



FootPrint 8 —

HEALTH PRINCIPLES

God has set forth a blueprint of health principles for our lives that if followed, would facilitate our becoming the living sacrifice that is holy, acceptable and pleasing to God. Romans 12:1-2. Health is to be an essential part of our education, yet it is not. Health is to be the right arm of the Gospel, yet it is not. God has set forth eight laws of health, laws that have spiritual, physical, mental and emotional consequences in keeping or not keeping, that most are routinely unaware of, or which are taken to extremes that make salvation on the basis of works and not faith. Mankind, especially in developed countries like the United States, are given to indulgences, eating and drinking themselves into the grave without remorse, with no concept that they are doing so. Adventists are no different. We have the health message but only practice it in part, sparingly, not willing to give all of our beings to God including diet and lifestyle. We hang on to bad habits, bad foods, not willing to give all of them up as if our life depended upon having them, when in fact, our life depends on **NOT** having them. We seek to excuse and justify ourselves before men and before God when truth is made known to us and we out-of-hand reject it. We choose not to believe the plain words of the pioneers and Ellen G. White, as given her by God, regarding health reform and what is needed. We choose to believe the doctor and take medications that are exceptionally damaging to our overall health and refuse to believe God; that He has provided a better, natural way to overcome ailments that we are guilty of causing ourselves by our refusal to do things God's way instead of ours. And it's not that doctors don't have a role to play in our lives, especially in emergency situations. But that does not excuse us in any sense for not abiding by God's rules of natural health that would prevent most diseases and keep us out of the doctor's offices in the first place. And worst of all, we ask for prayer and anointing from the elders to bring about God's divine intervention in our behalf, without repenting of or changing what

caused the problem in the first place. We, as a people and as a nation are most presumptive and God is not being honored as He should be, thus preventing true revival in any real or lasting sense. As long as we refuse to live by God's terms, we shut ourselves off from heaven and our prayers will not be answered by Him. Trusting God for the wisdom and strength from Him to exercise that control on a consistent basis is first and foremost. We make a decision to follow God regardless of the cost, submit ourselves unreservedly to Him, and He will take care of the rest. The control of appetite is next. Eating a Vegan vegetarian diet and using natural supplements to replace the nutrients the food does not or cannot provide is a good place to start. That in turn will lead to a willing obedience to all of the eight laws of health which will clean up our body temples and minds and make a place that is fit for the Holy Spirit to dwell in. We can then have a mind that can hear Him speak to us when He does, and a spirit that can be used to carry out God's work through our lives that are now living sacrifices that are holy and acceptable to Him.

"One of the strongest temptations to man is upon the point of appetite. Between the mind and the body there is a mysterious and wonderful relation. They react upon each other. To keep the body in a healthy condition, to develop its strength, that every part of the living machinery may act harmoniously, should be the first study of our life. To neglect the body is to neglect the mind. God cannot be glorified by his children's having sickly bodies or dwarfed minds. To indulge the taste at the expense of health is a wicked abuse of the senses. Those who engage in any species of intemperance in eating or drinking, waste the physical energies and weaken moral power. They will feel the retribution which follows the transgression of physical law.

"The Redeemer of the world knew that the indulgence of appetite would bring physical debility and deaden the perceptive organs so that sacred and eternal things would not be discerned. Christ knew that the world was given up to gluttony, and that this indulgence would pervert the moral powers. If the indulgence of appetite was so strong upon the race as to require a fast of nearly six weeks by the divine Son of God, in behalf of man, to break its power, what a work is before the Christian in order that he may overcome, even as Christ overcame. The strength of the temptation to indulge perverted appetite can be measured only by the inexpressible anguish of Christ in that long fast in the wilderness.

"Christ knew that in order to successfully carry forward the plan of salvation he must commence the work of redeeming man just where the ruin began. Adam fell on the point of appetite. In order to impress upon man his obligations to obey the law of God, Christ began his work of redemption by reforming the physical habits of man. The declension in virtue and the degeneracy of the race were chiefly

attributable to the indulgence of perverted appetite.” **Ellen G. White, *The Health Reformer*, August 1, 1875**

“Since the mind and the soul find expression through the body, both mental and spiritual vigor are in great degree dependent upon physical strength and activity; whatever promotes physical health, promotes the development of a strong mind and a well-balanced character. Without health no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow beings, or to his Creator. Therefore the health should be as faithfully guarded as the character. A knowledge of physiology and hygiene should be the basis of all educational effort.” **Ellen G. White, *Education*, pg. 195**

“The subject of health reform has been presented in the churches; but the light has not been heartily received. The selfish, health-destroying indulgences of men and women have counteracted the influence of the message that is to prepare a people for the great day of God. If the churches expect strength, they must live the truth which God has given them. If the members of our churches disregard the light on this subject, they will reap the sure result in both spiritual and physical degeneracy. And the influence of these older church members will leaven those newly come to the faith. The Lord does not now work to bring many souls into the truth, because of the church members who have never been converted and those who were once converted but who have backslidden. What influence would these unconsecrated members have on new converts? Would they not make of no effect the God-given message which His people are to bear?” **Ellen G. White, *Testimonies of the Church*, Volume 6, pg. 370**

“Present truth lies in the work of health reform as verily as in other features of gospel work. No one branch when separated from others can be a perfect whole.

“The gospel of health has able advocates, but their work has been made very hard because so many ministers, presidents of conferences, and others in positions of influence have failed to give the question of health reform its proper attention. They have not recognized it in its relation to the work of the message as the right arm of the body. While very little respect has been shown to this department by many of the people and by some of the ministers, the Lord has shown His regard for it by giving it abundant prosperity. When properly conducted, the health work is an entering wedge, making a way for other truths to reach the heart. When the third angel’s message is received in its fullness, health reform will be given its place in the councils of the conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will serve and protect the body.” **Ellen G. White, *Testimonies for the Church*, vol. 6, pg. 327; *Review & Herald*, June 20, 1899**

“A practice that is laying the foundation of a vast amount of disease and of even more serious evils is the free use of poisonous drugs. When attacked by

disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience.

By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body. Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society.

Drug medication, as it is generally practiced, is a curse. Educate away from drugs. Use them less and less, and depend more upon hygienic agencies; then nature will respond to God's physicians—pure air, pure water, proper exercise, a clear conscience. Those who persist in the use of tea, coffee, and flesh meats will feel the need of drugs, but many might recover without one grain of medicine if they would obey the laws of health. Drugs need seldom be used." **Ellen G. White, Counsels for the Church, pg. 105**

"The things of nature are God's blessings, provided to give health to body, mind, and soul. They are given to the well to keep them well, and to the sick to make them well. Connected with water treatment, they are more effective in restoring health than all the drug medication in the world." **Ellen G. White, Counsels on Health, pg. 169**

"The sum of the whole matter is this: Life cannot come from anything but life. It is not only senseless, but wicked, to put death into the system, expecting to get life from it. By good food, fresh air, pure water, proper clothing, regular, judicious exercise, and cleanliness, and with all and above all, intelligent faith in the Lord Jesus Christ, God conveys His life to us. By these means we live. By rejecting them, or abusing them, or substituting poisonous drugs for any of them, we take death to ourselves. Do you love life? then take it in its fullness and freshness, and shun the way of death." **E. J. Waggoner, The Present Truth, UK, Vol. 16, September 20, 1900**

"The indulgence of animal appetites has degraded and enslaved many. Self-denial and a restraint upon the animal appetites are necessary to elevate and establish an improved condition of health and morals, and purify corrupted society. Every violation of principle in eating and drinking blunts the perceptive faculties, making it impossible for them to appreciate or place the right value upon eternal things. It is of the greatest importance that mankind should not be ignorant in regard to the consequences of excess. Temperance in all things is necessary to health and the development and growth of a good Christian character." **Ellen G. White, Counsels on Health, pg. 38**

“All should be very careful to preserve the body in the best condition of health, that they may render to God perfect service, and do their duty in the family and in society. “It is as truly a sin to violate the laws of our being as it is to break the Ten Commandments. To do either is to break God’s laws. Those who transgress the law of God in their physical organism, will be inclined to violate the law of God spoken from Sinai.” **Ellen G. White, Christian Temperance and Bible Hygiene, pg. 52-53**

“Transgression of physical law is transgression of the moral law; for God is as truly the author of physical laws as He is the author of the moral law. His law is written with His own finger upon every nerve, every muscle, every faculty, which has been entrusted to man. And every misuse of any part of our organism is a violation of that law.” **Ellen G. White, Christ’s Object Lessons, pg. 347**

“To those who desire prayer for their restoration to health, it should be made plain that the violation of God’s law, either natural or spiritual, is sin, and that in order for them to receive His blessing, sin must be confessed and forsaken.” **Ellen G. White, Gospel Workers, pg. 216**

“Many have expected that God would keep them from sickness merely because they have asked Him to do so. But God did not regard their prayers, because their faith was not made perfect by works. God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health and make no efforts to prevent disease. When we do all we can on our part to have health, then may we expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health. He will then answer our prayer, if His name can be glorified thereby. But let all understand that they have a work to do. God will not work in a miraculous manner to preserve the health of persons who, by their careless inattention to the laws of health, are taking a sure course of action to make themselves sick.” **Ellen G. White, Review & Herald, December 19, 1899**

“In the word of God we have instruction relative to special prayer for the recovery of the sick. But the offering of such prayer is a most solemn act, and should not be entered upon without careful consideration. In many cases of prayer for the healing of the sick, that which is called faith is nothing less than presumption. “Many persons bring disease upon themselves by their self-indulgence. They have not lived in accordance with natural law or the principles of strict purity. Others have disregarded the laws of health in their habits of eating and drinking, dressing, or working. Often some form of vice is the cause of feebleness of mind or body. Should these persons gain the blessing of health, many of them would continue to pursue the same course of heedless transgression of God’s natural and spiritual laws, reasoning that if God heals them in answer to prayer, they are at liberty to continue their unhealthful practices and to indulge

perverted appetite without restraint. If God were to work a miracle in restoring these persons to health, He would be encouraging sin.” **Ellen G. White, Ministry of Healing, pg. 227**

Health Law I

Trust In Divine Power

The national mental status in the U.S. appears to be shaky. Depression, despair, stress, anxiety, anger, revenge, prolonged grief, jealousy, and apathy abound. Many others could be listed. These can be powerful disease triggers. The results of a national survey by the U.S. Department of Health, Education, and Welfare indicated that 25 percent of the population admitted to being under a major degree of stress. One source estimated that perhaps one-third of Americans could be considered mentally healthy.

Mental State Influence on Physical Problems

If a partial list were to be composed of physical diseases with apparent psychological components, it would look something like this: allergies, asthma, angina, arthritis, back pain, cancer, hair and scalp problems, headaches, heart disease, hypertension, insomnia, impotence, irritable bowel syndrome, skin problems, and ulcers. It has been estimated that 75 percent of all complaints that patients present are stress related.

How does our mind contribute to disease? Negative emotions trigger the release of certain hormones and stimulate the nervous system in such a way as to put stress on the various organs in the body. As these organs are subjected to this stress over long periods of time they become weakened. Once weakened they are more susceptible to disease processes invading from without or being triggered from within. Which organs are affected first, and to what degree, depends upon the person's heredity, constitution, environment, and lifestyle. By the time symptoms of disease occur it is often difficult to trace them from cause to effect and to know for sure which risk factors played the primary role in the disease process.

God's Remedy For Mankind's Problems

The third chapter of Genesis in the Bible tells us the origin of mankind's problems and God's remedy for our situation. **Genesis, chapter 3**, begins with Eve being led into disobedience. She was deceived, yet the decision was hers to go against what God had said. She then proceeded to involve Adam in disobeying God. Adam was not deceived, yet he, too, chose to join his wife in disobeying his Creator.

Immediately they sensed a change in themselves. It was not the change for the better that their deceiver had promised. Instead, it was a change for the worse. For the first time they felt shame and guilt. They tried to cover themselves by making aprons out of fig leaves. They hid themselves from God and were afraid. When God found them and started questioning them, they began shifting the blame. They would not admit any personal responsibility.

The Desire To Escape Guilt

Does this little scenario sound familiar? It should. Feelings of guilt, fear, and inadequacy accurately portray the sad condition of humanity. These feelings lead us to want to escape. We blame others, all the while seeking to cover up our own deficiencies. Our futile attempts at escapism and coping do not always degenerate to the lowest levels of physical combat, tongue lashings, promiscuity, or criminal behavior. They may assume an air of respectfulness—a little pride, a little self-indulgence, a white lie, a cutting remark that we really didn't mean to be taken seriously.

Just like Adam and Eve, our disobedience to God's will has broken our peace with Him. Unless we are at peace with God we can never be at peace with ourselves or with our fellow human beings. The worst deception that could befall a person then would be to think he is at peace with God when he is not, to think he has the solution to life's problems when he really doesn't. Many do not recognize it, but they themselves, along with the whole human family, have repeated our first parents' failure and are terminally ill. The Bible defines this illness as sin, but many seem not to be interested in the Remedy.

But for those who do recognize that they have a need and who desire the remedy, God has just the solution. The solution is contained in a promise. **In Genesis, chapter 3**, God said that He would plant within us a hatred of evil, and that one day good would win over evil. He appointed toil and suffering as a means of developing self-discipline in us so that the evil results of sin already set in motion might be curtailed to some extent. And finally God did an interesting thing. Out of animal skins He made Adam and Eve a suit of clothes and dressed them Himself.

The Inadequacy of Fig Leaves

Wouldn't fig leaves work just as well as animal skins for clothes? Not too many people would think so today. God wanted them (and us) to realize that what they (we) had lost could not be replaced by anything of their (our) own design or devising. They (we) needed a covering crafted by God Himself. In sinning they had lost their righteousness. They had sold out their integrity. A divine plan, rather than a human plan, was needed to resolve the problems.

Now, recall that it was God who created Adam and Eve in the beginning. Therefore everything they had originally came from God, including their righteousness or goodness—a pure, untainted, heaven-inclined mind with no gap between knowing what should be done and doing it. Since what they had lost had been put in them by God, it is clear that only God could put it back. They could no more recreate their minds than they could call a world into existence. They were totally helpless and dependent upon God to restore them.

A Conditional Restoration

And God did restore them on the spot. No sooner was there an emergency than God was there with the remedy. However, this restoration was conditional upon two things. First, faith in a Redeemer that was to come, and second, their own willingness to render continuing obedience in the future. Every person ever born would have to meet these same two conditions laid down for Adam and Eve in order to be restored. This restoration cannot be inherited; it must be accepted by each person individually.

The Bible Evidence

This beautiful truth about God's rescue efforts in our behalf is recorded all through the Bible. Prophets have seen it in vision and poets have written about it.

*"And he showed me Joshua the high priest standing before the angel of the Lord, and Satan standing at his right hand to resist him. And the Lord said unto Satan, the Lord rebuke thee, O Satan; even the Lord that hath chosen Jerusalem rebuke thee: is not this a brand plucked out of the fire? Now Joshua was clothed with filthy garments, and stood before the angel. And he answered and spake unto those that stood before him, saying, take away the filthy garments from him. And unto him he said, Behold, I have caused thine iniquity to pass from thee, and I will clothe thee with a change of raiment. And I said, Let them set a fair mitre upon his head. So they set a fair mitre upon his head, and clothed him with garments. And the angel of the Lord stood by." **Zechariah 3:1-5***

*"I put on righteousness, and it clothed me: my judgment was a robe and a diadem." **Job 29:14***

This same truth, that God restores us to moral uprightness, is illustrated in the New Testament Scriptures as well. **In the Gospel of Matthew** there is recorded a parable Jesus told about a king who sent his servants out to invite everyone they could find to come to his son's marriage.

"And when the king came in to see the guests, he saw there a man which had not on a wedding garment: And he said unto him, Friend, how comest thou

in hither not having a wedding garment? And he was speechless." **Matthew 22:11-12**

The parable may seem absurd until one realizes the reason for the king's displeasure. There was no excuse for the guest not to have a wedding garment on because the king himself had provided wedding garments for all the guests. The only thing they had to do was to put them on. There was no excuse to neglect the gift.

"Then said the king to the servants, Bind him hand and foot, and take him away, and cast him into outer darkness; there shall be weeping and gnashing of teeth." **Matthew 22:13**. Just as the ungrateful guest was excluded from the king's wedding, so all those who neglect to put on Christ's righteousness, and instead depend upon their own fig-leaf garments, their good deeds, will meet with similar tragic consequences.

The Righteousness of Christ . . . for Us

All of the human inventions to make us better people are insufficient to remake one soul into the image of God, much less save an entire planet. Only Christ's righteousness, the covering crafted for us by God Himself, is able to heal the wounds caused by sin and to change the course of our lives.

There is one other aspect of God's act in clothing Adam and Eve with skins that must be mentioned. It is the crux of the whole transaction. In fact, it is the center and focus of the whole Bible. You see, in order for God to obtain those skins, some animal must die. An innocent creature had to give its life so that Adam and Eve could be clothed. What did it mean? The lamb was a symbol of God's Son, Jesus Christ. The apostle Paul describes it simply:—

"But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us." **Romans 5:8**

In order to be able to forgive our sins, to clothe us in His righteousness and to provide us the grace necessary to keep God's law, Christ had to become a man, live a perfect life of obedience on this earth and then suffer the punishment for our sins. Christ succeeded in His mission, just as the Old Testament prophecies said that He would. Christ's victorious life means that we also can have victory over sin by exercising faith in Him. Christ's resurrection is the Christian's assurance of receiving immortality and a perfectly whole body at the resurrection of the just when Jesus returns in the near future.

