

According to a January 2010 issue of Duke Medicine Health News, protection of a vegetarian lifestyle is demonstrated in a lower mortality rate from ischemic heart disease, as well as lower LDL “bad cholesterol, lower blood pressure, lower rates of hypertension and type 2 diabetes,...and lower overall cancer rates. “The AMA has stated that 97% of coronary occlusions (plaque blockages in the arteries) could be prevented by a vegetarian diet”.

When we add it all up **Godly Trust, Open air, Daily exercise, Sunshine, Proper rest, Lots of water, Always temperate, and Nutrition** is God’s Plan for health.

“The more nearly we come into harmony with God’s original plan, the more favorable our position to secure health of body, mind, and soul.” (MH pg. 365)

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Dehydration (from not drinking enough water) increases your risk for allergies, asthma, heartburn, high and low blood pressure, kidney stones, and arthritis.

Many people don’t know that the more you weigh the more water you need to drink. To determine how much water you should drink each day—Divide your weight in pounds by 2.2 (this is your weight in kg). This is how many ounces you should drink each day. OR you can divide your weight in lbs. by 16 and this is how many cups of water you need to drink each day. A 132 pound (60 kg) person needs to drink 60 ounces or 8.25 cups of water a day.

Drinking at least five glasses of water each day decreases the chance of colon cancer by 45%, bladder cancer by 50%, and breast cancer by 79%, (Rust Out, pg. 5-8)

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God’s plan for moral health contains 10 simple commandments. Equally simple, God’s plan for physical health may be summed up in 8 simple directions, as we will show. The promise found in Exodus 15:26 states, “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.”

If, as a people, the Israelites had lived according to God’s plan, they would have been preserved from the diseases that afflicted other nations. But can we today expect tangible health benefits for those who adhere to Bible religion?

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“it stimulates the appetite and renders digestion more perfect; and it induces sound, refreshing sleep.” - Ministry of Healing, 272

D is for Daily Exercise

Almost as soon as God created man, He gave him exercise—work to do in the garden of Eden (Gen. 2:15) Work, or exercise, is part of God’s prescription for health. God said, “Six days shalt thou labour, and do all thy work:” Exodus 20:9

Dr. V.W. Foster wrote, “Proper exercise can do more for you than a fistful of medicine.” Here are just a few of the things he says exercise can do for you. It makes your heart more efficient. It normalizes blood pressure. It helps digestion and promotes intestinal activity, reducing gas and constipation.

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Many substances should be dispensed with entirely. For example, even in small amounts alcohol suppresses the immune system. It takes only 2 drinks of alcohol to reduce antibody production by 2/3s. Smoking is now considered the leading cause of preventable death worldwide. (CDC)

Caffeine (found in coffee, sodas, and chocolate) is a nervous system stimulant. It borrows energy you don’t really have much like whipping a tired horse. “Statistics show that heavy coffee and tea drinkers... are more susceptible to all types of disease.” (Newstart, pg. 133)

It is also prudent to watch out for Genetically Modified Foods, artificial flavors and colors, and foods that are full of chemicals. Temperance also includes being careful not to eat too much.

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After one such discovery during WW2, the British government passed a law which required one day of rest each week and at least two yearly vacations.

“The amount of sleep needed for good health differs with age. Newborn babies may need 16-20 hours of sleep. Young children need 10-12 hours of sleep. Adult sleep needs vary with genetics, according to Dr. James Perl, a sleep expert. He says about 20% of the population need less than 6 hrs. of sleep per night. 10% of us need more than 9 hours, but most people operate best on 7 or 8 hours of sleep.

A Few Tips that may Help You Sleep

“The sleep of a labouring man is sweet” (Eccl. 5:12) so get plenty of daily exercise. Avoid eating right before you go to bed, eliminate caffeine, sleep with fresh air, and get morning sunshine.

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Perhaps the Bible was right when it stated, “Trust in the LORD with all thine heart; and lean not unto thine own understanding... fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.” Proverbs 3:5-8

O is for Open Air

A person can live for weeks without food, days without water, but only minutes without air. Clean, open air is especially important. God’s original plan contained lots of outside air since he put man in a garden. Genesis 2:15 tells us, “And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.” New studies show, “breathing the air of nature increases the number of killer (NK) cells, a type of white blood cell that supports the immune system ...

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S is for Sunshine

Sunshine is also an important part of God’s plan for health. The scriptures state, “Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun.” Ecclesiastes 11:7

For good reason, Vitamin D is sometimes called the sunshine vitamin. Sunshine makes Vitamin D out of cholesterol and some of the other plant sterols deposited just below the skin. This is why sunlight has a cholesterol lowering effect. The Vitamin D stimulates calcium absorption and is also essential to the calcium metabolism necessary for strong bones and teeth.

