to exhaustion or injury. Under-work leads to atrophy and weakness.

Over-rest leads to weakness and laziness. Under-rest breeds mental confusion and exhaustion.

We also need a balanced intake of air, water, and sunlight--not too much and not too little.

Abstemiousness should regulate not only our physical health habits, but the mental and social aspects of life as well. Too much reading, too much talking, too much thinking, too much entertainment, too much sports, too much television, materialism, and fashion-all of these things, if not properly regulated, can overtax the mental powers and even lead to physical breakdown somewhere in the body. It could even be said that they are, in a way, intoxicating when carried to excess. We're familiar with the expressions "glued to the TV" or "sports fan" (short for fanatic). These examples serve to illustrate how one's entire life can become unbalanced and the mind somewhat intoxicated or warped by overstimulation. The Bible teaches us, **Philippians 4:8.** *"Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things & of good report; if there be any virtue, and if there be any praise, think on these things."*

This antidote would certainly be effective for many of society's mental and social ills.

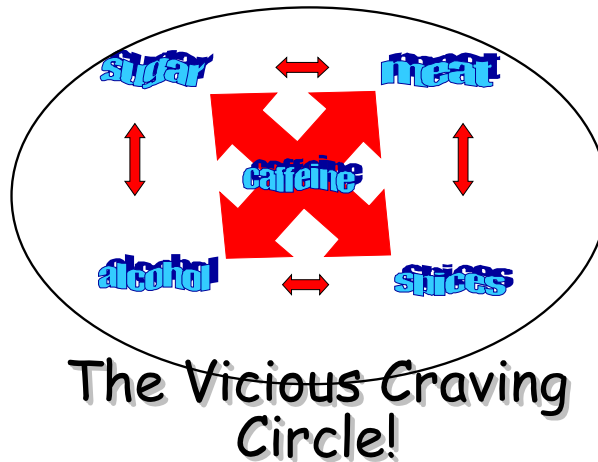
Alcohol, tobacco, and caffeine, as commonly used (excluding rare medicinal usages), do no good whatsoever and have been proved to trigger many harmful side effects, depending on the pattern of use. Each one has its place to some degree in the lineup of prime suspects contributing to the epidemic of the degenerative disease--atherosclerosis, osteoporosis, cancer, hypertension, diabetes, obesity, and so on. They also play a role in violent behavior, accidents and fires. There is almost always some degree of dependence involved in their use. Aside from the physical harm done, this dependency is detrimental mentally and socially, as the user is subconsciously conditioned to use them as crutches. The development of important problem-solving skills and everyday coping skills is retarded to the extent that the chemical crutch is used as a substitute. All that the user need do to discover the extent of their dependency is to stop their use. Illegal drugs should be rejected for the same reasons. They carry the additional drawback of moral guilt and possible civil punishment. Even over-the-counter prescription drugs should be avoided. They always carry side effects, many times do not work as they should, and usually there are safer alternative remedies that could be used instead.

Sometimes strong medications are the lesser of two evils, and in such cases their use is justified. Until something better is found, their use may be necessary.

John 15:5. *"I am the vine, ye are the branches: he that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing."*

It must be remembered that genuine self-control is a gift from God that we can receive only in Christ. Jesus said, We often in this life find ourselves at the end of our rope. But in God we have an infinite store of resources. So much so that the apostle Paul could say,

Philippians 4:13 "I can do all things through Christ which strengtheneth me."



Vicious Craving Circle

Yes it is true! All these harmful food additives create cravings that gradually widen and get stronger! The person who starts using "just a little" of any one of them will gradually find him self using more and more and then branching out to the other parts of the circle until the poor, craving victim can no longer enjoy simple, natural, healthy food but must be striving to satisfy the unnatural cravings these harmful things have set in action in his body.

When he can no longer gain relief through these indulgences, he often resorts to tobacco, street drugs, prescription drugs "for his nerves". His health breaks down, he feels hungry and craving most of the time but only seeks more of the harmful substances he now calls 'food'. He can no longer enjoy foods that would nourish his abused body; What a pitiful slavery!

Behind the scenes his nervous system becomes depleted and exhausted from lack of nutrients and the constant presence of irritating stimulants. (All stimulants are irritating poisons to the body) His nerves clamor, he is tired unless hyped up by increasing doses of stimulants. His weight begins to skyrocket. His self esteem to plummet and he is losing IQ, skills and abilities he once had.

To get him to see what is happening to him is often impossible as these things happen so gradually and they do not seem to be connected – if warned, he will usually reply– "Oh I don't use that much ____!" Or "It doesn't bother me". Or "My diet is pretty good!"

Parents make a dreadful mistake when they allow any of these things to come onto the table. The drunk wasn't always a drunk, the road usually began right at the family table!

People, do you want to be irritable, angry, out of control, enslaved and live in an atmosphere of fights, quarrels, and such with your family? Who would want that?

Then take these vicious slave-masters out of your diet, off of your table, and out of your home!!

You will find it hard at first but in a few weeks the tastes will return to normal, and the nervous systems will heal.

Health will improve, and so will tempers!

What are the CRAVING SLAVE-MASTERS ??

SPICES– ANYTHING THAT TASTES "HOT" WHEN IT IS COLD!

Includes all hot peppers, hot sauces, cinnamon, allspice, nutmeg, mustard, horseradish, chilies, large amounts of ginger etc. These burn and scar the mucosa of the digestive system and interfere with nutrient absorption. They also destroy the ability to taste the delicate, natural flavor of food. They also affect the disposition making the user irritable, impatient and quick tempered!!

Substitute various herbs, onion and garlic.