Anciently these truths were taught by means of a system of sacrificial types and symbols. These "shadows" pointed forward to Christ's incarnation, life, death, resurrection, and heavenly ministry. Now our faith can be based on the reality of an accomplished fact, not just a shadow of something to look forward to.

Shall we trust Him?

There are many questions that come to mind, such as "Why?" To answer them all here would not be possible. If you have questions, write to us. We'd love to hear from you. The answers are in the Bible. What we have dealt with here, in a small way, is the issue of trust. Trusting God enough to surrender your life to Him.

Trusting Him with your fig-leaf, band aid, do-it-yourself, patchwork of human inventions and self-help theories, and letting Him replace those things by covering you with His perfect royal robe of His own righteousness.

Being thus clothed means we have His mind in us. We have His power to overcome sin, and all the problems that sin causes. The gap between knowing and doing is bridged. We can carry out God's good intentions and will. Positive thoughts and emotions replace the negative.

*"Now the works of the flesh are manifest, which are these; adultery, fornication, uncleanness, lasciviousness, idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit." **Galatians 5:19-25***

Christ's Sacrifice and Reward

God's Son suffered intensely, more than we can know, so that He could have the joy of seeing us clothed in His righteousness. His entire life was one of self-sacrifice. Finally, He was tortured and crucified on a cruel cross. What reward does He want for this sacrifice? All He ever desired was the joy of providing a way for us to live new lives now and at last to be reunited with Him on that brighter shore of eternity. Then God's original plan in creating Adam and Eve will be realized. We with them will enjoy the heavenly reward unhindered and uninterrupted forever.

It Is Not Too Late!

Perhaps some will think it is too late for them, or that their problems are too complicated, or that they could never be Christians. Away with such thinking. Trust Him all the way and see the salvation of your God. *"Let Him take hold of my strength, that he may make peace with me; and he shall make peace with me."* **Isaiah 27:5.**

"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 . . . All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out."
John 6:35, 37.

"And the Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely." **Revelation 22:17.**

Health Print II

Enough Sunlight

"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 1:1-9

This is the Bible's description of the creation of the sun, moon, and stars. The sun is 1.3 million times bigger than the earth. Sunlight coming to earth represents only about one part in 2 billion of the total amount of energy radiating from the sun, and yet this is sufficient to supply our planet with about 4.69-million horsepower per square mile.

These waves of electromagnetic energy, traveling at 186,000 miles per second, take about 8 minutes to cover the 93 million miles to earth. Sunlight consists of several types of energy, including cosmic, gamma, and x-rays, ultraviolet and infrared light, and visible light of many colors. The rainbow colors of visible light make our earth and the things God created beautiful to look at. The sun's rays vaporize the water which will eventually fall as rain and snow, filling our rivers and reservoirs and making possible the generation of hydroelectric energy. Solar energy is also stored in wood, coal, oil, and natural gas, providing us with heat and energy when we need it. We also have photovoltaic and passive solar systems that allow us to harness sunlight directly.

Warming Infrared

The warming infrared rays of the sun, or heat from various sources, is useful in the treatment of neuralgia, neuritis, arthritis, and sinusitis. Heat is usually

good in the treatment of any pain. Warmth also helps bring healthful, natural body oils to the surface of the skin, keeping it smooth and protected.

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.

Antiseptic Ultraviolet

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.

Vitamin D

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 up until the age of 40 when our bodies begin losing the ability to manufacture naturally Vitamin D.

9 out of every 10 people over the age of 50 are deficient in Vitamin D and need a supplement to be properly balanced. We encourage the D2 plant based form of Vitamin D to be used for a supplement which can be found at: <http://www.veganstore.com/product/762/all-vitamins>

Body Regulation

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.

Precautions

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 blonds 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.

Excessive unsaturated or polyunsaturated, refined fat in the diet and in suntan oils and skin lotions can lead to the formation of free radicals. These may be contributing factors in the formation of some cancer. 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.

Overexposure to sunlight promotes scaliness, dryness, reddening, roughness, leatheriness of the skin, and wrinkles. These conditions are not due to any normal aging process, because the unexposed areas on the same individuals do not show these signs. In fact, no aging normally occurs in the skin until up to age 50. The capillaries in the skin are fifty times thinner than hair and can be permanently injured from sunburn, suffering some loss of their elasticity, bruising and breaking easier.

Overheating can lead to heat exhaustion or sunstroke. The big concern, though, is skin cancer. This is the most common cancer, and 80 percent occur on exposed areas of the face, head, neck, arms, and hands. Ultraviolet light from sunlight is believed by many to be the chief culprit. The National Cancer Institute estimates 300,000 cases of two types (basal cell and squamous cell) and 9,000 of the more deadly type (malignant melanoma). Malignant melanoma tends to occur on the lesser exposed parts of the body and is thus not clearly linked to sun exposure. These three combined lead to between 6,500 and 7,500 deaths every year – about 2 percent of all cancer deaths. Incidents and deaths for the first two are increasing in certain areas due to increased sun exposure. The key to prevention is to avoid sunburn and overexposure.

Wet skin burns more easily than dry. Sweating is good, however, as it cleanses and cools the skin. Although water is a poor reflector (reflecting ~5 percent, the same as grass), ultraviolet light does pass through it, so you can burn in the water. Dry sand reflects about 17 percent, white sand considerably more. Snow reflects up to 85 percent. Combine snow with high altitudes, where the atmosphere is thinner, allowing more sunlight through, and you have the makings of a good sunburn while you are skiing or mountain climbing. Only 1/3 of burning rays come directly from the sun, the other 2/3 come to us reflected from all directions.

Early detection is the next line of defense against skin cancer. If you suspect a precancerous condition, such as a mole or any other lesion that grows, changes color, spreads, or bleeds, get in touch with a physician for evaluation. He or she can best determine the type of lesion and the most effective form of treatment.

Remember, even if you burn only once a year, in fifty years you have tallied 50 burns. This accumulated effect increases the risk of skin cancer. Any

excessive exposure can be considered as setting up precancerous conditions in the skin.

Maximum Benefit, Minimum Risk

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.

Ordinary glass does not allow much of the ultraviolet light to pass through. Smoke, smog, and clothing block a large proportion of these rays. However, since clouds filter only about 20 percent, one needs to be aware of sunburn even on a cloudy day, if it is during the season and time of day when the sun is directly overhead. When sunbathing, unaccustomed persons (those who are just starting) 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. Chemical sunscreens applied to the skin may also be used. They are not necessary when sunbathing, and neither are creams or oils. 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.

Want a Tan?

If you cannot tan—don't try. Cover the body or use sun screens. If you can tan—do it gradually, and never allow yourself to burn. Solariums may be built that allow for privacy and protection from winds, so that you can sunbathe even in winter. Clear plexiglas, acrylic, or other plastics that are ultraviolet transmitting (UVT) labeled, as thin as possible (preferably less than one-eighth inch thick), would be the materials to use if a roof is needed.

Ultraviolet lamps may be used indoors. Fluorescent-type tubes are best. They should emit between 295 and 4,000 nanometers, not below 295, as this is detrimental. Always protect the eyes, genitals, and nipples, and be careful not to fall asleep under the lamp. Follow the instructions carefully. Use a timer or alarm clock for safety.

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.

Spiritual Concept

Just as above phrase says, "not too much – as often as possible," so also should that be our attitude when it comes to spending time with God. There is, of course, no such thing as too much time with God. However, the idea is that during the course of our regular day, we should take short times, as often as possible, and spend time communing with Him, reading short passages of Scripture, letting the rays of His Son penetrate our hearts and allow us to more fully reflect His glory in our lives to those around us. As it was with the apostles when it was said of them, "that they had been with Jesus," (Acts 4:13), so also should it be said of us who take the opportunity and spend little bits of time, as often as possible, basking in the rays of the Son.

The Scriptures Say:

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, is linked 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**

Health Law III

Pure Air

"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.**

Our Atmosphere Components

The "*Heaven*" mentioned here as being created by God on the second day refers to our atmospheric heaven. It includes the air we breathe, and upon which life on earth depends. A 12-mile-thick layer wrapped around our planet, the atmosphere consists of about 78% nitrogen, 21% oxygen, and 1% argon, helium, carbon dioxide, and other gases. It also harbors a fair amount of water vapor and an unwarranted amount of pollution. As this mixture is inhaled into the lungs,

about a fifth of the oxygen is retained while the rest is exhaled along with carbon dioxide and water vapor.

The Human Lung

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.

Dangers Of Tobacco Smoke Pollution

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 gonads.

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 those 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.

Sources Of Indoor Pollution

With the awareness of the energy crisis, one of the adaptations in society was to "weatherize" homes. Tighter living quarters decrease the exchange rate between inside and outside air. Weatherizing is good for keeping the heat in, but it also keeps in polluted air.

Natural-gas ovens, hair sprays, disinfectants, cleaning materials, wall paint, floor wax, cigarette smoke, radon, insecticides, urea-formaldehyde foam insulation, particle-board construction, new furniture, and carpets are but a few of the sources of the fumes, gases, and particles that are emitted inside our homes. Solutions to the problem fall into three categories:

Indoor Pollution Solutions

The best solution is the removal or alteration of the problem at its source. For example: replace unvented kerosene heaters with electric heaters; quit smoking; et cetera.

The second solution is to increase the ventilation, which involves the sacrifice of some energy efficiency. One solution to this problem is to not overheat your home in the first place and to put on more clothing. One should keep several windows around the home open a few inches to ensure that a good supply of fresh air is in circulation and that the bad air can get out. Bacteria, molds, fungi, house mites, and other disease-producing organisms have a hard time multiplying in rooms that are kept well-aired and sunned.

The most comfortable temperature and relative humidity are 76-80° F and 40-50% respectively in summer and 72-76° F and 20-35% respectively in winter. 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. Of course, if it is warm outside you should keep the windows wide open. Homes that are located in "low spots" or are surrounded by dense vegetation may lack sunlight (driving up the heating requirements) and they do not get as much fresh-air circulation around them. Bedding and clothing should be aired out often. Clothesline drying is advantageous, as it freshens and further cleans the clothes and saves money.

The third move toward cleaner air indoors is the use of air-cleaning machines. There are various kinds—electrostatic, charcoal filtration, and negative ionization. **The Aranizer™ air purifier is by far the most advanced and effective technology available today for air purification, pollution control and removal.**

Symptoms Of Indoor Air Pollution

How do you know if you have an air pollution problem inside your home? The symptoms may include headache; dizziness, cough, irritation of the eyes, nose, and/or throat, runny nose, difficulty in breathing, chest and/or abdominal pain, nausea, difficulty sleeping, diarrhea, and rashes. Only certain individuals may be affected. Since this list of symptoms contains some rather common complaints, a physician should be consulted.

Outdoor Air Pollution

But what if the outside air is polluted too? Unfortunately, this is a real problem in big cities and some other areas. About 150-200 million tons of pollutants are pumped into the air every year in the U.S. alone. Some types of air pollution come from evaporation, others from attrition (things grinding or wearing down). Most come from combustion. Heating units, power plants, incinerators, and industry are major sources of air pollution, but the number one cause is vehicular exhaust. Jets, airplanes, trains, buses, and automobiles have revolutionized transportation and our entire society. And they have ruined the air in many places in the process. Three out of five people in this country live in areas that do not meet the health standards set up by The Clean Air Act of 1970.

Symptoms Caused By Outdoor Pollution

Effects of air pollution include eye irritation, respiratory symptoms and diseases, headaches, dizziness, shortness of breath, sore throat, chest pain, and nausea. The risks of major illness, all respiratory diseases, and colds go up. Susceptible persons may die during smog alerts. In addition to hurting people and animals, smog can kill plants and trees, and damage stone, metal, and fabrics.

Coping With Outdoor Air Pollution

During a smog alert it is best to stay indoors, where there is about 50% less smog. Use air conditioners and recycle indoor air. Get more rest and sleep. Avoid cigarettes and unnecessary driving.

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."

Negative Ions Of Oxygen

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.

Where Negative Ions Come From And Where They Go

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. Radiation from space, air, rocks, and even some soils adds negative ions back into the air, as do sunshine, living green trees, and the breakup of water droplets, as occurs around waterfalls and the ocean surf.

Use Your Nose (breath correctly)

Now that we've cleared the air, there is one more thing to do, and that is to breathe properly. Breathe in and out through the nose as much as possible. The nasal mucosa moisturizes, filters, and warms the air as it is breathed in. As it is breathed out some heat and moisture is returned to the membranes to affect the next breath.

Oxygen is the most crucial element for our survival. We can survive weeks without food, days without water; but only minutes without oxygen. Yet because of shallow breathing habits we can deny ourselves optimal levels of oxygen for better health. Early signs of insufficient oxygen are impaired judgment and memory, dulling of intellect, and a tendency to impatience and irritability. Slow, deep abdominal breathing is the correct way to breathe. This type of breathing is better understood if it is demonstrated. Any respiratory therapist would be delighted to show you. Basically, it involves using the diaphragm to "suck" air

into the lower portion of the lungs and the abdominal muscles to "push" it out. One way to check yourself is to lie down with a book on your stomach. Now breathe in such a way as to make the book go up and down each time you inhale and exhale.

Factors That Assist Proper Breathing

Good posture while sitting and standing is necessary for proper breathing. There are several exercises that can help your posture. Bend your elbows and try to touch your shoulder blades together in back. Lie on your back and try to flatten your lower back to the floor by tilting your pelvis. Pretend a string is attached to the top of your head, pulling your head slightly up and back. This eases stress on your lungs and vocal cords. Hold your arms straight out to the sides and make little circles, then raise them straight up and reach for the sky. Many people are forced to stoop or sit for much of the day. This usually makes for poor posture and causes many back problems. Maintaining good posture, taking stretch breaks often, and getting exercise whenever you can will help. 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.

Deep Breathing

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 1~20 slow, deep, abdominal breaths after each meal and just before retiring for the night.

Spiritual Concept

We need to keep Christ at the center of our lives, our homes, our friends, etc. in order to maintain a pure atmosphere that we can breathe without poisoning our spiritual man.

“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

choose to breathe this life-giving atmosphere will live, and grow up to the stature of men and women in Christ Jesus." *Steps to Christ*, pg. 68

Those who came into the presence of Christ, coming near to him, could readily breathe in the atmosphere that surrounded him, catch his spirit, and be impressed with his lessons. We too are to be ensamples of Christ and if we have Him at the very core of our being, people around us will also be able to breathe in Christ because that is the atmosphere that surrounds us. Oh let us be fully committed to Christ and to His service that we breathe Him in and out and that everyone we come in contact with will be able to do the same. Remember 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**

Health Law IV

Healthy Pure Water

"And God said, let the waters under the heaven be gathered together unto one place, and let the dry land appear and it was so. And God called the dry land earth; and the gathering together of the waters called he seas: and God saw that it was good." **Genesis 1:9, 10**

The Earth's Reservoir of Water

We have about 326 million cubic miles of water covering 70 percent of our planet. That is in addition to an untold amount of ground water and water vapor in the atmosphere. For the last 6,000 years of earth's history this same water supply has been recycling itself through an endless process of evaporation, condensation, and precipitation. All along the way it services and nourishes every form of plant and animal life. It unselfishly brings its blessings, lingers until its job is done and then departs, many times carrying a load of waste materials which it kindly delivers to some other life form down the line as useful food.

Water in the Human Body

Water is the most common molecule in the human body. Adults are about 45-75 percent water, depending on the percentage of body fat—fat cells contain less water than muscle cells. Muscle tissue, about 50-70 percent water, contains approximately ½ of the water found in the body. No wonder one feels weak when short of water. Blood is up to 80 percent water, brain grey matter 70-85 percent and bones 20-33 percent. Approximately five eighths of the body water is inside the cells and three eighths is outside, between the cells and in the circulation.

Respiration, digestion, circulation, glandular secretion, temperature regulation, waste elimination, and virtually every body function, require water. Water helps to lubricate, insulate, protect, and give flexibility to the muscles, ligaments, and joints.

Water for the Outside of the Human Body

We also need water on the outside. The days of the "weekly bath, whether needed or not," are gone. Even if we do not get obviously dirty from manual labor outdoors, our pores are constantly at work secreting perspiration, body oils, and wastes. Thus our skin is benefited and our overall health improved by daily bathing, either in a tub or shower. Even washing the body with a washcloth while standing at the sink will do.

Water is even more than a nutrient and a cleanser. Its many uses externally as a tonic, stimulant, sedative, and healing agent make it nature's elixir, if there ever was one. Warm water is relaxing. A short, cold bath or shower tends to stimulate. Prolonged cold depresses.

Water Therapies

Water, in all its forms, (ice, liquid, and steam) can be used to make thermic impressions on the skin. As these temperature changes are sensed by the nerves in the skin, they cause profound reactions all through the body that have a direct effect on health and healing. There are whole books written on the subject of "hydrotherapy" or "water treatment," as it is often called.

One example of such a treatment is the use of ice packs to lessen the swelling of an acute strain or sprain. After the initial trauma has subsided, alternating hot and cold applications to the affected area increase the circulation, thus bringing in fresh blood to repair the damage and to carry away wastes, speeding up the healing process and lessening pain.

Infections and inflammations can also be treated with alternating hot and cold applications. These applications also stimulate the action of the germ-killing white blood cells, helping them to do their job better.

A congestion headache, or almost any pain caused by congestion or swelling, can be treated by applying cold over the affected area while at the same time immersing the feet in hot water up over the ankles. The cold tends to "push" the congestion away while the heat draws or "pulls" it away, thus equalizing the circulation and reducing the swelling and pain.