It is also able to speed up the bodies circulation which enhances elimination of toxins.

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In fact, “NK (# of killer) cells also are thought to have a role in combating infections and autoimmune disorders and a range of ailments, like heart disease and diabetes. Researchers found that people, who took two long walks through forests on consecutive days, increased their NK cells by 50% and the activity of these cells increased by 56%. Those activity levels remained 23% higher than usual for the month following the walks”. (KTF Newsletter, August 2016)

Taking good deep breathes is also important. “In order to have good blood, we must breathe well. Full, deep inspirations of pure air which fill the lungs with oxygen, purify the blood. They impart to it a bright color, and send it, a life-giving current, to every part of the body. A good respiration soothes the nerves;

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Sunshine increases the number of white blood cells, which help to protect the body against invading germs. It also actually promotes wound healing and kills many bacteria after short exposure. In 1877, two scientists, Downs and Blunt, accidentally found that bacteria grew in shaded test tubes but not in those exposed to sunlight

Studies have also shown that full spectrum bright light, like that from the sun, can improve alertness as well as cognitive function. Sunlight has been used successfully in the treatment of various types of depression and has even been reported to have a calming, pain-killing effect. No wonder the Bible states about Jesus, “But unto you that fear my name shall the Sun of righteousness arise with healing in his wings...” Malachi 4:2

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A is for Always Temperate

Paul often spoke about temperance perhaps because he knew it was part of God’s plan for health. 1 Cor. 9:25 says, “And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.”

True temperance teaches us to dispense entirely with everything hurtful, and to use judiciously that which is healthful. A Quick Reference Prevention Tips Guide from John Hopkins Medicine lists 21 diseases and practical tips for how to avoid them. When I counted, 15 of out of 21 of the diseases listed could possibly be prevented by avoidance of substances like alcohol, caffeine, tobacco and drugs (even listing some pharmaceuticals).

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P is for Proper Rest

Proper Rest is also part of God’s plan for health for it is God who “giveth his beloved sleep.” Psalm 127:2 And He also promises, “I will give you rest.” Matt. 11:28

Proper rest was one of 7 important tips for maintaining long life that Drs. Breslow and Enstrom compiled from the lifestyle and health study they conducted.

Proper rest includes daily rest or sleep, weekly rest, like a Sabbath day (Ex. 20:8-11, Gen.2:1-3), and recreation rest or rejuvenating vacations in nature several times a year.

Losing even 3 hours sleep on a given night can cut in half the effectiveness of your immune system. History also demonstrates that taken to an excess more hours are actually less productive.

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G is for Godly Trust

Could Godly Trust be important for health?

“An analysis of 212 peer reviewed studies revealed that 75% of the studies revealed that religious commitment has a beneficial impact on a variety of health conditions including alcoholism, heart disease, anxiety and depression.”

(Griffin, PhD, MACN: “Guilt-free Gourmet” pg. 276)

“I fully believe,” says physician Ted Hamilton, “and there is research that’s beginning the notion, that trust in someone outside of yourself actually releases healing hormones into our bodies that contribute to the healing process... My guess is that 5 years from now we will view trust and hope as medications to help people recover more quickly.”

(Creation Health Discovery, pg. 71)

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Exercise also promotes better blood circulation. It relaxes tense muscles and even reduces anger and frustration. It stimulates the production of endorphins (happy hormones) that provide a sense of well-being and increase your threshold for pain. It sharpens your mental powers and increases your capacity to think. It brings a physiological balance to the endocrine system helping your pituitary, adrenals, and pancreas to be more efficient. (This is one reason why many people have found exercise to be helpful in controlling diabetes.) It increases the metabolic rate which helps you to loose excess weight. It even slows the aging process. (Newstart, p 70)

No wonder someone wrote, “A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe.” (Counsels on Health, p 52)

N is for Nutrition

Nutrition and good cooking is the foundation of that which keeps people in health. All the cells, tissues and organs of our bodies are formed of the food we eat. In the very beginning after creating Adam and Eve, “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 [food].” After sin, God added vegetables to the diet of man, saying, “thou shalt eat the herb of the field;” Gen. 3:18

Science is now showing that fruits, nuts, grains, vegetables and seeds are indeed the best food for man. These foods are packed with nutrition, vitamins and minerals necessary for health.

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L is for Lots of Water

Water is one of heaven’s choicest blessings. God promises, “And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.” (Ex. 23:25)

The proper use of water promotes health. It can be used externally by washing hands and bathing to eliminate toxins and germs. And it can be used internally as the beverage which God provided to quench the thirst of animals and man. Drunk freely, water helps supply the necessities of the body’s systems and assists in resisting disease.

Your body is 75% water and symptoms of not getting enough water include back and joint pain, slowed metabolism (weight gain), headaches, and even bad memory.

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