HARMFUL CONDIMENTS-

ANYTHING CONTAINING SPICES AND/OR VINEGAR

Includes all pickles, relishes, catsup, most sauces in bottles, most salad dressings. These destroy the liver and also sour the disposition. Even 1/4 teaspoon of vinegar on a meal will seriously impair its digestion and promote fermentation especially of starches. It is not unusual for sclerosis of liver to develop in vinegar users even if they do not use alcohol.

Experiment with healthy condiments– Lemon juice, lime juice, garlic and onion in moderate amounts, nutritional yeast and yeast extracts. Bernard Jensen's broth, Bragg's aminos, various herbs-The list is endless-

SUGAR AND REFINED FLOUR

Read labels, you will be amazed how many commercial foods contain sugar! Combinations of sugar and cinnamon are able to cause hyperactivity in kids. It is a hard battle to kick the sugar addiction, but the benefits make it worth the struggle. Use foods high in Vit. B complex to overcome the hypoglycemia that sugar eating creates.

Substitute fresh fruit, honey, dried fruit, fruit juices.

ASPARTAME (NUTRA-SWEET)- This product breaks down at 86% F to form Methanol– a highly toxic form of alcohol, and aspartic acid, a neuro-excito-toxin. It is highly addictive and also leads to overeating and craving for sweets.

MEAT

Includes all flesh products– the worse being pork and beef.

Flesh foods nowadays also have the additional hazard of animal diseases that can be transmitted to man, antibiotics in the flesh from the feed of the animals, and sex, and growth stimulating hormones fed to the animals. If the hormones fatten the beast– what will they do to your waistline??? If flesh was a gross and dangerous article of food 100 years ago– it is a lot worse today!!

Cheese also contains the addictive substance tyramine, like caffeine, it is addictive and also interferes with proper function of the brain cells.

Substitute whole grains, legumes, raw nuts and seeds, some tofu can be used as well.

ALCOHOL, TOBACCO, CAFFEINE AND DRUGS-

There is the obvious side to this subject but also a less obvious one.

Combinations of milk and sugar such as ice-cream, ferment and produce alcohol in the blood!

Sugar and refined flour products such as cake and doughnuts can do the same.

Nutra-sweet (aspartame) breaks down into a very dangerous form of alcohol in the body.

Caffeine is high in most soft drinks and has a terrible effect on the nervous-systems of our kids!

Sweet cereals with all their chemicals and refined flours create alcohol in the stomach when eaten with milk!!

Fried foods, because the fat interferes with digestion also tend to ferment and putrefy in the system causing alcohol and other poisons to enter the blood.

HOW TO OBTAIN DIVINE HELP OVER TOBACCO OR OTHER HARMFUL HABITS

1. Realize that you need help to be set free from tobacco (John 15:5; Jeremiah 33:3).
2. Know that God desires to provide this help to you (Isaiah 41:10).
3. Acknowledge your need and your willingness to come to God and fully cooperate with Him in causing a complete change to happen in your life (Matthew 11:28-30). It is vital that you not live in a state of denial. Acknowledge to God, verbally, your condition and need. Ask Him to give to you a change of mind about tobacco or other habit. Tobacco or addiction is not to be your master (Matthew 23:10). This can only happen if you have a change of mind (heart). Confess your guilt and ask for release from the guilt and power of tobacco (I John 1:9; Proverbs 28:13).
4. Ask for divine help to be set free from tobacco or other habit (Matthew 7:7, 8).
5. Choose to believe that God will fulfill His Word to give you perfect freedom over bad habits (Mark 9:22, 23).
6. Express trust in God and His promise to help you gain perfect freedom from tobacco or other problem (Luke 11:13).
7. Act on your belief by making a commitment to live a life of self-control enabled by God's power (John 1:12). It is not enough to be sorry. You must actively turn away from your former lifestyle (I Corinthians 9:24- 27).
8. Spend time fixing the divine promises in your memory. These promises will bring power into your life when you are assailed by perverted cravings. This is the weapon that Jesus Himself used when He was tempted on appetite (Matthew 4:4).
9. Ask for help in every time of temptation (Luke 18:1, 7, 8; James 4:7-9). (God is not wearied by your continued requests for deliverance.)
10. Express your joy verbally; thank God for helping you to control your appetite (Philippians 4:4-7).

THE GENESIS PLAN

DESIGNER'S PLAN FOR GLOWING HEALTH!

"Beloved, I wish above all things that thou mayest prosper and be in health as thy soul prospereth."

3John 2

For glowing health, follow your Designer's hand-book-- The BIBLE!

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. Gen.1.29

...and thou shalt eat the herb of the field; Gen.3.18

"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope." Jer. 29:11

5 AIR - REST - TRUST AIR

Pure fresh air is very important! That means good air with lots of oxygen. Walking in forests and nature is great! Do deep breathing exercises daily, in the morning. Even in winter have windows open a little and air rooms daily. Avoid smoke, chemicals, sprays and aerosols..

AND God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters. And God made the firmament, and divided the waters which were under the firmament from the waters which were above the firmament: and it was so. And God called the firmament Heaven, And the evening and the morning were the second day." Genesis 1:6-8

And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul. Gen.2.7

The Most essential element to sustain life is oxygen.

- Without food you will die in a few weeks.
- Without water you will die in a few days.
- Without air you will die in a few minutes.
- Blood and cells are dependent upon oxygen.

Fresh air invigorates the vital organs and aids the system in ridding itself of accumulated impurities. Fresh air also brings life to the skin and has a decided influence on the mind. Fresh air contains negative ions which help to immune system fight disease. The lack of fresh air causes specific problems such as fevers, colds, and lung diseases.