The Human Body Recycling Effort and Making up the Gap

The body recycles all but about 10 of the 40,000 glasses of water that it uses every day. About 400 gallons of blood pass through the kidneys each day, and

about 50 gallons is actually filtered. Of this amount only about 5-6 cups of water are lost in the urine. Another 2 cups is exhaled through the lungs in the form of water vapor, ½ cup is lost through the bowels and 2 cups are evaporated from the skin through the 2 million sweat glands located there. Of the 10 cups of water lost per day, we gain about three cups in the food we eat and another one and a half is available as a byproduct of energy metabolism. This leaves five and a half cups of water per day that must be replaced by drinking water. Of course this is the minimum requirement. It is a healthful idea to drink more than that to insure that we have all we need.

Several factors can increase our daily need of water. living in a hot, dry climate or at higher altitudes, as well as physical exercise and sickness, can increase our need by 80% percent or more. An excessive amount of salt, sugar, or protein in the diet requires more water to process. Vomiting, diarrhea, lactation, and even a runny nose increase water loss and must be replaced by drinking water.

Symptoms of dehydration (not having enough water) include thirst, dry mouth, lethargy, mental confusion, reduced skin elasticity, sunken eyes, fever, scanty dark urine, accumulation of urea, creatinine and sodium in the blood, thickening of the blood, shock, constipation, kidney and bladder infections and stones, and elevated hemoglobin/hematocrit readings. A 20 percent water loss usually spells death. Thirst is not necessarily a good guide in insuring that we are drinking enough. We usually need more water than we realize.

How To Get Enough Water Down

A systematic approach to water drinking is best. Here is one suggestion. Drink 2 glasses (16 oz) when you get up in the morning before you do anything else.. This is a good internal cleanser first thing in the morning. Then, another 2 glasses midmorning and 2 more mid afternoon. Another way is to take a quart with you in the morning and sip it all morning and then another quart in the afternoon and do the same. More water than this amount may be needed, depending on the circumstances.

By increasing our water consumption we decrease the work load on the kidneys, whose job it is to cleanse the blood. It's like washing a load of dishes in a full kitchen sink versus doing the job in a small bowl. Much of the so-called tired blood is probably dirty blood in need of a good internal bath.

It is best to avoid drinking anything for 10-15 minutes before eating and for 1-2 hours after meals. This practice improves digestion, as the digestive juices are not diluted. Also, very cold water is not good to drink with meals because it arrests digestion temporarily. Very cold water also deadens the thirst signals so that one would tend not to drink enough. The best water to drink is slightly warm or cool. Hot water just before meals is a good medicine when one is sick.

Plain Water Alternatives—Bad and Better

However, drinks like tea, coffee, cocoa, soft drinks, and alcoholic beverages, are better avoided, as they contain some unhealthful ingredients and actually increase thirst by acting as diuretics. Many people prefer these beverages to the taste of their drinking water. Bad taste is usually due to algae, minerals, gases, or organic chemicals in the water. However, small amounts of impurities in the water are less harmful than either reliance upon these substitute fluids, or not drinking enough water.

There are healthful herb teas that are much better than regular tea. Cereal beverages such as "Postum", "Pero", and "Roma" have a coffee-like taste and can take the place of regular coffee. These products contain no caffeine at all and no caffeineol (a stomach irritant) which even decaf coffee still contains.

Carob is a naturally sweet and nutritious substitute for chocolate. It can be made into a hot-cocoa type of drink. Carob candy may or may not be a health treat, depending on the other ingredients added to it.

For alcoholic beverages there are nonalcoholic sparkling fruit juices, or sparkling mineral waters. These drinks will not mar that special occasion as alcohol so often does.

Soft drinks can't win. If you take out the added caffeine, there is still the sugar. Remove the sugar and caffeine, and there are still the acids that contribute to calcium excretion and bone demineralization. How about good old water in place of the pop? An occasional fruit juice may do. But these should not be overused because they are really a refined product. You get a heavy dose of the fruit sugar, and sometimes a lot of added sugar as well, without the fiber. Remember, it takes five oranges to make a glass of orange juice. Watch out for the sodium content of some vegetable juices. Pure water is still the best choice to drink. A little lemon or mint in a pitcher of cool water makes normal tap water quite pleasant to drink.

Sources of Drinking Water

There are four sources of water: precipitation (rain, snow, et cetera), groundwater (underground reservoirs and springs), surface water (lakes, rivers, et cetera), and sea water. Only about 3 percent of the earth's water is fresh, but most of it is frozen in glaciers and icecaps. There is plenty of fresh water up in the sky—about 326 million cubic miles of it. Little drinking water is obtained directly from the sky or the oceans. We get about half from surface sources and half from ground sources. We are almost entirely dependent upon precipitation filling our rivers and lakes. It is estimated that around 4.2 million million gallons of rain fall on the United States each year, only 6 percent of which is used by

man; 70 percent evaporates or is used where it falls, and 24 percent returns to the sea.

Surface water tends to have more suspended matter, plants and microorganisms; but fewer minerals than ground water. Ground water is usually more potable than surface water, and there is much more of it—twenty times more, the equivalent of 20 years of solid rain on this country. About 30 percent of the surface water comes from ground water percolating up to the top. Although only about 2 percent may be currently considered polluted, most of it is near population centers, where it is used for drinking. And when it does get contaminated, it takes much longer to cleanse itself due to the lack of oxygen, sun, and movement.

Sources of Water Pollution

About half of the water pollution problem stems from leaking gasoline storage tanks, storm sewers, sewage treatment plants, septic tanks, and industry. The rest comes from parking lot runoff; lawns, agriculture, and construction sites. These sources not only affect surface water, but solvents and pesticides are also able to slowly trickle down through the ground to the aquifers deep beneath the earth's surface.

The age-old pollutants, viruses, bacteria, and other microbes are still with us, producing polio, colds, flu, hepatitis, cancer, typhoid, salmonella, cholera, amebic dysentery, shigella, myelitis, and other diseases. Many of these organisms get into the water supply through public bathing, cesspools, outhouses, septic leach, inadequate water treatment, and the lack of good sanitation. Most of the time these can be controlled by proper sanitation and chlorination. Chlorine, for all the good it has done in controlling microorganisms, may facilitate later chronic ailments. The chlorine combines with various organic chemicals, producing chloroform and trihalogenated methanes, which may promote atherosclerosis and cancer of the rectum, colon, and bladder. The risk-to-benefit ratio of adding fluoride to our water (to prevent tooth decay) is still being debated.

In view of the sheer volume of contaminants now being introduced daily into our water supply, nature is overwhelmed in her purification efforts. Our efforts toward cleaning up our water have not kept pace with our polluting.

Spiritual Concept

Water in both the physical and spiritual world is a cleansing agent, to make us clean both inside and out. Consider the following passages of Scripture:—

Ephesians 5:26 – “That He might sanctify and cleanse it (the church) with the washing of water by the Word.”

Titus 3:5 – “Not by works of righteousness that we have done, but according to His mercy He saved us, by the washing of regeneration and the renewing of the Holy Ghost.”

Hebrews 10:22 – “Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.”

2Corinthians 7:1 – “Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.”

Thus, it can be easily seen that the water of the Word of God is involved in every aspect of our spiritual lives, regenerating us, sanctifying us by assisting us in sprinkling our hearts from an evil mindset (that of the world before salvation), and teaching us what is not healthy for our bodies both in what we eat, and drink and do each and every day of our lives. Let us commit ourselves to spending more time in God’s Word daily.

Purification—Small Scale and Large

Hopefully, we will see more innovative solutions to the water-pollution problem. At least there are methods of insuring pure drinking water with home-treatment units if these are needed or desired. But how long can we survive if we continue to pollute at the present rate? Whatever the answer to that question and whichever way we decide to go with our management of earth's resources, we do have this assurance from God: Our abused earth is going to undergo a colossal remake in which the polluted oceans will be a thing of the past, and only pure, clear water will flow through it.

"And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea. . . . And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb." **Revelation 21:1; 22:1**

Health Law V

Effective 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 of our functional body units and to keep a physical capacity in reserve to handle emergency situations.

Use or lose

Today, in many parts of the world, people are still physically active in order to survive. They must use their physical bodies in forms of hard labor to obtain food and clothing, build shelters, must travel long distances on foot to go from place to place or obtain things like water, and work with their hands in life sustaining occupations, and most times, to unhealthy extremes.

In our society, however, we have found ways to get around most of these "problems." Automobiles carry us where we want to go, and machines do much of our work for us, both on the job and in the house. Society has become specialized to the point that most people are involved in occupations that do not require very much in the way of physical labor.

Some vigorous physical activity on a regular basis is needed in order to prevent our bodies from deteriorating. Syndromes of disuse include obesity, lack of endurance, general muscle weakness, protruding abdomen, chronic low-back pain, muscle stiffness and soreness, low breathing capacity, intolerance to stress, elevated resting pulse rate and blood pressure, increased blood-fat levels, and increased risk of cardiovascular disease.

What is "physical fitness?"

Physical fitness comprises several components, including endurance, muscle strength, flexibility and body composition.

Endurance is the ability to perform work for sustained periods of time without undue fatigue. It is dependent upon several factors. Chief among them is the ability of the cardiovascular system to supply oxygen-rich blood to the muscle cells and for these cells to utilize oxygen and fuel to produce energy.

Building Endurance

Endurance is best improved by increasing, systematically but gradually, the time one spends in regular periods of mild to moderate exercise. Mild to moderate exercise might be: 15-60 minutes of walking, jogging, bicycling, swimming, or doing manual labor at a pace that causes the heart rate to increase and be maintained at 50-85 per cent of its capacity for the duration of the exercise period. For example, a 37-year-old person with a resting heart rate of 72 wanting to exercise at 70 percent capacity would calculate his target heart rate with this equation: (Maximum heart rate – age – resting heart rate) times seventy percent plus resting heart rate equals target heart rate. So, for our example it would like this in numbers: $(220 - 37 - 72) \times 70\% + 72 = 150$ In this example 150 beats per minute would be the target heart rate.

For those less adept at math there is always the "talk test" to guide you. It works like this. "If you can't carry on a conversation, you're exercising too hard. If you can sing, you're exercising too easy." When you exercise the right way you

are maintaining a "steady state" or "pace." This continuity is necessary to develop endurance and the "training effect." Such endurance training must occur about every other day to have the desired effect or obtain/maintain the desired results.

Muscle Strength

Another component of physical fitness is muscle strength. The bigger the muscle the larger the muscle fibers are to do the work. This is comparable to a wire cable-the larger the wires, the stronger the cable you have. However, a muscle may look big on the outside, but may actually contain a great deal of fat. Size can be deceptive when it comes to strength.

Physical strength also involves bone-mineral density. Brittle bones could give way simply from the stress of one's own muscles pulling hard on them.

Muscle mass is increased and strength developed by systematically and gradually increasing the resistance against which a muscle is made to work. Common methods include weights, isometrics, dynamic tension, and manual labor.

Flexibility

Flexibility involves the degree to which our muscles, joints, ligaments and tendons allow us to move in our full range of motion. Common problem areas include the lower back, shoulders, chest-muscle groups, and the back of the legs. These muscles become tight, and we lose mobility because of prolonged periods of sitting, improper body alignment or posture, and lack of exercise.

There are specific stretching exercises that can be done to correct and maintain our full range of motion of all the muscle groups. Also the habit of maintaining proper posture at all times needs to be learned and practiced.

Whichever stretches you are doing, it is always best to stretch slowly and easily. Gradually allow the muscle to relax and reach a full stretch. Never jerk, bounce, or force a stretch. You could do serious injury. In time the muscle will lengthen to its full potential. Back pain or any persistent pain could be serious and should be evaluated by a physician so that the cause may be determined and appropriate treatment given.

Body Composition

Body composition can be considered as an element of physical fitness. This term commonly refers to the percentage of body fat. Maximum levels for health might be 15 % fat in men and 22 % fat in women. Many men are averaging 24 % and women 35 %. Ideally, we should strive to maintain a healthy percentage of body fat, as well as a good overall weight that suits our occupation, height, and frame.

The amount of exercise necessary for most people to achieve metabolic body fat changes exceeds that which would be required to simply get in shape. Take at least one month to slowly work up to about an hour of continuous moderate exercise five or six times per week. This should be enough time to burn the recommended 500 calories' worth of exercise per day or 2,000-3,000 extra calories per week that seems to be the average amount required for a weight-loss program.

Before Starting A Physical Fitness Program

Now that you know what physical fitness is and what exercise can do for you, you're ready to blast off! Right? Just a minute. The conservative approach would be to have medical clearance if any of these apply: you are past age 30 and have not been exercising; you are overweight; you have a history of high blood pressure or heart trouble, or you have not had a checkup in the past year.

The liberal approach would be, if there are no obvious warning signs, to go ahead and start exercising. From this ministry's standpoint, we would encourage you to just make sure you start out easy and progress gradually and learn how to exercise correctly and take care of yourself.

Here are some general guidelines and precautions to accomplish this. Do not engage in strenuous exercise for an hour or two after eating (Light exercise after eating is good, though, as it aids digestion.) The same holds true when you are sick or not up to par—vigorous exercise is out, but light exercise might be beneficial in some cases. Aches and pains may be avoided by not attempting to do too much too soon, using proper form, and having good shoes, clothing, and other equipment you need.

Serious warning signs during exercise that you need to be aware of may include unusual shortness of breath, weakness, heart irregularities, or pressure or pain sensations that can be anywhere from the wrists to the pit of the stomach to the jaws and between the shoulder blades. In these instances you should discontinue exercising and see a physician right away. Other signs such as dizziness, nausea, side aches, prolonged recovery, and miscellaneous aches and pains may be attended to by yourself first. If no relief is obtained or if in doubt see a physician.

Program Outline

A good, streamlined overall exercise routine might look something like this. First, have a five-minute warm-up period consisting of stretching and a few calisthenics. This will get the body prepared for what is to follow and help prevent injuries. Then, do five minutes of some muscle-toning exercises. Work the upper

body and abdomen if your main endurance exercise is going to be mostly using the leg muscles as in walking, jogging, or cycling. Now get into your endurance-building phase. Start out easy for the first few minutes, and progress up to your training level of intensity. Keep it up for 15-30 minutes.

Note: Some exercises that are aimed only at working the muscles and not the cardiovascular system do not qualify for fulfilling this phase of the exercise program. In addition, exercises that are too short, too intense, or too easy will not allow you to reach your training heart-rate level in a reasonable length of time and maintain it for the duration of the training phase thus negating their effectiveness.

Stop Gently

Don't stop abruptly when you are done. Slow down and keep moving at an easy pace. This cooling-off period should last five to ten minutes. Your pulse rate should be below 100 beats per minute within three to five minutes after entering the cool-down part. If it is not, you may be overdoing it. You can easily feel your pulse at your wrist or side of the throat. You can count for ten seconds and multiply by six to get your heart rate for one minute. An exercise program like this should be done at least three to four times per week or every other day.

It Takes Time and Effort!

Each time we exercise we place a demand on the body. The body will adapt to those demands. This is known as the "overload principle" and is the basis for maintaining and improving fitness. In short, to get anything out of it, you have to put something in—that spells work.

The idea of "work" turns many people away from exercise. Many people feel that they are already overworked, so why go out looking for more? But, as has already been explained, few individuals perform the kind of work that will promote physical fitness. For these people especially, a fitness program would give them more energy in the long run by helping their bodies to become stronger and function more efficiently.

Still, there are others who do not think they have the time. But we simply need to make time, because we need exercise for health. Cut down on other things. If our own physical well-being is not the high priority it should be, what is?

Getting and Staying Motivated

Many people are ready and willing to exercise, but they lack motivation. They can't seem to start, or once they start, they don't stick with it. Fear of death prevents some from exercising while it encourages others to exercise. If an

exercise program is properly entered into and carried out, we need not be afraid. The vast majority have much more to fear from not exercising than from exercising. But fear is really a poor source of motivation. Knowledge of the benefits helps some, but it doesn't seem to work in motivating people who are not interested.

For most people, the essential ingredients to get started on an exercise program are that it needs to be fun, convenient, and not too difficult. Injuries turn people off, so they should be avoided by taking necessary precautions.

Take into consideration the exerciser, the environment, and the exercise. Strive for a happy union of all three. Other motivating factors include having a regular routine that you stick to, joining an organized program with trained leadership, or having group participation. Obtaining positive feedback from other people, getting results, and charting your progress so that you can see and keep track of how you are doing are all helpful. The approval of your doctor and doing better on your physical exam this year than last year are good incentives.

Self-disciplined individuals and people who lead well-regulated lives find sticking to any program, including exercise, easier. These qualities are largely picked up in childhood. People who don't acquire them early in life may have a more difficult time, but nevertheless it can be done. After all, everything we do in life is ultimately a daily decision. We are always making decisions. Making the right ones can be made easier if we concentrate more on living one day at a time. As we do this, we will find ourselves taking advantage of opportunities more, and reacting to the consequences of our neglect less.