"The stomach, liver, lungs and brain are suffering for want of deep, full inspirations of air which would electrify the blood and impart to it a bright, lively color, and which alone can keep it pure, and give tone and vigor to every part of the living machinery." -- Ellen G. White, Testimonies Vol. 2, pp. 67-68

In the morning, step outside and breathe deeply; then expel all the air in your lungs. Repeat this about 3 or 4 times. Have fresh air ventilating in your home day and night. Exercise in the open air will promote good circulation. air is the free blessing of Heaven.

"In the matchless gift of His Son, God has encircled the whole world with an atmosphere of grace as real as the air which circulates around the globe. All who chose to breathe this life-giving atmosphere will live and grow up to the stature of men and women in Christ Jesus." -- Ellen G. White, Steps to Christ, p. 68

The inside of the lung resembles a sponge. All of these tiny pockets (about 300 million) provide over seventy square yards of surface area for the exchange of gases in and out of the blood stream. An adult breathes about 16 times per minute, taking in about one pint of air per breath. This intake adds up to about

2,000 gallons of air per day. During normal breathing this air travels at about 50 miles per hour, but during a sneeze or cough it can reach speeds of 750 miles per hour.

The maximum amount of air a person can inhale and exhale in one breath is called the vital capacity. A good vital capacity is related to a greater life expectancy. Several factors can affect a person's vital capacity: smoking, air pollution, posture, exercise, obesity, and shallow breathing.

For the person who smokes, the dangers are listed on the cigarette packages themselves. Lung cancer, emphysema, and carbon monoxide poisoning are among them. With every puff of smoke the air passageways narrow, making it more difficult to breathe. The cilia are paralyzed, thus preventing them from doing their job of cleansing the lungs. Mucus-clogged and irritated air passageways are ripe for emphysema and bronchitis. Carbon monoxide reduces the oxygen-carrying capacity of the blood. Nicotine constricts the blood vessels, elevates the blood pressure and heart rate, and irritates the heart itself. In pregnant women these poisons cross the placenta and harm the fetus. Cancer-producing tars blacken the lungs. Marijuana smoke has many of the same health-damaging effects, plus some that are unique. Its active ingredient, THC, stays in the body longer than any other drug. With continued use it builds up in the fatty tissues, especially in the brain and in the testes and ovaries.

Cigarette smoke is also one of the main indoor-air pollutants. Those regularly exposed to second-hand smoke over an extended period of time are put at a significant risk for developing the same diseases and sharing some of the same physical impairments as the smoker. Small children, pregnant and lactating women, the elderly, and these with respiratory or heart diseases are the most vulnerable, and may not even be able to tolerate minimal exposure. These persons are also the ones most likely to be affected by other types of indoor pollution.

Bacteria, molds, fungi, house mites, and other disease-producing organisms have a hard time multiplying in rooms that are kept well-aired and sunned. Make sure your ceiling, walls, and floor are adequately insulated to minimize as much unnecessary heat loss as possible. Energy conservation need not be at the expense of one's health. Also to ensure a supply of fresh air while sleeping in bed, open the windows in another room and keep your bedroom door open. Thus the fresh night air can get in without your being in a draft and getting chilled.

If you live in the city, the early morning hours usually have the cleanest air. It is also a good idea to take advantage of clear days by getting outdoors. The best way to escape air pollution is to live in the country. To give you an idea as to the potential differences in air quality, mid-Pacific ocean air contains about 15,000 particles per cubic inch of air as compared to 5,000,000 in big cities. In summary: "When the air is bad, try not to breathe it."

There is something else that makes fresh air fresh besides oxygen and the absence of pollutants, and that is the type of ionization in the air. Ions are tiny, electrified particles of matter. Fresh air may contain between 2-3 million ions in each breath, which is 5-10 times more than stale air. (Oxygen usually carries a negative charge and carbon dioxide a positive charge.) Aerospace research and experience has suggested that air ionization is in itself a health factor apart from the oxygen content alone.

We do not yet understand how it works, but numerous studies have associated negative ions, specifically negatively ionized oxygen, with several health benefits. These include an increased rate and quality of growth in plants and in animals, dilation of the air passageways and improvement in the cleansing action of the lungs, heart rate, blood pressure, and metabolic rate. Mentally, one can experience a sense of exhilaration, or become more relaxed and mildly tranquilized. Hay fever and asthma symptoms may improve. Tumor growth was slowed in laboratory animals. Rats learned twice as fast. Positively charged air, on the other hand, produced the opposite responses and tends to be associated with headaches, dizziness, nausea, and fatigue.

Negative ions are lost as they adhere to walls, fabric materials, and air-conditioning ducts; tobacco smoke, smog and crowds of people tend to use them up, too. **Sunshine, living green trees, and the breakup of water droplets, as occurs around waterfalls and the ocean surf.** add negative ions back into the air.

Now that we've

your head and thus avoid walking with your neck thrust forward thus interfering with breathing. After all, even if your nose does get there first, nothing much will be done until the rest of you arrives.

A good aerobic exercise program combined with muscle toning and stretching exercises is necessary for good health besides being an aid to proper breathing and maintaining a strong set of lungs.

Tight clothing around the chest or abdomen makes proper breathing difficult, as does restrictive clothing that does not allow the free movement of the arms above the head. It is better for women to avoid the unhealthful fashion of tight bras and wear a camisole or undershirt instead.

Normal deep breathing aids digestion by massaging the abdominal organs. Blood is assisted in its return to the chest by the negative pressure that is developed with each deep breath. This pressure helps to reduce the chances of congestion headaches, the pooling of blood in the legs, and aids in the digestive process. Deep breathing gets more oxygen into the blood with each breath, allowing the heart to slow down a little.

A good habit is to go outside in the fresh air and take 10~20 slow, deep, abdominal breaths after each meal and just before retiring for the night. And as we enjoy this time of relaxation, we can give thanks to our Creator God "that giveth breath unto the people." Remembering that "He giveth to all life, and breath, and all things." So, "let every thing that hath breath praise the LORD. Praise ye the LORD." Isaiah 42:5; Acts 17:25; Psalm 150:6

REST

Matt.11.28-30

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.

Genesis 2:2

"He rested on the seventh day from all His work which He had made."

- The greatest remedy for being tired is SLEEP.
- The body requires plenty of rest to heal.
- Sleep is the greatest rejuvenator; it restores strength to muscles, nerves, and brain.
- During sleep the body repairs, reenergizes, and prepares for renewed activity.
- One hour of sleep before midnight is equal to 2 hours of sleep after midnight.

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

"The stomach, when we lie down to rest, should have its work done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours." -- Ellen G. White, Healthful Living, p. 84

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

- Physical Rest -- sitting, lying down, or relaxing. Not eating late at night or before bed.
- Sensory Rest -- quietness and refraining from using the eyes.
- Emotional Rest -- a withdrawing from the ups and downs caused by person interaction.
- Mental Rest -- a detaching of the mind from all intellectual demands or activity.

Your Prescription: First, get the sleep your body needs, 8 hours a day and several hours before midnight. Second, do not neglect that important rest we need, such as taking morning walks, sitting in a garden or other pleasant surroundings, or by a mountain side, looking at a forest or lake, going to the ocean, or reading the Scriptures.

"A life in Christ is a life of restfulness. There may be no ecstasy of feeling, but there should be an abiding peaceful trust. Your hope is not in yourself; it is in Christ. Your weakness is united to His strength, your ignorance to His wisdom, your frailty to His enduring might....Let the mind dwell upon His love, upon the beauty, the perfection of His character.." -- Ellen G. White, Steps to Christ, p.

Get adequate restful sleep! An early, light supper, well before bedtime and no eating before bed will help.

A relaxing warm bath may help you unwind; avoid stressful and stimulating activities before bedtime.

Regular times for going to bed and rising will also help. The best time to go to bed is between 8 and 10 PM.

This sounds strange, because in our culture, it almost seems in bad taste to sleep! 100 years ago the average person got 9 or more hours sleep! Now it is more like 4 or 5! Exercise during the day also helps set the stage for restful sleep. Avoid using drugs for sleep as these are harmful and sleep thus attained is of

little benefit to your body. Lack of restful sleep is for many the root of the 'enervation' that brings disease. For healing and cleansing to occur much rest and sleep is needed as these actions are done only while asleep!

Those who have trouble falling asleep can try a little hops, chamomile or catnip tea before bedtime. Slow, deep breathing or soaking in a neutral bath with a cup of Epsom salts added for ten minutes may help. Blot the skin dry and move slowly and quietly off to bed.

REST VS. ENERVATION???

One of the laws of health is adequate rest and sleep. Why is this so important? Well as we study the physiology of the body, we find out that healing, growing, body-cell housecleaning, repair work, brain recovery, and a lot of immune system work, occurs mostly, or only when we sleep!

One of the most destructive attitudes to come on the scene in modern times is that which says- "You've got to keep going! Don't waste time lying around sleeping! Don't dare lay down a take a nap in the day! Get up, go somewhere, do something, socialize more, exercise more! Be a super person, always on the go!"

Add to this the media entertainment and partying that tends to keep people up late and you have a situation where not 1 in a hundred really gets adequate restful sleep enough to keep his body in proper running order! Even children commonly are up all hours of the night !

At the turn of the century, people averaged 9-10 hours of sleep, now most try to function on a fraction of that! The human body has not changed- indeed with the extra stress in our lives and environment, we need more sleep, not less.

And if you are ill or have chronic disease you need 8- 10 hours a day just to keep stable and if you want to get well, you need more!

It takes energy to go to sleep- that is why insomnia is rampant these days, our bodies are so exhausted, we are constantly whipping them with stimulants to keep going, and our minds are overloaded so that when we do try to sleep, we cannot. Our minds just keep on running!

One of the most important things you can do to keep or restore your health is to turn off the TV, put away the novels and magazines, take a leisurely stroll in the fresh air, a nice cup of catnip tea, and go to bed. If you cannot go to sleep right away, lie there and talk to God, think of your many blessings, commit your life to Him and rest in his Love. It will take a while for your body to realize that you are finally going to let it sleep and catch up on all its housework, but persist and it will pay off.

All the running to health clinics and nutrition and exercise and health treatments won't accomplish anything for you in the long run if your body is enervated from lack of sleep.

If you have a chronic illness, you *are* enervated, as chronic illness can not develop until enervation has set in!

Remember, mental work is harder on you than physical work, so watching TV is not rest- it is hard work for your brain!

Does TV help you Unwind or Unravel?

After a long day at school or at work, do you ever feel like rolling up the sidewalk, turning on the TV, and just "forgetting" about your troubles? It works. But watch out— You may forget more than you bargained for! Instead of "unwinding" you may actually be "unraveling!"

Dementia is the clinical term used to describe an "irrecoverable deteriorative mental state." There are a number of forms of dementia, and various causes. Mental deterioration can occur as a result of alcohol consumption, certain diseases or drugs, a high fat diet, inactivity, or chronic stress, to name a few. Now medical researchers are turning their attention to the possibility of excessively television watching as a significant contributing factor in the development of senility.

Why? TV spectators are exposed to a mass of successive, rapid stimuli with little or no possibility of rationally processing what they are watching. In addition, much of what they see tends to be stress producing. Stress causes a biochemical response in the brain. It stimulates the production of glucocorticosteroids (an adrenal hormone) which in large amounts can actually damage the delicate nerve fibers in the hippocampus portion of the brain. And it is this area that is responsible for short-term memory storage. Clinicians are now being advised to inquire into suspected dementia patients' television viewing habits as a possible factor in the development of the disease. One study suggested that viewing TV four hours a day or more may induce stress-related damage to the brain.