Spiritual Component

Oftimes, what is seen in the physical realm is a reflection of the spiritual realm. If we are not willing to do what it takes in the physical realm to maintain the body temple God has given us and desires to dwell in with us, chances are very good that we are not doing what it takes to maintain our spiritual bodies either. The same principles apply in both arenas. We have to set aside time to “warm up” and do “stretching exercises” in prayer and short Bible readings of God’s promises or similar material from the Spirit of Prophecy. Then we move into doing some serious, intense Bible study, seeking present truth by which we allow God to sanctify and purify us more fully. Then we “cool down” by thanking God for His Word and what He has shown us on this day. Not doing this on a day to day basis causes spiritual deterioration, lack of discernment between truth and error, and eventually, spiritual death. We are to “work out” our own salvation with fear and trembling on a day to day basis. **Philippians 2:12**

Beyond This Life

Many people have found a "fountain of youth" for themselves in their exercise program, and that is enough to keep them motivated. But neither exercise, diet, stress management, or anything else will keep us going forever. Everyone knows that these bodies of ours are slowly wearing out. We can slow down significantly the rate of decline, but someday the silver cord will break. "Then shall the dust return to the earth as it was." **Ecclesiastes 12:7**. This ending would be sad except that it is not the end.

Soon, when Jesus comes, all the righteous who have ever lived will come forth from the grave, and, together with the living righteous, will receive perfect, immortal bodies. "For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first: then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord. Wherefore comfort one another with these words." **1Thessalonians 4:16-18**

Health Law VI

Temperance - Abstemiousness

"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 this strange word "abstemiousness" 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" is 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 more precise and better 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."

Basis for Temperance

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.*" **1John 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.

Balanced Self-control

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. Undereating leads to malnutrition or starvation.

Overwork leads to exhaustion or injury. Underwork 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.

Mental and Social Aspects

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, "*Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*" **Philippians 4:8**. This antidote would certainly be effective for many of society's mental and social ills.

Common Addictive Substances

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 diseases—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.

Legal and Illegal Drugs

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. Medicine can never, ever, bring about complete healing because it never addresses the root of the problem. Sometimes strong medication is necessary in an emergency to save a life. Until something better is found, their use may be necessary, but should be avoided as much as possible any other time.

Official Recommendations

While we need to practice moderation in the eating of any food, we need to be more moderate in the use of some foods than in others. The U.S. Senate Select Committee on Nutrition and Human Needs in 1977 issued these recommendations to all Americans:

1. Eat less sugars and sweets. **2.** Eat less fat and cholesterol. **3.** Eat less salt. **4.** Eat more fruits, vegetables and starches. **5.** Keep your weight normal.

In practical, everyday language these guidelines mean we need to eat less refined, processed foods, and less animal products of all kinds. A basically vegetarian diet composed mostly of natural, simple foods eaten in quantities to maintain a healthy body weight is ideal. Some food additives, irritating spices, condiments, vinegar, baking powder and soda should also be avoided, as they are upsetting to the stomach and/or nervous system.

Temperance Fosters Safety

Temperance and abstemiousness foster safety as well. Most accidents are either caused by law-breaking, human error (miscalculation), or unsafe conditions. Almost all automobile accidents and injuries could be prevented if alcohol were eliminated, seat belts worn, laws obeyed, and vehicles maintained. Around the home the main danger areas are gardens, paths and steps, roads, machinery, and water. Inside the home consider toys, flammable clothing, fires, electricity, medicine, chemicals, and kitchen appliances and implements as potential threats. The old adage certainly is true, "*an ounce of prevention is worth a pound of cure.*"

Learning Good Habits

One of the differences between people and animals is the way that they acquire behavior patterns. Most of the things animals do, they do because of instinct. This knowledge and behavior is inherited by the animal. The capacity to learn or be taught anything varies considerably, depending on the type of animal.

In contrast, man has very few instincts, although tendencies are inherited. Most of what we do, we do because we learned it somewhere. Through various learning processes we acquire habits. Habits are convenient, since once we have

them, we don't have to deliberate about every little thing we do. They can also be a nuisance if we don't like them or try to change them. Some habits are hard to get rid of. It is easier to learn good habits than to unlearn bad ones.

Every time we do or think something, a specific nerve pathway is activated in the brain. These pathways become permanent fixtures in the brain and are strengthened the more they are activated. In breaking a habit we need to deactivate the nerve pathway. This is done in two ways. By saying "NO" to the habit, inhibitory nerve fibers begin to form on the old pathway which tend to weaken the strength of the habit. Then by substituting something else in place of the old habit, a new pathway is formed which acts as kind of an alternative route over which the strength of the old habit can be directed. Even though it may be deactivated, the old pathway is still there, making it easy to reactivate if we revert back to it even once.

To break a habit, then, one must be decisive. Don't be ambivalent or indecisive. This tends only to excite both the inhibitory and excitatory nerves at the same time. Instead, be firm. Starve that old habit and begin feeding a new one. Concentrate on a positive substitute, and you won't have to expend as much energy fighting the negative one. For example, substitute deep breathing or water drinking for smoking. Every time you have an urge to smoke, do some deep breathing or get a drink of water instead. But the most important thing is to make up your mind. Strengthening any positive lifestyle habit always tends to weaken the negative ones. For example: a good exercise program is one of the best antidotes to smoking. Good habits tend to foster more good habits, and bad habits to promulgate more bad habits. "Birds of a feather..."

When attempting to eliminate a habit, anticipate trouble spots. Be prepared for the time when you are likely to experience that old habit clamoring for attention. Plan ahead. Rehearse in your mind how you will successfully overcome it. Try to avoid situations where the habit will be aroused. Don't make exceptions. Remember, one exception reactivates that dormant habit. Be honest about your weaknesses. Acknowledge them, but do not dwell on them. Dwell on the positive and practice the good habits you wish to keep and strengthen often.

Self-control a Gift From God

It must be remembered that genuine self-control is a gift from God that we can receive only in Christ. Jesus said, "*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.*" John 15:5. 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, "*I can do all things through Christ which strengtheneth me.*" **Philippians 4:13**

Health Law VII

Proper Daily Nutrition

"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).'" **Genesis 1:29**. Paul says in **1Corinthians 6:19, 20, and 10:31**: "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." "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

God, who created man and understands our needs, gave us a diet that best supplies the elements needed for the building of the body. Before sin, God instructed that man should eat grains, seeds, fruits, and nuts. **Genesis 1:29**. After man sinned, he was expelled from the Garden of Eden, and no longer had access to the wonderful tree of life. Man had to till the earth in order to make a living, and the "herb of the field", which was originally food for the animals (**Genesis 1:30**), was added to his diet. "And unto Adam He said, Because thou hast hearkened unto the voice of thy wife...cursed is the ground for thy sake... and thou shalt eat the herb of the field." **Genesis 3:17, 18**. Although vegetables (the green herb of the field) were not part of the Original Diet given to man, they were added to man's diet after he had sinned and are a vital part of his diet today.

Well over 100 years ago, Ellen White received instructions from God regarding the health message. "I have had great light from the Lord upon the subject of health reform. I did not seek this light; I did not study to obtain it; it was given to me by the Lord to give to others."

Manuscript 29, 1897; cited in *Counsels on Diet and Foods*, page 493. "I have been shown that the principles that were given us in the early days of the message are as important and should be regarded just as conscientiously today as they were then. There are some who have never followed the light given on the question of diet. It is now time to take the light from under the bushel, and let it shine forth in clear, bright rays." ***Counsels on Diet and Foods*, page 23.**

The Importance of Proper Daily Nutrition:

Proper daily nutrition is vital to good health. Many people, even in countries where there is an abundance of food, do not get the nutrients needed in their diets because of the excess consumption of refined foods. Devitalized food cannot supply the vitamins and minerals it lacks. Malnutrition occurs either because we are not getting the proper intake of nutrients, or the nutrients are not utilized as they should be in the body. In some underdeveloped countries, the most common problem is simply not getting enough food to eat or not enough of a variety. Starvation is a tragic health problem for millions of people in the world. Less frequent, but equally serious, are the problems of protein or vitamin/mineral deficiency diseases, which are very common even in well-developed countries. However, when people are getting enough unrefined calories to eat, these deficiency diseases are not as common.

Below is a list of the “Top 10 leading causes of death in the US” according to the most recent statistics and facts provided in 2013: 1. Heart disease; 2. [Cancer](#) (malignant neoplasms); 3. Chronic lower respiratory disease; 4. Accidents (unintentional injuries); 5. Stroke ([cerebrovascular diseases](#)); 6. [Alzheimer's disease](#); 7. [Diabetes](#) (diabetes mellitus); 8. [Influenza](#) and [pneumonia](#); 9. Kidney disease (nephritis, nephrotic syndrome, and nephrosis); 10. Suicide (intentional self-harm). *Annually there are around 2,596,993 deaths registered in the US with the leading top 10 causes accounting for nearly 75% of all deaths.* There is much scientific evidence showing that Heart Disease, Cancer, Stroke, and Diabetes, in particular, have strong contributing dietary factors.

<http://www.medicalnewstoday.com/articles/282929.php>

We obtain all the elements essential for good health – vitamins, minerals, water, carbohydrates, protein, fats, and fiber – from our food. Therefore, it is of utmost importance that we choose wisely the food that we consume. Vegetables and fruits should make up the greater proportion of our meals, along with whole grains, beans, legumes, and seeds. Nuts can be included in small amounts.

The Typical American diet is the major cause of the nation's deteriorating health.

- ▶ Sugar consumption has risen by 250% in the last century.
- ▶ A century ago, 75% of all protein intake came from plant foods; but today 75% is derived from animal sources.
- ▶ In today's fast paced society, many people eat out at fast food and other restaurants instead of taking time to prepare their meals themselves. Even when eating at home, some people live on highly processed foods.

Dangers of Eating Meat and Dairy Products:

“It is a mistake to suppose that muscular strength depends upon the use of animal food. The needs of the system can be better supplied, and more vigorous health can be enjoyed, without its use. The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood. These elements are not so well or so fully supplied by a flesh diet. Had the use of flesh been essential to health and strength, animal food would have been included in the diet appointed man in the beginning.” (Ellen White)

“We are composed of what we eat. God's people are to take a firm stand against meat eating.” **Medical Ministry, pages 277-278.** “The diet of the animals is vegetables and grains. Must the vegetables be animalized, must they be incorporated into the system of animals, before we get them? Must we obtain our vegetable diet by eating the flesh of dead animals? ... Those who eat flesh are but eating grains and vegetables second hand; for the animal receives from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct by eating the food that God provided for our use?” **Counsels on Diet and Foods, page 396.** “It is a mistake to suppose that muscular strength depends upon the use of animal food. The needs of the system can be better supplied, and more vigorous health can be enjoyed without its use.” **Ministry of Healing, page 316.** It “strengthens the appetites that war against the soul, developing the lower propensities. A diet of flesh meat tends to develop animalism. A

development of animalism lessens spirituality, rendering the mind incapable of understanding truth." *Counsels on Diet and Foods*, page 382.

"Meat is not essential for health and strength, else the Lord made a mistake when He provided food for Adam and Eve before their fall." *Counsels on Diet and Foods*, page 395. "The liability to take disease is increased tenfold by meat-eating." *Counsels on Diet and Foods*, page 386 {1868}. "Some are not immediately affected, while others are attacked with severe pain, and die from fever, cholera or some unknown disease. In others it produces cramps, convulsions, apoplexy, and sudden death." *Counsels on Diet and Foods*, page 386. "The intellectual, the moral, and the physical powers are depreciated by the habitual use of flesh meats. Meat-eating deranges the system beclouds the intellect, and blunts the moral sensibilities. We say to you, dear brother and sister, your safest course is to let meat alone." *Counsels on Diet and Foods*, page 391 {1868}.

James H. Balch, one of today's leading physicians in alternative medicine made the following statement, "The following list of common complaints can be directly linked to the consumption of meat and dairy products : hives, sinusitis, heart disorders, seborrhea, impaired digestion, obesity, dermatitis, diarrhea, edema, acne, gas and bloating, body odor, dry scaly skin, constipation, allergies, bedwetting, fatigue, hyperactivity, colitis attacks, headaches, colic, depression, anger, congestion and runny nose, irritability, excess mucus, hemorrhoids, impotence, malabsorption, hormone imbalance and hot flashes!" *Prescription for Dietary Wellness*, pages 146-147.

"Many times when meat is eaten, it decays in the stomach, and creates disease. Cancer, tumors, and pulmonary diseases are largely caused by meat eating." *Counsels on Diet and Foods*, page 383. "Many die of disease caused wholly by meat eating." *Selected Messages, Book 2*, page 218. Recent research has confirmed what Mrs. White wrote about cancer over 100 years ago. For instance, Dr. Visek of Cornell University implicated a high protein diet in the development of cancer. He found that ammonia, which is a byproduct of meat metabolism, is very carcinogenic, and can cause cancer to develop. A high protein diet also breaks down the pancreas, lowers our resistance to cancer, and contributes to the development of diabetes. Dr. Lloyd Rosenvoldt says in *Science and Modern Manna*, "Other problems arise because new diseases arise. Some diseases just appear. Often we do not know where they come from. They strike suddenly without warning." Mrs. White also wrote about unknown diseases being caused by meat eating. (See *Counsels on Diet and Foods*, page 386)

Researchers have shown that viruses are one of the causes of cancer. They have estimated that there are 1 ½ million decay producing bacteria in one gram of beefsteak, 31 million in beef liver, 75 million in ground beef, and 125 million in one gram of fish. Bovine Leukemia Virus (BLV) - is on the rise in the US. 20% of adult dairy cows have it and 60% of dairy and beef herds surveyed are infected with BLV. More than 47%, almost half of the dairy cows in Florida were found to be infected with BLV. That is the highest concentration in the world other than Venezuela! "7 out of 10 people who eat pork have trichina antibodies in their blood streams." **Dr. Agatha Thrash, Uchee Pines Institute.** "The tissues of the swine swarm with parasites. Of the swine, God said, 'It is unclean unto you; ye shall not eat of their flesh, or touch their dead carcass.' This command was given because swine's flesh is unfit for food. Swine are scavengers,

and this is the only use they were intended to serve. Never, under any circumstances, was their flesh to be eaten by human beings." *Counsels on Diet and Foods*, page 392 {1905}.

Grains:

It is much healthier to use whole grains than refined ones. No white flour, white pasta, white rice, white bread, etc. Remember, "THE WHITER THE BREAD ...THE SOONER YOU'RE DEAD!!!" Whole grains are good for all blood sugar disorders. Make sure that the wheat-bread label says the word "whole wheat" and not just "wheat" – otherwise it is really just plain white flour.

It's very important to vary the grains in your diet – don't eat the same grain everyday – Most people have wheat on a daily basis. Try adding Spelt, Kamut, Corn, Barley, Millet, Rice, Rye or even more exotic grains like Amaranth, Kaniwa, Teff, Quinoa, etc. Grains should be thoroughly cooked or baked. Raw grains are not healthy.

Many people are allergic to gluten, the protein in the wheat and some other grains. Grains that naturally do not contain gluten are: Rice, Corn, Quinoa, Teff, Millet, Buckwheat, Kaniwa and Amaranth. It is not recommended to purchase grains from bulk bins because of the possibility for cross-contact with gluten. People who have been advised by their physician to be on a gluten-free diet should eat gluten-free foods. This would include, but is not limited to, people with celiac disease or gluten intolerance. Some dietitians suggest that a gluten-free diet is beneficial for other digestive disorders, as well.

Fats:

Avoid the use of grease in foods and ensure that, cooked foods are properly cooked. Lard and other animal fats, butter, and hydrogenated vegetable fats may be classified as grease. If using oil, use natural oils sparingly, such as flax (not for cooking), olive, sesame, or coconut and other tropical oils (which are the most stable fats known and are able to withstand more heat than other fats). Tropical fats received much negative attention since 1988, but recently many research studies have shown that, when used in their natural state, these fats are healthy and may be a good source of protein, minerals, and fiber. Recently there have been many books written on the merits of coconut, in particular. If you must fry anything, we recommend that you use sesame seed oil at low heat or coconut oil, which can withstand the heat and will not break down as easily as other oils.

Oils are good *sources of vitamin F*. The oil extracted from flaxseed, for instance, contains 7.3 grams of alpha-linolenic acid (ALA) per tablespoon and safflower oil provides 10.1 grams of linoleic acid (LA) per tablespoon. Typically, foods rich with the fatty acids omega 3 and omega 6 are also good sources of vitamin F. Such foods include raw nuts; and oils like sunflower, grapeseed, and evening primrose. People who get plenty of this vitamin in their diet enjoy healthy immune systems, well-balanced hormone levels, and healthy skin, hair, and nails, but those with a deficiency can experience an assortment of internal and external health problems. To avoid deficiency, it's important for us to make sure vitamin F makes up at least two percent of our daily caloric intake, as recommended by America's Food and Drug Administration (FDA). Solid food sources of vitamin F include raw nuts such as walnuts, as well as sunflower

seeds, soybeans, and avocados. For more information on dietary fats, see Udo Erasmus' classic *Fats that Heal Fats that Kill*.

Sprouts:

Sprouts are considered as wonder foods. They are the freshest and most nutritious of all vegetables available to the human diet. They have been part of the diet of many ancient races for thousands of years. Sprouts provide all the essential vitamins and minerals. They should form a vital part of our diet. On pages 6-7 of *The Sprouting Book*, **Dr. Ann Wigmore** wrote "Enzymes are greatly activated in the sprouting process. Just minutes after raw unsprouted seeds are placed in water to soak, enzymes begin making the young sprouts into easy-to-digest food for humans. In sprouts, as in other uncooked foods, all the nutrients work together in natural harmony and balance for optimal use by the human body. Cooking destroys this balance, breaking down the molecular arrangement of nutrients. Enzymes are destroyed by temperatures over 105°F, as are a large percentage of the vitamins in foods. Minerals in cooked food are no longer chelated, and are therefore more difficult for the body to use. Protein is also damaged by cooking, as the amino acid ratios become unbalanced. ... Proteins from sprouts and other uncooked foods produce fewer toxic substances during digestion. ... Plant proteins are the highest quality proteins available, and sprouts are loaded with them."