Quoted from Vicki Griffin in Inside Report- October 1995

TRUST in DIVINE POWER

Pro.3.5-8

Trust in the LORD with all thine heart; and lean not unto thine own understanding.

In all thy ways acknowledge him, and he shall direct thy paths.

Be not wise in thine own eyes: fear the LORD, and depart from evil.

It shall be health to thy navel, and marrow to thy bones.

"And the rib, which the Lord God had taken from man, made He a woman, and brought her unto the man."

Genesis 2:22

Who is the Great Physician?

Psalms 103:3

"Who forgiveth all thine iniquities; who healeth all thy diseases;"

Luke 4:40 *"Now when the sun was setting, all they that had any sick with divers diseases brought them unto him; and he laid his hands on every one of them, and healed them".*

From whom does all healing come?

Exodus 15:26 *"If thou wilt diligently hearken to the voice of the Lord thy God, and will do that which is right in His sight, and will give ear to His commandment, and keep His statutes, I will put none of the diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee."*

Proverbs 3:5, 8 *"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."*

What is His desire for your life?

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

Deuteronomy 7:11, 15 *"Thou shalt therefore keep the commandments...which I command thee this day, to do them...and the Lord will take away all sickness and will put none of the evil diseases of Egypt...upon thee."*

Does He want our complete restoration?

1 Thessalonians 5:23 *"And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ."*

Does a lack of trust create a negative influence?

Hebrews 11:6 *"But without faith it is impossible to please Him: for he that cometh to God must believe that He is, and the He is a rewarder of them that diligently seek Him."*

Proverbs 17:22 *"A merry heart doeth good like a medicine: but a broken spirit drieth the bones."*

Proverbs 14:30 *"A sound heart is the life of the flesh; but envy the rottenness of the bones."*

Remember, worry, stress, and depression bring decay, disease, and death. The immune system is strengthened by trusting God.

The foundation of all health is in the acceptance of the blessings which the Creator has provided for us. Foremost of these is the privilege we have of choosing our Saviour to be our Guide as well as our Great Physician. In fact, the divine purpose of our physical healing is to make us more inclined to accept the spiritual healing Christ longs to perform upon our hearts.

There is an inexpressible peace that comes to one who has learned to trust in God and to lay all things in His hands. In Matthew 11:28 Jesus says, *"Come unto Me...and I will give your rest."* Rest from sorrow, rest from fear, and rest from insecurity. But first we must come to Him as our Great Physician. We must trust Him before we can understand and practice His profession or reveal His wisdom and love. Let us resign ourselves to do His will, and endeavor faithfully to follow every instruction He gives for when we come to God, we must be willing to acknowledge and accept His ways as best for us, and follow them, regardless of our own personal preference and prejudices. There may be times when we may not discern His wisdom in certain events, but it is on these occasions that we especially honor Him by our faith. By being obedient to Him in those things which He asks of us--be it in the physical or spiritual realm--we shall discover that He is guiding us on our way to complete healing.

"Keep your wants, your joys, your sorrows, your cares, and your fears before God.... '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.... 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, 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.' Psalm 147:3." -- Ellen G. White, Steps to Christ, p. 100

"Through nature and revelation, through His providence, and by the influence of His Holy Spirit, God speaks to us. But these are not enough; we need also to pour out our hearts to Him. In order to have spiritual life and energy, we must have actual intercourse with our heavenly Father...

"Prayer is the opening of the heart to God as to a friend.... Prayer does not bring God down to us, but brings us up to Him.

"He [Jesus] found comfort and joy in communion with His Father. And if the Saviour of men, the Son of God, felt the need of prayer, how much more should feeble, sinful mortals feel the necessity of fervent, constant prayer." Ibid, pp. 64, 65

Revelation 3:20*"Behold, I stand at the door and knock: if any man hear My voice, and open the door, I will come in and sup with him, and he with Me."*

May we never forget:

Deuteronomy 7:24*"And the Lord commanded us to do all these statutes, to fear the Lord our God, for our good always, that He might **preserve us alive**, as it is at this day."*

The ABCs of HEALTH!

(Use in connection with the 8 LAWS of HEALTH)
ATTITUDE OF GRATITUDE- BENEVOLENCE- CLOTHING

ATTITUDE OF GRATITUDE



Psa.103.2

Bless the LORD, O my soul, and forget not all his benefits:

Psa.103.3

Who forgiveth all thine iniquities; who healeth all thy diseases;

Psa.103.4

Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

Psa.103.5

Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

Psa.32.11

Be glad in the LORD, and rejoice, ye righteous: and shout for joy, all ye that are upright in heart.

Psa.33.1

Rejoice in the LORD, O ye righteous: for praise is comely for the upright.

Psa.33.2

Praise the LORD with harp: sing unto him with the psaltery and an instrument of ten strings.

Psa.33.3

Sing unto him a new song; play skilfully with a loud noise.

Psa.33.4

For the word of the LORD is right; and all his works are done in truth.

Why does the Lord put so much emphasis in His Word about being thankful, singing praises and having right attitudes? Is it because He needs us to flatter His ego? No! Indeed Not! Everything God ever commands or suggests to His human children is always and only for OUR BEST GOOD! God know that by doing these things we come into a healthy and happier frame of mind and every aspect of our lives including our health will be vastly improved.

The story is told by a Pastor Cooper of a lady he was asked to visit. This poor lady was well off in worldly goods but remained a self inflicted prisoner within her home for years— shut away from life and light and totally miserable. Anyone who did visit her was told all the details of her unfortunate life and the unfair way she had been treated. After hearing all this, the Pastor made a simple suggestion to her—

“Take a notebook and write down ten things for which you are thankful— and think about them and thank God for them one by one then the next day write a few more and continue to think about them and to thank God for them. Do this each day.”

“Oh, what in the world,” blurted the lady, “do I have to be thankful for?”

“Well, responded the Paastor, hesitating, “You have a lovely piano over there— you might be thankful for that.”

“I guess so,” murmured the lady, “ It is rather lovely, isn’t it? I am thankful to own it.”

“And what about eyesight? Isn’t it good that you are not blind?”

“Oh, well yes, I guess so,” she admitted.

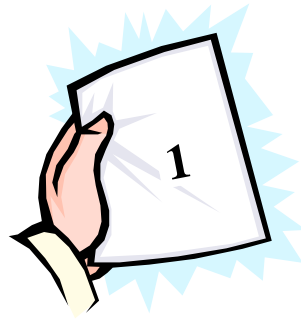
“ That is the way, “smiled the pastor, “just keep looking for things you can thank God for.” He then prayed with her and bade good-bye promising to return in a few weeks.

When he next knocked on the door of this recluse he was amazed at what greeted him. She flung open the door and welcomed him in with a smile. The house was changed— the windows beamed with sunlight and the songs of birds drifted in through open windows. She was radiant and well groomed and the joy of life shown from her eyes.

“Why look, Pastor, she said handing him a full notebook, “I have so much for which to be thankful! How could I have missed it all these years?”

The ATTITUDE OF GRATITUDE had changed her life by putting her back in touch with God, the source of joy and peace.

ACTION & ATTITUDE



I have here a piece of paper- It has '1' marked on the one side and '2' marked on the other side. Now if I give this paper to you to examine you can see that it is one sheet of paper and 1 is on one side and 2 is on the other side. Now what would you think of me if I asked you to give me side one and to keep side two for yourself? Yes, you heard me right, I want you to give me sheet one and keep sheet two for yourself. What? You have a problem with that? What's the problem?

You say you can't do that? Well why not?

But look here, there are two sides, why can't I have one and you the other?

"Because, Didn't you know? Haven't you heard? Hasn't anyone ever told you?" you say, "the two sides are only one paper and you can't have one side without the other."

You mean the two sides make up one whole object?

But the two sides are different, you can see that. One has a 1 and one has a 2. But you say, "They are still only one paper."

Yes, that is correct, and if I were to seriously ask you to do this, you would have a right to doubt my mental processes. No one would dream of asking such a thing.

You are right, we wouldn't make such a mistake as that, but do you know that we in our western, modern culture have been taught to think in just that kind of unrealistic way about our selves, our very lives. We have come to believe that a person can be one way inside and another way in our outward actions. We also think that our outward actions have no real effect on how we are inside- in our 'inward, real self' as we like to think of it.

Let's look at what Jesus said- Over here in Matthew 15:19 For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:

Notice that most of these are what we would call actions.

and over here-

Matthew 5:28 But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

Where is our heart? is it inside or outside? What is meant by our heart? "I love you with all my heart,"

"Whatever he does, he does with all his heart!" Is it this muscular organ that we all have beating away in our chest? When we speak of our heart in this sense, we mean our whole selves, everything that makes us truly 'us' You will notice I didn't say "our inner selves?" Can we have an inner self without an outer self? See the paper- can I have side one without side two? No- It means our whole self and includes the way we look at things, our outlook on life.

It seems that Jesus told us clearly that our insides (thoughts and feelings) and our outsides (actions) are inseparably connected- like our paper here.

Let me tell you a story-

A young woman visited a well-known psychiatrist one day. Her marriage had gone on the rocks, and now she wanted to be divorced. However, before leaving her husband she had the frenetic desire to hurt him as vehemently as ever possible. She hated him with all her heart. That was the only reason why she solicited the psychiatrist's advice.

"Well, I know men," said the psychiatrist. "So I can tell you exactly what will hurt your husband's feelings more acutely than anything else. If you take my advice you simply stay with him for another three weeks or so. In the course of that time you should treat him with treacherous friendliness. In fact, you ought to do him all the good you could ever imagine. Let him gradually be wrapped up in the deceptive idea that you love him sincerely. And then, suddenly one day, you break away from him as cold as ice. That will hurt him to the core. But we shall plan the rupture in more detail once you have practiced your fraudulent work upon his self-conceited mind. The departure should be made as scornful and cutting as

possible. But remember: now in the first round you are to load him with goodness and all imaginable tokens of love. And see to it that they look as genuine as possible.

The woman thought that was a shrewd plan, and just sufficiently wicked and cynical to suit her purpose. She joined it wholeheartedly and followed the instructions as closely as she could.

Finally one day she came back to the psychiatrist, as she had promised.

‘Well, did you proceed exactly as I told you?’ he inquired. ‘Yes, I have been heaping him with goodness and love every day since I left your consulting room’, she said. ‘Good, and now, what date do you think would be most convenient to leave him?’

‘Leave him? Why should I leave him? I couldn’t think of leaving him now. Not for a moment. I love him. I have never loved him as I do today.’

Not only do our thoughts and feelings show up clearly in our actions but our actions have a direct and powerful effect on our thoughts and feelings.

Here is an amazing statement-

“It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. While words express thoughts, it is also true that thoughts follow words. If we would give more expression to our faith, rejoice more in the blessings that we know we have, - the great love and mercy of God, - we would have more faith and greater joy.”

You have all heard the saying- “Keep Smiling!” haven’t you? We have songs about this very thing.