Dr. Mercola said the following: "Indeed, sprouts may be small, but they are *packed* with nutrition, including vitamins, minerals, antioxidants, and enzymes that help protect against free radical damage. Watercress, for example, is an absolute powerhouse of nutrition. It may actually be *the* most nutrient-dense vegetable out there. Based on 17 nutrients— including potassium, fiber, protein, calcium, iron, thiamin, riboflavin, niacin, folate, zinc, and vitamins A, B6, B12, C, D, E, and K – watercress scored a perfect 100 in a recent study titled, 'Defining Powerhouse Fruits and Vegetables: A Nutrient Density Approach.' ... Sunflower seed and pea shoots – are typically about 30 times more nutritious than organic vegetables. They're also among the highest in protein. In addition, **sunflower seeds contain healthy** fats, essential fatty acids, and fiber—all of which are important for optimal health. Other commonly sprouted beans, nuts, seeds, and grains include:

- **Alfalfa:** a good source of vitamins A, B, C, D, E, F, and K
- **Wheatgrass:** high in vitamins B, C, E, and many minerals
- **Mung bean:** good source of protein, fiber, and vitamins C and A
- **Lentil sprouts:** contain 26 percent protein and can be eaten without cooking
- **Brussels sprouts:** One cup of cooked Brussels sprouts contains just 56 calories but is packed with more than 240 percent of the recommended daily amount (RDA) for vitamin K1, and nearly 130 percent of the RDA for vitamin C. Plus, Brussels sprouts are a good source of fiber, manganese, potassium, choline, B vitamins, antioxidants, and other health-promoting phytochemicals"

<http://articles.mercola.com/sites/articles/archive/2015/02/09/sprouts-nutrition.aspx>.

****need to add information on other sprouts eg. broccoli***

Sproutnet.com had this to say about alfalfa: "**Alfalfa, is the king of all sprouts.** Grown as a plant, its roots are known to burrow as much as 12 meters into the subsoil to bring up valuable trace minerals of which manganese is especially important to health and digestion ; it is a vital component of human insulin. Apart from minerals, alfalfa is also a rich source of vitamins A, B, C, E and K and amino acids." <http://www.sproutnet.com/sprouts-for-optimum-nutrition>.

Benefits of eating Sprouts: Many of the benefits of sprouts are related to the fact that they contain more *concentrated* amounts of nutrients. As a result, you need to eat far less sprouts, in terms of amount, compared to a mature plant. For example, “when sprouting seeds, nuts, beans, and grains you get:

- **Higher vitamin content.** In some seeds, the vitamin content is increased by as much as 20 times during the sprouting process. Some go even higher. The B1 in mung beans, for example, increases by 285 percent when sprouted; B2 go up by 515 percent; and B3 (niacin) by 256 percent.
- **Higher enzyme content.** Sprouts contain an estimated *100 times* more enzymes than fresh fruits and vegetables. These enzymes allow your body to extract higher levels of vitamins, minerals, and other nutrients from *other* foods you eat in conjunction with the sprouts as well.
- **Increased essential fatty acid and fiber content.** The essential fatty acid and fiber content also increases dramatically during the sprouting process. Most people do not get enough fiber or healthy fats in their diet for optimal health, and sprouts can be a great source of both.
- **Increased bioavailability of minerals and protein.** When the seed starts to sprout, minerals such as calcium and magnesium bind to proteins in the seed, which makes both the minerals and the protein more readily available and usable in your body.”

<http://articles.mercola.com/sites/articles/archive/2015/02/09/sprouts-nutrition.aspx>

Sprouts are some the least expensive foods you can buy or grow. Many people say that they cannot afford to eat healthy, but sprouts are very inexpensive, there's no excuse for avoiding them – especially if you grow them yourself. Doing so can cut the cost by about 90 percent or more, compared to buying them.

Supplements:

Sometimes, supplements are beneficial or even necessary, depending on the person’s diet and current health status. Below are a few suggestions concerning the use of vitamins and minerals.

1. – **Vitamin A:** Unless you are ill and need it right away, use a carotene source, not regular Vitamin A. Because it is oil-soluble, over a period of time, you can get too much vitamin A.
2. – **Vitamin B Complex:** To get the most benefits from any of the B's, you need all of them, so start with a B-complex supplement that contains all 11. With the right B complex as a foundation, you can add larger amounts of individual B's depending on your health concerns.
3. – **Vitamin C:** Ascorbic acid by itself is not as useful as many believe. Take a total C formula, which also contains bioflavonoids (Vitamin P). It is a water-soluble **vitamin**, meaning that your body doesn't store it, so you cannot take too much.
4. – **Vitamin D:** Avoid taking animal or fish liver oil; it can damage your heart muscle. Instead, go out in the sunlight on a regular basis and you should get enough of this vitamin which is vital for your bones and many bodily functions. Nine out of every 10 people over the age of 50 are deficient in Vitamin D and need a supplement to be properly balanced. We encourage supplementing with the D2 plant based form of Vitamin D which may be ordered from:
<http://www.veganstore.com/product/762/all-vitamins>.
5. – **Vitamin E:** Do not rely on a multivitamin supplement to provide you with enough Vitamin E. Make sure the supplement you take says “tocopherols”, not “tocopheryls” which is synthetic and worthless.
6. – **Vitamin F:** Essential Fatty acids, which are best obtained from sources such as safflower

oil, flaxseed oil, wheat germ oil, etc.

7. – The most important minerals are: calcium, potassium, magnesium, iodine, zinc, selenium, and manganese. Avoid phosphorous supplements – the body gets enough phosphorus from the food eaten – too much phosphorus locks with calcium and causes the bones to become weak.

8. – Most people need to supplement with calcium and magnesium. Do not use a calcium supplement which has phosphorous in it or which comes from an animal.

9. – Be careful about iron supplements – they are generally not good for you, especially during pregnancy. Additional iron may be added to food from cooking in iron pots. Although many people get enough iron from their diet, some must take additional amounts to meet their needs. Your doctor can determine if you have an iron deficiency, what is causing the deficiency, and if an iron supplement is necessary. If deficient in iron, try to supplement with regular foods, when possible. Some good Vegan sources of iron are: dark green leafy vegetables such as spinach and kale; dried fruit such as raisins, apricots, figs, and prunes; peas and beans; and Blackstrap Molasses.

10. – When taking supplements that are enclosed in capsules, make sure that the capsule itself is from a Vegan source and that the supplement bottle actually says “Vegan”. Most capsules are made from animals from the slaughterhouse, generally pigs.

Salt:

Salt is essential for life—you cannot live without it. However, regular 'table salt' and the salt found in processed foods are NOT identical to the salt your body really needs. Dr. Mercola had the following to say about salt:

“Table salt has practically nothing in common with natural salt. One is health damaging, and the other is healing.

- Processed salt is 98 percent sodium chloride, and the remaining two percent comprises man-made chemicals, such as moisture absorbents, and a little added iodine. These are dangerous chemicals like ferrocyanide and aluminosilicate. Some European countries, where water fluoridation is not practiced, also add fluoride to table salt
- Natural salt is about 84 percent sodium chloride. The remaining 16 percent of natural salt consists of other naturally occurring minerals, including trace minerals like silicon, phosphorous and vanadium

Given that salt is absolutely essential to good health, I recommend switching to a pure, unrefined salt. My favorite is an ancient, all-natural sea salt from the Himalayas. Himalayan salt is completely pure, having spent many thousands of years maturing under extreme tectonic pressure, far away from impurities, so it isn't polluted with the heavy metals and industrial toxins of today. And it's hand-mined, hand-washed, and minimally processed. Himalayan salt is only 85 percent sodium chloride, the remaining 15 percent contains 84 trace minerals from our prehistoric seas. Unrefined natural salt is important to many biological processes, including:

- Being a major component of your blood plasma, lymphatic fluid, extracellular fluid, and even amniotic fluid
- Carrying nutrients into and out of your cells
- Maintain and regulate blood pressure
- Increasing the glial cells in your brain, which are responsible for creative thinking and long-term planning
- Helping your brain communicate with your muscles, so that you can move on demand via sodium-potassium ion exchange

While natural unprocessed salt has many health benefits, that does not mean you should use it with impunity. Another important factor is the potassium to sodium ratio of your diet. Imbalance in this ratio can not only lead to hypertension (high blood pressure) and other health problems, including heart disease, memory decline, erectile dysfunction and more. The easiest way to avoid this imbalance is by avoiding processed foods, which are notoriously low in potassium while high in sodium. Instead, eat a diet of whole, ideally organically-grown foods to ensure optimal nutrient content. This type of diet will naturally provide much larger amounts of potassium in relation to sodium.” <http://articles.mercola.com/sites/articles/archive/2013/06/10/9-unhealthy-foods.aspx>

Americans consume, on average, 3400 milligrams of sodium per day, but need less than 2,300 milligrams per day, according to the Dietary Guidelines for Americans 2010. You should take in no more than 1,500 milligrams per day if you have high blood pressure, chronic kidney disease or diabetes. This lower limit is also recommended for African-Americans of all ages and people who are 51 years of age or older.

Acid/Alkaline Balance:

Our glands and organs function properly in proportion to the amount of alkaline and acid levels in the system. Whether a substance is acid or alkaline is determined by its pH (potential Hydrogen) which measures the amount of hydroxyl (OH⁻) ions that are negative and alkaline forming versus the amount of hydrogen (H⁺) ions which are positive and acid forming. Experts agree that a urine and saliva pH of 6.4 is best for human body function. The normal blood pH is tightly regulated between **7.35** and **7.45** – The lower the pH, the more acidic the blood. A variety of factors affect blood pH including what is ingested, vomiting, diarrhea, lung function, endocrine function, kidney function, and urinary tract infection. The Alkaline Acid Adjustment scale designed by Dr. Theodore Baroody goes from 0.5 to 7.5, with 1.0 being extremely acid forming, 7.0 extremely alkaline forming, and 4.0 being neutral. Lemons and watermelons are 7.5; mangos, papaya, cantaloupe, limes, parsley, seaweed, and watercress are all 7.0. Raw foods are more alkaline than cooked foods; Fruits and vegetables are more alkaline than grains. For grains, amaranth, millet, and quinoa are slightly alkaline forming at 4.5, spelt = 3.5, barley and rye = 3.0, buckwheat, brown rice, and oats = 2.5, and whole wheat = 2. Highly processed grains essentially have no food value. Beans range from slightly acidic to alkaline (3.5 – 5.5). Nuts range from 3.0 – 5.0, with coconut and almonds being the most alkaline at 5.0. All acid forming grains, nuts, and seeds become alkaline when sprouted. “To replenish and sustain your alkaline reserve, follow the rule of 80/20 – which means to eat 80% of your foods from the alkaline forming list and 20% from the acid forming list.” *Alkalize or Die*, page 20.

Some experts say that the solution to the problem of illness is to Alkalize oneself – Find out what chemical, dietary, physical, psychological, and spiritual factors do to you in terms of alkaline/acid balances, and choose to glorify God by understanding His most basic health law. On page 179 of his book *Alkalize or Die*, **Dr. Theodore Baroody** makes the following statement about prayer as it relates to food: “The energy produced by prayer alkalizes all that it touches ... even the food we eat. If prayer is hurriedly recited by rote, with little feeling, then little energy is imparted. In order for food to be electrically and chemically altered into alkalinity the prayer must be honestly felt. Say a sincere prayer to the Heavenly Father before eating, then taste the

sweet difference. ...Alignment with the Holy Spirit is the most powerful and rapid way of achieving an alkaline forming reaction in the body.” (not necessary here)

Herbs are God’s Medicines:

God gave man the herbs of the field for food and medicine. He allowed herbs which have medicinal properties, to grow on the earth. The use of herbs when one is sick does not contradict God’s healing power – in fact, His healing power is combined with these herbs to bring about a successful result. “There are herbs that are harmless, the use of which will tide over many apparently serious difficulties.” *Selected Messages, Book 2, page 291*. “God has caused to grow out of the ground herbs for the use of man, and if we understand the nature of these roots and herbs, and make the right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today.” *Medical Ministry, page 231*. “The use of certain herbs that the Lord has made to grow for the good of man is in harmony with the exercise of faith.” *Manuscript 31, 1888*.

In connection with modern inventions, Mrs. White says: “After seeing so much harm done by the administering of drugs, I cannot use them, and cannot testify in their favor. I must be true to the light given me by God.” *Selected Messages, Book 2, page 293*. “I do not think that I can give you any line of medicine compounded and dealt out by doctors, that are perfectly harmless. And yet it would not be wisdom to engage in controversy over this subject. The practioners are very much in earnest in using their dangerous concoctions and I am decidedly opposed to resorting to such things. They never cure; they may change the difficulty to create a worse one. Many of those who practice the prescribing of drugs, would not take the same or give them to their children. If they have an intelligent knowledge of the human body, if they understand the delicate wonderful human machinery, they must know that we are fearfully and wonderfully made and that not a particle of these strong drugs should be introduced into this human living organism.” *Selected Messages, Book 2, pages 289-290*.

God created His medicine for man’s use so that man could easily obtain it. He placed it in the plants that grow all around man and established His laws of healing so that they would be valid forever. Man cannot improve upon them or develop any medicine that is better than what God has produced. Before modern drugs were developed physicians relied upon herbs for medicine. The **Song of Solomon 4:14** mentions Spikenard, Saffron, Calamus, Cinnamon, Frankincence, Myrrh, Aloes, and all the chief spices. The Israelites used bitter herbs during Passover.

Herbs were truly created by God for healing. As an example, the merits of Aloes (Aloe Vera) have been established by modern medicine. Scientists have discovered that it contains many vitamins including: Vitamin A, Vitamin C, Vitamin E, Folic Acid, Choline, Vitamin B1, B2, B3 (niacin), and B6. Aloe Vera is one of the few plants that contains vitamin B12 – This is great news, especially for vegetarians and vegans. **(Most researches found only trace amount of Vit. B12)** Some of the 20 minerals found in Aloe Vera include: Calcium, Chromium, Copper, Iron, Magnesium, Manganese, Potassium, Selenium, Sodium, and Zinc. Aloe Vera has also been shown to be high in amino acids and fatty acids – There are about 22 amino acids which are necessary for the human body and 8 of them are essential – Estimates of the amino acids discovered in Aloe Vera range from 18-20, including all 8 essential amino acids. Aloe Vera is well known as an adaptogen – it boosts the body’s natural ability to adapt to external changes

and resist illness. It has been known to cleanse and soothe the digestive tract and help improve the process of digestion. It helps to decrease the amount of unfriendly bacteria in our gut – keeping healthy intestinal flora in balance, etc. Some other benefits of Aloe Vera include: helps the detoxification process of the body; alkalizes the body; aids in cardiovascular health; boosts the immune system; helps alleviate symptoms of peptic ulcers; etc. In fact, Aloe Vera serves the body as a disinfectant, anti-biotic, anti-microbial, germicidal, antibacterial, anti-septic, anti-fungal, and anti-viral.

Herbal medicine is practiced throughout most of the world. In the Orient and Africa it is the primary medicine of the people. However, it has been largely ignored in the United States because drug companies cannot profit from making herbal products which cannot be protected by patent rights. Neither the Food and Drug Administration (FDA) nor the American Medical Association (AMA) will accept herbal research done in other countries. Herbs are allowed to be sold in the United States only as Food Supplements and claims cannot be made for their effectiveness in treating disease. Instead of relying on modern medicine, we should always remember that God gave us the herbs for medicine and use them wisely, bearing in mind the statement, “*Let food be thy medicine and medicine be thy food.*” **Hippocrates.**

Activated Charcoal:

In 1831 a French pharmacist swallowed charcoal at the same time he took Strychnine to show that it was an effective antidote for all kinds of poisons. Today, specially processed or activated charcoal is used by doctors to treat poisoning and overdoses. “Unlike regular charcoal, activated charcoal has extremely large surface areas, as much as 1000 square meters per gram, that regularly absorbs or binds toxins from the stomach and intestines and takes them out of the body.” **Gunther Paulien, *Devine Prescription and Science of Health and Healing*, page 160.**

Mrs. White said the following about charcoal: “I will tell you a little about my experience with CHARCOAL as a remedy. For some forms of indigestion it is more efficacious than drugs. A little olive oil into which some of this powder has been stirred tends to cleanse and heal. I find it is excellent. PULVARIZED CHARCOAL from EUCALYPTUS WOOD we have used freely in cases of inflammation.” ***Selected Messages, Book 2, page 298.***

Charcoal poultices are used for fever, snake bites, sting of reptiles, inflammation of the bowels, bloody dysentery, poisonous insects, to filter water, to eliminate foot odors, to relieve gas pains, etc. Mrs. White suggests that the charcoal be made from the wood of the eucalyptus tree, and we are told that God’s blessings may be expected to follow its use. However, other types of charcoal may also be successfully used.