Suppose I am feeling very sad and depressed today- I have a sad face and sad thoughts- all turned inward to my sad self. Then I remember- “Keep Smiling” I turn outward a little and think “well I don’t want to make others feel sad- I will ‘Put on a Happy face’ and so I do. What happens as I do this? Do I still feel all sad and depressed inside? No! amazingly enough I feel better.

Why is this?- My problems might still be there but I feel better just from smiling. Well I am going to let you in on a secret- a powerful secret- It is impossible for the body to have an outward show of an emotion without also having the inward feeling of that emotion as well. Side one and Side two remember?

Here are some more words of Jesus-

Matthew 12:33,34 Either make the tree good, and his fruit good; or else make the tree corrupt, and his fruit corrupt: for the tree is known by [his] fruit. O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh.

Luke 6:43-45 For a good tree bringeth not forth corrupt fruit; neither doth a corrupt tree bring forth good fruit.

For every tree is known by his own fruit. For of thorns men do not gather figs, nor of a bramble bush gather they grapes.

A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.

What does Jesus mean when He talks about fruit? Well, He means our actions, our outward actions and our words- He says we cannot be one way inside and another way out side- and each side effects the other side as they are really one. If I tear side one of my paper- I have to tear side two at the same time, don’t I?

Now lets look at another side to this reality-

Have you ever heard anyone say-“Oh, I can read whatever I like- it has no effect on me at all.” Or “I can watch anything at all on TV or any kind of movies It has no effect on me- I know it isn’t real so it doesn’t effect me.”

Well-let us discuss this for a moment- When a writer in a mystery story wants to say that the heroine is afraid, do they just write “She was afraid.” No that would be boring wouldn’t it? They will write something like this- “ Her heart pounded, her hair stood on end, she trembled and she screamed in terror.”

Didn’t you know? Haven’t you heard? Hasn’t anyone ever told you? that we are made in such a way that when we read or see or hear the description of emotion like this we actually experience some of this emotion- We can’t separate the experience from the sight or description of the emotion.

You see we were created to be able to “weep with those who weep and rejoice with those who rejoice”.

Studies show that when we read or watch anger, fear, lust, hatred, jealousy and so on, our body changes reflect what we are beholding almost as if the situation were happening to us really!

Writers and actors know this and so design entertainment in such a way as to maximize the effect on the reader or viewer. Did you ever notice how “boringly” the Bible is written compared to pulp fiction stories. When the Bible tells the story of someone who fell into sin for example, it just states the happenings as plain facts- Nowhere does it describe the lustful feelings David had for Bathsheba or the feelings of hate Cain felt for Abel. Why? Because God has no intention of stimulating similar feelings in the readers but He has to tell us true happenings to teach us true lessons.

But what happens when men decide to “help God out” by making a major movie out of a Bible story?

Well— then you see and feel all the evil emotions as you watch and also, by the way, the actors see and feel all the evil as they act it out- It is a law of the universe- No-one is immune to it- it is the way we are made- That is Reality!

Did you know that there were no theaters in ancient Israel and no actors? Yes, that is true- God wanted the scriptures read to the people and the stories of history told to the children with emphasis on the lessons they taught- they were never 'acted out'! They were sung, told or read. Think about it. Also with any revival of true Bible godliness we see a shunning of entertainment and theatricals, I urge you to put this law of your being into action for your blessing today- Paul said- 2. Corinthians 3:18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, [even] as by the Spirit of the Lord. Philippians 4:8 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. What we look at and think about and the words we say and the things we do can all be powerful tools to change us into real Christians with our faces shining with real joy - Inward and outward are really two sides of the same whole. Eternal Spirit- help us to "Behold our Lord" and so have attitudes of gratitude.

BENEVOLENCE



Luke.6.38

Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.

Isa.58.6

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?

Isa.58.7

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?

Isa.58.8

Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.

Here is a topic you seldom hear about in health education seminars. It is really very far reaching and has as much power to change our lives than any of the previous topics we have looked at. We have to stop looking at ourselves and our lives in fractional, broken-down pieces and realize that we are a total being. Physical, Mental, Spiritual, Emotional, Social,-Every part of our lives and our beings affect every other part and no part of us should be separated and treated as having no bearing on the rest.

We looked at attitudes and how they make or break us and now we are considering our basic goals for existence Most people do not have any concrete conception of the answers to these questions-

Why am I here?

Why was I born?

What is the purpose of my life?

Where am I going?

How we answer these questions or fail to answer them affects our attitudes and lives in every aspect.

The wide-spread brainwashing of the unproved and un-provable theory of Evolution would have us believe that the whole universe is just a big accident, the result of millions of random accidents- such a view leads only to meaninglessness and emptiness of life. We are only a giant, cosmic burp.

Most people basically conclude- My existence here is just an accident- There really is no purpose or meaning to life except to continue the species- I don't know where I am going and might as well just have as much pleasure as I can while I am here. The aimlessness and meaninglessness that this creates is definitely harmful to our health and happiness!

It is a Law of the Universe, one of God's Laws that to live only for self and selfish pleasure leads to misery and death. While if we sacrifice our own ease and comfort and seek to bring help and joy to others, happiness and fulfillment are welcome side-effects.

Hard heartedness and coldness, indifference and cruelty can only separate us further and further from God, the ever loving, ever giving source of all life. And the further we are from Him the less life and joy we can experience and the more hopelessly miserable we become.

There is a little poem that says-

"I wept because I had no shoes-
Until I met a man who had no feet."

Turning our eyes away from self can change everything for you. First turn your eyes to God, read the Bible and pray daily. Not as a "holiness or religious Ritual", but to get to know "The only true God and Jesus Christ whom he hath sent." Give your heart to Him and he will cleanse it and fill you with Peace and Joy. Then look around you and see those whom you can help, Your family, spouse, neighbors, friends and those strangers your path crosses day by day. A smile, a kind word, graciously lending a helping hand, a small gift of remembrance to a lonely person, a thoughtful letter to an old friend, yes and even a letter of apology to someone you have wronged or who may have wronged you.

There are countless ways benevolence can enter your life bring its healing balm on angel wings of peace and mercy.

CLOTHING—HEALTHFUL and CONVENIENT

Customs in eating, drinking, and dressing greatly influence the level of health. Following are some suggestions that may help you to better health.

TIGHT BANDS

Any bands that impede the circulation, leave a mark on the skin or prevent entirely free motion of an extremity, are unhealthful. The most healthful clothing is suspended from the shoulder, rather than from tight bands around the waist. Care should also be used at such trouble areas as the neck, ankles, knees, thighs, and wrists. Shoulder straps of underclothing can cause a heavy, tiring weight. Test your clothing by lifting your arms straight up. The clothing should move upward with the arms. Examine your skin for marks from tight bands. Test the clothing over the thighs by taking giant steps (your clothing should not become snug against your thighs even with your longest step). Men's pants that are too tight in the crotch endanger the delicate testes. Their injury from compression and excessive heat has been compared to receiving a certain quantity of X-radiation.

PROPER CLOTHING OF THE EXTREMITIES

It is impossible to have the best of health if the extremities are habitually cold. The unequal circulation which results from clothing the trunk more warmly than the extremities, allows toxic materials to build up (and create inflammation?) in the anemic extremities and in the congested viscera. Blood tends to pool in any area of inflammation. Excess blood in the head produces headaches, in the chest it produces coughs, various types of discomfort in the intestinal tract, and inefficient cleaning of the blood in the kidneys. The nervous system responds to messages from chilled areas with an alarm reaction.

PELVIC DISEASE

Much of the feebleness which is suffered by women is the result of improper clothing of the extremities. Congestion of the pelvic organs can lead to cervicitis, dysmenorrhea, cervical polyps and malposition of the uterus. During pregnancy the placenta may not get a sufficient circulation of blood. As a result of a sluggish exchange of blood, the development of the fetus may be retarded. Vitality is expended unnecessarily to supply heat that is lost with insufficient clothing. Usually, proper dress also demands warm underclothing. Absorbent cotton for underclothing, not synthetic fabrics, are often required to meet all the various needs of the body.

OTHER ORGANS

If the breasts are more warmly clothed than the extremities, the resulting increased temperature makes them susceptible to various diseases, from inability to nurse one's infant, to cystic disease and various tumors. The normal temperature of the breast is several degrees below that of the surrounding skin. Mammary thermograms show an increased breast temperature in breast cancer and many benign lesions. The undescended male testis is a similar glandular organ and has a much greater malignancy rate than the descended testis, because of increased surrounding body heat. It may be that the reason for the increase in testicular cancer is that the undescended testis is kept several degrees warmer than the scrotal testis, which is removed from the major portion of the body heat.

VIRAL INFECTIONS

The susceptibility to viral infections is greatly increased if the extremities are not kept warmly clad at all times. Physicians describe normal skin as "warm and dry" except when one is actively sweating, and then it is described as "cool and moist". Bare arms or legs can rarely be defined by either of these descriptions. We have fixed macrophages (define) in the skin which are important for combating disease. If the blood can be flooded past these important structures, they assist in protecting against infection, particularly upper respiratory tract infections. (Last two sentences need to be clarified - does clothing the extremities properly

help the blood to circulate past the macrophages - so that protection is enhanced?) Many diseases whose causes have been elusive are now considered to be virus diseases. These diseases include cancer, arthritis, ulcerative colitis, etc. We may lower the body's resistance to these types of disease by improperly clothing the extremities.

SHOES

Shoes should be substantial, with low heels, and should not require gripping the toes in order to maintain the position of the shoe on the foot. A strap or tie which keeps the shoe on, and allows ample room for the toes, is the most healthful shoe. Remember to buy larger shoes in winter to accommodate woolen winter hose.

HOW TO KEEP COOL

A. Dress against the heat.

1. Protect the skin from the direct rays of the sun with loose, cotton clothing that fully covers the arms and the legs. In countries where the weather is very hot, clothing is loose fitting and covers the body well.
2. Choose light colors that reflect the heat and thus keep the body cool.
3. Wearing long sleeves, in summer and winter, prevents the "alarm reaction" of the adrenals. This alarm causes a vigorous adjustment in the nervous system and the sensation of extreme overheating if even a light sleeve is worn (add-in warm weather.) The reaction is paradoxically characterized by an intolerance to covering the arms. It is an adaptation response of the nervous system to the stress of chilling.

B. Keep the head cool while in the sun by wearing a hat, avoiding the midday sun when possible, and by drinking plenty of water to promote free sweating.

C. Eat lighter foods, emphasizing fresh fruits and vegetables. Heavy or sweet foods, fatty foods, or high protein foods cause much heat production.

D. Water. Perspiration can be promoted by drinking plenty of water. The skin and the lungs, which are the natural temperature controls of the body, can be much more efficient when an abundance of water is taken in.

BABY'S CLOTHING

Babies experience much discomfort because of improper clothing. Many fretful babies are uncomfortable because of being handled on their bare skin, particularly in hot weather when a parent's hands may be sweaty and salty and make the baby's skin uncomfortable. In hot weather, a light, soft, loose cotton garment that covers the entire trunk and upper arms and thighs will be most comfortable.

Chilling of the baby's extremities may cause congestion in the abdomen, where even a tablespoon of extra blood may distressfully crowd the organs. If the baby is also wearing clothing with tight bands, either around the abdomen or thighs, the stage is set for colic.