Table Sugar Is A Poison:

Some sugars are vital to our health (See *Sugars that Heal* by **Dr. Emil Mondo and Mindy Kitei** for more information). However, refined table sugar has been classified as a poison. Back in the 1800's table sugar was "by prescription ONLY". Today, far too much sugar is ordinarily used in food. Cakes, puddings, pastries, jellies, jams, and other sweets are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are main ingredients. The free use of milk and sugar taken should be avoided because when combined in the stomach they produce alcohol and can cause a person to become an alcoholic if

enough of this combination is consumed. "Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition." *Counsels on Diet and Foods*, page 327 {1901}. "Free sugar has been shown to reduce the ability of white blood cells to function properly, to aggravate heart disease, to reduce lifespan, to contribute to alcoholism, mental illness, high blood pressure, skin disease, and enlarged liver and kidneys." **Dr. Agatha Thrash, *Nutrition for Vegetarians*, page 39.**

"Sugar is food for cancer. The bottom line: every cell in our bodies, including cancer cells, uses sugar (glucose) from our bloodstream for fuel. We get that blood sugar from foods we eat containing carbohydrates, including healthful vegetables, fruits, whole grains and low-fat dairy sources. Some glucose is even produced within our bodies from protein. But there's no clear evidence that the sugar in your diet preferentially feeds tumors over other cells.

"There is a connection between sugar and cancer risk, however – but it's more indirect than many realize. Eating a lot of high-sugar foods may mean more calories in your diet than you need, which eventually leads to excess body fat. It is excess body fat that is convincingly linked to greater risk of ten types of cancer, including post-menopausal breast, colorectal and endometrial."

<http://www.aicr.org/enews/2016/01-january/enews-sugar-and-cancer.html?gclid=CJb-gKOx1cwCFUZbhgodkMOAFg>

"Expert panels worldwide have made consistent recommendations on daily sugar intake. The American Heart Association (AHA) recommends no more than 6 teaspoons (25 grams) of added sugar per day for women and 9 teaspoons (38 grams) for men. The AHA limits for children vary depending on their age and caloric needs, but range between 3-6 teaspoons (12 - 25 grams) per day. That is in line with the World Health Organization's (WHO) recommendation that no more than 10% of an adult's calories – and ideally less than 5% – should come from added sugar or from natural sugars in honey, syrups and fruit juice. For a 2,000-calorie diet, 5% would be 25 grams. Limit daily sugar to 6 tsps (25 g) for women, 9 tsps (38 g) for men.

"Yet, the average American consumes 19.5 teaspoons (82 grams) every day. That translates into about 66 pounds of added sugar consumed each year, per person. Children and teens are particularly at risk. The U.S. Dietary Guidelines for Americans recommend limiting total intake of discretionary calories, including both added sugars and fats, to 5% –15% per day. Yet children and adolescents in America obtain about 16% of their total caloric intake from added sugars alone. " <http://www.sugarscience.org/the-growing-concern-of-overconsumption/#.VzTm2eTHSC4>

Substitutes for Table Sugar:

We recommend that you avoid regular table sugar as much as possible. For sweetening, it is best to use a little fresh or dried fruit, Stevia, **Unsulphured** blackstrap molasses (contains vital vitamins and minerals, such as iron, calcium, magnesium, potassium, vitamin B6, and selenium), or honey (from a local beekeeper). Other options include using sparingly: Sucanat (dehydrated cane juice), Pure Maple Syrup (preferably Grade A), Barley Malt, Brown Rice Syrup, Date Sugar and Fructose ("Fructose is not the best thing to use, but it's not the worst either. It has no nutritional value, but neither does it have anything that is going to hurt you." **Mamon & DeyerRonda Wilson, *God's Medical Kit*, page 22).**

Food Additives:

It is best to prepare foods 'from scratch'. Avoid processed foods as much as possible – In cases where processed food(s) must be used, one needs to be very careful when reading the labels – the more ingredients with names that are difficult to pronounce, the more food additives (excitotoxins) the product contains – hence, the more harmful it is. Excitotoxins have no other purpose than to enhance the taste of food and the sweetness of various diet products. Scientific research has demonstrated many receptors in the nervous system which can be affected by them. In some cases, the excitation can lead to death of the nerve cells.

Some excitotoxins – such as monosodium glutamate (MSG), hydrolyzed vegetable protein, aspartic acid, aspartame (Neutrasweet), and others – put children at risk because they adversely affect the developing brain. “The food industry disguises many of these ‘excitotoxin additives’ so that they will not be recognized. In fact, many foods that are labeled ‘no MSG’ not only contain MSG, but also contain other excitotoxins of equal potency. ... millions of babies all over the world were eating baby foods containing large amounts of MSG and hydrolyzed vegetable protein (a compound which contains three excitotoxins). In fact, the concentration of MSG found in baby foods was equal to that used to create brain lesions in experimental animals. ... More and more diseases of the nervous system are being linked to excitotoxin build-up in the brain. For example, disorders such as strokes, brain injury, hypoglycemic brain damage, seizures, migraine headaches, hypoxic brain damage, and even AIDS dementia have been linked to excitotoxin damage. There is also evidence that some individuals born with metabolic defects in certain brain cells may be particularly susceptible to excitotoxin damage.” **Dr. Russell L. Blaylock, *Excitotoxins the Taste that Kills*, pages xviii-xxi.** Dr. Blaylock thoroughly discusses the different types of excitotoxins and their effects on the human body in this book.

Stimulants:

Like excitotoxins, stimulants must be avoided at all costs because they have harmful effects on the body. Some common stimulants used in today's society are:-

Condiments – In this fast age, the less exciting the food the better – except for cayenne pepper, a very useful medicinal herb. Condiments are injurious in their nature. Mustard, black pepper, spices, pickles, etc., should be avoided because they irritate the stomach and make the blood impure. An inflamed condition, similar to that produced by alcoholic beverages, is produced by the use of irritating condiments. Soon ordinary food does not satisfy the appetite and the body craves something more stimulating.

Tea and Coffee – Tea acts as a stimulant, and, to a certain extent, produces intoxication. The action of coffee and many other popular drinks is similar. The effect is at first exhilarating. Then the nerves of the stomach become excited; these convey irritation to the brain, and this in turn is aroused to impart increased action to the heart, and short-lived energy to the entire system. However, tea and coffee do not nourish the body – Their effect is produced before there has been time for digestion and assimilation, and what appears to be strength is only nervous excitement. When the influence of the stimulant is gone, the person finds himself in the same, if not a worse condition – and ends up with an increased craving for these products. The continued use of these irritants results in headache, wakefulness, palpitation of the heart, indigestion, trembling, and many other side effects.

Tobacco: Tobacco – in whatever form it is used – is a slow, but malignant poison. It is even more dangerous because its effects are slow, and at first hardly perceptible. It excites and then

paralyses the nerves; weakens and clouds the brain, and often affects the nerves in a more powerful manner than intoxicating drink. It is more subtle, and its effects are difficult to remove from the system. It causes one to desire strong drinks, and in many cases is the foundation for alcoholism. The unhealthful practices of past generations affect the children and youth of today – Mental inability, physical weakness, disordered nerves, and unnatural cravings are transferred from parents to children.

Intoxicating Drinks: "Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise." **Proverbs 20:1.** "Who hath woe? Who have sorrow? Who hath contention? Who hath babbling? Who have wounds without cause? Who hath redness of eyes? They that tarry long at the wine; they that go and seek mixed wine; Look not thou upon the wine when it is red, when it giveth his colour in the cup, When it moveth itself aright. At the last it biteth like a serpent, And stingeth like an adder." **Proverbs 23:29-32.**

“The Bible nowhere sanctions the use of intoxicating wine. The wine that Christ made from water at the marriage feast of Cana was pure grape juice. This is the ‘new wine found in the cluster’ of which the Scripture says ‘Destroy it not; for a blessing is in it.’ **Isaiah 65:8.** The unfermented wine that He provided for the wedding guests was a wholesome and refreshing drink. This is the wine that was used by Christ and His disciples in the first communion. It is the wine that should always be used on the communion table as a symbol of the Savior's blood. As a stomach remedy, the apostle Paul said to Timothy, ‘Drink no longer water, but use a little wine for thy stomach's sake and thine often infirmities.’ **1 Timothy 5:23.**” (Ellen White)

“In relation to tea, coffee, tobacco, and alcoholic drinks, the only safe course is to touch not, taste not, handle not. The tendency of tea, coffee and similar drinks is in the same direction as that of alcoholic liquor and tobacco, and in some cases the habit is as difficult to break as it is for the drunkard to give up intoxicants. Those who attempt to leave off these stimulants will for a time feel a loss, and will suffer without them. But by persistence they will overcome the craving, and cease to feel the lack. Nature may require a little time to recover from the abuse she has suffered; but give her a chance, and she will again rally, and perform her work nobly and well.” (Ellen White)

“There is a large class who will oppose any reform movement, however reasonable, if it places a restriction on the appetite. They consult taste instead of reason or the laws of health. By this class, all who leave the beaten track of custom, and advocate reform, will be accounted radical, no matter how consistent their course.” (Ellen White)

Food Preparation:

Our bodies are built up from the food we eat – a process that continually changes the food into blood, and uses the blood to supply life and strength to the nerves, muscles, and tissues. Therefore, we should choose those foods that best supply the elements needed for building up the body. Because the diseases and suffering that prevail in today's world, are largely due to popular errors in regard to diet, the only safe guide is to follow the instructions given by God in **Genesis 1:29** and **3:18.**

“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural manner as possible, are the most healthful and nourishing.

They impart a strength, a power of endurance, and a vigour of intellect, that are not afforded by a more complex and stimulating diet.

“Care should be taken in the selection of food. Our diet should be suited to the season, to the climate in which we live, and to the occupation that we follow. For example, food that can be used with benefit by those engaged in hard physical labour is unsuitable for persons of sedentary pursuits or intense mental application. God has given us an ample variety of healthful foods, and each person should choose from it the things that experience and sound judgment prove to be best suited to his own necessities.

“Nuts and nut foods are coming largely in to use to take the place of flesh meats. With nuts may be combined grains, fruits and some root vegetables, to make foods that are healthful and nourishing. Care should be taken, however, not to use too large a proportion of nuts.

“When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. It serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach.” (**Ellen White**)

When it comes to food preparation, simplicity and variety should be the main concerns. However, a great variety at any one meal, will encourage overeating, and cause indigestion. It is best to serve no more than three or four dishes at a meal. Food should be carefully chosen and skillfully prepared.

Include in the diet a wide variety of fruits and vegetables, dark leafy greens, raw foods (including sprouts), whole grain cereals and breads, vegetable proteins from sources such as dry beans, peas, and other legumes (soybeans, garbanzos, kidney beans, pintos, lentils, etc.), tofu, nuts, seeds, and soybean or rice milk. A diet with plenty of complex carbohydrates, low fat, and moderate amount of protein that includes plenty of raw fruits and vegetables (up to 80%), is best. Reduce the fats, oils, salt, and sugars in the diet and avoid high cholesterol foods such as eggs, cheese, butter, and meats. All animal products – including chicken and fish – contain cholesterol; if our diet contains these products, we should ask the Lord to help us make the desired changes as we progressively make reforms.

If we take an adequate amount of natural foods which contain the enzymes, vitamins and minerals that our bodies need, our cells will receive the necessary nutrients to make them strong, they will function properly and we will have good health. On the other hand, if the foods we eat are deficient in these nutrients, our cells will become weak and degeneration will set in. All the essential elements for optimum health are contained in the raw plants that are grown in proper soil. Eating sufficient raw foods, especially a variety of sprouted seeds, grains, etc. is the best way to make sure that we are taking care of our “body temple” the way God wants us to.

Below is a table listing some common and exotic foods that belong to the different food groups, to help you provide more variety in your diet:

<u>Primary Proteins</u>	<u>Starches</u>	<u>Vegetables</u>	<u>Fats</u>	<u>Sweet Fruits</u>
Almonds	Rice	Beetroot	Avocados	Bananas
Brazil nuts	Wheat	Carrots	Oils	Figs
Cashew nuts	White Flour*	Capsicum	Macadamia	dates
Hazel nuts	Wholemeal Flour	Cucumber	nuts	Custard apples
Pine nuts	Corn	Parsley	Pecan nuts	Sapote
Pistachios	Rye	Brussels sprouts	Coconut	All dried fruit
Walnuts	Millet	Cauliflower	Olives	
Sunflower seeds	Buckwheat	Cabbage	Butter	<u>Sub-Acid Fruits</u>
Wheat germ	Lime beans	Celery	Margarine	
Sesame seeds	Red beans	Lettuce	Melons	Mulberries
Lecithin	Pinto beans	Turnips	Cantalopes	Raspberries
Soya beans	Navy beans	Fresh beans	Watermelon	Blackberries
	Mung beans	Fresh sprouts	Honeydew	Blueberries
<u>Secondary Proteins</u>	Broad beans	Fresh peas		Grapes
	Garbanzos	Zucchini	<u>Acid Fruits</u>	Pears
	Lentils	Broccoli		Apples
Cheese	Chestnuts	Asparagus	Grapefruit	Cherries
Yogurt	Breadfruit	Eggplant	Lemons	Apricots
Eggs*	Jackfruit	spinach	Oranges	Peaches
Poultry*	Potato	Tomatoes	Limes	Plums
Meat*	Sweet Potato	Onions	Mandarins	Papaya
Fish*	Jerusalem	artichokes	Pineapples	Mangoes
* Not recommended for good nutrition	Artichokes		Strawberries	Guavas
			Passion fruit	

Omit from chart, foods that are not recommended

The best rule for a healthy diet is to eat as natural as possible and to follow the diet which was given to us after sin entered the world, avoiding highly processed foods altogether, if possible. It is best to grow your own produce or use organically grown, whenever possible.

Importance of Buying Organic Foods:

According to the Environmental Working Group, a nonprofit organization that analyzes the results of government pesticide testing in the U.S., the following 14 fruits and vegetables have the highest pesticide levels on average. **Because of their high pesticide levels when conventionally grown, it is best to buy these organic:**

- Apples
- Sweet Bell Peppers
- Cucumbers
- Celery
- Potatoes
- Grapes
- Cherry Tomatoes
- Kale/Collard Greens
- Summer Squash
- Nectarines (imported)
- Peaches
- Spinach
- Strawberries
- Hot Peppers

Non-organic fruits and vegetables with low pesticide levels:

These conventionally grown fruits and vegetables were found to have the lowest levels of pesticides. Most of these have thicker skin, which naturally protects them better from pests, and which also means their production does not require the use of as many pesticides.

- Asparagus
- Avocado
- **Mushrooms (Omit)**
- Cabbage
- Sweet Corn
- Eggplant
- Kiwi
- Mango
- Onion
- Papaya
- Pineapple
- Sweet Peas
- Sweet Potatoes
- Grapefruit
- Cantaloupe

Keeping the cost of organic food within your budget:

Organic food is often more expensive than conventionally grown food. But if you set some priorities, it may be possible to purchase organic food and stay within your food budget. Purchase the organic versions of the foods you eat the most and those that are highest in pesticides if conventionally grown.

Venture beyond the grocery store. Consider the following ideas for finding organic food:

- **Shop at farmers' markets.** Many cities, as well as small towns, host a weekly farmers' market, where local farmers bring their wares to an open-air street market and sell fresh produce direct to you. Often you will find items for less than you'd pay in the grocery store or supermarket.
- **Join a food co-op.** Find out whether there is a natural foods co-op, also called a cooperative grocery store, in your area. Co-ops typically offer lower prices to members, who pay an annual fee to belong. However, you do not need to be a member to shop at a food co-op.
- **Join a Community Supported Agriculture (CSA) farm,** in which individuals and families join up to purchase "shares" of produce in bulk, directly from a local farm. Local *and* organic!

Organic food buying tips:

- **Buy in season** – Fruits and vegetables are cheapest and freshest when they are in season. You can also find out when produce is delivered to your market. That way you know you're buying the freshest food possible.
- **Shop around** – Compare the price of organic items at the grocery store, the farmers' market and any other venue (even the freezer aisle).
- **Remember that organic doesn't always equal healthy** – Junk food can just as easily be made using organic ingredients. Making junk food sound healthy is a common marketing ploy in the food industry but organic baked goods, desserts, and snacks are usually still very high in sugar, salt, fat, or calories. It pays to read food labels carefully. When you're shopping for organic foods in the U.S., look for the "USDA Organic" seal. Only

foods that are 95 to 100 percent organic (and GMO-free) can use the USDA Organic label.



- **100% Organic** – Foods that are completely organic or made with 100% organic ingredients may display the USDA seal.
- **Organic** – Foods that contain at least 95% organic ingredients may display the USDA seal.
- **Made with organic ingredients** – Foods that contain at least 70% organic ingredients will not display the USDA seal but may list specific organic ingredients on the front of the package.
- **Contains organic ingredients** – Foods that contain less than 70%

organic ingredients will not display the USDA seal but may list specific organic ingredients on the information panel of the package.



When shopping for GMO-free food products in the U.S. and Canada, look for the Non-GMO Project Verified seal, which means that no more than 0.9% of the product is genetically engineered.

“GMO free” or “Non-GMO” – without the seal, foods labeled with these terms have not necessarily undergone independent verification.

<http://www.helpguide.org/articles/healthy-eating/organic-foods.htm>

Boost the Nutritional Quality of Your Food:

Organic crops are grown in healthy, biologically active soils. While crops on organic farms tend to yield somewhat less per acre and often take longer to grow than crops on conventional farms, plants nurtured by soil on organic farms produce crops that often contain higher levels of important antioxidants, minerals, and vitamins. <https://www.organic-center.org/>

Optimal energy metabolism (the process that converts food to energy) requires an abundance of vitamins and minerals. Every cell in our body can unlock its energy potential with the proper fuel from food. If we don't get enough nutrients from foods, we suffer from sub-optimal cellular energy metabolism, making us feel tired and sluggish. Seek out colorful, juicy fruits like berries and melons, and dark green leafy vegetables like kale, broccoli, collard greens, and spinach. Try to get at least one excellent source of omega-3 fats a day: flax seeds, flax oil, hemp seeds, hemp oil, leafy greens (think big salad), or walnuts. **Make breakfast a priority** – Healthy breakfast eaters set the stage for a full day of healthy eating. Aim to eat between 50 % and 80 % raw, depending upon the availability of produce. Live foods are what keeps us alive and in order to keep or gain health we need to not only know what is the proper fuel (food) to put in our bodies, but also understand how our bodies function – including how long it takes for the fuel to be used up. The best diet is the one given to us by God, a Vegan Vegetarian one – a diet that contains no secondary proteins or animal products – When we eat animal products we are getting our vegetables second hand along with all the diseases that the animal(s) may have. Below, are some examples of Balanced Vegan Food Charts that may help us make wise choices; those who might want to try a 100% raw diet will also find the Raw Food Pyramids below very helpful.



The My Plate below is not generally practical for proper food combination

Plant-Based Dietitian's Food Plate[®]

By: *Julieanna Hever, M.S., R.D., C.P.T.*
www.PlantBasedDietitian.com

Leafy, Green Vegetables

such as collards, spinach, and kale
Eat at least 2-3 servings
(1 cup raw or 1/2 cup cooked) per day.

High-fat whole foods

such as: avocados, nuts,
olives, seeds;
whole food-sweetened treats;
dairy substitutes such as oat,
almond, rice, and soy
use sparingly.
Consume 1 to 2 TB.
seeds per day
such as ground flax,
hemp, or chia.

Vegetables

(all types,
including starchy)
Eat as much and as many
different colors as possible
each day.



Fruit (all types)
Consume 2-4 servings
(1 piece or 1/2 cup)
everyday.

Legumes
(beans, peas, and lentils)
Consume 2-3 servings
(1/2 cup) every day

Whole grains
such as brown rice, barley, quinoa,
oats, amaranth, whole wheat, whole
grain pasta, and sprouted grains.
6-11 servings (1/2 cup cooked or
1 slice whole grain bread) daily.

RAEDERLE PHOENIX'S RAW VEGAN FOOD PYRAMID FOR ULTIMATE VITALITY

NUTS

Hazel, Brazil, Almond, Cashew, Walnut, Pecan, Macadamia, Pistacio

1% calories from nuts

1 nut daily

20 calories from nuts daily

SEEDS & GRAINS

Sesame, Flax, Chia, Sunflower, Pumpkin. Oat-groats, Rye-groats, Buckwheat-groats.

19% calories from seeds / grains

1/2 cup seeds or grains daily

380 calories from seeds daily

FRUIT

Berries, Peppers, Melons, Citrus, Drupe, Squash, Aggregate

40% calories from fruits

5 to 12 cups fruit daily

800 calories from fruit daily

VEGETABLES

Leaves, Herbs, Roots, Stalks, Sprouts, Flowers

40% calories from vegetables

20 to 30 cups veggies daily

800 calories

ABOVE ARE THE INGREDIENTS USED. BELOW ARE THE MEALS CONSUMED.

MAIN

Optimal meals for best digestion. Good combinations.

60%

Salad, Juice, Smoothie, Mono Meals

Quick digesting meals

DRESSING & DIP

Meals with minimal digestive stress without compromising flavor.

25%

Pudding, Banana Ice-Cream, Salsa, Hummus, Dips, Simple Sauce

Complex, but good, combinations

COMFORT FOODS

Meals that soothe but often leave one a little tired. Avoid consuming daily.

13%

Granola, Muesli, Pizza, Chocolate Shakes, Oat or Chia Crackers, Chutney, Nut-Cheese

Slow digesting meals

DESSERTS

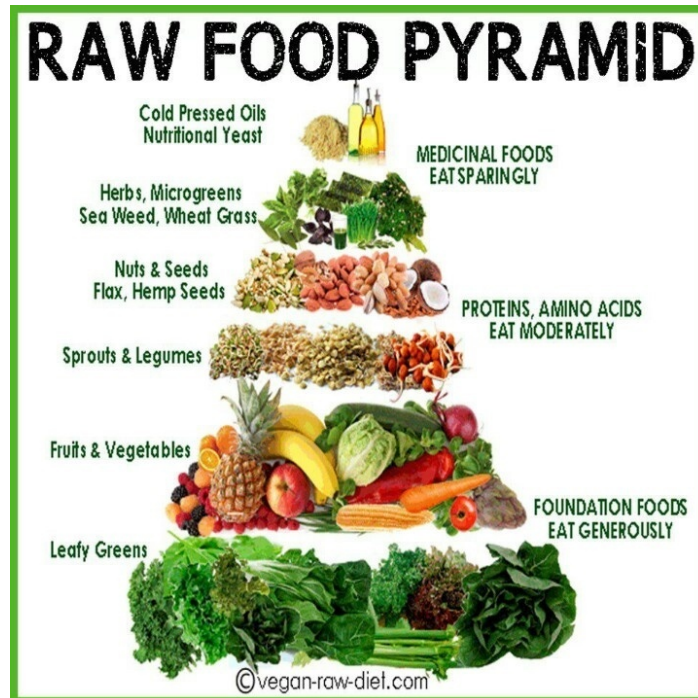
Desserts are foods that combine sweets and fats, which are hard to digest together. Treats like banana ice-cream, without fat/nuts, are healthier.

2%

Cheesecake, Truffles, Nog, Brownies, Cake Balls, Ginger Cakes, Carrot Muffins, Banana Loaf, Nutty-Ice-Cream, Chocolates

Very slow and difficult to digest meals

WWW.RAEDERLE.COM



Mealtimes:

It is very important to have our meals on a regular schedule. There should be a set time for each meal. We should not eat at irregular intervals, between meals, or just before bedtime because that keeps the stomach working constantly, and when the fresh food added to the stomach is mixed in with the food already there, the process of digestion is prolonged causing digestive problems.

Eating raw vegetable salads or raw fruits before the main course will stimulate and assist digestion, and will also help us avoid overeating cooked foods. Fruits and vegetables should not be eaten at the same meal; we should eat fruits at one meal and vegetables at another. It is important for us to eat a substantial breakfast – in the morning, after a good night's rest, the stomach is far better able to digest a hearty meal than at other meals of the day. The practice of eating a little or no breakfast and a heavy supper may be one reason some of us put on unwanted pounds.

Take time to eat and enjoy mealtimes. Avoid eating compulsively or when emotionally upset, in pain, or overtired. Eat sparingly and at regular intervals, allowing 5-6 hours to elapse between meals. Two meals a day are better than three; but if a third meal is eaten at all, it should be light, and eaten several hours before going to bed. Example: two meals—8 AM and 3 PM or three meals—6 AM, 12 PM, and 6 PM. Do not eat between meals. If you become hungry between meals, drink a large glass of cool water. Do not eat for at least three hours before going to bed. The stomach must not be constantly at work, but have periods of rest. **Dr. Agatha Thrash, Uchee Pines Institute.**

Proper Food Combining:

The benefit we get from our food does not depend so much upon the amount eaten, as upon its proper combination and thorough digestion. Neither does gratification of taste depend so much upon the amount of food swallowed as upon the length of time it remains in the mouth.

Overeating clogs the system and weakens the moral power to resist other passions. Below are some suggestions for proper food combining from Dr. Mercola:

- Fruits and vegetables should not be eaten at the same meal. Eat fruits at one meal and vegetables at another. Food combining is a topic which has gained increasing awareness in the last decade.
- Disease is just as much a matter of eliminating toxins as it is about eating proper foods. Elimination, however, is dependent on a healthy digestive system.
- Food combination takes into account the area and complexity of digestion of each food, to ensure it goes through your entire digestive system with ease.
- One of the most important factors when it comes to healthful eating is to make sure you're eating foods, native to your local area, that are in season.
- The two foremost rules of food combining are: 1) **No proteins and starches at the same meal**, and 2) No fruits and vegetables at the same meal. (not scientifically proven true)

<http://articles.mercola.com/sites/articles/archive/2013/10/27/food-combining.aspx>

“It is recognized that the human stomach digests food at varying rates and by using different enzymes. If you're looking to further reduce weight, eliminate bloat, feel good overall, and get the most out of the foods you eat, the following tips for food combining will help keep your gut healthy and extend your life. Improper food combining is one of the primary factors that cause gas, flatulence, heartburn, and upset stomach. What's worse, the resulting poor digestion can also contribute to malnutrition, even if you think you're eating a decent diet.”

<http://cravinglifestyle.com/blog/food-digestion-rates/>

Rules for Food Combining:

“1. Eat Fruit First: Fruit digests best alone – not all fruits digest well together – it has the fastest exit rate from the stomach, therefore should be eaten first or alone. For those concerned about their blood sugar, as long as fruit is eaten without fat and/or with leafy greens, blood sugar will remain stable. It makes an excellent snack that is easily digested by the human body and is abundant in nutrients, anti-oxidants, and water.

“2. Protein and Starches do NOT Mix: It is a common occurrence to consume a heaping serving of mashed potatoes next to a large portion of meat and/or dairy. This is one of the worst food combinations because the human body requires an acid base to digest proteins and an alkaline base to digest starches, which can lengthen the time of digestion and cause fermentation in the gut. It can lead to bloating, indigestion, and stinky bowel movements – but can easily be improved. To correct this, it is best to eat proteins with non-starchy vegetables and especially leafy greens. Starches may be consumed on their own or with other vegetables, but not with protein.

“3. Melons Should be Eaten Alone: Have you ever had the misfortune of consuming watermelon after a feast? Most likely you experienced gas, a slight blood sugar drop, and/or nausea. That is because not only are melons a type of fruit (and should be eaten alone), but they

digest completely different than other sweet treats. For optimal digestion, melons should be consumed alone and on an empty stomach.

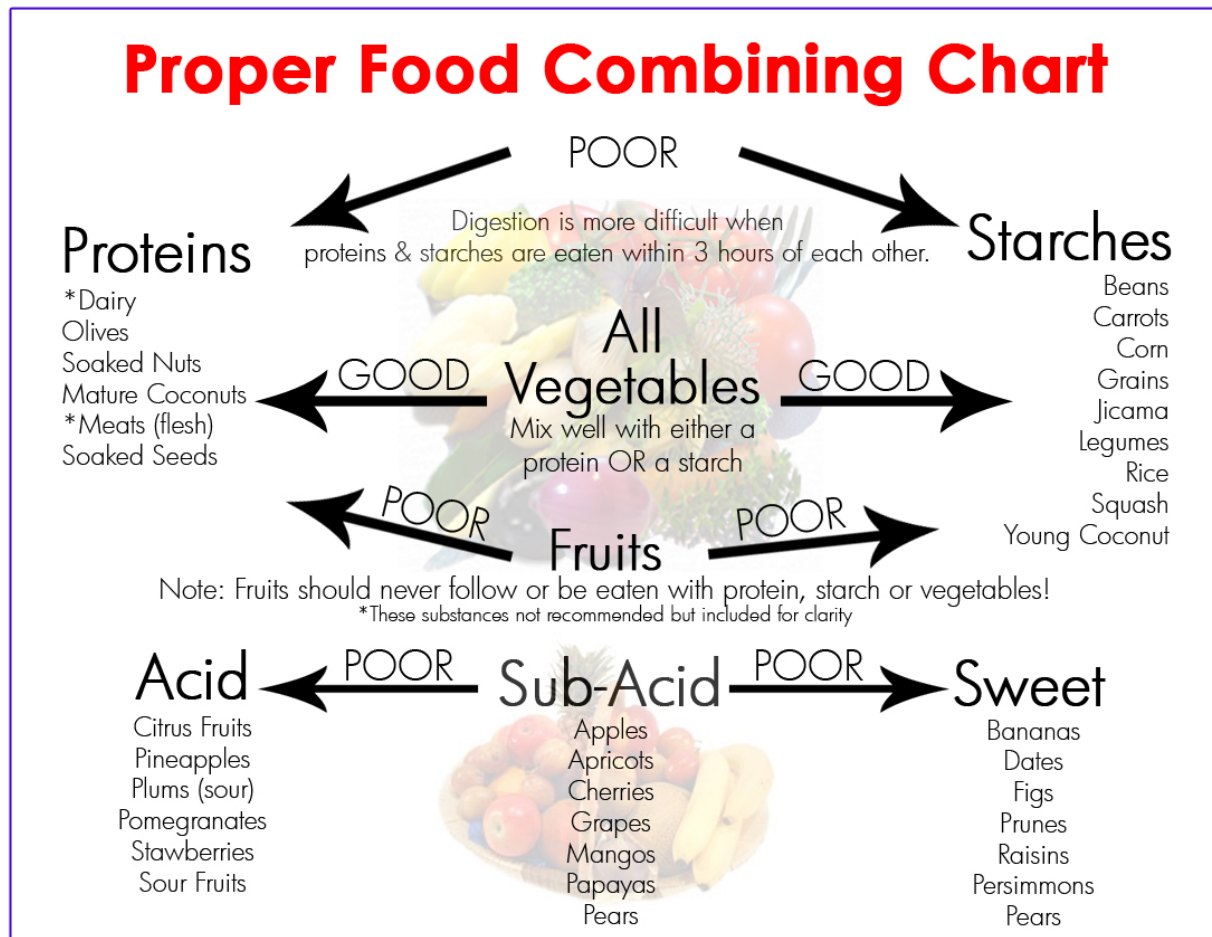
“4. Leafy Greens Abound: Greens are one of the best foods for mankind. Loaded with amino acids (building blocks of protein), essential minerals and nutrients (B vitamins, magnesium, iron, etc.), and fiber (great for digestion), they combine well with all foods, and therefore should make a regular appearance on your plate. For example, a salad is a great contribution to every meal and the live enzymes will help the other foods digest more easily.

“5. Fat Rules: Fats and oils combine well with everything (except fruit). However, they should be used in limited amounts as they are very dense in calorie and slow down digestion. Therefore, have your hearty meal with fat early in the day or allow your body at least 4-5 hours to digest a dense lunch before eating again.

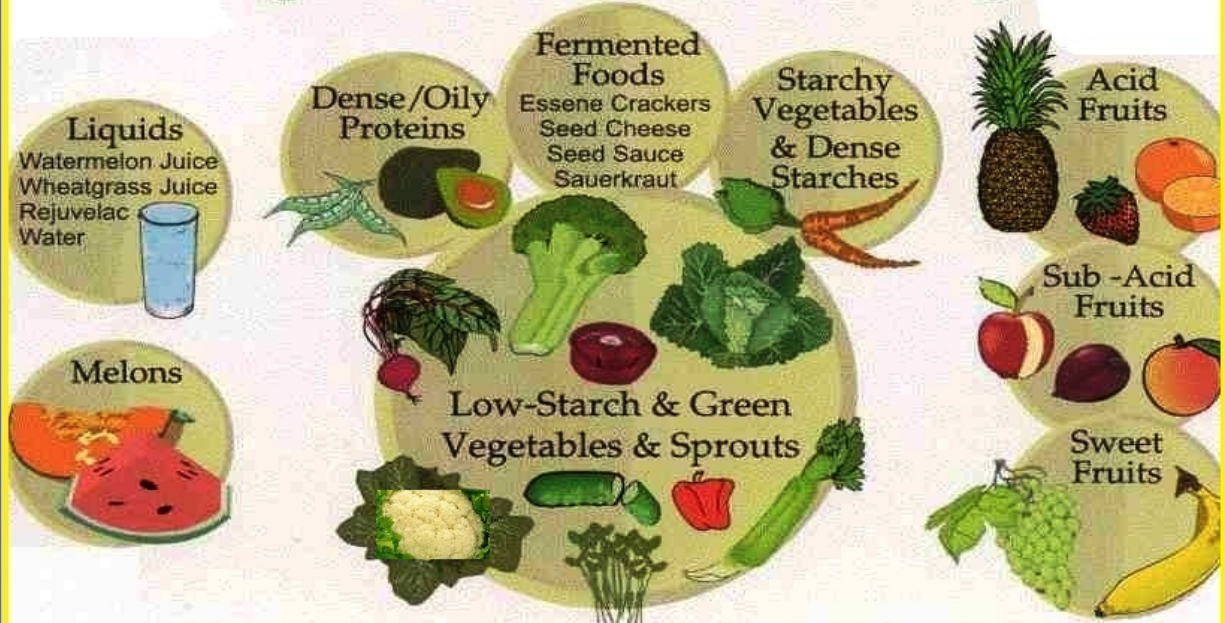
“6. Time Lengths: Because foods digest at different rates, you can lessen the taxation on your body by waiting until the previous food has exited the stomach and is being digested in the intestines. It is best to wait the following amount of time between foods that don’t combine well:

1. Two hours after eating fruit
2. Three hours after eating starches
3. Four hours after eating protein”

The following food combining chart gives a visual representation of the rules expressed above.
<http://www.trueactivist.com/6-food-combining-rules-for-optimal-digestion/>



Optimal Food Combining



Only combine where circles touch directly.

Water ----- 0-15 minutes	Food Transit Times	Wheatgrass Juice ----- 60-90 minutes
Juice ----- 15-30 minutes		Most Vegetables ----- 1-2 Hours
Rejuvelac ----- 20-30 minutes		Grains and Beans ----- 1-2 Hours
Fruit ----- 30-60 minutes		Dense veg. protein ----- 2-3 Hours
Melons ----- 30-60 minutes		Meat and Fish ----- 3-4 Hours +
Sprouts ----- 60 minutes		Shell fish ----- 8 Hours +

<http://GodsWayToHealth.wordpress.com>

Wrong Conditions of Eating:

“Food should not be eaten very cold or very hot. If food is eaten cold, the vital force of the stomach has to warm it before digestion can take place. Cold drinks are harmful for the same reason; while the free use of hot food and drinks are debilitating. Also, it is best not to drink with meals – the more liquid taken with the meals, the more difficult for the food to digest, because the liquid has to be absorbed before digestion can begin. We should not eat freely of salt, and avoid the use of pickles and spiced foods. We should slowly, and thoroughly masticate our food so that the saliva may be properly mixed with the food and the digestive fluids begin their job.

“Eating at improper times, such as after violent or excessive exercise – when one is exhausted or heated is another problem which we should avoid because it hinders digestion. If excited,

anxious, or hurried, it is better not to eat until after rest. This is a special time to be thankful for our blessings – we should eat slowly and with cheerfulness so that our food will nourish our bodies as God intended for it to do.” **Dr. Agatha Thrash, *Nutrition for Vegetarians*.**

Overeating:

"For they are such serve not our Lord Jesus Christ, but their own belly; and by good words and fair speeches deceive the hearts of the simple." **Romans 16:18.** "(For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: Whose end is destruction, whose god is their belly, and whose glory is in their shame, who mind earthly things.)" **Philippians 3:18, 19.**

Not only should we be concerned with eating the right kinds of foods, but also about the quantity eaten. We sometimes indulge our appetite without restraint, and eat too much, sometimes to gluttony of simple and wholesome foods. Sometimes the result of overeating is felt at once. At other times there is no pain; but the digestive organs lose their vital force, and the foundation of physical strength is undermined. "Overeating, no matter what the quality of the food, clogs the living machine and thus hinders it in its work." ***Counsels on Health*, page 119.**

"The surplus food burdens the system, and produces morbid, feverish conditions. It calls an undue amount of blood to the stomach, causing the limbs and the extremities to chill quickly. It lays a heavy tax on the digestive organs, and when these organs have accomplished their task, there is a feeling of faintness or languor. Some who are continually overeating call this all-gone feeling hunger; but it is caused by the overworked condition of the digestive organs. At times there is a numbness of the brain, with disinclination to mental or physical effort." (**Ellen White**)

Fasting:

"Some persons who are used to eating freely of meat, highly seasoned gravies, and various kinds of rich cakes and preserves, may not immediately relish a plain, wholesome, nutritious diet because their taste is perverted. If they cannot at first enjoy plain food, they should fast until they can. While fasting, the abused stomach will get some needed rest – real hunger can then be satisfied with a plain diet which the taste buds will find more palatable. It will take time for the taste to recover from the abuse it has received, and to gain its natural tone." **Dr. Agatha Thrash, *Nutrition for Vegetarians*.**

According to Gunther Paulien, the benefits of fasting are: "1. It gives vital organs a complete rest; 2. It discontinues the intake of food; 3. It empties the digestive tract and disposes of putrefactive material; 4. It allows the organs of elimination to catch up with their work; 5. It establishes normal physiological chemistry; 6. It promotes the absorption of diseased tissues; 7. It restores a youthful condition to the cells and tissues; 8. It permits the conservation of energy; 9. It increases the power of assimilation; 10. It clears and strengthens the mind; and, 11. It improves all bodily functions." ***The Divine Prescription and Science of Health and Healing*, page 116.** Thus, the fast may prove to be more beneficial than medicine.

Other Quotes about Proper Daily Nutrition, taken from the Writings of Ellen G. White:

"The eating of flesh meats has made a poor quality of blood and flesh. Your systems are in a state of inflammation, prepared to take on disease. You are liable to acute attacks of disease, and

to sudden death, because you do not possess the strength of constitution to rally and resist disease." *Testimonies, Volume 2, page 61.* "When we feed on flesh, the juices of what we eat pass into the circulation. A feverish condition is created, because the animals are diseased, and by partaking of their flesh, we plant the seeds of disease in our own tissue and blood. Then, when exposed to the changes in a malarious atmosphere, to prevailing epidemics and contagious diseases, these are more sensibly felt, for the system is not in a condition to resist disease.--U. T., Nov. 5, 1896." *Healthful Living, Page 63.*

"When flesh food is discarded, its place should be supplied with a variety of grains, nuts, vegetables, and fruits, that will both be nourishing and appetizing. This is especially necessary in the case of those who are weak, or who are taxed with continuous labour. In some poverty stricken countries, flesh is the cheapest food. Under these circumstances the change will be made with greater difficulty; but it can be effected. We should, however, consider the situation of the people and the power of lifelong habit, and should be careful not to urge even right ideas unduly. None should be urged to make the change abruptly. The place of meat should be supplied with wholesome foods that are inexpensive. In this matter very much depends upon the cook. With care and skill, dishes maybe prepared that will be both nutritious and appetizing, and will, to a great degree, take the place of flesh food."(Ellen White)

"Far too much sugar is ordinarily used in foods. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided. Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition." *Counsels on Diet and Foods, page 144.*

"Do not eat largely of salt, avoid the use of pickles and spiced foods, eat an abundance of fruit, and the irritation that calls for so much drink at mealtime will largely disappear." *Counsels on Diet and Foods, page 311.*

"In many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest." *Counsels on Diet and Foods, page 189.*

Spiritual Concept:

We can live according to God's Holy Law only by putting the items of food and drink that He tells us to place in our bodily temples. By the inspiration of the Spirit of God, Paul the apostle writes that "whatsoever ye do, do all to the glory of God." Every part of the man (physical, mental, and spiritual) is to be guarded; we are to beware lest whatever is taken into the stomach removes from the mind high and holy thoughts on which Christ wants us to dwell. We are to learn how to treat this gift of God, in mind, soul, and body, so that as Christ's purchased possession, we may perform healthful service to God and man.

We have physical food which we need to partake of daily. We also need spiritual food every day. "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." **Matthew 4:4.** We are to obtain the spiritual food from the Word of God – Jesus is the living word, and His words are found in the Bible. Thus we must study God's Word on a daily basis.

We belong to God both by creation and redemption. He knows what foods are best for us. The Bible specifically tells us what foods God gave to mankind both before and after sin entered the world. We belong to God and are to eat the food He gives us so that our bodies can truly be the Temple of God, enabling us to experience the deepest happiness in this life and salvation in the world to come.

Health Law VIII

Efficient Rest

"And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made." **Genesis 2:2-3**

Of course God did not rest on the seventh day because He was tired or fatigued. To rest simply means to cease a particular activity. In this case, God had ceased His work of creation and was sanctifying (setting apart) the seventh day for something else, namely fellowship with Adam and Eve as they enjoyed the newly created earth together. Thus, the seventh day was set apart for all time, and ever after was to be kept holy as a reminder of the truth about our earth's creation and as a day to worship God.

Activity and Rest

Notice that with the creation of our world activity preceded rest. The principle of activity preceding rest is an important one for our health. Physical and mental activity both require energy and create waste products. As our energy level goes down and wastes accumulate, we experience fatigue and a desire for rest. During rest, energy is restored, and the waste buildup is diminished. An important difference between physical and mental activity is that physical activity usually leaves the muscles relaxed, whereas prolonged mental activity alone leaves the muscles tense.

Rest and sleep are dependent upon our ability to relax; the person who is tense is not relaxing and therefore cannot really rest. In our sedentary society, unbalanced by too much mental and not enough physical activity, we need more muscular exercise in order to truly relax, rest, and counteract fatigue.

Fatigue is protective in that it serves to make us aware of our need of rest. It is not a good idea to ignore this signal or to try to counteract it with drugs. The "coffee break" is anything but restful. Coffee and cigarettes provide an artificial stimulation, but without any recuperation. The underlying fatigue is still there. As fatigue increases, efficiency and performance decrease.

Relaxing with tobacco, alcohol, or other drugs is not recommended either. They all have dangerous side effects and do not teach one how to relax naturally or how to avoid the causes of tension. They do not supply any energy, but actually cause the person to borrow excessive amounts of energy from their own emergency reserves, some of which are never replenished. Fatigue is actually increased instead of decreased by the use of these drugs.

There are many other factors that can produce fatigue, such as overeating, lack of exercise, stress, stale air, and not drinking enough water. There is also "pathological fatigue" that may be caused by diseases like anemia, heart failure, depressed thyroid or adrenal function, cancer, or any chronic infection. Unaccountable or persistent fatigue should be reported to a physician.

"Wreckreation" or "Re-creation?"

In spite of our fatigue we are a very recreational society. We have recreational vehicles, recreation halls, recreation parks, and on and on. The work week has shortened over the years. Some industries are moving toward a 30-hour work week and experimenting with 20. Our leisure time is lengthening, and there is more money to spend—or at least there is credit. Is all our recreating helping us obtain the rest we need? To help ourselves, let's first learn to pronounce the word a new way. Instead of "wreckreation," let's say "re-creation." For those who are tired of feeling "wrecked" after their recreation here are some suggestions for "re-creative" activities. Make them something different from your usual work, done at your own pace—no deadlines. Of course, you should enjoy them. Something of a practical or creative nature is ideal. Having the activity be something outdoors with the family is nice, but it needs to be engaged in with the heart (cheerfully, not grudgingly), and it should be noncompetitive. The less expensive the better. It should be engaged in more frequently for shorter durations, rather than saving it all up for a two-week annual vacation. How many come home from their vacation needing a vacation to recuperate from their vacation? Our "re-creation" could even come on a weekly basis. After all, God Himself worked six days, then rested the seventh. He invites us to do the same today.

Have a Break

We all need a rest, or break, from the routine of our major activity. For the person felling trees or doing construction work a rest could mean sitting down with a good book. But for the salesman or secretary, resting might mean an invigorating hike in the mountains. Our ability to rest also depends upon our ability to shift gears. Some people take their work home. They can pick up work, but they can't lay it down. They seem unable to cease. We should be able to say

along with the one-hundred-year-old man, who, when asked the secret of long life, responded, "When ah works, ah works hard, and when ah sits, ah sits loose-like."

Other ways to help bring relaxation include taking a warm bath or a shower, sitting or reclining comfortably while listening to soothing music or reading something uplifting. Enjoyable, nonstressful hobbies, being out in nature, doing some simple deed for somebody else, and prayer are also forms of relaxation.

Physical work usually makes muscular relaxation automatic afterward. But it is surprising how much useless muscular tension we can maintain. Clenched fists and set jaws, furrowed brows and jumpy knees, even squinting eyes are tension-producing habits to overcome. Progressive muscle relaxation exercises can help in breaking these habits, as long as they are used to illustrate the difference between how a tense and a relaxed muscle feels and to practice relaxing areas of tension.

"Alpha-state" Relaxation

However, many teachers today use progressive muscle relaxation, as well as transcendental meditation, autogenic training, hypnosis, biofeedback, deep-breathing exercises, and visualization exercises to elicit the "relaxation response." The so-called relaxation response is basically another name for a particular altered state of consciousness with a high alpha brainwave index. When we train ourselves to enter into this state to help us relax, there may be some unhealthful side effects, such as brain damage, insanity, and spiritualistic or psychic phenomena. These techniques that overtly or covertly teach people to enter into an "alpha state" are not necessary for health or to relax, especially when there are equally effective and safe methods such as we have already recommended.

Our Need for Sleep

Rest is so important to life that the vital organs are designed with built-in rest periods. The heart rests between each beat, and the lungs between each breath. The stomach rests between each meal if it is given time. The central nervous system is recharged during sleep.

Rest and relaxation cannot take the place of sleep. Human beings were designed to be awake during the day and asleep at night. We are "larks," not "owls." Wakefulness and sleepiness are normally controlled by enzymes and hormone systems within the body which remain fairly fixed, even if one were to remain isolated in total darkness or total light. These "internal clocks" can be nudged forward or backward a few degrees. They may also be ignored, but not without negative consequences.

Shift Work and Sleep

It is better to avoid rotating-shift work. These workers are twice as likely to have trouble sleeping. They report less job satisfaction and have lower work productivity. They tend to use more coffee to get going and more alcohol and sleeping pills to go to sleep. Many shifts rotate in the wrong direction. It is better to go from days, to evening, to nights (rotating clockwise), not the other way (days to nights to evening—rotating counterclockwise.) Also, most shifts rotate too frequently. Workers should stay on a shift at least ten days, since it takes about five days to adapt. The more slowly the shift rotates the better. Here are some additional suggestions. Gradually change the hours of sleep when nearing the end of the shift, and on days off between shifts, adjusting clockwise three hours per day in anticipation of the next shift so that the change isn't quite so drastic. Eliminate alcohol, caffeine, and other drugs that complicate and confuse the body's normal functioning. Practice strict regularity in all aspects of the daily schedule, even on the days off.

Jet Lag

With increased air travel, jet lag becomes a problem for many. To reduce jet lag, get enough sleep before you leave; in flight, eat little, and take no alcohol or caffeine; reset your watch to your new time zone; and adapt to your new time by walking, talking, and keeping occupied till bedtime.

How to get Good Sleep

As a rule, plan to go to bed early (before 10 p.m.). It has been estimated that every hour of sleep before midnight is worth two after midnight. Studies have shown 7-9 hours of sleep per night to be most healthful. Nine or more hours have been associated with decreased health and six or less with the poorest health.

The first prerequisite for a good night's sleep is daily exercise. Remember, activity precedes rest. In our sedentary society imbalances between physical and mental activity are common. Too much brain work and not enough physical work cause the muscles to be in a state of tension. (However, too much exercise too near bedtime can keep you awake.) Tension lessens the depth and soundness of sleep. The quality of sleep depends on the ability to relax. City living, with all its light and sound, is not very conducive to sleep or rest. Noise pollution is doubling about every 10 years. We may not even be aware of all the sounds that are around us, but they can still affect us by producing tension and nervousness.

It is better to wear pajamas or a warm nightgown and use lighter weight covers, than to use heavy blankets. Do not cover the head while sleeping. Leave

the windows open several inches to allow fresh air in the room. Beds should not sag or be too soft. Pillows should be flat, except in cases of hiatus hernia or heart failure where the head should be elevated a few inches. Avoid starting new activities late in the day.

Allow yourself time to wind down. Have an evening ritual. Avoid stimulants such as television, drugs, and rich, spicy food at night before going to bed. Big evening meals interfere with good sleep, especially in children. If needed, naps should be taken before lunch, not in the evening. Even a fifteen-minute rest before lunch is worth about forty-five minutes of nighttime sleep. Keep well hydrated. Stay alert and active during the waking hours. The quieter and darker the room, the better the sleep. Patients with chronic obstructive pulmonary disease may do better sleeping on their stomach with a pillow under their chest. People with back problems can try sleeping on their side. All these suggestions should improve the quality of sleep.

What About Sleeping Pills?

Sleeping pills alter the sleep cycle and decrease REM sleep. As the body tries to make up the lost REM sleep, too-frequent dreaming and nightmares occur which disturb the sleep even further. Thus, the regular use of sleeping pills does not promote good sleep and can make insomnia worse. Sleep complaints should be considered as any other health problem. They are only symptoms. The cause should be ascertained and corrected. Is the problem acute or chronic? Keep a weekly 24-hour log. Compare your living habits with ones that promote good sleep, such as those suggested in this article. Not following good "sleep hygiene" habits is responsible for 60 percent of all disorders. Daytime drugs affect us at night too. Anxiety is the chief cause of insomnia, whereas depression tends to cut sleep short in the mornings.

Signs of Sleep Loss

The most outstanding symptoms of sleep loss are depression and apathy, interspersed with irritability and aggression. The best way to recover from a bad night is to resume the normal schedule. If a nap is needed, it should be short, no more than 30 minutes, and not in the evening.

Those who still have trouble falling asleep can try a little hops or catnip tea before bedtime. Slow, deep breathing or soaking in a neutral bath for ten minutes may help. Blot the skin dry and move slowly and quietly. Don't panic. Worrying and concentrating on sleeping will drive it from you. Just resting in bed will do you good anyway.

Deal With Stress Generators

But let's face it, when there's a serious concern on our minds, these tactics are like aiming a pea shooter at a charging elephant. The cause of the concern must be squarely dealt with. If it is an interpersonal problem, then make things right as fast as you can. "Let not the sun go down on your wrath." **Ephesians 4:26**. If it is a financial problem or some other circumstance that is threatening, we need to do our part and leave the remainder with God. Remember, to rest means to cease our activity. It also means to cease from our worries and the cares of the day. We are given only one day at a time, and no one knows what the next day will bring. It could be better than we think, especially if we heed the invitation of a loving God:—

"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart; and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." **Matthew 11:18-30**

Spiritual Concept

As indicated in the first part of this article, to rest simply means to cease from doing a particular activity. God makes very clear in Exodus 20:9 that, "Six days shalt thou labor and do ALL thy work." It is plain that God did not create us to be idle or non-productive in any sense of the word. However, He did not create us to be workaholics or slaves to any activity outside of His service. Rather, He provided us with a day that we could cease doing, participating or associating with all the worldly things, both necessary and unnecessary, in order to be renewed spiritually (and by extension, physically, mentally and emotionally) in Him. On the Sabbath, we rest from all our labors and commune with our Heavenly Father. We close out the world and make Him our sole focus. We gather to worship and praise Him and give Him the glory and honor that He is due. In so doing, we allow Him to give back to us the renewal and strength necessary to go back into the world on the following day and resume our labors, but in His strength and not our own. He sustains us by His power, grace and Word. Indeed, His burden is light and easy to carry. As time closes, His rest will become our rest for eternity.

Pleasant Dreams!

